



SCHOOL ACTIVITIES
2024/2025

Station touristique Duchesnay

ACTIVITIES / AUTUMN - SPRING

ACTIVITIES WITHOUT A GUIDE

Arbraska

Age 7 and up

Come and enjoy an unforgettable aerial experience in the treetops, in tune with the rhythm of nature!

- 85 tree games: bridges, nets, footbridges, ropes, ziplines
- Circuits of increasing difficulty where each participant can progress according to his or her skill level
- A fun circuit for youngsters
- Professional patrollers are on hand to ensure your safety

Super maze

For young and old alike

In collaboration with partner **Aventure Inukshuk**. Guaranteed fun for young and old alike! In all, there are 275 one-way doors to pass through in this magnificent wooden labyrinth. See you at the exit!

Young wolves

(Jeunes loups) circuit:

Age: 7 to 12 (1.40m arms raised)

Capacity: 20 participants per start

Departures: every 30 minutes

Duration: between 90 minutes and 2 hours

Supervisor(s): 2 adults/group

Junior circuit:

Age: 12+ (1.80m arms raised)

Capacity: 20 participants per start

Departures: every 30 minutes

Duration: between 3 hours and 4 hours

Supervisor(s): 2 adults/groupe

Other guided activities can be added to complete your Duchesnay outing. See our packages on page 7.

GUIDED ACTIVITIES

Pirates of Duchesnay

Age 5 and up

Legend has it that the redoubtable Jack Rackham came to hide his treasure on the Duchesnay lands. Unfortunately, he left only a few clues to help us find it. Do you have the courage to set off in search of this fabulous treasure?

Age: 5 to 8 (land version) 7 to 10 (lake version)

Capacity: 28 participants (including supervisors)

Duration: 90 minutes

Supervisor(s): 1 adult/10 youngsters (min 2, max 3 for the lake version)

Coureur des bois

Age 8 to 12

Interested in the art of bartering, trap-making, and flying canoes? Then you're ready for the great adventures of the coureurs des bois! Follow the fur trade route to pick up shiny metal rewards and bank on the success of your teamwork. The Duchesnay trading post may even hire you as *voyageurs*!

Capacity: 1 class at a time

Duration: 90 minutes

Supervisor(s): 1 adult/10 youngsters

Kayak

Age 8 and up

Learn how to maneuver this versatile craft. A short basic course followed by a free period of kayaking on the calm bay of Lac Saint-Joseph. A guide will be on hand to supervise your group.

Period: June 1 to September 30

Capacity: 1 class at a time

Duration: 90 minutes

Supervisor(s): 1 adult/10 youngsters

Wildlife survey

Age 5 to 8

Can you complete the four tests to become a Duchesnay Protection Agent? If you're interested in identifying a poacher based on clues, in counting duck eggs without your fingers, and in completing a short hebertism circuit, this mission is just for you!

Capacity: 1 class at a time

Duration: 75 minutes

Supervisor(s): 1 adult/10 youngsters

#forêtGPS

Age 8 and up

Think you know everything about flora and fauna? This ecological quiz will take you on a fun quest through the Duchesnay forest! Armed with a GPS and a map of the sector, you'll get off the beaten track. Is your team up to the challenge? Come and find out!

Mini-geocache: 8 to 12 years; **Long circuit:** 13+ years.

Capacity: 1 class at a time

Duration: 90 minutes

Supervisor(s): 1 adult/10 youngsters

Survival in the forest

Age 7 and up

What to you do when you're lost in the forest? This workshop will introduce you to survival techniques in the wilderness. You'll learn how to erect a shelter and build a fire without matches! Which team will boil water first?

Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

Archery

Age 8 and up

Introduction to archery techniques and safety rules. Come and test your concentration and accuracy by shooting, playing games, or taking part in a tournament.

Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

Inter-Nature

Age 8 and up

Come and sharpen your knowledge of plants and their properties. Spot the different animal species living on the Duchesnay territory. A discovery rally awaits you!

Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

Pioneer village

Age 13 and up

A game that lets you relive the days of the first settlers by taking part in a series of events worthy of the past! Get ready to saw wood, plant a vegetable garden, and build a church. It's all about teamwork to win big bucks in the form of Intendant Juchereau Duchesnay's beautiful piasters!

Capacity: 1 class at a time
Duration: 2 hours
Supervisor(s): 1 adult/10 youngsters

Racing cars

Age 13 and up

Each team will have just a few minutes to assemble a small self-driving car. You'll have to work out the operating principle and establish an assembly strategy. A period of free testing will help you to make the necessary adjustments to win the final races.

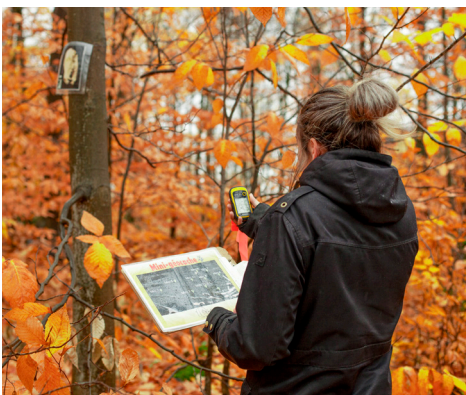
Period: Indoor evening activity
Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

Lakeshore fire

For young and old alike

After dark, your guide will take you to our secret beach. An on-site campfire and entertainment await you. Two possible departures: on foot along a torch-lit trail, or on the water in a rabaska canoe (depending on the number of students and the weather conditions).

Period: June and September
Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters



ACTIVITIES / WINTER

ACTIVITIES WITHOUT A GUIDE

La petite EXPÉ

Age 5 to 12

Introduce your class to cross-country skiing or snowshoeing free of charge with *La petite EXPÉ*, part of the *Grand défi Pierre Lavoie* (great Pierre Lavoie challenge)! In addition to free access to the cross-country ski trails, we'll lend you all the equipment you need, and you won't have to pay a dime.*

- 47 linear km of cross-country ski trails
- 4 heated huts along the trails
- Equipment rental for students aged 5 to 12

*Booking essential, as equipment is in limited supply.

Capacity: 1 ski class and 1 snowshoeing class at a time
Duration: between 90 minutes and 2 hours
Supervisor(s): 1 adult/10 youngsters

Tubing and skating

For young and old alike

Free activities to make the most of winter. Inner tubes available on site. Bring your skates and hockey sticks for a friendly game.

Available with the purchase of school packages only.

Capacity: 1 class at a time
Duration: No limit
Supervisor(s): 1 adult/10 youngsters

GUIDED ACTIVITIES

Cross-country skiing

For young and old alike

Explore the centre's circuits and discover our beautiful forest. This activity, supervised by an instructor-guide, introduces you to basic techniques such as alternate strides, snowploughing, and the herringbone (duck-walk). You can also rest for a few minutes in a hut, while checking out the visiting birds.

Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

Hok skiing

Age 12 and up

Introduction to a new sliding sport, a perfect hybrid between skiing and snowshoeing. On the program: off-piste travel in the forest, up and down the maple grove on gentle or steeper slopes, depending on the group's ability. Hok skiing is a versatile way to get around, suitable for beginners and powder enthusiasts alike. Fun and laughter are guaranteed! Give it a try!

Capacity: 15 participants
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

Snowshoeing adventure

Age 5 and up

Join us on an interpretive snowshoe hike through the habitat of porcupines and other creatures. After an interactive talk, discover animal tracks on the snow as you travel off-piste. Route adapted to the age of the students. **Porcupine adventure:** Age 10 and up.

Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

Fasten your toque

Age 8 and up

"Doing battle is no reason to get hurt!" Defend your castle and stay alive on the battlefield. Join us for a game of skill, strategy, and speed inspired by the classic Québec film *La Guerre Des Tuques*.

Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

Forest survival

For young and old alike

What to do when you're lost in the woods in winter? This workshop will introduce you to survival techniques in the wilderness. You'll learn how to erect a shelter and build a fire without a match. Whose shelter will be the warmest of them all?

Capacity: 1 class at a time
Duration: 90 minutes
Supervisor(s): 1 adult/10 youngsters

#forêtGPS

Age 8 and up

Think you know everything about flora and fauna? This ecological quiz will take you on a fun quest through the Duchesnay forest! Armed with a GPS, a map of the sector, and snowshoes, you'll get off the beaten track. Is your team up to the challenge? Come and test its mettle!
Mini-geocache: 8 to 12 years; **Grand circuit:** 13+ years.

Capacity: 1 class at a time

Duration: 90 minutes

Supervisor(s): 1 adult/10 youngsters

Torchlight hike

For young and old alike

A 1.5 km evening hike by torchlight and moonlight. Your guide will lead you to a secret spot where a campfire awaits you.

Capacity: 1 class at a time

Period: Evenings only

Duration: 90 minutes

Supervisor(s): 1 adult/10 youngsters

Dog sledding

Age 6 and up

In collaboration with our partner *Aventure Inukshuk*. Enjoy the ultimate Québec winter experience: a dogsled ride! After a short dog sled driving workshop, set off on an adventure with your canine team.

Bus transport to kennel required (2km).

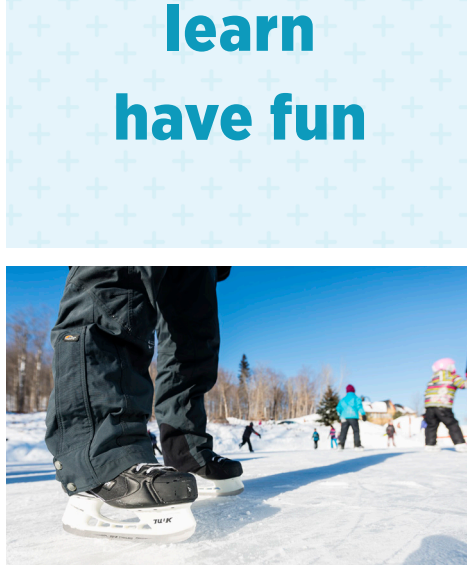
Capacity: 1 class at a time

Duration: 90 minutes

Supervisor(s): 1 adult/10 youngsters



explore
learn
have fun



ADDITIONAL INFORMATION



Accommodation

Keep the good times rolling and enjoy our enchanting accommodation in cabins on the shores of Lac Saint-Joseph or in pavilions. Station Duchesnay offers **14 cabins** and **2 pavilions** that can accommodate over 150 students. Ask about our rates.*

Oxygène cabins Duchesnay offers year-round cabins for 4 to 16 people. All have a living room with sofa bed, fireplace, cable TV, fully-equipped kitchen, and shared bathroom.

Bedding and towels are provided, so there's no need to pack a sleeping bag. Accommodation includes access to the indoor pool, games room, hiking and/or snowshoeing trails, and much more besides.

Pavilions Would you like to have all your students under one roof? The two pavilions offer respectively 8 and 12 cozy rooms with private bathrooms. All pavilions have a common lounge with fireplace for great group evenings. Comfort guaranteed!



Meals

We offer a catering service with a menu specially designed for school groups. You can also prepare your own meals in your cabin's fully-equipped kitchen.



*A minimum of 15 people is required to qualify for preferential group rates.
**Service and taxes not included. Minimum of two nights at all times.

Photos: Charles Boutin, Pierre Carbonneau, Simon Clark, Marine Clément-Colson, Content Content, Steve Deschênes, Mathieu Dupuis, Paul Dussault, Jean-Pierre Huard, André-Olivier Lyra, Jonathan Robert, Mikael Rondeau.

School menu

Breakfast \$17 (Morning buffet in dining room)

Lunch box \$18

Fruit juice, apple, trio of cookies and cheddar cheese
Choice of sandwich (1 choice for the group):

- Turkey and mozzarella wrap
- Ham and Swiss cheese Ciabatta

Dietary restrictions: for people with food allergies, an allergen-free salad will be served.

Dinner \$19.50 (Dining room, minimum 20 people)

Plated dinner, dessert of the day and fruit drink
One choice per groupe:

- Fish n' chips, tartar sauce, coleslaw
- Macaroni and cheese with nacho crumble
- Quarter chicken leg, fries, and barbecue sauce
- Grilled sausage and vegetable couscous
- Maple glazed chicken, basmati rice, and vegetables
- Poutine with chicken fingers
- Lasagna Bolognese

PRICING / ACTIVITIES

Packages	Supervisor* Adult(s)/Group	Rate/student** Groups of 20 to 40 students	Rate/student** Groups of 41 students or more
Autumn (August 30 to November 29, 2024) / Spring (April 1 to August 29, 2025)			
Green Forest I (1 Duchesnay activity)	2 adults/20 students	\$16.00	\$16.00
Green Forest II (2 Duchesnay activities)	2 adults/20 students	\$21.50	\$20.50
Green Forest III (3 Duchesnay activities)	2 adults/20 students	\$23.75	\$22.75
Cache-Cache I (Maze + 1 Duchesnay activity)	2 adults/20 students	\$23.75	\$22.75
Cache-Cache II (Maze + 2 Duchesnay activities)	2 adults/20 students	\$30.00	\$29.00
Adventurer (ages 8-12) (Arbraska + 1 Duchesnay activity)	2 adults/20 students	\$25.75	\$24.75
Explorer (ages 8-12) (Arbraska + 2 Duchesnay activities)	2 adults/20 students	\$30.75	\$29.75
Adrenaline (ages 13-17) (Arbraska + 1 Duchesnay activity)	2 adults/20 students	\$33.75	\$32.75
Extreme (ages 13-17) (Arbraska + 2 Duchesnay activities)	2 adults/20 students	\$38.75	\$37.75
Arbraska - Young wolves (Circuit for 8-12 year olds)	2 adults/20 students Access to the optional circuit	\$18.75	\$17.75
Arbraska - Junior (Circuit for 12-17 year olds)	2 adults/20 students Compulsory access to the circuit	\$28.75	\$27.75
Winter (December 2, 2024 to March 31, 2025)***			
Tracks in the snow (1 Duchesnay activity)	2 adults/20 students	\$16.00	\$16.00
White winter (2 Duchesnay activities)	2 adults/20 students	\$23.00	\$22.00
Red cheeks (3 Duchesnay activities)	2 adults/20 students	\$27.00	\$26.00
Inukshuk Adventure (6-12 years)* (Dog sledding 1 hour)	2 adults/20 students	\$43.55	\$43.55
Inukshuk Adventure (13-17 years)* (Dog sledding 1 hour)	2 adults/20 students	\$54.44	\$54.44

*Free access for accompanying adults, except for those who must climb the Arbraska circuits. **Taxes not included. ***Excluding Christmas holiday period and spring break.



WHAT YOU NEED TO KNOW

- We'll receive you at the Horizon pavilion.
- Picnic tables and microwave ovens are available for lunch.
- Capacity: 2 groups/day.

INFORMATION AND BOOKINGS

Telephone: 418-875-2711 or 1-866-683-2711, ext. 4276 **Fax:** 418-875-2868

Address: 140, montée de l'Auberge, Sainte-Catherine-de-la-Jacques-Cartier (Québec) G3N 2Y6

Website: sepaq.com **Email:** vallee.andreeanne@sepaq.com