



La Mauricie
National Park

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