

If a bear showing signs of stress, touches you, or is about to touch (attack) you:



- Play dead: lie flat on your stomach, feet apart, hands on the back of your neck.
- Do not make a sound.
- If the bear turns you over onto your back, turn quietly back onto your stomach. When it sees your motionless body on the ground, the bear should calm down and move away.
- Before you stand up, wait until the bear has moved out of the area; otherwise it will think that you want to fight and it could try to stop you again.
- This type of attack should last no more than a few minutes. If the bear perseveres, change tactics: stand up, fight, and shout. Use whatever you have to hit the bear (fists, rocks, knife). Aim for the face, muzzle, and eyes.

Bears that feel threatened attack to neutralize the threat, not to fight or get food.

### An easy meal?

Black bears love that! They enjoy feasting on dandelions, ants, and berries!



### Note

The most dangerous black bear does not behave threateningly. It approaches purposefully and confidently, without stopping, keeping you in its sight. It will usually make no noise. Called a predatory bear, this animal likes to stalk so you may not see it coming. **There are no known sightings of this type of bear in the park.** They are extremely rare. However, if you do encounter one, you must be aggressive: shout, stomp your feet, climb on a rock, and raise your arms to make yourself look bigger and get the bear to back off. If it attacks, you need to fight.



A bear standing on two feet is not being aggressive. It stands upright to better smell and see who is entering its territory.

If you are concerned about the behaviour of a bear or a park visitor, please let one of our employees know as soon as possible (or dial 1-888-762-1422).



Forillon  
National Park



## AT FORILLON

Only black bears live in the wooded areas of Quebec. They are intelligent, curious, and discreet animals. At Forillon, bears can be easily observed in the park's open areas. Here are some tips to help you make the most of the park trails. Happy hiking!





## Lower your chances of encountering a bear or taking one by surprise

- Hike in groups.
- If you are alone, make noise as you walk, clip your keys to your belt, talk, sing. Let the bear know that a human is nearby.
- When walking near a watercourse or into the wind, clap your hands and talk louder.
- Look for signs that bears may be present: fresh excrement or tracks and sources of food such as grassy fields, berries, or an animal carcass.

## Cyclists and runners

Since you are moving quickly and quietly, there is a greater chance that you will take a bear by surprise.

- Always look straight ahead.
- Make noise: sing, listen to music without headphones.
- Slow down when you approach blind curves, when you are near watercourses, and on narrower paths.

## If you have a dog with you

Keep the dog on a leash and remember that your pet could frighten a bear, causing it to show signs of stress.

## If you encounter a bear

### Always

- Remain calm.
- Stay together and keep children close to you.
- Never walk towards a bear.
- Make sure that the bear has enough space to flee.

## If a bear is in your path

- If the bear is more than 50 m (164 feet) away, enjoy this opportunity to observe it in its natural habitat, one of the unique experiences that our national parks have to offer. But if the bear is less than 50 m away, back up slowly and talk calmly to it.
- If you need to continue on your way, talk calmly to the bear in a normal voice. Upon hearing a human voice the bear will usually flee.
- If not, try clapping your hands and keep talking to the bear.

## If the bear doesn't leave

- Back up slowly until you reach a safe distance and wait a while to see if the bear leaves.
- Otherwise, retrace your steps, even if it means you have to come back later.
- If other hikers are heading towards the bear, warn them.
- Notify a park employee.



In protected areas, some bears feel safe enough to carry on as normal, even when a human is nearby. This makes it more likely that you'll see a bear at Forillon. These animals, known as "habituated bears," are no more or less dangerous than other bears and are still afraid of humans.

## If a bear shows signs of stress

The bear is trying to intimidate you to avoid a confrontation. It feels threatened by your presence. A bear will react like this if you get too close, take the bear by surprise, or disturb it.

### What to do

- Stop and do not make any sudden movements.
- Talk to the bear in a normal, calm voice.
- Slowly back up.
- Retrace your steps, even if it means you have to come back later.
- If other hikers are heading towards the bear, warn them.
- Notify a park employee



## Signs of stress

- The bear freezes for a short time.
- It yawns and keeps shuffling around.
- It exhales deeply, growls, and gnashes its teeth.
- It folds its ears back.

The more afraid the bear is, the more obvious its signs of stress will be.

- It salivates and may grunt and open its mouth wide.
- It stomps its feet on the ground.
- It charges towards the threat (you).

Sometimes a bear might fake attack: it will charge, then retreat at the last minute. This is relatively rare and happens mostly when you get too close.

