**Expedition Informative Document**

**5 days St-Simeon – Mer et monde écotours**

**September 10-14th, 2024**



Update

February 1st, 2024

# Introduction

Hi, Kuei,

Thank you for your interest in our *5-day expedition St-Siméon - Mer et monde écotours* - 67km. We've made this product accessible to those who want to discover our marine environment and learn more about it. It's suitable for anyone over 18 looking for adventure and personal challenge, with some sea kayaking experience. If you're a wilderness camper and tandem sea kayaker, or if you've traveled across Quebec with your solo kayak on the roof, this expedition is just right for you! Do things differently, get out of your routine and get into our rhythm of life, respecting the environment and contemplating what the wilderness has to offer. Memories guaranteed...

This informative document will provide you with all the information you need to find your way around our product and maximize your preparation. The information contained in this document may differ depending on the date of your shipment. Please contact us if you have any further questions. Please note that once you have made a reservation via our online system, we will contact you as soon as possible.

We hope you enjoy reading it and have a wonderful experience.

The activities team

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Description générée automatiquement

**Itinerary 67 kilometers / 36 nautical miles**

# General course

## This all-inclusive expedition includes 5 days on the water. However, the duration of your stay will be 7 days. Depending on weather conditions and your departure date, the timetable and activity schedule may be subject to change. In the event of special weather conditions, an alternative itinerary is planned and will be announced at the preparatory virtual group meeting on August 28.

## **Arrival Day 1 (September 09, 2024)**

## You will arrive at *Mer et monde écotours* site the day before your departure date. As soon as you arrive, you'll need to go to reception to check in. An area of our campsite is reserved for expedition guests, to ensure your presence for the following day's departure. The site is dirt, and your supplied tents will already be set up to welcome you. A MANDATORY dinner meeting starting at 5:00 p.m. will allow us to finalize details and the presentation of all participants. Your guides will present the itinerary, distribute the included equipment and make sure everything is in place for the next day's departure. They'll be on hand to answer any questions you may have, and to support you in your preparations.

## **Day 2 (September 10, 2024 – 14 km)**

## The first morning's hot breakfast will be served early, and departure by bus is scheduled for 7 a.m. All your personal equipment must be ready for transport on the charter bus. We'll have about 1h30 of travel time before arriving at St-Siméon beach, in the Charlevoix-Est MRC. Once on the beach, you'll prepare your kayak before getting dressed for the trip out onto the water. After about 2 hours of paddling, there's a lunch break just upstream from the Cap de la tête au Chien lighthouse in Anse à Boudin.

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## The afternoon will be devoted to covering the distance along an unspoilt, wild coastline to our campsite in Baie-des-Rochers. In the evening, once you've set up your tent and made yourself comfortable, your guides will serve you a hearty meal.

## **Day 3 (September 11, 2024 – 18 km)**

## On the second morning, you'll be responsible for managing your equipment, while the guides prepare breakfast. Once the camp has been completely dismantled and the equipment installed in your boat, we'll depart. There will be a mid-day stop for lunch on the beach of Ile du Chafaud aux Basques. The remainder of the trip will take place in the afternoon, with a direct link to our camp near Pointe aux Alouettes, the historic site of the Great Alliance of 1603. This site will be supplied with food and water by the *Mer et monde écotours* activities team. In the evening, once you've set up your tent and made yourself comfortable, your guides will serve you a hearty meal with a breathtaking view of the Alouettes batture.

## **Day 4 (September 12, 2024 – 6 km)**

## On the third morning, accompanied by one of Quebec's most beautiful sunrises, you'll be in charge of managing your equipment while the guides prepare breakfast. Once the camp has been completely dismantled and the equipment installed in your boat, we'll set off. There's only a short distance to go, as we'll be making an important stop on the beach at Tadoussac, where a shuttle will be waiting in the boat launch to take us to Camping Tadoussac, offering a breathtaking view of the mouth of the Fjord. Recuperate with a comforting shower and a warm, peaceful night's sleep in one of the rustic or ready-to-camp tents (first reserved-first served). A private guided tour of the Marine Mammal Interpretation Center and a tasting of local beverages at the Microbrasserie de Tadoussac are scheduled for the afternoon, just before a hearty homemade BBQ.

## **Day 5 (September 13, 2024 – 15 km)**

## On the fourth morning, you'll be responsible for managing your equipment, while the guides prepare breakfast. Once your gear and equipment have cleared the huts and ready-campers, we'll head to Tadoussac beach by shuttle bus to prepare for our departure. We'll paddle along the famous Tadoussac dunes to a secluded bay, accessible only by sea, and serve you an energizing lunch. The rest of the trip will take place in the afternoon, directly to our camp at Pointe Sauvage, a historic seal-hunting site. This site will be stocked with food and water, provided by the *Mer et monde écotours* activities team. In the evening, once you've set up your tent and made yourself comfortable, your guides will serve you a hearty meal with a breathtaking view of the Rivière des Petites Bergeronnes.

## **Day 6 (September 14, 2024 – 13 km)**

On the fifth morning, you'll be responsible for managing your equipment, while the guides prepare breakfast (included). Once the camp has been completely dismantled and the equipment installed in your boat, we'll depart. There will be a mid-day stop for lunch (included). The rest of the trip will take place in the afternoon and will take you directly to the *Mer et monde écotours* campsite. Once there, we'll set up camp one last time. A festive BBQ dinner will be served on the seashore to mark your achievement (on the Innu community of Essipit in case of bad weather). A final overnight stay is offered on the *Mer et monde écotours* site.

**Day 7 (September 15, 2024)**

# On the last morning, you'll be responsible for managing your equipment, while the guides prepare breakfast (included). Afterwards, you'll go through the departure formalities and leave with unforgettable memories of *Mer et Monde Ecotours*.

# Meals

*Mer et monde écotours* is committed to offering a specialized menu to suit the particular needs of each expedition group. Sprinkled with flavor and local suppliers, while adding a sustainable and respectful vision, we will offer you meals adapted to our environment. Fish, shellfish, wild meats, mushrooms and wild herbs, banana bread, veggie pâté and homemade energy balls will all be part of your meal. It's important to mention any allergies or special dietary requirements in advance. The menu will be presented to participants a few days before the expedition. Please note that all meals from dinner on Day 1 to breakfast on Day 7 are included, cooked and served by the guides on site. Please bring your own snacks, although some will be provided by *Mer et monde écotours*.

# Travel logistics

# *Mer et monde écotours* will take care of all travel logistics between the departure and arrival points. Your personal vehicle will remain on the *Mer et monde écotours* site for the duration of the activity. Equipment and participants will be transported in a 12 to 15-passengers minibus and another support vehicle. Travel arrangements will be adapted to the itinerary of your expedition, and this information will be given to you by your guide at the meeting scheduled for the day before your departure. During the expedition, in the event of an emergency, the minibus will be available for transportation between the extraction points and the destination (*Mer et monde écotours*, hospital services in La Malbaie, Les Escoumins, etc.).

Emergency plan and risk management

*Mer et monde écotours* is a member of the Aventure Écotourisme Québec association, and all its documentation is up to date. The company must demonstrate that prevention and emergency measures have been adapted to meet local standards. Each excursion and expedition offered by *Mer et monde écotours* has its own emergency and risk management plan. In this way, we minimize the risks associated with our expeditions. Our guides are in constant communication with the Canadian Coast Guard via VHF radios and are certified as Restricted Marine Operators. What's more, during our expeditions, all *Mer et monde écotours* boats are equipped with a geolocation system, a service provided by SPOT. A team on land is always on hand to provide assistance when needed. We also have access to a fleet of motorboats to provide the necessary support.

# Material and equipment supplied

Given the specific nature of the equipment required for this activity, we will provide you with several nautical items prior to your departure.

- Tandem or solo fiberglass kayak (depending on experience). A minimum of 2 tandem kayaks is required for this expedition.

- Paddle, skirt and Transport Canada-approved flotation jacket.

- Wetsuit, paddling anorak and neoprene bootie.

- Transport Canada-mandated safety equipment (buoyant heaving line, whistle, bailer, etc.).

- Various sizes of waterproof bags for dry transport of our equipment (20-30 liters).

This all-inclusive package also includes camping equipment.

- Crockery set with utensils, plate and cup.

- MSR tent, -5 degree sleeping bag, self-inflating mattress and compressible pillow.

- Headlamp and individual quick-drying towel.

If you have your own material and equipment, please notify us for prior approval. Depending on standards and legal requirements, these may be refused by our team, depending on their specific features and characteristics.

# Required equipment and material

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| **Equipment (expedition only)** | **Nb.** | **Verified** |
| **Clothing** |
| Base layer (top and bottom) | 1 |  |
| Night Shoes | 1 |  |
| Wool sock | 2 |  |
| Underwear | 2 |  |
| Warm sweater | 1 |  |
| Pants | 1 |  |
| Raincoat | 1 |  |
| Wind proof pants (recommended) | 1 |  |
| Toque | 1 |  |
| Hat/Cap/Buff | 1 |  |
| **Equipment** |
| Sunglasses | 1 |  |
| Water bottle (1 L minimum) | 2 |  |
| Lighter | 1 |  |
| Headlamp | 1 |  |
| **Pharmacy** |  |  |
| Toothbrush | 1 |  |
| Toothpaste | 1 |  |
| Dental floss | 1 |  |
| Sun screen | 1 |  |
| Lip balm | 1 |  |
| Mosquito repellent | 1 |  |
| Deodorant | 1 |  |
| Contact lens case | - |  |
| Medication | - |  |
| Feminine hygiene equipment | - |  |
| Toilet paper (in a Ziploc bag) | 1 |  |
| **Various** |  |  |
| Snacks | 4 |  |
| Ziploc freezer bag | 4 |  |
| Face mask | 3 |  |
| Ginger pill (for seasickness) | - |  |
| Any other relevant material | - |  |
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# Q and A

## **What services are offered at Camping Mer et monde écotours?**

## You'll find a full sanitary block with showers ($) and toilets. Near your camping area, 2 dry toilets are also available.

## **How does it work for expedition toilets??**

## There are several stops along the way, and we apply the [Leave No Trace](https://leavenotrace.ca/the-seven-principles-of-leave-no-trace/) principles. At the Pointe Sauvage campground, a comfortable natural setting has been set up to respect your privacy.

## **What's the cancellation policy?**

Please refer to this [link.](https://vacancesessipit.com/en/cancellation-policy/)

# Informations before arrival

## Information e-mail

## The 5-day expedition is a much more personalized experience than the daily excursions. Guides spend several days with participants and want to know as much as possible about them before they arrive. In the days following a reservation, we will contact registered participants to get to know you better. It's always appreciated to have a brief description of who you are, what attracts you to taking part in this expedition, any previous experiences you may have, etc.

Risk acknowledgement and acceptance form

Following this meeting, we will send you a Risk Acknowledgement and Acceptance Form. It is absolutely essential that you return this duly completed form to us no later than August 10, 2024. This is not a release form; its sole purpose is to inform you of the risks inherent in the activity, the company's specific policies, and to provide us with information on your health and safety (food allergies, fears, injuries, specific medical conditions, etc.). Please take the time to complete it and be transparent about your physical and mental condition.

# Questions and Additional Information

5 days expeditions is an activity with multiple particularities. Feel free to contact our team by phone or by e-mail if you have any questions.

**By phone: 418 232-6779 By e-mail: meretmonde@essipit.com**