

## «CHUTE HÉLÈNE» TRAIL



**Length : 8.2 km**

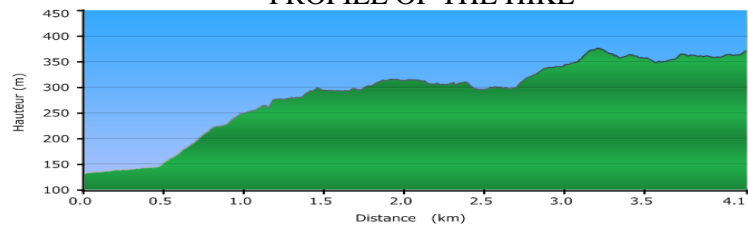
**Type: round-trip**

**Difficulty level: intermediate**

**Elevation: 250 metres**

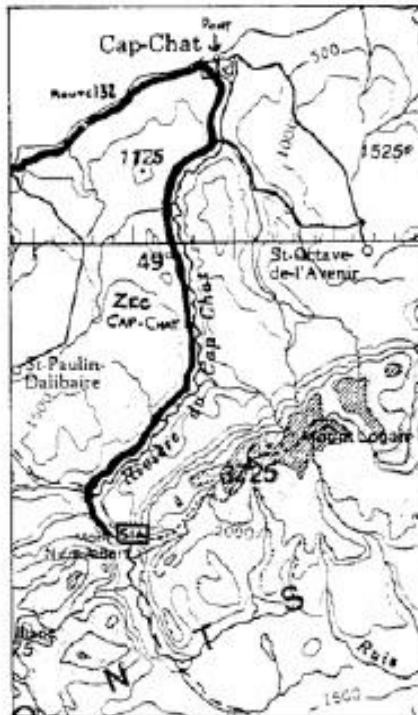
**Starting point: the starting point is at the route 1 junction with the IAT, situated at 1.6 kilometres north of the Petit-Sault parking lot.**

### PROFILE OF THE HIKE



### DESCRIPTION OF THE HIKE

The main attraction of this section remains the Hélène waterfall; 50 metres high and easily accessible. To get there, the trail is characterized by long climbs and short descents, embellished by big trees such as white pines, cedars and sugar maples. It's in this atmosphere that the IAT reaches the Hélène waterfall access trail junction on the other side of a water stream which you have to cross. Head north on the access trail and cross the ruisseau Bascon on a suspended bridge. A first viewpoint is situated on the other side of the stream and another one, situated at the end of the access trail, allows to get closer to the Hélène waterfall. The stream which feeds the fall, ruisseau Mem, comes from the Bardey and Coleman Lakes, two small mountain lakes situated at the foot of Mont Collins. Retrace your steps to get back to the start.



### LOCALISATION

On highway 132 in Cap-Chat you have to turn right on the *rue des Fonds*. This street is located just before the bridge that crosses the Cap-Chat River. Afterwards, you have to follow the Cap-Chat River ZEC indications. After 2 or 3 kms, you will have to keep right. The *rue des Fonds* will change name for the *rue des Érables...* always heading towards the ZEC which is 10 kms from the 132. When you get to the ZEC, you have to go through a pay toll of 7.41\$. Keep going on the same road for 28 kms and you will get to the Chute Hélène parking lot. The parking lot is 50-60 metres before the trail entrance.



**International Appalachian Trail – Quebec**

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# SENTIER DE LA CHUTE HÉLÈNE

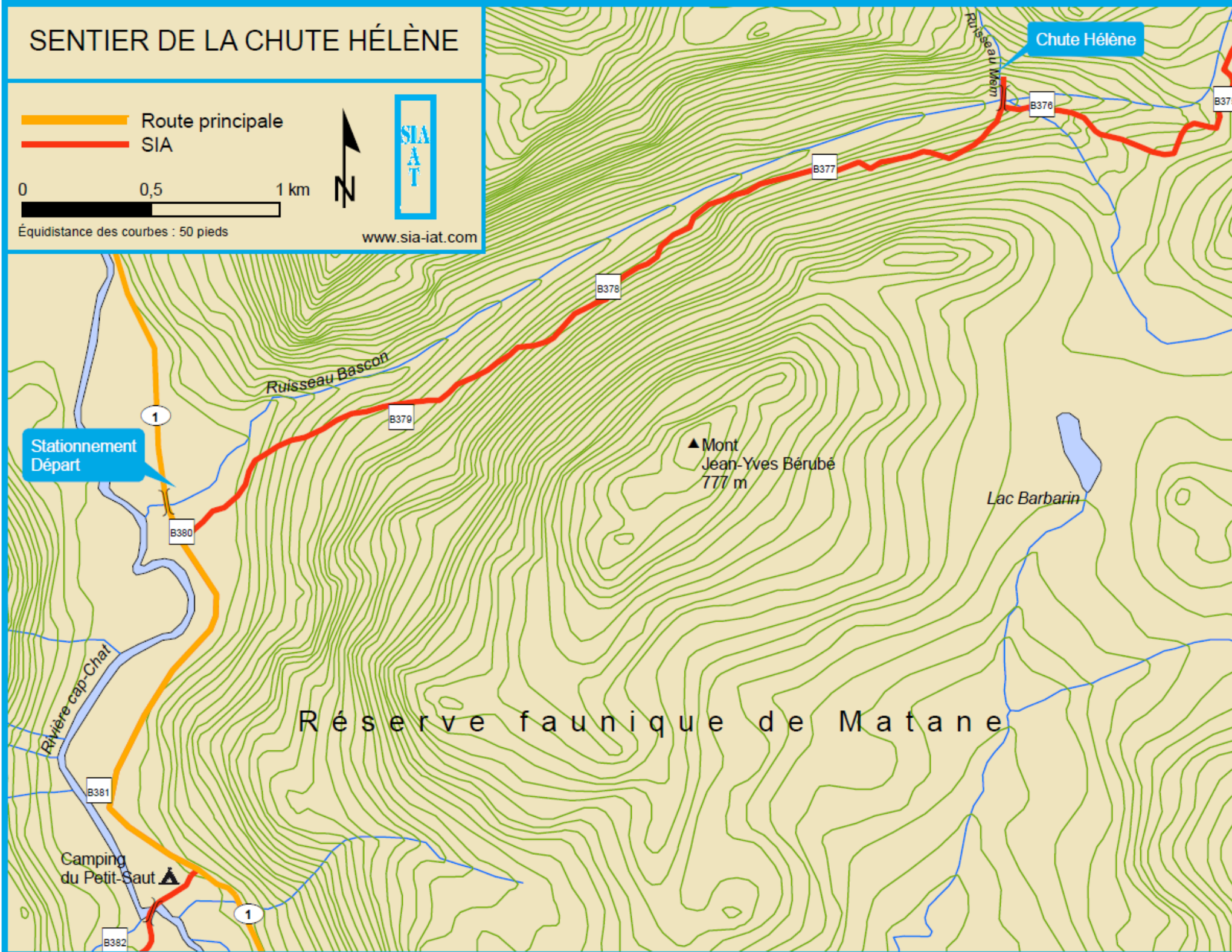
Route principale  
SIA

0 0,5 1 km

Équidistance des courbes : 50 pieds



www.sia-iat.com



Chute Hélène

B376

B376

B377

B378

B379

1

Stationnement  
Départ

B380

▲ Mont  
Jean-Yves Bérubé  
777 m

Lac Barbarin

Réserve faunique de Matane

Rivière cap-Chat

B381

Camping  
du Petit-Saut ▲

1

B382