

Fires

Use a fire box or gas stove whenever possible to minimize the environmental impact of open fires. If you wish to have open fires, always check the fire hazard conditions at the ZEC or online at <https://cartes.sopfeu.qc.ca/> and use a gas stove when open fires are not permitted. Use only designated fireplaces. Refrain from building new fireplaces; even small ones can be an eyesore.

If you have to build a new fireplace, as in an emergency situation, build it on bedrock. Keep open fires small, using just enough wood for cooking. For firewood, gather sticks and driftwood well away from campsites and refrain from cutting trees. Never peel birchbark from living birch trees. Douse your fire thoroughly; never leave a campsite with a fire still smouldering. Use a bailer to gather cold ashes and place them in a thunder box where provided to assist in decomposition.

Smoking

Refrain from smoking on trails. Burn butts, or better still, bag them and take them out. It takes a cigarette butt ten years to decompose! Never throw cigarette butts in the river as they contain hazardous micro-fibers.

We need your help

We acknowledge, understand and respect that the Dumoine, Noire and Coulonge rivers flow through the ancestral, traditional and un-surrendered territory of the Algonquin Anishinabeg people. The Algonquin have cared for these rivers and their watersheds for thousands of years and continue to do so to this day.

Gone are the days where just a few wilderness travelers paddled the Dumoine, Noire and Coulonge—the three sister rivers—in a season. Now more than 1,000 travel each river in a year, and we're leaving more of an impact. We need your help to keep these rivers in pristine condition for your use and the enjoyment of future generations. Here are a few minimum guidelines that we all must follow.

Before you leave home

Repackage your food and beverages at home in order to reduce weight and eliminate the use of Styrofoam, plastic, metal and glass containers. It takes centuries or more for these items to decompose. If you bring any of them, separate and pack them out.

Make sure your canoes and boats are free of invasive species. Wash them thoroughly with soap and water and dry them in the sun for at least a day before bringing them in. Never bring wood from outside the region because it could contain harmful pests.

Three sister rivers

Dumoine, Noire and Coulonge

A guide to the responsible use of our rivers



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 **CPAWS**
CANADIAN PARKS AND WILDERNESS SOCIETY
OTTAWA VALLEY CHAPTER



Hygiene

Human waste

Use the thunder boxes where provided for human waste. Burn used toilet paper whenever possible or carry it out in a plastic bag. Where there are no thunder boxes, dig a small hole about 20 cm (8 inches) deep well away—at least 60 meters/200 feet—from campsites and water bodies. Place used toilet paper in a paper bag; burn it; and cover the hole with dirt when finished. Pack out hygiene products.

Solid waste

Wet waste does not burn and takes two seasons to decompose. Dry your wet waste first if you want it to combust it. Burn thoroughly all dry food waste on a grill over an open fire or pack it out in order to discourage animals from coming into camp. Never burn plastic—carry it out. Pack out all cans, glass, aluminum foil and foil wrappers. Wash your plates, cutlery, cups and pots in a bucket or collapsible basin well away from the river and scatter dishwater where it will drain well out of sight. Burn or pack out waste left by others. Please do not dispose of waste in the first local garbage bin...it is not local garbage! Take it home; recycle what you can; and dispose of the rest in your municipal garbage.

Soap, shampoo and sunscreen

Wash with biodegradable soap and shampoo well away from the river where the soapy water will drain into the soil. Never use soap or shampoo in the river. No soap or shampoo is completely biodegradable although biodegradable soap is better than most regular soap. Refrain from swimming when lathered in sunscreen as most sunscreens contain material that is hazardous to the environment.

Fishing, wildlife and camping

Fishing

Refrain from using live minnows. Make sure you have a valid fishing licence and follow the provincial guidelines regarding catch limits.

Wildlife

Observe wildlife from a distance. Keep your dog on a leash to prevent it from chasing animals. Never feed wildlife.

Camping

Use established campsites only and leave the construction of new sites to us.

Preserve the environment

Leave what you find

Preserve the past: examine, but do not touch historic and cultural structures and artefacts that you observe. Do not move rock and other natural objects and do not collect plants. Do not build trenches, furniture or structures.

Your feedback will help us

If you see things that may be harmful to the environment or wish to comment on conditions on the rivers, please contact us (see below). To become a member of the Friends of the Three Rivers group and/or to contribute to our conservation efforts, contact us at : (ov-outreach@cpaws.org / 819-778-3355)