



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.

OUR TEAM'S FAVOURITES

**A**

Discover an exceptional ecosystem

The peatland in the St-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 where two observation towers are also accessible.

**B**

Hop on your bike

Located in the Southern sector, Les Passereaux bike path connects the Discovery and Visitors Centre with the Baie Sauvage campground. Enjoy a picnic near the brook at the Lac à la Barbue dam. Keep your eyes and ears open, this trail is perfect for birdwatching.

**C**

Swimming at the beach

Recently revamped, the beach in the Saint-Daniel sector is very popular with the children! The layout includes a supervised bathing area, picnic tables, BBQs, a beach volleyball court and a playground. Pedal boats and other types of watercraft can be rented.

**D**

Exploring la 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**

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**

Grands-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.

HICKING TRAILS

		LENGTH AND DURATION*		LEVEL	DEPARTURE LOCATION
Southern Sector	 L'Érablière – 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. Height of 60 m.	3,2 km loop	1 h 30	E	Near the back terrace of the South Discovery and Service Center
	 Les Passereaux – 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. Height of 35 m.	Hiking & biking: 13 km/round trip	5 h 1 h 30 	I	At the right end of the South Discovery and Service Center parking lot or near the Baie Sauvage campground playground
	 La Colline – 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. Height of 75 m.	7,4 km loop	2 h 45	E	At the right end of the South Discovery and Service Center parking lot. You must take Les Passereaux trail to access it
	  Les Grands-Pins – 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. Height of 5 m.	5,7 km loop	2 h	E	Baie Sauvage campground (near the playground)
	 Le Massif de Winslow – 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 access # 12 and hike to the summit. Height of 120 m.	10,2 km loop	3 h 30	I	Parking lot in front of the entrance of the Legendre cabin.
Saint-Daniel Sector	  Le Littoral – Offering a fairly flat landscape, 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. Height of 10 m.	Hiking & biking: 16 km round trip	5 h 2 h 	E	St-Daniel's Service Center or campsites
	  La Tourbière – One of the few peat bogs intact in southern Quebec, there are carnivorous plants and orchids. Wooden walkways, discovery panels and two observation towers offering a unique view on this northern islet. Height of 10 m.	5,9 km loop	2 h	E	La Tourbière parking lot
	  Le Sous-bois – This trail weaving across the Rivière-aux-Bleuets delta is the ideal spot for an outdoor family picnic. Height of 5 m.	3,2 km round trip	1 h	E	Rivière-aux-Bleuets campground between sites #124 and #126

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

-  Hiking
-  Biking
-  Self-interpretation
-  Family experiences
-  Picnic table
-  Authorizing dogs
sepaq.com/animaux
- F** Easy
- I** Intermediate



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



Dogs allowed in designated areas
and under certain conditions.
Details at sepaq.com/animaux

Saint-Daniel Sector

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



Route du
Lac-Saint-François

4e Rang

Plage



DISCOVERY TIME



Let's have a picnic

Enjoy exceptional places, 100% nature! Extraordinary view of the lake and wide open spaces... whether active or peaceful. Some are located along cycle paths, via hiking trails, near children's play areas and even allow you to cook your meal on a BBQ (bring your own briquettes). Pure happiness to share with family or friends and to renew again and again!

Southern Sector

Terrace of the Discovery and Service Center
Les Passereaux hiking and cycling path
La Colline hiking trail
Lac à la Barbue launching
Lac des Îles launching
Sandy Shore of Baie Sauvage campground
Lac Thor (via Massif de Winslow hiking trail)

Sainte-Praxède Sector

Sandy shore

Saint-Daniel sector

Grassed beach area
La Capitainerie launching
Le Littoral hiking and cycling path
Sandy shore of Pointe-aux-Pins

Discover the park from all these angles

Take advantage of our equipment rental service to refresh yourself and discover the park differently. Perhaps you will meet the great blue heron, the common loon or the white-tailed deer!

Equipment rental >>>

* Services offered at Pointe St-Daniel, at the South Discovery Service Center and at Baie Sauvage.

* The equipment may differ from one sector to another of the park.

NAUTICAL	1 h	4 h
Pedal boat 2 seater	\$21.50	\$43
Pedal boat 4 seater	\$24.75	\$49.50
Canoe	\$18.25	\$36.50
Solo kayak	\$16.75	\$33.50
Tandem kayak	\$20.75	\$41.50
Stand-up paddle	\$18	\$33.50
BIKE	1 h	4 h
Adult	\$15.50	\$31
Kid	\$7.50	\$15
Tandem (St-Daniel)	\$22.50	\$45

Did you know that the park wardens have lots to tell you and tons of stories to share?

DISCOVERY ACTIVITIES

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

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





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.

Enjoy hike at La Tourbière

Discover a fascinating place where the sight of carnivorous plants and wide-open spaces mixes-in with the rich perfumes and enchanting breeze so typical to peatland. Retrace the history of this environment created by the cold climate of ancient times, through a circuit of 20 information boards.

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.



Fishermen ... do you have something to declare?

The quality of the fishing offered exclusively to the guests vacationing at Lac des Iles, 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 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.



CONSERVE FOR TOMORROW



Inspect and clean your boats

If you brought your own craft, it could contain invasive species. To avoid bringing them elsewhere, wash your boat before you arrive and remove any plants or clumps of soil before launching it.

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.

OUR NATIONAL PARKS

Protected territories offering
a connection to nature, for us
and for future generations.

5 good practices to adopt

- Refrain from feeding the animals
- Keep your distance when animal watching
- Stay on the trails
- Don't collect natural elements (plants, dead wood...)
- Keep your right of access on hand at all times

Did you know?

Your access fee is **100% reinvested in the national parks**. By paying your fees, you are helping to protect this magnificent natural environment and the flora and fauna found there. **Thank you for your support!**

Discover what's happening behind the scenes

Stars in your eyes,
birds songs in your ears... Dive into the
fascinating world of initiatives to protect
our natural treasures. (in French only)

sepaq.com/lenversdudecor



PCF



Photos: M. Dupuis, P. Dussault, S. Audet, P.B. Gilligan, S. Allard, Beside.



Parc national
de Frontenac

sepaq.com/frontenac