



## Helps us protect this habitat

If you see an area covered in angular rocks, a good distance from the sea and dotted with low-growing plants and shrubs, you have found the **rocky barrens**. This habitat is exposed to harsh climate conditions and home to several sensitive plant species, including rare arctic alpine plants. Avoid hiking in the barrens, since this particular habitat is not very resilient.

- Use the **designated trails** and stay in the **vegetation-free zone** when walking on the seashore.
- Avoid disturbing wildlife and be sure to leave natural objects such as rocks, plants, and fossils where you found them.
- **Be attentive** and **keep your distance** from seabirds; they are particularly vulnerable to disturbance.



## Need more information?

Havre-Saint-Pierre Reception Centre  
418-538-3285

Longue-Pointe-de-Mingan Reception Centre  
418-949-2126

## Did you know that...

- The island got its name from its size - 45 m high and 6.4 km at the longest point.
- At the end of the 1800s, the Cayens (people from Havre-St-Pierre) called it **Île du Défunt Français** in memory of a Frenchman, J.C. de La Ruelle, who died on the island while hunting sea wolves (seals) in June 1867.
- The Paspayas (people from Longue-Pointe-de-Mingan), for their part, used to call it **Grande île de chasse** since it served as a hunting ground for grey seals, common eiders and hares.
- In around 1976, **Sieben's Oil & Gas Co.** took drills and excavators to the island to collect samples of limestone, with a view to **possibly developing oil deposit**. Fortunately, Parks Canada added the Mingan Archipelago, including La Grande Île, to its network of natural protected areas in 1984.

## Want to know more?

Visit Parks Canada exhibits:

- Havre-Saint-Pierre: *The Mingan Archipelago 465 million years ago, Homage to Roland Jomphe* and *Explore Enchanting Isles*.
- Longue-Pointe-de-Mingan: *Islands in the sea*.



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Mingan Archipelago  
National Park Reserve

# LA GRANDE ÎLE



Parks  
Canada

Parcs  
Canada

Canada



## Attractions and services



Emergency shelter



Wilderness camping



Waterfall



Tour boat stopover



Monolith



Hiking on the seashore

●●● from Havre à Petit-Henri to Barchois à Montpetit (4.4 km)

+++ from Barchois à Montpetit to the Zoo (4.2 km)

■■■ from the Zoo to the Château (11.3 km)

◀◀◀ from the Château to la Chute (2.6 km)

★★★ from la Chute to Havre à Petit-Henri (4.1 km)



Area known to be inaccessible at high tide

## For your safety

Falling rocks are a hazard near the cliffs, refrain from stopping or from walking underneath overhanging rocks.

At low tide, water and seaweed on the rocks create slippery conditions. Please proceed with caution.

Climbing on the monoliths is dangerous and prohibited.

Limited cell phone access. Plan an adequate communication device.

Perimeter: 27.2 km

## In case of emergency 1 888 762-1422

## Checklist

Allow **8 to 12 hours** to go around the island. To ensure a pleasant visit, don't forget:

- Water
- Snacks
- Good walking shoes
- Windbreaker or raincoat
- Binoculars and a camera
- Garbage bags (to pack out your garbage)

