Help us protect this habitat

Vegetation in the supralittoral zone (above high tide) includes species whose deep roots hold the soil in place and help prevent shoreline erosion.

- 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.

Did you know that...

- The name of the island refers to the natural haven for fishermen.
- Although close to the village, the change in scenery is dramatic. As soon as you leave the marina, you can see a captain’s profile in the cliff on the northeast side of the island. Another profile called Cap Esquimau emerges from the landscape as your angle of perspective changes.
- Imagine life on this island over a hundred years ago... Some families have lived there. Their facilities were located on the north side of the island.
- In the mid-1920s, the Hudson Bay Company operated the Mingan Fur Farm where silver foxes were raised.
- Île aux Goélands and île à Calculot lie to the south of the island. Île à Calculot was named after the Atlantic puffins that used to live there. Their nickname is calculot because of the way they nod their heads - like they’re counting.

Want to know more?

Visit Parks Canada exhibits:

- Longue-Pointe-de-Mingan: Islands in the sea.

Need more information?

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

Longue-Pointe-de-Mingan Reception Centre
418-949-2126
For your safety

Danger of falling rocks near the cliffs. Keep at a safe distance, do not stop and avoid walking under 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.

Cell phone coverage is limited. Make sure to possess an adequate communication device.

Perimeter: 17.9 km

In case of emergency  1 888 762-1422

Checklist

Allow 6 to 8 hours to go around the island and about 1 hour to get from one campsite to the other.

To ensure a pleasant visit, don’t forget:

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