

THE COMPANION

Hiking Guide of

*International Appalachian Trail in Quebec GR®A1
(IAT-QC)*

**NEW EDITION
(10th Edition)**



The companion guide was published first (2002 to 2005) by Viateur De Champlain in collaboration with Jocelyne De Champlain, Christine N. Goulet and Murielle Neiderer. Linguistic revision by Celine Godbout Laplante.

A big thank to these valuable employees who helped establishing the IAT in Quebec. Also thank you to the photographers for their precious gifts as well as the printers of the Cégep de Matane, Jean-Guy and Garden Gilles Ouellet, for their collaboration.

The "2020" version is a modification and up-to-date revision of older editions and was edited by Isabelle Paquet (Head of Customer Services) in collaboration with the Directorate and the Regional Committees IAT-QC).

10th Edition

Maps by Communications ET CÆTERA

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Notice: The IAT-Quebec has done its best with the resources available to translate The Companion from French into English. Since the translators speak French as mother language, reading The Companion might require a little more attention. Please feel free to send corrections to the IAT-QC (infosiaquebec@gmail.com) if you find mistakes in the formulation or in the information presented.

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PREFACE

The development of the International Appalachian Trail (SIA-IAT) is a concrete symbol of the determination of international partners to work together as neighbors. The trail allows us to enjoy our common environment and appreciate the greatness of a landscape that transcends political boundaries. The Appalachians explored along the path are the geologically and ecologically most significant part of our common landscape and deserve special attention.

Richard B. Anderson
Founding President of the IAT (Maine)

The project of the International Appalachian Trail was made possible thanks to the many volunteers in the different sections of Quebec, New Brunswick and Maine. We collaborated with several different parks: Forillon, Gaspé, Carleton and Baxter. Grants were awarded by various political and commercial bodies. Public lands, government, municipalities, forest companies and landowners have given us permission to pass on their territories. Several million dollars have been invested in this infrastructure. Many volunteers continue to maintain trails, prepare documentation and provide information. Dear hikers, welcome to the IAT which is a bond between our countries, between our cultures. Enjoy the panoramas offered by the juxtaposition of the forests and villages, lakes and rivers, mountains and sea. Enjoy the diversity of climates and variety of vegetation such as maritime, boreal, alpine and subarctic.

Viateur De Champlain
First President of the IAT-QC 1996 to 2005

FOREWORD

Volunteers have played a major role in the planning and construction of the International Appalachian Trail. In addition, the Companion is written, corrected and re-corrected by volunteers. With its first editor Henry Edwards, whose nickname is "Trickster", this book was created for all hikers who dream to travel this remarkable long hike.

Certain information provided in the companion may change, even before the time of publishing of this book. The experience of each hiker could be affected by the closure of restaurants or the opening of new facilities. We need your help to maintain and update future editions of this companion guide. Please contribute your comments and reactions to ensure the usefulness and accuracy of this guide. Send your comments by mail by writing "Companion" in the subject line to: infosiaquebec@gmail.com.

Thank you to all those people, who have read and read again this document. We cannot list them because they are too many of them.

We hope this guide will help you to appreciate more the natural beauty of the Appalachian Mountains and help you plan your route. In addition to this book, you must get maps of the different areas to hike on the IAT.

Jocelyne De Champlain

GUIDE AND ITS USE

This guide is an information tool for planning a long hike on the IAT-QC. It presents the territories, services, and relevant information, and describes the sections from Matapedia to Cap Gaspé (Forillon National Park of Canada).

This book is not a guidebook and it is important to get the topographic maps and guides of the different sections for understanding the instructions in this book (see chapter: Maps).

It is important to read the **Frequently Asked Questions (FAQ)** for private accommodation services, supplies, transportation, guide, etc. Thank you to encourage our partners encountered along the path **(see Section: Service partners network at the end of the Guide).**



This guide is not intended as an introduction manual to long hikes. If you are not an experienced hiker, go for short trips to the mountains to become better acquainted with the outdoor life before you embark on a long hike. It is advisable to purchase books specialized in hiking in the sport shops. We also recommend contacting the Federation québécoise de la marche (Quebec Hiking Federation) and the Appalachian Long Distance Hikers Association (ALDHA) that can provide beginners with information on the long hike.

The inexperienced hiker worries more about bear attacks as anything else. However, these dangers are very rare. Bitten by a dog or being hit by lightning are much higher than being hit by bear. The beginner should be familiar with the most common hazards: hypothermia, dehydration, lightning, pathogenic bacteria in water, and the possibility of getting lost. Practice and learn how to navigate with a compass and a map. It is also advisable to check the books available on safety in the forest. Do not go in the woods without trail maps.



hazards such as
The risk of being
attacked by a
such as
rivers to cross
with only a
dealing with



No matter where on the IAT you walk, you have to remember to preserve the flora and fauna. Respect the people who follow you and the volunteers who run the trails: carry your garbage with you.



ABBREVIATIONS

Services

| | |
|------|------------------------------------|
| S | Shelter (with 4 walls or lean-to). |
| PO | Post office |
| C | Private camping |
| SH | Showers |
| W | Water point |
| ATM | Cash point |
| PF | Tent platform |
| R | Refuge |
| Tel. | Telephone |

Meals

| | |
|---|-----------|
| B | Breakfast |
| D | Dinner |
| S | Supper |

Grocery

A number of one, two, or three is given to a grocery store or a convenience store according to the quantity and quality of its supplies:

- (1) Store offering soft drinks and snacks
- (2) Store with limited supplies
- (3) Well-stocked grocery store

Distances

| | | |
|-----------|-----------|---------------------------------|
| KM | Kilometer | (1 KM = 0.621371192 MI) |
| MI | Miles | (1 MI = 1.609344 KM) |

Directions

In this booklet, "towards Cap Gaspé" refers hikers traveling from South to North. "Direction Matapedia" is for travelers departing from Cap Gaspé and heading South or towards New Brunswick and Maine along the IAT.

A SHORT HISTORY OF THE IAT

The International Appalachian Trail (IAT) is the brainchild of Richard Anderson, a biologist and a former member of the Conservation Department of Maine. Mr. Anderson had a dream similar to the dream of Benton Mac Kaye the founder of the Appalachian Trail (Appalachian Trail); he dreamed of connecting with a footpath the highest peaks east of the Appalachians, and on both sides of the Canada-US border.

The project was made public on April 22, 1994, Earth Day, and following the steps of Mr. Anderson, an international committee was established and two official languages were adopted (French and English) for meetings, publications and signaling.

From 1995 to 2001, Maine, New Brunswick and Quebec have developed a long itinerary of 1085 km (674 miles) connecting Cap Gaspé, Quebec to Mount Katahdin, Maine. From there, you could walk to Key West in Florida via the Appalachian Trail (3468 KM - 2155 miles) until Georgia, and from on using a 3075 KM (1911 miles) long network of trails. With a length of over 7622 KM (4736 miles) of hiking trails this group was called the of Eastern Continental Trail (ECT), and is then described as a new North American challenge.

After this first step, the mission of the International Committee of the International Appalachian Trail was to build a hiking trail of long distance travels connecting geological regions on both sides of the Atlantic, regions that are in the "Appalachian Mountains" chain, formed more than 250 million years ago on the super continent Pangaea.



In Canada from 2003 to 2008, the maritime provinces of Newfoundland and Labrador, Nova Scotia and Prince Edward Island joined the Chapter as IAT has become a network of trails with several options itinerary of 3016 KM (1874 MI), from Belle Isle, Newfoundland to Maine (USA).

From 2009 to 2011, the project has evolved again, but to Europe with the addition of 13 European chapters (Greenland, Scotland, Iceland, Norway, Sweden, Denmark, Netherlands, England, Ireland, Wales, Faroe Islands, Spain, and France).

The SIA / IAT now has nineteen chapters and hopes to increase that number to twenty-one chapters on three continents (America, Europe and Africa) by adding Portugal and Morocco.

In addition to connecting several countries in America, Europe and Africa, the purpose of the IAT is to promote the cultural and natural heritage of these regions through the adventure tourism and ecotourism.





QUEBEC

INTRODUCTION

In Quebec, the IAT offers a journey of more than 650 KM (404 miles) through the tourist region of Gaspésie southwest to northeast.

Whether it's a hike of one day, a week or a complete crossing (average of 35 to 40 days), the trail offers a multitude of routes and degrees of difficulty which are characterized by the diversity of the territories it goes through (the Valley, the Chic-Chocs, the Coast) and the type of accommodation available (refuges, shelters, campsites, lodges).

The IAT-QC is divided into three areas:

The Valley

Area with 185 km (115 miles) from Matapedia to the Matane Wildlife Reserve:

Coming from New Brunswick, the southern entrance of the trail is located in the municipality of Matapedia. Land of rivers, the Valley is known for its wild salmon and forests. This sector is divided into two parts:

- From Matapedia to Sainte-Marguerite, the course of five days and four nights is isolated and classified intermediate to difficult. This is one of the two sections that offer accommodation from refuge to refuge.
- From Sainte-Marguerite to the Matane Wildlife Reserve, the course offers a level ranging from easy to intermediate. Hikers can get supplies and accommodation in each of the municipalities crossed by the trail. In addition, there are shelters and camping platforms.

The Chic-Chocs

Length of 250 kilometers (155 miles); from the Matane Wildlife Reserve to Mont Saint-Pierre:

In this mountainous area, the IAT follows the crest of the Chic-Chocs and McGerrigle mountains, while crossing deep valleys, lakes, rivers and streams. The hiker discovers a wild and wonderful natural landscape. This section of the trail is considered the most difficult and the most isolated. For long hike, you must be experienced, provide all the necessary equipment for camping, and get supplies. The accommodation is in a shelter or camping for the section of the Matane Wildlife Reserve and shelter and camping in the Gaspésie National Park until Mont-Saint-Pierre.

The Coast

Sector with 215 km (134 miles), from Mont-Saint-Pierre to Forillon National Park of Canada:

This section of the trail runs along the Estuary and St. Lawrence Gulf from village to village and reaches the tip of Cap Gaspé, in the Forillon National Park of Canada. The landscape is carved with a beautiful synergy between the sea and the mountains. This a degree of difficulty ranges from easy to intermediate. The accommodation in this area is varied, with more lodges and municipal campsites. When the path is far away from civilization, there are shelters, camping platforms and refuges.

THE BEACONING

Information panels with the topographic map for the area were placed in towns and villages along the IAT-QC and near various access points.



Tags Trail

To mark the route of the trail, 35,000 blue and white tags were installed in both directions along the 650 kilometers (404 miles) that makes the IAT-QC out. The tags are made of aluminum and are 5 centimeters by 15 centimeters big and have the SIA / IAT logo. In general, the tags are installed on the right side of the trail, spaced so that we can see two tags at once.



9-1-1 Tags

Tags measuring 13 centimeters by 13 centimeters were installed to approximately every kilometer of IAT in Quebec. They are useful during emergencies, because they make it easier to direct the rescue teams. These tags are also useful to hikers and maintenance teams, who use it as a reference point. The 0 km is located in Cap Gaspé and 650 km is in Matapédia.

ACCOMMODATION

IAT-QC accommodation sites

The IAT-QC offers three accommodation options along the trail for a total of 64 opportunities (11 refuges, 25 shelters - including 5 lean-tos - and 29 platforms campsites).

The trail access is free, but a daily right of access is required in the Gaspésie National Park and Forillon National Park of Canada.

Reservations

For IAT-QC accommodation sites, contact us:

Telephone : 418-560-4642

E-mail : infosiaquebec@gmail.com

Web : www.sia-iat.com

Or for the Gaspésie National Park, contact SEPAQ:

Telephone : 1-800-665-6527 option 4

Fax: (418) 368-7776;

E-mail: inforeservation@sepaq.com

Web: www.sepaq.com



Refuges

\$ 28 + tax per person per night



The refuge has a wood stove, bunk beds without mattresses and camping tables. It has a capacity of 8 people, with the exception of the refuge Turcotte and Quartz, which can accommodate four. The site includes dry toilets. It is not supplied with firewood.

Shelters

\$ 20 + tax per person per night



Two types of shelters that are available:

1. **Shelters** with four walls (living area of 3.7 m by 3.7 m), and four wooden beds without mattresses for four persons;
2. The **lean-to's** are shelters with 3 walls and a roof, in which there is no furniture. Up to 6 persons can sleep in a lean-to.

Up to 6 people can sleep there. Shelters and refuges avoid having to carry a tent.

Camping platforms

\$ 15+ tax per platform per night



The campground has two wood platforms measuring 3.7 m by 3.7 m, each of which can accommodate two two-person tent. A metal wire circles around the platform to provide an anchor for the tent.

Note that prices are subject to change without notice.

Private accommodations sites along the IAT-QC



There are also places of accommodation belonging to different service partners and the cities and towns near the trail. Each area is equipped with several hosting sites so that walkers always have a suitable place to stay.

Hikers must communicate directly with these partners to get information and make reservations.

Use the Gaspésie tourist guide (free of charge) for information on services and attractions in the Gaspésie.

By telephone: 1-800-463-0323 Web: www.gaspesiejetaime.com

LONG HIKE FEES

For hiker who want cross the 650 km of the trail.

RETURN OF THE GREAT CROSSING OF GR A1 PASSPORT.

The Passport allows you to use the remaining places on an IAT-QC site or to sleep on the ground, if the site is already full (see list of accommodation covered by the passport).

- It excludes the Gaspésie National Park, private accommodation (municipal camping, B&B, hotel and motel). For the Forillon Park, Camping Bon-Ami and Camping Petit-Gaspé are excluded.

- You must give up your place to the people who will have a reservation.

- The passport is valid until the crossing is completed, for a maximum period of 10 years.

Cost: \$ 340 + txs

WHAT YOU MUST DO

You must submit your itinerary as precise as possible.

For security, a (cell) phone or other device that can send a message is required. The network is normally available in the highest peaks and also Wi-Fi is available in several places passing through the towns and villages.

A follow-up with the IAT-QC will be done during your journey, to know your progress.

To contact us by phone or text: 1-418-560-4642 by email: infosiaquebec@gmail.com

The accommodation covered by the passport:

MATAPÉDIA VALLÉY: Matapédia, Turcotte, Corbeau, Quartz, Ruisseaux-Creux, Sainte-Marguerite, Causapscal, Les Chutes, Saint-Alexandre-des-Lacs, Lac-au-Saumon, L'Érablière, Amqui, Les Trois-Sœurs, Saint-Vianney.

MATANE WILDLIFE RESERVE: Matane River, Ruisseau-des-Pitounes, Tombereau Lake, Montagne-à-Valcourt, Matane, Gros-Ruisseau Lake, Craggy Mount, Beaulieu Lake, Petit-Sault, Ruisseau-Bascon.

UPPER-GASPÉ : Les Cabourons, Ruisseau-Flétan, Le Grand-Sault

GASPÉ COAST: Les Terrasses, Les Cascades, La Chute, Zéphir, Les Carrières, L'Érablière.

FORILLON NATIONAL PARK OF CANADA: Les Lacs, Les Crêtes #1 and #2

NOT COVERED: All the sites of the Gaspésie National Park, private accommodation (municipal campsites, B&B, hotel and motel), Bon-Ami Camping and Petit-Gaspé Camping in Forillon Park.

RULES

- **obligation to provide the IAT-QC with a copy of their detailed itinerary, containing the dates and location from the start to the end of their stay on the trail.**

- **for security and to validate your itinerary a telephone (cell) or other device which can send a message is an obligation. The network is normally available in the highest peaks and also Wi-Fi is available in several places passing through the towns and villages.**

- **the passport allows you to use the remaining places of an IAT-QC site or to sleep on the ground, if the site is already full (see list of accommodation covered by the passport).**

- you must give up your place to the people who will have a reservation.

- always keep **your passport** with you and present it, if necessary, to protection officers, park employees, supervisors or hikers who have duly booked.

- you must bring your mattresses, sleeping bag, camping stove, matches, flashlight, bowl and utensils, food, toilet paper and first aid kit.
- campfires can be made if the degree of drought is not high, in places equipped for fires only.
- a water point is generally located near each site, but since the water may not be drinkable, it is recommended to treat it or boil it. There is an abundance of waterways throughout the course, but even in a natural environment, it is always recommended to treat your water. In addition, in times of drought, some of the water points can be dry as well as several rivers. The hiker must then be careful in his water management.
- camp only on campsites or at IAT-QC shelters.
- the hiker can occupy his accommodation site from 3 p.m.
- the hiker will clean the site before his departure.
- the hiker must have left his accommodation site by 10 a.m.
- access to the Chic-Chocs Mountain Inn is not authorized for hikers of the IAT-QC, unless they have reserved a room there.
- at the end of the hike, complete a questionnaire (trip report) and submit it to the IAT-QC.

MODIFICATION AND CANCELLATION OF A GREAT CROSSING PASSPORT

We invite you to contact the IAT-QC at 1-418-560-4642. A customer service agent will be happy to respond to your request, according to the applicable conditions.

* The passport is non-transferable.

* The "Great Crossing" passport can be valid for a period of 10 years or until the 650 km has been completed.

* **No refund possible.**

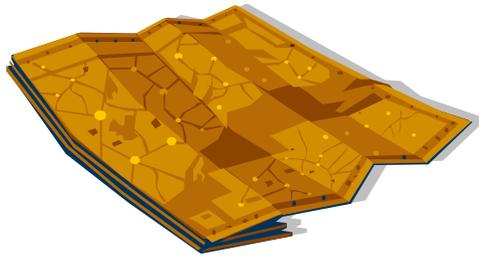
SECTIONS OF IAT-QC

The three territories of the International Appalachian Trail Quebec are divided into sections:

- **Avignon**
- **Matapédia Valley**
- **Matane Wildlife Reserve**
- **Gaspésie National Park**
- **Upper-Gaspé**
- **Gaspé Coast**
- **Forillon National Park of Canada**

In the following pages of this guide, we present relevant information, services available and a table of distances for each section, in both directions (Matapédia (South-West) at Cap Gaspé (North-East)).

For every section there is a topographic map. To obtain topographic maps, please print the order form available on the website IAT-QC <http://www.sia-iat.com/> or contact us at **(418) 418-560-4642**.



AVIGNON AND MATAPEDIA VALLEY

**Section of 173.7 KM by 210.2 KM
(107.93MI by 130.61MI)**

AVIGNON

From Matapedia To Assemetquagan River 50.5 km

Matapedia, "where the rivers meet" in Mi'kmaq language opens the door to the IAT in Quebec. This sector offers opportunities for outings of a few hours to overnight expeditions, staying in refuges. According to the first "Thru-Hiker" from the south, Matapedia will prove a "Trail Town" of choice, providing the necessary services to walkers in a setting of rivers and mountains. This section marks the transition between the fir tree centre of the peninsula and the sugar maple bushes of Restigouche. The trail offers a variety of landscapes, forest ecosystems, deep valleys and views of mountainsides. Although the highest point of this section is only 473 m, this portion is considered difficult, given the large number of ascents and descents that follow from one valley to another and its several fords.

TABLE – AVIGNON SECTION

| Distance between 9-1-1 tags | Refuge, shelter, camping area, village or river | Type of shelter and services |
|------------------------------------|---|-------------------------------------|
| | Restigouche River Bridge | W |
| 1,8 KM (1.12 MI) | | |
| | - Nature Aventure offers various services to hikers (maps, plans, etc.). -Matapedia tourist info office (Located in the church) Open from late June to mid-August. | W, Tel. W |
| 0,2 KM (0.12 MI) | | |
| | Matapedia (locality) Camping | S,PF,W,Tel. |
| 15,0 KM (9.32 MI) | | |
| | Saint-André-de-Restigouche (village) -Coop-Saint-André Restigouche provides services to hikers (meals, equipment rental, etc.). | W, Tel. W, Tel. |
| 1,5 KM (0.93 MI) | | |
| | Le Turcotte Refuge | R,W |
| 9,5 KM (5.9 MI) | | |
| | Le Corbeau Refuge | R,W |
| 17,0 KM (10.56 MI) | | |
| | Le Quartz Refuge | PF,R,W |
| 5,5 KM (3.42 MI) | | |
| | Assemetquagan River (Saint-Étienne creek) | W |
| 8,5 KM (5.28 MI) | | |

***Please note that the kilometers in the table may vary from those shown on the maps, use the maps for your route for more details.**

SERVICES AND ATTRACTIONS ALONG THE TRAIL

Matapedia: The contact person is Geneviève Labonté of Nature Aventure. (Ecotourism activities, packages, canoe and kayak rental, complete information about IAT-QC, selling maps for the IAT-QC, shuttle service, luggage transport, food drops and also an information center for tourists).

Website: www.matapediaventure.com. Tel: (418) 865-3554, PO Box 156, Matapedia, QC, G0J 1V0, natureaventure@gmail.com.

Most services are on the other side of the bridge over the Matapedia River, 1 KM (0.62 mi) from the trailhead. Bujold grocery carries wines and spirits (3), Caisse Desjardins has an ATM.

For accommodation, cottages are available, but please consult the website www.matapedialesplateaux.com. Hikers are allowed to camp for in Adam Park (near Nature Aventure) where there are toilets, drinking water and a telephone.

Matapedia Shelter: Approximately 100m from the Route 132, Matapedia Shelter is halfway up the climb that leads to the viewpoint overlooking the meeting of Restigouche and Matapedia rivers. This site provides a shelter with three walls (lean-to), a platform for a tent, water and a dry toilet.

Belvedere of Matapedia: Overlooking the village of Matapedia, the "cape of the two rivers" offers both an amazing view of the meeting of the rivers and a vista of the rocky heart of the Appalachians. From the viewpoint, the trail climbs to a plateau and progresses through impressive maple forests, valleys and agro-forestry landscapes. Some parts require good physical shape.

Pico Falls: Eight km (4.97 mi) from Matapedia are the Pico Falls, where hikers can take a well-deserved meal in a picnic area. From there, the trail follows a country lane and then back down to Gilmour creek, and eventually reaches Saint-André-de-Restigouche.

Saint-André-de-Restigouche (Convenience store and municipal camping): In addition to a municipal campsite located 500 m south of the church, a convenience store (Coop St-André-de-Restigouche) offers several services to hikers (food, equipment rental, etc.) and deals with reservations for refuges during the winter. 143 Route Principale, Saint-André-de-Restigouche, QC, G0J 2G0 Tel: **418-865-2063** Email: coopstandre@gmail.com.

The Turcotte Refuge in Saint-André-de-Restigouche: From the village, travel 1.7 KM (1.06 MI) to the north, along the main road to a sign that reads "Le Turcotte", which is found approximately 200 m off the road.

Le Corbeau Refuge: From the Turcotte Refuge, the IAT continues on a country lane which extends Main Street. It then continues straight ahead on a forest road over a distance of 2 km, northward to a parking area, after which the path returns to the forest. After crossing a small valley, the IAT takes a forest road for 1.5 km (0.93 mi) and then begins the ascent to the highest point in the region, at 473 m of altitude. The summit offers a hike through a mixed forest, yet provides a view of the region from its plateau. After descending the north side of the massif, the IAT reaches the refuge "Le Corbeau", located 11 km from Saint-André-de-Restigouche, which offers an impressive view of the North Clark Creek canyon. This upscale refuge, built in 2000, offers space for 8 people. The sunset on the porch, 3 m above the ground, offers an unforgettable sight. A trail leads to a water point 500 m from the refuge.



North Clark Canyon: This section, of about 2 km (1.24 mi), crosses the North Clark Creek canyon from "Le Corbeau" refuge and offers an extraordinary spectacle and an intense experience. Rock walls, diverse vegetation, waterfalls, microclimates and sometimes difficult passages make this section one not to be missed. The trail crosses the creek ten times, that's means many fording sites. Many trail sections require vigilance, given the steep topography and narrow passages.

The Quartz Refuge: Leaving the canyon, the trail takes a forest road up to a massif, and crosses an old electrical transmission line. Coming down again, the IAT crosses two forest roads, ascends, and then splits at approximately 200 m via another forest road. The trail turns back directly in front of an intersection and reaches a first view point on the river Assemetquagan. After crossing a water source, the IAT reaches a series of views of an impressive river, flowing at the bottom of a valley about 200 meters deep. The trail then leads to a bend in the forest road, which goes down to Saint-Etienne creek and finally reaches the shore of Assemetquagan River. After passing an old lumberjacks' camp, the IAT follows the river for four km until "The Quartz" refuge, named because the bottom of the river is covered with quartz, which reflects the light. This rustic refuge is an old, round wooden hunting hut, in which four persons can sleep.

MATAPÉDIA VALLEY

From Assemetquagan River to Matane River 132.8 km

The Matapedia Valley sector is between the Avignon section (municipalities of Matapedia and Saint-André-de-Restigouche) and the Matane Wildlife Reserve. The trail sometimes follows the old route taken by forest rangers, and crosses several municipalities. Short or long-distance hikers will discover the richness and diversity of forests and agricultural valleys. Land of rivers, the Valley is known for its salmon and beautiful forests. Hikers who especially enjoy hearing the sound of rushing water and wind, and love to see signs of the province's wildlife will be especially taken with this section of the trail.



In the Matapedia Valley, long-distance hikers can get fresh supplies in many municipalities along the trail. Several access points are available for those who prefer shorter hikes. IAT-QC goes through the municipalities of Sainte-Marguerite, Causapscal, Saint-Alexandre-des-Lacs, Lac-au-Saumon, Amqui and Saint-Vianney. All along the trail, from village to village, you will be able to observe salmon jumping in the falls, hang-gliding opportunities, and two covered bridges. The trail combines Matapedia culture and country environment with experiences for the outdoor enthusiast. The hiker has Ruisseau Creux refuge for eight people (Sainte-Marguerite sector) and nine shelters each able to accommodate four people, every 15 to 20 km along the trail. In addition, platforms for tents and dry toilets are available on these sites. Shelters at Causapscal, Amqui and St. Vianney also offer showers to hikers.

TABLE – MATAPEDIA VALLEY SECTION

| Distance between tags | Refuge, shelter, camping area, village, river | Type of shelter and services |
|-----------------------|---|------------------------------|
| | Ruisseau Creux Refuge | R, PF, W |
| 11,0 KM (6.84 MI) | | |
| | Sainte-Marguerite Shelter | S,W, SH |
| 17,5 KM (10.87 MI) | | |
| | Causapscal (locality) | W |
| 2,5 KM (1.55 MI) | | |
| | Camping Causapscal Shelter | S,W,SH, Tel. |
| 17,6 KM (10.94 MI) | | |
| | Les Chutes Shelter | PF, W |
| 12,1 KM (7.52 MI) | | |
| | Shelter of Saint-Alexandre-des-Lacs | S, W |
| 12,0 KM (7.46 MI) | | |
| | Lac-au-Saumon Shelter | S, W |
| 8,0 KM (4.97 MI) | | |
| | L'Erablière Shelter *No water | S |
| 11,0 KM (6.84 MI) | | |
| | Amqui (locality) | W, Tel. |
| 17,0 KM (10.56 MI) | | |
| | Shelter Camping d'Amqui | S, W, SH |
| 6,0 KM (3.73 MI) | | |
| | Camp Sable-Chaud | W |
| 11,0 KM (6.84 MI) | | |
| | Les Trois Sœurs Shelter, NO WATER | R, PF |
| 14,5 KM (9 MI) | | |
| | Saint-Vianney Shelter | W, S |

| | | |
|----------------------|----------------|---|
| 11,0 KM (6.84 MI) | | |
| | Camps Tamagodi | W |

*Please note that the kilometers in the table may vary from those shown on the maps, use the maps for your route for more details.

SERVICES AND ATTRACTIONS ALONG THE TRAIL

Ruisseau Creux Refuge: Crossing the Assemetquagan River downstream, you will find the picturesque ZEC Casault. After 8 km of walking, you reach the Ruisseau Creux Refuge, which can accommodate eight people. We find also on this site two platforms for tents and a dry toilet.

Shelter in the town of Sainte-Marguerite: Services: Bar 250 at 250 Kempt Road, **418-756-5207**. Coop de Ste-Marguerite: Convenience store, Water, Shower available for hikers. You will find a shelter for four people and a dry toilet, belonging to IAT, on the old baseball field in the village.

Tourist information office of Causapsca: 5, Saint-Jacques South, Causapsca, QC G0J 1J0, **(418) 756-6048**. Services can be found on 132 Road along the Matapedia River. www.causapsca.net

Shelter of Camping Causapsca: 601 Road 132 West, Causapsca, QC G0J 1J0 **(418) 756-5621**. Shelter is available for up to four people, as well as showers and toilets.

In the South of the city center, on Road 132

Accommodation: Auberge la Coulée Douce, rooms for rent, **(418) 756-5270**, air conditioning. Restaurant: Cantine Sportive. Grocery: Marché Richelieu (3), wide choice of good-quality food. Historic site Matamajaw: several restored buildings describing the history of the city, and that of the salmon fishing nearby.

On the West of the bridge of the Matapedia River Co-op hardware store, a few camping supplies rather for camping as for long-distance hikes. Convenience: Gem (2). There is a small shopping center next to the bridge of the Matapedia River, with a pharmacy and a medical clinic.

On the North of the bridge of the Matapedia River

Services: Caisse Desjardins; with ATM and telephone. Conveniences: Pétró Canada (2). Restaurants: Casse-croûte Spot Lunch; Dairy bar; and Katrami restaurant (at Galeries Saint-Jacques). Accommodation: Camping Causapsca, **(418) 756-5621**, laundry, soft drinks, firewood, Motel du Vallon, **(418) 756-3433** or **1-866-519-3433**

Leaving Causapsca The trail is located behind the shelter of the IAT in the municipal campground of Causapsca. Take the road that leads to the Causapsca River where the IAT starts to follow an old fishing road along the river. Waterfalls offer magnificent views and the opportunity to observe the fish up the river.

Les Chutes Shelter: You arrive on the site of Les Chutes of the Causapsca river. You'll find a shelter of the IAT, a platform for tents, and a dry toilet in the parking area. A few km away, you pass by a pit where salmon shoal, near a swamp. There are interpretation signs, observation areas and facilitators will be able to give you information about the Atlantic salmon. North of the pit, hikers traverse meadows and swamps.

Shelter of Saint-Alexandre-des-Lacs: To get there, you must leave the IAT trail on the Lavoie country road and walk 2 km (1.24 mi) to the north. In the center of town along the Rouge Lake, you will find the shelter of the IAT and dry toilets.



Mount Tabor (Launch site for hang gliding) Magnificent views of the village of Lac-au-Saumon. It includes a dry toilet and a picnic table.

Junction (JCT) of the road to Saint-Alexandre-des-Lacs: You can make a small detour to visit the village of Lac-au-Saumon. **The shelter Lac-au-Saumon** is located in the du Centenaire Park, at 6 km from the JCT. You should take the same route the next day to return to the JCT and restart on the trail. For the key of the shelter, you contact the Convenience du Lac Enr, 263 Saint-Edmond street, Lac-au-Saumon, QC (418) 778-3232. It also includes a Casse-Croûte.

Érablière Shelter: From the JCT of the road to Saint-Alexandre-des-Lacs, you can reach the Érablière shelter, located about 4 km from the JCT. You will also find a dry toilet. This shelter is not far from a forest pond (Non-drinkable water). You will also pass the site of Philomena Falls. From that shelter, you can reach Amqui by crossing the Fournier Mountain up to Napoleon country road.

Philomena Falls: Across the wooden bridge with a white guardrail is a parking lot, on the left side. Next to the

parking lot is a house that can serve as shelter during bad weather. Make the long descent to the foot of the fall, to enjoy the view from Belvedere.

Théodore Gagné Park: From Napoleon country road, you will reach this little park that was built by the city of Amqui.

Amqui: City and Leisure Service (418) 629-4242. Services are offered throughout the city.
www.ville.amqui.qc.ca

JCT of des Pompes Street and 132 Road: Walk west on the 132 to de l'Hôpital Street (jct 132 Road and 195 Road). At the crossroad take the Saint-Benoit Boulevard (132 Road) West to Amqui train station.

Hospital: At 1 km from the intersection of 195 Road and 132 Road in downtown Amqui.

On 132 Road There are drugstores, grocery stores (Metro and Maxi) and Caisse Desjardins (ATM) near the bridge over the Matapedia River. **Restaurants:** Dixie Lee (fried chicken), La Gourmandise Pizza (which has a wood oven), McDonald's, the Captive micro brewery (beer house, great burgers, bakery, pastries and cheese), Hotel Gagnon (restaurant-bar), a dairy bar facing the train station and the camping; Cantine Fortier.

Accommodation: Auberge Beauséjour (418) 629-5531, Domaine du Lac Matapedia (B & B) (418) 629-5004, Camping Amqui (418) 629-3433. Near the station are two hotels: Auberge Ambassador and Selectotel Amqui, which can be reached at 1-888-588-6464 and 1-800-463-0831, respectively. **Sports shop:** Inter Sports sells a few supplies for camping.

Maurice Gagné Park and Two Covered Bridges (Beauséjour and Anse Saint-Jean): From the train station, enter the small park along the Matapedia River in downtown Amqui. At the far end of the park, you will cross a covered bridge. The trail takes you to the Saint-Jean-Baptiste country road, better known under the name "Little Gaspésie". From there, walk to the Anse Saint-Jean covered bridge, across which is the **Amqui camping (1 km)** where we find a **shelter of the IAT** as well as showers and toilets. The tourist office is at the exit of the Anse Saint-Jean covered bridge.

*****It is advisable to get reservations for the Matane Wildlife Reserve, Gaspésie National Park and for other IAT shelters along in Amqui. Book it by calling the SEPAQ reservation central line, at 1-800-665-6527.**

Camping Amqui Shelter: 686, 132 Road West, Amqui, QC (418) 629-3433. From Camping Amqui, you return to Anse Saint-Jean covered bridge and take the country road Saint-Jean-Baptiste northbound. After a few miles, you will arrive at Camp Sable Chaud. You walk on the cross country skiing trails to Michaud Creek, and then follow the trail along the road of the Seigneurie to Dépôt Soucy.

Les Trois Soeurs Shelter: Important - there is no water access point at Les Trois Soeurs Shelter. Before arriving at the shelter, hikers heading to Cap Gaspé can resupply at a stream located near the parking lot of Dépôt Soucy, at KM 493.5, 2.5 km before the shelter. Hikers heading Katahdin find a stream short after KM 490, before reaching the shelter at KM 491. The water point is 200 meters off the trail, at the access point is 700 meters from the refuge. A hiker who forgot to take water to the Dépôt Soucy can also at this point (1.8 KM - 1.12 MI). Les Trois Soeurs shelter is 16 km (9.94 MI) away from the municipality of Saint-Vianney.

Saint-Vianney Shelter: Located in the city park of Saint-Vianney. Toilets and showers can be found in the service building of the municipal park, 100 meters away. For the key to the shelter, please contact the Solidarity Cooperative of Saint-Vianney (grocery store), 1040C 195 Road, Saint-Vianney, QC (418) 629-5002.

Important - gather any supplies that you need before arriving at the Matane Wildlife Reserve and Gaspésie National Park. Supply points become scarce once you leave the Vallée-de-la-Matapedia, heading EAST to reach the mountain section of the Gaspé Peninsula. Hikers should stock up on supplies at Amqui or Saint-Vianney. In Saint-Vianney and Saint-René-de-Matane (which is off the trail), there is a post office and a grocery store. In advance, you can send a supply parcel to Tamagodi Camp, which is at the entrance to the Matane Wildlife Reserve.



You have to plan carefully your supply points in this section of the IAT.

Saint-Vianney, Municipality: 418-629-4082. Last chance to find a restaurant and a grocery store (3), on the trail or in the surrounding area. www.saint-vianney.net. The next supply point along the trail is 180 KM (111.85 MI) away on 299 Road, in the direction of Cap Gaspé, at Gîte du Mont Albert in Gaspésie National Park. Another possible supply point is in Saint-René-de-Matane. There is a snack bar on 195 Road.
www.municipalite.st-rene-matane.qc.ca/

MATANE WILDLIFE RESERVE

Section of 112,1 KM (69.65 MI)

West Sector: From Matane River to Beaulieu Lake 72 km (44.74 MI)



From summit to summit

This portion of the trail covers the western part of the chain of Chic-Choc mountains. Hikers have a wide variety of day hikes or long walks with accommodation in rustic camp grounds.

Progressing from west to east, the trail first follows the Matane River over six km before coming to the John Registration Centre, which marks the formal entrance into the reserve. The river will accompany the hikers for another 3.5 km (2.17 mi) before the first ascent. Sights include waterfalls, ponds, canals, pits, beaver dams, bridges, etc. Next is a climb up to the first summit, and then along the southern escarpment of the Chic-Choc mountains, at an average altitude of 500 to 600 meters. There are beautiful views of the valley of the Matane River, on the southern part of the peninsula, and the surrounding lakes. It is also the realm of the moose, and the territory of the Royal Eagle. Keep your eyes open. The trail then descends before the demanding ascent of the Mount de l'Ouest, culminating at 922 meters. The summit offers a beautiful view to the east, and several streams dotted with waterfalls criss-cross the mountains. Two magnificent views of Matane Lake also precede the descent.



The trail then begins to climb the narrow mountainous ridge overlooking the shore east of the lake. It offers stunning views of the lake, and the deep valley of Desjarlais Creek. A beautiful peat bog is crossed before reaching the peak which offers a breathtaking view of a chain of lakes and the massif of Mount de l'Ouest. The Gros Ruisseau Lake, as well as a series of peaks, dot the trail that leads to Pointu Mount (930 meters) and Craggy Mount (846 meters). These mountains, and their rocky headlands, offer beautiful views (sometimes dizzying!). Vast forested area extends from their feet to the St. Lawrence River in the

distance. The descent from Craggy Mount has outstanding views of Blanc Mount and the surrounding passes that connects them. The ascent up Mount Blanc, which rises to 1,065 meters, is rewarded by wide panoramas. From here, one can see the path behind. The krummholz (krummholz – german “krumm”, “crooked” and “holz”, “wood” – is the name give to trees that become bended under the influence of the wind, as it often happens in altitude – the trees remain small and tortuous in spite of their age) forest leads to the impressive and rough “coulée du nord” (“north slope”). Then the alpine meadow follows and opens up to the majestic panorama of mountains that extends eastward. The trail meets an alpine bog before arriving at the glade that reveals a splendid view of the Beaulieu Lake, T Lake and the surrounding mountains. The campsite can be found below.

East Sector: From Beaulieu Lake to Mount Logan

Tundra, permafrost and caribou

This portion of the trail is located in the central part of the chain of the Chic-Chocs. From Beaulieu Lake in the heart of the Matane Wildlife Reserve to Mount Logan at the west end of Gaspésie National Park, this part of the trail is considered the most difficult of the IAT-QC, but also one of the most beautiful!

This section of the IAT-QC of 34.5 km (21,44 mi) has several long sustained climbs and descents: among others are the Nicol-Albert, Collins and Fortin mountains. The elevation of 747 m of Mount Nicol-Albert alone is a major challenge that must not be taken lightly.

From Beaulieu Lake to Mount Nicol-Albert, the trail runs through wooded areas from summit to summit, offering resting areas with fabulous views. Then comes the monolith of “man”, on a cliff 700 meters high, before literally diving along the Beaulieu creek, home to 13 spectacular waterfalls. After these vertical shows, the trail crosses the Cap-Chat River on a bridge just above the salmon sanctuary of Petit-Sault. Closeby, there is a rustic campground along Road 1. You can access this site by car from Cap-Chat, along the river 40 km (24.85 mi).

Two km (1.25 MI) north, from the Petit-Sault campground, is a nice easy hike to Hélène Fall (70 m high), which is 4 km (2.49 mi) from the bridge of Bascon Creek on Road 1. Further along, camping at Bascon Creek allows a stop before ascending the famous Collins and Matawees mountains, with their alpine meadows. Next comes Mount Fortin, and the sharp ridge that marks the entrance to the Gaspésie National Park. Finally, you'll see the majestic Mount Logan and its refuge, the Pic de l'Aigle, firmly anchored at the top. This is the land of permafrost; harsh winters and an austere climate make this the last shelter for woodland caribou.

Caution: The Matane Wildlife Reserve is far from the civilization and is considered (in general) to be **very difficult**. There is no phone and no service. It is the wild beauty in its purest form. The cell phone reception is better in altitude as in the valleys. The reserve is covered with many logging roads, where workers and boaters can help in case of emergency.

TABLE - MATANE WILDLIFE RESERVE SECTION

| Distance between tags | Refuge, shelter, camping area, village, river | Type of shelter and services et services |
|-----------------------|--|--|
| | Tamagodi Camps | W |
| 9,1 KM (5.65 MI) | | |
| | John Registration Center, Camping | W, SH, Tel. |
| 2,0 KM (1.24 MI) | | |
| | Matane River Shelter | S, W |
| 12,0 KM (7.46 MI) | | |
| | Pitounes Creek Shelter | S, PF, W |
| 13,0 KM (8.08 MI) | | |
| | Tombereau Lake Shelter | S, PF, W |
| 8,0 KM (4.97 MI) | | |
| | Montagne à Valcourt Shelter | S, PF, W |
| 5,0 KM (3.11 MI) | | |
| | Matane Lake Shelter, (Camping 0,8 KM away from the road) | S, PF, W |
| 8,0 KM (4.97 MI) | | |
| | Gros-Ruisseau Lake Shelter, 0,5 KM off the trail | S, PF, W |
| 9,0 KM (5.59 MI) | | |
| | Craggy Mount Shelter, 1,0 KM off the trail | S, PF, W |
| 8,0 KM (4.97 MI) | | |
| | Blanc Mount Refuge (No Sleep there) | W |
| | | |
| | Beaulieu Lake Shelter | S, PF, W |
| 15,0 KM (9.32 MI) | | |
| | Petit-Sault Shelter | S, PF, W |
| 9,0 KM (5.59 MI) | | |
| | Ruisseau Bascon Shelter | S, PF, W |
| 14,0 KM (8.70 MI) | | |
| | Le Nyctale Refuge (Logan Mount) | R, W |

* Please note that the kilometers in the table may vary from those shown on the maps, use the maps for your route for more details.

SERVICES AND ATTRACTIONS ALONG THE TRAIL

Matane : The Office of the IAT-QC, located on 968, Du Phare Ouest Avenue, Matane (QC), G4W 1V7, beside the lighthouse **(418) 418-560-4642**. The office is on the second floor, over the tourist information It offers several services to hikers such as: topographic maps, information for hikers, shuttle, car service, food drops and guided hiking packages. For more information visit www.sia-iat.com or e-mail at infosiaquebec@gmail.com

Matane River: After crossing the Matane river the trail turns right and goes to the John Registration Center of the Matane Wildlife reserve. The Tamagodi Camps (418) 224-3340 or (418) 562-7145 www.lescampstamagodi.com is located near the bridge before turning right on the trail, along the Matane River. There are motel, cabins for four people, a small restaurant (B / D / S), and a telephone. It is possible to send food supplies or material by mail there. Hitchhike north on Road 195 for some shopping options. There is a convenience store (2) about 2 KM (1.2 MI) up the road, and about 7 KM (4.35 MI) farther, there are several other convenience stores. This road also leads to the town of Matane. The Matane River is a worldwide renowned salmon river. The parking lots along Road 1 in the reserve are named after famous fishing pits.

Matane Wildlife Reserve: To get to the entrance of the reserve the "John Registration Center", continue towards Cap Gaspé from Tamagodi Camps. You can buy topographic trail maps and book accommodation there.

Matane Lake: This long picturesque lake is surrounded by very high mountains. The hiker will cross the dam that controls the water level of the lake. Hikers cannot sleep in the shelter is located on the west side of the dam. The IAT-QC platform is hidden from the road on the east side of the lake, 0.8 KM (0.5 MI) away from the trail. Hikers will find a magnificent view overlooking the lake and the cliffs.



Blanc Mount (1 065 m): Blanc Mount offers to the north a panoramic view on the Saint Lawrence River and the landscape of Cap-Chat, wind turbines making it easy to recognize the village. To the east is Logan Mount, with its buildings and radio antenna on top. A shelter is on top of Mont Blanc and but you can't sleep there. South of the summit leave the trail to reach a source, where a bench and a stunning view will be awaiting you.

Nicol-Albert Mount and the Thirteen Falls: The trail plunges steeply into a canyon and goes through a section along Beaulieu Creek, which is famous for its Thirteen waterfalls. This parts is one of the most difficult of the IAT-Quebec. At the exit of the canyon, a bridge crosses a salmon sanctuary. Not far ahead is an IAT-Qc campground and the trail joins the reserve's main road (Road 1) nearby. After hiking northbound for 2 km (1.24 mi) on Road 1, a large information panel on the right side will indicate that the IAT-QC enters into the forest.

Cap-Chat: The village of Cap-Chat is further north on Road 1, 38KM (23.61 MI) from Petit-Sault Camping. This is a good point to resupply before hiking through the Gaspésie National Park. The contact here is Valmont Plein Air (418) 786-1355, on the seashore near the bridge www.valmontpleinair.com. The following services are offered: bus, guide, coffee, and toilet. In the village: PO, camping, accommodation: Auberge du Cap is friendly to hikers, we can make your laundry and organize your return in the forest (418) 786-5252. Several restaurants, grocery (4), fish market.

Helen Fall: Back in the forest, the trail follows a creek to Hélène Fall, which creates a magical mist. It is 0.1 KM (0.06 mi) north of the trail. This is great!

From Ruisseau Bascon camping to Logan Mount: After leaving Ruisseau Bascon campground towards Cap Gaspé, the trail reaches the treeline for the first time since Katahdin. Between Collins and Logan Mounts the trail goes often up and down and through the tundra, a treeless vegetation. Permafrost shaped the granite field on the summit of Logan Mount. In this region the hiker will meet with its first caribous, which are part of the last settlement south of the Saint Lawrence River.

In the Gaspésie, the reindeer population was counting thousands of animals. About 200 remain today. Thus, admire it from a distance and with respect.

Food Drops: Weatherproof Boxes are available for food drops at the following locations of the reserve: **Matane Lake and Petit-Sault.**

For more information about the Matane Wildlife Reserve, call the SÉPAQ office in Matane (418) 562-3700 or contact the SÉPAQ head office at 1-800-665-6527. To contact the John Registration Center call (418) 224-3345 (service only in season). Website: www.sepaq.com.

GASPÉSIE NATIONAL PARK

Section of 99, 5 KM (61.83 MI)

From Logan Mount to Jacques-Cartier Mount

Some of the highest mountains of Quebec are situated in the heart of the Gaspésie. The Logan, Albert, Xalibu or Jacques-Cartier Mountains have an altitude of over 1000 meters but hosting hikers of International Appalachian Trail make them more special.

You can cross the Gaspésie National Park from east to west by using the Park's long-distance hiking trail (99.5 km (61.83 mi)). An extensive trail network can also be used for day hikes in the Park. This section was the first to be included into the International Appalachian Trail.

Alpine tundra cover the highest mountains of the park. Patches of snow can still be seen here and there during the summer. Rare coniferous trees are twisted by the harsh winters. Colorful flowers brighten a rocky ground and the caribous wander in search of poor pastures. All those characteristics are making of the Chic-Chocs a spectacular hiking place.

The trails are well maintained and usually follow gentle slopes. Hikers who started the IAT in Katahdin will find that this section is easy but beautiful.

Circulating inside the Gaspésie National Park involves respecting some rules:

Gaspésie National Park requests that all visitors pay daily an access fee.

Due to the fragile environment and the large number of visitors rustic camping is strictly prohibited. All hikers must book in advance their accommodation. It is advisable to make your reservations as soon as possible with **SEPAQ 1-800-665-6527 option 4**.

Hikers must stay on the trails. Trampling has a destructive impact on the arctic-alpine vegetation.

Pets are prohibited in the park.



All waste, including biodegradable waste, has to be brought back: there are no trash cans in the refuges.

For reasons of safety and natural environment protection, the long hike in the Gaspésie National Park is only permitted during the summer. It is a common thing that before mid-june several trail portions are blocked by the snow!



In October the access to the summit of Albert, Jacques Cartier and Xalibu Mounts is prohibited. This measure is implemented so that the caribous are not being disturbed during the rutting period.

TABLE - GASPÉSIE NATIONAL PARK SECTION

| Distance between tags | Refuge, shelter, camping area, village, river | Type of shelter and services |
|------------------------------|--|-------------------------------------|
| | La Nyctale Refuge (L.M. Lalonde Mount) | R, W |
| 0,1 KM (0.06 MI) | | |
| | La Chouette Refuge (L.M. Lalonde mount) | R, W |
| | La Croisée Shelter (Des Îles Lake) | S, W |
| 8,3 KM (5.16 MI) | | |
| | Le Carouge Refuge (Choc Lake) | R, W |
| | Le Kalmia Camping (Côté Lake) | PF, W |

| | | |
|-----------------------|---|---|
| 7,7 KM (4.78 MI) | | |
| | Le Huard Refuge (Thibault Lake) at 1 KM east of the trail | R, W |
| 10,2 KM (6.34 MI) | | |
| | La Mésange Refuge (Aube Peak) -water point at 1,0 KM from refuge -refuge at 0,4 KM west of the trail | R, W |
| | Le Saule Camping (Aube Peak) | PF, W |
| 14,6 KM (9.07 MI) | | |
| | Cascapedia Lake Camping | W, SH |
| 0,3 KM (0.19 MI) | | |
| | Le Pluvier Refuge, (Cascapedia Lake) | R, W |
| 8,6 KM (5.34 MI) | | |
| | La Paruline Refuge (Haymard Lake) | R, W |
| | La Fougère Camping (Manni Lake) | PF, W |
| 21,7 KM (13.48 MI) | | |
| | 299 Road, Sainte-Anne River -Gite du Mont-Albert -Camping de la rivière -Camping du Mont-Albert: -Le Faucon, la Buse, le Geai Gris, le Harfang, L'Arlequin Refuge (Refuges at 2 KM south of the hotel) | Hotel **** W,SH,Tel W,SH,Tel. R, W, SH |
| 8,2 KM (5.1 MI) | | |
| | La Roseline Refuge (Américains Lake) | R, W |
| 6,6 KM (4.1 MI) | | |
| | Le Tétras Refuge (Samuel-Côté Lake) | R, W |
| | la Camarine Camping (section Le Tétras) | PF, W |
| 13,3 KM (8,26 MI) | | |
| | Jacques-Cartier Camping | S, W, SH |

* Please note that the kilometers in the table may vary from those shown on the maps, use the maps for your route for more details.

SERVICES AND ATTRACTIONS ALONG THE TRAIL

The Gaspésie National Park: offers a shuttle and a food drop service for long-distance hikers.

The IAT-QC: offers a reservation service and a car transport service between the Matane Wildlife Reserve and the Gaspésie National Park. Some conditions apply. Prices varie with the distance to cover. For more information call **(418) 418-560-4642**



Choc Lake: Sleeping in the Carouge refuge is a really special experience. There are no roads leading to it, neither electricity nor telephone. It really feels far away from civilization. If the temperature is mild, spend the night under the stars. A moose foraging in the lake nearby might visit you.

Aube Peak: Do not miss the impressive viewpoints on the north escarpment of the Chic-Chocs. This peak is a nice place for a breakfast.



of the Chic-Chocs.

299 Road / Gîte du Mont-Albert: It is the first sign of civilization since the Tamagodi camps. You reach 299 Road and an area of basic services. All services are located near the intersection of the trail and Road 299: at the **Discovery Center** ((418) 763-7494 or toll free 1-866-727-2427)), hikers can reserve their services and accommodation for the Gaspésie National Park at this place, but for the Thru hiker is better to reserve in advance by phone. There is also a small outdoor equipment shop, where lyophilized food, liquid fuel, energy bars, camera films, sandwiches, and a few supplies for hiking like water bottles or Swiss Army knives can be bought. The Piedmont Bistro serves light meals on site.

Accommodation: Gîte du Mont-Albert, hotel (418) 763-2288 or 1-866-727-2427. Services: restaurant, huts, bar, heated pool, laundry in the basement, shower with a towel for non-residents for a nominal fee. The Gîte du Mont-Albert offers hiking packages. The camping de la Rivière is located near the trail, the Mont-Albert camping is located on 299 Road, two km (1.24 mi) south of the trail. Reservations are made with SEPAQ www.sepaq.com.

Sainte-Anne-des-Monts: This town is located 40 KM (24.85 mi) north of the Gîte du Mont-Albert. Accommodation: International Hostel (418) 763-7123, <http://aubergegaspesie.ca/>; Auberge Festive Sea Shack, 12 km (7.46MI) east of Sainte-Anne-des-Monts (418) 763-2999 or 1-866-963-2999, www.aubergefestive.com. There are also grocery stores (3) and banks with ATMs downtown.



Jacques-Cartier Mount (1 268 m)

On the top, there will probably be many visitors coming from the Jacques-Cartier camping. An observation tower with a stove and a dry toilet is located on top of Jacques-Cartier Mount. After the summit the trail descends and goes to the campground and the the Saint Lawrence River estuary.

After Gaspésie National Park: The trail conditions vary greatly between the Gaspésie National Park and the Forillon National Park of Canada. Some sections are new, steep and difficult, while easier sections of the IAT-QCgo along old logging roads.



UPPER-GASPÉ

Section of 96,8 KM (60.15 MI)

From Gaspésie National Park to Grande-Vallée

The trail goes through various landscapes, such as forest, mountains and sea and is home of cervidae, gallinaceous and whales. This section offers enough variety to satisfy the appetite of any hiker! Along this path, from village to village, no one can escape to the charm of the Upper-Gaspé and the legendary hospitality of its inhabitants.

Two days are required to cover the distance between Jacques-Cartier Mount campground in the Gaspésie National Park and the Saint Lawrence shore by Mont-Saint-Pierre. The Cabourons refuge is overlooking the glaciated valley of Mont-Saint-Pierre River and offers a panoramic view, with the Saint Lawrence River glimpsing through; you reach the Saint Lawrence at the end of the second day. After the municipal campground of Mont-Saint-Pierre, you then discover the picturesque village of Mont-Saint-Pierre, internationally recognized by hang gliding and paragliding amateurs.

Thereafter, from village to village, you will be witnessing the life and the Gaspesian culture. The trail begins the very aerial ascent of Saint-Pierre Mount and descends shortly after to Mont-Louis. It follows afterwards the old Chemin du Roy, which remains suitable for motor vehicles nowadays, to join Anse-Pleureuse. The path then becomes very steep near Gros Morne. A trail built along the edge of the headlands will bring the Saint Lawrence almost under your feet. Manche-d'Épée is the next stage, with a very breathtaking aerial point of view. Then comes Madeleine Centre and Rivière-Madeleine, two villages along the IAT, which follows Road 132. In order to reach Grande-Vallée you will have to leave the coast and go through the Grand-Sault camping, following a path along the Madeleine River. From there on the IAT follows a forest road and is also used as snowmobile trail. The arrival in Grande-Vallée is a great descent along Road 132 with picturesque landscapes.

TABLE - UPPER-GASPÉ SECTION

| Distance between tags | Refuge, shelter, camping area, village, river | Type of shelter and services |
|------------------------------|--|-------------------------------------|
| | Jacques-Cartier Camping | W, SH |
| 13,7 KM (8.51 MI) | | |
| | Cabourons Refuge | W, R |
| 18,9 KM (11.14 MI) | | |
| | Mont-Saint-Pierre Camping | W, SH, Tel. |
| 15,2 KM (9.32 MI) | | |
| | Parc et Mer Camping in Mont-Louis | W, SH, Tel. |
| 6.1 KM (3.72 MI) | | |
| | Anse-Pleureuse Camping | W, SH, Tel. |
| 11 KM (6.38 MI) | | |
| | Ruisseau-Flétan Shelter | SH, W |
| 26.7 KM (16.15 MI) | | |
| | Bel-Air Camping, Madeleine-Centre | W, SH, Tel. |
| 3.8 KM (1.86 MI) | | |
| | Rivière-Madeleine (village) | W |
| 7.1 KM (4.34 MI) | | |
| | Grand-Sault Camping | W, PF, S |
| 17.7 KM (10.56 MI) | | |
| | Grande-Vallée (village) | W |

* Please note that the kilometers in the table may vary from those shown on the maps, use the maps for your route for more details.

SERVICES AND ATTRACTIONS ALONG THE TRAIL

Mont-Saint-Pierre: PO: 104A, Prudent-Cloutier Street, QC, G0E 1V0 **(418) 797-5160**. Mont-Saint-Pierre marks the beginning of a visit through several villages along the coast of the Gaspesian Peninsula. Hikers may have the opportunity to watch paragliders or hang gliders jumping from the mountain on the eastern side of the village.



Mont-Saint-Pierre Camping: Three kilometers (1.86 mi) south of the village, along the IAT-QC **(418) 797-2250**, showers, swimming pool, telephone are available.

Accommodation: Motel Mont-Saint-Pierre, **(418) 797-2202**, restaurant B/D/S. Motel les Flots Bleus, **(418) 797-2860**. Chalets Bernatchez, **(418) 797-2733**. Chalets Vermont **(418) 797-2810**, Au Délice Motel/ Restaurant, **1-888-797-2955**, laundry. Grocery: (3) Marché Chez Julie **418-797-2167**. Restaurants : dairy bar, canteen.

Mont-Louis: PO: 9, 1st Avenue Ouest, G0E 1T0 **(418) 797-2370**. Auberge des Belles-Soeurs and restaurant L'eau à la Bouche **(418) 797-5000**, Gîte des neiges **(418) 797-2855**, L'auberge L'Amarée (Restaurant and accommodations) **(418) 797-2323**, Motel Ro-Zach Haute-Gaspésie (418) 797-2650. Parc et Mer center of Mont-Louis is a camping with Internet cafe and beach **(418) 797-5270**. More information in the post office. Grocery: Axep-Marché Alimentation (3); fish market and drugstore; Gas-o-bar convenience store (2) with telephone, Atkins smoked products. Restaurants: La Seigneurie snack-bar; Bank: Caisse Desjardins without ATM. Other services: Internet Café (open during the day), CLSC (health clinic). La Pointe Sec – Local Culture place, www.lapointesec.com.

Anse-Pleureuse: Anse-Pleureuse Camping, **(418) 797-2384**, 18 sites and cottage with 1 or 2 bedrooms, kitchenette, and all services. Rent Cottages for 6 persons in a forest setting **(418) 797-2635**, ask André Robinson.

Ruisseau-Flétan Shelter: 4 places shelter with a dry toilet. You have Wi-fi on the site where the shelter.



From Anse-Pleureuse to Gros-Morne: The trail goes along the cliffs, offering sublime views of the river and the mountain. It also follows the former "Chemin du roy" and then passes through an old cedar forest that reminds a horror movie set.

Gros-Morne: PO: 8A, Rue Principale, G0E 1L0 **(418) 727-2434**. Grocery: Marché Gros-Morne include Chester Fried Chicken **(418) 797-2223** ; Restaurant RoClo **(418) 764-6782**.

Manche-d'Épée: According to Carole Bourget, hiker from Cap-Chat, the viewpoint from belvedere of Manche-d'Épée is stunning.

Madeleine-Centre: Accommodation: Motel du Rocher and cottages, 53, Rte Principale RR 2, (Manche d'Épée) Madeleine-Centre **(418) 393-2425** laundry is possible, restaurant (B/D/S); Camping Chalet Bel-Air, 99, route Principale, Madeleine-Centre **(418) 281-3449**. Grocery: Omni-Marché (3). Other service: Caisse Desjardins without ATM, open from Monday to Friday, from 11 am to 15 pm, Internet Cafe inside the lighthouse of Cap-Madeleine.

Rivière-Madeleine: Auberge-restaurant Chez Mamie **1-866-393-2212**, Hotel-Motel Bon Accueil (resto-bar) **1-800-391-2425**, Casse-Croûte at the marina; A very special attraction: the Grand-Sault two KM (1.24 MI) off the trail (457 m in altitude), the longest underground fishway in the world (139m).

GASPÉ COAST

Section of 113.2 KM (70.34 MI)

From Grande-Vallée To Forillon National Park of Canada 122,6 km (76.18 MI)

Between the sea and the mountains, the trail unrolls its ribbon of scenery and surprises. The wildlife, flora and geomorphology of this section are too rich and diverse to be described. While hiking on the IAT you discover how the Gaspesians live and shape their territory: forest roads, salmon rivers, outfitters offering different services, cultural and historic sites, maple grove and fishing havens are a few examples of their achievements.



The trail will take the hiker further along the village-to-village visit of the Gaspé coast. Each city has its own story. Each municipality has a soul, a particularity. It is up to you to discover it. For example: Grande-Vallée and its covered bridge and Petite-Vallée and its song festival, Saint-Yvon, which was attacked by a torpedo; Anse-à-Valleau whose lighthouse was moved to Pointe-à-la-Renommée. You can also make a detour through Cloridorme and see its 15 lakes, or through Saint-Maurice-de-l'Échourie and its picturesque harbor and inform you in Rivière-au-Renard about the fishermen revolt of 1909. IAT information panels are in all these villages to guide you on the IAT and help you can plan a day hike. You can also leave your car in each of these villages and explore the IAT for one or many days.

As everywhere else on the trail housing can be found; either by taking advantage of the services offered in the villages or at intervals of 8 to 15 kilometers on campsites or shelters constructed by the IAT and leased by SEPAQ.



Follow the tags and the signs of the IAT and explore the Gaspé coast: Lands' End, the birthplace of Canada.

TABLE - GASPÉ COAST SECTION

| Distance between tags | Refuge, shelter, camping area, village, river | Type of shelter and services |
|------------------------------|--|-------------------------------------|
| | Le Grand Sault Shelter | W, PF, S |
| 18,9 KM (11.74 MI) | | |
| | Grande-Vallée (village) | C,W,SH,Tel. |
| 7,1 KM (4.41 MI) | | |
| | Petite-Vallée (village) | W, Tel. |
| 11,0 KM (6.84 MI) | | |
| | Les Terrasses Shelter | S, PF, W |
| 11,5 KM (7.15 MI) | | |
| | Les Cascades Refuge | R, W |
| 24,8 KM (15.41 MI) | | |
| | La Chute Shelter | S, PF, W |
| 8,3 KM (5.16 MI) | | |
| | Le Zéphir Refuge | R, W |
| 4,0 KM (2.48 MI) | | |
| | Anse-à-Valleau, (village) Les Ancêtres Camping | W |
| 8,0 KM (4.97 MI) | | |
| | Les Carrières Shelter | S,PF, W |
| 9,0 KM (5.59 MI) | | |
| | L'Érablière Refuge | R, W |
| 10,6 KM (6.59 MI) | | |
| | 197 Road / Forillon Park | |

* Please note that the kilometers in the table may vary from those shown on the maps, use the maps for your

route for more details.

SERVICES AND ATTRACTIONS ALONG THE TRAIL

Grande-Vallée: Po: 7 Saint-Francois-Xavier Est (418) 393-2090. Accommodation: Motel Richard, (418) 393-2670, Hôtel Motel Grande Vallée des Monts 1-800-380-1190, Motel Restaurant La Marée Haute 1 800 795 3008, Au Soleil-Couchant Camping (418) 393-2489 several services offered (showers, telephone, laundry), convenience store (2), Restaurant Dixie Lee (fried chicken). Grocery: Marché Grande Vallée (3).



Another supply point is Rivière-au-Renard, two days before reaching Cap Gaspé. To get to Rivière-au-Renard you must walk 8 KM (4.97 MI) starting from the junction with Road 197. Grande-Vallée is the largest village between Mont-Saint-Pierre and Rivière-au-Renard. There are several services. At the heart of the village, a trail leads to a covered bridge, the Gallipeault (very nice).

Behind the dairy bar, east of Grande-Vallée, the IAT goes for the first time on the beach. The hiker has many extraordinary opportunities to observe whales. Very interesting rocks that were marked with white circles can be found on the beach. These result from the incessant work of the waves. The trail comes out in Longue-Pointe.



Petite-Vallée: At Vieille Forge Theatre there is a song interpretation center. Accommodation: Auberge La Maison Lebreux and cottages 1-866-393-2662, meals served. Restaurant la Vieille Forge. This section of 3 KM (1.86 MI) is along the beach, it could be difficult to cross because of the water times. The section can take up to 3 hours.

High or low tide? Leaving Longue-Pointe, you must choose between two routes depending on the tide schedule. One route on the beach can only be hiked when the tide is low. To know the high and low water times, ask the villagers or call the Maurice Lamontagne Institute (418) 775-0500.

Outfitter Beausejour: Accommodation and food (418) 393-2347, very well organized and with picnic tables.

Cloridorme: The village can be reached hiking another trail for 6 km (3.73 mi) to the north. Accommodation: Restaurant Motel Étoile du Nord (1, Pêcheur Road at Pointe-à-la-Frégate), Restaurant de l'Anse (446, Road 132), canteen (16, Quai Road), post office, bank and Grocery. Take a walk on the quay. Maybe you will see fishermen coming back from the sea.

Saint-Yvon: Accommodation: Motel du Cap 1-866-395-2990. The hiker has to plan his route in accordance with the tide to bypass Cap St-Yvon. The pond is good for the observation of herons. The trail then continues on strand to Grand-Etang.



Pointe-à-la-Renommée: Historical site of the first maritime radio station in North America, installed by Marconi in 1904. Please note that Pointe-à-la-Renommée is not a village but a historical site with a museum and a toilet. The trail continues near the lighthouse.

Anse-à-Valleau: Accommodation: Au Gaspésien cottage (418) 269-3191, Ancêtres camping 418 269-5411, is hiker-friendly, this camping is at the top of the hill; camping, telephone, laundry, kitchen shelter with wood stove and gazebo.

Saint-Maurice-de-l'Échouerie: Accommodation (B&B), post office and grocery (3).

Rivière-au-Renard: Nine 9 KM / 5.59 MI north, after crossing Road 197. Rivière-au-Renard has approximately the same size as the municipality of Grande-Vallée. At Rivière-au-Renard, the hiker will find almost everything needed to reach the terminus of the IAT, Cap Gaspé. Services: Accommodation, Grocery (3), restaurants and drugstores, hardware store, sport equipment store.

Rivière-Morris: Appalaches camping 1-866-828-7775, camping with showers and pay laundry, small grocery (2) and dairy bar on site, free pool with a rental. Taxi: (418) 269-3348.

FORILLON NATIONAL PARK OF CANADA

45 KM (27.96 MI)

From Rivière-au-Renard to Cap Gaspé

The Forillon National Park of Canada: The International Appalachian Trail goes through the whole park. It is the apotheosis of a long hike as well as a great place to take the first steps along the IAT. The stretch of 1 079 km (670.46 mi) separating Cap Gaspé and Mount Katadhin, in Maine, begins or ends at Cap Gaspé, at the very end of the peninsula. With its breathtaking landscapes where sea and mountain meet Forillon is breathtaking beautiful.

Forillon's IAT section begins in Rivière-au-Renard and ends at Cap Gaspé, terrestrial culmination of the Appalachian Mountains. High mountains, peaks, bays and peninsula will be your hiking partners until the End of the Land. The IAT crosses the national park on a 45 km long east-west axis. Forillon's section is divided into two sections: the hinterland and of the peninsula.

Hinterland

This stretch of 36 km (22.37 mi) connects Rivière-au-Renard to Grande-Grave. It is the hilliest and especially the wildest part because of its remoteness and its lack of built infrastructures. The Forillon hinterland follows the National Park trails "Les Lacs" and "Les Crêtes" and offers three wilderness camping areas and some belvederes. This section is the country of the black bear and the moose. You may have a chance to observe these species.

The highlight of this section is the observation tower on Saint-Alban Mount, 283 meters above sea level, offering spectacular views on the Saint Lawrence River and Gulf, the Gaspé Bay, Forillon, Gaspé and Percé. On a clear day, you might think that you are having an illusion as you may see Anticosti Island off shore.

Forillon Peninsula

This section going from Grande-Grave to Cap Gaspé is undoubtedly the most spectacular but also the most accessible. The relatively short distance (9 km, 5.59 MI) makes it a very popular place for walkers with less experience. Many facilities are built to make the hike easier: stairs, lookouts, culverts, interpretive panels and kitchen shelter. The tip has a spectacular settings and majestic characters: seals and whales could join to you.



PRICES

Entrance and service fees are required in most national parks and national historical sites of Canada. For more information visit the Park's Web Site: <http://www.pc.gc.ca/fra/pn-np/gc/forillon/index.aspx>

RUSTIC CAMPING



The camping areas are located on the trail "Les Crêtes" and "Les Lacs". It includes services such as dry toilets and picnic tables. It is forbidden to make open-air fires. They are included in the Great Crossing passport.

SEMI-SERVICED CAMPING

There are three campgrounds in Forillon Park, **Des-Rosiers**, **Cap-Bon-Ami** and **Petit-Gaspé**, which are near the trail. It's recommended to book 48 hours in advance.

However, nearly 20% of the semi-serviced campsites of the park remain available to campers who did not have reservations. They are allocated on the first come, first served principle.

After reaching the terminus of the IAT, a night on a campsite in the Forillon National Park of Canada is a rewarding experience. Camping Cap-Bon-Ami is a beautiful place at the foot of Saint-Alban Mount. **Book the campsites as soon as possible as the park is very popular during the summer.**

FOR RESERVATIONS:

By Internet: reservation.pc.gc.ca

Telephone: 1-877-737-3783

Website of Forillon National Park of Canada:
www.pc.gc.ca/fra/pn-np/qc/forillon/index.aspx

For more information:

Telephone: 418-368-5505

Toll Free: 1-888-773-8888

Emergencies: 911

TABLE - FORILLON NATIONAL PARK OF CANADA SECTION

| Distance between tags | Refuge, shelter, camping area, village, river | Type of shelter and services |
|-----------------------|---|------------------------------|
| | 197 Road | |
| 11,4 KM (7.08 MI) | | |
| | Les Lacs | W |
| 9,8 KM (6.09 MI) | | |
| | Les crêtes #1 Rustic Camping | W |
| 4,2 KM (2.61 MI) | | |
| | Les crêtes #2 Rustic Camping | W |
| 10,6 KM (6.58 MI) | | |
| | Cap-Bon-Ami Camping (0,8 KM) | W,SH,Tel |
| 11,0 KM (6.84 MI) | | |
| | Cap Gaspé No Camping | |

* Please note that the kilometers in the table may vary from those shown on the maps, use the maps for your route for more details.

SERVICES AND ATTRACTIONS ALONG THE TRAIL

Cap-Bon-Ami: The trail follows the crest of the Appalaches and it is possible to see the sea on both sides of it on some occasion. The observation tower on Saint-Alban Mount, near Cap Bon-Ami is the best place to have a magnificent view view of Cap Gaspé and the Gaspé Peninsula and even of Anticosti Island by clear weather.

To Cap Gaspé: The trail winds through a rocky coast and fields filled with wildflowers. The hiker passes through restored buildings and the television set of "L'Ombre de l'épervier". This place has often offered a good opportunity to observe marine mammals.

Cap Gaspé: The last steps of IAT will lead you to an old lighthouse on a cliff. When the weather is beautiful one can see, Anticosti Island to the north and Percé Rock and Bonaventure Island to the south. There is a colony of about 250,000 northern gannets nesting on Bonaventure Island. These large white birds catch the fish while they dive. Near the lighthouse of Cap Gaspé, one will find two plates: one is dedicated to the International Appalachian Trail (SIA-IAT) and the other to the Appalachian Trail. Take a trail north of the lighthouse down to the shore. At the end of the trail (0.6 KM / 0.37 MI), there is a viewing area with an impressive view of the cliffs. The path connecting the cliffs of Cap Gaspé to a parking lot is 3.9 KM (2.42 MI) long.

WHERE TO GO AFTER THE IAT?

Cap-aux-Os: This small village is located about 18 KM (11.18 MI) west of Cap Gaspé on Road 132. Accommodation, motel, **(418) 892-5240**, camping, Cap-aux-Os youth hostel **(418) 892-5153** or **1-877-892-5153**, with kitchen, coffee (during the summer) and bicycle rental; Grocery Cassivi (3 shuttles can take you early in the morning from Cap-aux-Os to Gaspé).

Gaspé: PO: 98, Reine Street, Gaspé QC G4X 1A0; **(418) 368-3666** or **1-866-607-6301**. Gaspé is a city of 15,000 inhabitants located about 30 KM (18.64 mi) west of Cap-aux-Os on Road 132. All services are available. Accommodation: Résidences of Cégep de la Gaspésie et des Îles, **(418) 368-2749**; Motel Adams, **1-800-463-4242**. Groceries (3); several restaurants.

TO RETURN AT HOME

Train: VIA Rail Canada provides connections from Gaspé. For more information, call VIA Rail **1-888-VIA-RAIL (1 888 842-7245)** or visit their website at www.viarail.ca. For the line between Montreal and New York, call **1-800-USA-RAIL (1-800-872-7245)** or visit the website at www.amtrak.com for more information.

Bus: *Orléans Express* connects the province with service point throughout Quebec. For more information, call **1 888 999-3977** or visit the website at www.orleansexpress.com.



FREQUENTLY ASKED QUESTIONS (FAQ)

SAFETY

Group of 3 people



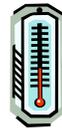
It is recommended to hike in a group of minimum three persons. In case of emergency a person can stay with the victim while the other can look for help, moving towards the nearest road. The group should also include a person who has taken a first aid course. It is also strongly recommended to bring a mobile device.

Emergencies

For any emergency, dial 9-1-1 and use the emergency protocol of IAT-QC. In several sections of the IAT, the cell phone may not work. However, the reception may be better on mountain tops. If it is possible, try to reach a forest road. Vacationers and truckers could help. Find your location using the red and whitetags with numbers. These points match to a GPS location and can help orienting rescue teams.

The weather

Climate and weather can reach extremes. Heat, cold, sun, rain, wind, etc. Plan clothes accordingly.



Hitchhiking?

This means of transport is often used by hikers, but it involves some dangers. Take all possible precautions when doing it. IAT and some IAT partners offer a shuttle service.

Should we reserve campsites and shelters in Quebec?

For the great crossing of the IAT-QC, it is possible to take the passport, for greater flexibility, but you must sleep in the remaining places on the site. It excludes the Gaspésie National Park, private accommodation (municipal campsites, lodges, hotel and motel) and Bon-Ami and Petit-Gaspé campsites in Forillon Park.

Or, you must reserve shelters or campsites of IAT Quebec. Three accommodation options are offered along the IAT-QC: 1) shelters and campsites of IAT-QC, 2) those of the SEPAQ and 3) private sites (campsites, lodges, hostels, etc.). Note that there is a shelter on every IAT-QC campsite. Book the IAT-QC accommodation at **418-560-4642** or by e-mail at infosiaquebec@gmail.com.

In order to know more about about the rates for private accommodation and become more information about Gaspésie's touristic offer order for free the Gaspésie touristic guide www.tourismeGaspesie.com. These sites (private or municipal), must be booked either on site or by telephone.

Can we camp outside of campsites?

It is forbidden to camp next to a shelter in National parks. For other remote locations along the IAT, sites were built to preserve the ecology and these should be used. In addition to providing a well-needed income that

helps the IAT to ensure the maintenance of the trail and infrastructures, booking and paying for your nights in advance will prevent having you being evicted from a campsite.

What is the distance between the accommodations sites of IAT-QC?

On average there is a day's walk – about 15 KM (9.32 MI) – between each site. This is an average and it is important to plan the route according to the difficulty level of the section you are planning to hike in.

NOTE: There is no access fee for the IAT-QC except for the parks. A daily access fee is required in the Gaspésie and Forillon National Parks.

ACCESS RIGHTS: GASPÉSIE AND FORILLON PARK

There is a daily fee for the Gaspésie National Park and for the Forillon National Park of Canada.

For the access rates in the **GASPÉSIE NATIONAL PARK**, communicate with SEPAQ or visit the website:

Telephone : (418) 763-7494 / 1-800-665-6527

Web: <http://www.sepaq.com/pg/gas/tarifs.dot>

For the access rates in the **FORILLON NATIONAL PARK OF CANADA**, communicate with Forillon National Park of Canada or visit the Parks Canada website:

Telephone: (418) 368-5505 / 1-888-773-8888

Web: <http://www.pc.gc.ca/fra/pn-np/qc/forillon/index.aspx>

The fires?

Cooking fires are only permitted in designated areas. We recommend to bring a small camper stove with liquid fuel. Be very careful in times of drought.



The water?



Campsites and shelters are placed near water points, with the exception of a site in the Matapédia section: Trois Soeurs camping & refuge. There is a stream 2.5 KM (1.55 MI) outside of the site. Please plan properly. **We recommend to boil the water**, to filter it or to use decontamination products such as pristine. The streams are well-oxygenated, but you never know if a moose or a humanoid has spoiled the water upstream! Never drink water that does not flow. Some take a chance with clear streams and rushing waterfalls and are not sick. They are having luck.

Time zone in Quebec?

The province of Quebec (UTC-05:00) is set on Advanced or Normal Time. Thus, the transition to summer time (Daylight Saving Time) is performed on the second Sunday of March, and the transition to winter time (Eastern Standard Time) takes place on the first Sunday of November.

Official Language: French

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

- At Matapédia, by Nature Aventure (CP. 156, Matapédia, Qc, G0J 1V0, www.matapediaaventure.com, (418) 865-3554.

- In Causapscal: Coop Quincaillerie.

- In Amqui : BMR, Coop, Rona.



- For the Matane Wildlife Reserve, you can resupply at the convenience store in Saint-René, about 10 KM (6.21 MI) north of the entrance to the Reserve.

- From Petit-Sault Camping you can go to Cap-Chat at Renovex or Gosselin Renovation.

- At Gîte du Mont-Albert, in the Gaspésie National Park, liquid fuel can be found in the shop of the Discovery Center.

- In Mont Saint-Pierre, you can also buy it in Marché Chez Julie, (418) 797-2167

- In Anse-à-Valleau, contact Mrs. Blandine in Ancêtres Camping, (418) 269-5411.

- Finally, in Cap-aux-Os, please contact the Cap-aux-Os Youth Hostel, Gilles Shaw (418) 892-5153.

What is the opening date of the International Appalachian Trail in Québec?

IAT-QC is open from June 24 to second Monday of October.

Please check with the IAT-QC. The trail is in a boreal forest. This means that snow stays long and that a lot of trees fall over during the winter – and can be a danger for hikers. For reasons of safety and environmental protection, hikers are not allowed to hike in the trail before the opening.

Traditionally, in mid-May, the Américains Lake and the Chute du Diable can be hiked in the Gaspésie National Park. In late May the Jo-Fortin, the Ernest-Laforce, and the Richardson mounts are also open. In mid-June the Albert Mount, the Xalibu Mount and the Pic du Brûlé are cleaned up and ready for the hike. Always check with the Park: **1-866-727-2427**,

http://www.sepaq.com/pq/gas/index.dot?language_id=1

The long hike opens in part on June 21st and in full on June 24th. Attempts to hike before these dates were made and have been unsuccessful. One must come to a reason: summer just starts late in the mountains of the Gaspésie.

Maps, information and shuttle service?

-Matapédia Nature Aventure, **(418) 865-3554**, offers canoe trips on both the Restigouche and the Matapedia rivers and a shuttle service for your hike or bike trips in the mountains. All maps of the Quebec section of the IAT are sold there. Contact them to receive up-to-date information about the state of the trail between Matapedia and Amqui.

-Sainte-Marguerite Rémi Saint-Laurent **(418) 778-5824** can provide a shuttle service between Sainte-Marguerite and the villages and towns of the municipality of Matapédia.

-Matane, Cap-Chat IAT-QC **(418) 560-4642** offers a shuttle service, luggage transport and food drops in the western part of the Matane Wildlife Reserve.

-Cap-Chat Jérôme Landry from Valmont Plein Air **(418) 786-1355** can carry your packages to the Petit-Sault camping, Matane Lake and Logan Mount. He can also pick you up from there. He sells maps of IAT-Quebec.

-Sainte-Anne-des-Monts The Gaspésie National Park has a daily shuttle service between Sainte-Anne-des-Monts, the Gîte du Mont Albert, Jacques-Cartier Mount and Jacques-Cartier camping during the summer. It is also possible to bring hikers to Mount Logan and drop food along the way. Call 72 hours in advance at **(418) 763-7494** extension 3301, or toll free at **1-866-727-2427**, for more information and booking. A taxi service is also available at any time to pick hikers up in the Gaspésie National Park. Here is their contact information: Taxi Marie-Hélène **(418) 763-5310**.

FOOD DROPS – INFORMATION

Matane Wildlife Reserve and Gaspésie National Park

Two options are offered along the trail for food drops.

1) Post office and partners

You can send packages of dry food in advance in some post offices along the IAT (list below) and some of our partners. A list with the addresses will follow. Please make sure to use the format presented below.

NB: For the Gaspésie National Park (Service Center), add your reservation number.

Your name
 POSTE RESTANTE/GRAND RANDONNEUR
 Full address of the post office
 or the partner

RANDONNEUR DU SIA / "HOLD FOR TRAIL HIKER"
 (Date you plan to collect the package on)

For information : Sentier international des Appalaches
Telephone : (418) 560-4642
E-Mail: infosiaquebec@gmail.com

2) Matane Wildlife Reserve and Gaspésie National Park

Matane Wildlife Reserve

In the Matane Wildlife Reserve a food drop box was installed at des Pins (KM 458), at the entrance of **Matane Lake Camping** and at **Petit-Sault Camping**. Both boxes are hidden and you must have a reservation to receive the information about their exact location. You can either drop yourself non-perishable food into these places, or use the delivery service offered by the IAT-QC, for an amount between 45 and 55 dollars, when your food drop is sent two weeks advance. Tel: **(418) 560-4642**



Gaspésie National Park

Other than using the postal service to the Discovery and Services Centre it is also possible to use the shuttle service for the long hike in the park in order to drop food at three different locations. These are the **Pluvier refuge by Cascapedia Lake, the Huard refuge by Thibeault Lake, and the Jacques-Cartier Mount camping place**. You should contact the Discovery and Services Centre (SEPAQ) to book (72 hours in advance) and pay for the food drops. Here is the number (Information, Reservation, Cost): **418-763-7494**.

Food Drops: addresses of post offices and Partners

Canada Post Telephone: 1-866-607-6301

| | |
|---|---|
| Post office Matapédia 3, rue MacDonnel Matapédia, QC, G0J 1V0 (418) 865-2188 | Post office Gros-Morne 8A Rue Principale Gros-Morne, QC, G0E 1L0 (418) 797-2434 |
| Post office Causapscal 480, St-Jacques Nord Causapscal, QC, G0J 1J0 Tel : (418) 756-3869 | Post office Grande-Vallée 7, St-François-Xavier Est Grande-Vallée, QC, G0E 1K0 (418) 393-2090 |
| Amqui Camping CP 5025 Amqui, QC, G5J 3S5 (418) 629-3433 | Post office Petite-Vallée 45 Rue Principale Open PM only Petite-Vallée, QC, G0E 1Y0 (418) 393-2152 |

| | |
|--|--|
| Post office Saint-Vianney 125, Av. Centrale St-Vianney, QC, G0J 3J0 (418) 629-3705 | Post office St-Maurice de l'Échouerie 51, Chemin de l'église St-Maurice de l'Échouerie, QC, G4X 1P0 (418) 269-3612 |
| Tamagodi Camp (West of the Matane Wildlife Reserve) 696, Route 195 St-René-de-Matane, QC, G0J 3E0 (418) 224-3340 | Post office Anse-à-Valleau 922, boul. de l'Anse-à-Valleau L'anse-à-Valleau, QC, G4X 1L0 (418) 269-5497 |
| Discovery and Service Center 1981, Route du Parc Sainte-Anne-des-Monts, QC, G4V 2E4 (418) 763-7494 | Ancêtres Camping 865, de l'Anse-à-Valleau Anse-à-Valleau, QC, G4X 4A1 (418) 269-5411 |
| Post office Mont- St-Pierre 104A Rue Prudent-Cloutier Mont-St-Pierre, QC, G0E 1V0 (418) 797-5160 | Post office Rivière-au-Renard 41, Bl. Renard Est Rivière-au-Renard, QC, G4X 1S0 (418) 269-3768 |
| Post office Mont- Louis 91 ^e avenue O Mont-Louis, QC, G0E 1T0 (418) 797-2370 | Auberge Cap-aux-Os Attention : Gilles Shaw 2095, boul. Grande-Grève Forillon, Gaspé, QC, G4X 6L7 (418) 892-5153 aujecao@globetrotter.net |

International mail



For a shipment from one country to another, list the contents of the package using the form provided by the post office. The more accurate the declaration, the less likely your package will be retained at the customs. Remember that international mail takes longer to reach its destination. Keep the original packaging with the product description.

Canada-US border

All hikers heading to Cap Gaspé must register to the Canadian customs before entering Canada. Those who head to Katahdin must register to the U.S. Customs. At the border, no matter if you're an American or a Canadian citizen, you must present a valid passport. A visa may be required for persons coming from another country. Check with the nearest U.S. and Canadian embassies.

Banned at the border!

Firearms, aerosol pepper spray, mace spray and handguns are strictly prohibited on the Canadian border. All prescribed drugs should be in their original packaging.

Customs Offices



Canadian Customs in Andover, New-Brunswick :
(506) 273-2072.

U.S. Customs in Fort Fairfield, Maine:
(207) 473-7474



Offense!

If you have ever been arrested or detained for any offense both Canada and the United States are informed about it through shared computer files. If you believe that an offense may cause a problem at the border, it is advisable to clear the situation before crossing the border.

WILDLIFE

If animals are discreet and shy, they are nonetheless present. The hiker is a guest; therefore the wildlife should not be disturbed. No food should be left within the reach of wild animals. It's important to bring any waste back.

Biting insects such as mosquitoes, black flies and biting midges are also part of the fauna. They are present in some parts of the trail, especially on the edges of bogs and in areas where coniferous trees are dense. Bring a good insect repellent.



Bears

The black bear lives in the forests of Quebec, Maine and New Brunswick. Although discreet and shy it should nonetheless be deemed as it is an imposing beast that may pose a threat. It does not seek confrontation but is especially obsessed by food. Be careful and hang your food, cookware and even your toothpaste and soap on the food support, when available. All shelters and campsites of IAT are equipped with one, except in the Matapedia Valley and in the Gaspésie National Park (use the dry toilet cubicle instead). Mark your presence by carrying items that you produce rattling sounds or bells Bear, or by speaking, and singing. One can also tie a whistle on their backpack, or bring a fog horn or cayenne pepper.

If you meet with a bear, admire it in the distance and walk silently away. If it saw you, stop walking. Talk softly to it. Wave your arms. Do not shout and or make sudden movements. Maintain eye contact and leave an escape corridor. Leave it without turning your back to it and speak softly so it knows that you are a human and not a prey. If it approaches you, do not look directly at it in the eyes, try to find objects for diversion or defense (stick, paddle, knife, rock), distract it by dropping objects, and assert yourself (speak loudly). Do not run, as it would trigger its predatory instincts. As a last resort give it your food. If it attacks, fight back with cayenne pepper or whatever you get your hands on; use natural obstacles (rocks, trees) as a shield. Do not forget to yell, which could alert other persons on the trail. Climbing up in a tree can be a solution, as the adult bears do not spontaneously climb. It is better to face the black bear than pretending to be dead.



Frank Wihbey, from Maine once said: *"In my hundreds of miles of hiking the woods, I've never met them, not a single time!"*

Source: Ministry of Natural Resources and Wildlife of Quebec (in French):
<http://www.mrnf.gouv.qc.ca/faune/securite/ours-responsabilite.jsp>

Pets?

In the Gaspésie National Park, in some restricted area. In the Forillon National Park and the Matane Wildlife Reserve dogs on a leash are allowed.



Hunting

Hikers wearing the orange safety vest are allowed during the hunting season in the Matane Wildlife Reserve between 9 am and 4 pm. This means that you hike only during the light period.

A free access right must be delivered by the Office of the International Appalachian Trail Quebec during this period- **418-560-4642** - infosiaquebec@gmail.com.

The moose hunt in the Matane Wildlife Reserve begins after Labor Day (first monday of September) and lasts 50 days. After a week's break, it starts over for an additional 53 days for the late female hunt. The small game hunt begins in the 3rd week of October and ends on the first week of November. It lasts 13 days. Be careful. Wear the orange safety vest and stay on the trails. Dates differ in other sectors of the IAT-QC. There is no hunting in the parks.

USEFUL INFORMATION

EMERGENCY

Info-Santé CLSC (information line for general health questions) : **811**

Ambulance – Police – Fire: **911**

Police – Sûreté du Québec: **310-4141** / cell.: ***4141**

Poison Center: **1-800-463-5060**

Traffic Info: **511**

HOSPITALS

- Mont-Joli Hospital

800 Av Du Sanatorium,
Mont-Joli (Québec) G5H 3L6
Telephone: 418-775-7261



- Matane Hospital

333, rue Thibault
Matane (Québec) G4W 2W5
Telephone: 418-562-3135

- Sainte-Anne-des-Monts Hospital

50, rue Belvédère
Sainte-Anne-des-Monts (Québec) G4V 1X4
Telephone: 418-763-2261

- Gaspé Hôtel-Dieu Hospital

215, boul. de York Ouest
Gaspé (Québec) G4X 2W2
Telephone: 418-368-3301

- Chandler Hospital

451, rue Mgr Ross Est
Chandler (Québec) G0C 1K0
Telephone: 418-689-2261

- Maria Hospital

419, boul.Perron
Maria (Québec) G0C 1Y0
Telephone: 418-759-3443

- Amqui Hospital

135, avenue Gaëtan-Archambault
Amqui (Québec) G5J 2K5
Telephone: 418-629-2211

WEATHER:

Telephone: 418-722-3081

http://weather.gc.ca/canada_e.html

CURRENCY EXCHANGE:

National Bank of Canada

127, boulevard René-Lepage, Rimouski, QC, G5L 1P1

Telephone: 418-723-3394

MEANS OF TRANSPORT

Airport – Plane



- Mont-Joli Airport

875, route de l'Aéroport, Mont-Joli, Québec, G5H 4A4

- Gaspé Airport

60, rue de l' Aéroport, Gaspé, Québec, G4X 2K2

- Bonaventure Airport

193, route de la Rivière, Bonaventure, Québec, G0C 1E0

-Air Liaison / Mont-Joli Airport

Telephone: 1-888-589-8972

www.airliaison.ca

-Air Canada Jazz / Mont-Joli and Gaspé Airport

Telephone: 1-888-247-2262

www.aircanada.ca

-Pascan Aviation / Mont-Joli and Bonaventure Airport

Telephone: 1-888-313-8777

www.pascan.com

Orleans Express / Bus

Telephone: 1-888-999-3977

www.oleansexpress.com



The company Orleans Express is offering connections between Avignon, the Matapedia Valley, Matane, the Upper-Gaspe, the Gaspe Coast and the rest of the province. Using its services can be very helpful.

Ferries / Boats

-Matane — Baie-Comeau — Godbout: **1-877-562-6560**

www.traversiers.gouv.qc.ca

-Rimouski — Foresville : **1-800-973-2725**

www.traversier.com



-Trois-Pistoles — Les Escoumins : **1-877-851-4677**

www.traversiercncb.ca

Via Rail / Train

-Via Rail Canada: **1-888-842-7245**

www.viarail.ca



- Mont-Joli Terminus:

48, rue de la Gare, Mont-Joli, Québec, G5H 1N7

Telephone: 418-775-7853

Arrivals and Departures: **1 (888) 842-7245**

Information and reservation: **1 (888) 842-7245**

Ticket office: **418-775-7853**

- Gaspé Terminus:

8, de la Marina, Gaspé, Québec, G4X 3B1

Telephone: 418-368-4313

Arrivals and Departures: **1 (888) 842-7245**

Information and reservation: **1 (888) 842-7245**

Ticket office: **418-368-4313**

Connections with Amtrak are available between Montreal and New York.

Call **1-800-USA-RAIL (1-800-872-7245)** or visit the website at www.amtrak.com

Tourist information

Tourisme Gaspésie (Gaspésie Territory)

1020, boulevard Jacques-Cartier (Traffic circle)

Mont-Joli, Québec, G5H 0B1



Telephone: 418-775-2223

Toll Free: 1 (800)463-0323

Fax: 418-775-2234

E-mail: info@tourisme-Gaspésie.com

Website: <http://www.Gaspésiejetaime.com>

Schedule:

Open year round, 7 days a week.

From late June to early September, open from 8 am to 8 pm.

Variable schedule off season.

HIKING ORGANIZATIONS

International Appalachian Trail – Québec
<http://www.sia-iat.com>

IAT - New Brunswick Trails
<http://www.sentiernbtrail.com/>

IAT-Nova Scotia
<http://www.iatnovascotia.ca/>

The Prince Edward Island
<http://islandtrails.ca/en/>

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

Fédération de la Marche du Québec (Québec Hiking Federation) <http://www.fqmarche.qc.ca/>

Fédération Française de la Randonnée Pédestre (French Hiking Federation) <http://www.ffrandonnee.fr/>

European Rambler's Association
<http://www.era-ewv-ferp.com/>

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/>

Service Partners Network

The International Appalachian Trail-Québec presents its services partner network involving companies and organizations along the International Appalachian Trail in Quebec.

If you would like to receive more information about the IAT-QC, do not hesitate to contact us via our e-mail: infosiaquebec@gmail.com or by phone at **(418) 418-560-4642**. You can buy topographic maps by contacting our office IAT-QC or the identified partners.

We appreciate the support you will give to our partners through the whole season.

AVIGNON SECTOR

Nature Aventure

Geneviève Labonté and Jesse Allain
Ecotourism / Hiking / Shuttle / Luggage transport / Food drops / IAT-QC topographic map sale
CP. 156, Matapédia, Qc, G0J 1V0
Telephone: 418-865-3554
E-mail: natureaventure@gmail.com
Website: www.matapediaaventure.com

St-André-de-Restigouche Coop

Lunch service on site / Equipment rental / Shelter reservation during winter
143 Route Principale
Saint-André-de-Restigouche QC,G0J 2G0
Telephone: 418-865-2063
E-mail: coopstandre@gmail.com

MATAPEDIA SECTOR

Causapscal Municipal Camping

Accommodation
601, Route 132 Ouest, Causapscal, Qc, G0J 1J0
Telephone: 418-756-5621 (in season) 418-756-3444 (off season)
E-mail: causapscal@mrcmatapedia.qc.ca
Website: <http://causapscal.net/category/tourisme/hebergement/>

Amqui Camping

Accommodation
686, Route 132, C.P. 5025 Amqui, Qc, G5J 3S5
Telephone: 418-629-3433
E-mail: info@campingamqui.com
Website: www.campingamqui.com/

MATANE SECTOR

IAT-QC

IAT-QC Reservation and topographic map sale / Guided hikes on the IAT-QC, in the Matane Wildlife Reserve and the Gaspésie National Park / Customed hiking packages / Luggage transport / Car Transport / Shuttle / Food drop
968 du Phare Ouest c.p 132, Matane, Qc, G4W 7B1
Telephone: 418-560-4642
E-mail: infosiaquebec@gmail.com
Website: www.sia-iat.com

Vertigo-Aventures Coop

Backcountry (off-piste) skiing
CP 132, Matane, Qc G4W 3N1
Telephone: 581-246-2251
E-mail: roy1@globetrotter.net
Website: www.vertigo-aventures.com/en

Tamagodi Camps – Outfitter

Catering / Accommodation (cabins / cottages / camping) / Fishing guide / Fishing equipment / Fishing permits
696 route 195, Saint-René-de-Matane, Qc, G0J 3E0
Telephone: 418-224-3340 ou 418-562-7145
E-mail: campstamagodi@globetrotter.net
E-mail: denis@lescampstamagodi.com
Website: www.lescampstamagodi.com/

Matane Taxi (association 2030 / 500 enr.)

Transportation
394, St-Jérôme, Matane, Qc, G4W 3B5
Telephone: 418-562-2030

Matane Wildlife Reserve (SEPAQ)

Accommodation
257, Saint-Jérôme, Matane, Qc, G4W 3A7
Telephone: 418-562-3700
E-mail: matane@sepaq.com
Website: www.sepaq.com

John Registration Centre – Matane Wildlife Reserve

40 KM south east of Matane, Route 195, Saint-René-de-Matane
Telephone: 418-224-3345

GASPÉSIE NATIONAL PARK SECTOR

Gaspésie National Park

1981, route du Parc
Sainte-Anne-des-Monts, QC, G4V 2E4
Telephone: 418-763-7494 SEPAQ: 1 800 665-6527
E-mail: parc.gaspesie@sepaq.com
Website: www.sepaq.com/pg/gas/

UPPER-GASPÉ SECTOR

Valmont Plein Air (Jérôme Landry)

Hiking / Food drop / Kayak / IAT-QC topographic map sale /Bistro
10 Notre-Dame Est, Cap-Chat, Qc, G0J 1E0
Telephone: 418-786-1355
E-mail: info@valmontpleinair.com
Website: www.valmontpleinair.com

Sainte-Anne-des-Monts International Hostel

Accommodation
295, 1^{ère} Avenue Est, Sainte-Anne-des-Monts, QC, G4V 1B1
Telephone: (418) 797-2250
E-mail: info@aubergegaspesie.ca
Website: <http://aubergegaspesie.ca/>

Mont-Louis Parc et mer Camping

Accommodation and touristic activities
18, 10 ième rue Est, Mont-Louis, Qc, G0E 1T0
Telephone: 418-797-5270
E-mail: info@parcetmer.com
Website: www.parcetmer.com/

Mont St-Pierre Municipal Camping

Accommodation
103, Pierre-Godfroi-Coulombe, Mont-St-Pierre, Qc, G0E 1V0
Telephone: (summer) : (418) 797-2250 (winter) : (418) 797-2222
E-mail (summer): camping@mont-saint-pierre.ca
E-mail (winter): mont-st-pierre@globetrotter.net
Website: www.mont-saint-pierre.ca/

Le Délice Motel Restaurant

Catering / Accommodation
100 Prudent-Cloutier, C.P. 8, Mont-St-Pierre, Qc, G0E 1V0
Telephone : 418-797-2850 ou 1-888-797-2955
E-mail: info@audelice.com
Website: www.audelice.com

Les Flots Bleus Motel

Accommodation
18 Prudent-Cloutier, Mont-St-Pierre, Qc, G0E 1V0
Telephone: 418-797-2860
E-mail: lesflotsbleus@globetrotter.net

Mont St-Pierre Tourism Corporation

IAT-QC topographic map sale / Information
102, rue Prudent-Cloutier, Mont-St-Pierre, Qc, G0E 1V0
Telephone: 418-797-2222
E-mail: corpo.tourisme@globetrotter.net
Website: <http://tourisme-mont-saint-pierre.com/>

Auberge festive Sea Shack

Accommodation
292, boul. Perron Est, Ste-Anne-des-Monts, G4W 3A7
Telephone: 1-866-963-2999 ou 418-763-2999
E-mail: info@aubergefestive.com
Website: www.aubergefestive.com

Eskamer Aventure

Guided sea expeditions / Canyoning / Accommodation
292, boul. Perron Est, Sainte-Anne-des-Monts, QC, G4V 3A7
Telephone : 1-866-963-2999 ou 418-763-2299
E-mail: info@eskamer.ca
Website: www.eskamer.ca

GASPÉ COAST SECTOR

Appalaches Camping

Accommodation
367, Rivière Morris, (Route 197), Rivière-au-Renard, Qc, G4X 5P7
Telephone: 1-866-828-7775
E-mail: info@campingdesappalaches.com
Website: <http://www.campingdesappalaches.com/en/index.html>

Gîte la Révasse

Accommodation / Guided tours
16 Saint-Michel, C.P. 281, Percé, Qc, G0C 2L0
Telephone: 1-866 782-2102 ou 418-782-2102
E-mail: contact@revasse.com
Website: <http://www.revasse.com/>

L'Étoile du Nord Restaurant-Motel

Catering / Accommodation
1 chemin du Pêcheur, Pointe-à-la-Frégate, Cloridorme, Qc, G0E 1G0
Telephone: 418-395-2966
E-mail: etoiledunord@globetrotter.net
Website: www.etoiledunord.net

Beausejour Outfitter

Accommodation / Catering / Hiking / Fishing / Skiing / Snowshoeing / Snowmobile
135 route Principale, Petite-Vallée, Qc, G0E 1Y0
Telephone: 418-393-2347
E-mail: pourvoiriebeausejour@hotmail.com
Website: www.pourvoiriebeausejour.com

FORILLON NATIONAL PARK OF CANADA SECTOR

Forillon National Park of Canada

Camping Reservation:
Internet: www.pccamping.ca
Telephone: 1-877-737-3783
Telephone: 418-368-5505 ou 418-892-5911
Website: <http://www.pc.gc.ca/fra/pn-np/gc/forillon/index.aspx>
For more information:
Telephone: 418-368-5505
Toll Free: 1-888-773-8888

Forillon International Hostel

Restaurant / Tourist information / Accommodation / Bike rental / Orleans Express bus stop / Parking / Laundry
2095 Boul. Grande-Grève, Forillon, Gaspé, QC, G4X 6L7
Telephone: 1-877-892-5153
E-mail: destination@aubergeforillon.com
Website: www.aubergeforillon.com

IAT-QC MAPS

IAT-QC Shop

You can buy topographic maps, books, trail guides and promotional items.

To do so, please print the order form available on our website or contact us.

WEB: www.sia-iat.com

Telephone: 418-560-4642



REGISTERING AS A MEMBER AND SPONSORSHIP

Becoming a member of the IAT-QC helps maintaining and improving the trail and it is as well an investment for the environment. An annual membership costs \$10 per person per year; you also have the option to pay for more than a year at once (1 year/\$10, 3 years/\$30 or 5 years/\$50). In addition, members are kept informed through the member's newsletter.

A lifetime membership is a donation of either \$200, \$250 or \$300 depending on your choice. The payment can be spread over one, three or five years, also according to your choice. For example, a member may choose to contribute a total of \$250 spreaded over a period of 5 years (\$50 per year). This commitment is considered a donation to the IAT-QC and in exchange, just as if you had paid for a piece of the trail, you will be presented as a life member in a new section of the website. We would appreciate a picture of yourself and a small testimony, where you introduce yourself and explain your interest for the IAT-QC. This new web section will be preserved and maintained over the years. Do not hesitate to contact us for more information.

Privileges for hiker members of the IAT-QC:

- Right to vote and to participate on the Board of Directors;
- CSST: Protection for volunteer workers (CSST is a worker's insurance that can cover rehabilitation's cost in case of an accident);
- Information by e-mail.

Sponsoring an accommodation site and a section of trail

We are always recruiting trail sponsors (volunteer members) who commit themselves to ensure the basic maintenance of an accommodation site (camping, shelter) and a section of 5 to 15 KM (3.11 to 9.32 MI) of trail, depending of the sectors and trails.

The job of a sponsor consists mainly into walking the trail early in the season and completing a report about the state of the trail and of an accommodation site, cleaning and pouring a product for dry toilets. Moreover according to your availability, you can participate in light chores on the trail or support contract employees in their work. Sponsoring members are covered by the CSST (a worker's insurance that can cover rehabilitation's cost in case of an accident). If you want to become a trail sponsor , simply contact us to see which sectors would need your attention and learn about the basic requirements. Tel.: **(418) 418-560-4642**.

APPENDIX 1

CHECKLIST - LONG HIKING EQUIPMENT

Choose a **sleeping bag** according to its thickness. Remember that when you are in mountainous terrain, the temperature hovers around 0 ° C at night, even in midsummer. A good **backpack** in which the load is well distributed is very important because you will constantly carry it with all your gear. * The most effective the tents are those with an integrated waterproof floor and a zipper screen. A tent for two people should not weigh more than 4 kg. Nowadays, there are several **light stoves** (less than 1 kg, fuel included) on the market.

- **Topographic maps (in a waterproof bag)**
- **Compass or GPS (if necessary)**
- **Access Card (for parks, if needed)**
- **Filter or treatment tablets (to treat water)**
- **Water bottle or Thermos**
- **Lightweight stove with fuel**
- **Saucepan**
- **Utensils, bowl, cup, plate (plastic)**
- **Expedition backpack (light and waterproof)**
- **Tent (waterproof)**
- **Sleeping bag (with waterproof carrying bag)**
- **Mini pillow or inflatable pillow**
- **Walking sticks**
- **Bags for bringing waste back**
- **Snap hook and rope (for fording)**
- **Rope bag**

SAFETY

- **First Aid Kit**
- **Knife**
- **Flashlight and batteries**
- **Matches (waterproof)**
- **Cell and charger**
- **Pepper spray (against bears)**
- **Whistle (to draw the attention in case of problem)**
- **Drugs (ex : analgesics, anti-diarrhea ...)**

ACCESSORIES

- **Candle**
- **Sunscreen**
- **Mini sewing kit**
- **Insect Repellent**
- **Lip balm (with sunscreen)**
- **Photo camera and / or binoculars**
- **Small clothe line and 2 or 3 clothe pins**
- **Paper and pen**
- **Cash, credit card, check**
- **Watch**

CLOTHING

Choose your clothe carefully to avoid having a heavy or bulky load. You must have enough clothes to keep you warm during the coldest periods of the day. It is also important to protect yourself against the rain. It is therefore important to wear comfortable and durable walking shoes. Wear your new shoes at home for short trips so that they are comfortable on your first long hike.

- **Waterproof jacket (or poncho)**
- **Polar jacket (for colder weather)**
- **Sunglasses**
- **Cap / Tuque**
- **Gloves**
- **Hiking shoes**
- **Hiking boots**
- **Thick socks (anti-blister)**

- **Lightweight hiking pants (waterproof)**
- **Sweater / Shirt / Short / Underwear**

HYGIENE

Hygiene product samples found in stores are perfect for hiking. They are lightweight and take up little space in your backpack.

- **Biodegradable soap (Sample)**
- **Shampoo (Sample)**
- **Toothbrush (Sample)**
- **Toothpaste (Sample)**
- **Deodorant (Sample)**
- **Towel**
- **Comb / brush**
- **Toilet paper**

FOOD

Choose lightweight food that is easy to prepare. Many foodstuffs can be removed from their original packages and packed in resealable plastic bags. Example of food to take on a hike:

- **Dehydrated soups / Lyophilized food**
- **Salt and pepper (small bag)**
- **Granola bars and energy bars**
- **Water bottle**
- **Nuts / dried fruit**
- **Cookies**
- **Cereals**
- **Tea bags or coffee and powdered milk**

You are going to carry your own equipment; your backpack should be **comfortable** and as **light** as possible. Bring with you only what you will really need. Use a solid bag with padded shoulder straps and a waist belt. Make a first hike attempt in order to find a compromise between comfort and your physical capacity.

APPENDIX 2

EMERGENCY PROTOCOL OF THE:

INTERNATIONAL APPALACHIAN TRAIL-QUÉBEC

PREPARED BY: Eric Chouinard



For document users

- This document is intended for hikers on the field and aims to simplify decision-making in emergency situations, as well as for leaders of the IAT-QC so they can call the appropriate authority.
- Follow the instructions by referring to the indicated key points.
- Write directly on this form.

List of actions to follow on the field:

- 1 – Give CPR and first aid when needed. Fill in the SOAP forms included in this incident report during – or short after - first aid treatment. If an emergency evacuation is necessary consult the maps to decide what type of evacuation is required & call 911. After having called 911, call the leaders of the IAT-QC to inform them about the situation.
- 2 - Complete the questionnaire about the situation. Decide whether non-emergency evacuation is necessary and look at the maps in order to decide what type of evacuation is required.
- 3 - If non-emergency evacuation is required, call the leaders of the IAT-QC.
- 4 - Complete the incident report as soon as possible.

List of actions to be followed by the leaders of the IAT-QC:

- 1 - Take the information about the situation and the location of hikers.
- 2 - Call the appropriate authority to set in motion the non-emergency evacuation. Use the help of persons who know the trail for the evacuation.

CALL FOR AMBULANCE

Before: Find your location (map and 9-1-1 blazes) and decide on the most appropriate means of evacuation. Prepare directions for the ambulance.

Telephone Number: 9-1-1

1. Hello, my name is: We are walking on the IAT (name the area and the closest mountain). I have an injured person that..... (Specify the status of the victim).

2. We made (explain treatment)
3. We need an evacuation (specify by road or helicopter).
4. **ROAD:** Come pick me up at (give the meeting point):
5. **AIR:** Give the coordinates of the group on field.
6. You can join the director of the IAT-QC, Eric Chouinard. He can give the phone numbers of persons who know this area of the trail (cell: 418-566-5774 office: 418-562- 7885, home: 418-566-6798).
7. When will you be there? Do you need other something else?
8. Don't hang up until you are told to do so!

Emergency Phone Numbers:

| | |
|-----------------------------------|--|
| IAT-Qc: Éric Chouinard | Cell: (418) 566-5774 Office: (418) 560-4642 |
| All emergencies | 9-1-1 |
| Police | (418) 310-4141 |
| Poison control center | (506) 548-0420 |

| | |
|---|--|
| Matane Wildlife Reserve | John Registration Centre (418) 224-3345 Administration Matane (418) 562-3700 |
| Gaspésie National Park | Office of the director: (418) 763-7494 # 3321 Reception of the Park and Interpretation Centre: (418) 763-7494 # 3301 Gîte du Mont Albert (24h) : (418) 763-2288 or 1-866-727-2427 |
| Forillon National Park of Canada | Operation center (Jean-Guy Chavarie & park rangers, during office hours) : (418) 892-5553 Number for emergency calls in the Park (24H/24H) : (418) 368-6440 |

Questionnaire about the situation:

Date:

Hour :

1. Name of first person in charge:

2. Name of 2nd person in charge:

3. (Satellite) Telephone number :

4. Your location (map and latest GPS blaze) :

-
5. How many persons, including yourself, are in your group?

6. Do the persons not directly involved in the emergency know what they have to do? If not make sure that they receive instructions.

7. Cause of the emergency:
 Accident Environmental cause
 Disease Other cause
8. Specify :

9. How many victims are there?

Victim # 1: MEDICAL INFORMATION:

Name of Victim 1:

Gender: woman man

Age

Cause of the accident?

Encountered injuries:

How serious are the injuries of victim 1?

- Severe serious
 Medium superficial

Which treatments were carried out?

Can the victim move? yes no

Does the victim need to be evacuated? Yes no

Victim # 2: MEDICAL INFORMATION:

Name of Victim 2:

Gender: woman man

Age

Cause of the accident?

Encountered injuries:

How serious are the injuries of victim 1?

- Severe serious
 Medium superficial

Which treatments were carried out?

Can the victim move? yes no

Does the victim need to be evacuated? Yes no

Victim # 3: MEDICAL INFORMATION:

Name of Victim 3:

Gender: woman man

Age

Cause of the accident?

Encountered injuries:

How serious are the injuries of victim 1?

- Severe serious
 Medium superficial

Which treatments were carried out?

Can the victim move? yes no

Does the victim need to be evacuated? Yes no

How many victims need to be evacuated?

Evacuation plan (look at access points, distance, number of evacuees, human resources available to participate, and possible means of evacuation:

Incident Report

Coordinates and conditions:

Date of the accident: _____ Hour: _____

Place: _____

Geographic coordinates: _____ # _____

Topographic map: _____

Temperature: _____ Nebulosity: _____

Precipitation: _____ Wind: _____

Visibility: _____

Patient Name: _____

First name: _____ Family name: _____

Consult medical information for other details:
 Age: _____ Gender: _____

Basic diagnostic:
 Level of consciousness:
 1) Alert and oriented 2) React on verbal stimulus
 3) Reacts on pain 4) Does not react, gives no answer

Respiratory tract: _____ Respiration: _____

Flow: _____ Initiale Position: _____
 Cause of injury: _____

Complaint / main pain (patient's description):

Medical history (see the patient's record if applicable):

Allergies:

Medication used by the patient:

How did the injury or illness occur?

Time of the last meal:

Patient carries contact lenses: YES NO

Vital Signs:

| | | | | | | | |
|-----------------------------------|--|--|--|--|--|--|--|
| Hours / | | | | | | | |
| Vital Signs: | | | | | | | |
| Pulse | | | | | | | |
| Respiration | | | | | | | |
| Pupils | | | | | | | |
| Skin color, Temperature, moisture | | | | | | | |
| Consciousness level | | | | | | | |
| Blood pressure | | | | | | | |
| Body temperature | | | | | | | |

Comments (long term care)

Hour: 1

Hour: 2

Hour: 3

Hour: 4

Hour: 5

Hour: 6

Hour: 7

Hour: 8

Hour: 9

Hour: 10

Description and location of the pain/injury:

Observations

General condition:

Treatment / action plan:

Refusal of treatment:

Assistance required:

Transport (ambulance, helicopter, etc..)

Name of the company:

Transport arrival time:

Arrival time at the hospital or clinic:

Location where victim was picked up:

Name of the hospital or clinic:

Full name and address of witnesses:

Notes

POST-ACCIDENT ANALYSIS

1-DESCRIPTION OF ACCIDENT OR INCIDENT:

(Specify / complete the information given in the accident report)

Type of accident:

Nature of injury:

Part(s) of the body affected:

Received treatment:

Material damage and estimated replacement costs:

Other consequences:

Additional Information:

Notes

2- ANALYSIS OF ACCIDENT:

Was activity at the time of the accident related to the IAT or authorized?

Was the the activity safely done?

Was the information about the related risks provided?

Were the physical or mental abilities of the victim affected?

Was the equipment used appropriate and safe?

Has the safety equipment been used?

Was the activity properly supervised?

The measures taken with the injured person were appropriate?

Other elements:

Notes

4 - CAUSES OF THE ACCIDENT OR INCIDENT:

(Specify the determinant and / or indirect causes)

| | |
|----|-------|
| 1- | _____ |
| 2- | _____ |
| 3- | _____ |

5 - PREVENTION MEASURES RECOMMENDED:

(Indicate the temporary or permanent corrective actions recommended, the person in charge and the deadline for the implementation.)

| |
|-------|
| _____ |
| _____ |
| _____ |

Person who completed this form, the post-accident analysis and who provided first aid:

| | |
|---------------|-------|
| First Name: | _____ |
| Name: | _____ |
| Adress: | _____ |
| Phone number: | _____ |
| Function: | _____ |