

A Heritage Gem to Be Preserved

The Cap Tourmente National Wildlife Area was created in 1978 to protect the Bulrush marsh ecosystem that is used by migrating Greater Snow Geese.



This 23 km² protected area includes vast stretches of marshes, swamps, agricultural plains and forests. The Cap Tourmente National Wildlife Area is recognized as a wetland of international importance by the Ramsar Convention.



An impressive rocky upland on the shores of the St. Lawrence River, Cap Tourmente is home to more than 180 bird species, 700 plant species and some 30 mammal species.

Several remnants from the past testify to more than 400 years of farming, making it one of Canada's founding sites.

Awaken your five senses and come discover, savour and protect this national treasure!

For More Information

Cap Tourmente National Wildlife Area

570 Cap-Tourmente Road
Saint-Joachim QC G0A 3X0

Telephone:
418-827-4591 (interpretation centre)
418-827-3776 (administration)

Fax:
418-827-6225

Geographical location:
47° 03.860' N 70° 47.774' W

Email: cap.tourmente@ec.gc.ca
Internet: www.ec.gc.ca/ap-pa

The Cap Tourmente National Wildlife Area is part of a national network of 146 protected areas managed by Environment Canada's Canadian Wildlife Service. This network ensures the protection of wild species, namely migratory birds, species at risk and their habitats.



Photo: © iStock photo



Photo: © iStock photo

Practical Advice

Environment Canada offers safe facilities to visitors and provides information on the inherent risks of activities in natural areas. You are responsible for following posted instructions and for properly planning your visit in order to ensure your own safety.

- Wear hiking boots and weather-appropriate clothing, and protect yourself from the sun.
- Bring a snack and water (water in the waterways may be unsuitable for drinking).
- Avoid encounters with black bears: make noise! Read the notices and inform personnel of any bear sightings.
- Bring insect repellent.
- **In case of emergency:**
 - National Wildlife Area staff: 418-827-4591
 - Public telephone or cellphone: 911

A Highly Protected Territory!

This symbol shows the boundaries of the National Wildlife Area. The plants and wildlife found there are protected. Please respect the regulations in effect. Wildlife enforcement officers monitor activities within the National Wildlife Area.



Photo: © Fabrice Kerleau

By complying with these regulations, you are contributing to the conservation of wild species and their habitats as well as the preservation of species at risk.

Access to the National Wildlife Area is prohibited outside the posted visiting hours.



Respect the Visitor Code of Ethics

- Find out about trail accessibility and seasonal conditions.
- Stay on the trails and respect the access and conservation zones.
- Bring back your garbage and dispose of it in the garbage cans.
- Look at the plants without picking them.
- Respect other visitors and the natural environment.

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Aussi disponible en français



Come Discover the Beauty!

Take advantage of the available services and activities, and discover the beauty of the National Wildlife Area.

MAY TO OCTOBER:

- 20 km of walking trails
- Interpretation centre: information, exhibits and audiovisual presentations
- Discovery tools: BioKits, nature rally with GPS, geocaching, historical trail, binoculars, bird identification guide
- Guided nature activities
- Picnic areas

JANUARY TO MARCH:

- 6 km of winter walking trails
- Bird feeder network
- Heated rest station

Photo: © François Guay



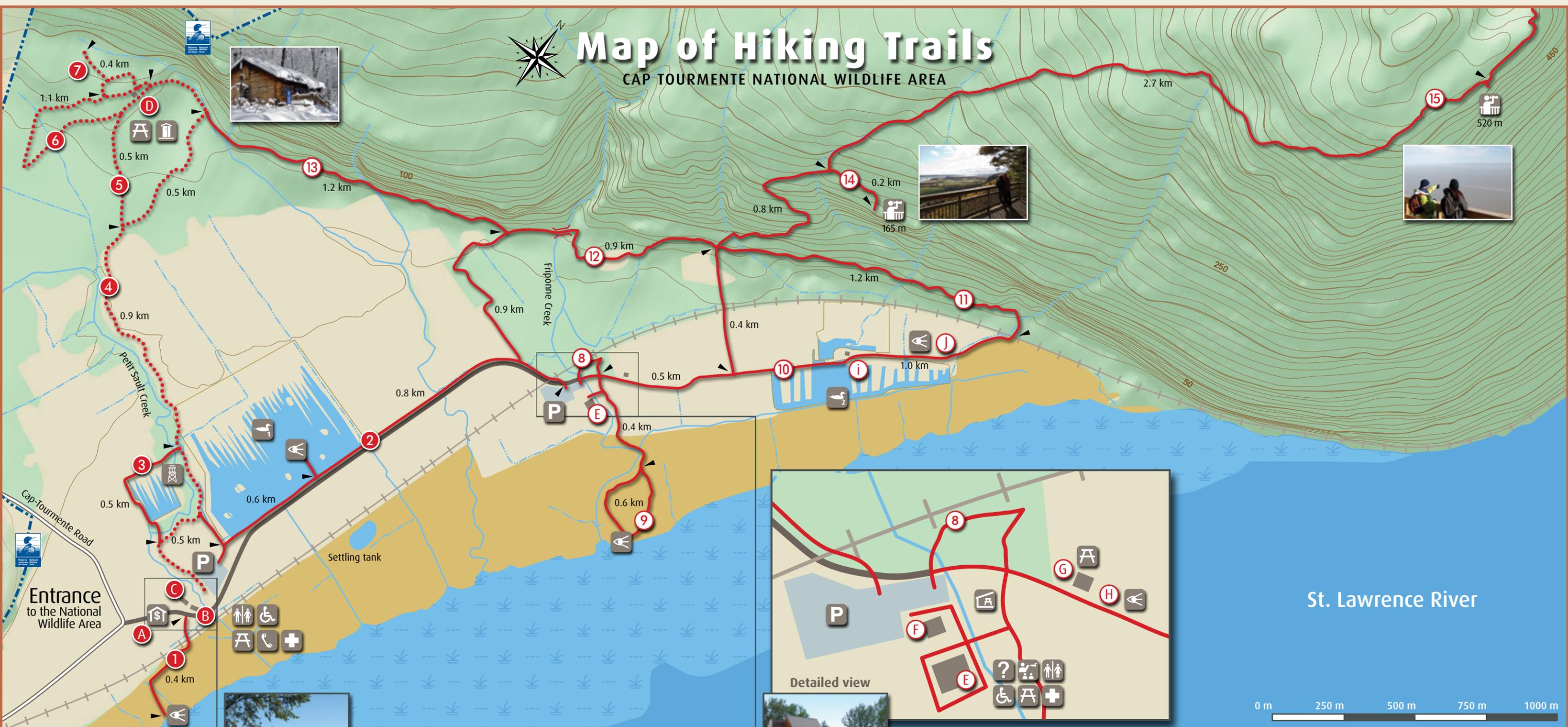
THE CAP TOURMENTE NATIONAL WILDLIFE AREA

Map of Hiking Trails



Map of Hiking Trails

CAP TOURMENTE NATIONAL WILDLIFE AREA



Petite-Ferme sector



Photo: © Fabrice Karleau

Points of interest, services:

- A** Toll kiosk
- B** Petite-Ferme (administration)
- C** Workshop
- D** Érablière shelter (winter)

Trail:*

1 L'Écart	● 1.1 km	30 min
2 Le Souchet	● 3.2 km	1 hr 30
3 Le Carouge	● 1.5 km	45 min
4 Le Petit-Sault	● 3.3 km	1 hr 30
5 L'Érablière	■ 4.6 km	2 hr 15
6 L'Aulnaie	■ 5.2 km	2 hr 30
7 La Prucheraie	■ 5.0 km	2 hr 30

* Round-trip distance from the starting point of the sector. Estimated time at a walking pace.

Interpretation Centre sector**



Points of interest, services:

- E** Interpretation Centre
- F** Maison des Français
- G** Pavillon Léon-Provancher
- H** Birds of prey observatory
- i** Ruins
- J** La Halte du Pèlerin

Trail:*

8 Le Moqueur-chat	● 0.4 km	15 min
9 Le Bois-sent-bon	● 1.0 km	30 min
10 L'Allée d'ormes	■ 3.1 km	1 hr 30
11 Le Pierrier	■ 4.0 km	2 hr 00
12 La Cédrière	● 3.1 km	1 hr 30
13 Le Piedmont	■ 5.6 km	3 hr 00
14 La Falaise	◆ 4.2 km	2 hr 00
15 La Cime	◆ 9.2 km	4 hr 30

**The Interpretation Centre sector is accessible from May to October.

Legend

- The forest
- The plain
- The coastal marsh
- The tidal marsh
- Four-season hiking trail
- Hiking trail (May to October)
- Easy
- Intermediate
- Difficult
- Bridge
- Road
- Creek
- Railroad (No trespassing)
- National Wildlife Area boundaries
- \$ Toll kiosk
- P Parking
- ? Information
- i Interpretation
- ♿ Washrooms
- 🚽 Dry toilet
- A Picnic area
- A Picnic shelter
- 🦆 Marais de la Petite-Ferme waterfowl management
- 🦆 Marais du Cap waterfowl management
- 🦅 Lookout
- 🪵 Observation deck
- 🗿 Observation tower
- ☎ Public telephone
- + First aid