

SÉPAQ

PARC NATIONAL DU BIC

Protected area. Enriching nature experiences.

A majestic natural site shaped by the sea. This area's coast is more jagged than the rest of the shoreline and its mountainous massifs are higher than all others in the region. Parc National du Bic was created to protect and showcase the area's natural features and exceptional flora.

TEAM FAVOURITES



A

Paddle up the St. Lawrence

Parc National du Bic's many islands and network of coves makes it one of the world's premier destinations for kayaking. Find out where kayaking is permitted and enjoy the park in a unique way.



B

A biking adventure

As soon as you enter the park, you can leave your car behind and explore the park by bike. You'll love exploring the changing landscapes as you cycle through the forest and along the coast. **Bikes are available for the whole family at the Rivière-du-Sud-Ouest rental centre.**



C

Sunset gazing

Experience the majesty of the St. Lawrence estuary as you've never seen it before by taking in one of the most beautiful sunsets in the world. Get lost in the scents and sounds of the sea and the gentle lull of the maritime breeze. Enjoy the park at its most relaxing and peaceful time of day.



D

Admire the Raoul-Roy lookout

This little-known lookout is easily accessible and offers a panoramic view of the river, mountains and islands that make up the park. It's an ideal spring birdwatching destination for many species of migrating birds of prey. It's also the starting point for the Les Murailles trail which leads to the famous Pic Champlain summit.



E

Experience the Les Anses trail

This intermediate level trail is sure to impress with its coastline dotted with islands, and landscape of massive boulders and verdant lichen. Through the various reference points, this trail invites you to take a moment and bathe in inner peace while exploring the outdoors.



Discover the park in winter

Winter in the park offers a peaceful atmosphere and majestic coastal landscapes. Hike, snowshoe, kicksled, ski or fat bike your way through the park. All trails will lead you to spectacular views of the St. Lawrence and its many islands.



SUPERVISED ACCESS FOR DOGS



Dogs are allowed in certain designated areas only from May 1 to October 31.

All details at sepaq.com/animals

MAIN RULES*

- Dogs must remain in the places where they are authorized at all times.
- Dogs must be kept on a leash and under surveillance at all times.
- The person in charge of the dog must pick up the animal's excrement without delay.
- Barking or howling dogs as well as dogs affecting the tranquility and safety of other visitors are not allowed.

*Individuals who fail to comply with any of the rules stated above may be required to leave the area and/or issued a statement of offence, where appropriate.

Compliance with the regulations is essential, and the offer could be reviewed if non-compliance is noted.

AUTHORIZED PLACES

Summer trail	Le Pic-Champlain
Camping	Rivière-du-Sud-Ouest campground: campsites 1 to 41 and 59 to 66
Picnic area	Îlet-au-Flacon picnic area
Nautical access point	Îlet-au-Flacon and Havre-du-Bic boat launches
Winter trail	No authorized access



TRAIL		DISTANCE	DURATION	OUT-AND-BACK	DIFFICULTY	TRAILHEAD
	Les Murailles - Walk beneath the varied forest canopy, enjoying occasional glimpses of breathtaking panoramic views.	7.8 km	3 h	X	I	Raoul-Roy Belvedere
	Le Pic-Champlain - The trail offers a 229-metre climb as well as a magnificent view on the Appalachian landscapes and a portion of the estuary.	6 km	2 h	X	I	Pic Champlain parking area
	La Colonie Sud - Mainly forest trail that connects the P3 parking lot and the Citadelle towards Pic Champlain.	2.8 km	1 h	X	E	P3 parking area
	La Colonie Nord - Trail that connects the P3 parking lot to the Discovery and Visitors Center - Ferme Rioux, passing through the heart of the Tombolo sector.	3 km	1 h	X	E	P3 parking area
	La Grève - This trail will take you to the most advanced point of the Cap-à-l'Original peninsula alongside the Baie du Ha! Ha! and furrowing a lace of coves.	8.2 km	1 h 15	X	E	P3 parking area
	La Coulée-à-Blanchette - Ride out this trail to the Îlet-au-Flacon beach facing the St. Lawrence estuary.	10 km	1 h 30	X	I	P3 parking area
	Le Parcours La Pinède - Explore this impressive stand of century-old jack pines and stop by two lookouts to take in the magnificent views.	5.8 km	2 h	X	I	Discovery and Visitors Centre - Ferme Rioux
	Le Chemin-du-Nord - Discover evidence of past human occupation as you follow this trail along the coast.	4 km	1 h 15	X	E	Discovery and Visitors Centre - Ferme Rioux
	Le Parcours Le Contrebandier - Return to the Prohibition era, when bootleggers used this trail to retrieve valuable cargo.	5.4 km	1 h 45	X	E	Discovery and Visitors Centre - Ferme Rioux
	Le Parcours Le Grand-Tour* - This rugged and diversified route takes you sometimes on the steep portions of the coastline on the coastal cliffs, sometimes on a beach, but also in a forest environment. This is a passage from a landscaped path to an undeveloped walking area accessible only at low tide. Departure must be from Discovery and Visitors Center - Ferme Rioux, 2 hours before the scheduled time of the lowest tide.	8.7 km	3 h	X	D	Discovery and Visitors Centre - Ferme Rioux
	Le Scoggan - Walk through the forest to access the majestic Fourche à Louison landscape, where the river meets Les Murailles.	7 km	2 h 30	X	I	Discovery and Visitors Centre - Ferme Rioux
	Le Parcours Le Tour Cap-à-l'Original* - This rugged and challenging hike include undeveloped walking areas (without markers). The trails will take you along steep, dizzying, and dangerous portions of the coastline that are accessible only at low tide.	6 km	2 h	X	D	Discovery and Visitors Centre - Ferme Rioux
	Le Portage - This bike path leads through enchanting landscapes.	7.4 km	1 h 00	X	E	Rivière-du-Sud-Ouest Service Centre
	La Citadelle - A scenic overlook offers a splendid view of the marsh at Pointe-aux-Épinettes.	10 km	3 h	X	I	Rivière-du-Sud-Ouest Service Centre
	Le Parcours Les Anses - Hike along the coast and the gravel bar connecting Cap Caribou to Cap Enragé.	5.7 km	1 h 45	X	I	Rivière-du-Sud-Ouest Service Centre
	Le Parcours L'île-aux-Amours* - Stroll out on the sandbar at low tide to enjoy this peaceful, isolated little island.	3.3 km	1 h 15	X	E	Rivière-du-Sud-Ouest Service Centre
	Le Parcours La Pointe aux épinettes - This cycling trail leads to the lookout point for seals at high tide as well as offering panoramic views of the river, islands and fields.	5 km	45 min.	X	E	Rivière-du-Sud-Ouest Service Centre

Dogs are allowed Biking Hiking Family experience

E - Easy I - Intermediate D - Difficult * Unimproved trail accessible only at low tide

FOR YOUR SAFETY

Cap-à-l'Original Trail and Grand-Tour Trail
 Please note that the Cap-à-l'Original Trail and Grand-Tour Trail trails include ungrooved walking areas without markers. The trails will take you along steep, dizzying, and dangerous portions of the coastline that are only accessible in summer and at low tide.

Consult the tide schedule to plan your departure.
 - Cap-à-l'Original Trail: Head out 2 hours to 1 hour before low tide.
 - Grand-Tour Trail: Head out 2 hours before low tide.

- Follow the one-way trail indications (see map).
- Wear walking or hiking shoes.
- Carry a first aid kit.
- Not recommended for young children.
- Be aware that there is no signage present on the trails.
- You must be in good physical shape.
- Gloves are strongly recommended (sharp rocks).
- Bring a cellphone, water et foods.

The tide schedule is available from www.tides.gc.ca/eng

DISCOVERY TIME



Wildlife spotting

Bring your binoculars!

Meet the seals

Join one of our Naturalist Park Rangers to see the seals up close. Learn to recognize harbour seals and grey seals as you observe the natural behaviour of the park's star species.

Seal watching

All visitors must respect the signs indicating the boundaries of the seal observation area. By staying within the observation area, you allow the seals to rest and maintain their natural survival activities (nursing, pupping, moulting). Keeping your distance also helps ensure that other visitors—present and future—can enjoy the privilege of observing these animals.



Feathers and down

From late May to early July, Common Eiders take over the park's coves and bays. During this time, the colourful males can be seen courting females with their cooing. Later, the females return to the coastline with their broods. Many other seabird species also make the estuary their home.

ACTIVITIES:

Consult our bulletin boards and our Facebook page for our weekly program schedule.





Family activities

Curious by nature

For the naturally curious, young, or old, come and meet our naturalist and have a blast while you explore nature's treasures.

Coastal Treasures

You are invited to discover the coastal area and the intriguing organisms that inhabit it.

Junior Park Ranger...

Are you 7 years or older? Do you want to contribute to the mission of the national park while exploring and having fun? Join our team of Junior Park Rangers! A self-guided family activity.

Evening by the fire

Join one of our Naturalist Park Rangers and put your knowledge of Parc national du Bic to the test with our quiz! Be sure to bring marshmallows to toast during the activity.

Bicycle rentals

At the Baudry rental centre in the Rivière-du-Sud-Ouest sector, you'll find a wide choice of bicycles for everyone in your family.

	Adult	Children*
1 hour	\$15.50	Free
4 hours	\$31.00	Free
Day	\$44.25	Free

Taxes not included

* For children 17 and under, with their family. Does not apply to groups.

Family Experience Yippee, it's absolutely free!

For kids 17 years of age and under, access, accommodations, and certain equipment loans are free of charge.

The offer varies from one establishment to another.



DISCOVERY ACTIVITIES

Consult the program to enrich your visit. (in French only)

You will find entertaining activities to explore the park from every angle.



IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

Outdoor activities can involve certain risks.

Always be sure to have the skills and abilities required for the activity you choose. It is very important to find out about the risks involved in the activity, to know and respect your own limits and to use appropriate equipment. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

For more information, visit our website at sepaq.com/security

CONSERVE FOR TOMORROW

How can you help?

At Parc national du Bic, we welcome more than 300,000 visitors each year, concentrated in a small area.

To reduce the impact on the natural environment, each visitor must be aware of its environmental impact.

Seemingly innocuous behaviours such as intentional or unintentional feeding of wild animals can significantly alter their behaviours—and even hinder their survival. For example, foxes have lost all fear of man and their behaviour has become very problematic. If you want to ensure their survival (and that of any wildlife species), do not let them near you and don't leave any food within their reach.

Let's take care of wild animals. Let's not feed them.

- Wild animals find food suited to their needs in the natural environment.
- The food people provide may not be appropriate for the animals' digestive system, causing discomfort, health problems or even death.
- Feeding animals makes them dependent on humans and more vulnerable to predators.
- Animals attracted by food can lose their wariness of humans, leading to potential trouble and even danger.
- Each time we disrupt their natural activities, we change the behaviour of wild animals, sometimes putting their lives at risk.



300,000 pairs of shoes per year. Let's minimize our footprint. Let's stay on the trails.

Coastal erosion is a major conservation issue for the park. The beaches along the Chemin-du-Nord trail are especially affected by this phenomenon. Storm waves and the presence of hikers cause unintentional trampling of seashore plants, which contribute to the deterioration of coastal habitats.

Maritime plants, including sand rye, have been planted to address this issue and to restore the degraded beaches. The number of trails to the beach has therefore been reduced to prevent the trampling of maritime plants. During your visit, help restore this natural environment by respecting the signs leading to the beach. Please avoid stepping on delicate coastal plants.

Our national parks

Given the millions of visits to our national parks annually, harmful behaviors can cause permanent damage to the environment and negatively impact the experience of other visitors. Let's do our part to care for these extraordinary nature sites so we can all enjoy them for years to come.

5 GOOD PRACTICES TO ADOPT IN NATURE



Stay on trails and in designated visitor areas

Taking shortcuts can destroy vegetation.



Do not gather dead wood*

To preserve the natural environment, it is prohibited to remove natural elements, including animals, plants, dead wood, and rocks.



Do not feed wildlife*

Feeding wildlife negatively impacts their natural feeding habits. Keep all food out of reach of animals.



Keep your distance when observing wildlife

When animals are repeatedly disturbed, their natural behaviors can change, and they can develop problems to feed, find a mate, and communicate among themselves.



Respect the peace and tranquility, and comply with curfews

People come to national parks to relax and enjoy nature. Please respect curfews and avoid playing music at all times.

*Failure to comply with rules governing parks and authorized activities is considered a violation of the *Parks Act* and *Parks Regulation*.



Parc national
du Bic



PCF



sepaq.com/bic

Photos: Marie-Eve Campbell, Mathieu Dupuis, Paul Dussault, JC Lemay, Sébastien Lepage and Epic trail.