

The International Appalachian Trail in Quebec

By Viateur De Champlain, President

Linking the highest Appalachian summit - that's what impelled the people to meet the challenge of constructing a 1106 km trail. Crossing over Mont Jacques-Cartier (Québec), Mount Carleton (New Brunswick) and Mount Katahdin (Maine), the trail begins on the north coast of Cape Gaspé in Forillon National Park. After crossing through Maine it connects to the Appalachian Trail (3468 km), that renowned footpath now over 60 years old.

The SIA/IAT and AT together total 4574 km to the terminus in Georgia. There one could commit oneself still further to a hike to Key West, Florida by another trail (2535 km). Putting all these trails together as the "Eastern Continental Trail," from Cap Gaspé to Key West, you have a total length of 7109 km. That would keep you on the trail for an entire year.

Beginning at its northern terminus in Cap Gaspé, the SIA/IAT travels to Rivière-au-Renard, then to Mont-Saint-Pierre. It is truly a sea-and-summit trail, running from village to village and occasionally passing along the shores of the Saint Lawrence River. From Mont-Saint-Pierre it heads toward Mont Jacques-Cartier, crosses Parc de la Gaspésie to Mount Logan, and from there runs across the Matane Wildlife Reserve, skirting the Fernald Ecological Reserve of Québec, reaches the Matane River, then heads toward Lake Matapedia before descending into the river valley to Matapedia.

The SIA/IAT includes 672 km in Québec, 274 km in New Brunswick, and 160 km in Maine, to Mount Katahdin. SIA/IAT trail facilities in Québec include 22 cabins and 18 campsites, with tent platforms and privies. Various kiosks, shelters and information signs have been set up at trailheads, and signage and trail blazes have been placed along the entire trail.

The trail includes many attractive and distinctive natural features. The territory, which it crosses, is varied and hikers will enjoy plenty of beautiful views. The trail is part of a network that would excite the interest of any hiker. Canadians and Americans have already travelled its entire length. Also there have been countless people walking it on shorter hikes.

April 5th, 2001

EASTERN CONTINENTAL TRAIL

	Km	Miles
IAT - Québec	672	417
IAT - New Brunswick	274	170
IAT - Maine	160	100
International Appalachian Trail Sub-total:	1106	687
Appalachian Trail	3468	2155
<i>From Mount Springer to Cap-Gaspé</i> Sub-Total :	4574	2 842
The Benton Mackaye Trail	105	65
Georgia Pinhoti Trail	209	130
Alabama Pinhoti Trail	185	115
Florida/Alabama Roadwalk	426	265
Florida National Scenic Trail	1328	825
Key West Everglades Road Walk	282	175
<i>From Key West to Mount Springer</i> Sub-Total	2535	1575
<i>From Key West to Cap-Gaspé</i> TOTAL :	<u>7109</u>	<u>4417</u>

\ Info \ Eastern Continental Trail (Text & Dist)