PARC RÉGIONAL DES
GRANDES-RIVIÈRES
DU LAC SAINT-JEAN

grandesrivieres.com

CLOSER TO NATURE
IN ANY SEASON

VISITOR'S GUIDE
2019

© Sylvain Lavoie, Parc régional des Grandes-Rivières / Canoeing on the Mistassini river

PARQ Parcs Régionaux du Québec

ONDAGO

MRC de MARIA-CHAPDELAINE

Balado découverte

Tourisme d'aventure et écotourisme Saguenay–Lac-Saint-Jean

A REGIONAL PARK
FOR YOU

© Sophie Lavoie

PARC RÉGIONAL DES GRANDES-RIVIÈRES DU LAC SAINT-JEAN

A GREAT ADVENTURE!

Ready, set... guide in hand, you're ready to become better acquainted with a region that offers thrilling experiences at every turn! Visit the REGIONAL PARK's ten sectors to discover nature's bounty, walk in history's footsteps, experience wild river touring and enjoy accommodations that are truly out of the ordinary.

The Parc régional des Grandes-Rivières du lac Saint-Jean grew out of the local people's desire to promote a set of natural sites in the region by linking them with tourism groups in the public and private sectors. The Regional Park and its partners invite you to experience a trip that will fulfill your expectations: from the intensity-seeking outdoors enthusiast to the history buff, there's something to please everyone!

WILDERNESS CAMPING

Riverside sites are available for wilderness camping at the Regional Park.

Reserve online at grandesrivieres.com

BaladoDiscovery

GET IT ON Google play

Available on the l'App Store

Mobile application

Five podcast tours let you discover local history at your own pace, with your phone or tablet as a guide... no Internet connection required. Includes GPS, photos and narration.

Download the free mobile application for Android and iOS!

BALADODISCOVERY
5 CIRCUITS TO DISCOVER!

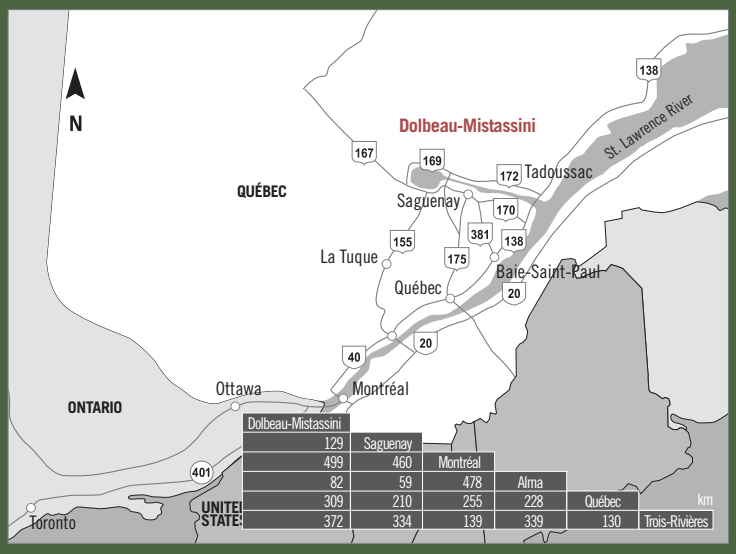
CIRCUIT 1 **POINTE-DES-PÈRES SECTOR**
THE TRAPPIST MONKS, BRAVE MOMENTUM FOR A NEW COUNTRY

CIRCUIT 2 **CHUTE-À-L'OURS SECTOR**
THE FUR TRADE: CLASH OF CULTURES

CIRCUIT 3 **L'ÉCLUSE SECTOR**
LOGGING, GIANTS AND EXCESS

CIRCUIT 4 **ALBANEL SECTOR**
THE MYTHICAL MISTASSINI RIVER

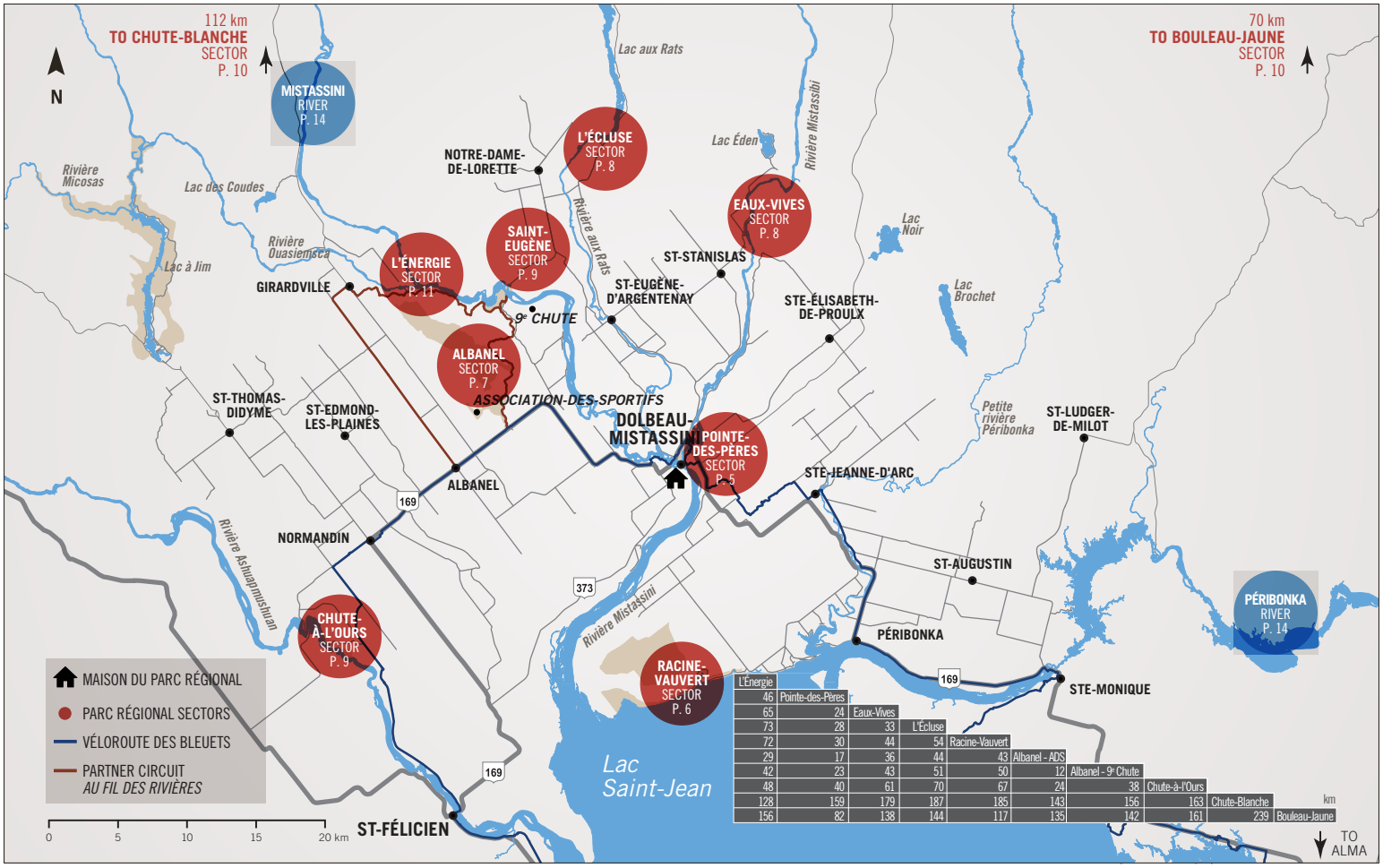
CIRCUIT 5 **RACINE-VAUVERT SECTOR**
VAUVERT IN TIMES GONE BY



Dolbeau-Mistassini					
129	Saguenay				
499	460	Montréal			
82	59	478	Alma		
309	210	255	228	Québec	
372	334	139	339	130	Trois-Rivières

10 SECTORS
FOR LOVERS OF THE GREAT OUTDOORS

All ten sectors of the Regional Park are open to the public. The activities offered respect sustainable development principles. Local partners play a role in achieving the objectives of the Regional Park.



L'Énergie										
46	Pointe-des-Pères									
65	24	Eaux-Vives								
73	28	33	L'Écluse							
72	30	44	54	Racine-Vauvert						
29	17	36	44	43	Albanel - ADS					
42	23	43	51	50	12	Albanel - 9e Chute				
48	40	61	70	67	24	38	Chute-à-l'Ours			
128	159	179	187	185	143	156	163	Chute-Blanche		km
156	82	138	144	117	135	142	161	239	Bouleau-Jaune	

MAISON DU PARC RÉGIONAL

With ten or more sectors within the confines of the park and a large number of partners also offering activities, the Maison du Parc régional des Grandes-Rivières du lac Saint-Jean serves as an anchor point, allowing visitors to plan a safe stay that will be maximally rewarding.

400, boulevard des Pères
Dolbeau-Mistassini, QC, G8L 6E4
T 418 276-8222
infoparc@mrcmaria.qc.ca
grandesrivieres.com

EXPLORE OUR BOUTIQUE
grandesrivieres.com/boutique/

HIKING, CYCLING, SNOWSHOE AND CROSS-COUNTRY SKI TRAILS

TRAILS AND ACTIVITIES

		ACTIVITY						
SECTOR	TRAIL	HIKING	SNOWSHOEING	CROSS-COUNTRY SKIING	CYCLING	LENGTH	TYPE	LEVEL
POINTE-DES-PÈRES	L'ABBAYE	X	X			0.2	LINEAR	EASY
POINTE-DES-PÈRES	L'AMÉLANCHE	X	X			0.3	LINEAR	EASY
POINTE-DES-PÈRES	LE GRAND PIC	X	X			0.3	LINEAR	EASY
POINTE-DES-PÈRES	LA MISTASSIBI	X	X			0.3	LINEAR	EASY
POINTE-DES-PÈRES	LE PORTAGE	X	X			1.4	LINEAR	EASY
POINTE-DES-PÈRES	LE TRAPPISTE	X	X			1.1	LINEAR	EASY
POINTE-DES-PÈRES	LE VILLAGE	X	X			0.7	LINEAR	EASY
RACINE-VAUVERT	LA RACINE	X		X	X	7.5	LINEAR	EASY
RACINE-VAUVERT	LA SAVARD	X		X	X	1.3	LINEAR	EASY
RACINE-VAUVERT	LA PTARMIGAN	X		X	X	1.3	LINEAR	EASY
RACINE-VAUVERT	LA POINTE-RACINE	X		X	X	5.5	LINEAR	EASY
RACINE-VAUVERT	LA SAINTE-MARGUERITE	X			X	9.6	LINEAR	EASY
RACINE-VAUVERT	L'ÉCUREUIL		X			3.5	LOOP	EASY
RACINE-VAUVERT	LE MULOT		X			0.6	LINEAR	EASY
RACINE-VAUVERT	LE CASTOR		X			1	LINEAR	EASY
RACINE-VAUVERT	LE LYNX		X			5	LINEAR	EASY
EAUX-VIVES	LE RAFT	X				2.2	LINEAR	INTERMEDIATE
L'ÉCLUSE	L'ÉCLUSE	X				0.8	LOOP	EASY
CHUTE-À-L'OURS	ARBORETUM	X				2.7	LOOP	EASY
CHUTE-À-L'OURS	MASK8ÀTIK8ICHE	X				2.4	LOOP	EASY
CHUTE-À-L'OURS	LA PETITE-CHUTE	X				0.2	LINEAR	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LA FAMILIALE			X		10	LOOP	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LA 9e CHUTE			X		15	LINEAR	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LA TRAVERSE			X		5	LINEAR	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LA SAPINIÈRE			X		3.5	LOOP	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LA PISTE ÉCOLE			X		0.5	LOOP	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LE RENARD		X			3	LINEAR	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LE LIÈVRE		X			3	LOOP	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LA PERDRIX		X			3	LINEAR	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LE CHEVREUIL		X			2	LINEAR	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	LES PETITES COLLINES		X			2	LOOP	EASY
ALBANEL - ASSOCIATION-DES-SPORTIFS	AU FIL DES RIVIÈRES				X	15	LINEAR	EASY
ALBANEL - 9e CHUTE	LE TOUR DE L'ÎLE	X				2.6	LOOP	EASY
CHUTE-BLANCHE	LA CHUTE BLANCHE	X				0.7	LINEAR	EASY
CHUTE-BLANCHE	L'EXPLORATEUR	X				0.8	LINEAR	DIFFICULT
BOULEAU-JAUNE	DU GROS MERISER	X				0.4	LINEAR	EASY
L'ÉNERGIE	LE PORTAGE	X				0.4	LOOP	EASY
L'ÉNERGIE	LA MISTASSINI	X				0.6	LOOP	EASY
L'ÉNERGIE	PIERRE-DOUCET	X				1.1	LINEAR	EASY

SAFETY CHECKLIST

- Assess your skills and physical condition.
- Check the weather forecast, water levels in streams and the forest-fire danger.
- Carry sufficient water and food and wear appropriate clothing.
- Carry insect repellent and sun lotion.
- Do not rely on your cell phone: networks are not available in all locations.
- Give a friend or relative your itinerary and the date you plan to return.
- Consult a map of the area.
- Never leave a child unsupervised (many streams).
- Do not feed wild animals.

IN CASE OF EMERGENCY, CALL 911 OR THE SÛRETÉ DU QUÉBEC (POLICE) AT 310-4141 OR BY CELL AT *4141 (WHERE CELL PHONE NETWORKS ARE AVAILABLE).

DOLBEAU-MISTASSINI

1 POINTE-DES-PÈRES SECTOR

PODCAST TOUR

GPS 48°53'25.3'', -72°13'22.8''

Historic site at the confluence of the Mistassini and Mistassibi rivers. Hike the trails and explore the ruins of the village the Trappist monks founded in 1892. The Abri de la Chapelle offers a survey of the region's history and is an ideal picnic spot. The Véloroute des Bleuets runs through the entire length of this sector.

TRAIL	TYPE	KM	LEVEL
L'Abbaye		0.2	Easy
L'Amélanche		0.3	Easy
Le Grand-Pic		0.3	Easy
La Mistassibi		0.3	Easy
Le Portage		1.4	Easy
Le Trappiste		1.1	Easy
Le Village		0.7	Easy

- SHELTER
- PICNIC AREA
- INFORMATION / REGISTRATION CENTRE
- CAMPING DES CHUTES
- WATERFALL
- DISTANCE BETWEEN 2 POINTS
- OBSERVATION TOWER
- INTERPRETATION
- UNSUPERVISED BEACH NO SWIMMING
- HIKING TRAIL
- SNOWSHOE TRAIL
- PARKING
- TOILET
- LOOKOUT
- VÉLOROUTE DES BLEUETS

A HISTORICAL HERITAGE TO DISCOVER

The BaladoDiscovery© circuit in the Pointe-des-Pères sector takes you back in time to the late 19th century, when the early settlers were struggling to establish themselves under the strong leadership of the Trappist monks. Top off your visit with a jaunt to the Chocolaterie des Pères Trappistes, 9 km away. The monks' chocolate is also available at Halles du Bleuet.

DOGS ARE ALLOWED IN ALL SECTORS OF THE PARK!

Your dogs are welcome in the Regional Park. They must be on a leash and supervised at all times. Their waste must be collected and disposed of in the designated locations.

DOLBEAU-MISTASSINI

2 RACINE-VAUVERT SECTOR

PODCAST TOUR

GPS 48°44'4.4'', -72°13'29,1''

Sole access from the Regional Park to the vast expanse of Lake Saint-Jean, the trails lead to the sandy shores of this inland sea that covers 1000 square kilometres. The network of cycling, hiking, snowshoe and cross-country ski trails is among the best developed in the region.

- SHELTER
- PICNIC AREA
- CAMPING VAUVERT-SUR-LE-LAC-SAINT-JEAN
- DISTANCE BETWEEN 2 POINTS
- INFORMATION / REGISTRATION CENTRE
- HIKING TRAIL
- UNSUPERVISED BEACH NO SWIMMING
- SNOWSHOE TRAIL
- CYCLING TRAIL
- CROSS-COUNTRY SKI TRAIL
- PARKING
- TOILET
- LOOKOUT

SUMMER-LONG CULTURE

The "Un air d'été" free concert series will be presented at 7 p.m. on Wednesdays from 3 July to 28 August 2019 at the Vauvert-sur-le-lac-Saint-Jean tourist complex. On 24 and 25 August 2019, the 4th edition of Symposium Vauvert-sur-le-lac-Saint-Jean is your chance to discover artists from the four corners of Québec in an enchanting setting.

T 418 374-2746 | comitedesspectacles.com

VACATION DESTINATION

The Racine-Vauvert sector is a gateway to Lake Saint-Jean, featuring a top-quality resort where visitors will find a sandy beach, sea kayak rentals, a restaurant, rental cottages and a campground.

T 418 374-2746 | vauvertsurlelacsaintjean.com

ALBANEL

3 ALBANEL SECTOR

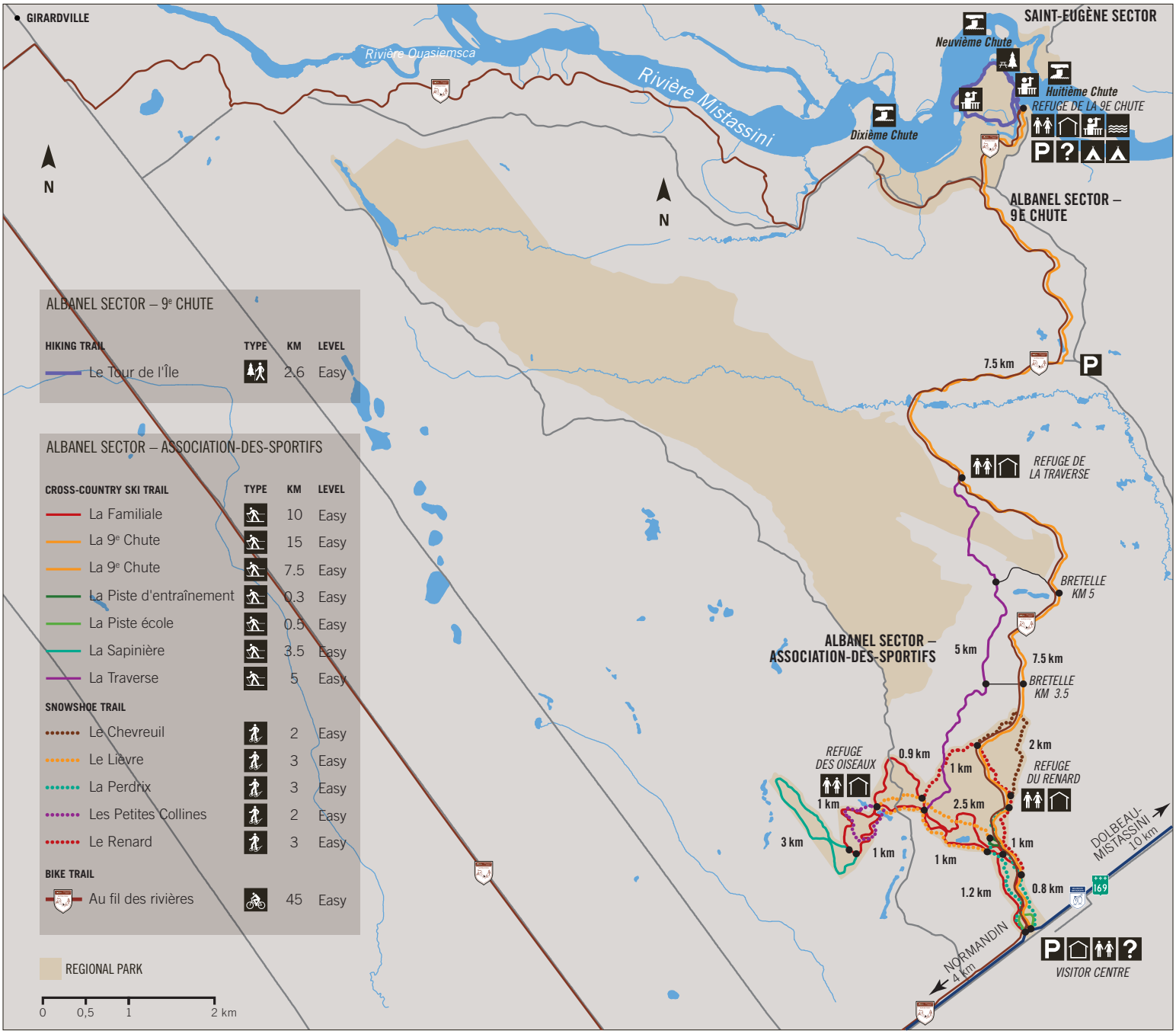
9e CHUTE
ASSOCIATION-DES-SPORTIFS

CAMPING

PODCAST TOUR

GPS Association-des-Sportifs 48°54'30.3", -72°23'27" | 9e Chute 48°59'36.9", -72°23'22.2"

The Albanel sector is a mecca for sports activities, with a rich network of cross-country ski and snowshoe trails. In summer, hikers can explore Île au Portage Belley – provided they're brave enough to take off their boots and wade to the island! A podcast tour presents the history of Mistassini River.



PARTNER CIRCUIT AU FIL DES RIVIÈRES

This 45-km circuit with its crushed-stone surface is associated with the Véloroute des Bleuets. It links Albanel and Girardville and gives visitors privileged access to the waterfalls on the Mistassini River, which can be viewed from a sandy beach.

- SHELTER
- PICNIC AREA
- WATERFALL
- DISTANCE BETWEEN 2 POINTS
- INFORMATION / REGISTRATION CENTRE
- UNSUPERVISED BEACH NO SWIMMING
- CAMPSITE
- HIKING TRAIL
- SNOWSHOE TRAIL
- CYCLING TRAIL
- CROSS-COUNTRY SKI TRAIL
- PARKING
- TOILET
- LOOKOUT
- VÉLOROUTE DES BLEUETS
- PARTNER CIRCUIT AU FIL DES RIVIÈRES

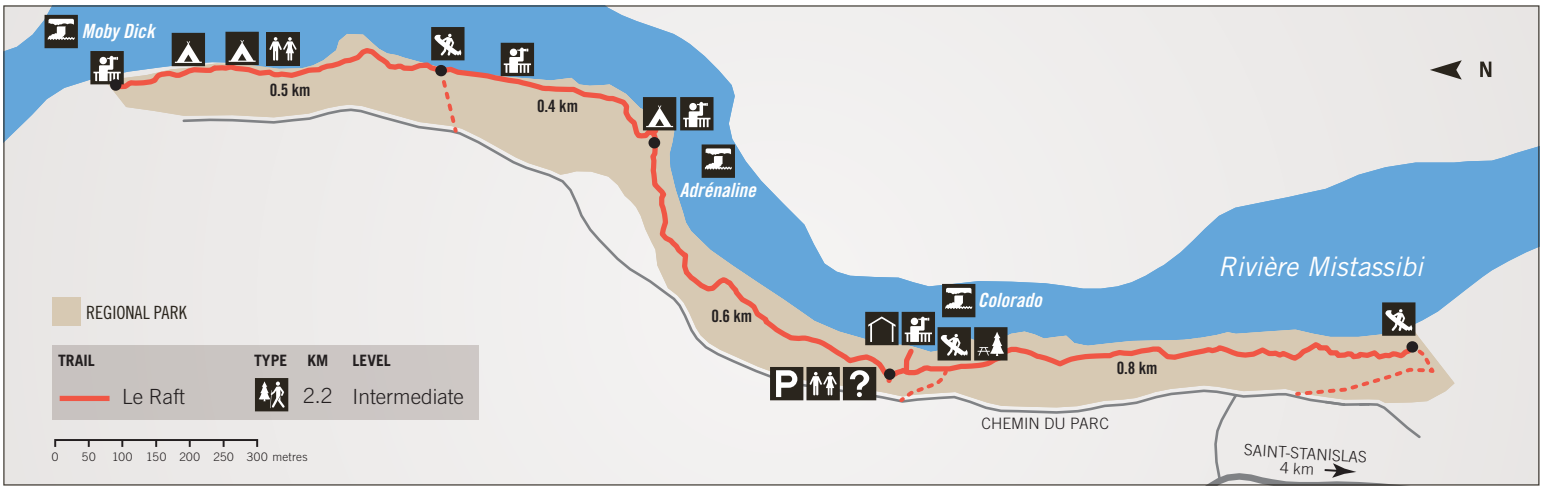
SAINT-STANISLAS

4 EAUX-VIVES SECTOR

CAMPING

GPS 49°02'18.7'', -72°09'10.6''

Near-legendary destination for whitewater sports fans. The majestic scenery is equaled only by the adrenaline rush of rafting down Mistassibi River. For a soft adventure, a hiking trail lets visitors feel all the power of the rapids on the tumultuous Mistassibi.



H2O EXPÉDITION

H2O Expédition's expert guides offer you a variety of whitewater activities on Mistassibi River, including rafting, hydrospeeding and whitewater kayaking. Thrills guaranteed!

T 1 866 697-7238
aventure-expedition.com

- SHELTER
- BOAT LAUNCH AREA
- PICNIC AREA
- WATERFALL
- DISTANCE BETWEEN 2 POINTS
- CAMPSITE
- INFORMATION / REGISTRATION CENTRE
- HIKING TRAIL
- SNOWSHOE TRAIL
- PARKING
- TOILET
- LOOKOUT

NOTRE-DAME-DE-LORETTE

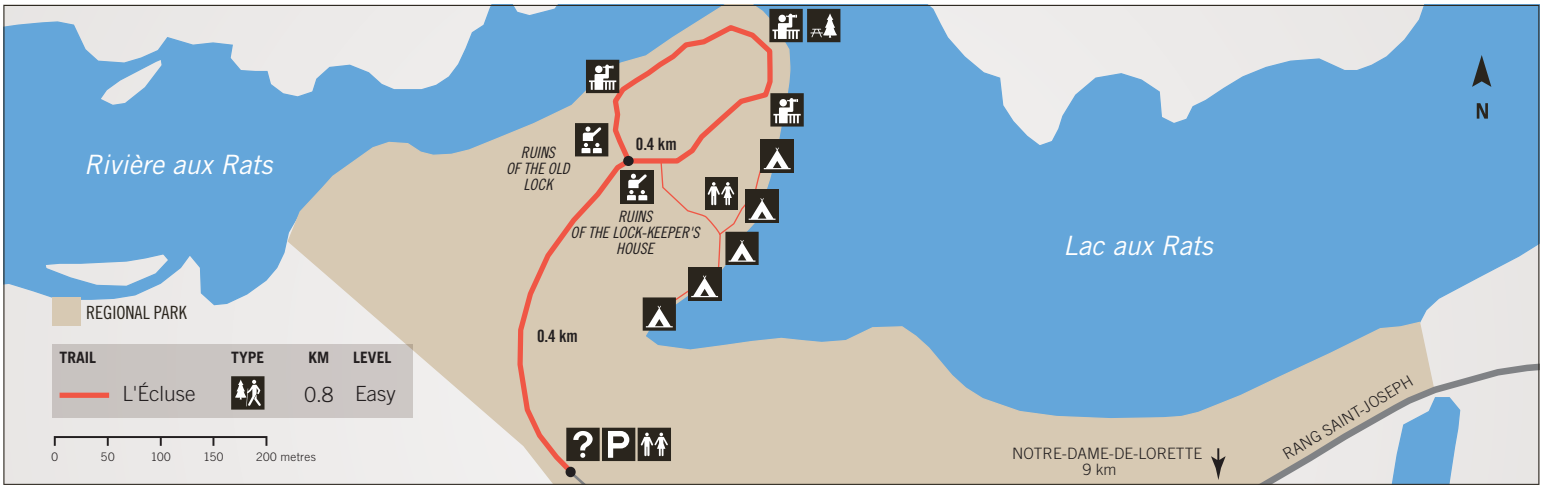
5 L'ÉCLUSE SECTOR

CAMPING

PODCAST TOUR

GPS 49°05'41.3'', -72°17'48.6''

Travel back in time to the days of the log drive, when this site was a lock used to control the water level in the Aux Rats River. Interpretation panels along the trail and a podcast tour will teach you more about this practice, which played a significant role in the history of Québec's forests.



WILDERNESS CAMPING

Five wilderness campsites are available. All sites are situated on the shore of Aux Rats Lake and each includes a platform and an outdoor fireplace.

T 418 276-8222
grandesrivieres.com

- PICNIC AREA
- DISTANCE BETWEEN 2 POINTS
- CAMPSITE
- INFORMATION / REGISTRATION CENTRE
- INTERPRETATION
- HIKING TRAIL
- PARKING
- TOILET
- LOOKOUT

SAINT-EUGÈNE-D'ARGENTENAY

6 SAINT-EUGÈNE SECTOR

GPS 49°00'2.9'', -72°23'10.9''

The Saint-Eugène sector comprises trails and facilities that were severely damaged by unusually high spring floods on Mistassini River. Although access to the sector is difficult at this time, some trails are nonetheless usable. A development plan is currently being produced to do justice to the potential of this key sector of the Regional Park.

RIVER VIEWS

Saint-Eugène d'Argentenay boasts outstanding views of the Aux Rats River, and a vibrant cultural scene.

- WATERFALL
- DISTANCE BETWEEN 2 POINTS
- INFORMATION / REGISTRATION CENTRE
- SHELTER
- GRAVEL ROAD
- HIKING TRAIL
- PARKING
- TOILET
- LOOKOUT

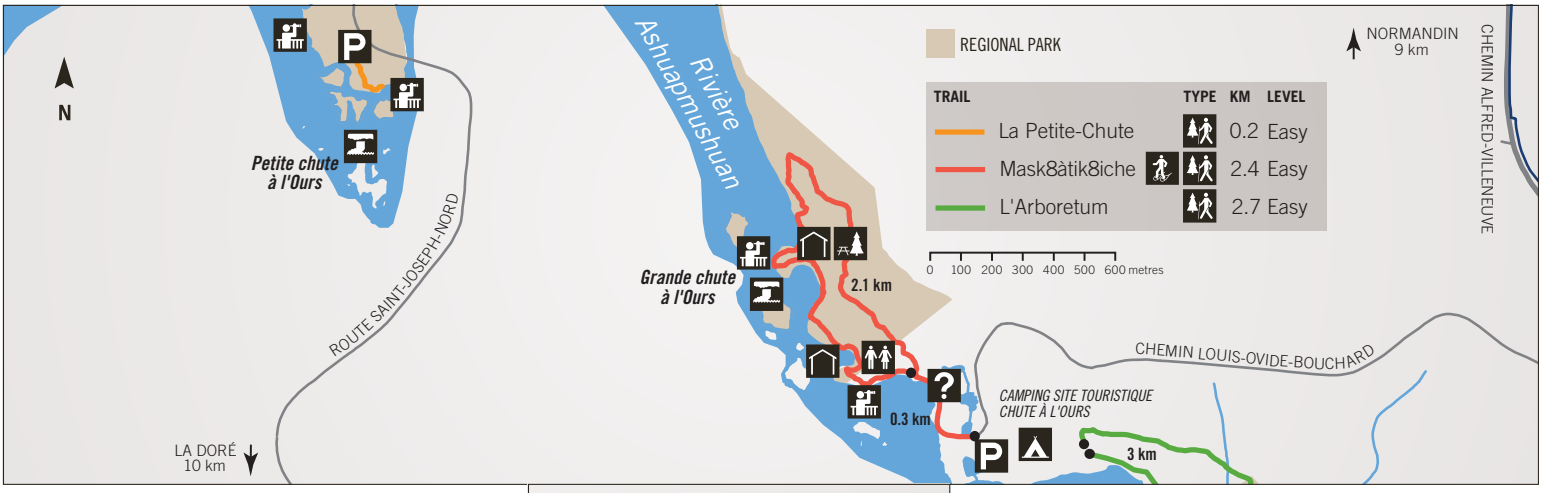
NORMANDIN

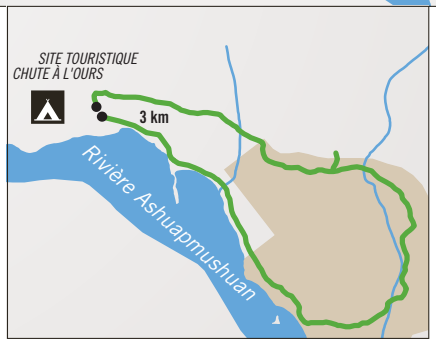
7 CHUTE-À-L'OURS SECTOR

PODCAST TOUR

GPS 48°46'4.6'', -72°34'1''

Hike in the forest and discover the timeless landscapes of the Ashuapmushuan River. Thrill to the rush of the Grande Chute à l'Ours rapids as the podcast tour for the "Les trous d'ours" trail plunges you into the mythic land of First Nations and coureurs des bois, in the days of the fur trade.





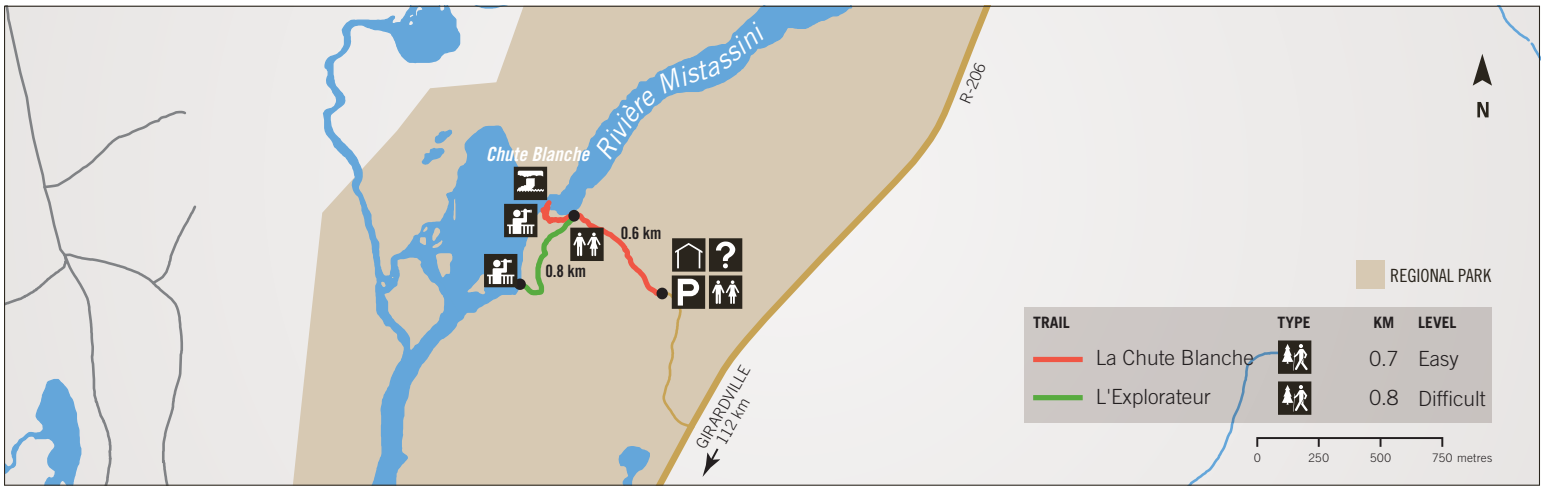
- SHELTER
- PICNIC AREA
- CAMPING SITE TOURISTIQUE CHUTE À L'OURS
- WATERFALL
- INFORMATION / REGISTRATION CENTRE
- HIKING TRAIL
- SNOWSHOE TRAIL
- PARKING
- TOILET
- LOOKOUT
- VÉLOROUTE DES BLEUETS

112 KM NORTH OF GIRARDVILLE

8 CHUTE-BLANCHE SECTOR

GPS 50°02'51.9'', -72°42'35.6''

Renowned as one of Québec's most beautiful waterfalls, the 30-metre Chute Blanche on Mistassini River is located north of Girardville. Hike right to the top, where the impressive spectacle of the falls dominates the landscape. Also observe the unusual geological phenomenon called "giant's cauldrons": circular potholes formed by erosion in the old riverbed.



WELL WORTH THE DETOUR!

FORESTRY ROAD P. 23

Getting there from Girardville involves traveling 112 km on forestry roads.

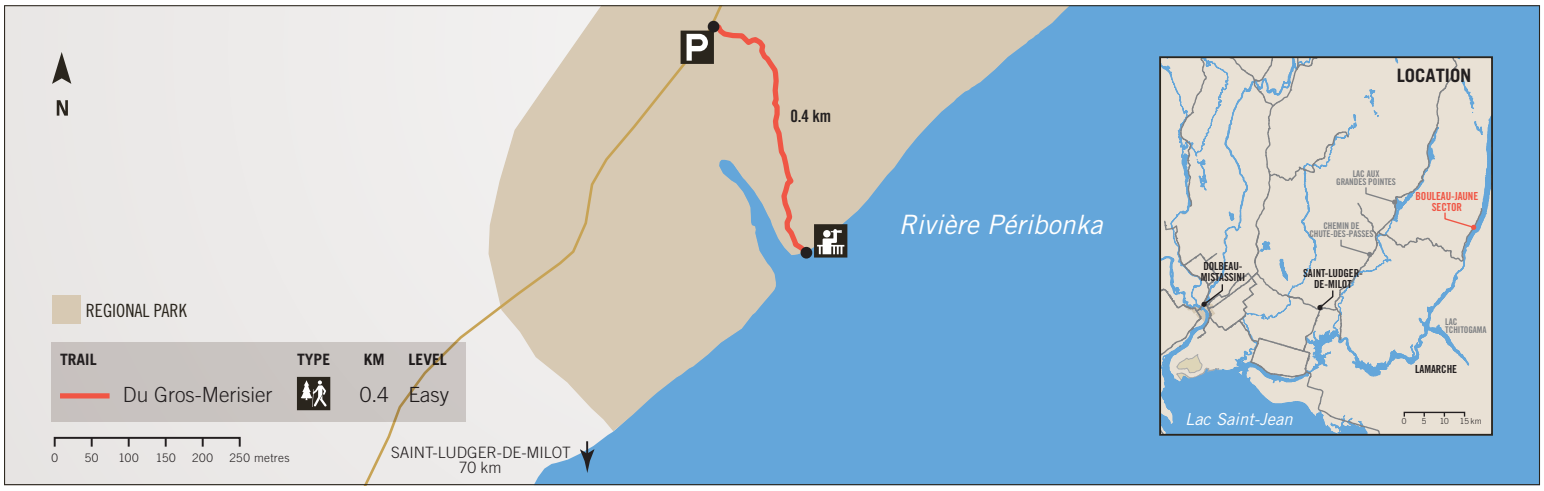
- SHELTER
- WATERFALL
- DISTANCE BETWEEN 2 POINTS
- INFORMATION/ REGISTRATION CENTRE
- HIKING TRAIL
- SNOWSHOE TRAIL
- PARKING
- TOILET
- LOOKOUT
- FORESTRY ROAD - CLASS 1

SAINT-LUDGER-DE-MILOT OR LAMARCHE

9 BOULEAU-JAUNE SECTOR

GPS 49°04'28.3'', -71°18'15.3''

Located in the Péribonka River valley, this sector is home to a 350-year-old yellow birch – the oldest known specimen of Québec's emblematic tree! Hike deep in the ancient forest to discover this woodland giant and the spectacular scenery along Péribonka River.



WELL WORTH THE DETOUR!

FORESTRY ROAD P. 23

Stop at ZEC des Passes in Saint-Ludger-de-Milot to register ($11.50). From there, it's 70 km to the site. 4x4 or quad vehicle required.

–

Treat yourself: take a pontoon trip to the Bouleau-Jaune sector of the Regional Park.

Auberge Brise du lac Tchitogama I Lamarche
T 418 481-1644

- DISTANCE BETWEEN 2 POINTS
- HIKING TRAIL
- PARKING
- LOOKOUT
- FORESTRY ROAD - CLASS 4

NEW!

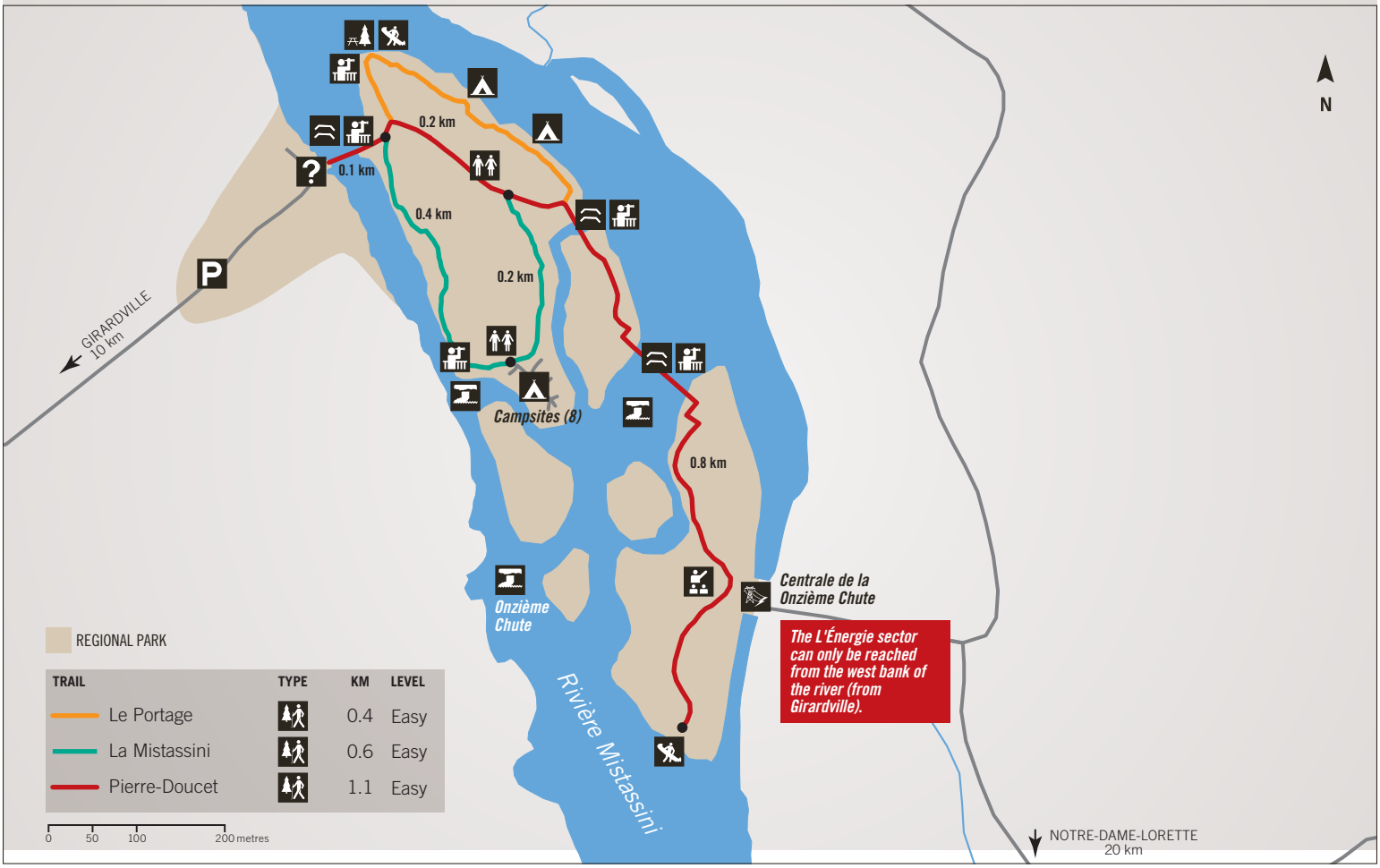
GIRARDVILLE

10 L'ÉNERGIE SECTOR

CAMPING

GPS 49°01'3.59'', -72°29'41.06''

This island site on the Mistassini River offers hiking near a small hydropower plant. An interpretive tour gives a sense of how the Innu used the river, and presents the operation of a "run-of-river" hydro project. Wilderness campsites are also available.



Footbridge leading to the L'Énergie sector

WILDERNESS CAMPING

Ten wilderness campsites are available, all on the Mistassini River. Each of these riverside campsites is equipped with a platform.

T 418 276-8222
grandesrivieres.com

- WATERFALL
- DISTANCE BETWEEN 2 POINTS
- INFORMATION/ REGISTRATION CENTRE
- SHELTER
- CAMPSITE
- BOAT LAUNCH AREA
- CENTRALE DE LA ONZIÈME CHUTE
- GRAVEL ROAD
- HIKING TRAIL
- PARKING
- TOILET
- LOOKOUT
- PICNIC AREA
- FOOTBRIDGE

DID YOU KNOW?

The name *Mistassini* is derived from two words in the Cree language: *Mishta-* and *-assini*, meaning "big rock". It refers to a boulder which Father Laure's map situated in the Mistassini River. The Aboriginal people of the region believed the stone to be the refuge of the god Tchigog8che8, master of good and bad weather, and worshipped there by covering it with gifts of tobacco, incense and beaver and fish bones. The rock has never been found.

DID YOU KNOW?

At the 11th falls on the Mistassini River, the natural configuration of the site, with its waterfalls and numerous islands, made it a good location for a "run-of-river" hydro project. This investment is the result of a partnership between Pekuakamiulnuatsh Takuhikan, MRC du Domaine-du-Roy, MRC de Maria-Chapdelaine and the municipalities of Girardville and Notre-Dame-de-Lorette.

LA PASSERE//E DU 49e

circuit quad et motoneige

GOP49.com

SNOWMOBILING | QUAD RIDING

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WINTER – KILOMETRE AFTER GLORIOUS KILOMETRE !

© S. Lavoie

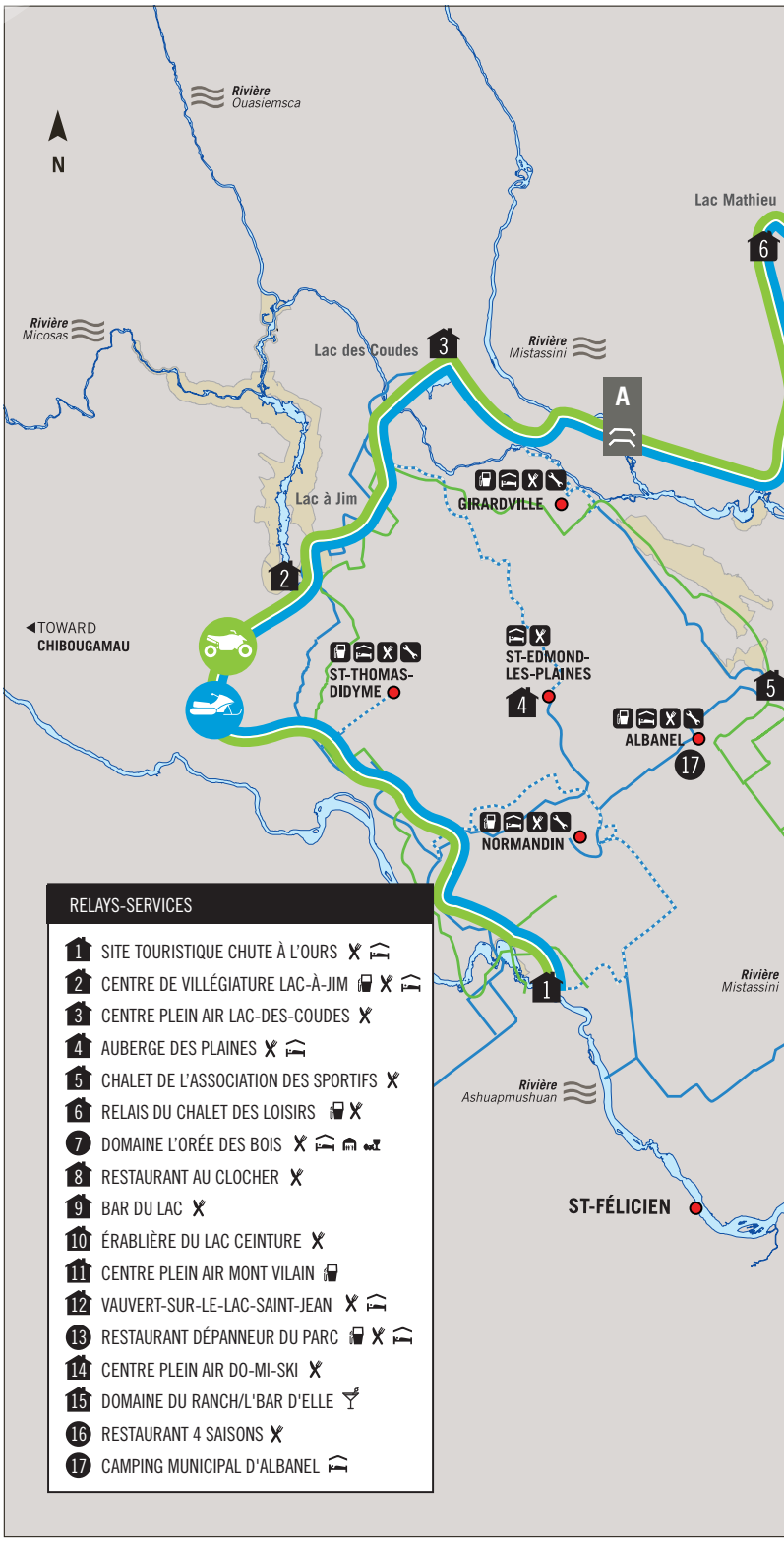
NORTH OF LAKE SAINT-JEAN BY QUAD : NEW TERRITORY TO CONQUER !

- 236 km of trails
- 7 bridges crossing legendary rivers in total safety, unveiling Lake Saint-Jean's great waterways in all their panoramic splendour.
- Relays, lodges and restaurants that provide a warm welcome.

Practical information, maps and packages **GOP49.com**

Get your trail permit
Club motoneige Dolbeau-Mistassini: 418 679-6272
Club Coursiers des neiges-GÉANT: 418 671-2143
Club de motoneige du lac Ceinture: 418 374-2231

Get your summer trail permit
Club Quad Maria-Chapdelaine: 418 276-0301



Trails maps availables at
fcmq.qc.ca/ **imotoneige** app
fqcq.qc.ca/ **iquad** app

GET IT ON Google play

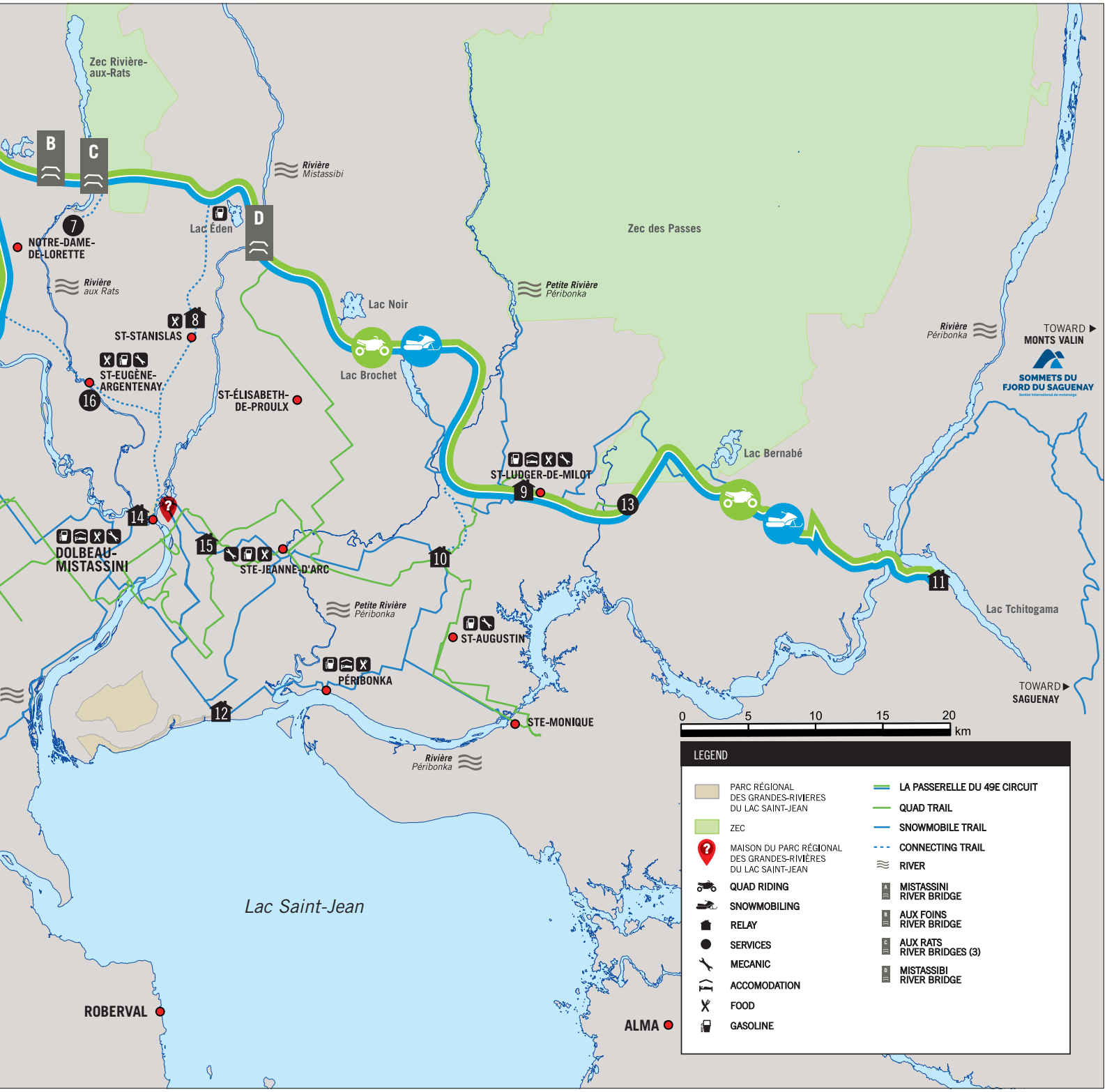
Available on the l'App Store

!!!

Caution: It is best to use the official trail map in planning your route.

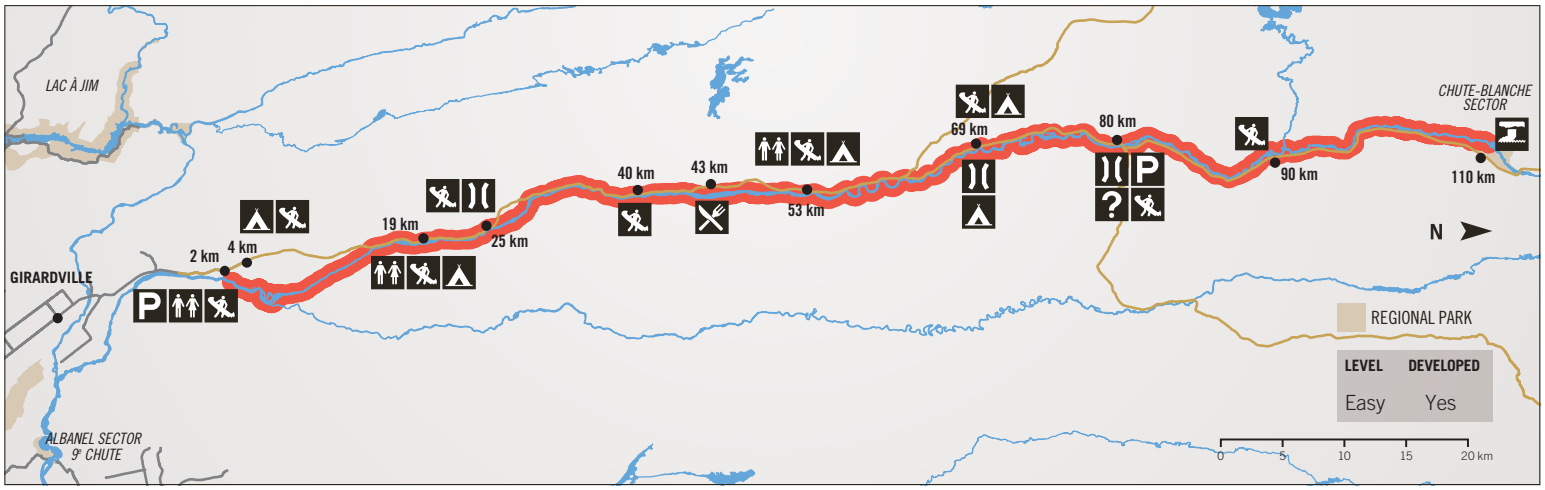
LA PASSERELLE DU 49e

Located to the north of legendary Lake Saint-Jean, La Passerelle du 49e is an outstanding tourist circuit for snowmobilers and quad riders. The 236-kilometre circuit with its numerous bridges features some of Québec's most beautiful landscapes and rivers, revealing the boreal forest in all its splendour.



MISTASSINI RIVER

Accessible and safe, Mistassini River offers sandy beaches and varied scenery for the enjoyment of canoe and kayak paddlers. Canoe-camping trips of 1 to 4 days provide soft adventures for couples, friends and families.



AVENTURAID

Single- and multi-day canoe adventures with Aventuraid. Equipment rentals, training and shuttle service. Rates vary depending on activity and number of people.

T 418 258-3529
aventuraid.qc.ca

- CAMPING AREA
- BOAT LAUNCH AREA
- WATERFALL
- MILESTONE
- INFORMATION
- BRIDGE
- FOOD
- PARKING
- TOILET
- FORESTRY ROAD - CLASS 1

MAP NOT SUITABLE FOR NAVIGATION PURPOSES

PÉRIBONKA RIVER

With its rocky escarpments, Péribonka River boasts scenery reminiscent of a fjord. Paddlers making two- or three-night trips downriver by canoe or sea kayak will find numerous sandbanks for their camping pleasure.

© Sophie Gallais

ÉQUINOX AVENTURE

Équinox Aventure offers a four-day guided sea kayaking expedition that lets you discover one of Québec's most beautiful rivers.

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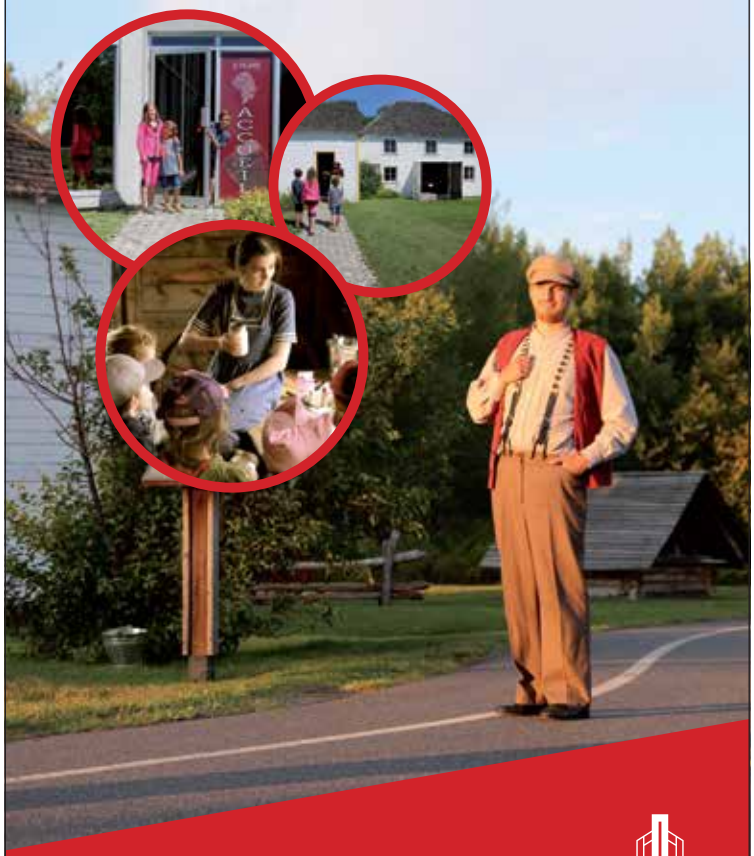

OPEN YEAR-ROUND
Mid-June to mid-September: daily, 9 a.m. to 5 p.m.
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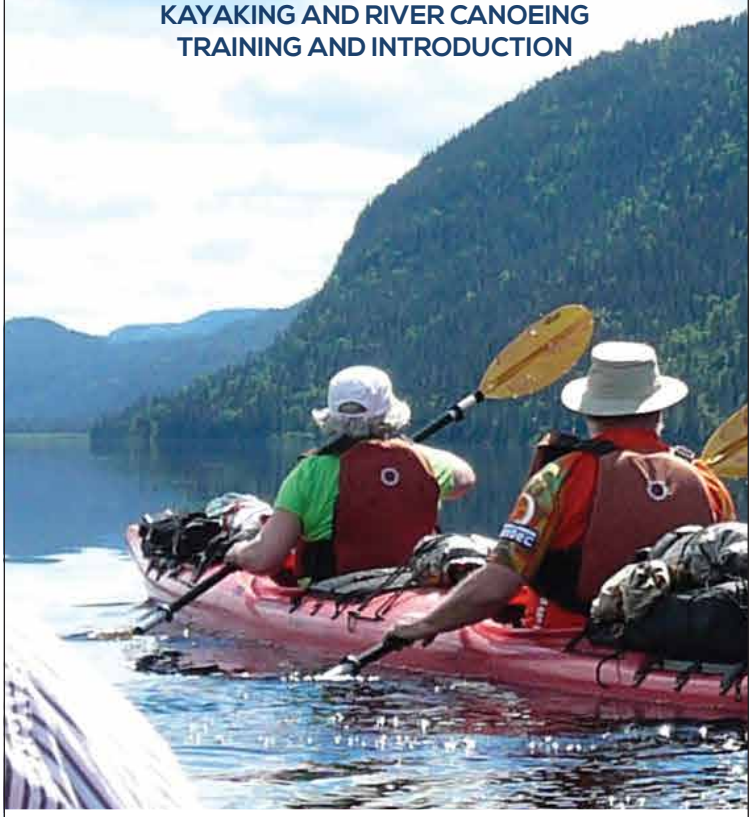

Équinox Aventure adventure travel agency
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info@equinoxaventure.ca / equinoxaventure.ca

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(Ilnu of Lac-Saint-Jean)

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INFORMATION AND RESERVATIONS

418 618-9929

4497, route 373, Saint-Félicien (Québec) G8K 3A3
volspanoramiqueslacstjean@hotmail.com
volspanoramiqueslacstjean.ca

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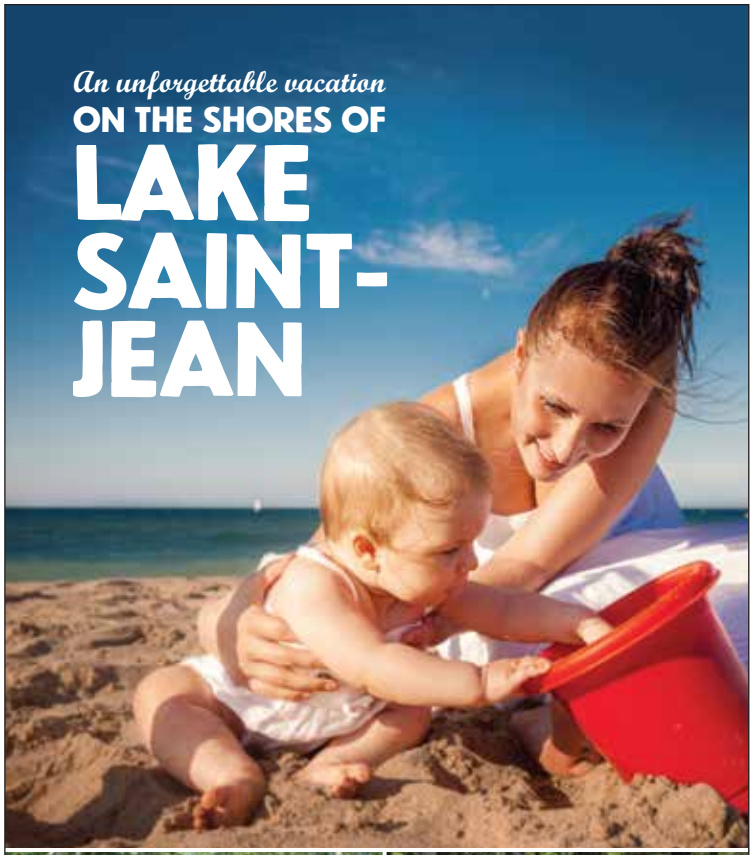

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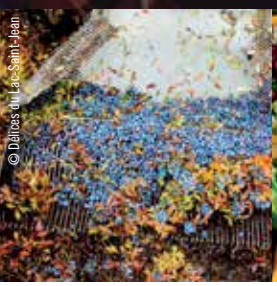
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© Domaine l'Orée des Bois

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265, boulevard des Pères, Dolbeau-Mistassini, QC, G8L 5C5

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T 418 637-8258 I david@forestiermaraicher.com I forestiermaraicher.com
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POTAGER CARIO
T 418 274-3954 et 418 515-9920 I potagercario.com
190, rue Saint-Cyrille, Normandin, QC, G8M 4H4
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265, boulevard des Pères, Dolbeau-Mistassini, QC, G8L 5C5
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T 418 276-2039 I lamaisongourmande@hotmail.com
1708, boulevard Wallberg, Dolbeau-Mistassini, QC, G8L 1H6
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MARCHÉ WALLBERG
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SALON DE LA VIANDE BESSON
T 418 276-6737 I salaisonbesson@hotmail.com I salaisonbesson.com
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125, rue du Quai, Desbiens, QC, G0W 1N0

PARC MAHIKAN

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2020, rang du Rapide, Girardville, QC, G0W 1R0

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"LE PÉRIBONKA" WATER SHUTTLE

The *Péribonka* links the village of Péribonka to Parc national de la Pointe-Taillon and Île Bouliane from June to September. The crossing takes 10 minutes. Departures from the marina on the hour and from Pointe-Chevrette on the half-hour, from 10 a.m. to 5:30 p.m.

T 418 374-1001 I 418 720-8215 I cosep@peribonka.ca I peribonka.ca
375, rue Édouard-Niquet, Péribonka, QC, G0W 2G0

MARINA DE PÉRIBONKA

Put in at the marina, which has some reserved spaces for boats passing through. Other services available: gas, pumpout station, showers, electricity, boat launch site, drinking water. Sea kayaks are also available for rental.

T 418 374-1001 I 418 374-2967 # 103 (off-season) I cosep@peribonka.ca I peribonka.ca
375, rue Édouard-Niquet, Péribonka, QC, G0W 2G0

CENTRE DE VILLÉGIATURE LAC-À-JIM

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150, chemin des Bussières, Saint-Thomas-Didyme, QC, G0W 1P0

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T 418 374-2746 I vauvertsurlelacsaintjean.com
Parc Mahikan I Girardville
T 418 258-3529 I aventuraid.qc.ca
Auberge Île du Repos I Péribonka
T 418 347-5649 I iledurepos.com
Camping municipal de Péribonka I Péribonka
T 418 374-2626 I 418 374-2967 # 103 (off-season)
Centre de villégiature Lac-à-Jim I Saint-Thomas-Didyme
T 418 274-6033 I lacajim.ca
Chalet et loft Ferme Forestière Ouasiemsca I Girardville
T 418 258-1120 I hebergement-girardville.business.site
Chalets Nature Péribonka I Péribonka
T 418 218-1376 I chaletsnature.info
Tavata Chalets I Saint-Stanislas
T 581 681-0575 I tavatachalets.com
Domaine L'Orée des Bois I Notre-Dame-de-Lorette
T 418 276-1075 I domaineloreedesbois.ca
Site touristique Chute à l'Ours I Normandin
T 418 274-3411 ou 418 274-2004 # 3220

LODGES

Gîte 40 Laverdure I Dolbeau-Mistassini
T 418 276-2136 or 418 671-3804
Gîtes Makadan I Normandin
T 418 274-2867
Aubergîte Au petit bonheur I Péribonka
T 418 374-2328

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Motel Chute des Pères I Dolbeau-Mistassini
T 418 276-1492
Auberge La Diligence I Dolbeau-Mistassini
T 418 276-6544
Hôtel du Boulevard I Dolbeau-Mistassini
T 1 800 268-1061 or 418 276-8207
Motel L'Orée des Bois I Girardville
T 418 258-1008
Motel Bal-Moral I Normandin
T 418 274-2297
Auberge des Plaines I Saint-Edmond-les-Plaines
T 418 792-8484
Site touristique Chute à l'Ours I Normandin
T 418 274-3411 ou 418 274-2004 # 3220

WILDERNESS CAMPING

Parc régional des Grandes-Rivières du lac Saint-Jean
Albanel sector P. 7
Eaux-Vives sector P. 8
L'Écluse sector P. 8
L'Énergie sector P. 11
T 418 276-8222 I grandesrivieres.com

CAMPGROUNDS WITH SERVICES

Camping municipal d'Albanel I Albanel
T 418 279-5250, # 3150 or # 3101
Vauvert-sur-le-lac-Saint-Jean I Dolbeau-Mistassini
T 418 374-2746 I vauvertsurlelacsaintjean.com
Camping des Chutes I Dolbeau-Mistassini
T 418 276-5675
Camping Saint-Louis I Dolbeau-Mistassini
T 418 276-4670
Centre plein air Lac-des-Coudes I Girardville
T 418 258-1021
Site touristique Chute à l'Ours I Normandin
T 418 274-3411 or 418 274-2004 # 3220
Camping Île du Repos I Péribonka
T 418 347-5649
Camping municipal de Péribonka I Péribonka
T 418 374-2626 I 418 374-2967 # 103 (off-season)
Camping Au soleil levant I Saint-Edmond-les-Plaines
T 418 274-3069 or 418 274-4884
Camping du lac Éden I Saint-Stanislas
T 418 276-5678 or 418 671-9114
Centre de villégiature Lac-à-Jim I Saint-Thomas-Didyme
T 418 274-6033
Domaine du Ranch I Sainte-Jeanne-d'Arc
T 418 515-2040 or 418 276-3064

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T 418 276-8222 I Reserve online at grandesrivieres.com

WILDLIFE OBSERVATION

Parc Mahikan I Girardville
Wolf observation centre
T 418 258-3529 I aventuraid.qc.ca
Bilodeau Aventure I Normandin
Black bear observation
T 418 274-2002 I bilodeaucanada.com

LES AMIS DU PARC RÉGIONAL

Joining Les Amis du Parc régional is a unique way of showing your love for the outdoors and your pride in becoming an ambassador for the Regional Park.

However you want to contribute, whether by dispensing information to visitors, taking part in promotional events or patrolling trails, you will be helping us provide a better experience for visitors from near and far.

Information and sign-up:

T 418 276-8222
grandesrivieres.com

HUNTING AND FISHING

In addition to hunting and fishing, these sites are havens for anyone in search of a wilderness getaway, offering canoe camping, resorts, cottages, berry picking and more. Ask for information!

Pourvoirie Le Refuge I Girardville
T 418 251-9031 I attractionsboreales.com
Pourvoirie la Jeannoise I Dolbeau-Mistassini
T 418 669-3300 I pourvoirielajeannoise.com
Pourvoirie Chibougamau I Normandin
T 418 630-6898 I pourvoiriechibougamau.com
Zec Rivière-aux-Rats I Notre-Dame-de-Lorette
T 418 276-4629 I zecriviereauxrats.reseauzec.com
Pourvoirie Aventures Nipissi I Dolbeau-Mistassini
T 514 708-5261 I nipissi.com
Pourvoirie du Lac Husky I Dolbeau-Mistassini
T 418 276-7551 I lachusky.com
Zec des Passes I Saint-Ludger-de-Milot
T 418 373-2368 ou 418 668-3136 I zecdespasses.ca
Réserve faunique Ashuapmushuan
T 418 258-3806 ou 1 800 665-6527 I sepaq.com
Pourvoirie Esprit de l'Ours I Saint-Stanislas
T 418 276-9874 I espritdelours.com

© Jérôme Charest

LAC SAINT-JEAN COMMUNAL WILDLIFE AREA

The Lac Saint-Jean communal wildlife area (CWA) comprises Lake Saint-Jean, Lac à Jim and 17 rivers. Sport fishing in the CWA is managed by the Corporation de LACtivité Pêche Lac-Saint-Jean (CLAP).

A special authorization ("autorisation de pêcher") issued by the CLAP is required for sport fishing within the Lac Saint-Jean CWA, including winter fishing and setlining for burbot in Lake Saint-Jean. To fish, anyone 14 years of age or older must hold or be the dependent of a holder of such authorization. For fees and the list of vendors, or to purchase an authorization online, consult the CLAP website (French only).

For landlocked salmon, limited fly fishing applies in the Ashuapmushuan, Métabetchouane, Mistassini and Aux Saumons rivers, and specific regulations are in force in these rivers. This activity requires a special authorization, sold exclusively by the CLAP based on a winter lottery. See the CLAP website for regulations, conditions, lottery details and fees.

T 418 276-2527 I 1 888 866-2527 I claplacsaintjean.com

ROAD SAFETY ON FORESTRY ROADS

WOOD CARGO TRANSPORTERS, SILVICULTURE WORKERS, FISHERMEN, HUNTERS, LOVERS OF THE GREAT OUTDOORS... FORESTRY ROADS ARE WELL TRAVELLED AND ROAD SAFETY IN THE FOREST IS EVERYONE'S RESPONSIBILITY.

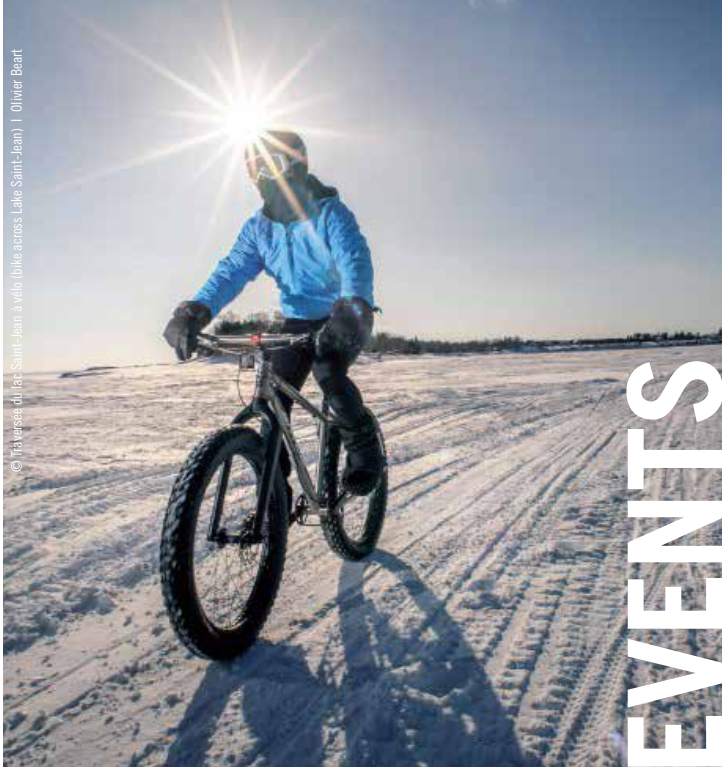
The Québec Highway Safety Code applies on forestry roads.

At all times, you must:

- Have in your possession a valid driver's licence, the registration certificate for the vehicle, and insurance certification.
- Keep to the right, particularly on curves and hills.
- Abide by the speed limit of 70 km/hr on the road and 30 km/hr on bridges.
- Drive appropriately for road conditions.
- Wear your seat belt.
- Obey drinking and driving laws.

IN ADDITION TO THESE REGULATIONS, SOME OTHER SAFETY RULES APPLY:

- Keep headlights on at all times.
- When approaching a bridge, slow down and yield to heavy vehicles.
- Park the vehicle on the side of the road so that it is visible and well clear of traffic; avoid parking on curves, hills or bridges.
- Use a two-way (CB) radio to indicate your presence and position.



© Traversée du lac Saint-Jean à vélo (bike across Lake Saint-Jean) | Olivier Beart

Lac à Jim Swimming Marathon

DON'T MISS THESE!	
18 May 2019	Bed race, Girardville
7 to 9 June 2019	Fête de la pêche (fishing festival), CLAP
13 to 15 June 2019	Cépages en Fête festival, Dolbeau-Mistassini
14 and 15 June 2019	Festival de la note en folie (music festival), Saint-Augustin
14 to 16 June 2019	Pink Water Challenge
21 and 22 June 2019	Festival de la Saint-Jean, Saint-Edmond-les-Plaines
23 June 2019	Saint-Jean celebrations, Saint-Eugène-d'Argentenay
23 June 2019	Fête nationale du Québec, Dolbeau-Mistassini
29 June, 20 July and 17 August 2019	"Un apéro à Vauvert" summer concerts, Dolbeau-Mistassini
July and August 2019	La Route des Légendes summer theatre, Halles du Bleuet, Dolbeau-Mistassini
July and August 2019	"Les Zanimés" summer theatre production, site touristique Chute à l'Ours, Normandin
3 July to 28 August 2019	"Un air d'été" concerts, Vauvert sector, Dolbeau-Mistassini
4 July to 15 August 2019	Evening line dance classes, Vauvert sector, Dolbeau-Mistassini
6 and 7 July 2019	Nautical festival, various locations
13 July 2019	Marathon de nage du lac à Jim (swimming marathon), Saint-Thomas-Didyme
25 to 27 July 2019	À l'Eau Péribonka event
25 to 28 July 2019	Festival de la Gourgane d'Albanel (broad bean festival)
31 July to 4 August 2019	Festival du Bleuet de Dolbeau-Mistassini (blueberry festival)
8 to 13 August 2019	La Route des Légendes summer theatre, Saint-Eugène-d'Argentenay
9 to 11 August 2019	Classique de volleyball Familiprix Janie Larouche, site touristique Chute à l'Ours, Normandin
23 and 24 August 2019	Festival des Brasseurs de Dolbeau-Mistassini (brewer's festival)
24 and 25 August 2019	Symposium Vauvert-sur-le-lac-Saint-Jean arts event, Dolbeau-Mistassini
31 Aug. and 1 Sept. 2019	Festival du Bûcheron (logger's festival), Notre-Dame-de-Lorette
6 to 8 September 2019	Festival du Faisan (pheasant festival), Saint-Stanislas
25 October 2019	"La maison en bas d'la côte" Halloween event, Saint-Eugène d'Argentenay
December 2019	Maison du Père Noël (Home of Santa Claus), Girardville
February 2020	Carnaval d'hiver de Saint-Edmond-les-Plaines (winter carnival)
March 2020	Cabane à sucre urbaine (urban sugar shack), Dolbeau-Mistassini
Winter 2020	Traversée du lac Saint-Jean à vélo (bike across Lake Saint-Jean)

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YOUR SAFETY
YOUR RESPONSIBILITY

Outdoor activities can involve certain risks.

ASSESS:

Your skills - The chosen route - The skills required for the selected activity - Your physical capabilities

All visitors are responsible for their own safety. Managing risks is an integral part of your experience.

In case of emergency, call

911

La Passerelle du 49e, new quad and snowmobile circuit at the Regional Park

LA PASSERELLE DU 49e
circuit quad et motoneige

Snowmobiling conditions to the north of Lake Saint-Jean are outstanding. Prepare for your trip by ordering the regional trail map, and consult the various accommodation packages and the wide selection of possible routes.

T 1 877 BLEUETS (253-8387)
saguenaylacsaintjean.ca/paradisdelamotoneige

fcmq.qc.ca
gop49.com

TOURIST INFORMATION

Tourisme Saguenay–Lac-Saint-Jean
1 877 BLEUETS (253-8387) - Canada et États-Unis | saguenaylacsaintjean.ca

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Destination Lac-Saint-Jean
lacsaintjean.com

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