



Forillon
National Park

Parc national
Forillon

2015 Visitor's Guide

YOUR LAND'S END!



**GASPE PENINSULA
AND FORILLON:**
Top 10
National Geographic's top ten in 2014
4th best place in the world
to see autumn leaves.



Parks
Canada

Parcs
Canada

Canada

To contact us

parkscanada.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.parkscanada.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://www.facebook.com/forillonNP)

 twitter.com/forillonNP

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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!



A plenitude of sea and mountains!

Created in 1970, Forillon National Park lies at the tip of the Gaspé. Its magnificent sea, cliff and mountain scenery encompasses 245 km². 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.

Bonjour! Hello!

The land's end of Christophe, Serena and Karen



"This is one of my favourite spots on Earth!"

Serena Leggo-Hall



"The park seems to offer us the most beautiful features. Wild! I went down and approached the ocean. I heard it breathe. I heard it speak to me. I wanted to touch it. I was overcome. Time no longer existed. In my heart, I still feel the immenseness, the waves at land's end breaking on the shore, thousands of birds whirling above me, steep cliffs plunging into the sea, strong winds bearing dreams of adventure. That's it, I was alive. I'd found my place. The ever-so-intense beauty of the world lay before me, spread out at my feet!"

Christophe Mathieu

"I think of Forillon as our land's end, right next door to home. We feel like we're on vacation and away from the daily grind whenever we take a hike or camp in the park. Here are some memories of camping at Forillon last summer with friends. We made a lobster dinner using seawater as the sun went down. We saw the full moon rise – with whales thrown in for good measure!"

Karen Cahill

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 Vieille*"; 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.

We saved you a seat!

Parks Canada invites you to connect with nature in its "favourite" places by trying out its new red chairs, waiting for you in the most beautiful spots in the country. Spot the red chairs, take a break, soak up the scenery and get to know it better. We've set out these chairs just for you. Have a seat and connect with us! #ShareTheChair



CONTEST

Share the photos you take as you *Enjoy the RED CHAIRS at Land's End* on our Facebook page and you could win a 3-day, 2-night stay in a Parks Canada oTENTik tent (full service) for a family; valid for the 2016 season.

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



**YOO HOO!
IT'S ME, PARKA!**

I'm really eager to help kids discover all of Forillon's wonders. In this guide you'll find my "favourite" family activities. Are you ready for adventure? Follow me!

Season and visiting hours

North and South Area toll booths

May 30 to October 12

Interpretation Centre

May 30 to October 12

- May 30 to June 19 and September 8 to October 12, from 10 am to 4 pm
- June 20 to September 7, from 9 am to 5 pm

Penouille and Anse-au-Griffon visitor centres

- June 19 to September 7

Hyman & Sons General Store

May 30 to October 12

- May 30 to June 19 and September 8 to October 12, from 10 am to 4 pm
- June 20 to September 7, from 10 am to 5 pm

Anse-Blanchette

June 20 to September 13

- June 20 to September 7, from 10 am to 5 pm
- September 8 to September 13, from 10 am to 4 pm

Dolbel-Roberts House

June 20 to September 7, from 1 pm to 5 pm

Accommodations

- Petit-Gaspé Campground: June 19 to September 6
- Des-Rosiers Campground: May 30 to October 11
- Cap-Bon-Ami Campground: June 19 to September 6
- oTENTik tents: May 30 to October 11
- Wilderness camping: May 30 to October 11
- Lean-to style dormitory shelters: May 30 to October 11

Fees

Service de réservation

- 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

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

Camping

- 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.

2015 Park entrance fees*

	Day pass		Season's pass		Discovery pass
	June 25 to September 7, 2015	May 30 to June 24 and September 8 to October 12, 2015	Valid from May 30, to October 12, 2015	Promotional sale from May 19 to June 24, 2015	Valid at 28 national parks and 65 national historic sites
Adults	\$7.80	\$5.65	\$39.20	\$31.40	\$67.70
Youths (6 to 16 years of age)	\$3.90	\$2.90	\$19.60	\$15.70	\$33.30
Children (under 6 years of age)	Free	Free	Free	Free	Free
Seniors (65 and over)	\$6.80	\$4.90	\$34.30	\$27.40	\$57.90
Families or groups**	\$19.60	\$13.70	\$98.10	\$78.50	\$136.40
Business groups	\$6.80/person	\$4.30/person	* Fees under review		
School groups	\$2.90/person	\$1.90/person	** Families and groups: No more than 7 people who arrive at a national park in a single vehicle.		



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.

Trail	Departure point	Length	Type	Duration	Level	Special features
<i>Prélude à Forillon</i>	Near Interpretation Centre (North Area)	0.6 km	Loop	30 min.	Beginner	<ul style="list-style-type: none"> • Universal access trail (boardwalk)
<i>La Chûte</i>	Highway 132, about 4 km from North Area	1 km	Loop	30 min.	Beginner	<ul style="list-style-type: none"> • 17-metre waterfall • Boardwalks and stairs • Drop of about 50 m
<i>La Taïga</i>	Penouille, 1 km from the parking lot	1.5 km	One way	30 min.	Beginner	<ul style="list-style-type: none"> • Access to an observation blind • Lookout with a view of the marsh • Typical boreal forest ecosystem • Fragile environment, easily damaged by foot traffic; stay on the trail!
<i>Une Tournée dans les Parages</i>	Grande-Grave	3 km	Loop	2 hr.	Beginner	<ul style="list-style-type: none"> • Tours the Grande-Grave historic sector
<i>Les Graves</i>	Anse-aux-Amérindiens to Cap-Gaspé (road*)	3.2 km	One way	1 hr.	Beginner	<ul style="list-style-type: none"> • 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	Beginner	
	Grande-Grave to Cap-Gaspé	7.6 km	One way	2 hr. 15	Intermediate	
<i>La Vallée**</i>	L'Anse-au-Griffon	4.6 km	One way	1 hr. 15	Intermediate	<ul style="list-style-type: none"> • Runs along Rivière de L'Anse-au-Griffon
<i>Le Portage**</i>	Departure from near operational centre or from L'Anse-au-Griffon	10 km	One way	3 hr.	Intermediate	<ul style="list-style-type: none"> • Connects the north and south sides of the peninsula
<i>Mont Saint-Alban</i>	Cap-Bon-Ami	7.8 km	Loop	3 hr. 30	Intermediate	<ul style="list-style-type: none"> • 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)
	or from Petit-Gaspé beach	7.2 km	Loop	3 hr.	Intermediate	
<i>Les Lacs</i>	Near operational centre or Highway 197 (Rivière-au-Renard)	16.8 km	One way	6 hr.	Experienced	<ul style="list-style-type: none"> • Leads to the park's highlands and wilderness lakes • Wilderness camping sites
	Including access leg	17.6 km	One way	6 hr. 15	Experienced	
<i>Les Crêtes</i>	Near operational centre or Petit-Gaspé beach	16.3 km	One way	6 hr. 30	Experienced	<ul style="list-style-type: none"> • Wooded, mountainous area • Wilderness camping sites
	Including access legs	18.2 km	One way	7 hr.	Experienced	

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

Drones

For visitor safety and wildlife protection purposes as well as to ensure the beauty and tranquility of our heritage sites, drones may not be used inside Canada's national parks without written authorization from the Park Superintendent.



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; or
- Allow pets wander freely (without a leash).

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.

Plan ahead when setting out 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.



Discovery activities (June 20 to August 23)



Contemplate... spellbinding scenery		
 <i>Debout sur le toit de Forillon</i>		See Forillon Park from above without leaving the ground. The view from the top of the Mont St-Alban tower is majestic and the trail to get there abounds with natural treasures. It's a must! (sustained 2-km climb with several stops to catch your breath)
<i>Randonnée jusqu'au bout du monde</i>		Come and contemplate mythical Cap-Gaspé in good company; discover the surprising cultural and natural treasures along the way. Follow the guide, land's end is within your reach! (4-km guided walk – return on your own)
Discover... the sea and its inhabitants		
<i>Creatures of the deep (In English)</i>		Come enjoy this up-close and personal look at some of the marine organisms commonly found on the seabed surrounding Forillon National Park. Features live marine organisms
<i>Monde sous-marin de Grande-Grave</i>		Stop in for a close-up look at the different life forms that inhabit the teeming waters of Forillon; this activity takes you to the depths of the seabed world in all its diversity.
<i>Mission aquanaute (for children from 2 to 8)</i>		Participate in an underwater treasure hunt and become a Forillon Aquanaut! Unusual characters and secret clues are part and parcel of this thrilling activity.
<i>Ça grouille à Penouille</i>		Life teems in Penouille's underwater meadows. Come help gather the aquatic organisms living there during this unique activity. Sandals or water shoes recommended.
Experience... a surprising past		
<i>Apprenti-pêcheur recherché</i>		If you love fishing, this is for you. Come and see how Forillon's fishermen managed to catch the largest fish. You'll have some good fishing tales to tell, we promise!
<i>Garde à vous!</i>		The year: 1942. The place: Fort Peninsula, a coastal defence battery located on Forillon's south side. Your mission: protect Gaspé Bay and the Allied ships from enemy threat. Would you be able to defend them?
Liven up your evenings		
<i>Evening entertainment!</i>		From June 20 to August 23, evenings get lively at Forillon, with talks and other special activities we've organised for you. Check the park's bulletin boards for schedule.
This fall... (August 24 to October 3)		
<i>The beaver's turf*</i>		The Beaver, that hardworking builder, invites you to visit its domain. Wear sturdy shoes or hiking boots and bring along a flashlight bilingual presentation on Sundays and Thursdays. * Check with park staff for precise schedule.

GRANDE-GRAVE HERITAGE SITE

(Hyman & Sons General Store, Anse-Blanchette and Dolbel-Roberts House)

The sites come to life via the heritage 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.

CURIOS IN NATURE...

All summer, Park heritage 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, at 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!

ACTIVITY BOOKLET FOR KIDS BETWEEN THE AGES OF 6 AND 10

Hey! If you're between 6 and 10 years of age, and you love to move, learn and explore, pick up your copy of the Xplorers booklet and set off to discover Forillon Park. Xploring is great fun! You can even become a medal-winning Parks Canada Xplorer. Ask for your booklet (it's free!) at the visitor centres, the Interpretation Centre, or at the heritage sites at Grande-Grave and Anse-Blanchette.

ASK ABOUT THE 5 XPLORER² CHALLENGES

Unusual and entertaining in equal measure, these challenges will definitely add spice to your Forillon visit. We promise!



Camping for everyone

Petit-Gaspé Campground (South Area)



- Open from June 19 to September 6
- 132 sites without electricity
- 35 sites with electricity
- Wooded area
- Near Recreation Centre
- Evening entertainment
- Near hiking trails

oTENTik Camping, full service

Loop F (Petit-Gaspé Campground South Area)



- Open from May 30 to October 11
- 7 full-service oTENTik tents

oTENTik Camping, basic service

Loop B (Des-Rosiers Campground South Area)

- Ouvert de 30 mai au 11 octobre
- 8 tentes oTENTik - formule de base

Des-Rosiers Campground (North Area)



- Open from May 30 to October 11
- 105 sites without electricity
- 42 sites with electricity
- Semi-wooded area
- Near Interpretation Centre
- Pebble beach
- Evening entertainment

Cap-Bon-Ami Campground (North Area)



- Open from June 19 to September 6
- 36 sites without electricity
- Non-wooded area
- For tents only
- Nearby: lookout, pebble beach and trail
- Evening entertainment

Wilderness Camping

- Sites located along *Les Lacs* and *Les Crêtes* trails
- Registration required at a toll booth or visitor centre

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 required at a toll booth or visitor centre or by calling 418-368-5505



oTENTik Tents
Part tent, part rustic cottage
Enjoy camping without having to bring along all the gear.

A Forillon "must"

The Penouille sandspit

The vista at Penouille is exceptional – a harmonious blend of sandy beaches, taiga and salt marsh.



PARKS CANADA RESERVATION SERVICE



The booking service is offered from April 14 to October 11, 2015. 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)



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




Forillon Signature Series

Parks Canada Shop
parkscanadashop.ca



Recreation Activities

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 this 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 Grande-Grave and Penouille.

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.

If you want to fish for a marine finfish species other than mackerel, make sure you know and abide by the applicable provincial and federal regulations.

Enjoy the fishing!

Everyone in the water!

The water at several of the park's beaches is very inviting, including the superb sandy beach at Penouille with its shallow, warm water – the warmest in the area. Please take note that there are no lifeguards at park beaches so be careful if you want to have fun and enjoy the experience safely. A dip in the ocean is energising... come on, last one in the water is a...



Some tips to help you enjoy activities safely

- 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.

Some tips to help you observe wildlife safely

- Stay a safe distance away from wildlife.
- Drive appropriately and slow 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.



Where's Fido?

Dogs are welcome in the park but they must be kept leashed at all times.



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!



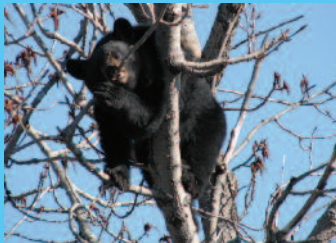
At your service!

During your stay at Forillon, you'll perhaps notice a park warden patrolling on foot, by bike or in a vehicle. Their main task is to make sure people abide by the *Canada National Parks Act* and its regulations. If you have any questions about

the applicable regulations or if you're looking for more general information about the services available in the park, please feel free to speak to them. They'll be delighted to help you.

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 some permitted marine finfish species, is therefore prohibited in the park. Ask park staff about the regulations in force.



Sharing space with the black bear



If you happen to see a bear at Forillon, it will no doubt be feeding (plants, fruit). It has no time to lose – it has to build up enough energy reserves to survive six months without eating while it is hibernating.

A bear “conditioned” to human food

Unfortunately, some bears have access to our food, for instance when trash has been poorly stashed. When a bear learns to enjoy this food source, that bear is considered “conditioned” to our food. Ultimately, it loses its fear of humans and actively seeks out this type of food. This then poses a greater danger to our safety and the bear must often be destroyed. Help us protect the wild nature of animals in their natural habitat. For more information, please read the leaflet, *Sharing the land with the black bear - While camping**.

A bear “habituated” to human presence

In protected areas, some bears ultimately feel safe enough to continue their activities even when humans are in their vicinity. So don't be surprised if a bear doesn't run away when it spots you and if it doesn't appear to be concerned by your presence. Despite appearances, such habituated bears are still afraid of humans; they are no more or less dangerous than other bears. This doesn't mean you can get closer. You should never approach a bear. Stay calm and move away quietly. Knowing the signals bears use to communicate helps visitors understand a situation, avoid conflicts and enjoy positive encounters. For more information, please read the leaflet, *Sharing the land with the black bear - While camping**.

*Available at all visitor centres and toll booths.

Lieu historique national du Phare-de-Pointe-au-Père
Pointe-au-Père Lighthouse
 National Historic Site

Lieu historique national de la Bataille-de-la-Restigouche
Battle of the Restigouche
 National Historic Site

Canada Parks Canada

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 12

- Cruise with commentary 2 hr. 30 min.
- Marine mammal observation (up to seven different whale species)
- To see our videos, photos, comments and statistics, follow us on Facebook:

 facebook.com/baleinesforillon

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



Scuba diving and snorkeling


Grande-Grave harbour (South Area) – June 13 to September 13

Off season: Outings upon request

Activities for everyone

- Boat tours and snorkelling
- Snorkel to watch the seals, no experience needed
- Equipment provided

Information and reservations
Phone: 418-892-5888
Cell: 418-360-5323
www.plongeeforillon.com
plongeeforillon@hotmail.com

 Follow us on Facebook



Sea kayaking

Seal watching, eco-interpretation and sunset outings

Grande-Grave harbour (South Area) – June 13 to September 13

Off season: Outings upon request

- Bike rentals
- Fishing rod rentals
- Award-winning “good-environmental practices” operator (AEQ)
- Réseau d’observation des mammifères marins (ROMM) partner and observer
- Accredited guides (FQCK)

Information and reservations
Phone: 418-892-5056 or 1-877-792-5055
www.capaventure.net
capaventure@globetrotter.net
Visa - Master Card - Interac

 Follow us on Facebook



South Area - June 13 to September 13


Heated pool, wading pool

- June 20 to August 28 (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.**

Restaurant- terrace

- June 20 to September 7

- Last-stop shop for recreational activity supplies
- Tennis, shuffleboard and playground
- Coin-operated laundry

 Follow us on Facebook




Écorécréo Rental Centre

Penouille – Open from mid-June to September 7

- Shuttle service and guided tours
- Paddle board (SUP) rentals and beginner’s lessons
- Equipment rentals (bikes, electric bikes, quadricycles)
- Beach gear rentals (chairs, parasols, toys, kites)

See Forillon National Park from a brand new perspective!

Information and reservations
Phone: 418-360-7292
www.ecorecreo.ca

 Follow us on Facebook