

# Québec



## Provincial overview description

**Capital - Québec City - Population 560,000**

**Province of Québec – Population approx. 9,000,000**

The time zone in Québec: QC (GMT-5) uses Eastern Standard Time (EST) during standard time and Eastern Daylight Time (EDT) for summer time

(Certain regions of Quebec east of 63° west longitude use Atlantic time for all or part of the year).

**Provincial Hiking Trail Organization - Rando Québec**

**<https://www.randoquebec.ca/>**

**Provincial Director HCEM - Martin Stämpfli**



Québec is a province in Canada with a variety of natural features, including:

### **Rivers and lakes**

- Quebec has over half a million lakes (Quebec-tourisme.ca) and thousands of rivers, including the St. Lawrence River, which is one of the largest rivers in the world. The St. Lawrence River cuts through southern Quebec from west to east, and is a vital waterway in North America.

### **Mountains**

Quebec has two major mountain ranges, the Laurentian Mountains or Canadian Shield to the north of the St. Lawrence river, from the Ottawa region to Labrador and the Appalachian Mountains to the south, extending from the Eastern Townships (including the Sutton Mountains) to the Gaspé peninsula (including the Chic-Choc Mountains)

- . The highest mountains in Quebec are Mont d'Iberville in the Torngat Mountains and Mont Jacques-Cartier in the Gaspé region.

### **Vegetation**

- Quebec has a variety of vegetation zones, including arctic tundra, taiga, boreal forest, and temperate forest.

### **Terrain**

- More than 90% of Quebec's territory is within the Canadian Shield, which is a flat and exposed mountainous terrain.

Below are some of the more prominent trails.

## **Trails in Québec**

Whether it's a trail past majestic waterfalls, a trek to the end of the world or a complete circuit around a nearly deserted island, there is bound to be a hiking trail you like in Quebec.

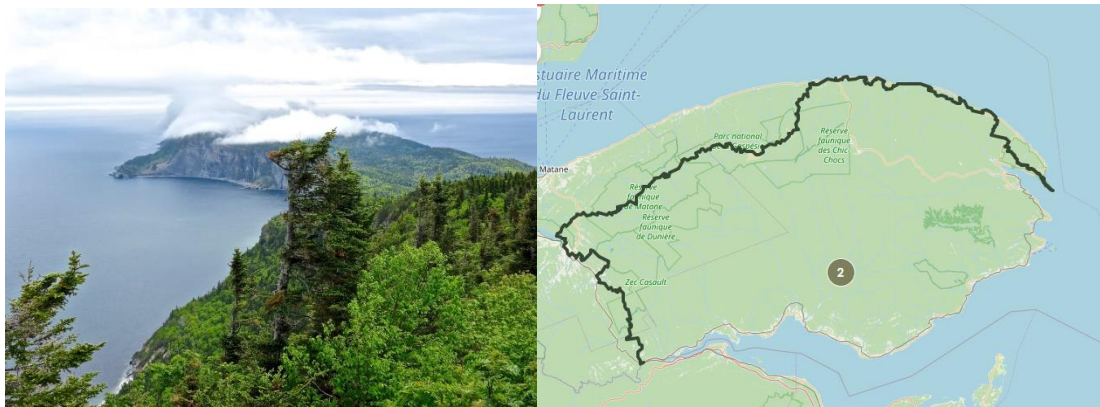
For a complete list of hiking trails in Québec: <https://baliseqc.ca/>

## **Sentier national au Québec**

(<https://www.randoquebec.ca/sentier-national-au-quebec/>)

With a length of 1,650 km, managed by **Rando Québec**, the Sentier National au Québec (SNQ) is the longest trail in a natural environment in Quebec dedicated to hiking, snowshoeing and Nordic skiing. It is managed by Rando Québec, the provincial non-profit hiking association. From

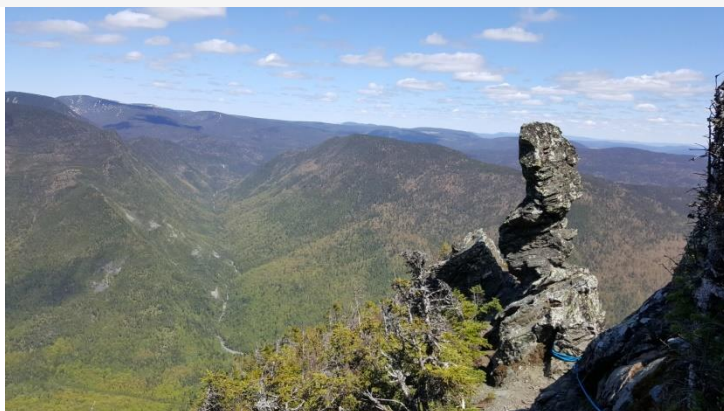
Gatineau to Gaspé, the Trail crosses no less than 9 tourist regions of Quebec: Outaouais, Laurentides, Lanaudière, Mauricie, Quebec, Charlevoix, Manicouagan, Bas-Saint-Laurent and Gaspésie.



## **International Appalachian Trail-Québec (IAT-Qc)**

This trail is part of the SNQ. The International Appalachian Trail (IAT-Qc) starts in the town of Matapédia, winds through the Matapédia Valley to Amqui and crosses Parc national de la Gaspésie, including Mt. Albert and Mt. Jacques-Cartier, and the Réserve faunique de Matane. It then descends towards Mont-Saint-Pierre, where it follows the sea from village to village all the way to Forillon National Park, for a total of 650 km (400 mi.). Meandering through rural countryside via the Chic-Choc and McGerrigle mountains to the sheer cliffs of Forillon, which overlook the sea, the IAT-QC offers the possibility of excursions of varying levels of difficulty (from very easy to strenuous depending on the steepness of the path) lasting from 1 to 40 days.

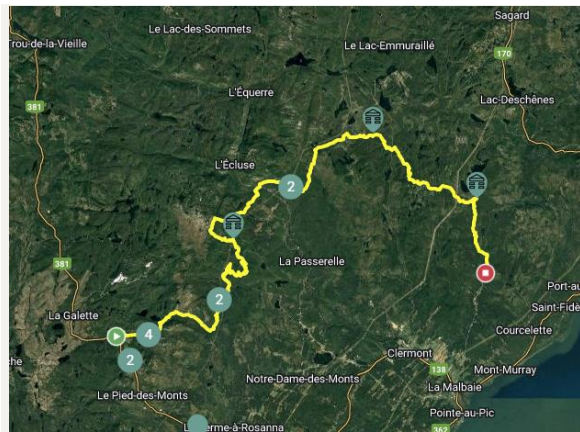
The IAT-QC offers three types of lodging along the trail for a total of 64 options (11 huts, 25 shelters including 5 lean-tos and 29 tent platforms). Reservations are required and can be made by contacting the IAT-QC at 418-560-4642 or [info@sia-iat.com](mailto:info@sia-iat.com).





## La Traversée de Charlevoix

This 105 km long hiking trail, which takes seven days to complete, is part of the SNQ and connects the Parc national des Grands-Jardins to Mont Grand Fonds, through the Charlevoix hinterland. This route, crisscrossing the semi-boreal forest typical of the region, is punctuated by numerous slopes, sometimes steep because of the surrounding peaks reaching up to 850 m in altitude. We will cross several rivers using bridges. We will have a view of the valleys of the Hautes-Gorges-de-la-Rivière-Malbaie National Park, as well as the Gouffre and Malbaie rivers that the route partly overlooks.



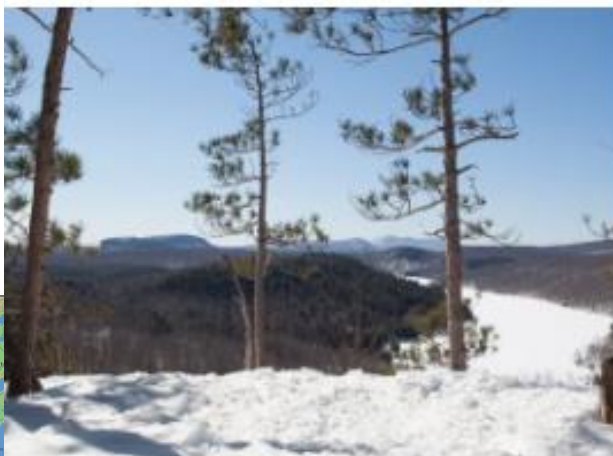
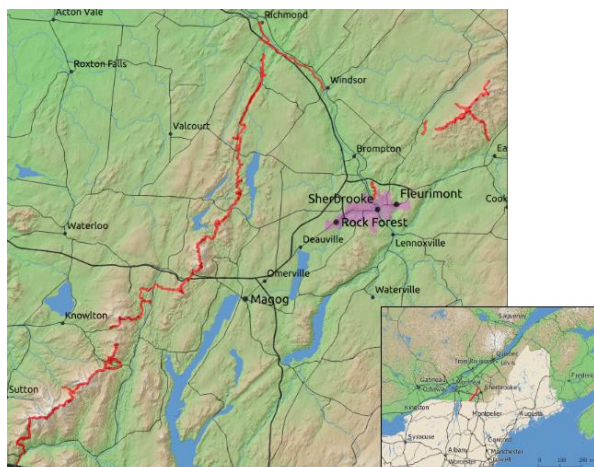
## Les Sentiers des l'Étrie

The Sentier de l'Etrie was developed in the early 1970s as the main artery of a long hiking corridor connecting various Etrie peaks of the Appalachian chain.

The Sentiers de l'Etrie network with over 200 km of trails extends from the border with the USA, near Sutton, to the north of the Stoke Mountains, near Sherbrooke. There are trails of varying levels of difficulty that lead to the summit of Mounts Sutton, Écho, Singer, Glen, Foster, Chagnon, Orford, Chauve, des Trois-Lacs, Cathédrale, John-Guillemette, Bald and Chapman. Other trails follow the Gulf glacial valley, the Salmon River valley and the Saint-François valley.

This network can be used for hikes of various kinds. Day hikes, in the form of a loop or round trip; crossings between two roads for groups with two cars or hikes lasting a few days with sleeping in the forest.

By combining forest trails and public roads, it is possible to cross the Etrie region from the Canada-USA border to Richmond or Windsor. This crossing, however, requires good preparation, because its logistics are complex.



## **Les Sentiers frontaliers**

These trails with a total length of more than 150 km, divided into two sectors, that of Mont Gosford and that of Montagne de Marbre, begin south of the Mont-Mégantic National Park and run along the border between Canada and the United States. -United to the border ridges of Mount Gosford. The latter has an altitude of 1,193 m, which ranks it among the 10 highest peaks in Quebec. The steep climb leads to the summit where an observation tower offers a 360-degree view of the Lake Mégantic valley, the Appalachians up to Mount Washington. We will cross unusual forests such as the mountain sorrel fir forest and the red spruce fir forest. The Sommets trail, in the Marbre mountain sector, offers a view of the valley and the surrounding mountains of Estrie, northern Maine and New Hampshire.



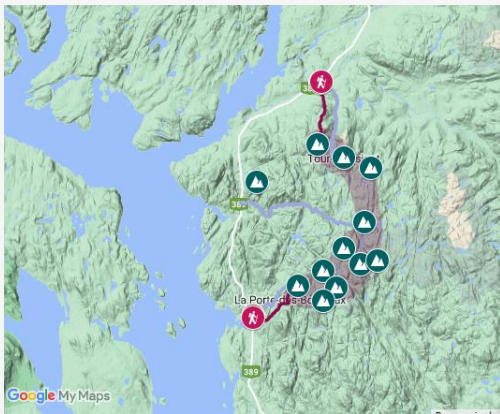
Photo: Tourisme-Mégantic

## **Les Monts Groulx / Uapishka**

The Monts Groulx/ Uapishka massif, located north of Manic 5, has an altitude of more than 1,000 m and an area of approximately 5,000 km<sup>2</sup>. Its summits offer views of one of the largest meteorite craters in the world, the Manicouagan astrobleme, visible from space. Three trails are marked. The



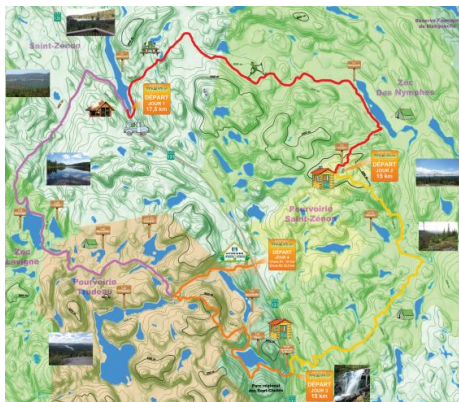
first begins at Camp Nomade and leads to the Provencher massif and the shelter of Lake Quintin. From there, we can continue hiking on the plateau of the massif, approximately 30 km unmarked. One passes through several environments varying according to altitude: boreal forest and taiga at the base, alpine forest in the high valleys and arctic tundra on the summits. There are old-growth white spruce forests, many of which are over 200 years old. The most important peaks to the west of the massif are Mont Veyrier and Mont Jauffret. A few kilometers north of the latter, there is another marked trail leading to kilometer 365 of route 389. A loop now gives access to Mount Harfang, culminating at an altitude of 876 m. **These hikes are recommended for very experienced hikers only and the remoteness requires additional safety measures.**



## La Boucle Zen'Nature

The “Grande Boucle Zen'Nature” hiking trail offers its customers a unique product. Crossing the territories of Pourvoiries St-Zénon and Trudeau, the zecs des Nymphes and Lavigne as well as the Parc des 7 Chutes, this trail, covering a distance of 65.5km, offers 4 routes of 15 to 25 km: The Parcours du forestier ( 17.5 km), Le retour aux sources (15 km), La route des bosses (25 km) and La traversée magique (7 km).

The large Zen'Nature loop meets all tastes. Whether uphill or downhill, in the middle of the forest or on the ridges; for educational learning of history or geography; For the challenge of training intensity or the fun of adventure with comfort, this trail will meet your needs.



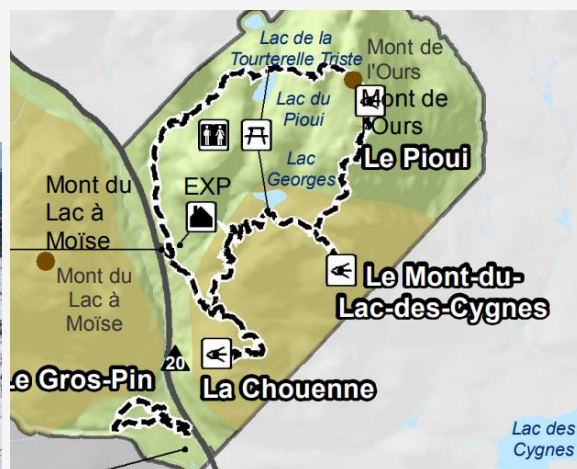
## Acropole des Draveurs

Here, the physical effort of the climb is greatly rewarded by the dizziness that the view overlooking the gorges below will give you. This valley, made up of high steep walls that frame the Malbaie River, will make you want to dive there for hours. At the summit, in the alpine vegetation, there are a host of places to stop and admire the landscape and the surrounding peaks. 11.2 km loop (1233 m elevation gain).



## Sentier Mont du Lac-des-Cygn

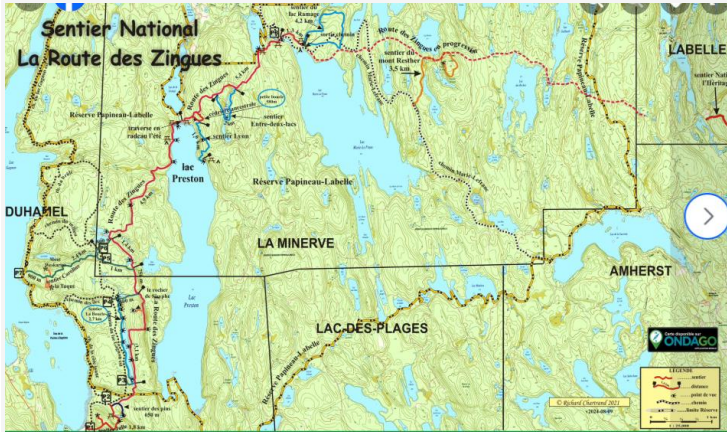
There is no better hike to discover the Charlevoix hinterland and its ancient crater. In the heart of the Laurentides chain, the trail climbs until reaching a circular panorama going all the way to the river. It is the unique flora and fauna that make this biosphere reserve so precious. There are rare opportunities to experience the taiga without going to the Far North, so why deprive yourself of it? For those wanting to add a few kilometers, it is possible to take the Lac Pioui trail which follows the ridges to the summit. 8.6 km loop (439 m elevation gain).





## La Route des Zingues

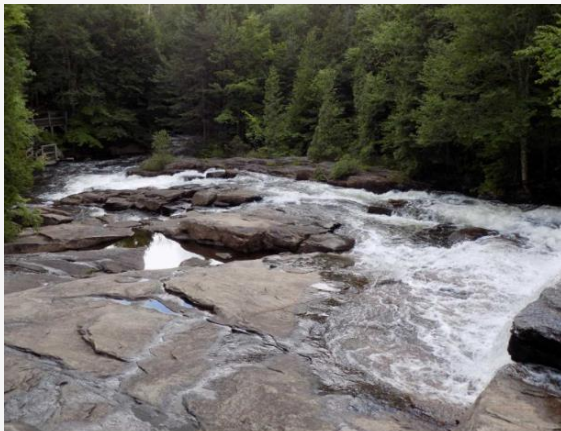
This section of the Sentier national au Québec winds between Lakes Gagnon and Preston, in an ancestral forest. The first third of the route is located outside the Papineau-Labelle Wildlife Reserve, integrating the Julie trail and part of the Pine trail. There are many viewpoints along the route.



## Les Cascades

La Mauricie National Park

This short loop goes through a maple forest and along a pretty stream that leads you to one of the park's iconic sites: the majestic waterfalls. It's the ideal spot to take a break and cool off. If you would like to hike further, follow the intermediate Les Falaises loop (4.3km) and climb to lookouts above the rocky cliffs to enjoy superb views of Wapizagonke Lake.





## **Waber Falls**

La Mauricie National Park

Store up your energy for this one-day expedition combining canoeing and hiking. Between paddle strokes, observe the aquatic wildlife in the exhilarating tranquillity of Wapizagonke Lake. Then hike through the forest to find your reward: a moment of relaxation or a dip in the water at Waber Falls.



## **Mont-Saint-Alban**

Forillon National Park

Sure to be your favourite! Starting from Cap-Bon-Ami, you will find the first kilometre steep going, but you will be wowed by the stunning vistas awaiting you at various points along this boreal forest trail! Once you've reached the observation tower, at an altitude of 283 m, you will be awe-struck by the exceptional beauty of the sea and cliffs below and the forest stretching away into the distance. On a clear day, you can even see Percé Rock!



## **Les Graves**

Forillon National Park

The Les Graves trail crosses through woods and overgrown fields overlooking coves and the sea. Maybe you'll be lucky and see some whales, seals, bears or porcupines. At Cap-Gaspé, approach the base of the lighthouse located atop a 95-metre-high cliff and follow the trail down to the bottom of the cliff until reaching Land's End!



## **L'Anse des Érosions Trail**

Mingan

Archipelago

National

Park

Reserve

Île Quarry is an island with a thousand and one things to discover. The boardwalks laid out all over the island take you past former sea cliffs and through forests, peat bogs and barrens. A number of splendid monoliths await you at Anse des Érosions on the south side of the island. For the more adventurous, experience Nature's grandeur while hiking along the shoreline around the island's perimeter, on the Le Petit Percé Trail (3.8km).



## **Grande Île Trail**

Mingan Archipelago National Park Reserve

Do you have a taste for a Robinson Crusoe type of adventure? You can sleep on a nearly deserted island to be ready for your hike in the early morning hours. Allow at least 10 hours to walk around the entire island! Don't miss the Zoo and the Château, two aptly named groups of monoliths! Plan your day carefully because some areas are difficult to get through at high tide.



## **Canal Path**

Chambly Canal National Historic Site

The Chambly Canal path is open to everyone, whether walking or cycling. Take advantage of the many rest areas to admire the landscapes and discover plants and wildlife. Walk along what was once a towpath for carters and their horses. Since you're close by, be sure to take a short detour to visit the Fort Chambly National Historic Site.





## **Nature Trail**

Forges du Saint-Maurice National Historic Site

While visiting the Forges, take advantage of the nature trail bordering the banks of the scenic St. Maurice River. Vegetation along the trail is luxuriant but through the occasional openings, visitors can get a glimpse of the beautiful panoramas offered by the St. Maurice River. If hiking builds up your appetite, stop and have a picnic at one of the many tables or in one of the many grassy areas.



## **Natural Landscape of Grosse Île**

Grosse Île and the Irish Memorial National Historic Site

Walk through history and explore an island that was used as a quarantine station. This tour is a perfect combination of nature and culture. Take your time; there is so much to see! Enjoy the awe-inspiring landscapes, variety of plants and magnificent views of the river, and visit the Irish cemetery, the Celtic cross and former hotels and buildings, all with stories to tell about a time long ago.

