

SÉPAQ

# PARC NATIONAL DU LAC-TÉMISCOUATA

**Protected area. Enriching nature experiences.**

**In the heart of the Appalachian chain and bordering one of Quebec's most magnificent lakes, this park with lush forests allows you to soak in nature in all its glory.**

**A crossroads for thousands of years for the First Nations, the park is endowed with an invaluable archaeological wealth.**

# OUR TEAM'S FAVORITES



A

## La Pointe Rustic Campsite **FROM JUNE 20!**

New peaceful haven overlooking Grand Lac Touladi. Exclusive rental for 4 people. 2 departure options:

- Petit-Lac-Touladi Visitors Centre: 8 km by canoe (3 hours).
- Grand-Lac-Touladi Visitors Centre: 2.4 km on foot (1 hour) or 2 km by canoe (1 hour).



B

## Landscape and Rare Forest

**The park's most popular hiking trail**, the Montagne du Fourneau is an exceptional forest ecosystem of red and white pine. This trail gives you an enchanting view of Lake Témiscouata. A guided hike is offered.



Curieux de nature trail



Sandy shore

C

## Everything for Families!

**A family-friendly sector, Grand-Lac-Touladi offers a wide range of activities.**

A sandy shore for water sports, boat rentals, picnic areas, walking trails, sunsets, animated activities for families... not forgetting the famous *Curieux de nature* trail, a 720 m path designed with children in mind and dotted with physical challenges and games.

**Learn more canoe-camping** - 4 sites at 1.3 km (30-45 min.)



Canoe-camping

**A day at Grand lac Touladi...**  
**Where the most beautiful summer memories are made!**



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# DISCOVER OUR TRAILS



Picnic tables are located at all park trails, allowing you to easily stop for a snack!

HIKING AND BIKING TRAILS		DISTANCE AND DURATION*		LEVEL	TRAILHEAD
	<b>Montagne-du-Fourneau</b> - With a pine forest classified as an “exceptional forest ecosystem” and panoramic views of Lake Témiscouata and the surrounding area, this trail is a must!	5.8 km loop	2-hour	Interm.	Anse-à-William Discovery and Visitors Centre (DVC)
	<b>Rivière-des-Mémoires</b> - Go back in time while hiking along the mythical Touladi river. Take the opportunity to discover the great Touladi footbridge.	13.2 km Out-and-back	4-hour	Easy	Jardin des Mémoires or St-Juste Sector Entrance
	<b>Sutherland</b> - Enjoy the view of Rond lake and cross a boardwalk over a magnificent marsh to reach the famous Sutherland falls.	6 km Out-and-back	2½-hour	Easy	Sutherland parking area
	<b>Montagne-de-Chert</b> - Fall under the spell of an old maple grove and discover the viewpoints over the Touladi lakes.	5.2 km loop	2-hour	Easy	Montagne-de-Chert parking area
	<b>Draveur</b> - A natural link between the Jardin des Mémoires and the sandy banks of Grand Lac Touladi, this trail will let you discover historic shores.	9.4 km Out-and-back	3-hour	Easy	Jardin des Mémoires or Grand-Lac-Touladi VC
	<b>Grey Owl</b> - From Anse-à-William, stop at the picnic area on the sandy banks of Curé-Cyr point (0.8 km), then continue your hike to reach the footbridge over the Touladi river.	11 km Out-and-back	3½-hour Hiking 1-h Biking	Easy	Anse-à-William DVC or St-Juste Sector Entrance
	<b>Vieux-Quai</b> - A short hike from Anse-à-William will lead you to the Vieux Quai and its beautiful view of Lake Témiscouata.	2.8 km Out-and-back	1-h Hiking 15 min Biking	Easy	Anse-à-William DVC
	<b>Grands-Pins</b> - From one rocky outcrop to the next, climb above Lake Témiscouata to take in the incredible views. The choice is yours: out-and-back or loop.	5.8 km Out-and-back 6 km loop	2-hour 2½-hour	Easy Interm.	Grands-Pins VC
	<b>Crépuscule</b> - The effort of climbing up to the Crépuscule lookout will be rewarded by a spectacular view of Lake Témiscouata and its superb sunsets.	1.8 km loop	35 to 50 minutes	Interm.	Grands-Pins VC
	<b>Belvédères</b> - To discover Lake Témiscouata from different viewpoints, this trail links together the Crépuscule trail and the Grands-Pins trail.	1.8 km Out-and-back	35 to 50 minutes	Interm.	Grands-Pins VC
	<b>National Trail</b> - Long-distance hikers can cross the park’s territory and its various ecosystems on 37 km of sport trails. Level: Intermediate. Lodging available in camping, rustic camp or ready-to-camp. <b>Major maintenance work have been carried out in 2024, with more to come in 2025 for sections outside the park.</b>				
	<b>Cycling Route</b> - Road bikers will enjoy the winding, hilly course of the park’s 26 km of paved, shared roads, including the section between Anse à William and Grand lac Touladi, passing near the Montagne de Chert and the Jardin des Mémoires.				

\* The durations and levels of difficulty mentioned are indicative only and refer to the summer season. DVC: Discovery and Visitors Centre - VC: Visitors Centre.

Hiking Biking Family experience Auto-interpretation Dogs allowed (May to October) - [sepaq.com/animaux](https://sepaq.com/animaux)

## Family experience

**Yippee, it's absolutely free!**

For young people 17 years of age and under, access, accommodations and equipment loans are absolutely free of charge.

The offer varies from one establishment to another.



## Autumn, a season of colour!

A privileged moment to admire striking panoramas of the blaze of colours that cover the park and the Témiscouata region.





Parking to access at the National Trail. Route 232 between kilometer posts 51 and 52.

Petit-Lac-Touladi Visitors Centre

Stationnement des îles

Jardin des Mémoires

Grand-Lac-Touladi Visitors Centre and camping

Anse-à-William Discovery and Visitors Centre and camping

St-Juste Sector Entrance

Dégelis Sector Entrance

Des Grands-Pins Visitors Centre

- |  |                                   |  |                        |  |                                      |  |                       |  |                                  |
|--|-----------------------------------|--|------------------------|--|--------------------------------------|--|-----------------------|--|----------------------------------|
|  | Registration centre / Information |  | Canoe-camping          |  | Parking lot                          |  | Km                    |  | Length of trail sections         |
|  | Community shelter                 |  | Mini-convenience store |  | Traversal (Pedestrian / Bike)        |  | Trail                 |  | National trail                   |
|  | Common campfire area              |  | Rustic accommodation   |  | Crossing (Car)                       |  | Bike path             |  | Nautical route                   |
|  | Playground                        |  | Tourist Information    |  | Toilet only                          |  | Road network          |  | Boat shuttle (Pedestrian / Bike) |
|  | Picnic area                       |  | Equipment rental       |  | Pit toilets                          |  | Dogs allowed location |  | National park boundary           |
|  | Amphitheatre                      |  | Lookout                |  | First aid kit                        |  |                       |  |                                  |
|  | Self registration post            |  | Wharf                  |  | Recreational vehicle dumping station |  |                       |  |                                  |
|  | Electric vehicle charging station |  | Community hall         |  | Biking-camping                       |  |                       |  |                                  |
|  | Shop                              |  | Archeological site     |  | Wifi zone                            |  |                       |  |                                  |
|  | Semi-serviced camping             |  | Interpretation site    |  |                                      |  |                       |  |                                  |

★ Des Grands-Pins sector offers ready-to-camp only.



Download via Avenza Maps

L'information fournie sur cette carte peut changer sans préavis. En cas de disparité, l'information sur le terrain doit prévaloir en tout temps.

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# DISCOVERY TIME

## A Variety of Water Sport

The park offers a variety of options for water sport enthusiasts.

Whether on the immense Lake Témiscouata or on the Touladi lakes, there is no shortage of options.

Take advantage of our boat rental service which includes **canoes, sea and recreational kayaks, pedal boats and paddle boards.**



## Discover the Lake Témiscouata

To fully explore Lake Témiscouata by bike, a 24 km loop (18 km stone dust cycling path, 6 km shared country road, and 2 ferries), is offered.



### NM Corégone Ferry

**For to all categories of vehicles, bicycles and pedestrians ferry** linking Saint-Juste-du-Lac to Témiscouata-sur-le-Lac (Notre-Dame-du-Lac district).

- Crossing takes 20 minutes
- Departures every hour
- No reservations. First-come, first-served. Boarding 10 minutes before departure.

**From:** May 24 to October 13

**Schedule and cost:** available at [traversedutemiscouata.com](http://traversedutemiscouata.com) or by scanning the QR code below



### L'Épinoche Water Shuttle

**For hikers and cyclists** linking Anse à William in the national park to Témiscouata-sur-le-Lac (Cabano district).

- Crossing takes 15 minutes
- Provides access to the Petit-Témis bike path (Route Verte 8)
- Reservation required at 418 855-5508, ext. 0

**From:** June 20 to September 1

**Schedule and cost:** available at [sepaq.com/temiscouata](http://sepaq.com/temiscouata) or by scanning the QR code below



## Fort Ingall ENGLISH AUDIO-GUIDES AVAILABLE ON SITE

**A British fortress from 1839!** Témiscouata hides a little-known history: it was the scene of an almost forgotten war. Uncover the mystery by visiting the only wooden fortress of the British Empire in Quebec: Fort Ingall. You will learn about the life of the soldiers, the military architecture of the time, and the concrete results of the archaeological excavations that took place on this historic site. As a bonus, you will see one of the soldiers using his black powder weapon.

**Departure point:** Anse-à-William **Duration:** Approx. 2 hours  
**Leaving:** 9:15 a.m. and 11:00 a.m. **Cost:** \$30 per adult and \$7 per child (17 years old and under), taxes included. **Reservation required at the Visitors Centres.**



**Participate in our discovery activities!**



The Touladi Lakes

### **Stories Around the Fire**

Under the stars, at the edge of the lake, the crackling of the fire recalls the rich history of the place. Gather around and listen to legends of the territory, from hunter-gatherers to lumberjacks to mythical creatures.

### **Field Trip in Nature**

In a rabaska on the Touladi lakes or at a guided hike on the Montagne-du-Fourneau, discover the park in depth. These are perfect opportunities to contemplate and connect with nature.

### **Extraordinary Flora and Fauna**

**The park boasts a surprising diversity of flora and fauna.**

To discover it, 4 activities are offered:

- Introduction to ornithology;
- Discover the bald eagle;
- S.O.S bats;
- The mussels are worried (those fragile freshwater ones).



## **IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY**

### **Outdoor activities can involve certain risks.**

Always be sure to have the skills and abilities required for the activity you choose. It is very important to find out about the risks involved in the activity, to know and respect your own limits and to use appropriate equipment. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

**For more information, visit our website at [sepaq.com/security](http://sepaq.com/security)**

## **DISCOVERY ACTIVITIES**

**Consult the program to enrich your visit.** (in French only)

You will find entertaining activities to explore the park from every angle.



# CONSERVE FOR TOMORROW



Lake Témiscouata



Zebra Mussel



Eurasian watermilfoil

## Zebra Mussel

**The presence of the zebra mussel, an exotic invasive species, has been confirmed in Lake Témiscouata.** This highly prolific species is upsetting the lake ecology. We need your help in preventing it from spreading to other bodies of water. The park has 3 cleaning stations for light watercraft. **Find out more at the Visitors Centres.**

Pour plus d'information: [zebramussel.info](http://zebramussel.info)

**Thank you for helping  
preserve our lakes.**

## Eurasian Watermilfoil

**A very invasive aquatic plant was identified in Lac Témiscouata, the Eurasian watermilfoil.** This plant spreads rapidly and its colonies are so extensive and dense, it transforms aquatic ecosystems. It can also greatly affect swimming. **Since its discovery, the park has been working with local organizations to prevent the spread of this plant to other lakes in the region.**

**By cleaning your boats before and after boating on a body of water, you help to reduce its spread.**

# 5 ground rules to follow in nature



## Our national parks

get millions of visits each year. Harmful behaviors can cause permanent damage to the environment and hinder other visitors' experience. Let's do our part to protect nature so we can all enjoy it for years to come.



### Stay on trails and in designated visitor areas

Don't step off the trails or walk in the undergrowth to avoid trampling plants and compacting the soil.



### Do not gather dead wood

Help preserve the undergrowth by leaving dead wood in place. It serves as shelter for wildlife and enriches the soil after decomposing.



### Do not feed wildlife

Allow animals to feed themselves so they can follow their natural instincts. Keep all foods out of their reach.



### Keep your distance when observing animals

Repeated disturbances can alter their behavior and affect their ability to find food, mate, and communicate with each other.



### Be mindful of the peace and quiet and adhere to curfews

Noise frightens wildlife, and people visit national parks to enjoy nature. Please follow curfews and refrain from making noise at all times.