

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!

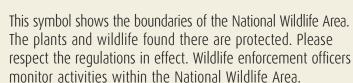


Practical Advice

Environnement and Climate Change 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 cases of emergency:
 - National Wildlife Area staff: 418-827-4591
 - Cellphone: 911

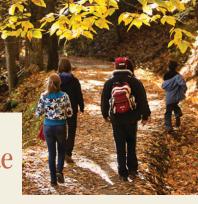
A Highly Protected Territory!





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.



the Visitor Code of Ethics

Respect

- 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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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:
 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



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THE CAP TOURMENTE NATIONAL WILDLIFE AREA

Map of Hiking Trails







managed by Environnement and Climate Change Canada's Canadian Wildlife

Service. This network ensures the

protection of wild species, namely

migratory birds, species at risk

and their habitats.

