

SÉPAQ

# PARC NATIONAL DE FRONTENAC

Protected area. Enriching nature experiences.

**Bordering Grand Lac Saint-François, the Parc National de Frontenac offers a wide range of outdoor activities accessible to the whole family.**

**A majestic lake, rich wetlands and rolling hills inviting you to discover the generous nature which is forever renewed with each passing season.**

 **Sépaq**  
human nature

# OUR TEAM'S FAVOURITES



A

## Discover an exceptional ecosystem

The peatland in the Saint-Daniel sector is home to several species of carnivorous plants and orchids. A wooded pathway allows observation of the flora typical to peatlands. Discovery panels line the trail.



B

## Canoe-camping adventure

The Lac des Îles and Lac à La Barbe locations are excellent destinations for gentle paddling and learning about canoe-camping. Those of Baie Sauvage are ideal for more experienced canoeists. Experience the intimacy of nature and savor a new adventure!



C

## Picnic at Baie Aux Rats-Musqués

The perfect place to grab a lunch and enjoy one of the most beautiful views of Grand Lac St-François! Several picnic tables and BBQs available, all located near a children's playground, the cycle path and the beach volleyball court.



D

## Exploring Baie Sauvage

You have the soul of an explorer? By canoe or kayak, soak up the breathtaking scenery of La Baie Sauvage. Take the time to navigate around the small bays to observe the fauna and flora, and continue all the way to the waterfalls of the Felton River.



E

## Pedal Le Littoral

The Littoral cycle path in St-Daniel's area offers a winding trail of 16 km (round trip) including stops that allow you to capture the vastness of Grand lac Saint-François. Do not miss the sunsets at the Pointe-aux-Pins and Baie des Sables!



F

## Walk the Grand Pins

This 5 km discovery trail offers an awakening of the senses ... rich smells of undergrowth of mosses, lichens and mushrooms, all under the watchful eye of huge white pines. Throughout the walk, you can see rocks that seem to have fallen from the sky! The views of Baie Sauvage will charm you.

# DISCOVERY TIME



## Light on the stars

The starry sky is one of nature's greatest spectacles. Join us in celebrating the starry sky, admiring the beauty of the night, and participating in a star-filled astronomy activity, rain or shine! Refer to the panels « Par ici les découvertes! » in the various campsites and in the visitors center.

## A bit of fishing

You are at the Baie Sauvage campground. The ideal place to introduce children to the fishing world, as the catch of common sunfish and small yellow perch is quite usual. But be careful not to let your guard down, because bass and pike may occasionally be interested in your bait! Several wade fishing sites are available to let you experience this activity safely.

**Fees are applicable to the boat rental. Fishing license required.**

## Accommodation fishing

Fishing on the lakes Îles, Barbue and Ours is permitted every day but only for accommodation renters who are licenced to fish (fees per day and per person not included). Please note that specific conservation rules apply.

## Fishermen ... do you have something to declare?

The quality of the fishing offered exclusively to the guests vacationing at Lac des Îles, Lac des Ours and at Lac à la Barbue depends to a large extent on the accuracy of the information provided by the fishermen. Everyone has the responsibility to complete their fish catch declaration, even if no fish have been caught. The study of these data makes it possible to adjust the fishing pressure according to established quotas, which increases the probability of being able to keep the fishery open throughout the summer.

## Family Experience Yippee, it's absolutely free!

For kids 17 years of age and under, access, accommodations, and certain equipment loans are free of charge.

The offer varies from one establishment to another.



## DISCOVERY ACTIVITIES

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

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



## 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)**

# SAINT-DANIEL SECTOR

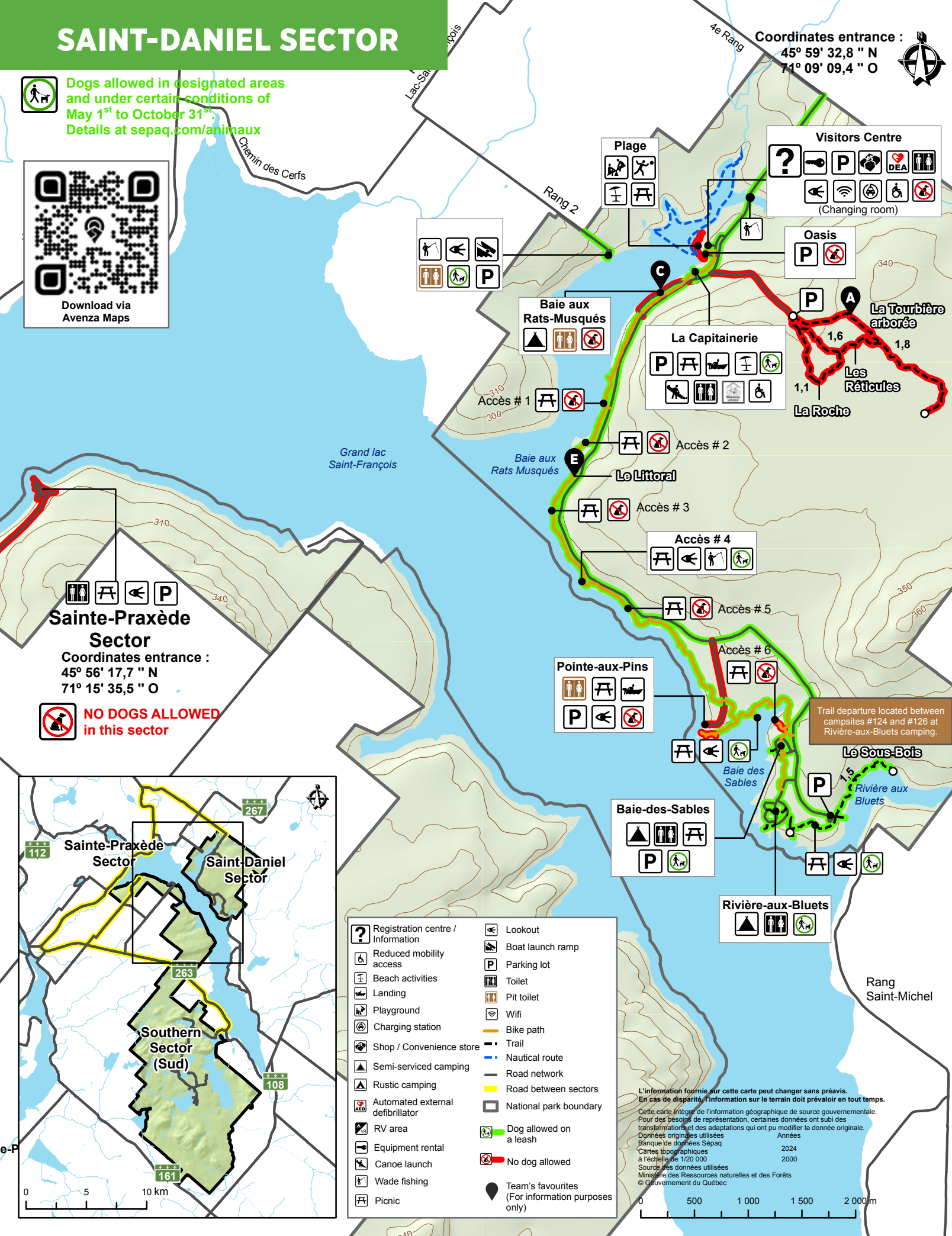


Dogs allowed in designated areas and under certain conditions of May 1<sup>st</sup> to October 31<sup>st</sup>.  
Details at [sepaq.com/animaux](http://sepaq.com/animaux)



Download via Avenza Maps

Coordinates entrance :  
45° 59' 32,8 " N  
71° 09' 09,4 " O

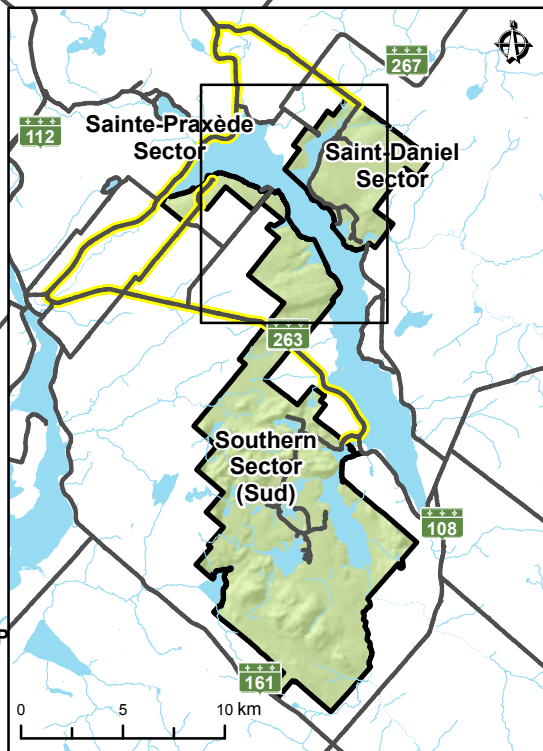


## Sainte-Praxède Sector

Coordinates entrance :  
45° 56' 17,7 " N  
71° 15' 35,5 " O

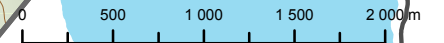


**NO DOGS ALLOWED**  
in this sector



Registration centre / Information	Lookout
Reduced mobility access	Boat launch ramp
Beach activities	Parking lot
Landing	Toilet
Playground	Pit toilet
Charging station	Wifi
Shop / Convenience store	Bike path
Semi-serviced camping	Trail
Rustic camping	Nautical route
Automated external defibrillator	Road network
RV area	Road between sectors
Equipment rental	National park boundary
Canoe launch	Dog allowed on a leash
Wade fishing	No dog allowed
Picnic	Team's favourites (For information purposes only)

L'information fournie sur cette carte peut changer sans préavis.  
En cas de disparité, l'information sur le terrain doit prévaloir en tout temps.  
Cette carte intègre de l'information géographique de source gouvernementale.  
Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale.  
Données originales utilisées : Années 2024  
Banque de données Sépaq  
Cartes topographiques à l'échelle de 1:20 000 : 2000  
Source des données utilisées : Ministère des Ressources naturelles et des Forêts © Gouvernement du Québec



# HICKING TRAILS SAINT-DANIEL SECTOR



		LENGTH AND DURATION*		LEVEL AND ELEVATION	DEPARTURE LOCATION
	<b>Le Littoral</b> – You will appreciate its winding course and picnic areas along the shores of Grand Lac Saint-François. This trail allows you to leave your vehicle in the campground parking since it connects with all the campground's loops and with the beach.	Hiking & biking: 16 km round trip	5 hr 2 hr	● 10 m	St-Daniel's Service Center or campsites
	<b>La Tourbière</b> – There are carnivorous plants and orchids. Wooden walkways, discovery panels offering a unique view on this northern islet.	1.6 km loop	30 min.	● 10 m	La Tourbière parking lot
	<b>Le Sous-bois</b> – This trail weaving across the Rivière-aux-Bleuets delta is the ideal spot for an outdoor family picnic.	3.2 km aller-retour	1 hr	● 5 m	Rivière-aux-Bleuets campground between sites #124 and #126
	<b>Nautical course of Baie aux Rats Musqués</b> – Embark on an adventure as you explore many marshes scattered around the bay. You'll discover beds of aquatic plants in full bloom and an extraordinary diversity of birdlife. You may even spot a great blue heron fishing for lunch, a family of Canada geese bobbing among the bulrushes, or better yet... a bald eagle gliding silently overhead! Rentals via the St-Daniel service center.	Non-eligible	2 hr	■	Pointe Saint-Daniel launching

\*The durations and difficulty levels mentioned are indicative and refer to the summer season.

## SUPERVISED ACCESS FOR DOGS



Dogs are allowed only in the Saint-Daniel sector, only at designated areas from May 1<sup>st</sup> to October 31<sup>st</sup>.

All details at [sepaq.com/animals](http://sepaq.com/animals)

### 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

<b>Summer trail</b>	Le Sous-bois, Le Littoral, Rang II trails (fishing)
<b>Camping</b>	Rivière-aux-Bleuets (except for ready-to-camp), Baie-des-Sables
<b>Picnic area</b>	Saint-Daniel beach picnic area Access point 4
<b>Nautical access point</b>	La Capitainerie boat launch Rang II boat launch ramp

## NAUTICAL ACTIVITIES AND RENTALS

Under the eye of the great silver heron, Aux Rats-Musqués bay in the Saint-Daniel sector offers a host of aquatic activities in an exceptional setting!

Possibility of renting canoes, kayaks, pedal boats and paddle boards from the Saint-Daniel service center.

### Equipment for persons with reduced mobility

In order to make its Aux Rats-Musqués bay accessible to persons with reduced mobility, some suitable equipment can be rented free of charge at the rental centre upon presentation of the CAL card and upon availability:

NEW

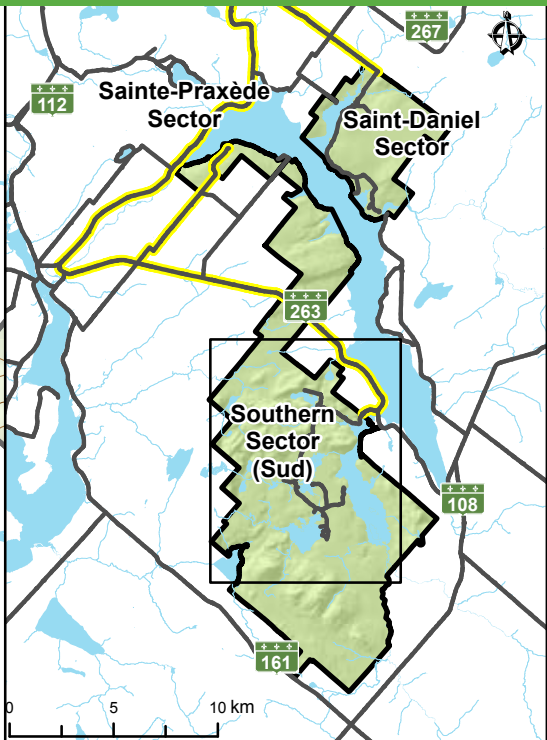
- Trackz wheelchair
- WaterWheel
- Trident watercraft

# SOUTHERN SECTOR

Coordinates entrance :  
 45° 50' 37 " N  
 71° 09' 23,9 " O



**NO DOGS ALLOWED**  
 in this sector



**Discovery and Visitors Centre**

**L'Escale Visitors Centre**

**Baie Sauvage**

**Lac des Îles Access**

**Lac à la Barbue Access**

**Accès # 12**

- |                                   |   |
|-----------------------------------|---|
| Registration centre / Information | Canoe launch                                      |
| Reduced mobility access           | Wade fishing                                      |
| Landing                           | Picnic  |
| Playground                        | Lookout   |
| Bienvenue cyclistes!              | Boat launch ramp                                  |
| Charging station                  | Parking lot                                       |
| Shop / Convenience store          | Toilet  |
| Semi-serviced camping             | Pit toilet  |
| Rustic camping                    | Wifi  |
| Canoe-camping                     | Summit  |
| Cabin                             | Bike path   |
| Automated external defibrillator  | Trail   |
| RV area                           | Nautical route                                    |
| Rustic accommodation              | Road network                                      |
| Equipment rental                  | Road between sectors                              |
|                                   | National park boundary                            |
|                                   | Team's favourites (For information purposes only) |

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 2000  
 Source des données utilisées :  
 Ministère des Ressources naturelles et des Forêts  
 © Gouvernement du Québec



**Trails departure:**  
**L'Érablière :** near the rear terrace of the Discovery and Visitors Center  
**Les Passereaux :** located at the far right end of the South Services Center parking lot or directly at the Baie Sauvage campsite between sites #70 and #89  
**La Colline :** you must take the Les Passereaux trail to access it.



# HICKING TRAILS SOUTHERN SECTOR



		LENGTH AND DURATION*		LEVEL AND ELEVATION	DEPARTURE LOCATION
	<b>L'Érablière</b> – A hill, a maple grove and an old beaver lake. A family pleasant walk in the woods. Not ideal for strollers due to tree roots.	3.2 km loop	1 hr 30 min.	● 60 m	Near the back terrace of the South Discovery and Service Center
	<b>Les Passereaux</b> – A path travelling across the hills and forests and connecting the Baie Sauvage campground with the Southern sector entrance. It includes several rest stops to let you discover all kinds of forest and marsh birds.	Hiking & biking: 13 km/round trip	5 hr 1 hr 30 min. 	■ 35 m	At the right end of the South Discovery and Service Center parking lot or near the Baie Sauvage campground playground
	<b>La Colline</b> – Ideal for those looking for a little sporting challenge. In the heart of a leafy forest, La Colline makes the link between Les Passereaux and Les Grands Pins trail.	7.4 km loop	2 hr 45 min.	● 75 m	At the right end of the South Discovery and Service Center parking lot. You must take Les Passereaux trail to access it
	<b>Les Grands-Pins</b> – Walk through a forest of moss dominated by big white pines and rocks that seem to have fallen from the sky. Lichens, mushrooms and view points on the Baie Sauvage. Charming waterfall at the end of the trail.	5.7 km loop	2 hr	● 5 m	Camping Baie Sauvage (près de l'aire de jeux)
	<b>Le Massif de Winslow</b> – More sustained hiking in a foam forest undergrowth and a deciduous forest. In autumn, discover a multitude of mushrooms. Take a break at Lac Thor. Point of view from the region at 430 m above sea level. Canoe-hike Osez le Massif package, for the greatest pleasure, combine canoe rental at Lac des Îles, disembark at landing zone and hike to the summit. Rentals via the l'Escale services center and/or Southern services center.	10.2 km loop	3 hr 30 min.	■ 183 m	Parking lot in front of the entrance of the Legendre cabin.
	<b>Nautical course of Baie Sauvage</b> – Head out on an expedition to Rivière Felton Falls in a canoe or kayak and explore the little bays along the way or simply let the onshore winds decide where to carry you! Rentals via the l'Escale services center and/or Southern services center.	Non-eligible	3 hr to 5 hr	■	L'Escale launching

\*The durations and difficulty levels mentioned are indicative and refer to the summer season.

## NAUTICAL ACTIVITIES AND RENTALS

Take advantage of our equipment rental centers to refresh yourself and discover the park in a different way. Discover Baie Sauvage, Lac à la Barbue or Lac des Îles.

Possibility of renting canoes, kayaks, pedal boats and paddle boards from the South discovery and services center located at the entrance to the sector as well as at the Escale service center located at the Baie Sauvage campground.



# CONSERVE FOR TOMORROW



## Delicate aquatic herbarium, navigate in open water

The plants you see in the lakes are rooted in the bottom. This is how they feed. When you go through the seagrass many stems break. Keep your distance and circulate in open water.

## Instructions for boats, nautical and fishing equipment

To protect the lakes in the park from invasive alien species, it is mandatory to clean, empty and dry all boats and nautical and fishing equipment.



### Cleaning up

Clean your boats and equipment after each use.



### Emptying boats

Empty all the water out of your boat onto dry land, including buckets and coolers.



### Drying boats

Dry your boats and equipment thoroughly.

# 5 good practices to adopt in nature

## Our national parks

Given the millions of visits to our national parks annually, harmful behaviors can cause permanent damage to the environment and negatively impact the experience of other visitors. Let's do our part to care for these extraordinary nature sites so we can all enjoy them for years to come.



### Stay on trails and in designated visitor areas

Taking shortcuts can destroy vegetation.



### Do not gather dead wood\*

To preserve the natural environment, it is prohibited to remove natural elements, including animals, plants, dead wood, and rocks.



### Do not feed wildlife\*

Feeding wildlife negatively impacts their natural feeding habits. Keep all food out of reach of animals.



### Keep your distance when observing wildlife

When animals are repeatedly disturbed, their natural behaviors can change, and they can develop problems to feed, find a mate, and communicate among themselves.



### Respect the peace and tranquility, and comply with curfews

People come to national parks to relax and enjoy nature. Please respect curfews and avoid playing music at all times.

\*Failure to comply with rules governing parks and authorized activities is considered a violation of the *Parks Act* and *Parks Regulation*.

