



Forillon  
National Park  
parksCanada.gc.ca

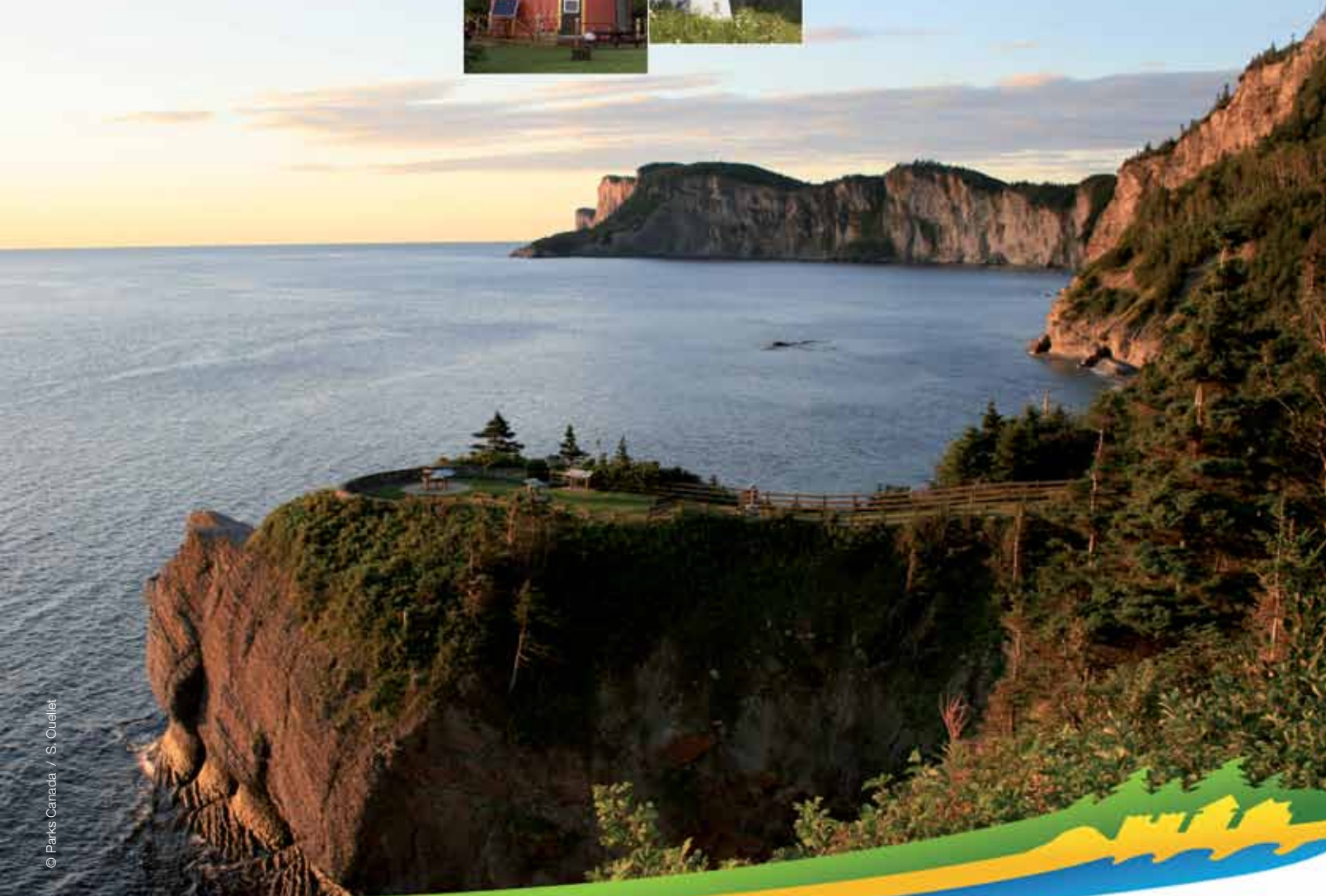
Parc national  
Forillon  
parcsCanada.gc.ca

# Forillon 2012

Visitor's Guide



Harmony between **man,**  
**land** and **sea**



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Canada

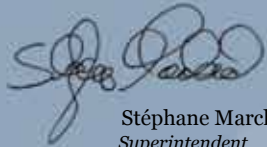
Parcs  
Canada

Canada

# Welcome to a land of sea and mountains

On behalf of all Parks Canada staff on the Gaspé Peninsula, I welcome you to Forillon National Park and to the Pointe-au-Père Lighthouse and Battle of the Restigouche National Historic Sites.

We wish you an excellent vacation and a memorable stay in our part of the country!



Stéphane Marchand  
Superintendent  
Parks Canada,  
Gaspé Peninsula



© Parks Canada / S. Ouellet

Created in 1970, Forillon National Park lies at the tip of the Gaspé. Its majestic sea, cliff and mountain scenery encompasses 244 km<sup>2</sup>. Forillon protects a representative sample of the Notre-Dame and Mégantic mountains as well as certain elements of the Gulf of St. Lawrence maritime region.

The presence of ten different rock formations, seabird colonies and enigmatic Arctic-alpine plants forge the park's unique character. The Grande-Grave Heritage Site, located in this seaside park, bears witness to the lifestyles of the fisher folk who lived here in the past.

Head out to land's end and enjoy the splendour of a spectacular peninsula.

*For information about park fees and open dates, please check our 2012 Service and activity schedule posted on our website and at the park's visitor centres and toll booths.*

## To reach us

[parksCanada.ca/forillon](http://parksCanada.ca/forillon)  
Forillon - Administrative Office  
122 Boulevard de Gaspé  
Gaspé (Québec) G4X 1A9  
**418-368-5505**  
**1-888-773-8888**

**Camping**  
[pccamping.ca](http://pccamping.ca)  
1-877-737-3783  
TTY : 1-866-787-6221

**Forillon - Conservation Service**  
418-892-5553

**Weather forecast**  
[weatheroffice.gc.ca](http://weatheroffice.gc.ca)  
418-368-5378

**Marine weather forecast**  
[weatheroffice.gc.ca/marine](http://weatheroffice.gc.ca/marine)  
418-269-3282

Cette brochure est disponible en français.

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# Forillon “musts”



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## Cap-Bon-Ami

The ideal front-row seat from which to admire stunning seascapes and soaring cliffs where seabirds and seals hold top billing.



© Parks Canada / S. Ouellet

## Mont Saint-Alban observation tower

Perched above the mountaintops, the tower offers visitors a unique view of the Appalachians where they tumble into the waters of the Gulf of St. Lawrence.



© Parks Canada / S. Ouellet

## Les Graves trail

This trail takes you along the coast to Cap-Gaspé, land's end.



© Parks Canada / S. Ouellet

## The Grande-Grave Heritage Site

Find out about the fascinating human history of Forillon Peninsula at Hyman & Sons General Store at Anse-Blanchette and at Dolbel-Roberts House.



© Parks Canada / S. Ouellet

## The Penouille sandy spit

Penouille features a combination of sandy beaches, taiga and salt marsh in an exceptional setting.

# Hiking

## trails

	Departure point	Length	Type	Duration	Level	Special features
<b>Prélude à Forillon</b>	Near Interpretation Centre (North Area)	0.6 km	Loop	30 min.	Beginner	<ul style="list-style-type: none"> <li>• Universal access trail (boardwalk)</li> </ul>
<b>La Chute</b>	Highway 132, about 4 km from the North Area	1 km	Loop	30 min.	Beginner	<ul style="list-style-type: none"> <li>• 17-metre-high waterfall</li> <li>• Boardwalks and stairs</li> <li>• Drop of about 50 m</li> </ul>
<b>Une Tournée dans les Parages</b>	Grande-Grave	3 km	Loop	2 hr.	Beginner	<ul style="list-style-type: none"> <li>• Tours the Grande-Grave historic sector</li> </ul>
<b>Les Graves</b>	Anse-aux-Amérindiens to Cap-Gaspé (Road*)	3.2 km	One way	1 hr.	Beginner	<ul style="list-style-type: none"> <li>• Runs along coves and pebble beaches and leads to Cap-Gaspé</li> <li>• Opportunity for marine mammal observation</li> </ul>
	Anse-aux-Amérindiens to Cap-Gaspé (Trail)	4 km	One way	1 hr. 15 min.	Beginner	
	Grande-Grave to Cap-Gaspé	7.6 km	One way	2 hr. 15 min.	Intermediate	
<b>La Vallée**</b>	L'Anse-au-Griffon	4.6 km	One way	1 hr. 15 min.	Intermediate	<ul style="list-style-type: none"> <li>• Runs along the Anse-au-Griffon river</li> </ul>
<b>Le Portage**</b>	Departure from near operational centre OR from L'Anse-au-Griffon	10 km	One way	3 hr.	Intermediate	<ul style="list-style-type: none"> <li>• Connects the north and south sides of the peninsula</li> </ul>
<b>Mont Saint-Alban</b>	Cap-Bon-Ami	7.8 km	Loop	3 hr. 30 min.	Intermediate	<ul style="list-style-type: none"> <li>• Impressive sea and cliff scenery</li> <li>• Observation tower at an elevation of 283 m</li> </ul>
	Petit-Gaspé beach	7.2 km	Loop	3 hr.	Intermediate	<ul style="list-style-type: none"> <li>• Plan for an hour's hike to get to the tower (one way only)</li> </ul>
<b>Les Lacs</b>	Near operational centre OR Highway 197, (Rivière-au-Renard)	16.8 km	One way	6 hr.	Experienced	<ul style="list-style-type: none"> <li>• Leads to the park's highlands and wilderness lakes</li> </ul>
	<i>Including access legs</i>	17.6 km	One way	6 hr. 15 min.	Experienced	<ul style="list-style-type: none"> <li>• Wilderness camping sites</li> </ul>
<b>Les Crêtes</b>	Near operational centre OR Petit-Gaspé beach	16.3 km	One way	6 hr. 30 min.	Experienced	<ul style="list-style-type: none"> <li>• Wooded, mountainous area</li> </ul>
	<i>Including access legs</i>	18.2 km	One way	7 hr.	Experienced	<ul style="list-style-type: none"> <li>• Wilderness camping sites</li> </ul>

\*Trail also used for cycling.

\*\*Trail also used for cycling and horseback riding.

# Cycling

Discover Forillon as you cycle along its secondary roads!

We recommend you use a mountain or hybrid bike to explore the following areas:

- The gravel road leading to Cap-Gaspé (*Les Graves* trail starting from Anse-aux-Amérindiens)
- The *Le Portage* and *La Vallée* trails
- On the road out to Penouille point

Cycling is prohibited on all other hiking trails.

There is a bicycle rental service at the Recreation Centre (*see page 12*).





# Fish

## for mackerel at the Grande-Grave wharf!

No fishing permit required, but anglers must nevertheless follow a few rules.

### Safety rules for anglers:

- Avoid casting your line near vessels entering or leaving the fishing harbour.
- Whenever a vessel approaches the harbour, make sure your line isn't in the waterway.
- Because the wharves are very busy, be extra careful when you cast your line, and keep a safe distance between you and other people who are fishing.

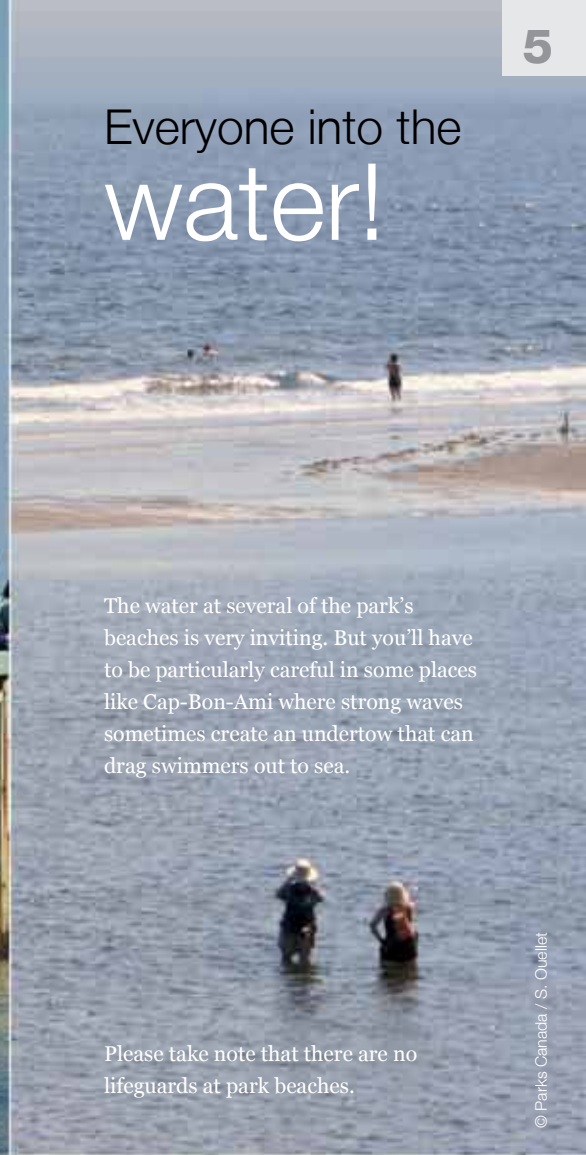
### The daily catch limit is 10 mackerel per person per day, including any fish returned to the water.

No person may have more than 10 mackerel in his or her possession at any time. Each angler may use only one fishing line equipped with either a single or a triple hook.

### Enjoy the fishing!



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# Everyone into the water!

The water at several of the park's beaches is very inviting. But you'll have to be particularly careful in some places like Cap-Bon-Ami where strong waves sometimes create an undertow that can drag swimmers out to sea.

Please take note that there are no lifeguards at park beaches.

© Parks Canada / S. Ouellet

Forillon Park is the ideal place to watch animals in their natural habitat. One of these, the black bear, is a source of both fear and interest. The park has always taken care to make sure that bears and visitors to Forillon share the same space in mutual safety. No humans have ever been attacked by a black bear in the history of the park.

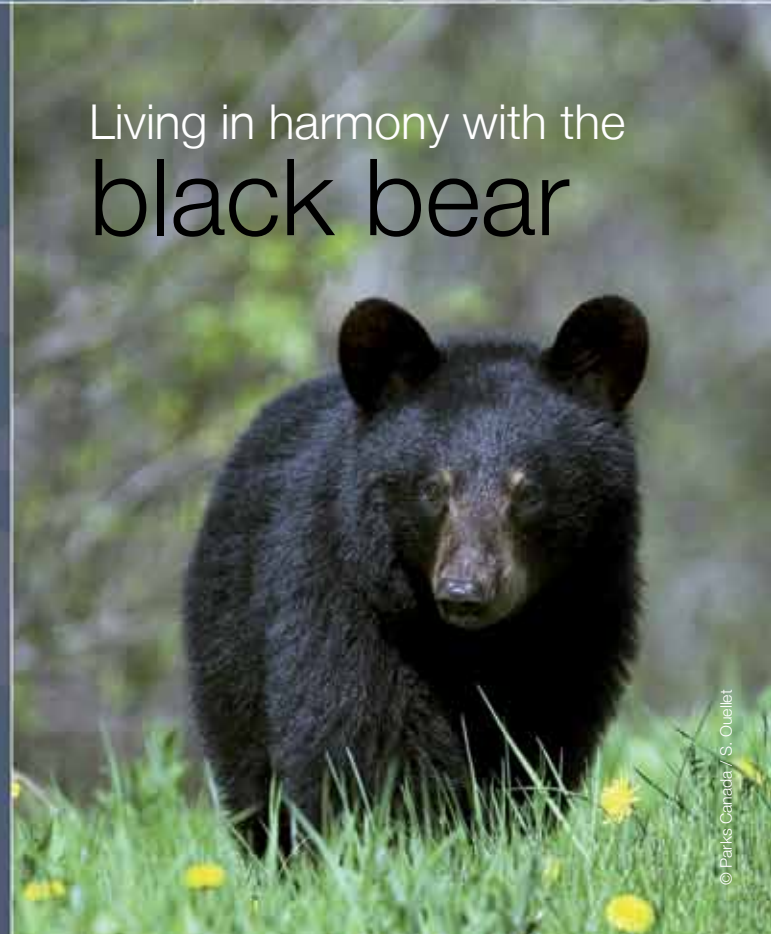
### So why this text about bears?

Simply because the black bear is more likely to be seen at Forillon than in many other parks. First of all, there are many old, overgrown farm fields filled with berry bushes that encourage bears to leave the forest to feed. In addition, Forillon's black bear population is largely vegetarian (plants make up over 95 percent of its diet), so it isn't rare to see bears feeding on the grass growing along park trails and roads.

### Every visitor needs to find out how to ensure his or her own safety and that of the bear.

Whether you want to avoid bears while you're in the park or watch them, **we recommend you read the brochure *You're in black bear country*, available at park toll booths and visitor centres.** It provides information on black bears and the behaviour you should adopt to make sure your stay is safe and pleasant.

# Living in harmony with the black bear



© Parks Canada / S. Ouellet



## Summary of park regulations

### It is not permitted to:

- Hunt, trap, harass, attract or feed the animals;
- Fish in fresh water (ponds, lakes, rivers, creeks, etc.);
- Remove, mutilate or destroy any natural features (wildlife, plants, fossils, driftwood, deadwood, etc.);
- Make wood fires anywhere except in fire-places provided for this purpose;
- Camp outside designated campsites;
- Make excessive noise at any times;
- Allow pets to wander freely (without a leash);
- Operate personal watercraft in park waters.

## Drinking water

Potable water is provided at park facilities for visitors. This water has been treated and is regularly analysed. Whenever tests reveal the water to be unfit for drinking, a notice indicating "Non-drinking water" is immediately posted near each faucet and drinking fountain. In such cases, we recommend the water be boiled for at least three minutes before you drink it.



### INSTALLATIONS / FACILITIES

- Centre d'interprétation / Interpretation Centre
- Amphithéâtre / Amphitheatre
- Belvédère / Lookout
- Site patrimonial / Heritage site
- Panneau d'interprétation / Interpretation panel
- Centre d'accueil / Visitor centre
- Tour d'observation / Observation tower
- Poste de perception / Toll booth
- Abri / Shelter
- Abri-dortoir / Lean-to
- Canon / Artillery gun
- Phare / Lighthouse

### ACTIVITÉS / ACTIVITIES

- Terrain de jeux / Playground area
- Baignade / Swimming
- Croisière / Cruise
- Randonnée équestre / Horseback riding
- Pêche / Fishing
- Pique-nique / Picnicking
- Kayak de mer / Sea kayaking
- Plongée sous-marine / Scuba diving
- Randonnée pédestre / Hiking
- Longue randonnée / Backpacking
- Vélo de montagne / Mountain biking
- Bicyclette / Cycling
- Centre récréatif / Recreation centre

### SERVICES

- Accessibilité aux personnes à mobilité réduite / Accessible to the physically impaired
- Camping de groupe / Group campground
- Camping sauvage / Wilderness campsite
- Église St-Peter / St. Peter's Church
- Camping / Campground

- Route principale / Main road
- Route secondaire pavée / Paved secondary road
- Sentier pédestre / Hiking trail
- Sentier pour le vélo / Cycling trail
- Distance (km) entre 2 points / Distance (km) between 2 points

- Frontières maritimes du parc / Park marine limits
- Parc / Park
- Zone interdite ou à accès limité (selon les périodes de l'année) pour la plongée sous-marine, la circulation à pied et l'accostage. Renseignez-vous auprès du personnel du parc. / Prohibited or restricted access zones - at certain times of the year, activities such as scuba diving, hiking or mooring are not allowed in these areas. Ask a Park employee for information.

### DISTANCES (KM)

	Percé			
	Gaspé			63
		20	83	
	Grande-Grave		18	38
	5	13	33	96
	5	13	33	96
	10	15	23	43
	18	28	33	41
				61
				124

## Plan ahead when you're taking to the water

Early in the morning when there's no wind the sea is sometimes mirror flat, but this rarely lasts all day. Weather conditions can vary considerably from one area of the park to the next. Always keep in mind that the wind can change direction or speed suddenly.

Before setting out on the water, check the latest weather forecast and the tide table, or ask park staff for information.



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Disabled people can easily access the facilities at Canada's national parks and historic sites.



Remember that seatbelts must be worn when riding in vehicles and that the Highway Safety Code applies at all times.



# Accommodations at Forillon...

the choice is yours!

## Camping

### Petit-Gaspé Campground (South Area)

135 sites without electricity

33 sites with electricity



- Wooded campground
- Near Recreation Centre (p. 12)
- Evening activities
- Near hiking trails (p. 4)

### Des-Rosiers Campground (North Area)

113 sites without electricity

38 sites with electricity



- Semi-wooded campground
- Near Interpretation Centre
- Pebble beach
- Evening activities

### Cap-Bon-Ami Campground (North Area)

41 sites without electricity



- Non-wooded campground
- Tents only
- Lookout, pebble beach and trail nearby
- Evening activities

## Reservations

[pccamping.ca](http://pccamping.ca)

1-877-737-3783

1-866-787-6221 (TTY)

1-450-505-8302 (calls from outside North America)



Photo : Robert Baronet

## Group camping (South Area)



- Can accommodate up to 75 campers
- To book: Until June 1: 418-368-5505  
From June 2 to October 8: 418-892-5911

## Backcountry

### Wilderness camping

- 3 sites located along *Les Lacs* and *Les Crêtes* trails
- Campers must sign in at a toll booth or visitor centre

### Lean-to shelters

- 2 Lean-to shelters
- Located along *Les Lacs* and *Les Crêtes* trails
- Each shelter has room for up to 4 people
- Reservation required: 418-368-5505 or at a toll booth

For information about camping fees, please check our 2012 Service and activity schedule posted on our website and at the park's visitor centres and toll booths.

## Ready-to-use accommodations

an unforgettable experience offered by:



418-892-5873

1-866-892-5873

[gesmat.ca](http://gesmat.ca)

### Yurts

- Stay in a dwelling traditionally inhabited by Asian nomads.

### Tent trailers

- Enjoy camping without having to bring any of the gear along.





# Land's End

## Where the **mountains** meet the **sea**

The Appalachians meet the Gulf of St. Lawrence here on this strip of land extending out into the water. The waves breaking over its shores expose the rock, giving us a glimpse of its full geological wealth. This place where land meets sea encompasses a host of exceptionally diverse habitats.

Whales, seals, seabirds and an entire unsuspected underwater world can be observed just off shore, not far from land with its easy-to-see and very impressive terrestrial fauna and flora. It's a place where land and sea cannot exist one without the other... it's land's end... it's Forillon.

### The park's interpreter-naturalists are eager to share with you their passion for Forillon!

They'll help you discover the park and its inhabitants. You'll find them at the Interpretation Centre or Cap-Bon-Ami or hosting one of the many activities on our interpretation program.



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# PARKS CANADA XPLORERS

## If you'd like to discover some of Forillon's natural and historical treasures,

come pick up your Xplorer's booklet at the Interpretation Centre or at one of the park's visitor centres; it's free! Complete all or some of the activities and become a certified Parks Canada Xplorer.

There's a small gift waiting for you at the Interpretation Centre.



380 million years later...



...we're still talking about it  
at the Musée d'histoire naturelle de Miguasha

231 Route Miguasha Ouest  
Nouvelle (Québec) G0C 2E0  
418-794-2475 • 1-800-665-6527  
ParcsQuebec.com





# Gaspésians from Land's End

## Grande-Grave Heritage Site (South Area)

Hyman & Sons General Store, Anse-Blanchette and Dolbel-Roberts House tell the fascinating tale of the people who came to settle the land on Forillon Peninsula to make the most of the cod fishery.

Learn about the history of the cod trading companies, the lifestyles of the people who fished the waters and farmed the fields and the diversity of cultures, religions and traditions through the activities organised by guide-interpreters to help you explore the displays in authentic, period building.

Follow the history of these Gaspésians from land's end from the beginning of their journey to the time the park was created.



© Parks Canada / S. Ouellet / C. Tremblay



© Parks Canada / S. Ouellet



Photo: Robert Baronet



© Parks Canada / S. Ouellet

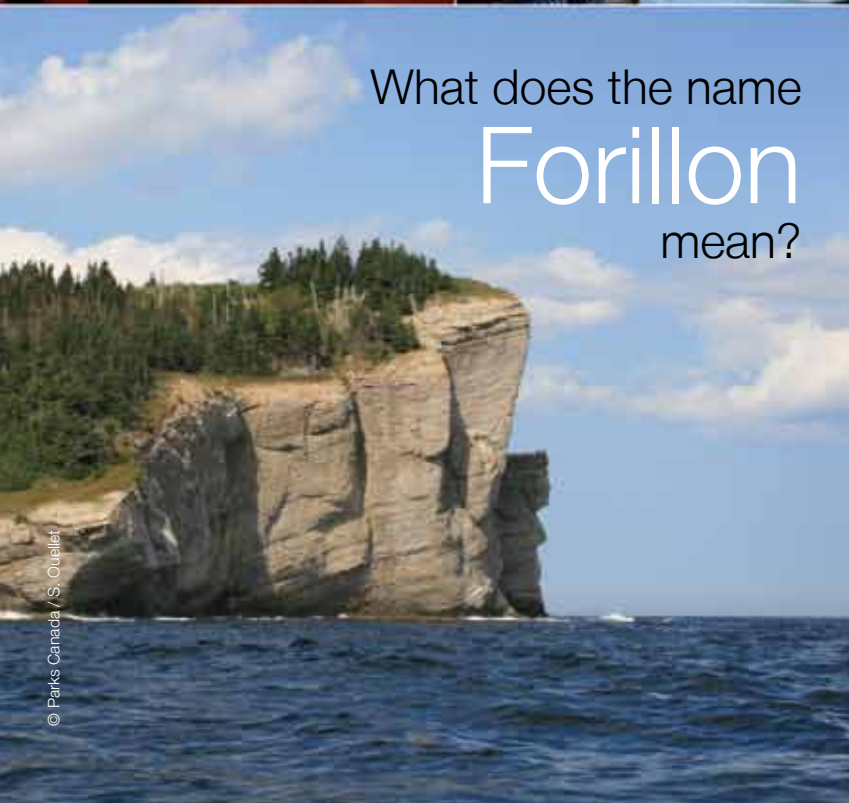
What does the name  
**Forillon**  
mean?

The term “Forillon” was used as early as 1534 by Jacques Cartier in his accounts of his voyages to Canada.

Champlain also mentions it in a text dating from 1626: “[...] one league from the cape of Gaspé is a small rock they call the farillon, a stone's throw from the mainland [...]”.

The word forillon thus appears to designate a small, rocky island standing erect. But the exact location of this forillon remains uncertain. It may have been the rocky outcrop at the tip of the Gaspé promontory, which mapmakers called “La Vieille”, or the other rock - no longer standing - one league from Cap-Gaspé, described by Champlain.

In any case, the name forillon is now associated with the peninsula harbouring the magnificent national park that proudly bears the same name.





## Pointe-au-Père Lighthouse National Historic Site of Canada



Pointe-au-Père, a navigation assistance centre on the St. Lawrence River

### Explore...

- One of Canada's tallest lighthouses
- Five historic buildings associated with the lighthouse station
- A trail with interpretation panels

### Enjoy...

- Organised activities on site
- Activities for children
- A magnificent seaside location

### Nearby:

- The Pointe-au-Père historic maritime site invites you to visit the Empress of Ireland pavilion and the submarine, *Onondaga*.

### Location:

Pointe-au-Père, by way of Highway 20, exit 621 or by way of Highway 132, 5 km east of Rimouski and about 500 km from Gaspé, by way of the south shore of the Gaspé Peninsula.

Phone: 418-724-6214

Fax: 418-721-0815

shmp.qc.ca

info@shmp.qc.ca

## Battle of the Restigouche National Historic Site of Canada



1760. In the spring following the Battle of the Plains of Abraham, the French supported by their Acadian and Mi'gmaq allies took on the British in a naval confrontation on the Restigouche River. The battle was fought at the height of the Seven Years' War, during which the two countries duelled for ultimate supremacy in New France. Today, more than 250 years later, the Battle of the Restigouche National Historic Site commemorates this historic event.

### Explore...

the remains of the French frigate *Le Machault*, recovered during underwater archaeological digs (1969-1972).

### Discover...

life aboard an 18th-century frigate.

### Location:

40 Boulevard Perron Ouest in Pointe-à-la-Croix, Quebec, 7 km from Campbellton, New Brunswick and 330 km from Gaspé by way of the south shore of the Gaspé Peninsula.

Phone: 418-788-5676 or 1-888-773-8888

Fax: 418-788-5895

pc.gc.ca/restigouche

parkscanada-que@pc.gc.ca



# Activities organised by our concession holders

## Whale-watching cruise

An unforgettable outing aboard the Narval III to discover the giants of the sea !

Grande-Grave harbour (South Area) – June 4 to October 1

Up to four outings per day, including at least one with bilingual commentary

- 2.5 hour cruise
- Marine mammal observation (up to seven different whale species)
- A map showing the week's sightings is posted on the website

### Information and reservations

Phone: 418-892-5500  
or 1-866-617-5500  
Fax: 418-269-5580  
www.baleines-forillon.com  
info@baleines-forillon.com



Photo : Marc Loisele / loizo.com



**PLONGÉE**  
**FORILLON INC.**  
Vivez l'aventure !

## Scuba diving and snorkeling

Grande-Grave harbour (South Area)

### Activities for everyone

- Outings with a dive boat for snorkeling
- Discovery of the sea bed and seal observation
- No experience required

### Regular season:

- June 22 to August 27

### Off season:

- Outings upon request

### Information and reservations

Phone: 418-892-5888  
www.plongeeforillon.com  
plongeeforillon@hotmail.com

## Centre Récréatif

South Area  
418-892-5058

### Heated pool, wading pool

June 11 to 21  
(on a reservation basis, school groups)  
June 22 to August 19  
(10 am to 12:30 pm and 1 pm to 5:30 pm)

- Pool closed from 12:30 pm to 1 pm
- Admission fees are charged in addition to park entrance fees

### Tennis

June 9 to September 3  
▪ Racquet rentals  
▪ Hourly court rental fee

### Bicycle rentals

June 16 to August 26 (from 9 am to 6 pm)  
▪ Louis Garneau bicycles  
▪ Bicycle rentals (for 2 hours, 4 hours or an entire day)  
▪ Helmets provided

### Restaurant, terrace, dairy bar

June 9 to June 15 (9 am to 4 pm)  
June 16 to September 3 (9 am to 6 pm)

### Last-stop shop for recreational activity supplies

June 16 to August 26 (9 am to 6 pm)

### Fishing rod rentals

June 16 to August 26 (9 am to 6 pm)

### Shuffleboard, playground

June 9 to September 3

### Coin-operated laundry machines

June 1 to September 22 (any time)  
▪ Laundry product distributor in laundry room

**Cap**  
AVENTURE

Réseau d'observation des mammifères marins partner and observer  
Certified guides (FQCK)  
Certified company (AEQ)

## Sea kayaking

Grande-Grave harbour (South Area)

**Important :** Register at the Recreation Centre at least one hour prior to departure. For morning departures, register the day before between 9 am and 6 pm.

**Regular season:** June 16 to August 26

**Off season:** Outings available upon request

### Guided outing service

#### Regular program

- 8 am Seal encounters
- 5:30 pm Seals at sunset (time varies)

#### Available upon request

- 7 am Cap-Gaspé

### Exclusive passport

Sea kayaking and whale watching cruise (Narval III)

### Information, reservations and registration

Recreation Centre, 9 am to 6 pm  
418-892-5056

www.capaventure.net  
kayak@capaventure.net

