



Forillon  
National Park

Parc national  
Forillon

2014 Visitor's Guide

# YOUR LAND'S END!



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Parks  
Canada

Parcs  
Canada

Canada

# WELCOME TO THE LAND'S END OF OUR STAFF

## JOSÉE'S LAND'S END: SUNRISE AT CAP-BON-AMI



Visitor Facilities Attendant

As often as possible, I like to get up really early to go to Cap-Bon-Ami. The first hours of the morning are an exceptional time to admire the beauty of the scenery and the serenity of this place; it's a fine spot for meditation, contemplation and

sometimes, for astonishing observations, like the morning I watched a coyote loping along the beach. In this grandiose setting, I feel I'm truly at land's end!

## BENOÎT'S LAND'S END: THE SONG OF THE SEA!



Coordinator,  
Fire Fighting and Visitor Safety

I love listening to the percussion of the waves as they rustle and chuckle over the pebbles on our beaches, creating an irregular whisper with a sounding board weighing several tonnes! Once sacred

places, these beaches are stages where the forces of nature play, and leave me feeling deeply humble.

## CLÉO'S LAND'S END: A GLIMPSE INTO THE INFINITE...

Interpretation Officer

For me, being at land's end in Forillon is an opportunity to contemplate infinity... the ever-changing beauty of the scenery, the amazing force of nature's elements, the endless sky above, the inestimable wealth of the sea or simply the venerable age of the land beneath my feet. Knowing that these rock formations contain traces of the first animal life forms that inhabited the planet grounds me at our end of this world and lets me believe that life on EARTH is infinite as well... a deep reflection that springs from within, a way to find a meaning for one's own existence.



## NORBERT'S LAND'S END: A TREK TO CAP-GASPÉ AT DAWN

Supervisor, Trail Maintenance

There's a place I think you absolutely have to visit. I love setting out for this special spot at dawn, serenaded by seabirds and the spouts of whales. Just after you've started up the trail, stop for a bit to admire the show. Finally, make your way to the top of the hill; breathe in the ephemeral calm you find there, and enjoy the sight of the lighthouse and sea as they reflect the first rays of the sun. All you still have to do is to look out at the horizon and imagine you're at land's end.



## LUCIE'S LAND'S END: A DESTINATION WITH A UNIQUE FRAGRANCE!


Executive Assistant

The fragrance of balsam fir, wild flowers and sweet berries wraps me in its embrace whenever I enter Forillon National Park. Grande-Grave, an enchanting spot, amazes me every time I see it. I always take the opportunity to sit on the pebble beach and contemplate what Mother Nature has given us. The sea air, the sound of the waves, the seals and the whales in the distance, the sun that warms me... it's pure magic! That's my land's end!



### CONTEST

Join Forillon Park staff and share your impressions, memories and photos of your time with us on our Facebook page. Who knows? You might just star in the 2015 edition of our visitor's guide!

 [facebook.com/pnforillon](https://facebook.com/pnforillon)

## TO CONTACT US

[parks.canada.gc.ca/forillon](https://parks.canada.gc.ca/forillon)



### Forillon – Administrative office

122 Boulevard de Gaspé  
Gaspé (Québec) G4X 1A9  
Phone: 418-368-5505

### Information

1-888-773-8888

### Parks Canada campsite reservation service

[reservation.parks.canada.gc.ca](https://reservation.parks.canada.gc.ca)  
Phone: 1-877-737-3783  
TTY: 1-866-787-6221  
Phone: 1 519 826-5391 (if you're  
calling from outside North America)



### Forillon – Conservation Service

Phone: 418-892-5553

Social media  
Follow us on



[facebook.com/forillonNP](https://facebook.com/forillonNP)



[twitter.com/forillonNP](https://twitter.com/forillonNP)

### Contact info - Any emergency

Urgence/Emergency: 911  
First aid, search and rescue,  
wildlife protection:  
1-888-762-1422

Paper: Cat. No.: R61-45/2014E

PDF: Cat. No.: R61-45/2014E-PDF  
ISSN 1704-2623

## STAMP

While you're staying with us, why not have your visitor's guide stamped with the Forillon Park emblem; make it an authentic souvenir of your time at Forillon!



Park national Forillon  
Forillon National Park



# A SETTING OF SEA AND MOUNTAINS... SPLENDOUR AND AMAZEMENT!

Created in 1970, Forillon National Park lies at the tip of the Gaspé. Its magnificent sea, cliff and mountain scenery encompasses 245 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.

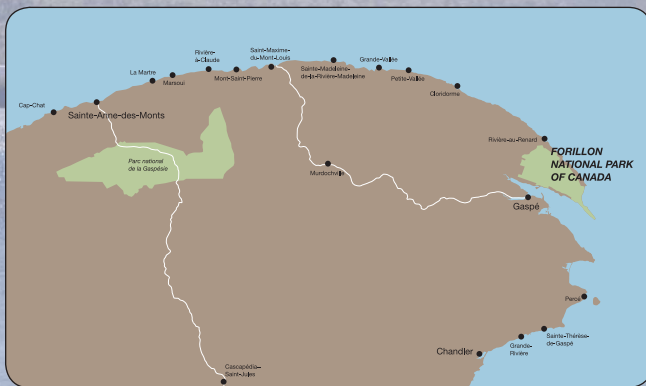
Ten different rock formations, several seabird colonies and majestic visiting whales together forge the park's unique character. The Grande-Grave Heritage Site, located at the heart of this exceptional setting, bears witness to the lifestyles of the fisher folk who lived here in the late 1800s.

Head out to land's end and enjoy the full splendour of a peninsula as spectacular as it is welcoming.

# 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 Gaspey 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 islet standing erect. But the exact location of this *forillon* remains uncertain. It may have been the remains of a rocky outcrop, visible only at low tide, at the tip of the Gaspé promontory that mapmakers called "La Vielle", or another 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.



**THE GRANDE-GRAVE HERITAGE SITE**  
The fascinating human history of the Forillon peninsula is told at Hyman & Sons General Store, Anse-Blanchette and Dolbel-Roberts House.

In an effort to reduce our **ecological footprint**, this guide is printed on paper made of 100% recycled fibre. It contains the essential information you need to plan an enjoyable stay. Please feel free to share it with other visitors.

## SOME TIPS TO HELP YOU ENJOY ACTIVITIES SAFELY IN FORILLON NATIONAL PARK

- Check the weather forecast.
- Tell someone where you're going and when you expect to be back.
- Make sure you have the right equipment.
- Take along enough water and snacks.
- Be careful near the cliffs.
- Be aware of the applicable advice, notices, rules and restrictions.
- Report any particular situations involving the safety of visitors to park authorities.
- In the event of an emergency, call **1-888-762-1422**.



## CAMPING FOR EVERYONE

**All-set camping...**

an oTENTik experience offered at Forillon!



**oTENTik tents**

Part tent, part rustic cottage



Enjoy camping without having to bring along all the gear.

## SEASON AND VISITING HOURS

### Penouille and L'Anse-au-Griffon visitor centres

June 20 to September 1

### Interpretation Centre – May 31 to October 13

May 31 to June 20 and September 2 to October 13 from 10 am to 5 pm – June 21 to September 1 from 9 am to 5 pm

### North and South area toll booths – May 31 to October 13

### Hyman & Sons General Store – May 31 to October 13

May 31 to June 20 and September 2 to October 13 from 10 am to 4 pm – June 21 to September 1 from 10 am to 5 pm

### Anse-Blanchette – June 14 to September 14

June 14 to 20 and September 2 to 14 from 10 am to 4 pm  
June 21 to September 1 from 10 am to 5 pm

### Dolbel-Roberts House – June 21 to September 1 from

1 pm to 5 pm

### Accommodations

- Petit-Gaspé campground – May 16 to October 12
- Des-Rosiers campground – June 20 to September 1
- Cap-Bon-Ami campground – June 20 to September 1
- oTENTik tents – May 31 to October 12
- Wilderness camping – May 16 to October 12
- Lean-to style dormitory shelters – May 16 to October 12

**Before June 24 and after September 1, check our website for more information about our operating hours.**

## PARKS CANADA RESERVATION SERVICE

The booking service is offered from April 10 to September 1 for stays between June 20 and September 1 (Des-Rosiers et Cap-Bon-Ami) and between June 20 and October 12 (Petit-Gaspé). All campsites are available to campers using the booking service.

reservation.parkscanada.gc.ca · Phone: 1-877-737-3783

TTY: 1-866-787-6221 · Info: 1-888-773-8888

Phone: 1-519-826-5391 (if you're calling from outside North America)

## BOOKING FEES

- **Reservations**  
\$11 via Internet or \$13.50 by phone
- **Reservation changes**  
\$11 via Internet or \$13.50 by phone
- **Reservation cancellations**  
\$11 via Internet or \$13.50 by phone

## MOORING FEES

- Per foot per 24-hour period – \$0.90

## CAMPING-RELATED FEES

- Sites without electricity\*\* – \$25.50 / night
- Sites with electricity\*\* – \$29.40 / night
- oTENTik tents (basic service)\*\* – \$70 / night
- oTENTik tents (all-set service)\*\* – \$100 / night
- Lean-to dormitory shelters – \$15 /person / night
- Firewood – \$6.80 / armload

\*\* These fees are charged in addition to daily park entrance fees

## FEES FOR OTHER ACTIVITIES

Additional fees are charged for activities offered by park concession holders: cruises, kayaking, tennis, pool use, scuba-diving, bicycle and fishing rod rentals. For more information, don't hesitate to speak with park staff or contact our concession holders using the information on the back of this guide.

## 2014 RATES AND ENTRANCE FEES\*

	DAY PASS		SEASON'S PASS		DISCOVERY PASS
	June 25 to September 1	May 31 to June 24 and September 2 to October 13	Valid from May 31, 2014 to October 13	Promotional sale from May 20 to June 24	Valid at 28 national parks and 65 national historic sites
<b>Adults</b>	\$7.80	\$5.65	\$39.20	\$31.40	\$67.70
<b>Youths (6 to 16 years of age)</b>	\$3.90	\$2.90	\$19.60	\$15.70	\$33.30
<b>Children (under 6 years of age)</b>	Free	Free	Free	Free	Free
<b>Seniors(65 and over)</b>	\$6.80	\$4.90	\$34.30	\$27.40	\$57.90
<b>Families or groups*</b>	\$19.60	\$13.70	\$98.10	\$78.50	\$136.40
<b>Business groups</b>	\$6.80/person	\$4.30/person	* Families and groups: No more than 7 people who arrive at a national park in a single vehicle.		
<b>School groups</b>	\$2.90/person	\$1.90/person			

\* Fees under review



# HIKING TRAILS

TRAIL	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	· Universal access trail (boardwalk)
<b>La Chute</b>	Highway 132, about 4 km from North Area	1 km	Loop	30 min.	Beginner	· 17-metre waterfall · Boardwalks and stairs · Drop of about 50 m
<b>Une Tournée dans les Parages</b>	Grande-Grave	3 km	Loop	2 hours	Beginner	· Tours the Grande-Grave historic sector
<b>Les Graves</b>	Anse-aux-Amérindiens to Cap-Gaspé (road*)	3.2 km	One way	1 hour	Beginner	· Runs along coves and pebble beaches and leads to Cap-Gaspé · Opportunity to observe marine mammals
	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	· Runs along Rivière de L'Anse-au-Griffon
<b>Le Portage**</b>	Departure from near operational centre OR from L'Anse-au-Griffon	10 km	One way	3 hours	Intermediate	· Connects the north and south sides of the peninsula
<b>Mont Saint-Alban</b>	Cap-Bon-Ami	7.8 km	Loop	3 hr. 30 min.	Intermediate	· Impressive sea and cliff scenery · Observation tower at an elevation of 283 m · Plan for an hour's hike to get to the tower (one way only)
	Petit-Gaspé beach	7.2 km	Loop	3 hours	Intermediate	
<b>Les Lacs</b>	Near operational centre or Highway 197, (Rivière-au-Renard)	16.8 km	One way	6 hours	Experienced	· Leads to the park's highlands and wilderness lakes · Wilderness camping sites
	<i>Including access leg</i>	17.6 km	One way	6 hr. 15 min.	Experienced	
<b>Les Crêtes</b>	Near operational centre or Petit-Gaspé beach	16.3 km	One way	6 hr. 30 min.	Experienced	· Wooded, mountainous area · Wilderness camping sites
	<i>Including access legs</i>	18.2 km	One way	7 hours	Experienced	

\* Trail also used for cycling

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

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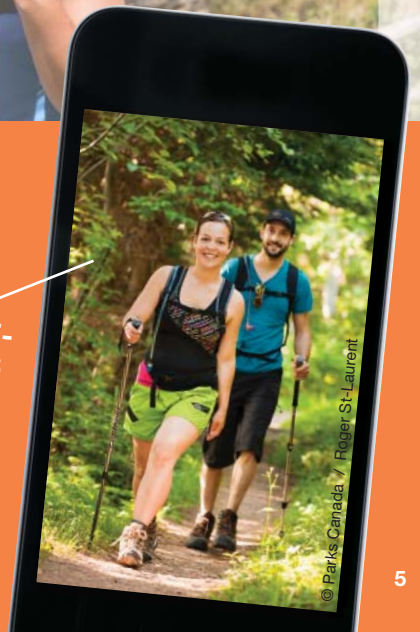


## SOME TIPS TO HELP YOU OBSERVE WILDLIFE SAFELY

- Stay a safe distance away from wildlife.
- Adapt the way you drive by slowing down. When observing animals, park your vehicle and stay inside.
- Don't feed wild animals.
- Hike in groups and make noise while on the trail.
- Be on the watch for signs of bears in the area (tracks, excrement, etc.).
- Leave the animals you encounter the space and quiet they need.
- Be aware of the applicable suggestions, notices, rules and restrictions.
- Report any particular situations involving the wildlife to park authorities.

### LES GRAVES TRAIL, FROM ANSE-AUX-AMÉRINDIENS TO CAP-GASPÉ

The seaside trail runs from cove to cove to Cap-Gaspé, land's end.



© Parks Canada / Roger St-Laurent



## A FEW RULES... You may not:

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

## DRINKING WATER

Treated and regularly analysed, potable water is provided at park facilities for visitors. Whenever tests reveal the water to be unfit for drinking, a notice indicating **“Non-drinkable 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.

## DISTANCES (KM)

					Percé	
					Gaspé	
						63
? Penouille					20	83
Grande-Grave					18	38
\$ Secteur Sud / South Area					5	13
\$ Secteur Nord / North Area					10	15
? L'Anse-au-Griffon					18	28
					33	41
					38	61
					43	106
					33	96
					43	106
					61	124



## INSTALLATIONS / FACILITIES

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

## 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 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
- Limite de la zone marine  
Les règlements sur les parcs nationaux s'appliquent  
Marine area boundary  
The National Park regulations apply
- 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.
- Parc  
Park

**THE MONT SAINT-ALBAN TOWER**  
Perched above the mountains, the tower offers a unique view of the Appalachians where they tumble into the waters of the Gulf of St. Lawrence.



## PLAN AHEAD WHEN SETTING OUT ON THE WATER

Early in the morning when there's no wind, the sea is sometimes mirror flat, but this rarely lasts all day. And 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.



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.



# INTERPRETATION

## GUIDED ACTIVITY PROGRAM (JUNE 21 TO AUGUST 24)

Are you more of a “nature” person or a “culture” person? Or maybe a bit of both? By participating in the various interpretation activities, you will see the nature and history of Forillon in a different way!

June 21 to August 24		
<p><b>To discover our unforgettable scenery...</b></p> 	<p><b>Randonnée à la tour du Mont St-Alban</b> This 5-star guided activity is really worth your while! The view from the summit is absolutely majestic and the trail you take to get there features countless spectacular viewpoints. An absolute must!</p> <p><b>À la découverte de Cap-Gaspé</b> Set off to discover scenery that bears witness to the past and the diverse flora and fauna inhabiting it. Travel through time along this trail that will take you to land's end!</p>	<p><b>Monday and Saturday - 1:30 pm</b> <i>Cap-Bon-Ami picnic area</i> Duration: 2 hr. (sustained 2-km climb)</p> <p><b>Tuesday - 1:30 pm</b> <i>L'Anse-aux-Amérindiens picnic area</i> Duration: 3 hr. (4 km one way)</p>
<p><b>To observe intriguing marine animals...</b></p> 	<p><b>Monde sous-marin de Grande-Grave</b> Come and discover all the life hidden beneath the surface by taking part in this activity, a journey deep into the captivating universe of the water world.</p> <p><b>Mission Aquanaute</b> Become a Forillon aquanaut! Come meet marine creatures that will give you clues to help you find treasures! (For children from 2 to 8)</p> <p><b>Creatures of the deep</b> A close-up look at life hidden below the surface featuring live organisms found in the waters surrounding Forillon. <i>(In English)</i></p> <p><b>Ça grouille à Penouille</b> Feet in the water, toes in the sand, discover the plants and animals that have chosen to live in this habitat of sand, seagrasses and salt water. Wear shorts and shoes that can go in the water.</p>	<p><b>Wednesday - 10:30 am</b> <i>Grande-Grave beach</i> Duration: 1 hr. 15 min.</p> <p><b>Wednesday - 10:30 am</b> <i>Grande-Grave beach</i> Duration: 1 hr.</p> <p><b>Wednesday - 3:30 pm</b> <i>Interpretation Centre</i> Duration: 1 hr.</p> <p><b>Thursday - 1:30 pm</b> <i>Penouille Visitor Centre</i> Duration: 1 hr. 15 min.</p>
<p><b>To experience a rich and colourful culture...</b></p> 	<p><b>Folklore et légendes</b> A family activity featuring spirited rhythms and spellbinding tales. Come join the party!</p> <p><b>Fort Peninsula</b> It's 1942. Europe is at war. The Allies need supplies. Would you be able to defend Gaspé harbour and protect the ships setting off “across the pond”?</p>	<p><b>Sunday - 2 pm</b> <i>Anse-Blanchette</i> Duration: 1 h 15</p> <p><b>Friday - 10:30 am</b> <i>Fort Peninsula</i> Duration: 1 hr. 15 min.</p>
IN THE EVENING		
<p><b>Evening fun</b> ✨</p> 	<p>From June 21 to August 24, <b>evenings get lively at Forillon</b>, with talks and other special activities being organised for you. Check the park bulletin boards for schedule details.</p>	<p><b>Every day</b></p>
In the fall...		
<p><b>From August 25 to October 11</b></p> 	<p><b>The beaver's turf*</b> The Beaver, that hardworking builder, invites you to visit its domain. Wear sturdy shoes or hiking boots and bring along a flashlight. Bilingual commentary on Sundays and Thursdays. *Check with park staff for precise schedule.</p>	<p><b>Every day at dusk</b> <i>Le Castor parking lot</i> Duration: 1 hr. 15 min.</p>
<p><b>The activities take place, come rain or shine.</b> Depending on the activity, bring along water, a snack, binoculars, sunscreen, a hat and a windbreaker; wear sturdy shoes or hiking boots.</p>		<p><b>Families' choice:</b> </p>

## GRANDE-GRAVE HERITAGE SITE

Hyman & Sons General Store, Anse-Blanchette and Dolbel-Roberts House tell the fascinating history of the people who settled on the Forillon peninsula. Their stories come to life via the guide-interpreters, activities, authentic buildings and exhibits. Come discover the history of the fish trading companies, the lifestyle of the families who drew their living from land and sea, and the diversity of cultures, religions and traditions.

## PROTECTING THE NATURAL AND CULTURAL HERITAGE

All components of the natural and cultural heritage are protected in national parks. Harvesting or gathering natural resources, except mackerel which may be fished, is therefore prohibited in the park. Ask park staff about the regulations in force.

## CURIOUS IN NATURE...

All summer, Park guide-interpreters are on the spot with their material to help you make the most of Forillon's marvels. Whether you see them at the *Curious in nature* stand at Cap-Bon-Ami or the Interpretation Centre or near a *Naturalist on duty* sign, feel free to ask them any questions you may have and they'll be delighted to share their passion for the park with you!

## TAKE IT EASY; SLOW DOWN, PLEASE

Although you're on vacation, highway traffic rules still apply. For your safety and that of others, slow down and drive carefully, especially at campgrounds where you'll be sharing the road with children!



# ACCOMMODATIONS AT FORILLON... CHOICES GALORE!

## OTENTIK CAMPING (South Area)

- Open from May 31 to October 12, 2014
- Wooded area
- Evening entertainment
- 7 oTENTik tents (all-set service)
- Near Recreation Centre
- Near hiking trails



## PETIT-GASPÉ CAMPGROUND (South Area)



- Open from May 16 to October 12, 2014
- 129 sites without electricity
- 33 sites with electricity
- Evening entertainment
- 3 oTENTik tents (basic service)
- Wooded area
- Near Recreation Centre
- Near hiking trails



## DES-ROSIERS CAMPGROUND (North Area)



- Open from June 20 to September 1, 2014
- 110 sites without electricity
- 39 sites with electricity
- Semi-wooded area
- Near Interpretation Centre
- Pebble beach
- Evening entertainment

## WILDERNESS CAMPING

- 3 sites located along *Les Lacs* and *Les Crêtes* trails
- Registration mandatory at a toll booth or visitor centre

## CAP-BON-AMI CAMPGROUND (North Area)



- Open from June 20 to September 1, 2014
- 36 sites without electricity
- Non-wooded area
- For tents only
- Nearby: lookout, pebble beach and trail
- Evening entertainment



One of Canada's top 20 campgrounds according to *The Loop*

## LEAN-TO SHELTERS

- 2 three-walled dormitory shelters so hikers can camp without having to bring along a tent
- Located along *Les Lacs* and *Les Crêtes* trails
- Sleeping room for four persons per shelter
- Registration mandatory at a toll booth or visitor centre or by calling 418-368-5505



## QUIET PLEASE

To avoid disturbing your campground neighbours, **please abide by the curfew (quiet hours) from 11 pm to 7 am.** Please take note that making excessive noise is prohibited at all times in the park. In addition, electrical generators may be used only between **5 pm and 7 pm.**

## LEARN ABOUT THE PAST!

Parks Canada and the Association of Persons Expropriated from Forillon and their Descendants invite you to discover the lives of the people who inhabited the area before the park was created. Information is provided on commemorative panels posted during the season.



## CAP-BON-AMI

The ideal front-row seat from which to admire stunning seascapes and soaring cliffs where seabirds, whales and seals vie for your attention!

# RECREATION ACTIVITIES

## FISH FOR MACKEREL AT THE GRANDE-GRAVE WHARF!

### 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.
- **Each angler may catch no more than 10 mackerel 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 bearing either a single or a triple hook.
- No fishing permit is required.

### Enjoy the fishing!

## CYCLE THE PARK

Take your bike to discover Forillon by travelling its secondary roads or one of the trails identified by the following pictogram



on the map in the middle of the guide.

People are advised to use mountain or hybrid bikes on the trails. Cycling is not allowed on any other hiking trails.

Bikes can be rented at the Recreation Centre.



**Parks Canada  
Shop**  
parkscanadashop.ca



## 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 the park's beaches.



**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 Hyman & Sons General Store; 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.

**New!** Ask about the Xplorer challenges for visitors from 11 to 14 years of age. They're fun, you'll see!



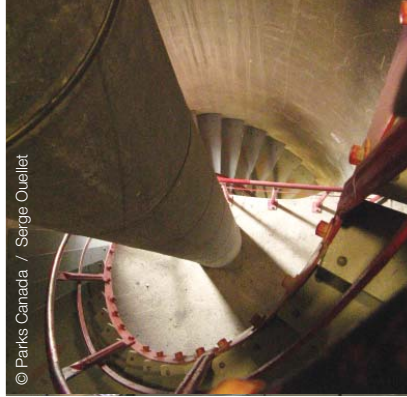
This program gives Year 2 secondary school (or grade 8) students free access to all national parks, national historic sites and national marine conservation areas managed by Parks Canada for one year.

In addition, all Year 2 secondary school (or grade 8) students – and combined classes – can visit these parks and sites free when the trip is organised by their school.





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## POINTE-AU-PÈRE LIGHTHOUSE NATIONAL HISTORIC SITE

Climb the steps to the very top of the lighthouse to enjoy an unobstructed view from one of Canada's tallest lighthouses. Pointe-au-Père, once a major navigation assistance centre, reminds us that one of Canada's greatest maritime tragedies occurred here one hundred years ago: the sinking of the *Empress of Ireland* on May 29, 1914.

### Location

1034 Rue du Phare, Pointe-au-Père, Québec  
From Highway 20, take exit 621;  
or 5 km east of Rimouski by way of Highway 132

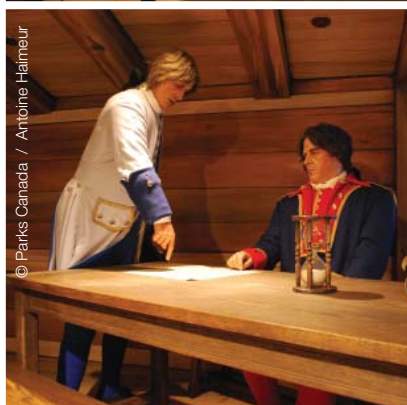
Phone: 1-888-773-8888  
information@pc.gc.ca  
www.pc.gc.ca/eng/lhn-nhs/qc/pointaupere/index.aspx



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## BATTLE OF THE RESTIGOUCHE NATIONAL HISTORIC SITE

1760. In the spring following the Battle of the Plains of Abraham, the French colony was not yet entirely lost. Everything hinged on who would arrive at Québec City first with supplies. Unfortunately, after a difficult crossing, the French relief forces had to take refuge at the back of Chaleur Bay. The colony's fate would be decided at Pointe-à-la-Croix.

### Location

40 Boulevard Perron Ouest (Hwy 132)  
in Pointe-à-la-Croix, Québec

Phone: 1-888-773-8888  
information@pc.gc.ca  
www.pc.gc.ca/eng/lhn-nhs/qc/ristigouche/index.aspx



### WHERE'S FIDO?

Dogs are welcome in the park but you must never let them out of your control. Please keep your dog leashed at all times.



**THE PENOUILLE SANDSPIT**  
Penouille offers an exceptional vista – a harmonious combination of sandy beaches, taiga and salt marsh.



# ACTIVITIES OFFERED BY OUR CONCESSION-HOLDERS

## AN UNFORGETTABLE OUTING ABOARD THE NARVAL III TO DISCOVER THE GIANTS OF THE SEA!

Grande-Grave harbour (South Area) – June 1 to October 11, 2014

- Cruise with commentary 2 hr. 30 min.
- Up to four outings per day, including at least one with bilingual commentary.
- Marine mammal observation (up to seven different whale species)
- To see our videos, photos, comments and statistics, follow us on Facebook :

 [facebook.com/baleinesforillon](https://www.facebook.com/baleinesforillon)

### Information and reservations

Phone: 418-892-5500 or 1-866-617-5500 · Fax: 418-269-5580

[www.baleines-forillon.com](http://www.baleines-forillon.com)

[info@baleines-forillon.com](mailto:info@baleines-forillon.com)



Photo: Marc Loiseau / Ilozo.com

## PLONGÉE FORILLON INC. Vivez l'aventure !

### SCUBA DIVING AND SNORKELING

Departure from Grande-Grave harbour (South Area)

#### Activities for everyone

- Outings with a dive boat, snorkelling
- Snorkel to watch the seals, no experience needed
- Equipment provided

#### Regular season

- June 15 to September 15
- Off season: Outings upon request

#### Information and reservations

Phone: 418-892-5888 · Cell: 418-360-5323

[www.plongeeforillon.com](http://www.plongeeforillon.com)

[plongeeforillon@hotmail.com](mailto:plongeeforillon@hotmail.com)

Follow us on Facebook:

 [www.facebook.com/PlongeeForillonInc](https://www.facebook.com/PlongeeForillonInc)



## Cap AVENTURE

### SEA KAYAKING

Grande-Grave harbour (South Area)

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

**Regular season:** June 15 to August 25

**Off season:** Outings available upon request

#### Guided outings

##### Regular program

- **8 am:** Seal encounters
- **5:30 pm:** Seals at sunset
- **7 am:** Cap-Gaspé (Available upon request)

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



#### Exclusive passport

(available for purchase at Recreation Centre)

- Sea kayaking (Cap Adventure) and whale-watching cruise (Narval III)

#### Information and reservations

Recreation Centre, 9 am to 6 pm

Phone: 418-892-5056

[www.capaventure.net](http://www.capaventure.net)

[kayak@capaventure.net](mailto:kayak@capaventure.net)

Follow us on Facebook:

 [www.facebook.com/pages/Cap-Aventure/346743718737698?fref=ts](https://www.facebook.com/pages/Cap-Aventure/346743718737698?fref=ts)



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South Area · Phone: 418-892-5058

## JUNE 7 TO SEPTEMBER 1

### Heated pool, wading pool

- **June 16 to June 20** (school groups that book in advance)
- **June 23 to July 11** (10 am to 12:30 pm and 1 pm to 5 pm)
- **July 12 to August 8** (10 am to 12:30 pm and 1 pm to 6 pm)
- **August 9 to August 17** (10 am to 12:30 pm and 1 pm to 5 pm)
- **Pool closed from 12:30 pm to 1 pm**

Admission fees are charged in addition to park entrance fees

### Tennis

June 7 to September 1

- Racquet rentals
- Hourly court rental fee

### Bike rentals

June 16 to August 31 (from 9 am to 6 pm)

Except from **July 12 to August 8** (from 9 am to 7 pm)

- Louis Garneau bikes
- Bike rentals (for 2 hours, 4 hours or an entire day)
- Helmets provided

### Restaurant, terrace, dairy bar

June 7 to June 13 (9 am to 4 pm)

June 14 to July 11 (9 am to 6 pm)

July 12 to August 8 (9 am to 7 pm)

August 9 to September 1 (9 am to 6 pm)

### Last-stop shop for recreational activity supplies

June 16 to August 31 (9 am to 6 pm)

Except from **July 12 to August 8** (from 9 am to 7 pm)

### Fishing rod rentals

June 16 to August 31 (9 am to 6 pm)

Except from **July 12 to August 8** (from 9 am to 7 pm)

### Shuffleboard, playground

June 7 to September 1

### Coin-operated laundry machines

June 7 to September 1 (any time)

- Laundry product distributor in laundry room



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