

NATURE DAY CAMP

Discover the activities that await your children at our daycamp this summer! Héritage laurentien offers different camps to suit your child's taste for adventure and discovery, in a breathtaking site where surprises and biodiversity can always be found!

2026 Program



HÉRITAGE
LAURENTIEN

Daycamp coordination 514-210-2776

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Calendar 2026

Dates		1	2	3	4	5	6	7	8
	Start	23-juin	29-juin	06-juil	13-juil	20-juil	27-juil	03-août	10-août
Age	End	26-juin	03-juil	10-juil	17-juil	24-juil	31-juil	07-août	14-août
6-9 y.o. 12 places/group	Discovery	D1	D2	D3	D4	D5	D6	D7	D8
6-9 y.o. 12 places/group	Young ecologists	JE1	JE2	JE3	JE4	JE5	JE6	JE7	JE8
	Little bugs	PB1	PB2	PB2	PB4	PB5	PB6	PB7	PB8
10-15 y.o. 12 places/group	Young Biologist			JB3		JB5			
	Eco-Hero		ÉH2		ÉH4		ÉH6		
	World of insects							MI7	
	Fishing	P1		P3	P4	P5		P7	P8
	Eco-Cycling		V2		V4		V6		
13-17 y.o. 7 places/week	Junior Naturalist	AN1	AN2	AN3	AN4	AN5	AN6	AN7	AN8

GENERAL INFORMATION

HÉRITAGE LAURENTIEN

Founded in LaSalle in 1994, Heritage Laurentien is a non-profit organization that promotes the protection and enhancement of natural habitats, offers environmental education activities and raises awareness.

OUR TEAM

Our naturalists are students or graduates in the fields of bioecology technique, biology or education, and they have an extensive counselling experience.

WHO ARE THE NATURE DAY CAMPS FOR?

The Heritage Laurentien's day camp program is aimed at children aged 6 to 15 who have an interest in ecology and outdoor activities.

The following guide, which includes descriptions of each camp's theme and activities, will allow you to choose the camps that best suits your child's interests and needs.

WHERE ARE THE CAMP FACILITIES?

Even though most of the activities planned for the camp will be held outdoors, a local school is used to welcome participants in the morning and at the end of day, and for indoor activities if needed. This year, the camp should be based at the **École Grand Héron, 7676, rue Centrale, LaSalle, H8P 1L5.**

The address of the entrance, the general guidelines and public pool the camp will use will be confirmed in an email to registered participants after that information has been confirmed by the LaSalle borough, which is our partner in this project.

WHAT HAPPENS IN CASE OF POOR WEATHER?

A number of indoor activities are planned for in case of heavy rain or poor weather. The camp's themes as well as the nature and environmental education concept of the day camp are also integrated to those alternate activities.

INFORMATION SESSIONS

Join our meetings to learn about the camp schedule and logistics, activities and special outings, among other topics. Kids are welcome to join!

Virtual:

Monday March 9th [10AM](#), [11AM](#), [5PM](#) and [6PM](#).

Monday March 16th [5PM](#), [6PM](#).

In-person : Saturday March 28th 3h30PM to 5PM

Café Magda, 7694 rue Édouard, LaSalle

WHERE IS THE CAMP OFFERED?

Activities are shared between the **Parc des Rapides** and surrounding shoreline (between Raymond and Brault Street in Verdun). The Parc des Rapides is a naturalized urban park located in a migratory bird sanctuary. This site is the perfect place to discover the wildlife and aquatic ecosystems of the Lachine's Rapids.

For most camps, participants will go on a field trip once a week to visit a park or a nearby natural site and enjoy outdoors activities. These field trips will usually take place on Wednesdays or Thursdays. Participants will also learn to manipulate all kinds of scientific equipment like butterflies nets and fishing rods. Those peripherals costs are included.



DAY CARE SERVICE

Daycamp activities take place from **9:00 AM to 3:30 PM**. We offer a day care service from 7 AM to 9 AM each morning as well as from 3:30 PM to 6:00 PM. You can register either to AM or PM daycare, or both.

GENERAL INFORMATION



HOW TO REGISTER?

Fill out the online form on the [Amilia](#) platform.

Important

Register the full contact information for the child and the parents. Do not forget to indicate the daycare services you need.

Check if you qualify for one or more available discounts : We offer a siblings discount and a discount for 4 weeks and over. A discount is also available for residents of the LaSalle borough, Heritage Laurentien's main partner in this program.

SECURITY: OUR PRIORITY

Hazardous areas are avoided and children never go down a steep slope or near the water where the current is strong. However, they will visit some shallow water areas with low current during the camp, particularly at the Parc des Rapides.

Please also note that all our naturalists will participate in a first aid training specialized for day camps.

WHAT TO BRING TO THE CAMP?

A cold meal stored in a lunchbox—*The same standards as those of schools must be respected: nuts and peanuts must be avoided.*

A bathing suit and a beach towel

Clothing according to weather — *it is important to keep an eye on weather forecast (light clothing for heat waves, raincoat for rainy days).*

Running shoes — *Preferably provide children with old shoes which can get dirty. Sandals should be avoided.*

Sunscreen — *Waterproof and high FPS (30+) sunscreens are highly recommended.*

Any special medications the child must carry

(ie Epipen®): *Make sure he knows how to use it and inform the naturalist at the beginning of camp about any specific procedure to follow in case of emergency.*

Life jacket - *after a swimming test, it is possible that we ask you to bring your own life jacket at the swimming pool. Please provide your child with one if you know he isn't comfortable in water.*

PLEASE IDENTIFY ALL YOUR CHILD'S BELONGINGS

Lost items can be put in your child's locker at the end of the day if they are identified to their name. Unidentified items will be made available Friday PM at the daycare desk to be retrieved. Any unclaimed item will be cleaned and integrated to the camp's lost items bins to be lent if needed.

DISCOVERY CAMP

PARTICIPANT'S PROFILE

6-9 YEARS OLD

The **Discovery camp** offers an introduction to the appreciation of nature and outdoor activities through a variety of activities, such as sports, art, exploration hikes, etc. Participants will be initiated to the exceptional biodiversity of the Parc des Rapides and their surrounding environment through an experiential and playful approach that will appeal to their curiosity and sense of wonder.



ACTIVITIES

Each week participant will enjoy great outdoor recreation, games, and environmentally oriented activities, such as :

- ☆ Outdoor sports and games
- ☆ Aquatic wildlife exploration
- ☆ Wildlife observations
- ☆ Arts
- ☆ Environmental exploration

One day a week, a different day trip or special activity will take place.

calendar

Registration is for 1 week,
from Monday to Friday

June 23rd to June 26th (D1) = 4 days

June 29th to July 3rd (D2)

July 6th to 10th (D3)

July 13th to 17th (D4)

July 20nd to 24th (D5)

July 27th to 31st (D6)

August 3rd to 7th (D7)

August 10th to 14th (D8)



YOUNG ECOLOGIST & YOUNG BIOLOGIST CAMPS

PARTICIPANT'S PROFILE

YOUNG ECOLOGIST 6 – 9 YEARS OLD

YOUNG BIOLOGIST 10 – 15 YEARS OLD

These camps are aimed specifically at children who are curious to learn about biology/ecology and the great outdoors.

Campers will learn about the insects, birds, fauna and flora present in the vicinity of the Parc des Rapides, perform activities typically accomplished by professional biologists/ecologists and they will work on their own environmental projects. These camps will provide participants with a new appreciation of the habitats that make up the ecosystems of the Parc des Rapides and surrounding area.

If your child loves nature and learns best with a hands-on approach, these camps are sure to be a rewarding and stimulating experience.



calendar

Registration is from Monday to Friday

Young Ecologist (1 week)

June 23rd to June 26th (JE1) = 4 days

June 29th to July 3rd (JE2)

July 6th to 10th (JE3)

July 13th to 17th (JE4)

July 20th to 24th (JE5)

July 27th to 31st (JE6)

August 3rd to 7th (JE7)

August 10th to 14th (JE8)

Young Biologist (1 week)

July 6th to July 10th (JB2)

July 20th to July 24th (JB5)

ACTIVITIES

Activities will vary depending of age's group and can include:

- ☆ Scientific fishing
- ☆ Insect hunting
- ☆ Wildlife observation based on habitat type analysis
- ☆ Fauna surveys
- ☆ Flora surveys
- ☆ Ecosystem health assessment
- ☆ Environmental protection

Participants in the **Young Ecologist** camp will undergo a diversity of simple activities which will initiate them to the science of ecology and biology, while the campers registered in the **Young Biologist** camp will realize more elaborate projects.

While maintaining a playful and accessible approach, these camps will provide an initiation to the scientific method. On the last day of camp, participants may get to present the work they accomplished during the week to other groups.

LITTLE BUGS & WORLD OF INSECTS CAMPS

PARTICIPANT'S PROFILE

LITTLE BUGS 6-9 YEARS OLD

WORLD OF INSECTS 10-15 YEARS OLD

These camps are for kids who are curious to discover the micro fauna of the region. They will learn how and why insects are collected, and how they can help understand and protect the entire ecosystem through the use of actual techniques entomologists use.

Participants will get to observe and manipulate invertebrates using various hunting and trapping techniques. They will also build terrariums and learn how to build a scientific collection for conservation purposes. If your child is fascinated by nature and interested in its many little creatures, then these camps are for him. Because it implies the manipulation of live insects, **these camps are not recommended for kids who have allergies to insect stings.**



CALENDAR

Registration is from Monday to Friday

Little Bugs and Critters (1 week)

June 23rd to 26th (PB1) = 4 days

June 29th to July 3rd (PB2)

July 6th to 10th (PB3)

July 13th to 17th (PB4)

July 20th to 24th (PB5)

July 27th to 31st (PB6)

August 3rd to 7th (PB7)

August 10th to 14th (PB8)

World of Insects (1 week)

August 3rd to 7th (MI7)

ACTIVITIES

The activities are centered on the various tasks an entomologist would do in nature. Here are some examples:

- ★ Various types of insect hunts
- ★ Observe and make inventories of various natural areas
- ★ Participate in the creation of a scientific insect collection
- ★ Build and use insect traps
- ★ Keep a scientific field journal
- ★ Evaluate the health of a natural habitat
- ★ Build terrariums
- ★ Manipulate various insects

Please note that participants of the **World of Insects** camp will develop more elaborate projects. While maintaining a playful and accessible approach, this camp will provide an initiation to the scientific method.

ECO-HERO CAMP

PARTICIPANT'S PROFILE

10–15 YEARS OLD

The **Eco-Heroes** camp is aimed at young people who want to make a difference ! This ecocitizenship program will enable them to develop a sense of pride and positive engagement by engaging in actions to reduce their ecological footprint, protect habitats and contribute to improving the quality of life in their community.

If your child loves the planet, this camp is for him!



ACTIVITIES

Participants of the Eco-Hero camp will have a chance to contribute to actions that have a real impact on natural spaces and the LaSalle community, such as :

- ☆ Tree planting
- ☆ Cigarette butt Blitz and awareness kiosk
- ☆ Shoreline clean-up
- ☆ Pollinator garden improvement
- ☆ Green lanes exploration
- ☆ Biodiversity Inventory

In the afternoon, campers will have a chance to cool off at the pool. Once a week, a special activity or day trip will also take place.

CALENDAR

Registration is for a week, from Monday to Friday.

June 29th to July 3rd (ÉH2)

July 13th to 17th (ÉH4)

July 27th to 31^{rst} (ÉH6)



FISHING CAMP

PARTICIPANT'S PROFILE

10-15 YEARS OLD

The **Fishing Camp** is a specialized camp designed to introduce participants to fishing and fish biology. Throughout the camp, children will participate in activities typically carried out by environmentalists and fishing enthusiasts, learn various fishing techniques and project workshops.

These projects will be related to the observation of habitats and handling of fishes in the area around the Parc des Rapides.

If your child is passionate about nature and an interest in fishing then this camp is for him.



ACTIVITIES

Activities will cover outdoors activities and special fishing themed activities, such as:

- ☆ Fish handling and releasing
- ☆ Practicing various fishing techniques
- ☆ Evaluating good fishing spots
- ☆ Safety with relations to fishing and nautical activities
- ☆ Taking part in a scientific fishing
- ☆ Learning about fish biology and needs
- ☆ Describing the different habitats of the species caught

CALENDAR

Registration is from Monday to Friday

June 22nd to 26th (P1) = 4 days

July 6th to 10th (P3)

July 13th to 17th (P4)

July 20th to 24th (P5)

August 3rd to 7th (P7)

August 10th to 14th (P8)

ADDITIONAL INFORMATION

The **Fishing Camp** operates under strict rules to ensure the safety of all participants and welfare of animals. Participants must be prepared to strictly follow the regulations imposed in relation to designated areas, safe use of fishing tackle and the wearing of personal flotation devices provided by the camp.

Provincial fishing rules will also be respected and promoted at this camp. **An aspiring fisherman licence, valid until the majority of the holder, will be given to all participants.**

THE ECOCYCLING CAMP

PARTICIPANT'S PROFILE

10-15 YEARS OLD

The **EcoCycling** day camp is intended especially for children who love the outdoors and have both the ability and interest to participate in an intensive week of discovery by bike.

Participants must follow strict rules of conduct: they must ride in single file, behind the lead guide and be prepared to move at a sufficient pace to avoid slowing down the group. They must also comply strictly with traffic rules.

ACTIVITIES

This camp begins in LaSalle and from there children ride and discover new places every day, stops will be made to discover natural environments, as well as the local fauna and flora. The **EcoCycling** day camp includes four bike trips in one week (weather depending: if the weather is worse the camp will offer 3 shorter trips with alternative activities) via the extensive network of cycling routes departing from LaSalle to the rest of Montreal and south shore. An outing to a place of biological interest is provided on one of the days. This day camp concept is an opportunity to discover natural and recreational areas and sites of cultural interest from a unique and enjoyable perspective.

ADDITIONAL INFORMATION

For security purposes, Heritage Laurentien will provide bikes. Should your child bring his/her own bike, please make sure it had a recent mechanical check and you bring a set of spare parts if non-standard. **We cannot guarantee we will be able to fix personal bikes.** Children are invited to bring their own cycling helmet to ensure a perfect fit. We also have helmets that can be loaned if necessary. We recommend bringing a bottle of water which can fit on a standard bicycle holder.



CALENDAR

Registration is from
Monday to Friday
June 29th to July 3rd (V2)
July 13th to 17th (V4)
July 27th to 31st (V6)

SECURITY CODE

This day camp is unique and must operate according to specific rules of operation in order to maintain a high level of quality and safety. On bike trips, children *must follow specific regulations*.

They must be prepared to follow all safety guidelines, among which:

- ▲ Don't ride ahead of the guide that leads the group
- ▲ Make an effort to keep a sufficient rate of speed (minimum 10 km/h in blocks of 30 minutes) to avoid delaying the group
- ▲ Remain in line, don't pass or follow too closely
- ▲ Stop whenever the group leader asks
- ▲ Stay on the bike lanes and off footpaths
- ▲ Always wear a properly adjusted bike helmet in good condition
- ▲ Don't cross or drive on a road without the guide
- ▲ Know and use proper cycling signals indicating turns and stops

THE ECOCYCLING CAMP

UNRIVALED ACCESS TO NATURAL AREAS

Montreal benefits from one of the finest networks of bicycle paths in the world. LaSalle, as the starting point for our excursions, allows us quick access to the South Shore, Old Montreal and the entire southwest by bicycle path. It is because of this well-established network that it is possible to offer this completely safe camp. The following itineraries are examples of tours offered:

PARC JEAN DRAPEAU

Your child will travel on cycle lanes toward the south shore to visit parc Jean Drapeau. Once on the island, weather permitting, we will have the option of either going for a swim at the beach or the pool. If the weather is less favourable, we could visit a museum on the island. For the return trip your child will take the bike lane of the Concord Bridge leading to the Lachine Canal bike path.



THE RECRE-O-PARC (VILLE SAINTE-CATHERINE)

Using bike paths, participants will make their way to the Recre-O-Park by taking two paths to Nun's Island and one to St. Catherine. Once on site, children can swim at the Sainte-Catherine beach and, if weather is good, walk in the park to discover nature. The return will be by the same path in reverse.

THE SOUTH-WESTERN CIRCUIT

Your child will travel along the bike paths of the St. Lawrence River, cross the field of the Douglas Hospital, ride the trail of the Aqueduct Canal and visit parc Angrignon. From there they will take the small cycle lane leading from parc Angrignon along Carrefour Angrignon and head to the Lachine Canal. Weather permitting they will also ride the bicycle paths of Lachine, stopping at one of Lachine's museums before returning by the bike path along the riverside. Throughout this tour, children will discover the history, geomorphology and nature of the region.



OLD MONTREAL

Your child will travel to Old Montreal by accessing the Lachine Canal bike path leading to the Old Port. Once in the old city, weather permitting, they will visit at least one cultural or recreational site before returning to LaSalle. This trip is the only one possible with public transit if there is bad weather for several days.

EXCURSIONS ON DAYS OF UNCERTAIN WEATHER

In the case of inclement weather (severe heat or incessant rain) we reserve the right to select activities that **will shelter the children from the elements. We will make shorter trips to parks, landmarks, museums and recreational attractions** in the surrounding area. We may go see a G-rated movie in a local cinema or in a room that we reserve for this purpose.

JUNIOR NATURALIST TRAINING CAMP

PARTICIPANT'S PROFILE

13 – 17 YEARS OLD

The **Junior Naturalist** training camp is ideal for teenagers who are curious, dynamic and who wish to push their boundaries. It will challenge their need for autonomy and their resourcefulness within the structure of the camp's scheduled activities.

Their sense of autonomy as well as their resourcefulness will be stimulated through a diverse array of activities. They will learn how to



ACTIVITIES

The activities will cover the basic skills that a naturalist uses, and the opportunity to learn about a complete range of topics, such as:

- ☆ The flora and fauna of the area
- ☆ Management of children groups
- ☆ Animation techniques
- ☆ Game organization
- ☆ Nature related item collections presentation
- ☆ Safety
- ☆ Terrarium design
- ☆ Live specimen manipulation (fish, invertebrates, etc.)
- ☆ Invertebrate research collection creation
- ☆ Following a calendar of scheduled activities
- ☆ Knowing and respecting environmental regulations

The participants will become **junior naturalists** and will be able to assist the naturalists of the other groups. Upon completion of the program, participants will be given a *certificate* for a junior naturalist training. If your teenager loves nature and would enjoy showing younger kids how to discover it, then this may be the ideal camp for him.

ADDITIONAL INFORMATION

The **Junior Naturalist** camp will provide a training to participants sufficient to allow them to act as field naturalists assistants. Participants must be able to follow directives and have enough maturity to have *positive leadership*. It is also recommended that registrants to this camp training have previously participated in our regular camps for at least one summer.