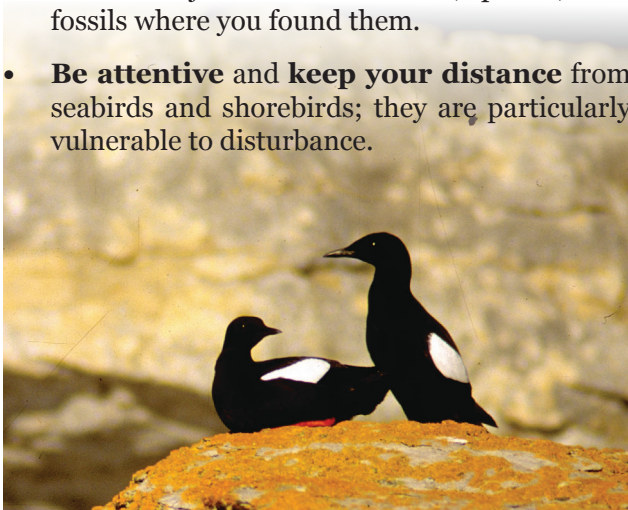




## Help us protect this habitat

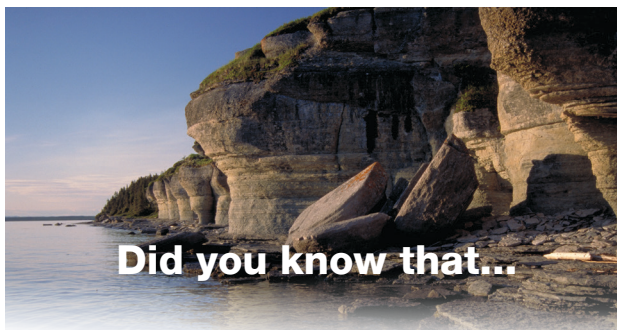
- Use the **designated trails** and stay in the **vegetation-free zone** when walking on the seashore.
- Avoid disturbing wildlife and be sure to leave natural objects such as rocks, plants, and fossils where you found them.
- **Be attentive** and **keep your distance** from seabirds and shorebirds; 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 was once called **Sea Cow Island** or **île de la Vache marine** after the walrus and seals that lived there. Locals call the seals **sea wolves** because of the sounds they make.
- Today, you can still see **haulouts** where they congregate and rest in the shallow waters exposed at low tide
- On the west coast of the island, you can admire magnificent **intricately carved cliffs**. This rocky landscape has been carved and smoothed by the sea.
- **Black guillemots** - seabirds sometimes known locally as **pigeon de mer** - nest in the crevices of cliffs.

## Want to know more?

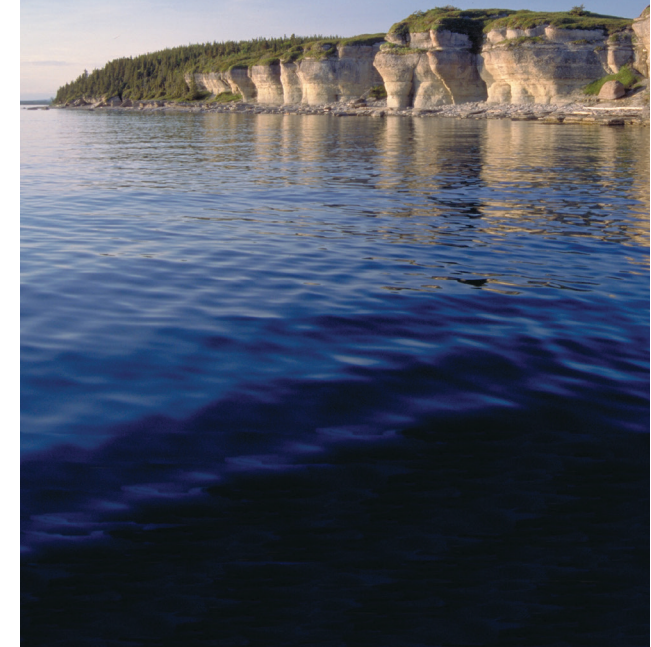
Visit Parks Canada exhibits:

- 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.*



Mingan Archipelago  
National Park Reserve

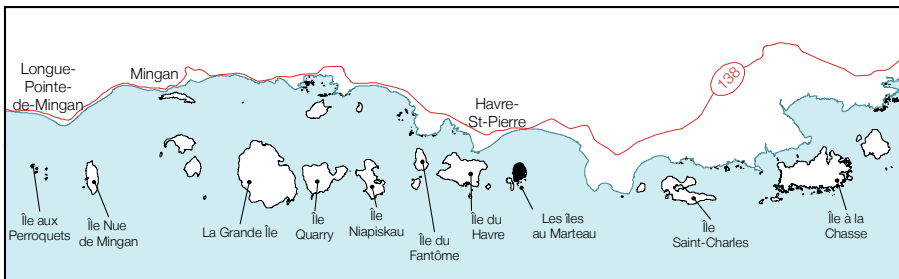
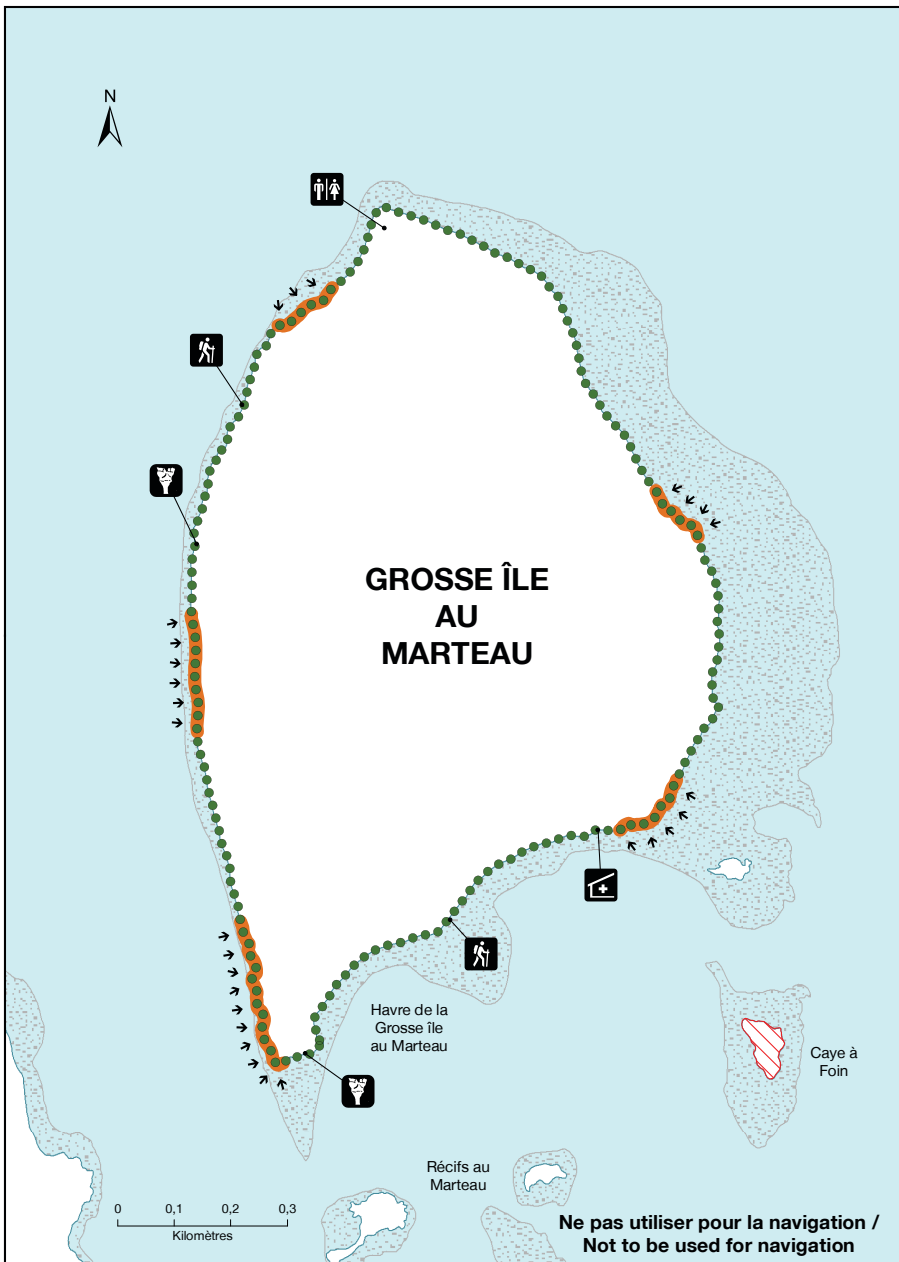
# GROSSE ÎLE AU MARTEAU



Parks  
Canada

Parcs  
Canada

Canada



## Attractions and services



Emergency shelter



Monolith



Toilet



Hiking on the seashore

●●● (4.0 km)



Area closed during the nesting period



Area known to be inaccessible at high tide

## 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: 4 km

## In case of emergency 1 888 762-1422

## Checklist

Allow **1 1/2 to 2 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)