

# **International Appalachian Trail**

## **THE COMPANION**

**Hiking guide on the**

**International Appalachian Trail**



**Edited by**

Viateur De Champlain : SIA-IAT - Quebec  
Robert Melville: SIA-IAT - New-Brunswick  
Richard Anderson: SIA-IAT - Maine

Map by Bruno Gendron, Carto Media, Montreal

Translation by Murielle Neiderer

Thank you to photographers who contributed generously by supplying photos to the IAT, and also to the printers of Cégep de Matane, Jean-Guy Des Jardins and Gilles Ouellet, for their valuable collaboration.

**Copyright 2004**, SIA/IAT – Quebec Chapter

All rights reserved

Printed by Cegep de Matane, Quebec

**Fifth edition, published by**

International Appalachian Trail – Quebec

CP 132 / 968 du Phare Ouest, Matane QC G4W 3N1

Phone: (418) 562-7885

Fax: (418) 566-2115

E-mail: [info@sia-iat.com](mailto:info@sia-iat.com)

Website: [www.sia-iat.com](http://www.sia-iat.com)



No part of this work may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording or any information storage-and-retrieval system, without the written permission of the Quebec chapter, International Appalachian Trail.

The white blaze with the blue SIA-IAT is the official Sentier international des Appalaches / International Appalachian Trail logo. The Trail's 1,079 km have been identified with this blaze.

## TABLE OF CONTENT

PREFACE .....	4
ABOUT THE INTERNATIONAL APPALACHIAN TRAIL.....	4
SOME FIGURES.....	5
WRITERS.....	5
HOW TO USE THIS GUIDE.....	5
ABBREVIATIONS AND USEFUL TRANSLATIONS .....	6
IMPORTANT INFORMATION .....	7
MAINE.....	10
INTRODUCTION.....	10
SERVICES AND INFO .....	10
NEW BRUNSWICK .....	14
INTRODUCTION.....	14
SERVICES AND INFO .....	14
QUEBEC.....	18
INTRODUCTION.....	18
SERVICES AND INFO .....	18
FREQUENTLY ASKED QUESTIONS .....	19
MATAPEDIA VALLEY SECTION .....	24
MATANE WILDLIFE RESERVE SECTION .....	27
GASPESIE NATIONAL PARK SECTION .....	29
UPPER GASPE SECTION.....	31
GASPE COAST SECTION.....	33
FORILLON NATIONAL PARK OF CANADA SECTION.....	34
AFTER THE HIKE.....	35
GOING BACK HOME.....	36
HIKING ASSOCIATIONS .....	36
SERVICE PROVIDERS' NETWORK .....	37
PARKS.....	43
IAT MAPS.....	44
BECOME A MEMBER.....	44
TRAIL PORTION AND CAMPING SITE SPONSORSHIP .....	45
SIA-IAT CHAPTERS-CONTACT INFORMATION.....	46
NOTES.....	47

## **PREFACE**

The IAT-SIA Thru-Hikers' Companion is written, edited and produced by volunteers, in an effort similar to the creation and construction of the trail itself. Thanks to the first editor, Henry Edwards, also known as "Trickster". The Companion was created as a service to those who dream of thru-hiking this long-distance gem that takes the Appalachian Trail to its logical northern terminus—Cap Gaspé.

Pains have been taken not to endorse or offer praise or criticism to any of the service providers on the trail. You will find "just the facts" in here. These "facts" will change, some before and even during publication. Restaurants will close and new businesses will open, possibly affecting the experience for each hiker. We will need your help in maintaining the future publications of this Companion Guide. Please contribute feedback that will ensure the usefulness and accuracy of this guide.

Please send all contributions to:

[info@sia-iat.com](mailto:info@sia-iat.com)

Thank you to all people who read time and again this document. We cannot name them all because there are too many. I hope this guide helps you worry less about logistics and focus more on the natural beauty along the IAT-SIA. But in order to better plan your hike, please consider buying the topographical maps at our main office.

Suzanne Goulet & Jocelyne De Champlain

## **ABOUT THE INTERNATIONAL APPALACHIAN TRAIL/SENTIER INTERNATIONAL DES APPALACHES (IAT-SIA)**

The trail that is now called the International Appalachian Trail/Sentier International des Appalaches (IAT-SIA) is the concrete symbol of international partners working together as neighbors. They allow us to profit from our common environment and appreciate our landscapes which go beyond political frontiers. The Appalachians are the most outstanding geological and ecological elements of our common borders and are worthy of our greatest attention

Richard B. Anderson, President—International Committee

The International Appalachian Trail has been made possible because of the involvement of many volunteers of Quebec, New-Brunswick and Maine sections. We benefited from a precious collaboration with different parks: Forillon, Gaspésie, Carleton and Baxter. Subsidies were granted by different Governments and Companies. Public lands, municipalities, lumber companies and landowners gave us right of ways. Millions of dollars have been invested in infrastructures. Numerous volunteers still maintain the Trail, prepare paperwork and give out information. Dear hikers, welcome on the IAT which links our countries and our culture. Take advantage of the view offered by the juxtaposition of the forests and villages, lakes and rivers, sea and mountains. Appreciate the diversity of climates and vegetation going from maritime, agricultural, northern, to alpine and subarctic.

Viateur De Champlain, President – Quebec Chapter

## SOME FIGURES

International Appalachian Trail	1085 km
IAT-Québec	650 km
IAT-New Brunswick	275 km
IAT-Maine	160 km
Appalachian Trail	3468 km
Appalachian Range	5000 km
Key West to Cape Gaspé	7622 km

## WRITERS

2000	Henry Edwards, “Trickster”
2001	Suzanne Goulet, “Alien”
2002-2003-2004	Jocelyne De Champlain

## HOW TO USE THIS GUIDE

This guide is primarily a guide to services along the IAT-SIA. It will help you plan where and when to re-supply, and what services can be accessed during your hike. Occasionally, there are notes about history and nature. It is very important to have maps from the different sectors you’re planning to hike to understand this book (see chapter “Maps”).

It is quite easy these days to find supplies and numerous services along the Trail but there are three important exceptions to consider:

- 1) In Baxter Park, Maine
- 2) In New-Brunswick, between Kedgwick and Quebec’s border
- 3) In Quebec, between Matane River and Gîte Mont-Albert.

This book is not a primer on long-distance backpacking. If you are not an experienced backpacker, take short trips to “learn the ropes” of backpacking before embarking on a long adventure. The best place to start for information is at your local backpacking/camping outfitter, which should have a selection of books on backpacking. You are also encouraged to contact the Appalachian Long Distance Hikers’ Association (ALDHA), an organization dedicated to helping novices learn the basics of long-distance hiking.

This book is not a primer on safety. For the inexperienced, being out in the woods often conjures dangers of bear attacks, hazards that rarely pose problems. Newcomers to wilderness travel should also familiarize themselves to much more common dangers—hypothermia, dehydration, lightning, water-borne pathogens, getting lost, and stream crossings, among others. Again, a good place to start is a local backpacking outfitter; the staff can direct you to books on basic wilderness safety. Learn and practice orientation with a compass and a map. Do not venture into the forest without trail maps.

Whatever sections you wish to hike, you must remember to protect flora and fauna. Be also respectful to volunteers, subsequent hikers and wildlife by taking your garbage with you.

## ABBREVIATIONS AND HELPFUL TRANSLATIONS

### **Services**

Meals: breakfast—B; lunch—L; dinner—D

Automated teller machines—ATM

Post office—PO

Grocery store listings are given a number based on the quantity and quality of their supplies:

(1) and a store with a few snacks and sodas

(2) a convenience store with some groceries

(3) a full-service grocery

### **Distances**

Miles: m                      1 m = 1.6 km

Kilometers: km                1 km = 0.6 m

### **Direction**

Regarding directions, “true” directions are either capitalized (i.e., North) or abbreviated by capital letter: N, S, E, W. On the trail, toward Cap Gaspé (i.e., “northbound”) is listed as “north” or “n”, regardless of compass direction; “south” or “s” means toward Katahdin on the trail, regardless of true direction.

### **Campsite and Chalets abbreviations**

Shelter, lean-to            S

Phone Tel

Private Camping        C

Refuge                    R

Shower                    SH

Tent Platform PF

Water W

### **Lodging:**

Single = S; double = D; triple = T; quad = Q; each additional person = EAP; per person = PP

### **Currency:**

All prices in the US are quoted in American dollars; all prices in Canada are quoted

### **Helpful translations**

St- X (Proper name): Saint-X (and not “Street”)

Route = road

Depanneur = corner store, convenient store

Caisse populaire, caisse Desjardins: name of a Quebecois credit union

Grand Randonneur = Thru-Hiker

Reserve faunique, wildlife reserve: "reserve faunique," is a phrase that literally translates into "wildlife preserve." However, the “reserve fauniques” in Canada are more akin to National Forests in America.

Gite = bed and breakfast, B&B

Sepaq (Société des établissements de plein air du Québec) : lit. Quebec Outdoor Installation Society, government body who is in charge of maintaining and managing the outdoor installations for Quebecois national parks and reserves.

Auberge = inn

CLSC (Centre local de services communautaires, lit. Local Community Service Center): center where people can be provided with basic medical care and information.

Epicerie = grocery store  
Cap = headland

## IMPORTANT INFORMATION

### **Emergency**

For all emergencies, dial 9-1-1. In several IAT sections, you will be far from civilization. Your cell phone might not work. As you climb it should. If possible try to reach a forest road. Campers or workers could help you.

### **Blazes**

Thousands of white with blue writing 2"x 6" blazes were put along the 1085 km that constitutes the International Appalachian Trail. White blazes indicate the Trail. Yellow blazes show access roads, points of interest to springs, shelters or campgrounds.

### **Time**

Maine and Quebec are in the Eastern Time Zone; New Brunswick is in the Atlantic Time Zone (one hour later than Eastern).

### **When to hike**

North bounders starting at Katahdin usually don't begin before mid-June. By this time, the black flies are starting to die off (most die by Fourth of July) and "mud season" has ended. South bounders may start at Forillon National Park of Canada during the last week in June, but problems with trail conditions arise at higher elevations in the Gaspésie National Park and the Matane Wildlife Reserve. The later you can wait the better. South bounders should keep in mind that trails up Katahdin may start closing in October due to dangerous winter conditions.

Sending mail to Post Offices on the trail: This is fairly easy in the US, though more difficult in Canada.

### **Mail in United States**

To be safe, send mail or packages a week to ten days before expected arrival (longer if sending from the west coast or overseas). Address in the following manner:

<div style="border: 1px dashed black; width: 60px; height: 60px; margin: 0 auto;"></div>
<p>Mr. Rock Stone c/o GENERAL DELIVERY Ville, État Code postal USA</p>
<p>"HOLD FOR TRAIL HIKER" (Expected pick-up date)</p>

### **Mail in Canada**

A food drop service is available along the International Appalachian Trail. Food can be sent in advance to some post offices and to some of our partners. Use the following model for both options. NB: For the Gaspésie National Park (Centre de service), add either your passport number or your reservation number.

Your name,  
POSTE RESTANTE / GRAND RANDONNEUR  
Complete post office/partner address



RANDONNEUR DU SIA / "HOLD FOR TRAIL HIKER"  
(Expected pick-up date)  
Pour information : Sentier international des Appalaches,  
(418) 562-7885  
info@sia-iat.com

### International Mail

All mail that crosses international borders must have a customs declaration. In order to get the package through quickly, itemize everything in the package; a general declaration will more likely be held up in customs and may never make it to the destination. Also, international mail will take more time to get processed, so send it earlier or just mail it from within the borders.

### Crossing the International Boundary

All hikers must report at the customs station of the country you are entering. You will be required to show an official picture ID (ie. passport, birth certificate with photo ID). Before going on your hike, you should contact the American and the Canadian Embassy to make sure you are bringing the right documents.



Canada Customs (Andover Office): (506) 273-2072  
US Customs (Ft. Fairfield Office): (207) 473-7474



### Please Note

If you have ever been arrested, or even detained, for any reason, your government most likely knows about it and this information is on computer files of both countries. You may be refused entry for an unknown period of time. If there is anything in your past that may cause you a problem, do not wait until you are at the border crossing to have it cleared up.

### Forbidden!

Handguns and pepper/mace spray not bought in Canada. Prescription drugs should be in the original packaging.

### Bears

There are black bears in Quebec, Maine and New-Brunswick forests. Even though they're naturally shy, they're still impressive and might become a threat. Bears are not looking for confrontations and are mostly obsessed with food. Be careful and hang your supplies, your pots and pans and even your toothpaste and soap. Bear poles are available in every IAT campsite except for the Matapédia Valley sector and Parc national de la Gaspésie. You can use the outhouse's (privy's) cubicle instead. Make sure you show them you are here by jingling sounds, talking or singing. You can also tie a whistle or bells on the outside of your backpack.

If you come across a bear, admire it in the distance and back up silently. If it saw you, stop walking. Move slowly backwards, talk calmly and wave your arms to show it you are a human and not a prey. Do not shout nor move briskly. Keep an eye on it but do not look at it in the eyes. Make sure it has an

escape avenue. If it comes closer, toss objects in front of you in order to distract it, try and find something to defend yourself in case it attacks (hiking sticks, oar, axe, knife, rock, Cayenne pepper.), and assess yourself (talk loudly). Don't run away unless you are within close reach of a safe place. By running, you may encourage the bear to follow you and see you as its prey. Remember that bears are excellent runners and swimmers. Drop your supplies only as a last resort. If it does attack, defend yourself with Cayenne pepper or anything you can find and use the natural obstacles (trees, boulders) as a shield. Do not forget to yell, as it may attract other persons on the trail. You can always climb a tree since adult bears do not climb spontaneously. Facing the bear is better than playing dead.

Source: Ministère des Ressources Naturelles et de la Faune du Québec (English brochure available on demand at [info@sia-iat.com](mailto:info@sia-iat.com))

Frank Wihbey from Maine once declared: "I've hiked hundreds of miles in the forest and I never saw one!"

### **Taxes**

In Canada, you can claim the taxes you paid on goods and services. Visitors are eligible to have a refund on taxes which were paid on purchases and lodging. Make sure you keep all your receipts. Applications forms and information are available at Canada Customs and Visitor Information Centers in the province. You can submit the refund request via mail or through a Duty Free shop when you leave the country. Each receipt must be of at least \$50.00 before tax and all receipts must total at least \$200.00. In addition, all purchases must be done during the last 60 days of your trip.

### **Maps and Guides**

Some maps are available for direct downloading and printing from the SIA-IAT web site at [www.internationalat.org](http://www.internationalat.org). You can also visit [www.sia-iat.com](http://www.sia-iat.com) to see our other publications. The maps can also be bought from our organizations (addresses at the end).

### **Hitch-hiking**

Accepted by many amongst the hiking community, hitchhiking can be a dangerous form of transportation, although it can sometimes be the only way for a hiker to get to different locations, for example, a camping supply store. Hitchhike at your own risk.

# MAINE



## INTRODUCTION

The Maine section of the IAT covers 99m (160km) of trail. The trail begins where the Appalachian Trail ends, at the summit of Katahdin, located in Baxter State Park. The trail crosses the Canadian border at Perth-Andover in New Brunswick.

Development of the Maine section has been entrusted to a volunteer organization financed entirely by members' donations and membership fees. For development of the trail and fieldwork, the organization relies on the co-operation of landowners, hikers, conservation organizations and local and regional governments.

## SERVICES AND INFO

### **Getting to Baxter State Park (BSP)—**

By bus: busses leave from Logan Airport and South Station (trains) to Portland and from Portland to Bangor. Transfer to Cyr Bus Service. Buy one ticket from Boston to Medway, ME (near BSP) in Boston from Concord Trailways; 1-800-639-3317—[www.concordtrailways.com](http://www.concordtrailways.com).

By Train: Instead of taking the bus in Boston, you can take the Amtrak Train which leaves several times daily from North Station to Portland, ME., [www.amtrak.com](http://www.amtrak.com).

**Cyr Bus Service**—Services Bangor, Medway, Houlton, Mars Hill, Bridgewater, Monticello; (207) 827-2335 and 1-800-244-2335.

**Medway**—The Cyr Bus stops at a gas station convenience store (1) right off of I-95. Traffic flows toward Millinocket on Maine 157, then on to BSP, so hitching is usually fairly easy. You can also call Katahdin Taxi, (207) 723-2000 or 1-800-USA-TAXI, which will take you to Baxter State Park. Medway has few services along ME 157. Lodging: Katahdin Shadows Motel and Campground, 1-800-794-5267 or (207) 746-5162.

**Millinocket**—PO 04462: (207) 723-5921 Most major services available in Millinocket area, especially in the strip mall area east of town on ME 157, where you'll find lodging; Best Western (207) 723-9777; Pamola Motor Lodge, (207) 723-9746 and Motel, grocery stores, a pharmacy, fast-food chains, a bank with ATM, and the administrative offices of BSP. In-town lodging: Appalachian Trail Lodge, (207) 723-4321; Sweet Lillian B&B, (207) 723-4894.

**IAT Official Route**—The official route of the IAT/SIA from Katahdin to Cap Gaspé includes a 15 mile section of the Appalachian Trail from the summit of Katahdin southwestward to Abol bridge. From Abol Bridge the trail uses a series of roads to reach Millinocket.

Following State Route 11 to the east from Millinocket for ten miles brings the traveler to Medway, Maine where Route 11 turns to the north and follows along the bank of the East Branch of the Penobscot River. At 4.1 miles to the north of this junction the Pinegrove Campground and Cottages is reached. The owner, “Mike” provides shuttle service for hikers. Route 11 follows the East Branch for another 9 miles. From Stacyville it is about 7 miles to Sherman Mills and another 7 miles to Patton.

**Baxter State Park (BSP)**—It is possible to reach Patton using a combination of existing trails within BSP and the North Entrance Rd to Shin Pond. Hikers need to know however, that reservations are mandatory for travel within the park. In the past few years BSP has reported an increase in illegal camping. All SIA/AT hikers are urged to obtain the proper reservations or avoid use of the park and follow the above route through Millinocket. Continued violation of the rules within BSP will only cause stronger measures to be enacted to protect the wilderness character of the park and will strain relations between BSP and the hiking community.

**Reservations are required for overnight stays distributed through the BSP Authority in person or by mail:**

The Baxter State Park Authority-  
64 Balsam Drive  
Millinocket, Maine 04462 (207) 723-5140  
[www.baxterstateparkauthority.com](http://www.baxterstateparkauthority.com)

Reservations for 2002 can be made starting on January 2nd (or the first working day after the New Year) and are sold out for the popular sites very early. Requests for sites should be made as soon as possible after January 1st and sites in the Katahdin area will be sold out within a few weeks.

**Reservations can be attempted in person at each of the entrance gates on a first come first serve basis.**

BSP also limits the number of day passes available. Again, parking for the trailheads near Katahdin fill up very early. The Togue Pond Gate opens at 6:00 AM to a line of cars already waiting to gain entry permits. Many days, and especially weekends, permits for Roaring Brook, Katahdin Stream and Abol Slide parking areas are gone by 7:30 or earlier. As can be seen the way to a successful trip through the park is to **Plan Ahead!!**

There are several alternatives using the existing trails within BSP to reach the northern end of the park. Note: BSP has established cut-off times for most trails and **there are no on-trail services within BSP until MWC.**

If you have traveled North through BSP, upon leaving proceed as follows to rejoin the IAT at Route 11 in Patton or at the eastern end of the Owlsboro Rd. Shortly after you check out of BSP at Matagammon Gate, you will arrive at:

**Matagammon Wilderness Campground (MWC)**—First store outside of BSP, (207) 446-4635, [www.katahdin-outdoors.com](http://www.katahdin-outdoors.com) Matagammon (reservations recommended); grocery(3) with some camping supplies, ice cream, beer. Coin-op showers. No laundry or public phone.

**Seboeis River Preserve Camping Area**—About 8m "n" of MWC. Free camping at this site maintained by the Nature Conservancy, just east of the bridge over the Seboeis River; privy. May be crowded on weekends.

**Shin Falls**—About .5m S of Grand Lake Road. Beautiful succession of three cascades totaling about 55 feet. Big swimming hole and campsites below the cascades.

**Spring**—Piped gusher on N side of Grand Lake Rd., about halfway between Seboeis River and Shin Pond.

**Shin Pond**—Most services at Shin Pond Village Campground, (207) 528-2900; groceries (2), restaurant, coin-op showers, pay phone, coin-op laundry. Mt. Chase Lodge, (207) 528-2163. Lodging: Camp Wapiti is located 2m W of Shin pond on the dirt road that begins just north of the bridge over Shin Pond Brook. Wilderness Variety Store (about .4m "n" of Shin Pond Village Campground), groceries(2), grill, ice cream. **From Shin Pond there are no on-trail services until Smyrna Mills.**

**Patten**—PO 04765; (207) 528-2210 4.6m. S of northern route, just off Rt. 11. Services include grocery store (3), bank (ATM), motel. Official route of the trail brings one directly down Patten Main Street.

**SIA-IAT Roach Farm Lean-to (.5m N)**—Sleeps six, water from spring pond. About 7.5 miles E of Rte 11 on Town Line Rd. (Moro Rd.) in Merrill Twp. Turn N onto farm field road (100yds. E of yellow house with old barn). Follow field road N then W to top of hill. Shelter along north edge of field. Spring pond further W,S then W (.15m)-signs.

**Spring**—About 3m W of Smyrna Mills, on Town Line Road. Look for the low springhouse on the south side of the road, next to a light-green trailer and yellow house.

**Smyrna Mills**—PO 04780; (207) 757-8241. Smyrna Mills Variety: groceries (2), pizza, sandwiches, ice cream, beer, no phone. The postmaster is Tim Taylor and he keeps a register of thru-hikers. Lodging: Yellow House B&B. Owners George and Gina Clark are IAT members and their phone number is: (207) 757-8797. Shuttle available.

**Farm stand**—1m± W of I-95 crossing—Pioneer Place, Mennonite-run farm stand with some bulk items.

**Restaurant/Motel**—at I-95 crossing—Brookside Motel, (207) 757-8456. Restaurant open daily B/L/D with homemade bread and pies.

**SIA-IAT Wright Farm Lean-to (.7m N+W)**—Sleeps six, **NO water**. .35m E on McGlinn Rd then .25m E to base of tower. Water may be obtained, with permission, from the Hemminways, 1st house on the left on the McGlinn Rd as you enter from the Ludlow Rd. When leaving the lean-to, please return to trail the way you came.

**Houlton**—PO 04730; (207) 532-3506

All services (except PO) available around Ludlow Rd./I-95 area: ATM Pharmacy, Burger King, Hospital (near McDonalds), Pizza Hut, IGA grocery (3), Chinese restaurant. Ivey's Motel and Lounge, (207) 532-4206 or 1-800-244-4206; Shiretown Motor Inn, 1-800-441-9421, [www.mainerec.com/shiretown.html](http://www.mainerec.com/shiretown.html), pool, laundry, rest/bar. Wal-Mart, Big Stop Diner in Irving Station, York's Dairy Bar, ATM's N and S of interchange, Exxon food mart(2).

South of I-95 toward Houlton proper: KFC, Callnan`s (subs, sandwiches, pizza), Bank. (ATM), dentist.

In town center: Houlton photo labs (1hr. processing); Shiretown Taxi, (207) 532-7173; book stores; Temple Cinema (2 screens); Key Bank (ATM); Machias Savings Bank (ATM); Shiretown Bakery and Coffee Shoppe; Sadie`s Bakery; Bangor Savings Bank (ATM) across from PO; People's Heritage Plaza with state liquor store, pharmacy, bank (no ATM), UCC Laundromat.

Camping—Wild Pines (.7m N of Houlton), (207) 538-9004. Showers, pool, liquid stove fuel by the pint. Cash only.

Restaurant—The Blue Moose restaurant, 7am-9pm, is on Rt. 1, S of Monticello proper. Favorite of The “Nimblewill Nomad”. Big breakfasts!

**Monticello**—PO 04760; (207) 538-9741 Groceries: PJ`s One Stop, pizza, subs (1); Village Store, B,LD, pizza, subs (2), public phone outside. Lodging: Velvet Bear B&B, (207) 538-4940

Bridgewater—PO 04735; (207) 429-8259 First IAT-SIA blazes and signage! Trail turns E onto abandoned RR bed N of town. No services in Bridgewater, but 1m N of town on Rt. 1 there's an Irving Gas Station with Foodmart(2), always open.

**Mars Hill**—PO 04758; (207) 429-9177 Banks with ATM, IGA Supermarket (3), Mars Hill Pharmacy. Restaurants: Mobil Station with Subway, House of Pizza, Al`s Diner, Mars Hill Dairy Bar. Laundromat. Midtown Motel, (207) 425-6241.

**Approach to Mars Hill Mountain**—Trail leaves RR bed and follows a route of paved and undeveloped dirt roads. Signs may be missing. The section of trail to the summit of Mars Hill Mountain has now been relocated to the south end of the Mountain and is poorly marked. See the IAT/SIA Trail guide on their web site for details.

**Mars Hill Mountain Shelter**—Sleeps six, nice views W. First to fly 50 star flag! No water source atop the mountain, so it's best to tote it from a source at the bottom of the mountain. Spring 1.5m N, W of trail.

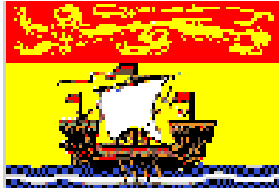
**International Boundary**—Where the trail truly becomes international! The boundary strip can be very overgrown and swampy in parts.

**IAT-SIA Boundary Shelter**—(W) Sleeps six, with privy and picnic table. Water source is the stream down the hill

**Fort Fairfield** — (2.5m W) Last US town before crossing. Services: IGA(3); Irving Mainway(2); Banks; Taxi-Aroostook Cab Co. (207) 764-1600

**Customs**—North bounders check in on the Canadian side; south bounders check in on the American side. Trail continues N on boundary cut, finding the official route to the trail may be tricky because of housing and fences. Go back to the border and follow along the west side of the fence to continue northbound.

# NEW BRUNSWICK



## INTRODUCTION

The IAT in New Brunswick covers approximately 275 km and traverses the watersheds of the Tobique River and the Restigouche River, which is a designated Canadian Heritage River. As well as climbing Mt. Carleton, the highest summit in the Maritimes, the trail runs along highways, “woodroads”, waterways and the New Brunswick Trail System.

The New Brunswick Government has nothing to do with the trail and withdrew all support on March 31, 2002. It is completely managed by a volunteer organization.

## SERVICES AND INFO

Time Zone— Atlantic Time (add an hour to ME time).

Official Language—English and French.

Conversion—kilometers x 0.62 = miles

New Brunswick Sector (275 km)

Distance	Locations
36,0 km	Perth Andover
40,0 km	Plaster Rock
40,0 km	Riley Brook
52,0 km	Mont Carleton
107,0 km	Kedgwick
	Matapédia

**Aroostook River/Tinker Line**—When the trail dead-ends at the Aroostook River, veer E, away from Maine. In May, 2002, a shelter will be erected close to the boundary. The exact location of the shelter is not known at the time of publication. A sign will be erected on the trail giving the location. Follow the old bed of the Tinker Line W. In .6k you will pass under a highway (Trans-Canada 2), where the Tinker Line meets the New Brunswick Trail (NBT), also on a railroad bed. There’s a convenience store (2) across the highway bridge.

**Perth-Andover**—PO: EOJ 1AO; (506) 273-2890. The PO is located about 100 meters S of the St-John River bridge on the E (Perth) side of the St-John River. Before entering the town center you will cross NB Rt 190.

If you turn right, in about 1km there is a Shell station with mini-mart (2) and restaurant. Further down on the right, groceries; Atlantic Save Easy (3). If you continue 2km by walking under the Trans-Canada Highway 2, there is a tourist information center and Perth Andover Motor Inn and Restaurant, (506) 273-2224. Back at the trail/Rt 190 crossing, if you turn left on Rt. 190, the road soon dead-ends onto Andover Main Street at the St-John River. Left (N) on Main Street is the Bellevue Cafe and B&B, (506) 273-3403, shared bath, no credit cards; and York's Dining Room, (506) 273-2847, serving a full course, Victorian-style dinner (closed M). Going S on Andover Main Street you will find: Carl's Dairy bar with ice cream and grill items; Southern Victoria County Historical Society Museum, housed in an old church; Nissen's Market, with bulk and organic foods; Pizza shack; Bishop's Foodmaster (3); Baker's Diner; Ringo's Sweets, Treats and More. To get to the Perth part of Perth Andover, cross the bridge over the St-John River. If you turn right (S) after crossing the bridge, you'll find the following: Bank with ATM; library; PO; Irving gas station with Mainway food mart (2); liquor store; Kelley's Pub and Cafe; hospital; Laundromat (note: no soap or change available at the Laundromat). Following the trail N, on the Perth side you'll find: pharmacies; bank (ATM); Checker's Pizza; Home Hardware; Barber shop; Good Value stores; Carolyn's Dairy Bar; Mary's Bake Shoppe and Luncheonette; Pizza Pit Restaurant and Bar.

On your left on Route 190, the road becomes Main Street (Andover) at the end.

On your left on Main Street, N, lodging and restaurant Bellevue Café and B&B (506) 273-3403, shared bathroom. They do not accept credit cards. Restaurant: York's Dining Room (506) 273-2847, has table d'hôte and is closed on Mondays.

On your right on Main Street, S, dairy and snack bar, Carl's Dairy; Southern Victoria County Historical Society's Museum, Nissen's Market for organic and bulk food, Pizzeria, Bishop's Foodmaster (3); Baker's Diner's Restaurant and a candy shop called Ringo's Sweets.

**Perth Andover to Plaster Rock**—For this section you will follow an old RR bed along the Tobique (pronounced "toe-bick") River. This section of the IAT-SIA will take you past the Tobique Indian Reserve and the Tobique Dam. Watch for Kingfishers, Osprey, Bald and Golden Eagles hunting on the river as you walk. It's approximately 37km between Perth Andover and Plaster Rock.

**Mini-Mart, Shell Station**—(2) S side of road. 21km from Perth Andover in the town of Aurtherette, 3km after Red Rapids Cemetery. Only service along the trail before Plaster Rock, 16km N.

**Plaster Rock**—PO: 62 Orange St, Plaster Rock, NB, EOJ 1WO; (506) 356-2689 To get to town from the trail you will cross a high bridge over the Tobique River. At NB Rt. 108, Irving Station with Mainway Mart (2), KFC and Pizza Hut Express; fresh vegetable stand; Welcome Center, (506) 356-6077; Plaster Rock Tourist Park with campsites, showers and pool; Settler's Inn Motel and Restaurant, 1-888-273-4133, Jessie Jayne's Restaurant (home-cooked food); Roger's Motel, (506) 356-8656; Victoria Motel. Turning right after crossing the Tobique River Bridge takes you into Plaster Rock proper. In town you'll find the PO, Atlantic Save Easy(3), Quick Mart (3); pharmacy, restaurants, hardware store and the Tobique View Motel, (506) 356-2683.

**Note:** The distance through town and the optional by-pass route are exactly the same, 2.8km.

**Campground**—About 4.5km N of Plaster Rock; campsites, canoe rentals.

**Store**—About 15km N of Plaster Rock, Stick's Country Store with groceries (2), ice cream, and cold sandwiches.

**Campground**—About 25km “n” of Plaster Rock on a road E of NB Rt. 385, Blue Mountain Camping, (506) 356-7117, with campsites, canoe rentals, ice cream.

**Riley Brook**—Last stop for services before Mt. Carleton, so, unless you have sent a package to Black’s in Nictau or Nictau Camps in Mt. Carleton Park, this is your last re-supply option until St. Quentin. Services: The Bear’s Lair Sportsmen’s Camp, (506) 356-8351, with cabins, bar; Riley Brook General Store, (506) 356-2548 with groceries (2), cold sandwiches, white gas, phone, possible shuttle service; Gaston’s Bar and Grill, (506) 356-9982, rooms above restaurant sometimes available for 25\$, 30\$ with breakfast; Tobique Valley Resort, (506) 356-7258, (1km off trail) with campsites and showers.

**Fiddles on the Tobique** –June 21-23. A music festival that floats! Contact Bill Miller, [canoe@nbnet.nb.ca](mailto:canoe@nbnet.nb.ca)



**Nictau**—No groceries, Lodging: (and it should be possible to re-supply if you call and make arrangements) at Black’s Hunting and Fishing Camps, (506) 356-2429, breakfast available, [jjjbc@nbnet.nb.ca](mailto:jjjbc@nbnet.nb.ca). You can also visit Bill Miller, a canoe craftsman and active supporter of the IAT-SIA. Members of his family have been making canoes by hand since 1925. Visitors are always welcome, (506) 356-2409, look for the mailbox, [canoe@nbnet.nb.ca](mailto:canoe@nbnet.nb.ca).

**Tobique Salmon Barrier**—(.9km) Look for sign before the last bridge over the Tobique. The salmon barrier traps migrating salmon to prevent poachers from catching the fish when they go upstream to spawn. This also gives wildlife biologists a chance to count and study the migrating fish. The information center overlooks the barrier, and there’s a good chance you’ll see salmon jumping if you make this short side trip.

**Mt. Carleton Provincial Park (MCP)**—Home to Mt. Carleton, New Brunswick's highest peak at 820 meters. Information: (506) 235-0793, [www.gove.nb.ca/dnre/](http://www.gove.nb.ca/dnre/). The trail follows Rt. 385 to the Park gate, where you can gather information and make arrangements for campgrounds or backcountry sites.. There are two campgrounds—Armstrong Brook (1.2km N, hot showers) and Franquelin—between the gate and the major peaks in the park, and there's a backcountry site near the top of Mt. Carleton; The park has been known to let thru-hikers sleep in a heated cabin for free, but don't expect it. The trail is not well marked in the park, so you may want to find your own way over the park's major peaks—Bailey, Sagamook, Head and Carleton. Phone at ranger station 5km into park, .4km S of park road. Park does not allow tenting after Oct 1, so keep this in mind if it is that time of year. You may have to continue on without entering the Park.

**Nictau Lodge**—(.2km E from base of Sagamook Trail) (506) 356-8353, [www.tobiquenordic.com](http://www.tobiquenordic.com). on Nictau Lake, in MCP, at the foot of Mt. Sagamook. Has a bunkhouse with shower, meals, and canoe rental. If you call ahead you may be able to send a resupply package here.

**Springs**—Piped gusher about 3km “n” of Mt. Carleton gate, on Rt. 385. Another one is on NB Rt.180, about 7km “s” of Five Fingers. As you head down a hill during the road walk on Rte 180, the spring is across the road (S side) from an Appalachian auto route sign that faces W.

**Cottages** —(3km “s” of Five Fingers), Chalet Carabiner, outfitter, (506) 235-3534.

**Five Fingers**—The first French-speaking village on the trail. From here north, the predominate language (in Quebec - the only official language) is French. There are no services in Five Fingers. N of Five Fingers the SIA/IAT rejoins the NBT to Kedgwick.

**St.-Quentin**—3km W of Five Fingers on NB Rt. 180. PO: 4 Rue Mgr. Martin Ouest, St.-Quentin, NB, E8A 1A0; (506) 235-2273 All services available in St.-Quentin. Lodging: Hotel Victoria (and

restaurant), (506) 235-2002, Auberge Queen Restaurant and Hotel. Groceries: Co-op (3); Lo-Foods (3), in Place Restigouche mall. Restaurants: Le Marinier—seafood, pizza, chicken; Petite Bouffe (cantine); Pizza Delight and Rotisserie Chicken; Fritou (chicken); Stemax (cantine); Restaurant Mai, Chinese and Vietnamese cuisine; Restaurant Sportif (diner, restaurant and bar). Other services include banks with ATMs, Home Hardware (with a few camping supplies), pharmacy and Rossy department store in the mall.

**Kedgwick**—PO: 25, rue Notre Dame, Kedgwick NB E8B 1A0 (506) 284-2178. **Contact Maurice Simon** at (506) 284-9194 regarding trail conditions “north” of Kedgwick to the Quebec line.

St.-Quentin—3km W of Five Fingers on NB Rt. 180. PO: 4 Rue Mgr. Martin Ouest, St.-Quentin, NB, E8A 1A0; (506) 235-2273 All services available in St.-Quentin. Lodging: Hotel Victoria (and restaurant), (506) 235-2002, Auberge Queen Restaurant and Hotel. Groceries: Co-op (3); Lo-Foods (3), in Place Restigouche mall. Restaurants: Le Marinier—seafood, pizza, chicken; Petite Bouffe (cantine); Pizza Delight and Rotisserie Chicken; Fritou (chicken); Stemax (cantine); Restaurant Mai, Chinese and Vietnamese cuisine; Restaurant Sportif (diner, restaurant and bar). Other services include banks with ATMs, Home Hardware (with a few camping supplies), pharmacy and Rossy department store in the mall.

**NOTICE: The very difficult section of the trail along the Restigouche River, from Kedgwick to Glenwood, has been abandoned due to safety concerns for the hikers. Please do not attempt to use this section of the Trail, which is indicated by red dots on the map.**

There are two options (see descriptions below):

1. **The New Brunswick Trail (NBT);**
2. The Restigouche River by canoe.

**1. New Brunswick Trail**—Pick up this trail behind the O’Regal Restaurant and Motel. The NBT follows an old RR bed behind the village of St Jean-Baptiste-de-Restigouche (small store across from church, sandwiches (2)) - last on trail supply point before Matapedia. NBT rejoins the official route in Grog Brook Canyon in about 40km. Great swimming holes.

**2. Restigouche River**—If you would like to canoe the river instead of walking the trail, Echo Restigouche Camp can outfit you for this multiple day float; (506) 284-2022, [www.angelfire.com/biz2/echorestigouche](http://www.angelfire.com/biz2/echorestigouche). To reach the camp, take NB Rt. 265 west from Kedgwick to the Town of Kedgwick River. The camp is on Rt. 265.

### Services in Kedgwick

Town Center: PO; Marche Bonichoix, supermarket (3); restaurants; Hau Giang, Chinese and Vietnamese food; Pizzeria Le Nid, take-out joint serving pizza, chicken and hamburgers; Caisse Populaire (bank with ATM); Restigouche Sport, small selection of camping supplies; Town Center: PO; Marche Bonichoix, supermarket (3); restaurants; Hau Giang, Chinese and Vietnamese food; Pizzeria Le Nid, take-out joint serving pizza, chicken and hamburgers; Caisse Populaire (bank with ATM); Restigouche Sport, small selection of camping supplies; Cantine Yum Yum; Au Delice Dondant (cantine); Depanneur Labbe (2).

North of town on Rt. 17: Restaurants; Les Boutiques Express and Poulet Fritou, serving pizza and chicken; Musee Forestier de Kedgwick—camping, showers, forestry museum; O’Regal Restaurant and Motel, (506) 284-2882.

Southwest of town center: Public library, Co-op Naturel—natural foods co-op (2), some energy bars and bulk foods.

West of town: A la Belle Etoile, restaurant specializing in seafood, with billiards bar downstairs; Les Galeries de Kedgwick—mall with diner and Sears (clothing only); IGA supermarket (3); O'Bar de la Berge, bar.

**Grog Brook Canyon**—If you are southbound, look for W trail turnoff about 9km S of the Upsalquitch River.

**North of Upsalquitch River**—Northbounders look for trail leaving NBT w about 5km n of river crossing. Trail may be challenge to navigate through woods using combination of SIA-IAT blazes and blue + white flagging tape-(most of which may be on the ground). This is a new and little used section, so use caution and only attempt it if you are experienced in wilderness travel.

**Squaw Cap**—Views of the Gaspé Peninsula across the Restigouche River and Chaleur Bay.

## QUÉBEC



### INTRODUCTION

This is the longest section of the International Appalachian Trail (650 km). The Québec section starts or ends in Matapédia, then moves into the Valley to Amqui before arriving at the Matane River. It follows then Chic-Choc mountains crest in Matane Wildlife Reserve and ends up at Mount Logan. Next it makes its way over Mount Albert and Mount Jacques-Cartier in Gaspésie Park. The Trail then comes down over Mount Saint-Pierre where it meets the ocean and from coastal village to coastal village, up to Rivière-au-Renard. Finally, it crosses the Forillon National Park of Canada to end at Cap-Gaspé and its abrupt cliff which drops into the ocean.

The Québec section is managed by a board of directors made of eleven representatives, including presidents from five regional committees: Avignon, Matapédia Valley, Matane, Upper-Gaspe and Gaspe Coast. The board of directors works in partnership with Forillon National Park of Canada, Gaspésie National Park and Matane Wildlife Reserve.

### SERVICES AND INFO

**Reservations**: Quebec section facilities include 11 refuges, 14 lean-to and 28 camping platforms along the IAT. Please note that **reservations are mandatory** for the refuges, the shelters, the lean-to's and

the camping platforms (which are in green on the IAT-QC maps). Contact SEPAQ at 1-800-665-6527; fax (418) 368-7776; [inforeservation@sepaq.com](mailto:inforeservation@sepaq.com); [www.sepaq.com](http://www.sepaq.com). Private campgrounds can also be found in villages crossed by the trail (which are in black on the maps).

**Refuge:** \$20/per person, per night.

**Shelter:** \$15/per person, per night

**Camping platforms and lean-to's:** \$10/per night, per tent.

**Passport:** Permit for thru-hikers which allows camping, without reservation on campsites, shelters and lean-tos of the IAT-Quebec. It can be bought at the IAT office (see last page) for \$339 (\$355.50 with annual access card for Gaspésie Park) or \$565 for two (\$598 with access card), tax included.

### **Passport Rules**

- Give up your place in a refuge, a shelter, a lean-to or camping platform to a hiker with a Sepaq reservation.
- Camp on camping sites only, in or near IAT/QC shelters.
- The hiker may use the accommodation starting at 3 PM and has to leave before 10 AM.
- Keep your passport easy to access and show it, if required, to park guards, trail volunteers and hikers with an official Sepaq reservation.
- Submit a copy of your itinerary and the starting date of the hike to the IAT-Québec head office in Matane.
- At the end of the hike, complete a questionnaire (trip report). You can also send some photos. We use this information to ensure trail quality and for our thru-hiker journal.
- Passport is non-transferable.
- Passport is refundable 30 days before departure only, with a penalty of \$25.

Please take note that the Park entrance fees must also be paid. To facilitate your arrival at the park, you can buy, in advance, the park's annual access card by calling 1-800-665-6527 or by Internet ([www.sepaq.com](http://www.sepaq.com)).

**Time Zone**—Quebec is within the Eastern Time zone, an hour earlier from NB time.

**Official Language**—French. Start with “Bonjour,” Quebecois truly appreciate the effort. Many of them can get by in English.

Please take note that the Park entrance fees must also be paid. To facilitate your arrival at the park, you can buy, in advance, the park's annual access card by calling 1-800-665-6527 or by Internet ([www.sepaq.com](http://www.sepaq.com)).

## ?

### **FREQUENTLY ASKED QUESTIONS**

**Do I have to make a reservation for campsites and shelters in Quebec?** Yes, it is mandatory to make reservations for campgrounds and shelters. The lodging options along the IAT-Qc include three types of service; the shelters and camping platforms of the IAT-QC and those of the Sépaq, as well as the various businesses in the villages along the trail (campgrounds, inns, hotels and B&Bs). Please note that in most IAT-QC campsite there is a shelter or lean-to. The IAT-QC and Sépaq campsites can

be reserved by calling the Sépaq at 1-800-665-6527, option 3. To avoid having to reserve each IAT and Sépaq site, you may purchase a passport. To know the rates of the other types of lodging options and for other information about the Gaspésie's touristic network, you can order the Official Tourist Guide for free at [www.tourisme-gaspesie.com](http://www.tourisme-gaspesie.com). For the private and municipal sites, you must reserve directly with them.

The average distance on the trail between lodging sites is 15km. Remember that this is only an average and it is important to plan your itinerary ahead of time, taking into account the level of difficulty of the various sections before hitting the trail!

**Can I camp somewhere else than in campsites?** It is forbidden to camp beside a shelter in the Gaspésie National Park. As for the other locations along the IAT, we have built special sites to preserve flora. Furthermore, we would like you to pay to sleep on the trail because this little source of income helps us to maintain the trail as well as its infrastructures.

**How much does it cost for sleeping in campsites and shelters of the IAT Quebec?** Refuges along the IAT-QC (shown in green on the maps) cost \$20/per person, per day. The shelters and lean-to's cost \$15/per person, per day. Campsites along the IAT (shown in green on the maps), cost \$10/per tent. As for private camping and National Parks, prices vary but stay reasonable.

**What about right-of-access in Parks and Reserves?** There is a right-of-access charged to get in Parks: The rates for 2009 are \$3.50/per day or \$16.50 per year for the Gaspésie National Park. In the Forillon National Park of Canada, it costs \$5.65 per day until June 24<sup>th</sup> (\$7.80 starting from June 25<sup>th</sup>) or \$31.40 per year until June 24<sup>th</sup> (\$32.90 starting from June 25<sup>th</sup>).

**Distance between infrastructures?** The distance between infrastructures is between 10 and 15 kilometers, that is to say, a normal hiking day.

**Campfires?** Cooking fires are allowed in specially designed locations. We suggest small camping stoves with liquid fuel. During drought period, be very careful.

**Water?** Campsites and shelters were built beside water supply facilities, except for one specific location in Matapédia section: Les Trois Soeurs campsite and shelter. The stream is located at 2.5 km from there, so you have to plan in advance. **We recommend that you boil your water**, filter it or use products such as Pristine water treatment. Some streams are well oxygenated but you

never know if a moose or a humanoid will decide to soil it upstream! Above all, do not drink stagnant water. Some take chances and drink clear water from stormy waterfalls. They're not sick but it is sheer luck.

**Where can I find white gas, liquid fuel or naphtha?**

Matapédia: contact Nature Aventure (CP. 156, Matapédia, Qc, G0C 1V0, [www.matapediaaventure.com](http://www.matapediaaventure.com), 418-865-3554).

Causapascal : in Coop Hardware Store.

Amqui : in BMR, Coop, and Rona (hardware stores).

Matane Wildlife Reserve: You can find some at Depanneur St-Rene, about 10km from the Reserve's entrance but before going, ask Camps Tamagodis, they might have some.

Petit-Sault Camping: From there, you'll have to go to Cap-Chat. Renovex at 27, Notre-Dame or Gosselin Renovation 3, Notre-Dame in Cap-Chat.

Gîte du Mont-Albert : In Gaspésie Park, you can find some at the little shop.

Lac Cascapédia Camping: Available at the little boutique.

Mont-Saint-Pierre: You can buy it at Marché Cloutier, 70 Prudent-Cloutier in Mont St-Pierre.

Grande-Vallée: Go to Boulet Sports.

Rivière Madeleine: Entreprises Beaulieu, (418) 393-2436.

Anse-à-Valleau: contact Mrs. Blandine at Motel des Ancêtres, (418) 269-3371.

Cap-aux-Os: Go see Mr. Gilles Shaw at the Youth Hostel (418) 892-5153. He'll direct you.

**Pets?** Mosquitoes can act like pets. When you walk, there isn't any problem but when you stop, you might want to have a screen or mosquito oil. In Gaspésie Park, dogs or other pets are strictly forbidden. In Matane Wildlife Reserve and Forillon National Park of Canada you can bring your dog as long as you keep it on a leash.

**Kennel?** If you're looking for a heavenly location for your pets while you cross Matane Wildlife Reserve or Gaspésie Park, call Paule Otis or Andre Raymond in Sainte-Felicite at (418) 733-4847, [pauleotis@globetrotter.net](mailto:pauleotis@globetrotter.net). They have a kennel located near the forest, close to a river and they can get your pet.

**Food drops?** The following places allow food drops by snail mail, as long as you use this pattern:

<b>Grand Randonneur +your name (+ reservation number or passport number for Gaspésie Park)</b>	
Bureau de poste Matapédia 3, rue Macdonnel Matapédia (Québec) G0J 1V0	Bureau de poste de Gros-Morne 8A Rue Principale Gros-Morne QC G0E 1L0
Bureau de poste Causapscal 480, St-Jacques Nord Causapscal (Québec) G0J 1J0 (418) 756-3869	Bureau de poste de Manche-d'épée 26 RTE Principale Manche-d'Épée QC G0E 1R0
Camping d'Amqui CP 5025 Amqui, Qc G5J 3S5	Bureau de poste Grande-Vallée 7, St-François-Xavier Est Grande-Vallée (Québec) G0E 1K0
Bureau de poste St-Vianney 125, Av. Centrale St-Vianney (Québec) G0J 3J0	Bureau de poste de Petite-Vallée J.A. Lebreux et Fils ENR. 47 Rue Principale Petite-Vallée QC G0E 1Y0
Camp Tamagodi (western entrance of the Matane Wildlife Reserve) 696, Route 195 St-René-de-Matane QC G0M 1Z0 (418) 224-3340	Bureau de poste St-Maurice de l'Échouerie 51, Ch. de l'église St-Maurice de l'Échouerie (Québec) G4X 1P0 (418) 269-3612
Camping du Lac Cascapédia Parc national de la Gaspésie 900, Route du Parc Sainte-Anne-des-Monts QC	Bureau de poste 922, boul. de l'Anse-à-Valleau L'anse-à-Valleau (Québec) G4X 1L0 (418) 269-5497

<p>G4V 2E3 1-866-727-2427</p> <p>1981, Route du Parc Centre de service Sainte-Anne-des-Monts QC G4V 2E4 (418) 763-2288</p> <p>Bureau de poste Mont- St-Pierre 104A Rue Prudent-Cloutier Mont-St-Pierre QC G0E 1V0</p> <p>Bureau de poste Mont- Louis 91<sup>e</sup> avenue O Mont-Louis Qc G0E 1T0</p>	<p>Camping des Ancêtres 865, de l'Anse-à-Valleau Anse-à-Valleau (QC) G4X 4A1(418) 269-3371</p> <p>Bureau de poste Rivière-au-Renard 41, Bl. Renard Est Rivière-au-Renard (Québec) G4X 1S0 (418) 269-3768</p> <p>Auberge Cap-aux-Os Attention Gilles Shaw 2095, boul. Grande-Grève Forillon, Gaspé QC G4X 6L7 (418) 892-5153 aujeca@globetrotter.net</p>
--	---

**What is International Appalachian Trail opening date?** The IAT will be open from June 24 to October 11. Cross verify with IAT-QC. Since we are located in a boreal forest where there is -and always will be- fallen trees blocking the trail. For safety reasons, as well as for the protection of the environment, hikers are not allowed to hike before the opening date.

Usually, in the middle of May, we can hike the «Lac aux Américains» and the «Chutes du Diable» in the Gaspésie National Park. At the end of May, the «Jo-Fortin», the «Ernest-Laforce», and the «Richardson» are usually ready. In the middle of June we usually can hike the «Mont Albert», the «Xalibu» and the «Pic du Brûlé». Always contact Gaspésie Park at 1-866-727-2427 or by E-mail at [parc.gaspesie@sepaq.com](mailto:parc.gaspesie@sepaq.com). Long distance hiking partially opens June 21<sup>st</sup> and is ready on June 24<sup>th</sup> (to be confirmed). We did try to open before but were unable to. We have to accept the fact that hiking season doesn't last long in Gaspésie.

**Five sectors?** What are the differences between the different sectors?

Matapedia Valley: 50.5 km, from Matapedia to Assemetquagan River. We can describe this sector as being rustic and bucolic. Hiking becomes particular in certain locations due to the fact that the Trail is right along the River. The difficulty level goes from easy to intermediate, except for Clark Canyon which is very difficult, but cannot be missed. Hikers are able to get some supplies in each of the municipalities.

Avignon: 150.6 km, from Assemetquagan River to Matane River.

Matane Wildlife Reserve: 112.1 km, from John Station to Mount Logan. This secluded part of the Trail is relatively new. The level of difficulty is **very high**. There aren't any shelters but a little one on Mont Blanc, as well as one on Mont Logan. Campsites are also close to reliable water facilities. Signs and markers are adequate.

Gaspésie National Park: 99.5 km, from Mont Logan to Mont Jacques-Cartier Camping. The Park is well organized, far from civilization with sumptuous backgrounds. The level of difficulty is high. It is forbidden to camp outside a shelter or anywhere else than in the campgrounds. Some platforms were built along the IAT.

Upper Gaspé: 96.8 km, from Mont-Saint-Pierre to Riviere-Madeleine. You are in the mountains during the day and in the villages at night. We didn't build campgrounds or shelters because services are available. When the trail is too far from civilization, you'll find infrastructures. The advantage is that you'll have a splendid view on the sea from the mountains and a cultural experience in the villages. The level of difficulty is intermediate for people in good shape.

Côte-de-Gaspé 114.1 km, long stretch from Sainte-Madeleine to Forillon National Park of Canada. This section is pretty much like Upper Gaspé since you're in the mountains during the day and in the villages at night. The scenery is carved and indented with a great synergy between the sea and the mountain. The level of difficulty is intermediate for people in good shape.

Forillon National Park of Canada 45km, up to Cap-Gaspé. The first or the last section on the IAT. A lot of activities set up by the Park for all ages. Infrastructures are really well organized. The view of the sea is unimpeded because, close to Cap-Gaspé, the sea is on both sides of the Trail. The level of difficulty is from easy to intermediate.

**Hunting?** Hikers have the right to travel during hunting period, with an orange security vest in Matane Wildlife Reserve between 9 am and 4 pm. This means that hikers are allowed to ravel on the trail during the day. From 4 pm, hikers have to stay at the campground without traveling, as well as in the morning, until 9 am.

Moose-hunting period starts after Labor Day and lasts 50 days. After one week break, it's the late female hunting that begging and last 53 days. The small game hunting begging in the third week of October and ends in the first week of November. Be careful. Wear your security vest and stay on the Trail. Dates are different in the other parts of the IAT. No hunting is allowed in Parks.

**Train?** VIA Rail Canada stops regularly in Matapédia. VIA Rail Canada offers services in Montreal, Quebec, Gaspé, St. John and Halifax. For more information, call VIA Rail Canada at 1-888-842-7245 or visit their Internet Website at [www.viarail.com](http://www.viarail.com). Amtrak offers a connection between Montreal and New York: 1-800-872-7245 or at [www.amtrak.com](http://www.amtrak.com).

**Bus?** By connecting the five sectors between each other, as well as with services everywhere in Quebec, Orleans Express is a name to consider when planning your transportation. For more information, call Orléans Express at (514) 842-2281 or visit their Internet Website at [www.ortleauxexpress.com](http://www.ortleauxexpress.com).

### **Maps, info and shuttle services?**

Matapédia Nature Aventure, (418) 865-3554, offers canoe rides on Restigouche and Matapédia Rivers. It also offers shuttle services. Nature Aventure sells maps for the IAT-Quebec. Contact them for more info about the condition of the Trail between Matapédia and Amqui. To get to Nature Aventure from New-Brunswick, hike 1 km in the town of Matapédia, turn left beside the canoe and straight for 0.6 km.

Sainte-Marguerite Remi Saint-Laurent, (418) 756-3094, can offer a shuttle service from Sainte-Marguerite to Matapédia.

Matane Absolu ÉcoAventure, (418) 566-5774, offers shuttle service, luggage transportation and food drops for the western part of the Matane Wildlife Reserve

Cap-Chat Jérôme Landry from Valmont Plein Air (418) 786-1355 can carry your parcels up to «Petit-Sault» campground, to Matane Lake and on Mount Logan. He also can pick you up or drop you on the trail. He sells IAT-Quebec maps.

St. Anne-des-Monts The Gaspésie National Park offers a daily shuttle service for most of the summer between Saint-Anne-des-Monts, the Gîte du mont Albert, Mount Jacques-Cartier and Mount Jacques-Cartier Campground. You can also ask to be dropped at Mount Logan and for food drop but you have to book 72 hours in advance. Call 1-866-727-2427, toll free, or 418-763-7494 ext.3301 for more information.

### MATAPEDIA VALLEY SECTION

Matapedia Valley Map (164.6 km on 201.1 km)  
Matane Wildlife Reserve (35.5 km on 201.1 km)

Distance between marks /maps	<b>Shelters, lean-tos, campgrounds, villages, water</b>	Kind of services
1.8 km	Restigouche River bridge	W
0.2 km	Matapédia Info Center	W
15.0 km	Matapédia Camping	S, PF, W, Tel.
1.5 km	St-André-de-Restigouche (village)	W, Tel.
9.5 km	Le Turcotte Refuge	R,W
17.0 km	Le Corbeau Refuge	R,W
5.5 km	Le Quartz Refuge	R,W
8.5 km	Assemetquagan River	C, W
11.0 km	Ruisseau Creux	R,TP,W
17.5 km	Ste-Marguerite Camping (village)	W, LT
2.5 km	Causapscal (town)	W
17.6 km	Causapscal Campground	W,SH, Tel. LT,W
23.0 km	Les Chutes Campsite	LT,W
11.0 km	L'Érablière (Lac-au-Saumaon)	W, Tel.
17.0 km	Amqui (town)	W, SH
6.0 km	Amqui Camping	W,
	Camp Sable-Chaud (2.2w)	

On the Matane Wildlife Reserve map

11.0 km	Les Trois Sœurs <b>NO WATER</b>	R, LT
14.5 km	St-Vianney (village, camping)	W, LT
11.0 km	Tamagodi Camp	W

**For lodging and services in the Matapedia Valley and Avignon areas, see the Service Providers' Network.**

**Matapédia**—PO: 3 McDonell, Matapédia, Qc, G0J 1V0, (418) 865-2188 Contact person: Geneviève Labonté (418) 865-3554, [natureaventure@gmail.com](mailto:natureaventure@gmail.com). The Information Center is not open in 2009 but it will reopen in 2010. Lodging: Motel Restigouche, toll free number 1-877-865-2848, [www.matapedia.com](http://www.matapedia.com); restaurant, bar, laundry possible, pool. Services: There is no campground with facilities but it is permitted to camp free of charge in Park Adams (near Nature Aventure) Most services are across the Matapedia River Bridge, including Bujold grocery (3), liquor store, Caisse Populaire (bank) with ATM, Chez Casimir terroir café and grocery [www.chezcasimir.com](http://www.chezcasimir.com), Nature Aventure (canoe and kayak rental, info about the IAT, topo map sale for the IAT – Qc), [www.matapediaaventure.com](http://www.matapediaaventure.com).

**Trail between Matapedia and the Assemetquagan River**—Trail has been quite improved with marker posts and is well maintained. Even though the region summit is only 473 m, the difficulty level should not be underestimated because of its great number of slopes from one valley to the other.

**St-Andre-de-Restigouche**—After the IAT-SIA signs, walk past the church (on your left as you go “north”) to the main road through the valley. Turn left onto the road, which you will follow 1.7 km to a sign pointing to a trail shelter named “Le Turcotte”, which is around 200 metres inland. Continue 1.8 km to a parking lot on your left, where the trailhead is. A convenience store, south of the church and municipal camping are the only services in the village.

**North Canyon Clark**—About 2 km with five bridges, four river fords, and some technical parts. May slow down a normal hiking speed.

**Causapsal Wildlife Reserve**—After fording the Assemetquagan River, you'll officially be in the Causapsal Wildlife Reserve.

**Ste-Marguerite**—Services: Bar 250, on 250 Kempt serves meals and rent rooms, 418-756-5207. B&B on 225 Kempt (Serge Comtois: 1-450-491-6632); Dépanneur Lynsy (2), 263 Kempt ,418,756-3005. Person in charge of this IAT sector: Rémi Saint-Laurent, 242 Kempt, G0J 2Y0 (418) 756-3094. He can offer shuttle service or baggage transportation.

**Causapsal**—PO: 480, St-Jacques N., Causapsal, GOJ IJO; (418) 756-3869. Services are spread out along Route 132, which parallels the Matapedia River.

Services south of town center on Rt. 132: Lodging: Auberge la Coulée douce, rooms for rent, 756-5270, A/C. Restaurant Cantine Sportive; Grocery Marche Richelieu (3), with good selection of quality foods. Site Historique Matamajaw, which consists of several restored buildings related to the town's history and salmon fishing; Causapsal Information Center, next to Matamajaw historic site.

Services west of the bridge over the Matapedia: Raymond Bellavance et fils, a hardware store with some camping supplies (not geared toward long-distance hikers); Services west of the bridge over the Matapedia: Raymond Bellavance et fils, a hardware store with some camping supplies (not geared

toward long-distance hikers); Depanneur Gem groceries (2); there is a drug store and a medical clinic in a small shopping center next to Matapedia bridge.

Services north of the bridge over the Matapedia: Caisse Populaire (bank), with ATM and phone; Restaurant Casse Croute Lauzier; Casse Croute Spot Lunch; Cantine Linda, with Poulet Frit Chester (fried chicken); Galeries St-Jacques, where the Restaurant Katrami is located; Petro Canada Depanneur (2); Lodging: Municipal Campground (418) 756-5621, laundry, soda pop, firewood; Motel du Vallon, 756-3433 and 1-877-356-3433.

**Leaving Causapsca**—the trail goes through the municipal campground on route 132 on the north side of town. After leaving the trail you will follow roads until you hit the Causapsca River. The trail follows the old game warden's path along this beautiful river. At some falls you may be lucky enough to see fish migrating upstream; there are several excellent views above the many waterfalls. At the North end of this river walk is a salmon trap similar to the one North of Nictau, NB. There are observation areas, a small display, and a warden on duty at the trap. N of the trap, you will walk through a beautiful area of swamps and meadows.

**St.-Alexandre-des-Lacs**— To reach Saint-Alexandre-des-Lacs, you have to leave the trail walk 2 km north. Depanneur (2) and bar.

**Mont Thabor (hang glider launching site)** ; Magnificent view on Lac-au-Saumon village. There is an outhouse and a picnic table.

**Chutes Philomene**—Soon after crossing a wooden bridge with white railings, you'll see the parking lot for the falls on your left. There's a large pavilion next to the lot, which could serve as shelter in bad weather. The long walk to the bottom of the falls is well worth the beautiful views.

**Amqui** (pronounced "Ahm-kwee")—Town (418) 629-4242 PO: (418) 629-3080. Services are quite spread out.

Services at intersection of route 132 and route 195: Supermarkets (3), bank (ATM), and department store.

South on Route 132, near the Matapedia River bridge, there's a pharmacy and Caisse Populaire (ATM). Restaurants in town include Dixie Lee, fast food specializing in fried chicken; Pastali, pasta, pizza and seafood, near the PO; La Gourmandise Pizza, near the train station; Casse Croute de la Gare, features pizza, subs, and breakfast food; Hotel Gagnon, bar and restaurant, dairy bar in front of the Campground. Lodging: Hotel Amqui 629-4575, looks like a Youth Hostel, Auberge Beauséjour 629-5531, Domaine du Lac Matapedia (B&B) 629-5004, Camping d'Amqui 562-4242, ext. 237 and Camp Sable Chaud, 5minutes from Seigneurie de Lac Matapedia 629-3747. There are two hotels close to the railway station: Auberge Ambassadeur, 1-888-588-6464, and Selectotel Amqui, 1-800-463-0831. Inter Sports, carries a limited selection of camping supplies.

Hospital 1 km down on Rt. 195 between town and where the Trail crosses Rt. 195.

\*\*\* Amqui is a good place to make your reservations for the Matane Wildlife Reserve, the Gaspesie National Park, and the refuges near Amqui. Call the Sepaq at 1-800-665-6527.

**Trois Soeurs Shelter**—In the area of the "three sisters," twisted trees you will see "south" of the shelter, and three sister hills you will come across, before the pillow you hit. There's **no water** at the shelter, so bring water from the stream that parallels the old grade crossing (you may have to bush-whack a bit). Southbounders could tote water from the stream that crosses the old grade crossing about 3km "north" of the shelter.

**Re-supply before the Matane Wildlife Reserve and the Gaspésie National Park**—As you turn east from the Matapedia Valley toward the mountainous center of the Gaspé, re-supply options become scarcer. You may want to re-supply in Amqui. Another option is to wait until St-Vianney, which has a good grocery store. Past St-Vianney you'll pass the Tamagodi Camps, where you may be able to send a package. There is also a grocery store (3) in St-René.

**Carefully plan your re-supply options.**

**St.-Vianney**—Town (ask for the secretary): 418-629-4082. PO: (418) 629-3705 Restaurant and grocery (3), the last store on, or near the trail (0.2 km S) until crossing Route 299 at the Gîte du Mont Albert in the middle of the Gaspésie National Park, some 180km “north”. Another possibility is in St-René.

**MATANE WILDLIFE RESERVE SECTION (112.1 km)**

Distance between marks (maps)	<b>Shelters, lean-tos, campgrounds, villages, water</b>	shelters and services
9.1 km	Tamagodi Camp	W
14.0 km	“John” Gate Campground	W,Ph,Sh
13.0 km	Le Ruisseau des Pitounes	W,TP
8.0 km	Le Lac Tombereau	W,TP
5.0 km	La Montagne à Valcourt	W,TP
8.0 km	Lac Matane (campground 0.8km away)	W,TP
9.0 km	Le Lac du Gros Ruisseau (0.5 km)	W,TP
8.0 km	Le Mont Craggy (1 km)	W,TP
15.0 km	Le Lac Beaulieu	W,TP
9.0 km	Le Petit Sault	W,TP
14.0 km	Le Ruisseau Bascon	W,TP
	Le Nyctale Refuge	R,W

**For lodging and services in Matane area, see the Service Providers’ Network.**

**Matane River**—After crossing the Matane River, the trail veers right, upstream, toward the “John” gate of the Matane Reserve. At the Matane bridge is Camps Tamagodi, (418) 224-3340 or 562-7145, which has a motel and several cabins, as well as a small restaurant, phone and trailer camping. It is possible, if you call to make arrangements for a maildrop. If you haven’t resupplied yet, you could hitch north on Rt.195 a couple kilometers to a depanneur (2), and there are several other depanneurs 7km further down the road toward the town of Matane. The Matane River is a world-class salmon

stream. Parking pull-offs along the Matane park road are given colourful individual names after the nearest fishing holes.

**Matane Wildlife Reserve**—Most of the Reserve’s visitors are salmon anglers, so accommodations are geared toward this clientele, which consists of rental cabins along the Matane River. It is far from civilization, has no phones or services but for emergencies, you can always count on tourists and workers. The Reserve is strewn with forest roads. Walking north from Camps Tamagodi, you will pass “John” gate of the Reserve, where you will need to check in. Wilderness camping is not allowed in the Reserve. There is a campground and a phone at “John” and you can buy topo maps. For information about the Reserve and reservations call 562-3700, 1-800-665-6527 or the “John” gatehouse (in season) 224-3345; [resmatan@globetrotter.net](mailto:resmatan@globetrotter.net); [www.sepaq.com](http://www.sepaq.com).

Lodging is possible but limited to small chalets built to meet the needs of fisherman or hunters, and located near the river. There is 1 campground and 9 campsites with 2 platforms and one shelter each, available for rent with reservations.

The trails in the Matane Reserve are very difficult like you had back in the Squaw Cap and southern Matapédia sections. Nonetheless, the scenery, like the trails, will take your breath away. The trails in the Gaspésie National Park are well graded and much easier to hike.

**Shuttle Service:** Shuttles can bring you in the Reserve. For the West sector of the Reserve, call Absolu EcoAventure (418) 566-5774; [info@ecoaventure.com](mailto:info@ecoaventure.com). For the Cap-Chat sector, call Valmont Plein Air (418) 786-1355 [valmontpleinair@globetrotter.net](mailto:valmontpleinair@globetrotter.net).

**Food drop** Barrels have been installed for food drops to these places: Lac Matane and Petit-Sault.

**Lac Matane**—The long scenic lake is bounded closely by high mountains. You will pass over the dam which controls the lake’s water level. There’s an open shelter on the west side of the dam, but it’s not for overnight use. The IAT tent platforms are well hidden on the east side, 0.8 km from the trail, with a magnificent view of the lake and cliffs where a golden eagle’s nest is located.

**Campsite and spring**—In the saddle between Mt. Craggy and Mt. Blanc, turn left (North) and walk about 20 meters to the spring. Flattening areas are nearby.

**Mt. Blanc**—At 1065 meters this is the highest mountain since Katahdin. Views north to the St-Lawrence and a giant wind farm at Cap-Chat. Mount Logan is the peak to the east with cabins and radio towers on the summit. On the top of Mt. Blanc is a small cabin with bunks, table and wood stove; and a privy is nearby but it’s not available for overnights. There’s a spring just off the trail, “south” of the summit; as is a comfortable bench for taking in views to the west of the peak.

**Lac Beaulieu**—

**Mont Nicol-Albert and Les Treize Chutes**—After summiting this craggy peak, the trail plunges steeply through a canyon along Beaulieu brook, with a series of 13 high and powerful cascades called Les Treize Chutes. It’s considered the most difficult section of the Trail. You’ll cross a footbridge atop a salmon sanctuary. The campsite is close, then at the bottom of the canyon the trail reconnects to the Reserve road. Travel N on the road about 2 km to the large IAT-SIA sign on the right of the road, and enters the woods.

**Cap-Chat:** Keep on Route 1, going N, there is a quaint village named Cap-Chat, 38 km from Petit-Sault. You can get some supplies before crossing the Park. Contact Valmont Plein Air at (418) 786-1355, on the seaside close to the bridge. He offers shuttle, guide, coffee and restrooms. In the village: PO, camping, lodging: Auberge du Cap is hiker-friendly; they even do your laundry and organize your way back to the forest (418) 786-5252. Restaurants, grocery (3), fish shop.

**Chute Hélène :** Back in the forest, the trail follows a stream up to Chutes Hélène, a high cascade that leaves a veil of mist below it, 0.1 km N of the Trail. Don't miss it.

**Le Ruisseau Bascon campsite to Mt. Logan**—A few km N of the campsite the trail rises above tree line for the first time since Katahdin. There are several grueling ups and downs between Mt. Collins and Mt. Logan, where, in that section, you get your first chance to see caribou since you're into the tundra, treeless vegetation. The Parc's caribou herd is the last remnant of an ancient herd of millions that lived south of the St. Lawrence, all the way down into what is now New England. Today only about two hundred remain.

**GASPESIE NATIONAL PARK SECTION (99.5 km)**

Distance between marks/maps	Shelters, lean-tos, campgrounds, villages, water	Kind of services
0.1 km	La Nyctale (Mt L.M.Lalonde)	R, W
8.3 km	La Chouette (Mt L.M. Lalonde) La Croisée (Des Iles Lake)	R, W PF, W
7.7 km	Le Carouge (Choc Lake) Le Kalmia (Côté Lake)	R, W PF, W
10.2 km	Le Huard (Thibault Lake) shelter: 1km E of the Trail	R, W
14.6 km	La Mésange (Pic de l'Aube) water:1,0 km from refuge refuge:0,4 km W of Trail Le Saule (Pic de l'Aube)	R, W PF, W
0.3 km	Casapédia Campground	W, SH
8.6 km	Le Pluvier & L'Hirondelle (Casapédia Lake)	R, W
21.7 km	La Paruline (Haynard Lake) La Fougère (Manni Lake)	R, W PF, W
	Rte 299; Ste. Anne River Gîte du Mont Albert La Rivière Camping Mont-Albert Camping Le Faucon, la Buse, le Geai Gris (refuges 2 km S of Hotel)	Hotel**** W, SH, Tel. W, SH, Tel. R, W, SH

8.2 km	Le Roselin (Aux Américans Lake)	R, W
6.6 km	Le Tétras (Samuel-Cote Lake) La Camarine (Tetras sector)	R, W PF, W
12.9 km	La Grive	R, W
0.3 km	Mont Jacques-Cartier Campground	W, SH

Picture: Gaspésie National Park



**Mt. Logan**—Cabin with bunks and wood-burning stove. The only place where you sleep atop a mountain, gripping view. The refuge is privately-owned.

**Circulating in Gaspésie National Park**— park. The two most important are: You need an access permit (provided free with any accommodation) and hiking off-trail is forbidden. Also, pets are not allowed.

**Camping in the Gaspésie National Park** —Because of the heavy use and fragile environment in the park, there is no wilderness camping, and hikers must have permits and arrange for accommodations, which consist of refuges (cabins) and three campgrounds (see chart below for mileages). It’s best to call ahead; (418) 890-6527 or 1-800-665-6527. Tell them that you are a long-distance hiker! The reservation people think that a ten-mile day in the Parc is tough, when actually the trails are very well graded and maintained. Hikers who have made it through this far should find the Parc a beautiful and relatively easy section.

**Shuttle Service**—The Park provides shuttle service to some refuges and various points in and around the Park. They also can carry your food in two refuges. Call 72 hours beforehand at 1-418-763-7494, extension 3301.

**Refuges and Campgrounds**—Named after birds, the refuges and campgrounds in the Gaspésie National Park are listed above. You may want to refer to this table as you talk on the phone with the reservations person. Plans are in place for the construction of wilderness campsites between each of the cabins in the Parc. Remember to tell the person taking reservations that you are a long-distance hiker!

**Choc Lake**—It’s worth it to sleep at Le Carouge. No roads lead to it, no electricity or phone, far from civilization. If weather is good, sleep outside on the balcony. You might wake up to the sound of a moose looking for food around the chalet.

**Pic de l’Aube** — “Peak of the Sunrise”. Impressive not-to-be missed views, especially east along the northern escarpment of the Chic-Chocs. Good spot for breakfast.

**Rte 299/Gîte du Mont-Albert**—First road crossing with services since route 195 at Tamagodi Camps in the Matane section. All services are near the road where the trail crosses route 299. the Information Center is a good place to start, (418) 763-7811, where you can make reservations for services in the park in person (or by phone). Groceries are limited in the area, but there’s a small camp store (1) in the Information Center, with energy bars, film, sandwiches, and some supplies for hiking like bottled water and Swiss Army knives. Bistrot Le Piedmont serves light meals.

Lodging: Gîte Mont-Albert\*\*\*\*, 1-866-727-2427, gitmtalb@globetrotter.net: chalets, bar, heated pool, coin-up laundry in basement, showers with towel available at a low rate for non-guests. The Gîte offers packages for hikers. Camping: There are two campgrounds near the Gîte, with Camping La Riviere closest to the trail. Camping du Mont-Albert is off route 299, about 2km south of the trail crossing. Call SEPAQ to make reservations in the campgrounds 1-800-665-6527.

**Ste.-Anne-des-Monts**—This large town is about 40 km N of the Gîte. Accommodation: Auberge internationale, (418) 763-7123, [www.aubergegaspesie.ca](http://www.aubergegaspesie.ca); Auberge Festive Sea Shack (Hi Hostel, 12 km E of Sainte-Anne-des-Monts) 1-866-963-2999, [www.aubergefestive.com](http://www.aubergefestive.com). The town has grocery stores (3) and banks with ATM's.

**Mt. Jacques Cartier**—At 1268 meters, it's the highest peak since Katahdin. Many people will likely be around when you summit, though most will have walked east to west from Mont Jacques-Cartier Campground. There's an observation tower/shelter with a wood stove, that will help you locate faraway places, and there's a privy if nature calls. After Mt. Jacques Cartier the trail descends to the campground and then turns north toward the St-Lawrence estuary. Access to the summit is restricted from 10 am to 4 pm, starting on June 24th through to September 30 to limit the disturbance of the caribou by hikers

**Leaving the Park**—Trail conditions can vary from here to Forillon National Park of Canada. Some sections are very new, steep and rough, while others follow old and not so old logging roads.

**UPPER GASPE SECTION (96.8 km)**

Distance between marks (maps)	Shelters, lean-tos, campgrounds, villages, water	Kind of shelters/ services
13.7 km	Mont Jacques-Cartier Cmpgnd	W, SH
19.5 km	Les Cabourons	R
3.4 km	Mt. St-Pierre Cmpgnd	W, SH, Tel.
6.6 km	Mont St-Pierre Info Center	W, Tel.
7.0 km	Parc & Mer Mont Louis Campg	W, SH, Tel.
13.7 km	Camping Anse Pleureuse	W, SH, Tel.
8.8 km	Gros-Morne (village)	W
12.9 km	Manche-d'Épée (village)	W
2.0 km	Camping Bel-Air, Madeleine-Centre	W, SH, Tel.
9.2 km	Rivière Madeleine (village)	W
	Camping du Grand-Sault	PF, S

**For lodging and services in the Upper-Gaspé area, see the Service Providers' Network.**

**Mt.-St.-Pierre**— PO : 104A, rue Prudent –Cloutier (418-797-5160). The first town of many along the Gaspé coast. Watch hang-gliders lift off the mountain to the east of town. Aventure Appalaches (418) 797-5101 can give you answers to your questions about the IAT and the village.

Camping Mt.-St.-Pierre, on the trail, 3 km S of the town, (418) 797-2250; showers, pool, payphone. Lodging: Motel Mt.-St.-Pierre, (418) 797-2202, restaurant B/L/D, Motel les Flots-Beus (418) 797-2860, Chalets Auberge Bernatchez (418) 797-2733, Hotel-Chalet Chez Vermont (418) 797-2810, Gîte Chez-Médé (418) 797-2267. Auberge Les Vagues, (418) 797-2851; motel, hostel, restaurant/bar with pizza, chicken, etc. Au Delice Motel/Restaurant 1-888-797-2955, laundry. Groceries, Omni Marche Cloutier(3). Caisse Populaire (bank), M-F 11am-3pm, no ATM. Food: Les Joyeux Naufrages, bar and restaurant; dairy bar, snack-bar.

**Mont-Louis**—PO: 9, 1<sup>ère</sup> Avenue Ouest (418) 797-2370. Lodging: Auberge des Belles-Sœurs and L'Eau à la Bouche restaurant (418) 797-5000 ; Le Saint-Maxime, small hotel, Motel-gîte-resto Mont-Louis, Motel Ro-Zach Haute-Gaspésie. You can camp on the east side of the harbor at Parc et Mer Mont Louis; showers, Internet Cafe, and beach. Info at the PO. Food : AxepMarche Alimentation (3) fish shop and drug store, Gaz-o-bar depanneur Mont-Louis (2), phone; Produits fumes Atkins (smoked products), Dépanneur Chez-Louise, Dépanneur Jos E. Lemieux et Fils, Food : Restaurant La Seigneurie snack-bar; chez Denise (bar and pizza) ; La Broue dans l'Toupet (418) 797-2008. Caisse Populaire (bank no ATM), Internet Café, CLSC.

**L'Anse Pleureuse**—Services: B&B Gîte de l'Anse-Pleureuse (418) 797-2033 with a dining room open 7am-8pm; Camping Anse Pleureuse (418) 797-2384, with 18 sites, 1 chalet and 2 rooms with kitchenette, with all amenities. Chalets for rent in the forest (418) 797-2635, ask for André Robinson.

\*\*\*\*\*From l'Anse-Pleureuse to Gros-Morne, the trail goes on the cliffs, giving you stunning views on the river and the mountains. It follows the ancient "Chemin du roy" and then goes through an ancient cedar forest that could as well be a haunted forest in a horror movie set. Between l'Anse-Pleureuse and Gros-Morne, you have to follow the Flétan brook. Horizontal rock stratifications that were transformed into music hall tiers give a stunning view.

**Gros Morne**—PO. 8A, rue Principale (418-727-2434). Grocery stores: Marche Omni (3), Marche Extra (3), homemade bread, Restaurants: Chez Gina, Fritou (chicken), casse croute (snack-bar).

**Manche-d'Epee**—PO: 26 Principale, Manche-d'Epee, QC,GOE IRO; (418) 393-2404. According to Carole Bourget, a Cap-Chat hiker, the view from the Manche-d'Epée panoramic viewpoint is a gripping one and it is even better when one walks among giant cedars: "I thought I was in British Columbia! »

**Madeleine-Centre**—Caisse Desjardins (bank) without ATM, Lodging: Motel du Rocher and Chalets, 1-800-391-2425; laundry possible; restaurant B/L/D.Camping-Chalets Bel Air (418) 393-2755. Grocery: Omni Marché (3), Internet-Cafe at the Cap-Madeleine lighthouse.

**Riviere Madeleine**—Lodging: Auberge-restaurant Chez Mamie. Bon Accueil Hotel-Motel (resto-bar). Restaurant: Casse-Croûte de la marina (snack bar). Watch out! The trail turns at Lake Francis! Look out for IAT signs. Further down, the Trail is on the road. You should visit the Grand Sault, the longest (139 metres) underground fish ladder in the world. It is located 2 km away from the Trail with a 457 metres gradient.



**GASPÉ COAST SECTION (114.1 km)**

Distance between marks (maps)	Shelters, lean-tos, campgrounds, villages, water	Kind of shelters and services
18.9 km	Le Grand Sault <b>NO WATER</b>	S, PF
7.1 km	Grande-Vallée (village)	C, W, SH Tel. W, Tel.
11.0 km	Petite-Vallée (village)	S, PF, W
11.5 km	Les Terrasses	R, W
24.8 km	Les Cascades	PF, W
8.3 km	La Chute	R, W
4.0 km	Le Zéphir	W
8.0 km	L'Anse-à-Valleau	PF, W
9.0 km	Les Carrières	R, W
10.6 km	L'Érablière	
	Route 197/Forillon Park	

**For lodging and services in the Gaspé Coast area, see Service Partners Network.**

**Grande-Vallee**—PO:(418) 393-2090. Lodging: Auberge Richard (418) 393-2670, Motel Grande Vallée (418) 393-2648, Motel La Marée Haute (418) 393-3008. Camping Au Soleil Couchant (418) 393-2489. Dépanneur (2), Restaurant Dixie Lee. Boulet Sports: some camping supplies and Naphta (418) 393-2766. Groceries, Marché Grande Vallée (3),

Another resupply possibility is Riviere-au-Renard, which is two days of hiking before reaching Cap Gaspé Walk 8 km north from route 197 crossing. Grande-Vallee is the largest village between Mont St.-Pierre and Riviere-au-Renard. There are many services and there is a beautiful trail park in the heart of the village with the Gallipeault covered bridge along the inlet (quite beautiful).

Behind the dairy bar, east of the village, the trail goes along the coast for the first time without a road. This is a great opportunity for whale watching. Look for unique and interesting sea-worn rocks with white “rings”. The trail comes out at Longue Pointe, location of the Auberge Maison Lebreux and chalets.

**Petite Vallée**—De la Vieille Forge Playhouse, Lodging; Auberge La Maison Lebreux (B&B), (418) 393-2662—meals available. La Vieille Forge restaurant. Section of 3 km along the beach, hard to cross, can take up to three hours.

**High Tide or low tide?**—When leaving Longue Pointe be careful: you can only hike on the beach at low tide. You can have more info on tides by asking the locals or by calling the Maurice-Lamontagne Institute at (418) 775-0759,.

Pourvoirie Beauséjour—A lodge with picnic tables that provides lodging and meals. Well-organized.

**Cloridorme**—(6 km N on a side-trail) Lodging, Restaurant La Maisonnée (418) 395-2424, PO, grocery, bank. At the quay, you may see sailboats from across the Atlantic.

**Saint-Yvon**—Lodging; Motel du Cap 1-866-395-2992. Another High Tide or Low Tide option. Look out for herons around the pond.

**Pointe-à-la-Renommée**—site of North America's first marine radio station, built by Marconi in 1904. It's not a village but a historical site with a museum and restrooms. The trail passes nearby.

**L'Anse-à-Valleau**—Lodging: As you leave the wharf, turn left along the sea (.2 km) to Chalets Au Gaspésien; or up the hill to hiker-friendly camping des Ancêtres (chalets), B/L/D, laundry, space for cooking with woodstove, belvedere.

**Pointe-Jaune**—(4 km E) Small grocery store (2).

**Saint-Maurice-de l'Échouerie**—Lodging, food, PO.

**Riviere-au-Renard**—(9 km N after route 197 trail crossing) Approximately the size of Grand-Vallee, most services needed between here and the end of the trail are available here, including lodging, groceries (3), restaurants and drug stores. Camping des Appalaches—1-866-828-7775. Cab: (418) 269-3348

### **FORILLON NATIONAL PARK OF CANADA (45 KM)**

The IAT crosses the whole Park. It's a living history Park with exhibits. The Forillon National Park of Canada is the icing on the cake after a long hike but it is a well a magnificent place to tread on the International Appalachian Trail for the first time. The three backcountry camping sites along the Trail can not be booked, since they are free. It is a first come, first served policy. The authorities of the Park want you to register at the Reception Centre (Centre d'Accueil du Parc) or in a park toll kiosk. For more information, call 1-888-773-8888 or visit [www.pc.gc.ca/pn-np/qc/forillon/default.asp](http://www.pc.gc.ca/pn-np/qc/forillon/default.asp). The Park is divided into three campground areas: Des-Rosiers, Cap-Bon-Ami, and Petit-Gaspé. All are close to the trail and are an option for the night after finishing the trail. Cap-Bon-Ami is in a particularly pretty setting under Mont St-Alban. Be sure to make reservations (1-877-737-3783 or at [www.pccamping.ca](http://www.pccamping.ca)) as soon as you can, as they can be crowded in summer. There are bears in the Park. Some backcountry sites provide bear poles. See the chapter about bears in "Important Information".

Distance between marks (maps)	Shelters, lean-tos, campgrounds, villages, water	Kind of shelters and services
11.4 km	Route 197	
9.8 km	Les Lacs	W
4.2 km	Les Crêtes #1	W
10.6 km	Les Crêtes #2	W
11.0 km	Cap Bon Ami Campsite (.8 km)	W, SH, Tel.
	Cap Gaspé— <b>NO CAMPING</b>	

**Cap Bon Ami**—Observation tower on top of Mont St-Alban, close to cap bon-Ami. Spectacular views of the Cap Gaspé. On a clear one can see Anticosti Island.

**Towards Cap Gaspé**—The official trail winds along the rocky coast, blooming fireweed fields, restored buildings and even a movie set. Pods of whales and seals can often be seen.

**Cap Gaspé**—The last steps of the hike brings you to the site of an old lighthouse, perched atop high cliffs. To the north you can see Anticosti Island on a clear day and to the south is Roche Perce and Bonaventure Island. Some 250,000 gannets nest on Bonaventure Island. Gannets are the white birds with black wingtips that you may have seen plunging into the water for fish. There are two plaques near the lighthouse; one about the Appalachian Trail, and one about the International Appalachian Trail/Sentier International des Appalaches. A side trail N of the lighthouse brings you down and around for a spectacular view of the eastern cliffs (0.6km). The access road to go from the parking lot to Cap Gaspe cliff is 3.9 km long.



### **AFTER THE HIKE**

**Cap-aux-Os**—A hamlet on the south shore of the Gaspé peninsula, about 18km West of Cap Gaspé on road 132. There are a motel, (418) 892-5240; campground (mostly RV's); and HI hostel, (418) 892-5153, with a kitchen, a cafe (summer), and bike rentals. Shuttle: during the summer a bus (Orleans Express) will take you from the hostel to the town of Gaspé. Grocery: Cassivi (3).

**Gaspé**—PO: 98 de la Reine, G4X 1AO, (418) 368-3666. This large town is about 30km west of Cap-aux-Os on route. 132, population of 15,000 habitants. All services available . Lodging: an inexpensive lodging option is to stay at the Cegep, in a college dormitory, (418) 368-2749; Motel Adams, 1-800-463-4242. Groceries (3) and many restaurants.

### **GOING BACK HOME**

**Train**—VIA Rail Canada, 1-888-842-7245 or [www.viarail.ca](http://www.viarail.ca). To return to the US, Amtrak, 1-800-USA-RAIL (1-800-872-7245) or [www.amtrak.com](http://www.amtrak.com), connects to VIA Rail in Montreal - service to New York City.

**Bus**—Orleans Express, 1 888 999-397 offers bus service throughout the Province, [www.orleansexpress.com](http://www.orleansexpress.com), (Gaspé, Quebec City, and Montreal), [www.orleansexpress.com](http://www.orleansexpress.com).

### **HIKING ASSOCIATION OF THE EASTERN CONTINENTAL TRAILS**

International Appalachian Trail—Quebec  
<http://www.sia-iat.com>

International Appalachian Trail—New Brunswick  
[melvilla@nbnet.nb.ca](mailto:melvilla@nbnet.nb.ca)

International Appalachian Trail—Maine  
<http://www.internationalat.org/SIAIAT/>

Fédération Québécoise de la marche  
<http://www.fqmarche.qc.ca/>

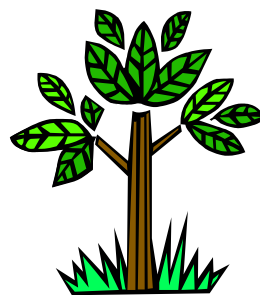
Appalachian Long Distance Hikers Association  
<http://www.aldha.org/>

Appalachian Mountain Club  
<http://www.outdoors.org>

Appalachian Trail Conservancy  
<http://www.appalachiantrail.org/>

Alabama Hiking Trail Society  
<http://www.alabamatrail.org/>

Florida Trail Association  
<http://www.florida-trail.org/>



## IAT-QC SERVICE PROVIDERS' NETWORK

### Accommodation - Camping - Guide - Restaurants - Transportation - Topographic Maps

The International Appalachian Trail Québec is presenting its service Partner Network list. It includes the enterprises and organizations along the International Appalachian Trail Québec.

For more information about the IAT-Qc, feel free to contact us by email [info@sia-iat.com](mailto:info@sia-iat.com) or by phone (418) 562-7885. You can buy topographic maps of the trail sections by contacting the main office or via our identified partners.

We are thanking you for the support you give to our partners throughout the tourist season!  
IAT-Qc

#### **Gaspé Coast**

##### **Aube Aventure**

Ecotouristic activities / Guided sea expeditions / Canoe / Sea-kayaks/ Sailing / Yurts, prospecting tents, hot tub

418-892-0003

2172 Grande-Grève Blvd

1986 Grande-Grève Blvd

Gaspé ( Cap-aux-Os) Qc, G4X 6L6

[www.aubeaventure.com](http://www.aubeaventure.com) / [info@aubeaventure.com](mailto:info@aubeaventure.com)

---

##### **Griffon Aventure**

Ecotouristic activities / Guide / River canoeing, Sea -kayak, Rafting/Packages / Shuttle service / Outdoor equipment renting / Accommodation (tents ...) / Passports and topo map sale of IAT-QC

418-360-6614

[www.griffonaventure.com](http://www.griffonaventure.com) / [info@griffonaventure.com](mailto:info@griffonaventure.com)

829 boul. Griffon, Gaspé, Qc, G4X 6A9

---

##### **Pourvoirie Beauséjour**

Accommodation / Food service

Hiking / Fishing / Skiing / Snowshoeing / Snowmobiling

418-393-2347, 1-800-795-2347

135 route 132, Petite-Vallée, Qc, G0E 1Y0

---

##### **Auberge-Motel Richard**

Accommodation

418-393-2670

36 St-François-Xavier Ouest, Grande-Vallée, Qc, G0E 1K0

---

##### **Camping au Soleil-Couchant**

Accommodation

418-393-2489

73 St-François-Xavier Est, Grande-Vallée, Qc, G0E 1K0

[www.camping-au-soleil-couchant.com](http://www.camping-au-soleil-couchant.com)

---

**Logis-Vacances, Cégep de la Gaspésie et des Îles**

Accommodation

418-368-2749

94 Jacques-Cartier, Gaspé, Qc, G4X 2P6

[www.cgaspesie.qc.ca/logis\\_vacances](http://www.cgaspesie.qc.ca/logis_vacances)

---

**Motel Adams**

Accommodation

418-368-2244, 1-800-463-4242

20 Adams, Gaspé, Qc, G4X 2R8

---

**Hôtel-Motel Grande-Vallée des Monts**

Accommodation

418-393-2648

37 du Quai, Grande-Vallée, Qc, G0E 1K0

[hotelgrandevallee@globetrotter.net](mailto:hotelgrandevallee@globetrotter.net)

---

**Restaurant-Motel L'Étoile du Nord**

Food service / Accommodation

418-395-2966

1 chemin du Pêcheur, Pointe-à-la-Frégate, Qc, G0E 1G0

[etoiledunord@globetrotter.net](mailto:etoiledunord@globetrotter.net)

---

**Forillon HI Hostel**

Accommodation / Ecotouristic activities

418-892-5153, 1-877-892-5153

2095 de Grande-Grève Blvd., Gaspé (cap-aux-os), Qc, G4X 6L7

[www.aubergeforillon.com](http://www.aubergeforillon.com) / [aujecao@globetrotter.net](mailto:aujecao@globetrotter.net)

---

**Auberge La maison Lebreux**

Accommodation

418-393-2662, 1-866-393-2662

2 de la Longue-Pointe, Petite-Vallée, Qc, G0E 1Y0

[www.lamaisonlebreux.com](http://www.lamaisonlebreux.com) / [lamaisonlebreux@globetrotter.net](mailto:lamaisonlebreux@globetrotter.net)

---

**Camping des Appalaches**

Accommodation

418-269-7775, 1-866-828-7775

367, Montée Morris, Rivière-au-Renard, Qc, G4X 5P7

[www.campingdesappalaches.com](http://www.campingdesappalaches.com) / [info@campingdesappalaches.com](mailto:info@campingdesappalaches.com)

---

**Gîte la Révasse & Taxi Percé**

Accommodation / Transportation

418-782-2102

16 Saint-Michel, CP 281, Percé, Qc, G0C 2L0

[www.revasse.com](http://www.revasse.com) / [contact@revasse.com](mailto:contact@revasse.com)

---

**Taxi central Gaspé**

Transportation

418-368-3131

22, Harbour, Gaspé, Qc, G4X 1H1

[central.taxi@hotmail.com](mailto:central.taxi@hotmail.com)

---

**Forillon National Park of Canada**

Tourist Info / Topo map sale

418-368-6050, 1-800-773-8888

122 Gaspé Blvd., Gaspé, Qc, G4X 1A9

[www.parcscanada.gc.ca/forillon](http://www.parcscanada.gc.ca/forillon)

---

**Office du tourisme et des congrès de Gaspé**

Tourist Info / Topo map sale

418-368-8549

27 boul. York Est, Gaspé, Qc, G4X 2K9

[www.infotourismegaspe.org](http://www.infotourismegaspe.org) / [info@tourismegaspe.org](mailto:info@tourismegaspe.org)

---

**Upper Gaspé****Valmont Plein Air**

Ecotouristic activities/Hikes / Shuttle service / Car transportation / Food drop / Kayak /Topo maps of IAT-Qc sale/Bistro

418-786-1355

Jérôme Landry, 10 Notre-Dame Est, Cap-Chat, Qc, G0J 1G0

[www.valmontpleinair.com](http://www.valmontpleinair.com) / [valmontpleinair@globetrotter.net](mailto:valmontpleinair@globetrotter.net)

---

**Destination Chic-Chocs**

Guided hikes / Fishing excursion / Packages

1-888- 783-2663

96 Ste-Anne-des-Monts Blvd. W, Ste-Anne-des-Monts, Qc, G4V 1R4

[chic-chocs@globetrotter.net](mailto:chic-chocs@globetrotter.net)

---

**Aventure Appalaches**

Hiking trails / fishing package

418-797-5101

116 Prudent-Cloutier, Mont-St-Pierre, Qc, G0E 1V0

[aventure.appalache@globetrotter.ca](mailto:aventure.appalache@globetrotter.ca)

---

**Aventure Gaspésie**

Ecotouristic activities / Guided ATV tours

418-786-1383

14 route 132 Est, Cap-Chat, Qc, G0J 1E0

[aventuregaspesie@globetrotter.net](mailto:aventuregaspesie@globetrotter.net)

---

**Camp de la Haute-Madeleine**

Accommodation /Fishing

1-866-944-9453

50 route Principale, Manche-d'Épée, Qc, G0E 1TO

[info@etatssauvages.ca](mailto:info@etatssauvages.ca)

---

### **L'Anse-Pleureuse Campground**

Accommodation

418-797-2384

44, 1<sup>st</sup> Avenue E, Anse-Pleureuse, Qc, G0E 1E0

[gabriel3@globetrotter.net](mailto:gabriel3@globetrotter.net)

---

### **Mont-St-Pierre Campground**

Accommodation

418-797-2250

103, Pierre-Godfroi-Coulombe, Mont-St-Pierre, Qc, G0E 1V0

[www.mont-saint-pierre.ca](http://www.mont-saint-pierre.ca)

---

### **Auberge Festive Sea Shack (HI Hostel)**

Accommodation

1-866-963-2999

292 Perron Blvd. E, Ste-Anne-des-Monts, Qc, G4V 3A7

[www.aubergefestive.com](http://www.aubergefestive.com) / [info@aubergefestive.com](mailto:info@aubergefestive.com)

---

### **Auberge internationale Sainte-Anne-des-Monts**

Accommodation

418-763-7123

295, 1<sup>st</sup> Avenue E, Ste-Anne-des-Monts, Qc, G4V 1B1

[www.aubergesgaspesie.com](http://www.aubergesgaspesie.com) / [info@aubergesgaspesie.com](mailto:info@aubergesgaspesie.com)

---

### **Les Flots Bleus Motel**

Accommodation

418-797-2860

18, Prudent-Cloutier, Mont-St-Pierre, Qc, G0E 1V0

---

### **Camping Parc et mer Mont-Louis**

Accommodation / Ecotouristic activities

418-797-5270

18, 10<sup>th</sup> Street W, Mont-Louis, CP 190, Qc, G0E 1T0

[parcmer2000@hotmail.com](mailto:parcmer2000@hotmail.com)

---

### **Restaurant-Motel Au Délice**

Food service / Accommodation

1-888-797-2955, 418-797-2850

100 Prudent-Cloutier, Mont-St-Pierre, Qc, G0E 1V0

[www.audelice.com](http://www.audelice.com) / [info@audelice.com](mailto:info@audelice.com)

---

### **Boutique Plein-Air (Langis)**

Outdoor equipment sale / Topo map sale

418-763-7588

38, Ste-Anne Blvd E, Ste-Anne-des-Monts, Qc, G4V 1M6

---

### **Corporation touristique de Mont-St-Pierre**

Information / Topo map sale

418-797-2222

116, Prudent-Cloutier, Mont-St-Pierre, Qc, G0E 1V0

[municipalite@mont-saint-pierre.ca](mailto:municipalite@mont-saint-pierre.ca)

---

## **Parc national de la Gaspésie (SEPAQ) – Boutique Nature**

Tourist information / Topo map sale / Shuttle service

418-763-3181, 1-800-665-6527

1981 du Parc Rd., Ste-Anne-des-Monts, Qc, G4V 2E4

[parc.gaspesie@sepaq.com](mailto:parc.gaspesie@sepaq.com)

---

## **Matane**

### **Absolu ÉcoAventure**

Guided hikes on the IAT, Matane wildlife Reserve and Parc national de la Gaspésie / Adaptable packages / Baggage transportation / Car transportation / Food drop / Topo maps sale

418-566-5774

1118 de la Grève, Matane, Qc, G4W 7B1

[www.ecoaventure.com](http://www.ecoaventure.com) / [info@ecoaventure.com](mailto:info@ecoaventure.com)

---

### **Vertigo-Aventures**

Guided mountain activities / Rock and ice climbing / Mountain biking / back-country skiing

418-737-4983

François Roy, 2814 4<sup>th</sup> rang Est, St-Ulric, Qc, G0J 3H0

[www.vertigo-aventurs.com](http://www.vertigo-aventurs.com) / [froy1@globetrotter.net](mailto:froy1@globetrotter.net)

---

### **Camps Tamagodi – Outfitter**

Food service / Accommodation (cabins, chalets, camping) / Fishing guide / Fishing equipment / Fishing permit

418-224-3340, 418-562-7145

696 195 Road, St-René-de-Matane, Qc, G0J 3E0

[campstamagodi@globetrotter.net](mailto:campstamagodi@globetrotter.net)

---

### **Belle Plage Hôtel-Motel**

Accommodation / Food service

418-562-2323

1310 Matane-sur-Mer, Matane, Qc, G4W 3M6

[www.hotelbelleplage.com](http://www.hotelbelleplage.com) / [belleplage@globetrotter.net](mailto:belleplage@globetrotter.net)

---

### **Gîte des Sommets**

Accommodation

418-224-3497

161, route du 10<sup>e</sup> et 11<sup>e</sup> rang, St-René-de-Matane, Qc, G0J 3E0

[gitedessommets@globetrotter.net](mailto:gitedessommets@globetrotter.net)

---

### **Matane River Campground**

Accommodation

418-562-3414

150 Louis-Félix-Dionne Rd., Matane, Qc, G4W 3M6

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

---

### **Taxi Matane (association 2030 / 500 enr.)**

Transportation

418-562-2030

394 St-Jérôme, Matane, Qc, G4W 3B5

---

**Techno Vélo Ski**

Outdoor shop / Topo map sale

418-562-0556

431 Saint-Jérôme Ave, Matane, Qc, G4W 3B6

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

---

**Matane Wildlife Reserve**

Accommodation / Information / Topo map sale

418-562-3700, 1-800-665-6527

257 Saint-Jérôme, Matane, Qc, G4W 3A7

[www.sepaq.com](http://www.sepaq.com) / [resmatan@globetrotter.net](mailto:resmatan@globetrotter.net)

---

**Matapédia****Auberge Ambassadeur**

Accommodation / Food service

418-629-6464, 1-888-588-6464

266 St-Benoît Blvd W, Amqui, Qc, G5J 2E8

[www.auberge-ambassadeur.com](http://www.auberge-ambassadeur.com) / [info@auberge-ambassadeur.com](mailto:info@auberge-ambassadeur.com)

---

**Auberge La Coulée Douce**

Accommodation / Food service

418-756-5270, 1-888-756-5270

21 Boudreau, Causapscal, Qc, G0J 1J0

[www.lacouleedouce.com](http://www.lacouleedouce.com) / [lacouleedouce@globetrotter.net](mailto:lacouleedouce@globetrotter.net)

---

**Amqui Campground**

Accommodation

418-629-3433

686 route 132, CP 5025 Amqui, Qc, G5J 2H1

[www.campingamqui.com](http://www.campingamqui.com) / [info@campingamqui.com](mailto:info@campingamqui.com)

---

**Causapscal Campground**

Accommodation

418-756-5621

601 route 132 W, Causapscal, Qc, G0J 1J0

[www.causapscal.net/3c.html](http://www.causapscal.net/3c.html) / [muncausa@globetrotter.net](mailto:muncausa@globetrotter.net)

---

**Domaine du Lac Matapédia**

Accommodation / Private beach

418-629-5004

780 route 132 W, Amqui, Qc, G5J 2H1

[www.domainedulac.com](http://www.domainedulac.com) / [info@domainedulac.com](mailto:info@domainedulac.com)

---

**Camp sable chaud**

Class field trips (Classe nature) / Camps for 6-17 years old / Building and room renting

418-629-3747, 1-877-629-3747

530 rang Saint-Philippe, Amqui, Qc, G5J 2P1

[www.campsablechaud.com](http://www.campsablechaud.com) / [camp\\_sable\\_chaud@hotmail.com](mailto:camp_sable_chaud@hotmail.com)

---

**Nature Aventure**

Ecotouristic activities / Hikes / Shuttle service / Baggage transportation / Food drop / Passport and topo maps sale

418-865-3554

Geneviève Labonté, CP 156, Matapédia, Qc, G0C 1V0

[www.matapediaaventure.com](http://www.matapediaaventure.com) / [natureaventure@gmail.com](mailto:natureaventure@gmail.com)

---

**PARKS**



The Baxter State Park Authority  
Reservation Clerk  
64 Balsom Drive  
Millinocket, ME 04462  
Tel: (207) 723-5140

Mont Carleton Provincial Park  
Tel: (506) 235-0793  
Fax: (506) 235-0795  
[www.out-there.com/carleton.htm](http://www.out-there.com/carleton.htm)  
[www.paresnb.ca](http://www.paresnb.ca)

Gaspésie National Park  
1981, route du Parc  
Sainte-Anne-des-Monts  
G4V 2E4  
Tél. : (418) 763-7494  
1 800 665-6527 (Canada and United States)  
[www.sepaq.com](http://www.sepaq.com)  
[parc.gaspesie@sepaq.com](mailto:parc.gaspesie@sepaq.com)

Forillon National Park of Canada  
Tel: (418) 368-6050  
1-800-463-6769  
[www.pc.gc.ca/pn-np/qc/forillon/](http://www.pc.gc.ca/pn-np/qc/forillon/)

## IAT MAPS

Maps with basic trail descriptions for different sections can be ordered through each IAT chapters which addresses are listed on the next page.

Maine <a href="http://www.internationalat.org">www.internationalat.org</a>	free
New-Brunswick	\$6.50
Matapedia Valley	\$6.50
Matane Wildlife Reserve (trail, photocopy)	\$4.00
Matane W. Reserve (general)	\$5.00
Gaspésie National Park	\$7.50
Upper Gaspésie	\$6.50
Gaspé Coast	\$6.50
Forillon Canada National Park of Canada (photocopy)	\$3.50
Gaspésie, Quebec (general)	free



Taxes, shipping and handling for Canada are included. Order form available on the IAT-QC website or at the main office.

### **SIA / IAT - Québec**

C.P. 132  
Matane QC G4W 3N1 Canada  
Tél.: (418) 562-7885  
Website: [www.sia-iat.com](http://www.sia-iat.com)  
Email: [info@sia-iat.com](mailto:info@sia-iat.com)

**IAT Baxter State Park and Katahdin and the Maine Atlas and Gazetteer map** will be very useful, especially for the sections where the trail is on roads. It can be ordered from:

DeLorme  
P.O. Box 298  
Yarmouth, ME 04096 USA  
(207) 846-7000

### **BECOME AN IAT-QC MEMBER**

If you are in love with the outdoors and you have at heart the development of a unifying hiking trail, we are inviting you to become member of the International Appalachian Trail–Quebec or to renew your registration. Your registration or your renewal is important because they demonstrate that the population identifies with the International Appalachian Trail and supports the Trail. While protecting the environment, your registration or renewal helps with the maintenance and the improvement of the trail.

The annual registration costs \$10 per person only and grants you with the following privileges:

- Vote in the assemblies ;

- Updated info about the IAT through the Member Journal and emails;
- CSST\* : Volunteer worker protection;
- Reductions with some of our partners.

You need to renew your registration every year, on April 22nd, Earth Day, at the latest. You can put an end to your registration any time by contacting us.

New! We are inviting you to assess your long-term involvement by choosing a lifetime registration. Lifetime subscription is available on a \$200, \$250, or \$300 donation, which can be paid in either 1, 3, or 5 years, according to your choice. For example, you could choose to donate \$250 over five years (\$50 per year). As well as benefiting of the member privileges, in exchange of your registration, we are offering you to be cited in our new website's Lifetime Member Section, which will be updated in with upcoming lifetime registrations. You are welcome to send a picture and write a short presentation about yourself, your involvement with the International Appalachian Trail, and your interest in regards with the project. Feel free to contact us for more information.

\*CSST: Commission de la santé et de la sécurité au travail (lit. Work Health and Safety Agency); Quebecois governmental institution who establishes safety regulations for work and provides income support for the persons who have had a work injury.

### **TRAIL PORTION AND CAMPING SITE SPONSORSHIP**

We keep on recruiting volunteers to sponsor the trail. Being a sponsor is a small implication but a very helpful one, as you help providing a good hiking experience for outdoors lovers and help the further development of a safe and agreeable trail.

As a trail sponsor, you look, by yourself or in a team, after the general maintenance a portion of 5 to 15 kilometres of the trail (the equivalent of a day's hike). You can also look after a campsite if you want to. At the beginning of the season, you hike in your sector; you visit your campsite, and do a little bit of maintenance. After you are done, you fill in a small but helpful report about the state of your section. You can choose to do more maintenance work in the trail, light or heavy, with the workers of the IAT-QC or you can choose to do none. All IAT-QC sponsors are covered by the CSST\*.

In exchange of your implication, you get the right to ask for a free annual passport, which allows you to use all IAT-QC campsites for free. The campsites in the Gaspésie National Park are excluded and the rules are the same as for a normal passport. If you are interested into becoming a sponsor for the international Appalachian Trail, please contact us and we will be happy to provide you with a portion of the trail to look after, as well as with all the necessary information and support.

\*CSST: Commission de la santé et de la sécurité au travail (lit. Work Health and Safety Agency); Quebecois governmental institution who establishes safety regulations for work and provides income support for the persons who have had a work injury.

## IAT-SIA CHAPTERS CONTACT INFORMATION

### **IAT-SIA - Maine**

Dick Anderson, President  
27 Flying Point Road  
Freeport, ME 04032  
Tel: (207) 865-6233  
[richardban@suscom-maine.net](mailto:richardban@suscom-maine.net)

### **IAT-SIA - New Brunswick**

Poul Jorgansen  
[pjorgensen@sentiernbtrail.com](mailto:pjorgensen@sentiernbtrail.com)

### **IAT-SIA - Québec**

Eric Chouinard, President  
C.P. 132  
Matane, PQ G4W 3N1  
Tel: (418) 562-7885  
Fax: (418) 566-2115  
[info@sia-iat.com](mailto:info@sia-iat.com)  
[www.sia-iat.com](http://www.sia-iat.com)

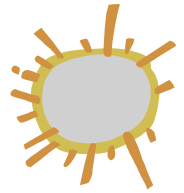
### **IAT-SIA Nova Scotia**

IAT - Hike Nova Scotia  
PO Box 701  
Dartmouth, Nova Scotia  
B2Y 3Y9

### **IAT-SIA Newfoundland**

IATNL  
PO Box 38  
Corner Brook, NL  
Canada, A2H 6C3

NOTES



Matane Lake by Mélanie Loubert