

## « CONTREFORTS » TRAIL



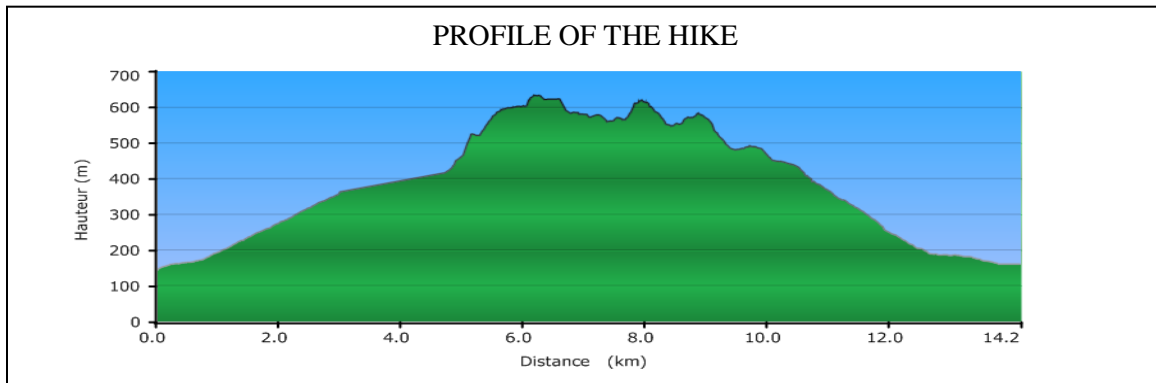
**Length: 14.2 km**

**Type: Loop**

**Difficulty level: difficult**

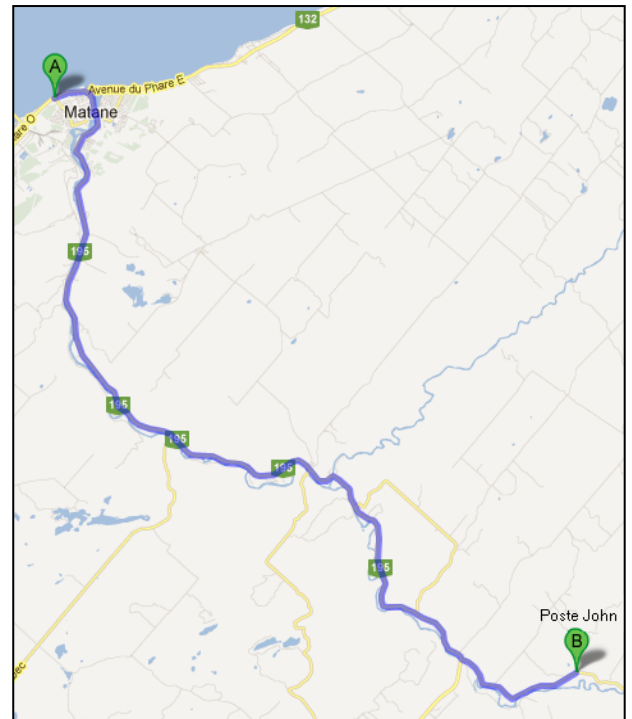
**Elevation : 500 metres**

**Starting point: The starting point is situated on Route 1, at 8,2 km from the John registration centre (Accueil John)**



### DESCRIPTION OF THE HIKE

From the starting point, get on an ancient forest road which goes north-west. This first part of the trail reaches the IAT 3,4 km further by an always constant light to moderate climb. Once on the IAT, head east, where the trail will become rougher. This section offers many interesting viewpoints on the Matane River valley. 150 metres before the campsite and the “ruisseau des Pitounes”, get on the Route 1 (which is 4,7 metres further) access road from the right (east). From this junction, the descent is moderate and constant, and a viewpoint allows us to admire the “ruisseau des Pitounes” valley. Arrived on Route 1, you will find the starting point about a hundred metres west. Two camping platforms, a lean-to and a dry toilet are made available for hikers at the “ruisseau des Pitounes” campsite.



### LOCALISATION

From Matane, get on the 195 for approximately 35 kms. After the St-René village, turn to your left on the secondary route which brings you to the Matane wildlife reserve. There is only 5 kms left before the John registration centre.



**International Appalachian Trail – Quebec**  
CP 132, Matane (Quebec) G4W 3N1  
Phone (418) 562-7885 Fax (418) 566-2115  
[info@sia-iat.com](mailto:info@sia-iat.com) [www.sia-iat.com](http://www.sia-iat.com)

sia-iat.com

# SENTIER DES CONTREFORTS

- Route principale
- SIA
- Sentier d'accès
- Balise de localisation

0 0,5 1 km



Equidistance des courbes : 50 pieds



[www.sia-iat.com](http://www.sia-iat.com)

## Réserve faunique de Matane

