

TRAIL	LENGTH	ELEVATION	DURATION	LEVEL	DISTANCE	PLACE OF DEPARTURE	DOWNLOADABLE COMPLETE FILE
The Matane River Trail – During your hike on the path along the river, you can observe rapids, ponds, canals, a beaver dam, footbridges and several salmon pools including those of Grand Tamagodi, La Fumeuse and Cap Seize.	6 km	-	1h	E	Road 1 (0 km)	Accueil John	Complete downloadable file with map
The Mont Charles-Édouard-Vézina Trail – The last 400 meters are characterized by a steep slope and will be rewarded with a beautiful viewpoint over the valley of the Matane River. This is the summit belonging to the Mont Charles-Édouard-Vézina, at an altitude of 390 meters, which is the first mountain most westerly in the Chic-Chocs.	8,2 km	390 m	4-5 h	E	Road 1 (≈ 2,1 km)	Accueil John (3,4 km supp.) ou Stationnement des Pins (parking)	Complete downloadable file with map
The Contreforts Trail – This hike offers several interesting views of the Matane River valley and constitutes the first contact with the western portion of the Chic-Chocs mountains. Around kilometer B-447, you will have the chance to observe a Golden Eagle's Nest.	12,2 km	500 m	6-7 h	D	Road 1	Stationnement du Chalet #1 (parking)	Complete downloadable file with map
The Vallée du ruisseau des Pitounes Trail – During this hike, you will have the chance to have a view of the Pitounes stream valley. Around kilometer B-447, you will have the chance to observe a Golden Eagle's Nest.	12,5 km	300 m	5-6 h	I	Road 1	Stationnement du Chalet #2 (parking)	Complete downloadable file with map
The Chutes du Ruisseau de l'Ouest Trail – This path runs along a very gentle slope along the Duvivier River in an old forest path closed by the forest. During the hike, you will have the chance to see several waterfalls, including the one of Mont de l'Ouest.	7,7 km	180 m	2-3	I	Road 1 (≈17 km)	Stationnement du Chalet #4 (parking)	Complete downloadable file with map
The Mont de l'Ouest Trail – During this ascent, you will have the chance to see the waterfall of Mont de l'Ouest while the surrounding landscape will be revealed a few times, offering you magnificent views of the wildlife reserve.	17,6 km	300 m	5-6 h	D	Road 1 (≈17 km)	Stationnement du Chalet #4 (parking)	Complete downloadable file with map
The Montagne à Valcourt Trail – Passing through Mont Nid d'Aigle, the Montagne à Valcourt offers a beautiful view of the Lac Matane.	11,6 km	580 m	5-6 h	D	Road 1 (≈26,2 km)	Stationnement Lac Matane (SÉPAQ) (parking)	Complete downloadable file with map

<p>The Pic du ruisseau Desjarlais Trail – The trail begins with a steep and constant ascent in a beautiful, diverse forest dotted with exceptional trees. You will have the chance to observe two enormous witnesses of the wildlife reserve's past, white pines. Numerous viewpoints over the Lac Matane valley complete the view and enhance the route.</p>	7,6 km	500 m	5-6 h	D	Road 1 (≈26,6 km)	Stationnement Lac Matane (SIA) (parking)	Complete downloadable file with map
<p>The Mont Blanc Trail – The route crosses different types of vegetation, passing from mixed forest at the bottom, conifers at the mid-slope and krummolz at the top. At an altitude of 1020 m, you will have a beautiful view of the other mountains of the wildlife reserve.</p>	16,2 km	700 m	7-9 h	D	Road 1 (≈35,6 km)	Stationnement du mont Blanc (parking)	Complete downloadable file with map
<p>The Mont Nicol-Albert Trail – This hike represents one of the biggest hiking challenges in Quebec. The trail offers hikers many different points of interest: the many cascades and waterfalls of the spectacular Beaulieu brook, several viewpoints as well as the Nicol-Albert crevasse and the famous "bonhomme".</p>	12, 4 km	800 m	6-7 h	D	Road before Valmont : Rue des Fonds – Rue Des Érables – Route du Corridor Panoramique (Road 1) (≈40 km)	Stationnement Nicol-Albert (parking)	Complete downloadable file with map
<p>The Chute Hélène Trail – Located near Rivière-Bonjour, the Hélène waterfall is 70 m high. The trail runs alongside a cascade and its difficulty is rated as moderate.</p>	8,2 km	250 m	3-5 h	I	Road before Valmont : Rue des Fonds – Rue Des Érables – Route du Corridor Panoramique (Road 1) (≈38 km)	Stationnement Chute Hélène (parking)	Complete downloadable file with map