



# TASTE THE FOREST!

## Boreal plants

The Forêt Montmorency offers an activity combining the outdoors and education! In the company of Stéphane Plante, lecturer in forest botany at Laval University, take part in a short guided walk through the forest, learn to demystify certain plants in the boreal land. A great opportunity to learn about the boreal ecosystem! Upon return, after lunch in the cafeteria, meet Bernard Riedl, professor of chemistry associated with the Department of Wood and Forest Sciences. Participate in a short laboratory workshop for a demonstration of producing essential oils and making spruce candy. An activity where all your senses will be engaged!

**Dates: Sundays 14, 21, 28 July, 4, 11, 18 August, 2019**

**Time: 9:30 a.m. to 2:30 p.m. (approximately)**

**Capacity: 12 people (recommended minimum age: 8 year olds who are deeply interested)**

**Price: \$58,46 + taxes (\$52,61+ taxes UL member) \* Discount of \$7 to \$14 (depending on age) for guests staying the previous Saturday**

### Procedure:

Reception and welcoming remarks at the pavilion. Short technical presentation and departure into the forest for a hike lasting from 90 to 120 minutes around Lake Piché. Lunch in the cafeteria (including a boreal dish). Laboratory workshop (demonstration of the production of essential spruce oil and candy, olfactory tests and more!).

### The activity includes:

- Accompaniment by a botanist guide and laboratory workshop with a chemistry professor.
- Lunch in the cafeteria - Boreal menu
- Right of access for hiking
- Each participant leaves with a few samples of gathered plants and spruce lozenges.
- Instruction booklet, including information and recipes.

### Don't forget:

- Your walking boots (the route can be muddy)
- Suitable clothing for outdoor excursions depending on the weather
- **Bag for picking (like a plastic grocery bag) and a dozen large ziploc bags**
- **+ A sharpie indelible pen!**

The guide can cancel the activity in case of special situations or extreme bad weather. In only these cases, the activity is transferable or refundable.

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