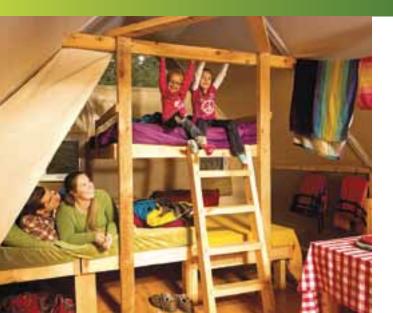


# Because sleeping in bunk beds has always been awesome!

INTRODUCING

#### **Parks Canada oTENTik**

a new way to experience camping!



We're bringing you closer to nature while providing a roof over your head and a floor beneath your feet – a unique blend of comfort with a taste of outdoor adventure.

Share a moment and create new memories. Book your next Parks Canada vacation today!

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reservation.parkscanada.gc.ca 1-877-RESERVE (737-3783)

#### **INFORMATION**

parkscanada.gc.ca/accommodations 1-888-773-8888

# **CONTENTS**







•	1, 2, 3, GU! Fun and exciting activities for the whole family
•	EPIC! Once-in-a-lifetime adventures for the young, and young at heart

**ESCAPE** 6 Unique couples getaways and engaging family vacays

THE PLEASURE OF 8 **TOGETHERNESS** A quick and easy break from the day-to-day

10 Quebec Map 12 Directory

How many times a day do you say something is 'awesome'? Five. Ten. Twenty? We all love bragging about the 'awesome' things we do. But are these everyday things truly awesome? What happened to watching a spectacular sunset surrounded by nature, friends and family? Or hearing the impressive boom of a cannon firing in the place where history was made?

This is what awesome used to mean.

This is what it still means.

Across Quebec, nothing can come close to experiencing the awesomeness of Parks Canada places.

Let us show you how!





#### **EVERYONE IN THE WATER!**

There's nothing like a refreshing lake breeze on a hot summer's day. Your youngest is busy building sandcastles, while his sister splashes around in the lake. On the agenda for the afternoon: a canoe trip on Wapizagonke Lake, or maybe even a hike along the Lac Étienne pathway. The little ones will sleep well tonight! Next time, maybe an introduction to camping?

La Mauricie National Park p. 12



## HOLD THE CONTROLS OF AN UNDERWATER ROBOT

Swap video games for a state of the art scientific robot. Today you'll work as a team of "scientists for a day" probing the soil looking for tangible evidence of the past. Your little one is much more comfortable than you are handling the remotely operated underwater vehicle and even gets congratulated by the archaeologist.

August 2 to 10, 2014

Fort Lennox National Historic Site p. 13



#### DISCOVER SEA CREATURES

What, a cucumber is an animal? The whole family is amazed at this strange creature. The kids want to touch the starfish's bumpy skin again, but a crab has diverted their attention. Now is the moment of truth: which urchin will win the race? The one picked by the kids, of course! The outdoor activity 30 Feet into Neptune's World is the most fun on your vacation!

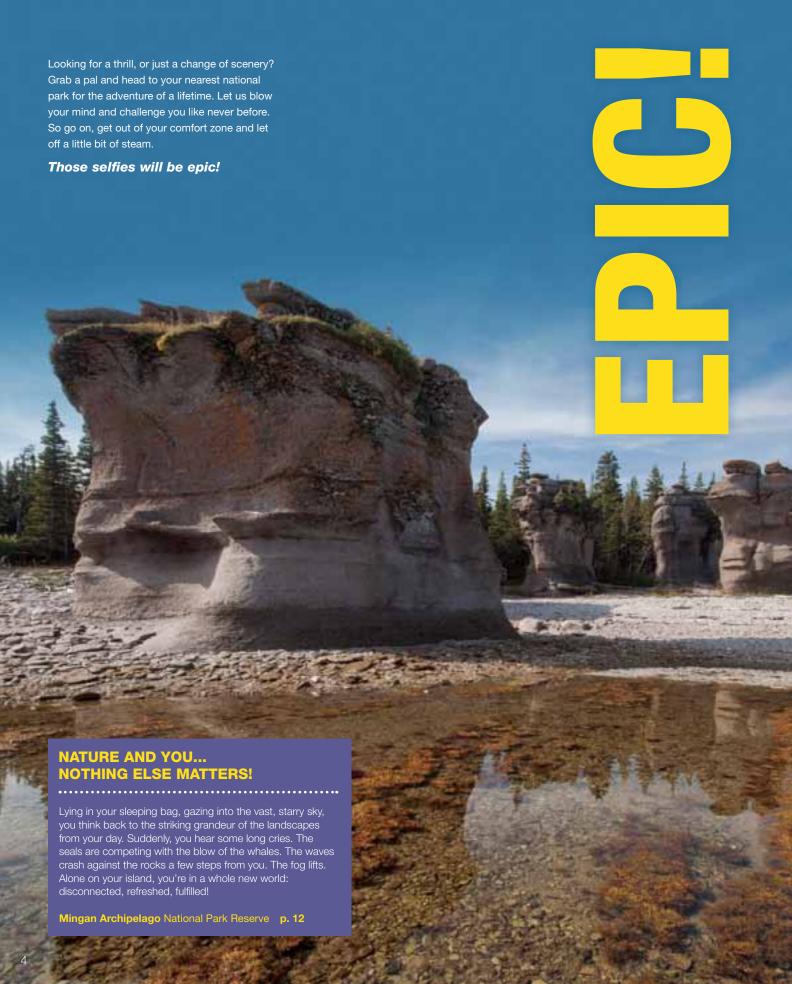
Cap-de-Bon-Désir Interpretation and Observation Centre p. 15



#### A FAMILY GETAWAY

A bike ride on a beautiful sunny day sure builds your appetite! In the enchanting setting of the Richelieu River, take a well deserved picnic break. Your older son can admire the birds while his brother is fascinated by the manual operation of the lock. What a great family day!

Chambly Canal National Historic Site p. 13





#### **UNFORGETTABLE ENCOUNTERS**

Come to Grande-Grave in the wee hours of the morning. The sea is calm. The kayaks are in the water. You've barely left the beach when curious seals come to greet you. Suddenly, you hear a blow: the whales are there, just a few metres from you. You're thrilled at the idea of sharing these unforgettable moments with your friends!

Forillon National Park p. 12



#### **URBAN LIFE AT ITS BEST**

The night is young, the mood electrifying. Wind in your hair, you bike along the Lachine Canal path, one of the most beautiful urban routes in the world. Along the way, you spot a street food truck and make a quick stop to savour this culinary experience typical of Montreal. But missing the start of the show is out of the question!

Lachine Canal National Historic Site p. 13



## TEA AT THE MANOR, HOW STYLISH!

It's always a good time to dress up! Put on your nicest summer outfit and have tea at the home of Louis-Joseph Papineau. Ah, the intoxicating aroma of tea! The sweet pastries make you forget the 19<sup>th</sup> century etiquette you just learned. Why resist the temptation to lick your fingers? Wednesdays and Sundays from August 3 to 20, 2014.

Manoir-Papineau National Historic Site p. 12



#### **AN UNDERWATER ADVENTURE**

Ready for a challenge? Snorkelling or scuba diving will be a memorable experience! Slip on a wetsuit, flippers and a mask. The beauty of the underwater landscape is striking: so much life and colour! The St. Lawrence River will surprise you at every glance. What an incredible sensation!

Marine Environment Discovery Centre p. 15

# ESCAPE THE OFFICE

It's time to reclaim that balance in your life and enrich those family bonds. Opportunities abound to have fun and recharge your batteries in our national parks and national historic sites. The choices are endless...

All you have to do is pick one!

#### **MISSION FORTIFICATIONS**

Watch out! Québec is under attack and it's up to YOU to defend the colony! Patrol the outer wall of the Fortifications of Québec on the lookout for key information. Will you know how to use your sense of observation, find the clues, make the right decisions and thwart the enemy's plans and save the town? Open your eyes and see the Historic District of Old-Québec like never before.

Fortifications of Québec National Historic Site p. 14



#### **RECHARGE ON AN ISLAND**

The waves and the blow of the whales soothed you to sleep last night in your oTENTik tent. Your teens are already up! The day promises to be an exciting one! On the agenda: a hike, a picnic and a photo safari. Will you be able to take a picture of a hare, a calypso orchid, a flock of sea ducklings or even a member of your family with the huge natural stone sculptures? Awesome!

Mingan Archipelago National Park Reserve p. 12



#### **HOLD ON TO YOUR HAT!**

What a beautiful day outdoors. Your teens have zoomed past you yet again with their snowshoes! With cheeks still rosy from playing outside you head into your oTENTik tent for the night. All wrapped in your sleeping bag, you hear your kids bragging about the day's feats. Tonight, early to bed. How else will you keep up with those kids tomorrow?

••••••

La Mauricie National Park p. 12



#### **WALK TO LAND'S END**

It's a lovely afternoon. The path runs between sea and mountains to Cap Gaspé. The view is breathtaking and you're dreaming about your picnic at land's end. Suddenly, your teens shout "A WHALE!" and you look toward Gaspé Bay and see a whale jumping. This is going to be an unforgettable hike.

Forillon National Park p. 12



## ESCAPE TO THE LAND OF THE WHALES

The view is magnificent. The sea is soothing yet rough; it seems like time has stopped. You're looking at the horizon when you hear squeals of delight: A WHALE! Excitement overtakes the whole family. Your heart races at the powerful sound of the whale's blow. And it's so close to the coast, right there in front of you! The sight is magical.

**Cap-de-Bon-Désir** and **Pointe-Noire**Interpretation and Observation Centres **p. 15** 

# THE PLEASURE OF TOGETHERNESS





Your youngest one proudly wears a cape, while his sister dons a tutu. Ready to explore the walls of the Fortifications of Québec, you search for the magic sword and the enchanted bracelet. Prepare to be entertained by striking encounters, stimulating challenges, riddles and interactive games during your journey! And who knows? Maybe you'll be able to crack the Riddle of the Talking Walls...

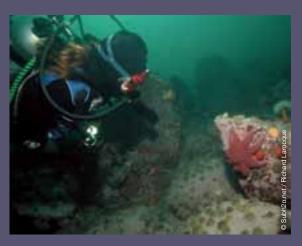
Fortifications of Québec National Historic Site p. 14



#### **PICNIC AND FOOD STORIES**

You're still laughing at the look of disgust on your son's face when he learned the details of the daily rations of soldiers in New France. This story will stick with him for a long time! The culinary history is fascinating and has made you hungry. You extend this fun family visit to Fort Chambly with a picnic. How wonderful it is to be on the banks of the Richelieu River.

Fort Chambly National Historic Site p. 13



## LIVE FROM BENEATH THE ST. LAWRENCE

The activity is about to begin: the divers put on their dry suits. Camera and microphone in hand, they take you into the underwater world. It's as if you were among the starfish and red sea anemones 10 metres underwater. Be the first to ask the divers a question!

••••••

Marine Environment Discovery Centre p. 15



#### **MEET NURSE SARAH WADE**

Take the boat to Grosse Île and put yourself in the shoes of an immigrant. Accompanied by superintendent George-Éli Martineau and nurse Sarah Wade, experience the medical inspection given to immigrants at the start of the 20<sup>th</sup> century. Go through the difficult process of disinfection. Collect your thoughts at the Irish cemetery: maybe you will see the name of one of your ancestors on the Memorial. It's a touching moment.

Grosse Île and the Irish Memorial National Historic Site p. 14

# Quebec

National Parks, National Historic Sites and National Marine Conservation Area of Canada





# Directory

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#### Services and activities legend

The legend below identifies some of the services and activities that may be available at the parks and sites. Watch for these symbols when planning your visit.

<u>.....</u>......

? Information	Scuba diving
Parking	<b>a</b> Cabins
Access for the physically disabled	Turts
Interpretation	Ă Teepees
Bus parking	narks Canada oTENTik
Restaurant	Geocaching
Gift shop	Marine mammals
Camping	Hot springs
A Picnic area	Photography
Sackpacking/hiking	Č Tobogganing
Playground	Mountain/Ice climbing
Lookout	Windsurfing
Recreational vehicles	Water-skiing
₹ Cycling	Rafting
<sup>a</sup> Cycling Swimming	Rafting  Golfing
Swimming	3 Golfing
Swimming Canoeing	Golfing  Downhill skiing
Swimming Canoeing Kayaking	Golfing  Downhill skiing  Horseback riding
Swimming Canoeing Kayaking Motorboating	Golfing  Downhill skiing  Horseback riding  Dog-sledding
Swimming  Canoeing  Kayaking  Motorboating  Sailing	Golfing  Downhill skiing  Horseback riding  Dog-sledding  Snowmobiling
Swimming Canoeing Kayaking Motorboating Sailing Winter activities	Golfing  Downhill skiing  Horseback riding  Dog-sledding  Snowmobiling  Beaches
Swimming  Canoeing  Kayaking  Motorboating  Sailing  Winter activities  Fishing	Golfing  Downhill skiing  Horseback riding  Dog-sledding  Snowmobiling  Beaches  Tennis

Ice skating





Fort Témiscamingue National Historic Site

La Mauricie National Park





Come and do your favourite outdoor recreational activities! Our park's facilities and features will enable you to enjoy a multitude of activities in a spellbinding setting. Whether you are seeking an adventure, a unique experience, or an opportunity to get in touch with yourself, there's a whole range of outstanding cultural and natural riches waiting for you to discover at La Mauricie National Park.

Saint-Jean-des-Piles - 200 km from Montréal: 190 km from Québec; 60 km from Trois-Rivières 1-819-538-3232 | parkscanada.gc.ca/mauricie

#### 2 Mingan Archipelago



Do you dream of open spaces, clean air and of escaping from everyday life in a spectacular location? This is what the Mingan Archipelago offers, with its islands and islets. Discover striking natural sculptures, an amazing plant and birdlife. In the course of your walks, surrender yourself to the enchantment of the grandiose landscapes of this unusual space. Prolong the adventure by treating yourself to a night on an island in an oTENTik tent. Come create your unforgettable moments.

#### Havre-Saint-Pierre 1-418-538-3285 | parkscanada.gc.ca/mingan



Steep cliffs overlooking the sea, pebbled beaches along small coves, a mountain and forest setting that flow into the sea. Forillon offers an incredible diversity of animal and plant species in a grandiose setting. It is the richness of this landscape that attracted fishermen, merchants and the Amerindians before them to come and settle here long ago. Forillon, it's YOUR tip of the world.

#### Gaspé

1-418-368-5505 | parkscanada.gc.ca/forillon

#### Fort Témiscamingue ? P1 & Pa #0 开 萨 @

An enchanted forest, a fabulous beach along a 110-kilometres long lake, 6000 years of Aboriginal presence, two centuries of rivalry for the control of the fur trade await you just eight kilometres from Ville-Marie - at Fort Témiscamingue! Learn about this important trading post by following the Discovery Trail or tackling the challenges included in the Xplorers program.

Duhamel-Ouest, Quebec 1-819-629-3222 | parkscanada.gc.ca/forttemiscamingue

#### Manoir Papineau



Located in Montebello, halfway between Gatineau/ Ottawa and Montreal, the Manoir Papineau National Historic Site represents one of the most treasured heritage locations in the area surrounding La Petite-Nation and in the greater Ottawa River region.

This exceptionally beautiful site, overhanging the Outaouais river, reveals the seigeurial Manor built in 1850 by Louis-Joseph Papineau, politician and man of culture. Allow yourself to be charmed by the romanticism of the garden, the authentic décor of the time, and the elegance of each room of the Manor. Stroll in the garden, visit the frescoes of Napoléon Bourassa, the granary, the seigeurial office and the funeral chapel. Guided visits, geocaching trail, young Xplorers, tea at the Manor and more...

Montebello - 60 km from Ottawa; 60 km from Montréal 1-819-423-6965 | parkscanada.gc.ca/manoirpapineau

#### 6 Carillon Barracks

#### **?** P1 & 🛣 🗚

In Saint-André-d'Argenteuil, on the banks of the Ottawa River, you'll find an old military barracks transformed into a museum by the Historical Society of the County of Argenteuil. Step inside the Georgian-style building dating from about 1836 and let the tools, clothing, furniture and archival material on display recount the region's history.

Saint-André-d'Argenteuil - 90 km from Montréal 1-450-537-3861 | parkscanada.gc.ca/carillonbarracks

#### 7 Carillon Canal

? P₁ & P□ Ψ1 开 μ Imagine a boat being raised or lowered 20 metres

in only 45 minutes! Come to the lock on the Carillon Canal to see this impressive manoeuvre for yourself. The lock, with its adjoining hydroelectric power station, is part of a network of canals linking Montréal to Ottawa. Its 200-tonne 'guillotine' gate is unique in North America. Don't miss it opening!

Saint-André-d'Argenteuil - 90 km from Montréal 1-450-537-3534 | parkscanada.gc.ca/canalcarillon

#### 8 Coteau-du-Lac **?**P₁蕊馉ffl#♬硺丝【 ™ ⊆

Here, 7,000 years of history can be found right under your feet. Before you, the power of the eddy reminds us of why the first fortified lock canal in the Canada was installed here. It connected Montreal to the Great Lakes. On the mainland, the blockhouse will reveal the lives of the soldiers from the time of the war of 1812. Every Saturday, enliven your visit with the presence of the rural market on the site.

Coteau-du-Lac - 40 km from Montreal 1-450-763-5631 | parkscanada.gc.ca/coteau

#### 9 Sainte-Anne-de-Bellevue Canal



The Sainte-Anne-de-Bellevue Canal links Lake des Deux Montagnes and Lake Saint-Louis. It is one of Canada's most traveled locks. View vestiges of the first canal system, this section having opened in 1843, and stroll along the boardwalk bordering the canal where a variety of restaurants can be found. Take advantage of your visit to discover downtown Sainte-Anne-de-Bellevue, a charming and lively town!

Sainte-Anne-de-Bellevue – 40 km from Montréal 1-514-457-5546 | parkscanada.gc.ca/canalsteanne



10 Battle of Châteauguay

#### ? P1 & 🛣 😭 # 🗗 🔟

Here, on October 26, 1813, 300 men triumphed over 2,000! It is often said that this was the battle that saved Montreal. Discover the strategies behind this decisive day; first, in the interpretation centre, then on bike or by car over the 14 kilometres of the battlefield. Maybe one of your ancestors was here!

Howick – 50 km from Montreal 1-450-829-2003 | parkscanada.gc.ca/chateauguay

11 Sir Wilfrid Laurier

#### **?** P₁ ₺ 📮 开

Discover the life and the career of this illustrious prime minister along with an impressive collection of period objects and antique furniture. Visit a typical St. Lawrence Valley home, and learn how its inhabitants lived in the 1850s

Saint-Lin-Laurentides – 50 km from Montréal 1 888 773-8888 | parkscanada.gc.ca/laurier

12 Lachine Canal

#### ?PI齿¶IIO开萨豚总×蛐喳

Built in 1825 to bypass the Lachine Rapids, the Lachine Canal covers a distance of 14.5 kilometers between the Old Port and Lake Saint-Louis. Much more than an aniland waterway, the canal is also the focal point of an easily accessible urban park with an amazingly rich history. View downtown Montréal from another perspective, on foot, by bike, or by boat. This canal will impress you with its spectacular landscapes and one of the most attractive multipurpose paths in the city.

#### Montréal

1-514-283-6054 | parkscanada.gc.ca/canallachine

13 The Fur Trade at Lachine ? P₁ & □ #1 开 ቚ 蓋 ☎

It was here that many of the great voyages of exploration got underway. Relive the adventures of the Aboriginal trappers, French-Canadian voyageurs and European merchants of the fur trade era. Discover the workings of a business that was the driving force of Canada's economy for two centuries. Follow the beaver's trail to learn about furskin and felt hat fashion. Discover Lachine's built heritage and archaeological remains

Lachine – 20 km from Montréal 1-514-637-7433 | parkscanada.gc.ca/fourrure

#### 14 Sir George-Étienne Cartier



Sir George-Étienne Cartier welcomes you to his upper-middle-class home. Step inside and immerse yourself in the elegant 19<sup>th</sup>-century Victorian decor. Inside this little heritage jewel in Old Montréal, you'll get to know one of the main architects of Confederation, a highly influential lawyer and Montréal businessman. 2014 marks the 200<sup>th</sup> anniversary of Cartier's birth.

#### Montréal

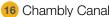
1-514-283-2282 | parkscanada.gc.ca/cartier



#### ?P₁&\$\$¶¶#₽#**>\***

Countless stories have come to life here at the fort. Used as a prison, reform school and refugee camp, its facilities have definitely witnessed many eras unfold. With the children, spend a day on this star-shaped island. As companions to your visit, our guides have 1,000 stories to tell you about this authentic fortification.

Saint-Paul-de-l'île-aux-Noix – 62 km from Montréal 1-450-291-5700 | parkscanada.gc.ca/fortlennox





The 20-kilometres long Chambly Canal played a major role in the export of Canadian forest products to the United States. Relive its history from its opening to commercial navigation in 1843 up until the recent arrival of pleasure craft. Whether you're in a boat, on a bike or on foot, you can admire the stepped locks, hand-operated cranks and rotating, rolling and drawing bridges. Watch the lockmasters as they work the locks the old-fashioned way.

Chambly – 32 km from Montréal 1-450-658-6525 | parkscanada.gc.ca/canalchambly



#### PI & SE THE A T

Located at the foot of the Richelieu River rapids, Fort Chambly recounts key moments in the history of New France. Find out what life was like for soldiers posted here and for the inhabitants of the Chambly seigneury under the French regime. Get the lowdown on soldiers' uniforms, the archaeology of the fort and military architecture. You'll be captivated by the majestic beauty of this authentic remnant of the French military presence in North America.

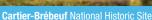
Chambly – 32 km from Montréal 1-450-658-1585 | parkscanada.gc.ca/fortchambly



Ships and boats travelling from the St. Lawrence up the Richelieu River to Lake Champlain and on down the Hudson River rely on a large network of canals. One of these waterways is the Saint-Ours Canal, which links Montréal and New York. Trace the history of the canalization of the Richelieu River. At the Vianney-Legendre fish ladder, you can watch fish swimming upstream to spawn through a specially designed window. This is an original initiative to ensure the survival of threatened species.

Saint-Ours – 75 km from Montréal 1-450-785-2212 | parkscanada.gc.ca/canalstours







Grosse Île and the Irish Memorial National Historic Site

#### 19 Forges du Saint-Maurice

#### ? P₁ & P□ #10 开 萨

At the Forges du Saint-Maurice, where Canada's iron-making industry got its start, iron and cast iron products were produced for military and domestic use for over 150 years. Explore the Grande Maison and visit the blast furnace to learn more about how cast iron was made in the 18th and 19th centuries. Need some air? Stroll down to the St. Maurice River for more archaeological remains and additional information on the history of this remarkable community of ingenious workers.

#### Trois-Rivières 1-819-378-5116 | parkscanada.gc.ca/forges

20 Louis S. St. Laurent

#### ? ১ 🛧

In the heart of the Eastern Townships lies the picturesque village of Compton, where Louis S. St. Laurent, Canada's prime minister from 1948 to 1957, was born. Step into the original general store owned by his father and learn about life in the early 20th century. Explore the house of his birth and peek into the private life of a well-to-do shopkeeper's family of the time. Recount a century of Canadian history and St. Laurent's life and work.

#### Compton - 170 km from Montréal 1-819-835-5448 | parkscanada.gc.ca/stlaurent

21 Fortifications of Québec

#### ? 就能用证了回送

Enjoy the unique urban landscape of this UNESCO World Heritage Site. Tour the 4.6 kilometres fortifications that ring the historic district of Old Québec and reflect four hundred years of military history. At Artillery Park and the Dauphin Redoubt, immerse yourself in the luxurious atmosphere of the officer's quarters and mess. Get to know the epic story of a city so many sought to conquer. Stroll through streets where lines of cannons set off the romantic surroundings.

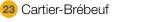
1-418-648-7016 | parkscanada.gc.ca/fortifications

#### 22 Saint-Louis Forts and Châteaux

#### ?意料禮兵是了6

Beneath the Dufferin Terrace lies an archaeological crypt revealing what was, for more than 200 years of French and then English rule, the official residence and seat of power of the French and British governors. Experience life in a château and take in the history of a site where decisions that affected all of North America were made.

1-418-648-7016 | parkscanada.gc.ca/saintlouis



#### ? P1 & 🛣 🖫 🛍 A 🐍 🖡 🙈 🔟

Enjoy the calm, peaceful surroundings - right in the heart of the city. Follow in Jacques Cartier's footsteps, witness his meeting with the St. Lawrence Iroquoians, and explore the work of St. Jean de Brébeuf. All season long, a lineup of special events and family activities await. Try out the cycle path and encounter a surprising ecosystem. Picnic on the grass and sample annedda, a kind of tea with powerful medicinal properties. The perfect spot to spend an enjoyable moment in a inspiring environment.

#### Ouébec

1-418-648-7016 | parkscanada.gc.ca/brebeuf



Built by the British on the south shore of the St. Lawrence River between 1865 and 1872, the Lévis Forts were intended to protect the city of Québec against American invasion. The last in a series of three detached forts, Fort No. 1 displays remarkable technological innovations. Come on in to learn more about both the fort's history and the military strategies behind it. Find your way through dark passages, and discover underground shooting galleries, a powder magazine, casemates and vaulted tunnels, or simply take in the superb panorama outside.

Lévis - 25 km from Québec City 1-418-835-5182 | parkscanada.gc.ca/levis

#### 25 Grosse Île and the Irish Memorial ? P1 & 恋 胃 W ## 开 ▮ 髮 ☞

The moment you land at Grosse Île, you'll be immersed in its special spirit and atmosphere as you explore the island's monuments, burial sites, historical buildings, and natural trails. Walk in the steps of immigrants and relive the troubling experience of those who sought a better life and those who welcomed and cared for them. Drop anchor at Grosse Île just like the immigrants did and witness scenes of human drama and heroic

Île-aux-Grues, Québec – 48 km from Québec 1-418-234-8841 | parkscanada.gc.ca/grosseile



Climb the steps to its summit and enjoy a breathtaking view from one of the highest lighthouses in Canada. Pointe-au Père, which was already one of the most significant centres of navigational aid in the country, reminds us that 100 years ago this year, the most important maritime tragedy in Canadian history occurred: the sinking of the Empress of Ireland on May 29th, 1914.

#### Rimouski

1-418-724-6214 | parkscanada.gc.ca/pharepointeaupere



1760. In the spring following the battle of the Plains of Abraham, the colony was not yet completely lost to the French. Everything depended on who would arrive first in Québec City with reinforcements. Unfortunately, after a difficult crossing, the French reinforcements took refuge at the base of the Baie des Chaleurs. The fate of the colony would play out at Pointe-à-la-Croix.

#### Pointe-à-la-Croix

1-418-788-5676 | parkscanada.gc.ca/ristigouche



28 Saguenay-St. Lawrence Marine Park

## 

The Saguenay–St. Lawrence Marine Park is one of the world's best places for whale-watching. Seeing a whale surface and hearing its mighty breath make for an enchanting experience. Visitors from all over the world are left spellbound by these sea mammals and the beauty of the landscapes. Enjoy a variety of experiences: visit the Marine Park's Discovery network and glide out over its waters aboard a boat or kayak. Don't miss the Cap-de-Bon-Désir, Pointe-Noire and the Marine Environment Discovery Centre

Tadoussac – 410 km from Montréal; 160 km from Québec 1-418-235-4703 | www.marinepark.qc.ca

28 Pointe-Noire Interpretation and Observation Centre

#### ? P1 齿蕊 鯔 舟 麓 纁 7 芷

Do you have a soft spot for whales? With its fantastic views of the Saguenay Fjord and St. Lawrence estuary, Pointe-Noire is a popular location for beluga whale watchers. It is also the perfect place to learn why so many whales come here. Keep your eyes peeled and take advantage of the opportunity to explore the marine environment's many secrets. Ask a guide-interpreter and visit the exhibit to learn more about the Saguenay—St. Lawrence Marine Park.

Baie-Sainte-Catherine – 465 km from Montréal; 210 km from Québec 1-418-237-4383 (in season) 1-418-235-4703 (out of season) parkscanada.gc.ca/saguenay 28 Cap-de-Bon-Désir Interpretation and Observation Centre

#### ? P16意體再为崑勵業 7 並

The Cap-de-Bon-Désir is the best place to observe whales, seals and seabirds near the shore. Enjoy the great outdoors and relax to the sound of waves. Have you ever seen starfish? You will be surprised by their colours! See and touch some of the mysterious animals that live in the St. Lawrence in the feature activity, "30 Feet into Neptune's World" (offered three times a week). Visit the exhibit to learn about the history of the lighthouse and its keepers.

Bergeronnes – 245 km from Québec 1-418-232-6751 (in season) 1-418-235-4703 (out of season) parkscanada.gc.ca/saguenay

28 Marine Environment Discovery Centre

#### ?凡怎意胃細再胃≪エ

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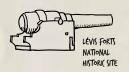














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Saguenay-St. Lawrence Marine Park

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