PARC NATIONAL DE LA
JACQUES-CARTIER

DISCOVERY GUIDE 2020

PARK MAP AVAILABLE
INSIDE THIS GUIDE!
Parc national de la Jacques-Cartier: an impressive natural landscape featuring unspoilt forest plateaus and spectacular valleys to enjoy year-round, only 30 minutes from Québec City

Welcome to the Park!
At Parc national de la Jacques-Cartier, a dedicated team looks forward to offering you an exceptional experience in breathtaking natural scenery. The Park covers 670 square kilometres of protected and enhanced land. It is located a short distance from Québec City and is open year-round. Discover and enjoy the Park with a wide range of discovery and outdoors activities. Explore its waters and mountains on a downriver run, join us for a fireside story, attend an interactive activity or simply contemplate Nature. Come and experience the Jacques-Cartier!

Find out more at sepaq.com/jacquescartier

THE MOOSE, A PARK ICON
Considered by many as the king of the boreal forest, the moose has adapted well to the vast woodlands of Parc national de la Jacques-Cartier. This animal is a good swimmer and may sometimes be observed in the water eating or simply cooling down in summer. Although the largest of the cervids, the moose is very discreet and quiet. If you happen to see one along your path, please stay a good distance away so as not to disturb it.

ANNUAL QUÉBEC NATIONAL PARKS CARD
Québec’s national parks offer a one-of-a-kind experience. Explore this exceptional world of nature with the Annual Québec National Parks Card, featuring:
- Unlimited access to ALL national parks for 12 full months
- Many exclusive benefits, including a free night of camping
Details at sepaq.com/parkcard

SUPERVISED ACCESS FOR DOGS
Dogs are allowed at Parc national de la Jacques-Cartier, in certain designated areas.

MAIN RULES*
- Dogs must remain in the places where they are authorized at all times.
- Dogs must be kept on a leash and under surveillance at all times.
- The person in charge of the dog must pick up the animal’s excrement without delay.
- Barking or howling dogs as well as dogs affecting the tranquility and safety of other visitors are not allowed.

*Individuals who fail to comply with any of the rules stated above may be required to leave the area and/or issued a statement of offence, where appropriate.

Compliance with the regulations is essential, and the offer could be reviewed if non-compliance is noted.

AUTHORIZED PLACES
Dogs are allowed only in La Vallée sector, east of the Jacques-Cartier River and up to Sautauriski bridge.

Summer trail
La Tourbière, L’Éperon, L’Aperçu, Les Coulées, La Rivière-Sautauriski

Camping
La Bétulaie campground (except for ready-to-camp)
La Vallée RV area, Les Érables group campground

Picnic area
Les Deux-Rivières picnic area

Nautical access point
Fishing site parking lots along the river south of Sautauriski bridge and the by-the-hour equipment rental site at kilometre 3.
Dogs are not allowed in watercrafts.

Winter trail
La Tourbière, Les Coulées, La Rivière-Sautauriski, La Rivière-Cachée, La Mésange

Details at sepaq.com/animals
SMOOTH DOWNRIVER RUN
Glide along the smooth waters of the Jacques-Cartier River on a stand up paddleboard or in a canoe, kayak or inflatable canoe. Set out from Km 3. Details on page 10.

OFF-TRAIL SECTORS
Enjoy a range of exciting winter activities at the Park, such as alpine touring, telemark skiing, snow surfing and snowshoeing, in two sectors covering more than 150 hectares!

FATBIKE
More than 20 km of trails cut through the Park for avid fatbikers to enjoy. Discover the spectacular scenery of the valley that unfolds under a blanket of snow. Fatbikes can be rented all winter long.

MINI-RAFT
The mini-raft is the watercraft of choice to explore the lively waters of the Jacques-Cartier River with family and friends. Terrific fun for everyone! Details on page 10.

RABASKA SHELTER COMBO
Find out everything there is to know about the origin of the Park! Set out to discover amazing landscapes from the river and on land with one of our enthusiastic naturalist park wardens, who will guide you during the Follow the Current in a Rabaska Canoe or Beneath Giant Rocks activity. Details on page 9.

SCENIC ESCAPE
In a canoe or tandem kayak in the company of a guide, paddle down the calm waters of the river and challenge yourself to a few rapids. Learn how to manoeuvre the watercraft and identify rapids as you discover more about the characteristics of the Park and its river. Details on page 10.
# DISCOVER OUR TRAILS

<table>
<thead>
<tr>
<th>TRAIL</th>
<th>LENGTH AND DURATION*</th>
<th>LEVEL OF DIFFICULTY</th>
<th>DEPARTURE POINT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>La Tourbière</strong> — This short hike is filled with sights worth seeing! Visit a peat bog, a fir stand and a yellow birch forest.</td>
<td>2.9 km return trip</td>
<td>B</td>
<td>Km 3</td>
</tr>
<tr>
<td><strong>L’Épervier</strong> — Discover the L’Épaule Mountain, hike along the meandering river and take in a succession of breathtaking views of the valley. Featuring a 210-metre elevation.</td>
<td>5.4 km loop</td>
<td>I</td>
<td>Km 3</td>
</tr>
<tr>
<td><strong>La Rivière-à-l’Épaule</strong> — Reach the À L’Épaule sector by taking this trail: a worthy challenge for mountain bike enthusiasts.</td>
<td>40 km return trip</td>
<td>A</td>
<td>Km 3 or À L’Épaule Sector (Km 94 from Highway 175)</td>
</tr>
<tr>
<td><strong>L’Aperçu</strong> — Hike along the magnificent surroundings of the Belleau brook for a thrilling outing full of discoveries. <em>Get our brochure available at the Discovery and Visitors Centre.</em></td>
<td>2.2 km loop</td>
<td>B</td>
<td>Km 10</td>
</tr>
<tr>
<td><strong>Les Cascades</strong> — Cool sounds and an exhilarating visual experience await you on this trail running next to a cascading brook.</td>
<td>4 km loop</td>
<td>B</td>
<td>Km 10</td>
</tr>
<tr>
<td><strong>Le Draveur Sud</strong> — Hike this forest trail and make a refreshing stop along the banks of the Jacques-Cartier River.</td>
<td>14.8 km return trip</td>
<td>B</td>
<td>Km 10 or Km 18</td>
</tr>
<tr>
<td><strong>Les Coulées</strong> — Travel through the valley from the Belleau brook and discover the splendours of the rolling Laurentides Mountains. Featuring a 210-metre elevation.</td>
<td>10.4 km loop</td>
<td>I</td>
<td>Km 10</td>
</tr>
<tr>
<td><strong>La Rivière-Sautauriski</strong> — Let the Sautauriski River work its charm, at times still, other times tumultuous and at times stony, other times sandy. This habitat is perfect for Atlantic salmon.</td>
<td>Hiking: 4.8 km return trip</td>
<td>B</td>
<td>Km 12.5</td>
</tr>
<tr>
<td></td>
<td>Biking: 10 km return trip</td>
<td>B</td>
<td>Km 10</td>
</tr>
<tr>
<td><strong>Le Confluent</strong> — Explore a delta teeming with life and discover the rich diversity of terrestrial, wetland and aquatic habitats.</td>
<td>1.7 km loop</td>
<td>B</td>
<td>Km 12.5</td>
</tr>
<tr>
<td><strong>Les Loups</strong> — Breathtaking! See the most striking fractures of the Laurentian massif and the spectacular Jacques-Cartier and Sautauriski valleys. Featuring a 447-metre elevation.</td>
<td>5 km return trip</td>
<td>A</td>
<td>Km 16</td>
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<tr>
<td></td>
<td>1st Observation Deck 11 km return trip</td>
<td>Km 16 or Km 18</td>
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<td></td>
<td>2nd Observation Deck 3 ½ h</td>
<td>Km 16 or Km 18</td>
<td></td>
</tr>
<tr>
<td><strong>La Matteucie</strong> — Link the Le Perdreau and Les Loups trails by making your way through lush undergrowth and fern.</td>
<td>4.8 km return trip</td>
<td>B</td>
<td>Km 16 or Km 18</td>
</tr>
<tr>
<td><strong>Le Perdreau</strong> — Starting with a steep climb, set off to discover the mysterious Buvard Lake and hike through splendid maple groves.</td>
<td>5.4 km loop</td>
<td>I</td>
<td>Km 18</td>
</tr>
<tr>
<td><strong>Le Draveur Nord</strong> — Take in the full beauty of the Jacques-Cartier River and combine magnificent viewpoints of the valley and striking rock faces. Perhaps you will encounter a moose!</td>
<td>24.8 km return trip</td>
<td>I</td>
<td>Km 18 or Km 30</td>
</tr>
<tr>
<td><strong>Le Scotora</strong> — Climb the Scotora and follow the historical Jesuits trail to reach the Park’s western high plateau. Hike along a long brook invaded by beaver colonies and reach the summit of Mont Adante offering a spectacular view of the valley gorges. Featuring a 405-metre elevation.</td>
<td>16 km return trip</td>
<td>A</td>
<td>Km 30</td>
</tr>
<tr>
<td><strong>La Croisée</strong> — Hike through deep gorges to reach the magnificent great crests above the Jacques-Cartier River.</td>
<td>15.8 km return trip</td>
<td>B</td>
<td>Km 33</td>
</tr>
</tbody>
</table>

*Durations and levels of difficulty indicated are for information purposes only and apply to the summer season.

B: Beginner  I: Intermediate  A: Advanced

**ON BUSY FALL WEEKENDS WHEN THERE IS A LOT OF TRAFFIC, THE FREE SHUTTLE IS MANDATORY TO REACH SOME OF THE TRAILS.**
Sépaq has the privilege of developing territories of incredible richness. Among them, 24 national parks stand out as unique. These are protected areas that belong to all Quebecers and that provide lasting memories for visitors who proudly make such exceptional destinations their own.

Discover all our destinations at sepaq.com

FREE* reusable bag with an in-store purchase of $75 or more.

*Value of $7.99. Eligible on all purchases of $75 or more after applicable rebates, discounts, and promotions and before applicable taxes. Exclusions: wood and convenience store products.
### SPRING | May 16 to June 21

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>MEETING POINT</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Follow the Current in a Rabaska Canoe</td>
<td>Pont-Banc Picnic Shelter, Km 18</td>
<td>2:45 to 4 p.m. May 18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 to 2:15 p.m. and/or 2:45 to 4 p.m.</td>
</tr>
<tr>
<td>Beneath Giant Rocks</td>
<td>Interpretation Site</td>
<td>1 to 2:15 p.m. May 18</td>
<td></td>
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</table>

### SUMMER | June 24 to August 22

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>MEETING POINT</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Legend of the Golden Salmon</td>
<td>Amphitheatre, Km 10</td>
<td>9 to 9:30 a.m.</td>
<td></td>
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<tr>
<td>Margo in the Kingdom of Animals</td>
<td>Amphitheatre, Km 10</td>
<td></td>
<td>9 to 9:30 a.m.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>River Detectives!</td>
<td>Belleau area, Km 10</td>
<td>10 to 11:15 a.m.</td>
<td></td>
<td></td>
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<td></td>
<td>10 to 11:15 a.m.</td>
<td>10 to 11:15 a.m.</td>
</tr>
<tr>
<td>We’re not out of the woods yet!</td>
<td>Discovery and Visitors Centre</td>
<td></td>
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</tr>
<tr>
<td>Follow the Current in a Rabaska Canoe</td>
<td>Pont-Banc Picnic Shelter, Km 18</td>
<td>Every day from 1 to 2:15 p.m. and/or 2:45 to 4 p.m.</td>
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</tr>
<tr>
<td>Beneath Giant Rocks</td>
<td>Interpretation Site</td>
<td>Every day from 1 to 2:15 p.m. and/or 2:45 to 4 p.m.</td>
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</tr>
<tr>
<td>SOS Bats</td>
<td>Amphitheatre, Km 10</td>
<td>7 to 7:45 p.m.</td>
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<td>7 to 7:45 p.m.</td>
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<td></td>
<td>7 to 7:45 p.m.</td>
</tr>
<tr>
<td>Master Beaver is a Master Builder</td>
<td>Amphitheatre, Km 10</td>
<td></td>
<td></td>
<td>7 to 7:45 p.m.</td>
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<td></td>
<td></td>
<td>7 to 7:45 p.m.</td>
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<tr>
<td>An Evening of Tall Tales</td>
<td>Belleau Picnic, Km 10</td>
<td></td>
<td></td>
<td>7 to 8:15 p.m.</td>
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</tr>
<tr>
<td>Through Mountains and Torrents</td>
<td>Amphitheatre, Km 10</td>
<td></td>
<td></td>
<td>8 to 9 p.m.</td>
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</tr>
<tr>
<td>Meeting with the Moon</td>
<td>Pont-Banc Picnic Shelter, Km 18</td>
<td>8 to 10 p.m.*</td>
<td></td>
<td>8 to 10 p.m.*</td>
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</tr>
<tr>
<td>The Odyssey of Animals</td>
<td>Amphitheatre, Km 10</td>
<td></td>
<td></td>
<td>8 to 9 p.m.</td>
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<tr>
<td>Mysteries of the Night</td>
<td>Discovery and Visitors Centre</td>
<td>9 to 11 p.m.*</td>
<td></td>
<td>9 to 11 p.m.*</td>
<td></td>
<td></td>
<td></td>
<td>9 to 11 p.m.*</td>
</tr>
<tr>
<td>Shedding Light on the Stars</td>
<td>Amphitheatre, Km 10</td>
<td></td>
<td></td>
<td>9 to 10 p.m.</td>
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</tbody>
</table>

### FALL | August 23 to October 14

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>MEETING POINT</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Follow the Current in a Rabaska Canoe</td>
<td>Pont-Banc Picnic Shelter, Km 18</td>
<td>All week long until September 7</td>
<td>1 to 2:15 p.m. and/or 2:45 to 4 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Every weekend 1 to 2:15 p.m. and/or 2:45 to 4 p.m.</td>
</tr>
<tr>
<td>Beneath Giant Rocks</td>
<td>Interpretation Site</td>
<td>All week long until September 7</td>
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</tbody>
</table>

For the May 18 to 20 (National Patriots’ Day), August 31 to September 2 (Labour Day) and October 12 to 14 (Thanksgiving) weekends, a special program will be available on site.

* The Mysteries of the Night and Meeting with the Moon activities will be held one hour earlier starting August 1st.

$ Priced activities. Park entry fees are not included.

☎ Registration is mandatory at the Discovery and Visitors Centre or by calling at 418-848-3169, ext 6.

The activities are free for children under 17 (accompanied by an adult - does not apply to youth groups).

Park entry fees and taxes are extra. Reservation is mandatory at the Discovery and Visitors Centre or by calling at 418-848-3169.
ON WATER

FOLLOW THE CURRENT IN A RABASKA CANOE
Enjoy a relaxing, unforgettable sightseeing ride into the heart of a spectacular valley. Learn more about the origins of this impressive landscape and discover how the “Battle of the Jacques-Cartier” marked the history of Quebec.

Rate: $12.50/adult | FREE for children
Minimum age: 5

MEETING WITH THE MOON
Glide in a Rabaska canoe along the river at dusk and indulge in the soothing ambiance as the sights and sounds of the valley work their charm: the mating signals of fireflies glowing in the dark, hunting bats flying about and brook trout jumping out of the water.

Rate: $17.50/adult | FREE for children
Minimum age: 10

ON FOOT

BENEATH GIANT ROCKS
Follow the guide and explore unusual passageways created with huge boulders that are covered in multi-coloured moss. Amaze at this very frail, yet lush setting that must be protected.

Get 50% off on the Follow the Current in a Rabaska Canoe activity when you register.

Rate: $5.25/adult | FREE for children
Minimum age: 5

MYSTERIES OF THE NIGHT
Set out on a unique lantern-guided hike at night and safely experience the stillness of a sleeping forest. Learn how critters adapt to darkness: Who sleeps? Who hunts? Where and how?

Rate: $13.25/adult | FREE for children
Minimum age: 8

AN EVENING FOR EVERYONE

THROUGH MOUNTAINS AND TORRENTS
Imagine yourself in the ‘40s... Drivers, lumberjacks and other memorable characters get together to tell how a great park was created. This story is for young people to hear and older generations to recollect.

FREE

MASTER BEAVER IS A MASTER BUILDER
Discover how amazing the beaver is at adapting to life in water with its building feats!

FREE

SHEDDING LIGHT ON THE STARS
Join us on a captivating evening of astronomy at the amphitheatre and amaze at the starlit skies. Weather permitting, learn how to recognize the constellations in the dark sky on an outing in the Park.

FREE

THE ODYSSEY OF ANIMALS
In this story, you are the hero. Immerse yourself in the life of animals in the Park and explore the connections between preys and predators. Only those with the best adaptation skills!

FREE

AN EVENING OF TALL TALES
Hear, hear! Join us around the camp fire and listen to amazing stories that will stir your imagination. Remember to bring along your cup. Nice hot chocolate will be served to all participants. In case of rain, the activity will be held at the amphitheatre.

FREE

SOS BATS
Bats are small mammals that fly under the radar, but they are now in significant decline. Come along with us on this thrilling epic tale where these elusive critters lurking in the dark will be unmasked!

FREE

RIVER DETECTIVES!
There is life everywhere… above water, underwater and in the mud! Snoop around with us and discover fascinating creatures! In case of rain, this activity will be held under the Belleau shelter.

FREE

THE LEGEND OF THE GOLDEN SALMON
Puppet Theatre
Listen to the incredible story of Leo the Fisherman who, one day, came face to face with the Golden Salmon. The story says that this fish with magical powers granted three wishes to Leo, who dreamed in secret of living like the moose, the wolf and the eagle.

FREE

MARGO IN THE KINGDOM OF ANIMALS
Puppet Theatre
Meet Margo, a magical creature that talks with animals. You will be surprised to discover how clever animals are at adapting to life in nature. A wonderful adventure awaits you!

FREE

WE’RE NOT OUT OF THE WOODS YET!
Rally
Deep in the woods, scan the canopy of trees and nose around the moss-covered ground to collect figurines that will reveal the best-kept secrets of the forest. Sun, water, mushrooms and butterflies: discover how important it is for all these elements to relate to each other, from the smallest to the largest!

FREE

These activities are mostly held in French. However, we can arrange for a particular activity to be held in English for a group upon request. Obtain more information at the Discovery and Visitors Centre.
# WATER ACTIVITIES

## DOWNRIVER RUNS BETTER TO RESERVE EARLY (at least 24 hr in advance) 1 800 665-6527

<table>
<thead>
<tr>
<th>DOWNRIVER RUNS</th>
<th>ITINERARY</th>
<th>DEPARTURES WITH SHUTTLES</th>
<th>DISTANCE/LENGTH</th>
<th>LEVEL OF DIFFICULTY</th>
<th>DESCRIPTION</th>
<th>WATERCRAFT (watercraft and shuttle)</th>
<th>RATES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GUIDED DOWNRIVER RUNS (Saturday and Sunday)</strong></td>
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<tr>
<td>MINIRRAFT EXPERIENCE 2 to 5 p.m.</td>
<td>From Pont-Banc to the Rental Centre</td>
<td>From June 13 to September 7 Saturday and Sunday</td>
<td>8 km</td>
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</table>
| | | | 3 h | Challenging Run | Minirail | Adult: $51.50 | Child: $35.50
| PANORAMIC ESCAPE 8:30 a.m. to 12:30 p.m. | From Km 25 to Pont-Banc | From June 13 to September 7 Saturday and Sunday | 7 km |
| | | | 4 h | Sightseeing Run | Canoe | Adult: $54 |
| | | | | | Tandem Kayak | Child: $35.50 | (Child 12 to 17) |

**SELF-GUIDED DOWNRIVER RUNS**

**IMPORTANT! DEPARTURES WITH SHUTTLES:** You must show up at the Watercraft Rental Centre 45 MINUTES PRIOR TO DEPARTURE

| JETEE | From La Jetee to the Rental Centre | From May 16 to October 12* Everyday | 19 km |
| | | 8:45 a.m. | 4 to 5 h | Challenging Run | Canoe | $93 |
| | | | | | Inflatable Canoe | $80 |
| | | | | | Solo Kayak | $67.25 |
| | | | | | Tandem Kayak | $98.50 |
| EKWATEK | From the Ekwatek to the Rental Centre | From June 13 to September 7 Everyday | 15 km |
| | | 9:30 a.m. | 2 to 3 h | Challenging Run | Canoe | $70.50 |
| | | | | | Inflatable Canoe | $61.50 |
| | | | | | Solo Kayak | $50 |
| | | | | | Tandem Kayak | $74.50 |
| PONT-BANC | From Pont-Banc to the Rental Centre | From May 16 to October 12* Everyday | 8 km |
| | | 11:15 a.m. and 1:30 p.m. | 1 ½ to 2 h | Challenging Run | Canoe | $59.75 |
| | | | | | Inflatable Canoe | $50.75 |
| | | | | | Solo Kayak | $44.75 |
| | | | | | Tandem Kayak | $63.75 |
| | | | | | 5-Place Minirail | $104 |
| | | | | | 7-Place Minirail | $149.50 |
| MAUBECHE (Air tubes) | From the Maubeche Pond to the Rental Centre | From June 13 to September 7 Everyday | 5 km |
| | | 12 p.m., 12:45 p.m. and 15 p.m. | 1 to 1 ¼ h | Sightseeing Run | Air Tube | $19.50 |
| PARCOURS SUD | From the Rental Centre to the end of the canoe run | From May 16 to October 12* Everyday | 7 km |
| | | 2:15 p.m. | 1 ½ to 2 h | Sightseeing Run | Canoe | $59.75 |
| | | | | | Inflatable Canoe | $50.75 |
| | | | | | Solo Kayak | $44.75 |
| | | | | | Tandem Kayak | $63.75 |

* From May 16 to June 13 and from September 7 to October 12: Schedule may vary - Please confirm at the Discovery and Visitors Centre. Park entry fees and taxes are extra.

## STILL WATERS

<table>
<thead>
<tr>
<th>HOURLY RENTAL (Km 3)</th>
<th></th>
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<tbody>
<tr>
<td>CANOE</td>
<td>$18</td>
</tr>
<tr>
<td>SOLO KAYAK</td>
<td>$16.25</td>
</tr>
<tr>
<td>INFLATABLE CANOE</td>
<td>$13.50</td>
</tr>
<tr>
<td>STAND UP PADDLING</td>
<td>$17.75</td>
</tr>
</tbody>
</table>
To make the most of your visit to the park, reserve one of our accommodation sites. From your base camp, set out to discover the territory at your own pace and observe Nature up close in her full splendour, particularly at dawn and dusk.

Visitors can choose from among several types of accommodations and packages:

- Rustic camping
- Camping with 1 or 2 services
- Canoe-camping
- Ready-to-camp (4 people)
- Cabin (2 to 6 people)
- EXP. Cabin (4 people)
- ECHO Cabin (4 people)
- Yurt (4 people)
- Rustic shelter (4 to 6 people)

Better to reserve early: 1 800 665-6527
sepaq.com/jacquescartier

**Our favourite offers at the Park**

- Follow the guide along the **Beneath Giant Rocks activity** and explore unusual passageways in an amazing natural setting.

- In any season, discover the natural diversity of the **La Tourbière trail**.

- On an **air tube**, smoothly drift along the Jacques-Cartier River. Children: over 5
CONSERVE FOR TOMORROW

FEEDING FOXES LEADS TOO OFTEN TO THEIR DEATH.

People may think that they help foxes by feeding them, but they are more likely to do them harm. Foxes and other wild animals that depend on humans for food can lose their survival instinct.

Feeding foxes from a vehicle or roadside is likely to encourage them to stay nearby, knowing well that there are opportunities to obtain food easily. Therefore, foxes are more at risk of being hit by passing vehicles. In recent years, several dead foxes have actually been noticed along the road because of this ill-advised action.

Foxes hunt a wide variety of rodents like woodchucks and squirrels. In fact, foxes contribute to controlling the populations of such animals. Foxes are not aggressive animals, but they are wild and may bite people trying to feed them. They can also carry and transmit diseases.

Here is why wild animals like the fox should not be fed:

- Wild animals find in nature the food that suits their needs;
- Food offered by people may not suit their digestive system and may lead to some diseases or health problems and even death;
- Wild animals may come to depend on the food they are offered and become more vulnerable to predators;
- With the appeal of food, they are likely to become less wary of humans, potentially creating sources of conflict or exposing them to danger;
- Disrupting the natural activities of wild animals changes their natural behaviour and sometimes puts their lives at risk.

As a reminder, it is prohibited at Parc national de la Jacques-Cartier to feed wild animals or leave food for them in the Park.
PLAY IT SAFE

IN THE WILD, YOUR SAFETY IS YOUR RESPONSABILITY
Sépaq’s mission is to ensure the widest possible access to Québec’s most beautiful natural treasures. Sépaq is committed to the safety of its visitors and urges you to play it safe!

Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities. YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY and risk management is an integral part of your experience.

Before leaving for an excursion, MAKE SURE YOU HAVE THE SKILLS AND ABILITIES REQUIRED to practice your chosen activity AND RESPECT YOUR PHYSICAL LIMITS. Your outing should leave you with nothing but pleasant memories. We invite you to consult our safety guides for Sépaq activities, available at sepaq.com/security. You will also find a list of organizations that can help you plan your activities safely.

REMEMBER
During your visit to a national park, you must always carry your entry fee receipt or your annual entry card.

Remember that animals are in their natural habitat and that you are a visitor. To ensure both your safety and theirs, feeding them is prohibited; otherwise they may lose their natural fear of human beings and become aggressive.

To preserve our natural riches, you are not allowed to remove any natural elements (animals, plants, dead wood, rocks, etc.). Please also keep to established hiking trails to avoid trampling flora.

CHECKLIST

BEFORE YOU LEAVE HOME
• Plan on going with at least one other person.
• Check the weather report.
• Pack water and food, even if the activity is only for a few hours.
• See that you have appropriate clothing and footwear for anticipated weather conditions.
• Let somebody know the exact location of your destination and the time you plan to return home.

ONCE YOU ARE ON SITE
• Do not rely on your cellphone.
• Check how much time it will take to complete your activity.
• Obey signs and notices, including bans on open fires.

WHEN YOU GET BACK
• Once you have completed your activity, make sure that you report to our staff anything wrong or any damage or problems you encountered.

IN CASE OF EMERGENCY: 911

SÛRETÉ DU QUÉBEC: 310-4141 (general number) / 4141 (for cellphones)
Where cellphone networks are available. The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.

IN CASE OF EMERGENCY : 911
Parc national de la Jacques-Cartier
Exit 182, Highway 175 North
Stoneham-et-Tewkesbury
Information: 418-848-3169
Reservation: 1 800-665-6527
parc.jacques-cartier@sepaq.com
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Photos: Steve Deschênes, Parc national des Grands-Jardins
Dominic Boudreault, Mathieu Dupuis, Agathe Girard-Tremblay, Jean-Pierre Huard, Steve Deschênes, Lise Génois, Caroline Langevin, Paul Binet – Dreamstime
La clé de notre succès... La qualité de notre service!

Larouche Remorquage Inc., est heureux de desservir l’ensemble du parc national de la Jacques-Cartier et ce, par différentes assistance routière sans oublier le C.A.A. Vous aurez un service professionnel et sécuritaire, alors n’hésitez pas à communiquer avec des professionnels.

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Québec (Qc) G2K 1V9
Tél.: (418) 622-0607
Fax: (418) 622-7132
info@laroucheremorquage.com
laroucheremorquage.com

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