

USEFUL INFORMATION ABOUT TRAILS

1 – DESJARDINS

- The longest trail of 5km
- Along Assomption river
- Trail from St-Jean-de-Matha to Ste-Béatrix and from St-Jean-de-Matha to Ste-Mélanie (rough trail near Ste-Mélanie)
- All trails connect to trail # 1
- Stairs, fall, best view of falls

2 – GRAND NORD

- 2,7 km, wooded, near the falls, very nice trail for hiking
- Accessible by trails # 1 and # 6

3 - L'ÉRABLIÈRE

- 2,4 km, wooded, birds, very nice trail during fall period

4 – SENTIER D'INTERPRÉTATION

- 1,8 km, sloping, explanatory panels
- Near the Jean-Pierre Masson bridge, Monte-à-Peine waterfall
- Very nice trail for taking pictures

5 – LA COULÉE

- 1,5 km, at Ste-Mélanie gate, sloping path to join # 3, rocky
- Quiet
- Great trail for cardio

6 – LE PLATEAU

- 1,1 km, from trails # 4, # 1 and # 2, wooded, few elevation changes to get to the Desjardins falls

7 – DES CASTORS

- 1,1 km, a little sloping, marshes, beavers, birds, for nature lovers
- Adventure trail of 125 meters

8 – LA CHUTE

- 1 km, near St-Jean-de-Matha entrance, loop trail, connects to trail # 1
- Near the Island bridge, **a must see**

9 – POÉSIE

- 0,6 km, birds, trail allows you to relax and admire the landscape

10 – LA GORGE

- 0,6 km, belvedere to people with reduced mobility and strollers
- Yvon Trudel and Bruno Paradis bridges, directors of « Belles Histoires des Pays d'en Haut » and the canyon
- Possibility of lying on the rocks
- Exhibition of works of art sometimes

11 – DES ÎLES

- 0,6 km, easily accessible by trail # 1 from St-Jean-de-Matha entrance
- At the crossroads of rivers Noire and l'Assomption

12 – LA PINÈDE

- 4 Km, loop of about 1 hour
- Generally flat trail, old field under softwood cover (fir, pine, spruce), moss on the ground
- Several acceses via trails # 1-2-6 and 5

13

- 0,6 Km
- Starts from Ste-Béatrix entrance to join trail # 10

14

- Starts from Ste-Mélanie entrance and do a loop along trail # 1

15

- Starts from trail # 7 and joins trail # 5

NOTES

- **Saint-Jean-de-Matha** : rustic campingsite (22 unserviced campgrounds)
- **Sainte-Béatrix** : accessible to people with reduced mobility and strollers on the belvedere
- **Sainte-Mélanie** : children's games