



**PARC HAROLD F.  
BALDWIN**

1244 ch des Chalets, Baldwin's Mills, QC. J1A 2S4

## Tips for safe hiking

Going for a hike on the mountain requires a minimum of preparation and caution. We ask that you follow these tips for your safety, the safety of others, and for your active participation in conserving the biodiversity found in Harold F. Baldwin Park. Thank you for your understanding and good reading!

1-We are happy to welcome you and your dog. However, it must remain on a leash at all times. Dogs can harm the animals inhabiting the park by causing the abandonment of breeding sites as well as causing animal mortality. Also, other hikers may be afraid of dogs and it is important to maintain mutual respect. **For all these reasons, it is important to keep your dog on a leash.**

2-Once the top of the mountain is reached it is important to be aware of climbers on the park's rock faces. Even if sometimes we are unable to see them, A single rock thrown from the precipice can travel at breakneck speed and may result in injury or even death of a climber in action. **It is very important to never throw anything from the top of the mountain**

3-Once on top of the mountain, it can be tempting for a child to run around and explore. **It is your duty as a parent or chaperone to supervise your children at all times to avoid an accident. Always keep a reasonable distance from the precipice to the top.**

4-As you continue to walk the trails, you may encounter obstacles such as mud, this might tempt you to walk around it by stepping on the edge of the trail. This behavior should be avoided as it can result in the loss of spring plants. It is important to remember that some plant species only grow in specific locations and in small numbers. They are therefore fragile and vulnerable to trampling. **It is therefore important to stay on the trails in order to maintain floral biodiversity and avoid degradation of the trails.**

5-At the top of the mountain, you may have the chance to observe a peregrine falcon in flight, a bird of prey with a vulnerable status in Quebec. This bird nests every year on the rocky walls of the park. During the nesting period, human disturbance can cause the falcons to abandon the nesting site. This is why, in order to ensure the nesting of the peregrine falcon year after year, **we ask you to read and respect the signs posted in the park concerning which trails or peaks you cannot access during the breeding season.**

6-Ticks may carry Lyme disease in the Eastern Townships. Therefore, When you get home after your hike, it is your responsibility to check your entire body to confirm that there are no ticks on your skin. The most common areas of the body where ticks are found are the groin, belly button, armpits, inside or around the ears, back of the knees, lower buttocks, lower back and hair. **If you have a tick on your body, please visit the following link**  
<https://www.santeestrie.qc.ca/fr/soins-services/conseils-sante/infections-et-maladies-transmissibles/maladie-lyme/>

**7-We invite you to review the complete set of rules for Harold F. Baldwin Park. If you see visitors who are not following the rules, you can come and talk to a park official who is on site.**

Enjoy the Hike !

The PHFB team