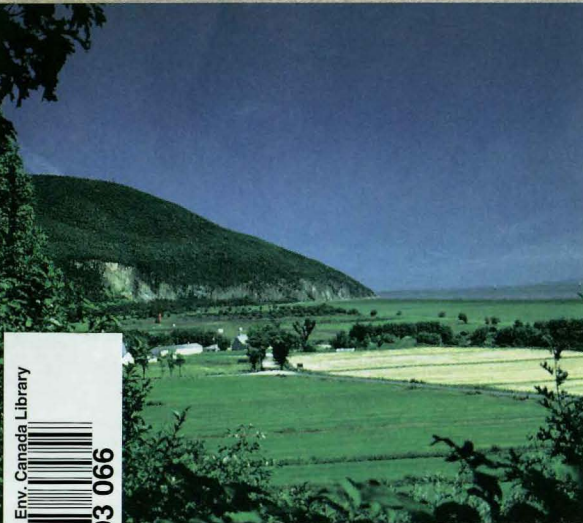




NATIONAL
WILDLIFE
AREA

MAP OF HIKING TRAILS



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A WILDLIFE AREA

Cap Tourmente National Wildlife Area was created in 1969 with the primary objective of protecting the bulrush marshes covering the flats, which are an essential habitat for the Greater Snow Goose population.

The Area has been recognized as a wetland of international importance under the Ramsar Convention since 1981.

The Canadian Wildlife Service manages the territory for the Greater Snow Goose and is responsible for conserving and enhancing the wide variety of habitats in the Area.

In this remarkable setting, the public can enjoy a unique, natural environment. Walk along one of the trails and discover a site devoted to conserving biodiversity.



TO DISCOVER THE AREA

To learn about the activities and services offered, come first to the Interpretation Centre, which is open from April to October. The permanent exhibit will introduce you to the variety of habitats and life forms that you will discover when exploring the Area's marshes, plains and forests.

To become better acquainted with the Area's features and the creatures living there, take part in activities led by naturalists and view our audio-visual presentations.



ALONG THE RIVER: THE MARSH

Visit the Area's larder. Get a close-up look at the marsh where American Bulrush flourishes. The plant is a very important part of the Snow Goose diet. Whether in spring, even before the aerial stems of the bulrush are visible, or in summer and fall, when the plant is plentiful, the marsh attracts a variety of wildlife.

At different times of the year, thousands of ducks gather in the marsh, herons hunt and stage, harriers and falcons make their rounds and shorebirds peck around in the mud.



The **Bois-sent-bon** and **L'Écart** paths will take you there. Come check out the tides!

THE COASTAL MARSH... A LITTLE HUMID!

Walk dry-shod over land that is submerged by the high tides of spring and fall.

The site is a staging area for several species of birds during the migratory period. In summer, the coastal marsh is decked out in a thousand and one colours. Take advantage of the season to admire the plants and spot the birds and mammals that live there.

You will see birds such as the Snipe, Common Yellowthroat, Red-winged Blackbird, Swamp Sparrow as well as mink and muskrats.

The **Bois-sent-bon** boardwalk takes you through the splendid marsh full of sweet gale, willow and alder.



THE PLAIN, FROM YESTERDAY TO TODAY

Cross the plain and make a leap in time. Imagine Samuel de Champlain or Monseigneur Laval working the land to feed the young colony. Immerse yourself in one of Canada's oldest farming areas.

Observe how farming is practised today to meet the needs of Snow Geese. See ponds and streams planned for the benefit of water birds.

Look up in the sky! The Northern Harrier, Kestrel and several other birds of prey have made this open area their hunting territory. Across landscapes shaped by humans, the **Le Souchet** and **L'Allée d'ormes** paths bring the Cap Tourmente of yesteryear back to life, if only during your walk.



ON THE CLIFF: THE FORESTS

In search of adventure? Head for the woods! Maple, cedar, hemlock, alder, spruce and pine stands - an abundance of trees whose colours, shapes, smells and sounds vary with the seasons.

The Scarlet Tanager, Indigo Bunting and Red-eyed Vireo make these woods their home, along with the Raccoon, Eastern Chipmunk, Red Fox and Black Bear.

Climb the cliff (**La Falaise**) for a breathtaking view and challenge the summit (**La Cime**). Discover the magical atmosphere of the La Friponne. Let yourself be hypnotized by the **Le Pierrier**, **La Cédrière** and **Le Piémont** along the cliff.

In winter, walk on the snow and visit the bird feeders set up over an area of several kilometres.



NATIONAL WILDLIFE AREAS

In 1996, the network of National Wildlife Areas in Quebec comprises eight properties along the St Lawrence. Each of these properties protects essential wildlife habitats.

By acquiring, protecting and managing wetlands, the Canadian Wildlife Service is making an important contribution to the conservation of biodiversity on the planet.

For more information:
Cap Tourmente National Wildlife Area

Saint-Joachim (Quebec)
GOA 3XO

Telephone: (418) 827-3776 • (418) 827-4591

Fax: (418) 827-6225

AN EXCEPTIONAL HERITAGE

A long time ago, the region of Cap Tourmente was within the St Lawrence Iroquois nations' sphere of influence. The site was then called "Ajoaste."

The name "Cap de Tourmente" (cape of storms) only came into use in 1608 when Samuel de Champlain sailed past and noticed that the waters of the St Lawrence roiled up at the slightest wind. Shortly after, the region became known for its rich farmlands, which would supply the Quebec Seminary for three centuries.

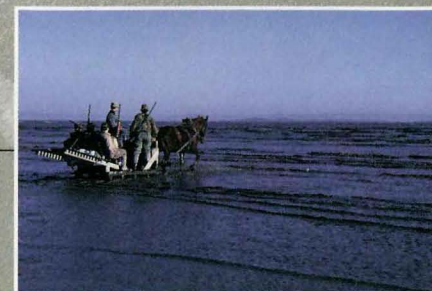
The recent discovery of the remains of farm buildings built in Champlain's time (1626) has confirmed the site's major historical value. Here and there, you can still get a feeling of the olden days.



ON THE GOOSE'S TRAIL

To learn more about research and conservation activities in the Area, ask one of our naturalists to put you on the goose's trail! You will learn how the Canadian Wildlife Service meets the needs of the Snow Goose and wildlife in general.

For what purposes is the land farmed? What species use the artificial ponds? What is the impact of controlled hunting? You will find the answers to these questions and many others through the various educational facilities and displays.



HELPING TO PROTECT THE SITE

You can reduce the impact of your visit to this natural site by complying with regulations and instructions.

Help conserve this beautiful landscape through your actions and set an example for others.

- Do not damage or pick plants.
- Do not disturb or feed animals.
- Bicycles are not allowed on walking trails.
- Keep your animals on a leash (max: 2 m) at all times.
- Take your garbage with you.
- Inform staff of any breakage, obstacle or disturbance observed.
- Take note of the time the gate closes and comply with the schedule.

This sign is a reminder that the designated property and its plant and animal life are under regulatory protection.



CAP TOURMENTE NATIONAL WILDLIFE AREA BOUNDARIES, LANDMARKS AND ATTRACTIONS



CAP TOURMENTE NATIONAL WILDLIFE AREA

LEGEND



Trails' level of difficulty		Railroad	Petite-Ferme (administration)	Toilets
Easy	Intermediate	Trail	Workshop	Look-out post
Difficult		Road	Admission booth	Viewpoint
Main environments		Stream	Maison des Français	Parking
The forest		Petite-Ferme waterfowl management	The Ruins	Public telephone
The plain		Marais du Cap waterfowl management	Interpretation Centre	Information
The coastal marsh		Observation tower	The scree	Picnic area
The tidal marsh		Escarpment	Sugar House	Interpretation
		* Round trip distances from the Petite-Ferme	Pavillon Léon-Provancher	First aid
		** Round trip distances from the Interpretation Centre		Souvenir shop
				Snack bar
				A remarkable Eastern Hemlock
				A remarkable Sugar Maple



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