



**IN CASE OF AN EMERGENCY**

**CANADIAN COAST GUARD**  
Marine Rescue Centre and Marine Pollution  
VHF Channel 16 (156.8 MHz)  
Available 24 hours a day, 7 days a week  
Marine Rescue Centre | 800 463-4393  
Marine Pollution | 800 363-4735  
Cellular Phone \*16

**PARCS CANADA**  
Concerning collisions with or disturbances of marine mammals | 866 508-9888  
Available 24 hours a day, 7 days a week

**RÉSEAU QUÉBÉCOIS D'URGENCES POUR LES MAMMIFÈRES MARINS**  
Concerning a marine mammal who is either dead, wounded or in trouble | 877 722-5346

**Information**  
Saguenay–St. Lawrence Marine Park  
marinepark.qc.ca

**Parks Canada**  
182, rue de l'Église  
Tadoussac (Québec)  
G0T 2A0  
418 235-4703  
1 888 773-8888  
information@pc.gc.ca  
parkscanada.gc.ca

**Parcs Québec**  
91, rue Notre-Dame  
Rivière-Éternité (Québec)  
G0V 1P0  
418 272-2767  
parc.marin@sepaq.com  
parcsquebec.com

For more information on the Saguenay–St. Lawrence Marine Park, please consult the visitor's guide available at your marina.

**Quebec Maritime Association (QMA)**  
Developing and promoting responsible pleasure boating and sailing as well as Quebec's nautical destinations  
1 877 560-1777  
nautismequebec.com

**Escadrille nautique Saguenay–Lac-Saint-Jean**  
An association of sailing and boating enthusiasts concerned about nautical safety  
1 888 277-2628  
www.cps-ecp.ca



**Welcome to the Saguenay–St. Lawrence Marine Park!**

A marine park is... a portion of marine territory in which activities are regulated with a view to both protecting wildlife, plant life and the marine environment and ensuring the sustainable use of this area and its resources.

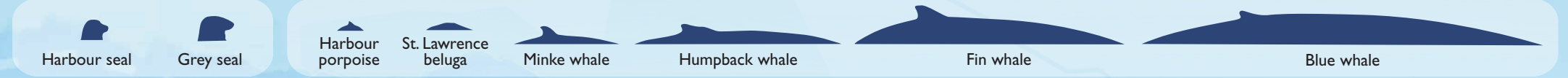
This marine park was created with the support of the local population for the dual purpose of preserving marine life and promoting educational and recreational activities as well as scientific research. Regional stakeholders contribute to achieving the marine park's objectives in conjunction with Parcs Québec and Parcs Canada.

Covering a territory of 1,245 km<sup>2</sup>, the marine park embraces the northern portion of the St. Lawrence Estuary located between Gros Cap à l'Aigle upstream to Pointe Rouge (Les Escoumins) downstream, as well as the Saguenay Fjord, downstream from Cap à l'Est. This territory includes the water, sea floor and the portion of the shoreline covered at high tide.

By adopting good practices when you navigate in the marine park, you contribute to protection efforts. Your participation is vital!



**One of the best places to watch marine mammals in the world!**



**Harbour porpoise**  
The smallest of the St. Lawrence whales, the harbour porpoise moves in groups. It has a rounded head, triangular dorsal fin, grey sides and white underside. This whale has been assigned the status of species of special concern. The harbour porpoise is present in the Lower Estuary primarily in the summer.  
Length: 1.5 to 2 m. Weight: 45 to 65 kg.

**St. Lawrence beluga**  
Circa 1850, there were between 7,800 and 10,000 belugas. Today, there are approximately 1,100 of them. Belugas are found throughout the marine park, where they live in pods. They are threatened with extinction. While calves are grey, belugas turn white at adulthood.  
Length: 3 to 5 m. Weight: 0.7 to 2 tons.

**Harbour seal**  
The only resident species of seal, the harbour seal can be seen throughout the marine park. The profile of its head resembles that of a dog, particularly on account of its tapering muzzle. The population is not at risk. Keep your distance from seal haulouts.  
Length: 1.5 to 1.9 m. Weight: 100 kg.

**Grey seal**  
The grey seal, the largest seal in the St. Lawrence, has a long, rounded muzzle. It is seen in the Lower Estuary primarily in the summer. Grey seals are abundant in both the Gulf and the Estuary and are not at risk.  
Length: 2 to 2.4 m. Weight: 225 to 400 kg.

**Minke whale**  
Present throughout the marine park, minke whales are often seen close to shore. Their population is not at risk. This whale can be recognized by its curved dorsal fin and the white band on each flipper.  
Length: 6 to 10 m. Weight: 6 to 10 tons.

**Humpback whale**  
The humpback whale is famous for leaping out of the water ("breaching"). It has both a hump-like dorsal fin and very long pectoral fins. Although it was threatened with extinction in the 1980s, the humpback population has since grown to the point that it is no longer at risk. Humpbacks visit the Lower Estuary in the summer.  
Length: 11 to 16 m. Weight: 25 to 35 tons.

**Fin whale**  
This is the second largest whale in the world! The western North Atlantic population is estimated at 3,000 whereas prior to hunting, there were approximately 40,000 of them. That is why this whale has been assigned the status of species of special concern. Between 20 and 80 fin whales can be seen in the Lower Estuary.  
Length: 18 to 21 m. Weight: 40 to 50 tons.

**Blue whale**  
The blue whale is the largest animal on Earth! Although whale hunting has ended, the North Atlantic population is endangered. Only 250 to 300 individuals remain, including a dozen that occasionally visit the Lower Estuary.  
Length: 21 to 30 m. Weight: 80 to 135 tons.

**We can all do our part to help endangered species!**

The sheer cliffs of the Saguenay fjord are an ideal nesting ground for the peregrine falcon. As the home of no less than 20% of all breeding pairs inventoried in Quebec, these cliffs are protected by the Parc national du Fjord-du-Saguenay.

Other species at risk are regular visitors of the marine park, including the beluga, the blue whale, the fin whale, the harbour porpoise, barrow's goldeneye and the Atlantic cod. Help protect them by respecting the environment and by complying with regulations governing recreational fishing as well as the approach distances and speeds to be maintained in the vicinity of marine mammals.

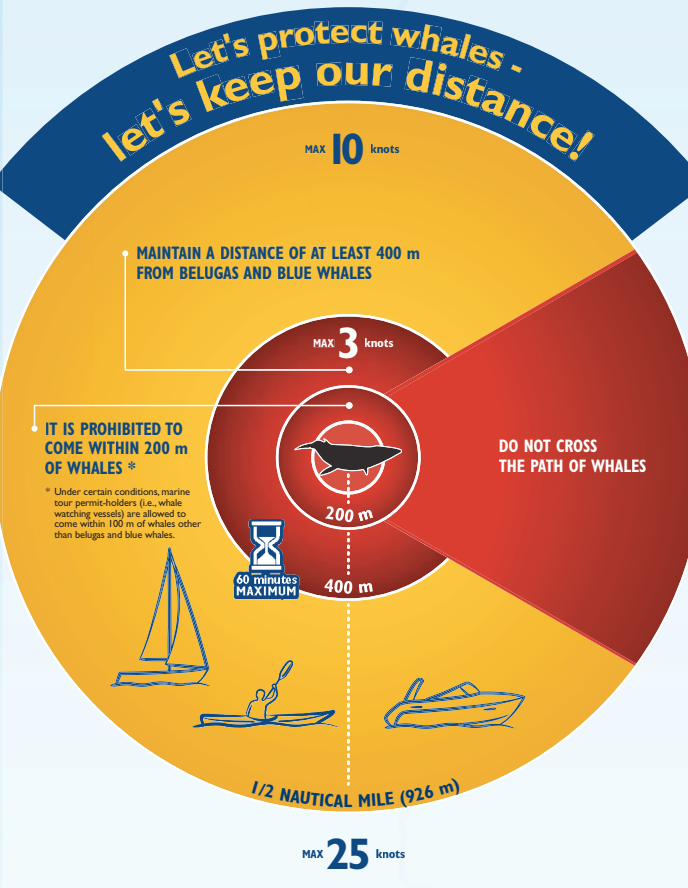
**Did you know that...**

The Saguenay–St. Lawrence Marine Park is a huge food locker: every year, whales, seals and birds travel thousands of kilometres to feed here. The beluga and the harbour seal are the only marine mammals that live in the region year-round. Their favourite foods are krill, copepods and small fish like the capelin and the sand lance.

**Become a marine park ambassador!**  
We recognize the contribution of recreational boaters committed to adopting eco-responsible practices. To receive your ambassador's pennant, fill out your commitment card on: marinepark.qc.ca.

**Marine Activities in the Saguenay–St. Lawrence Marine Park Regulations**

The regulations indicate the maximum navigation speed permitted throughout the park, as well as the distances and speeds to be respected when marine mammals are present. Recreational boaters must comply with them.



**Speed**  
5 knots = 9,26 km/h = 5,75 mph  
10 knots = 18,52 km/h = 11,50 mph  
25 knots = 46,30 km/h = 28,70 mph

In the event of any disparity, the text of the Regulations shall take precedence over the information presented in this guide.



**Safety first!**

Navigating in the marine park is an amazing experience. It is nevertheless vital to exercise caution. Any number of things are likely to make navigation perilous – cold water, winds, shoals, fog, and strong tidal currents. In the summer, the mouth of the Saguenay is the scene of intense marine traffic: large ocean-going vessels, ferries, tour boats, pleasure craft and kayaks can all be seen navigating in this limited area at the same time.

It is important to recall the following information when travelling through the Saguenay–St. Lawrence Marine Park.

- ▶ In the event of an emergency, **URGENCY** and safety calls should be routed through the marine VHF channel 16 (156.8 MHz). Be sure to maintain a watch on this channel while underway!
- ▶ The temperature of the water varies between 5 ° and 15 °C and can descend to 1 °C in the Lower Estuary and the mouth of the Saguenay River. Falling into these waters can result in **HYPOTHERMIA** and will reduce a person's chances of survival. To take full advantage of your outing, dress warmly and be careful!
- ▶ In the event of **FOG**, reduced visibility or poor weather conditions, reduce your speed. It is strongly recommended that your watercraft be equipped with a radar reflector when you navigate under conditions of fog or low visibility.
- ▶ Prior to departing, notify a designated contact person, or radio in your **ITINERARY** to the Marines communications and Traffic Services at Quebec City (VHF 12), when upriver from Ile Blanche, or the Vessel Traffic Centre at Les Escoumins (VHF 9), when downriver from Ile Blanche. Also, remember to notify that you have reached your destination.
- ▶ When sailing upriver on the Saguenay, it is important to know that the flow tide begins 1.5 to 3.5 hours after low tide and can remain favourable for up to 1 hour after high tide at Tadoussac.
- ▶ At the mouth of the Saguenay River during ebb tide, the **CURRENT** can reach 7 knots.
- ▶ Respect the rules of right-of-way; be on the lookout for **KAYAKERS**: they are not always visible, especially in waves and fog, and they are vulnerable to side waves.
- ▶ Check the marine **WEATHER** forecasts (VHF 21B-25B-83B). If conditions are poor, cancel your outing.
- ▶ When entering and exiting marinas, keep the speed of your craft under 3 knots.

**Did you know that...**

In winter 1878, a Québec City merchant by the name of Charles-Napoléon Robitaille fell through ice covering the Saguenay River under the weight of his horse and carriage. Implored the mercy of Virgin Mary, he managed to lift himself out of the water. In honour of She who saved him, he had a sculpture by Louis Jobin erected high atop Cap Trinity. Standing 180 metres above the water line, the Statue of Notre-Dame-du-Saguenay has looked out over the fjord since 1881.



**Sea patrol**  
In the summer months, Parks Canada and Parcs Québec employees patrol the Saguenay–St. Lawrence Marine Park to greet our sea visitors and answer your questions. Don't hesitate to call out if you have any questions!

**Eco-responsible practices**

- Pollution**
- ▶ Bring your trash back to shore, including cigarette butts. Birds and fish often mistake it for food.
  - ▶ Be careful when fuelling and prevent spills by placing an absorbent pad or a cloth around the fuel hose.
  - ▶ Do not discharge your wastewater overboard; please use the pumping stations available in your sector.
  - ▶ Keep the bottom of your boat's hold clean and do not eject any oily water.
  - ▶ Notify the authorities of any instances of pollution or poaching that you are witness to.
  - ▶ Use only those paints that have been approved for a marine environment.
  - ▶ Avoid using detergents, which spread and pollute water.

**Protect marine life**

- ▶ Avoid creating clusters of boats in the vicinity of whales.
- ▶ When watching whales from aboard a sailboat, manoeuvre under engine and not under sail.
- ▶ Keep away from bird resting and nesting areas.
- ▶ When anchoring your boat, refer to the sites indicated on nautical charts and make a priority of choosing a location with a sandy bottom so as to limit damage to the sea floor.
- ▶ Do not disembark on islands that are either private or protected. In addition, this is a staging and nesting area for birds.

A fjord is a deep-walled glacial valley that has been invaded by the sea. The cold salt water of the St. Lawrence Estuary moves in and out the Saguenay Fjord in pace with the tides. Marine fish such as cod, redfish, turbot and the Greenland shark live in the deeper layer, which accounts for 93% of the water in the fjord. Rainbow smelt, salmon and sea trout live in the surface layer, where warmer, brackish water flows.

The Prince Shoal took its name from a misadventure that befell the Prince of Wales in 1860. The future King Edward VII had come to Canada for the inauguration of the Victoria Bridge (Montreal), so named in honour of his mother. While sailing near Tadoussac, the royal yacht grazed the shoal. Afterwards, in order to warn sailors of the dangers of the sector, a lightship was anchored at this location until the current lighthouse, nicknamed La Toupie (the top), was built in 1962.

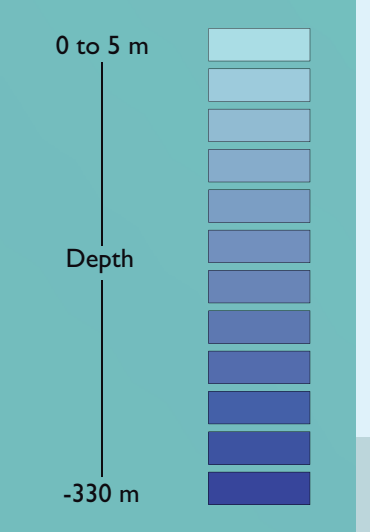




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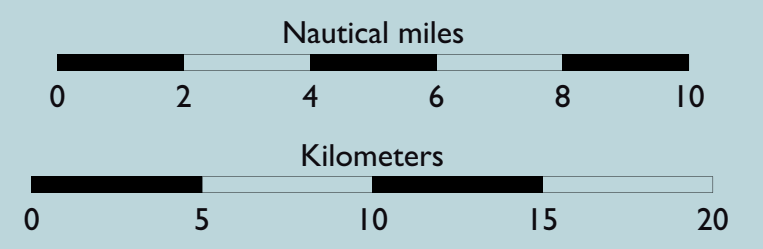
**Legend**

- Park Information Office
  - Saguenay–St. Lawrence Marine Park
  - Parc national du Fjord-du-Saguenay
  - Other protected areas
  - Comprehensive preservation zones (Navigation forbidden)
  - Discovery Network sites \*\*
  - Municipality
  - Ferry boat
  - Hiking trail
  - Native Community
  - Dock
  - Launching ramp \*
  - Hiking
  - Marina
  - Pontoon
  - Mooring Buoy
  - Sea kayaking business
  - Scuba diving
- \* Some boat launching ramps can only be accessed at high tide.  
 \*\* The Discovery Network is a set of sites that present themes relating to the marine environment.



**Distance between marinas (nautical miles)**

	Port de refuge de Cap-à-l'Aigle	Club nautique de Rivière-du-Loup	Marina Trois-Pistoles	Club nautique de Bergeronnes	Marina de Tadoussac	Association récréotouristique de l'Anse-de-Roche	Club nautique Anse-Saint-Jean	Halte nautique de Sainte-Rose-du-Nord	Marina Ville de La Baie	Club de yacht de Chicoutimi
Port de refuge de Cap-à-l'Aigle	25	29	50	16	10	13	19	12	20	
Club nautique de Rivière-du-Loup	25	47	23	10	20	32	32	31	21	
Marina Trois-Pistoles	29	47	47	22	32	42	42	44	40	
Club nautique de Bergeronnes	50	47	47	47	32	42	52	54	53	
Marina de Tadoussac	16	23	23	47	47	32	42	64	63	
Association récréotouristique de l'Anse-de-Roche	10	20	20	10	47	47	42	64	73	
Club nautique Anse-Saint-Jean	13	23	23	13	47	47	42	64	82	
Halte nautique de Sainte-Rose-du-Nord	19	32	32	19	47	47	42	64	82	
Marina Ville de La Baie	12	31	31	12	47	47	42	64	82	
Club de yacht de Chicoutimi	20	21	21	20	47	47	42	64	82	



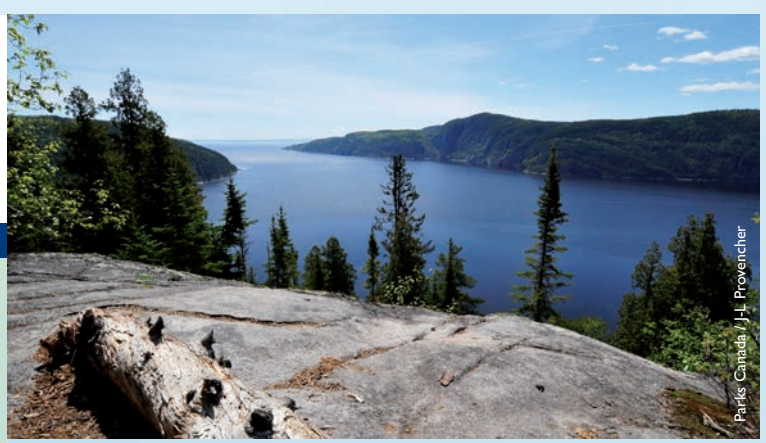
**Comprehensive preservation zones**

Pay special attention to the zones appearing in red. In particular, boats should avoid entering these sectors. Comprehensive preservation zones are designed to protect vulnerable species and fragile habitats. Please go around them, and follow the Marine Activities Regulations, which are in force throughout the Saguenay–St. Lawrence Marine Park.

**Belugas need your help !**

They require peace and quiet in order to feed, raise their offspring and rest. When accompanied by calves, females are particularly sensitive to the disturbances caused by the presence of boats. Furthermore, wild animals who grow accustomed to humans become less distrustful and are thus at greater risk of collisions.

You must stay more than 400 metres away from belugas. If a beluga pops up near you unexpectedly, slow down until you have put more than 400 metres between you and it. Recreational fishers in the Saguenay River and kayakers contribute to the protection of belugas by going around the Baie Sainte-Marguerite preservation zone. Do as they do – and keep your distance!



**This map SHOULD NOT BE used for navigation.**

Depths, distances and scale are presented for information purposes only.