Reflective

Along the Sweet Gale Trail

Nestled along the shores of Lake Magog in Sainte-Catherine-de-Hatley, Marsh Island is home to a thriving wetland where lush vegetation is reflected on the water's surface. This remarkable natural habitat is a haven for birdwatching, attracting migrating birds and wading species alike, with more than 190 bird species recorded here. A boardwalk trail, bordered by water on both sides, invites visitors to slow down, observe and awaken their senses.

Along the way grows sweet gale, a fragrant perennial shrub reaching about 1.25 metres in height that flourishes in marshy environments. Also known as bog myrtle, it is easily recognized by its slightly rounded, aromatic leaves and its brownish catkins, which resemble tiny peppercorns. Its distinctive fruit releases a spicy fragrance with hints of citrus and subtle fruity notes. In June, the dense foliage lining the trail to the island fills the air with fresh, resinous and camphor-like aromas that become even more pronounced when a leaf is gently crushed between your fingers.

This enchanting open-air setting offers a fragrant escape into a landscape of exceptional natural beauty.

Dogs
Dogs allowed

Address

L'île du Marais
425 Rue des Sapins, Sainte-Catherine-de-Hatley, QC J0B 1W0



Services

- Observation point