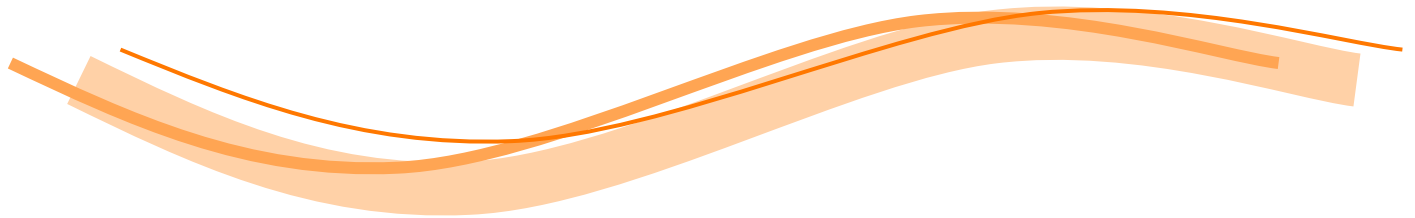




# DUCHESNAY RESORT & SEPAQ





<b>DUCHESNAY RESORT</b>	<p>Station touristique Duchesnay prides itself on transforming your nature getaways, romantic weekends or business meetings into meaningful moments. Besides offering quality accommodations in cabins and lodges, the Station invites you to discover the unparalleled comfort of Auberge Duchesnay, which has 48 rooms with a view of Lac Saint-Joseph. Depending on the season, you have a choice of the following activities: cross country skiing, snowshoeing, dog sledding, snowmobiling, swimming, canoeing, hiking, archery, guided activities.</p>
<b>Contact Details</b>	<p>143, route Duchesnay, Sainte-Catherine-de-la-Jacques-Cartier QC G0A 3M0  Toll free: 1 877 511-5885 or (418) 875-2122  Fax: (418) 875-2868  E-mail: <a href="mailto:duchesnay@sepaq.com">duchesnay@sepaq.com</a></p>
<b>Accommodation</b>	<p>The hotel will win you over with its country style and the way it harmonizes with the natural surroundings. Nestled atop a small hill on the banks of Lac Saint-Joseph, every room in the hotel has a magnificent view of the lake.</p> <p>30 rooms with two queen-size beds  10 rooms with one queen-size bed and 1 sofa bed  5 adapted rooms with one queen-size bed and 1 sofa bed  3 suites, which have 1 bathroom with double multi-jet shower and single whirlpool bath, 1 private bedroom with a king-size bed, and 1 living room with a sofa bed and a sound system</p> <p>All of the rooms have: Private bathroom with bath-shower, Hair dryer, Air conditioning, Television with cable, Radio alarm clock, Mini-bar, Access to wireless high speed Internet</p> <p>The Lodges: L'Élan, Le Sylvain and Le Caribou Lodges offer a total of 40 rooms, each with a private bathroom. The rustic style of the log buildings adds a touch of warmth. All three lodges are located near the hotel.</p> <p>The Villas: Fourteen villas are available for rent all year round. Fully equipped with running water, bathrooms, kitchen equipment, television, etc., they are coveted by vacationers from all over Québec. Located just a few metres from Lac Saint-Joseph, they have something for everyone in the family</p> <p>Huts: The Station's four huts make spending the night in the forest a real possibility. They are available from June 24 to October 31, and during the ski season. These huts, which sleep from 4 to 12 people, are accessible on foot, bicycle, snowshoes or skis, and are located from 3 to 13 km from the trail departure point.</p>
<b>Services</b>	<p>Spacious lobby with fireplace  Bistro-bar with terrace  Four meeting rooms</p>

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	<p>Boutique          Indoor pool          Outdoor spa          Exercise room          Sauna          High speed internet access in the lobby and hotel rooms</p>
<b>Restaurant</b>	<p>Located on the first floor of the Auberge Duchesnay, the Bistro-Bar Le Quatre-Temps invites you to an unparalleled feast of the senses. The magnificent view of Lac Saint-Joseph, the country atmosphere, the fireplace and bistro-style cuisine with accents of regional Québec products, make it a special place for romantic evenings, family get-togethers or business meetings.</p> <p>Chef Sébastien Rivard's menu offers a variety of light fare and innovative full-course meals: fish, game, cheese and grillades are prepared with care for your pleasure. The extensive wine list will satisfy both connoisseurs and those looking for a good quality-price ratio.</p> <p>The restaurant offers a large selection of wine by the glass as well as several privately imported products. The wines, chosen with the greatest care, go perfectly with the varied dishes</p>
<b>Spa</b>	<p>An Adventure for Your Senses...</p> <p>Experience the benefits of hot and cold water to eliminate stress and stop time in its tracks. Enjoy a moment of refreshment in total privacy at one of the hydrotherapy stations: Spa + cold basin; Spa + cold waterfall; Sauna + wall of cold water; Sauna</p> <p>Continue with a relaxing or therapeutic massage in one of the theme pavilions. The massages are offered on an individual basis, but a couple can choose to have a massage together: The Egyptian Temple, The African Temple, The Cave and The Chromotherapy Pavilion</p>
<b>Packages</b>	<p>The Pleasures of Nature Package:          Take time to admire the beauty Lodge Hotel - Starting at \$122.50/adult including Accommodation for 1 night, Breakfast and full-course supper, Access to all Station activities including cross country skiing and snowshoeing trails, Visit to the Ice Hotel (from January 4, 2008)          Children's rates: 0-5: free; 6-12 : \$36.68; 13-17: \$71.81</p>
	<p>Christmas Package: Lodge starting at \$298/adult, including:          Accommodation for 2 nights; Breakfasts (2), lunch (1) and full-course suppers (2); Access to all Station activities including cross country skiing and snowshoeing trails; Dogsledding (45 minutes) Children's rates:0-5: free; 6-12 : \$90.76; 13-17: \$181.52 Christmas times : December 22, 2007 to January 5, 2008</p>
<b>Location</b>	<p>The Station touristique Duchesnay is located in the Québec City tourist region, just 30 minutes from the capital.          Distances in km from: Québec City: 45 km; Montréal: 263 km; Saguenay: 249 km</p>

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<b>Nearby</b>	<p>The towns of Sainte-Catherine-de-la-Jacques-Cartier and Fossambault-sur-le-Lac, located just a few kilometres from Station touristique Duchesnay, offer many restaurants, accommodations, and other services.</p> <p>The following activities are also available near the Station:          Lac Saint-Joseph and Grand Portneuf golf courses          Summer and winter activities at Valcartier Vacation Village          Horseback riding at Centre équestre de la Ferme Lafrenière          Vacationing, fishing, and outdoor activities at Réserve faunique de Portneuf (managed by Sépaq)</p>
<b>Kids</b>	<p>The Young Adventurers Day Camp operates from December 24 to January 6, 2008 and Spring break (February 23 to March 9, 2008). This is a great way to keep children aged 5 to 12 occupied from 9am to 4pm each day.</p>

<b>Guided Activities in Winter</b>	<p>Have fun discovering winter in the company of professional and dynamic guides. Ancient Forest, Cross Country Ski and Tea, Sugar Shack, Porcupine Snowshoe Adventure, and the Arts Workshop...are all on the menu. Don't miss the two featured activities - geocaching and the torchlight hike. The guided activities are free for customers with vacationing packages (lodge or hotel) or they are available separately.</p>
<b>Snowshoeing and snow walking</b>	<p>What better way to delve into nature than on snowshoes? Discover the forest's movements with 20.2 linear km of marked trails. A warming hut awaits you on one of the trails. If you want to go at your own rhythm, the snow walking trails are the perfect choice (3.8 km). Customers staying at the Station (room or villa) have free access to the network. Snowshoe rental included with vacationing package</p>
<b>Skating</b>	<p>To everyone's great pleasure, each year Station touristique Duchesnay makes a skating rink. Duchesnay's forest environment makes this experience even more enjoyable. Customers staying at the Station (room or villa) have free access to the skating rink. Skate rental included only with vacationing packages</p>
<b>Tubing</b>	<p>A magnificent slope near the Horizon Lodge and the sugar shack will delight fun-seekers of all ages. Pleasure and exercise are on the agenda since the Station does not have a chair lift! Inner tubes are free for villa or vacation package customers</p>
<b>Spa</b>	<p>Tyst Trädgård – Jardin de détente Scandinavian Spa, located at Station touristique Duchesnay facing Lac Saint-Joseph, has just opened. This Scandinavian-inspired concept features privacy and offers an incomparable sensorial experience. Each of the massage areas transports you into a unique ambiance all its own (e.g. Egyptian temple). The hydrotherapy installations are located outside in an absolutely enchanting and totally private setting. Immerse yourself in the beautifully appointed water basins to obtain the benefits on your blood circulation of</p>

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	an alternation of hot and cold water, and to savour the meaning of the words Jardin de détente.
<b>Ice Hotel</b>	Hôtel de Glace: This huge 3,000 m2 complex made entirely of snow and ice includes a bar made of ice, a chapel, 2 exhibition rooms, 36 rooms and suites, a great hall dominated by a fibre optics chandelier, a huge N'Ice Club that accommodates 400 people, and a Nordic relaxation area composed of 2 outdoor spas and a sauna.
<b>Ice Fishing</b>	You can enjoy the pleasures of ice fishing only in Baie de Duchesnay. This activity, during which you can tantalize, among others, speckled trout and smallmouth bass is offered in collaboration with l'Association chasse et pêche Catshalac. Requiring little equipment, this is a joyful way to liven up a get-together with friends or an outing with the family
<b>Snowmobiling</b>	Snowmobiling is one of the many winter activities you can enjoy at Station touristique Duchesnay. It is offered in collaboration with Kamoutik Aventure. Hourly rental and adventure raids will delight fans of this popular sp
<b>Dog sledding</b>	This uncommon activity, which is becoming more and more popular in Québec, is the fruit of a collaboration with Aventure Inukshuk. It will definitely give an exotic feel to your Duchesnay visit!

<b>DESTINATION INFO</b>	SEPAQ
<b>Location</b>	The parks and reserves are located all over the province of Quebec from Nord-du Quebec to the Eastern Townships
<b>Geography</b>	Quebec's national parks and wildlife reserves network is 80,000 square kilometers, which is the size of countries such as Ireland and Austria!
<b>Name</b>	SEPAQ is an acronym for the Société des établissements de plein air du Québec (Sépaq)
<b>What is SEPAQ?</b>	<p>Sépaq is your first stop for outdoor adventure. The sixteen government wildlife reserves, eight tourist resorts (including Auberge Fort-Prével and Parc de la Chute-Montmorency), twenty-two parks of the Parks Québec network, and Sépaq Anticosti are the perfect choice for outings, getaways, or an entire vacation. Whether you're seeking nature, adventure, or culture, our destinations in the heart of Québec's great outdoors offer over 80,000 km<sup>2</sup> of pure enjoyment.</p> <p>Sépaq is a government agency mandated to operate and develop natural sites and tourist facilities entrusted to it under its act of incorporation. Its mission is to ensure the accessibility, development, and protection of these facilities for the benefit of its clientele, Québec's regions, and future generations.</p>
<b>Fees</b>	An entry fee schedule has applied in the Parcs Québec network since April 2001. This schedule takes the form of a daily fee, an annual Park card or an annual Network card, depending on the formula that best suits your needs.

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	<p>Several activities and services are included in the entry fee, such as cable ferry, canoeing, picnics, hiking, snowshoeing, backcountry skiing or certain nature discovery activities. Equipment rentals are not included.</p> <p>Adults \$3.50 or \$30 for an annual pass for all parks Kids \$1.50 or \$15 for an annual pass for all parks</p>
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<b>Parc Aquarium du Quebec</b>	<p>Travel into the ecosystems of the St. Lawrence River and Canadian waters and discover northern plant and animal life. This 16-hectare site is the only one of its kind in Québec. As you make this amazing journey all the way to the North Pole, you'll have the chance to observe 10,000 fresh- and salt-water fish specimens, reptiles, amphibians, invertebrates, as well as marine mammals, such as Atlantic and Pacific walruses, seals and polar bears.</p>
<b>Location</b>	<p>In Quebec City at 1675, avenue des Hôtels For general information you can phone : 1 866 659-5264 or E-mail: aquarium@sepaq.com</p>
<b>Activities</b>	<p>You can have breakfast with the walrus, meet Eddy and Tiguak the polar bears, and see harbour seals in action</p>
<b>Facilities</b>	<p>There is a restaurant, picnic facilities and a souvenir shop Admission is \$15.50 for adults with kids from \$5.50</p>

<b>Passes</b>	<p>Annual Sepaq network card for 2 adults and children for one year for all parks is only \$70</p>
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<b>ACCOMMODATION TYPES</b>	<p>1. Camping: Sépaq introduces the “ready-to-camp” formula Ideal for those who don’t have their own camping equipment and for tourists from outside of Québec, the “ready-to-camp” formula makes it possible for would-be campers to rent a campsite with a tent-trailer already set up for them when they arrive. All they have to bring is food, sleeping bags and personal items. The tent-trailers used by the Société des établissements de plein air du Québec (Sépaq, the government agency mandated with operating and developing natural sites and tourist facilities) can accommodate between four and six people. Some 40 “read-to-camp” sites are available at 13 of Québec’s national parks.</p> <p>2. Cabins: Are you looking for a cabin for a fishing or vacationing trip? A number of establishments have excellent availabilities, such as Aiguebelle, Grands-Jardins and Mont-Tremblant national parks, plus Ashuapmushuan, Papineau-Labelle, Portneuf and Matane wildlife reserves. Reserve on line and treat yourself to an unforgettable vacation this summer in one of the 600 Sépaq-network cabins located by a lake or river. These cabins sleep from 2 to 14 people and have all the</p>
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	<p>conveniences, plus everything you need for preparing and serving meals. Enjoy a stay in an awe-inspiring, relaxing, and invigorating natural setting with a fabulous choice of activities. Check out their Family Vacationing and Family Fishing Packages. Reservations: 1 800 665-6527</p> <p>3. Resorts: The Sépaq network's 9 tourist resorts offer a wide variety of summer activities and accommodations. Golfers will love the magnificent 18-hole sea-view golf course at Fort-Prével. You'll adore Station touristique Duchesnay, located on the shores of Lac Saint-Joseph. Comfortable cabins and hotel and lodge rooms, a fabulous restaurant, and so many exciting outdoor activities to choose from make it a natural choice. If you're dreaming of a long sandy beach by a lake and the pleasures of a camping or cabin vacation, Centre touristique du Lac-Simon is your next destination. This summer, Parc de la Chute-Montmorency invites your taste buds to discover its Grill menu. Your eyes will delight in the spectacular terrace view of the falls and the St. Lawrence River. Now managed by Sépaq, Parc Aquarium du Québec will delight the whole family: 300 species of marine animals, guided activities, a restaurant and terrace with a spectacular view of the Québec bridge.</p>
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<b>Interests</b>	
<b>Kids</b>	At Parc national de Frontenac you can accompany a park warden for the newborn count at the heron habitat. Information: 418 486-2300
<b>Geology</b>	Open House at the Miguasha Natural History Museum There will be an open house 1n Sunday, June at Parc national de Miguasha. This is an excellent opportunity to participate in a free guided visit of the museum and the cliffs of this palaeontological UNESCO World Heritage Site. The laboratory and the fossil collection room will also be open to visitors...an opportunity that only comes around once a year.

<b>SPORTS ACTIVITIES</b>	
<b>Golf</b>	Well known for its magnificent seaside golf course, Auberge Fort-Prével is also the perfect place for vacationing in Gaspésie. Its location between Percé and Gaspé makes it a perfect home base for discovering the region's attractions. What's more, Auberge Fort-Prével has one of the best restaurants on the coast - Le Bastion.
<b>Fishing</b>	At the wildlife reserve and Parcs Québec networks, you can reserve a day of fishing with a boat provided, or you can bring your own boat. There are more than 400 bodies of water available for day fishing in these territories. To take advantage of it, you must reserve your day fishing excursions two days in advance by phone or on line.

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	Reservations open at different dates and times, depending on the establishment.
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<p><b>National Parks close to Montreal:</b></p> <p><b>Îles-de-Boucherville</b></p>	<p>Parc national des Îles-de-Boucherville is an 8 square km haven of nature and pleasure located right in the middle of the St. Lawrence just 10 kilometres from downtown Montréal. For walkers, canoeists, and cyclists in the mood for fresh air, it offers green spaces, channels teeming with life, and trails by the water. There's no better antidote to the noise and worries of the city. Several guided discovery activities unveil the secrets of the plant and wildlife treasures on these five St. Lawrence islands. Stroll along the channels that separate the islands and that are home to the Osprey, Northern Harrier, Great Blue Heron, and several species of duck. While you are at it, why not cross the islands on a bicycle by taking the 20-km bicycle path that leads through a luxuriant landscape.</p> <p>Canoeing and Sea Kayaking: A boat ride takes you into the fascinating world of the waters that bathe the Îles de Boucherville.</p> <p>Hiking and Cycling: Hikers and cyclists can discover the site's most beautiful attractions on the 20-km "multi-purpose" trail network, while enjoying picnic areas, magnificent viewpoints and self-guided discovery activities. The relatively flat relief of the islands will suit the entire family. Close to 10-km of "rustic" trails offer a unique hiking alternative. Since the surface of these trails is mown grass, only walkers are authorized to use them. Three rustic trail loops are located on Île Sainte-Marguerite: Grand-Duc (1.5 km), Petite Rivière (2.5 km) and Grande Rivière (4 km). Île aux Raisins has a 3.5-km loop (departure from the observation tower on Île de la Commune). You can rent bicycles, trail-a-bikes and child chariot carriers on site.</p> <p>Discovery and Visitor Centre: the magnificent permanent exhibit entitled "A String of Islands in a Mighty River" is sure to interest you. Using the latest museum techniques, it provides a magnificent overview of the richness and uniqueness of the park, evoking, among other things, the main chapters in the island's story of human habitation since prehistory. In many respects, this is a great starting point for an unforgettable visit. In addition, come see the permanent exhibit on the park's history, presented at the Visitors Centre on Île Grosbois.</p>
<p><b>Mont-Saint-Bruno</b></p>	<p>A representative element of the Monteregian hills natural region, Parc national du Mont-Saint-Bruno has five lakes, an apple orchard, a historic mill, and dozens of kilometres of woodland trails. Some 200 species of birds and some forty species of mammals share this little corner of paradise. Indeed, like other Monteregian hills, Mont Saint-Bruno constitutes an important woodland habitat in the Greater Montréal urban environment. In winter or summer, take advantage of the pure and healthy air of this oasis of peace just 20 kilometres from the metropolitan area.</p>

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	<p>Stroll along the hiking trails that go around the five lakes including Lac des Atocas, which is in the process of becoming a peat bog (eutrophication), and go to the observation platforms and docks on some lakes to explore the rich and diverse natural environment.</p> <p>Give in to your curiosity and visit the old flour mill dating back to the Montarville seigniory and discover the history of this magnificent territory and its occupants.</p> <p>Admire the forest of Parc national du Mont-Saint-Bruno, which includes a variety of species including sugar maple, oak, and linden. You can even savour delicious fresh apples! Local conditions are ideal for apple growing and apple trees bloom each spring. In addition, the Arboretum boasts a collection of sixty tree species.</p> <p>A 27-km network of trails circles several lakes: Lac Seigneurial, Lac des Bouleaux, Lac des Atocas, Lac du Moulin and Lac de la Tortue. Hikers can discover the natural beauty of Mont Saint-Bruno. Several points of interest are sure to charm: the Old Mill and its permanent exhibit, the moonstone, the Arboretum, and a unique view of Montréal. Also, a new 3.5-km hiking trail, starting from the Visitors Centre, now offers a more rustic alternative. You can also do a shorter loop of 1.5 km within this circuit.</p> <p>A vast array of souvenirs, clothing for adults and children, discovery products for young people, and outdoor articles is offered at the Boutique Nature. All profits are re-invested in the park to enhance its conservation. By choosing our Parcs Québec collections, you are joining us in the development of Québec's natural and cultural heritage.</p> <p>Parc national du Mont-Saint-Bruno offers you a host of guided nature discovery activities. From the beginning of May to the end of October, take part in a guided tour and discover spring plants, frogs and snakes, animals and birdlife, geology, forest, secrets of the pond and the history of the park, in the company of a park warden.</p>
<p><b>Oka</b></p>	<p>Parc national d'Oka, located about 50km or 45 minutes from the Metropolitan Montréal Area, is a diverse patchwork of natural habitats that are fascinating by reason of their differences. The diversity of animal and plant species in this region of southern Québec is a major natural asset and explains, in part, the human presence over the centuries.</p> <p>From Colline du Calvaire to Lac des Deux-Montagnes, history manifests itself in many ways. Parc national d'Oka has a rich historical heritage... part of the story of our roots is told there! Come discover the true nature of Oka, while taking advantage of a wide array of educational and recreational activities, whatever the season.</p> <p>Let yourself be enchanted by the green surroundings of Parc national d'Oka. Next to the lake stands a pine forest, a vestige of the great eastern white pine forests that once were abundant along Rivière des Outaouais.</p>

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	<p>Break away from the routine and discover a surprising natural environment not far from Montréal. In Grande Baie and Rivière aux Serpents, the land and water combine to produce wetlands that are veritable ecological treasures. With their almost tropical air, wetlands play host to fascinating forms of life. The splendid wood duck, threatened with extinction early in the last century, has made its home in this nesting site, the most productive in Québec.</p> <p>Follow the traces of the aboriginal peoples and the first colonists on the trails leading to the Calvary site. The fragments found in the Oka area testify to aboriginal presence spanning thousands of years. Indeed, most of the fragments date back to 2,200 to 2,500 B.C. From Colline du Calvaire to Lac des Deux Montagnes, the history of the Sulpicians and the evangelization of the aboriginals by the Trappist Brothers are retold in life size re-enactments.</p> <p>Take part in numerous outdoor activities, such as cycling on a segment of the Route Verte bike path, swimming in Lac des Deux-Montagnes or hiking on the many trails. In the winter the snow-covered trails are ideal for cross country skiing, snowshoeing and snow walking.</p> <p>Camp in tranquility in a huge campground. Why not treat yourself to the Turnkey Camping Package? It includes campsite rental, a 6-person tent, a ground sheet, a rechargeable lantern, a propane camp stove or a woodstove with firewood (one bag of fire-starter and one bag of logs by night) in the winter.</p> <p>In summer, the beach comes alive with swimmers who flock to the park to bask in the sun and cool off in the lake under the watchful eye of a team of lifeguards. Picnickers can choose from a variety of peaceful lakeshore sites for a peaceful outdoor meal.</p>
<p><b>Plaisance</b></p>	<p>Plaisance: the Park's very name conjures up the peacefulness of its landscape, with its many bays, islands, peninsulas as well as the multicolored tapestry of its aquatic grassbeds. In spring, Plaisance offers a breathtaking spectacle of one hundred thousand Canada geese; in summer, it is a paradise for ducks, herons, ospreys and dozens of other species. Visitors will adore the exquisite breeze of Rivière des Outaouais as it ripples through the grasses of Petite Presqu'île, not far from the campground. Parc national de Plaisance, the latest addition to Québec's national park network, is yours to discover this summer – 160km from Montreal</p> <p>Ornithology: Close to 240 bird species, at least 100 of which are nesters, can be observed at one time or another throughout the year. The park's wet zones are among the best potential habitats for wild birds in Canada.</p> <p>Zizanie des marais (Wild rice) : Enter "Zizanie des marais" and enjoy the many forms of life in this extraordinary wetland habitat that is home to a host of different plants and animals. This 1-km trail features a floating boardwalk that runs alongside the marsh of Baie Parisien. As you walk</p>

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quietly along this trail, you will find yourself at the heart of a floating garden where great blue herons, ospreys, Canada Geese and other species come to feed. From atop the observation tower at the end of the boardwalk, there is a remarkable view of the surrounding landscapes and, in season, of the migratory birds that congregate here.

**The Springtime Return of the Geese:** From the end of April to mid-May, the bays and marshes of Parc national de Plaisance are the stage for a breathtaking natural spectacle: the return of the Canada Geese, which make a stop-over here during their spring migration northward. Some 100,000 Canada Geese, along with several species of diving and tip-up ducks, spend time on the shores of Rivière Outaouais. For the occasion, the Outaouais Birdwatchers' Club organizes a number of activities.

**Following the Traces of the Algonquians in a Canoe:** Follow the traces of the Algonquians and the runners-of-the-woods who used to draw up alongside "Fort de la Petite-Nation", and explore the calm waters of Plaisance, away from the currents and traffic on Rivière Outaouais. The park's many bays, its marshes, the notched shores of its islands and peninsulas, and the mouth of Rivière de la Petite Nation all form a fabulous territory that promises numerous discoveries, hours of fun, and an opportunity to let your imagination have free reign.

**Swimming:** Campers and visitors have access to the park's pool. An unsupervised beach is also open to swimming and is located along Baie de la Pentecôte, on the north shore of Petite Presqu'île.

**Canoeing and Kayaking Excursions:** Get away from the stress, the noise and the hassles of everyday life. Jump into your canoe and paddle along still waters in the company of ducks, irises, turtles and dragonflies.

Plenty of relaxing moments and natural surprises await you! The park's notched bays and marshes lend themselves perfectly to this memorable calm water adventure. You can rent canoes and kayaks at the Plaisance Interpretation and Visitors Centre and the Thurso Information Kiosk.

**Hiking:** Zizanie des marais (wild rice) is the name of an aquatic plant that abounds in the park and that is considered a delicacy by moose, muskrats and various wetland birds. It is also the name of a 1 km trail with a floating boardwalk and an observation tower, next to a marsh teeming with birds, fish, mammals, reptiles and amphibians. The trail entrance is located 500 m from the entrance of Petite Presqu'île.

From the Interpretation and Visitors Centre, you can also take 3 magnificent hiking trails and discover more of the park's habitats (Le Carouge, Les Baies and La Sarcelle). Combining these trails makes a very interesting loop of about 6.5 km round trip.

**Bike Path:** Roll peacefully through different habitats, taking in the mellow aromas of the Outaouais without the bother of cars and traffic lights: this is what the park's 26 km of trails has to offer you. Whether on the Petite Presqu'île and Grande Presqu'île trails in Plaisance or in our new Thurso

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	<p>sector on the Outaouais trails, which includes Presqu'île des Legault, the nature here will enchant you. You can rent bicycles at the Plaisance Visitors and Interpretation Centre and the Thurso Information Kiosk. A ferry service by pontoon boat will shuttle passengers between the Plaisance and Thurso sectors.</p>
<p><b>Yamaska</b></p>	<p>Parc national de la Yamaska will charm you with its highly varied vegetation. A witness to the history of the park's territory, Choinière reservoir is bordered by forests and meadows that provide a refuge for several animal species. In summer, the lake comes to life as water sports enthusiasts take to their kayaks, pedal boats, windsurfers and canoes. Winter activity enthusiasts will enjoy the gentle, rolling landscape of the Appalachians that may be seen all around Parc national de la Yamask which is 100km from Sherbrook.</p> <p>Under Century-Old Branches: Relax under the branches of century-old trees in forests, made up mainly of maples covering a rolling landscape of Appalachian Lowlands.</p> <p>A Celebration of the Senses: Take in the fragrances that fill the air of Parc national de Yamaska. Forty species of trees, 41 species of shrubs, and some 425 species of herbaceous plants, have been identified by a number of botanists.</p> <p>Go for a Dip: Stroll along the banks of the Choinière reservoir and go for a refreshing dip in the water. Water sports are a favorite pastime.</p> <p>Get Out Your Bicycles: Enjoy yourself as you follow the bike path that goes around the Choinière reservoir revealing the many facets of Parc national de la Yamaska. This territory is a great destination within a regional network of 250 km of cycling paths (La Montérégiade, L'Estriade, La Campagnarde and La Granbyenne).</p>
<p><b>Mont-Orford</b></p>	<p>A mature sugar maple forest carpets hill and dale, welcoming visitors to Parc national du Mont-Orford, 35 km from Sherbrook. Discover the park's mountains, hills, and ponds-a fascinating mix of plant and wildlife habitats. Whether it's hiking along a trail, cycling along La Montagnarde trail, climbing to the summit of Mont Orford, relaxing a few days at the Jouvence Vacation Resort, or listening to a classical symphony at the Centre d'Arts Orford, you'll enjoy exploring this park! The quality of its winter offerings makes this a highly valued park ... in every season.</p> <p>Dance of the Leaves: Stroll through mature maple stands and witness the magnificent spectacle of autumn colours or the awakening of spring as flowers blossom in the undergrowth. Kilometres of hiking trails, including the spectacular Crêtes and Mont-Chauve trails, are your assurance of a fun-filled nature experience. A blaze of colour from the end of September to mid-October.</p> <p>Route Verte: Ride over a section of the Route Verte cycling network, known as "La Montagnarde", which crosses the park from east to west. The hardwood forest provides a canopy for cyclists and reveals its many</p>

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	<p>secrets by way of its self-interpretation panels.</p> <p>Extraordinary Habitats: Enjoy observing varied wildlife in natural habitats such as white-tailed deer yards, a heron nesting area or the maple forest. The park is home to porcupines, deer, numerous species of birds and amphibians.</p> <p>Nights Out in the Open Air: Take advantage of the amenities of the campsites to spend a few days in this world full of colours. Fall asleep and wake up to the sound of the wind rustling through the leaves. The park is popular among campers who want to savour the joys of a simpler life.</p> <p>Mountains Alive with Colours: Several mountains (Orford, Giroux, Alfred-DesRochers and Chauve) and a number of peaks (Ours, Lynx and Corbeaux) offer nature enthusiasts a breathtaking panoramic view.</p> <p>Centre d'Arts Orford: The Centre d'Arts Orford includes a concert hall, an art gallery and an inn. Each year, the Centre proudly plays host to the renowned Orford Festival.</p> <p>Lakes at the Heart of Park Life: The Fraser and Stukely lakes will add to your nature experience by allowing you to practice diversified and entertaining water sports activities. Make the most of the joys of summer!</p> <p>Jouvence Vacation Resort: The Jouvence Vacation Resort offers all-inclusive getaway packages for both families and adults.</p>
<p><b>Mont-Tremblant</b></p>	<p>145 km from Montreal, a vast universe of lakes and rivers set against a mountain backdrop, this park offers you freedom and the chance to get away from it all. Parc national du Mont-Tremblant provides a rich mixture of Québec's natural and historical heritages. It is the biggest park in the network and the first national park to have been created in Québec. It features a variety of activities and discoveries that are sure to please. By canoe or on foot, skis or snowshoes, you will be surprised by the immensity of the territory. Offering nature at its best, Parc national du Mont-Tremblant is open year round and is bound to make an unforgettable impression on you.</p> <p>Enchanted Forests: Let yourself be captivated by the charm of the forest landscapes where nature has retained all its rights. With its 1,510 km<sup>2</sup> of territory and 163 km of hiking trails, Parc national du Mont-Tremblant is the largest park in Québec.</p> <p>A Realm of Lakes and Rivers: Four hundred lakes, some small and intimate, others vast and windswept, six rivers dotted with waterfalls and cascades, and a multitude of streams, help to create a magnificent natural realm.</p> <p>Rivière L'Assomption: With a varied course that combines calm sections and rapids ranging in difficulty from Level I to IV, Rivière L'Assomption, which runs for 15 km through the park, is considered one of Québec's best teaching rivers. Three campgrounds are available for canoeing</p>

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	<p>enthusiasts.</p> <p>The Meandering Diable: The spectacular character of the course is attributable to the peaceful bends and backwaters that the river has traced along the rocky face of Mont de la Vache Noire. Duration: the outing lasts 3 to 4 hours, including transportation. A canoe and passenger transportation service is available.</p> <p>Birds and Other Wildlife Wonders: Birdwatchers will be right at home in the park: to date, 196 species of birds have been surveyed. In addition, the park is home to a highly diverse wildlife population. Bears, hares, wolves and beavers invite you to discover their environment.</p> <p>The Totem Poles at Place Centenaire: Three professional sculptors from the region, have each created an immense totem pole made out of white pine. Totem poles, which are an ancient means of communication, convey different messages that are accessible to everyone. Each totem pole represents a different facet of the park, whether it be its economic history, its recreational-tourism vocation or its flora and fauna.</p> <p>Camping, Experiencing Nature the Way It Was Meant to Be: Whether you are looking for the comfort of a full-service campground or the charm of more rustic sites, a camping stay in the park will allow you to experience nature the way it was meant to be.</p> <p>Breathtaking Waterfalls: Spend a few minutes, or a couple hours for that matter, at the Chute Croches, Chute du Diable and Chute Aux Rats waterfalls. They contribute to the great splendour of the land and soundscapes.</p>
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<p><b>Sepaq Anticosti</b></p>	<p>Anticosti is not just any destination. Recognized as an exceptional territory for white-tailed deer hunting, this island is becoming more and more popular among vacationers. Its striking scenery and diversified natural environment make it the place for very exotic discoveries. For more than a century, this island located at the mouth of the St. Lawrence has been attracting salmon fishing enthusiasts to the fabulous Jupiter River. Whether you come to hunt, fish or vacation, you'll fall under its spell...</p> <p>Come and explore this unique environment - canyons, waterfalls, cliffs, caves - and observe abundant wildlife everywhere. On foot or by bicycle, horse or car, discover the many secrets of this mysterious island...</p> <p>Horseback Riding: come and discover the peaceful setting of Rivière Chicotte and Rivière aux Plats on horseback. Ride along kilometres of beach and keep your eyes peeled for deer, seals and bald eagles. Excursions with a guide are available at Chicotte-la-Mer.</p> <p>Sea Kayak: experience Anticosti from a new angle and admire its coasts, bays and cliffs while being comfortably seated... on the water! Surprise seals, whales, and porpoises in their natural environment.</p> <p>Expédition Agaguk offers guided one-day or half-day excursions from</p>
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	Pointe-Carleton.
<b>Wildlife Reserves: Papineau-Labelle</b>	160 km from Montreal, Réserve faunique de Papineau-Labelle is a great place to observe wildlife and offers attractive sites for the practice of outdoor activities, including sports hunting and fishing. The rich and diversified vegetation creates conditions that are very favourable for wildlife. Indeed, the reserve is home to large white-tailed deer, moose, and beaver populations. As for the many lakes, they are mainly inhabited by speckled trout and lake trout. There are 763 lakes and 42 streams and rivers with thriving populations of white-tailed deer, moose, Spruce Grouse, bear, wolf, beaver and fox, as well as many other species of mammals and birds.
<b>Mastigouche</b>	145 km NE of Montreal, Réserve faunique Mastigouche is a calm and relaxing spot that is ideal for vacationing. In addition to traditional hunting and fishing activities, hiking and canoe-camping give visitors the opportunity to discover the many attractions of this rich territory. Camping enthusiasts will be captivated by Lac Saint-Bernard. Wildlife includes some thirty species of mammals including moose, white-tailed deer, black bear, wolf, lynx, hare and several species of birds including Ruffed Grouse, Loon, Osprey and Golden Eagle
<b>MORE INFO</b>	You can call Sépaq Sales and Reservations Office advisors or go to the Quebec City or Montreal Tourist Information Centres. Open 7 days/7, from 8:30 AM to 9 PM (except Saturday and Sunday, from 8:30 AM to 7:30 PM, from the end of November to mid-May) Call 1 800 665-6527 Fax : (418) 528-6025 E-mail: <a href="mailto:inforeservation@sepaq.com">inforeservation@sepaq.com</a>
<b>Brochures</b>	You can download brochures from the website
<b>Website</b>	<a href="http://www.sepaq.com">www.sepaq.com</a>

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