



# The *zen* itinerary



## *Saint-Jean-des-Piles Entrance*



## *Lac Bouchard Picnic Area*

An ideal place to energize yourself in the sun or dip your toes into the water. Take the opportunity to discover the small waterfall that joyfully cascades nearby.



## *Lac du Fou*

Come admire the view from the quay and recharge your energy by walking a beautiful, easy 3 km trail, along the lakeshore.



## *Alphonse Lake*

Take the time to enjoy a picnic in the woods and let your feet soak at the end of the dock, how does that sound?



## *Lac Gabet Trail*

Come stretch your legs on a 3 km round-trip trail, winding through a sugar maple forest and mountain to reach the picturesque Gabet Lake.



## *Esker Picnic Area*

Whether to enjoy its small sandy beaches, discover the bog or sit by the water, this site will charm you with its simplicity.



## *Saint-Mathieu-du-Parc Entrance*