



PARC MARIN
DU SAGUENAY-SAINT-LAURENT

SAGUENAY-ST. LAWRENCE
MARINE PARK

parcmarin.qc.ca | marinepark.qc.ca

Visitor's Guide 2012



Parcs Canada / M. Lavoie

Parks Canada: | 888 773-8888 • parksCanada.gc.ca | Parcs Québec: | 800 665-6527 • sepaq.com



Canada 

Québec 

Welcome to the Saguenay–St. Lawrence Marine Park!



Purpose of the Marine Park

Recognizing the importance of protecting the environment, wildlife, plant life, and natural resources of a part of the Saguenay Fjord and St. Lawrence River estuary, the governments of Quebec and Canada created, together with public support, the Saguenay–St. Lawrence Marine Park.

The Marine Park's mission is to increase ecosystem protection levels for conservation purposes, for the benefit of present and future generations, while encouraging its use for educational, recreational and scientific purposes.

Activities in the Marine Park are regulated with a view to ensuring the sustainable use of this area and its resources. Regional stakeholders contribute to achieving the marine park's objectives.

Park sectors

The Marine Park protects the marine environment, the portion of the shoreline covered at high tide, the water column, and the sea floor, and all the life they support. The islands and islets are not included in the park, but many are nevertheless protected.

Covering an area of 1,245 km², the Marine Park is made up of three interconnected ecosystems at the confluence of the Saguenay and St. Lawrence Rivers.

1. Upper estuary: A nurturing area

With its islands set in a sea of turquoise, the upper estuary scenery is one of the most beautiful along the St. Lawrence River. The many lighthouses, standing tall on the rocky shores, bring a final touch to this outstanding seascape. The upper estuary is an ideal habitat where herring, capelin, birds, seals, and belugas can reproduce, feed, and rest. In winter, it is the preferred place of birds, and particularly Barrow's Goldeneye. This area represents 53 % of total park area.

2. Lower estuary: A gigantic pantry

This is without a doubt the most popular sector of the Marine Park! Every summer, whales, seals, and birds regale on the plethora of small fish and plankton that thrive here. The upwelling of cold salt water coming from the Gulf and Atlantic Ocean is at the origin of this abundant marine life. This is also where most of the excursion boats come to watch marine mammals. The area is also a preferred setting of sea-kayakers. It makes up 30 % of total park area.

3. Saguenay Fjord: A unique environment

Dark waters enclosed within dizzying cliffs give the Saguenay Fjord a somewhat mysterious aspect. The Fjord is at once a sea and a river, as cold salt water from the St. Lawrence estuary invades its depths, while warmer fresh waters from its tributaries and Lake St. Jean run along the surface. This sector is a favourite of recreational boaters and fishing enthusiasts. It covers 17 % of the park.



A Word from the Saguenay–St. Lawrence Marine Park Co-directors

Welcome to the Saguenay–St. Lawrence Marine Park! On behalf of Parcs Québec and Parks Canada, we invite you to discover this marine area, home to an impressive range of biodiversity. It also enjoys a reputation as one of the best places in the world for whale-watching.

In order to promote the responsible observation of marine mammals, we formed up the Eco-Whale Alliance, in partnership with the Group for Research and Education on Marine Mammals as well as marine excursion businesses operating in the marine park. Founded in June 2011, this alliance has given us new tools for raising the level of protection afforded to the marine park and improving the quality of experiences enjoyed by visitors.

To discover and fully appreciate this park endowed with an array of riches, glide out over its waters aboard a boat or kayak; listen spellbound to a captain's stories; hear a guide-interpreter talk about the underwater world; take advantage of tide-washed beaches; and visit one or more of the numerous sites making up the Marine Park Discovery Network. We hope you'll also have the pleasure of hearing the song of the beluga and the blow of whales, of breathing in the ocean breezes and marvelling at the beauty of the local landscapes.

Daniel Langlois
Co-Director
Parks Canada

Nathaël Bergeron
Co-Director
Parcs Québec

A word from the President of the Coordination Committee

Navigating on the waters of the Marine Park or walking along Discovery Network sites, the natural beauty of the surroundings will astound you, as will the many activities offered. And if you had a chance to come backstage, you might be impressed by the sheer number of contributors who are wholly committed to the sound development of this magnificent marine environment.

Formed upon the creation of the Marine Park, the Coordination Committee is made up of representatives from the regional county municipalities, Essipit Innu First Nation, scientific community, and from the fields of education and tourism. The committee plays a part in determining the management orientations of the park, and making sure the management plan is followed. Moreover, a committee on marine activities and a number of advisory committees oversee the various stakes of the park and contribute to the dynamics and sound management of the Marine Park.

In short, a large number of regional role players are active behind the scenes and collaborate with Parcs Québec and Parks Canada for you. In the name of Coordination Committee members, I wish one and all memorable moments at the Saguenay–St. Lawrence Marine Park.

Émilien Pelletier
President, Saguenay–St. Lawrence Marine Park
Coordination Committee,
Professor, Institut des sciences
de la mer de Rimouski (UQAR-ISMER)

A region known for its beautiful landscapes

A rich living and inhabited environment, the Saguenay–St. Lawrence Marine Park and surrounding areas are also places of natural and cultural heritage. Many neighbouring protected areas contribute to the Marine Park's protection: Charlevoix World Biosphere Reserve, Parc national du Fjord-du-Saguenay, the Baie de L'Isle-Verte and Îles de l'Estuaire National Wildlife Areas, certain Lower St. Lawrence private islands, and the St. Fulgence marsh.

Charlevoix World Biosphere Reserve

The Charlevoix region has been listed among the "World Network of Biosphere Reserves" for the diversity of its landscapes, wildlife, and plant life. This natural environment is in great demand for a multitude of uses. The local communities work together towards the sustainable development of the reserve and its natural resources, and the conservation of its biological diversity. www.biospherecharlevoix.com



Research for Conservation

Protecting a given environment starts with understanding that environment, and scientific research is essential to the task by measuring the effectiveness of protection measures and helping to mitigate the effects of human activities on the marine environment.

The St. Lawrence estuary and Saguenay Fjord have for a long time fascinated scientists. Researchers have shown interest in the area's unique ecosystems and living organisms since the 1960s. Still today, many scientists affiliated to universities, and government and non-government organizations, conduct research on a wide range of topics. The Marine Park has not yet revealed all its secrets. Here are two of the projects under the microscope:

Keeping an eye on the beluga

In collaboration with Parcs Québec, a Parks Canada team is studying the beluga whale in two specific areas of the Marine Park: at the mouth of the Saguenay River and in Baie Sainte-Marguerite, where pods of adult belugas and their calves spend a substantial part of the summer. The knowledge thus acquired and invaluable support of the local population will help us to better protect this magnificent marine mammal.

Just what do whales eat in the Marine Park?

On board "L'Alliance", Parks Canada researchers navigate the Marine Park waters to find out what's on the menu for whales, seals, and birds. Their equipment is specially designed to detect krill and fish below the surface.

As cold water comes up the maritime estuary it brings along large amounts of these types of prey. But researchers have many questions on their minds: How abundant is the prey? What influences their numbers? What is the relation between prey numbers and predator distribution? What does the future hold for whales, seals, and birds in terms of food?

Conducted each summer since 2009, the study will provide answers to these questions. We will better understand why whales, seals, and some bird species visit the area at specific times of the year.

Some species are threatened; it's up to us to protect them!

Around the world, wildlife species are threatened by human activities. Thanks to protection efforts, some species, like the Peregrine Falcon, have recovered or are in the process of recovering. Others, like the beluga and blue whale, still need our help.



The St. Lawrence beluga whale population numbered between 7,800 and 10,000 individuals in the mid-19th Century. Deemed to be the cause of their decline, hunting was banned in 1979. Since the 1980s, the population has stabilized to about 1,100 individuals. But this state of affairs is an indication that other factors may be harmful to the St. Lawrence beluga, which has been assigned the status of threatened species.

The blue whale, the largest animal on the planet, is endangered. Despite the hunting ban, the North Atlantic population only numbers 250 to 300 individuals of reproductive age, and a few calves. Estimates show that ten or so individuals occasionally visit the St. Lawrence maritime estuary.

Threatened and endangered whale species are the subject of special protective measures in the Saguenay–St. Lawrence Marine Park. Help protect them by respecting the environment and by complying with regulations governing the approach distances and speeds to be maintained in the vicinity of marine mammals.

Complementary protection measures

Zoning

Zoning is a conservation measure used in land and marine parks to delimit areas where certain types of activities can or cannot be practiced, with a view to sustainable use of the protected areas.

Comprehensive preservation zones are designed to protect vulnerable species and fragile habitats. For example, the area around Île aux Fraises is a comprehensive preservation zone because it is a resting area for seals and staging area for birds. Baie Sainte-Marguerite is, for its part, a preferred area of belugas, where they raise their calves, reproduce and rest; that is the reason why

it has also been declared a comprehensive preservation zone.

Zoning regulations will soon be in force. Boaters, hunters, fishermen, kayakers and other users are therefore invited to stay away from these comprehensive preservation zones.

Zoning category	Authorized activities
Comprehensive preservation: 3 % of the park	Scientific research under specific conditions
Specific protection: 42 % of the park	Navigation, marine tours, underwater diving, scientific research
General protection: 19 % of the park	Navigation, marine tours, underwater diving, scientific research, as well as recreational hunting and fishing
General use: 36 % of the park	Navigation, marine tours, underwater diving, scientific research, recreational hunting and fishing, as well as commercial fishing under specific conditions.

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

Developed in partnership with the marine tour companies, the regulations provide a framework for the activities practiced in the Marine Park. 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 (see table). All watercraft in the Marine Park must comply with these regulations.

Boat captains and sea-kayaking guides of organizations with marine tour permits must pass the Parks Canada regulations course.



Distance
1/2 nautical mile = 926 meters

Speed
3 knots = 5.56 km/h = 3.45 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.

* Under certain conditions, marine tour permit-holders (i.e., whale watching vessels) are allowed to come as close as 100 m of whales other than belugas and blue whales.



Experience the sea!

Whether you are looking for adventure or a quiet tour on the water, you will be delighted. Choose the type of boat and excursion that suits you best and take the full measure of wide open spaces. Each sea outing is unique!



To help you choose

Marine tour companies have many watercraft types and sizes. Contact the marine tour providers to determine which products best suit your needs.

Guided excursions

Marine tour captains and guides have sound knowledge of the marine environment. They can put that knowledge at your service and answer your questions.

Regardless of the type of boat you choose, your captain will stay within regulated speeds and respect the approach distances and speeds to be maintained in the vicinity of whales. However, whales can sometimes unexpectedly emerge near a boat. Your captain knows what to do in such circumstances. When sea-kayaking, your guide will make sure you keep to the proper distances and navigate in complete safety. Follow your guide...

What you need

Even during summer, it is colder on water than on land. Warm, comfortable clothing is recommended.

For outings on a boat, we suggest:

- Long pants and closed shoes
- Hat, gloves and scarf
- Windbreaker or raincoat
- Sunscreen and sunglasses
- Camera
- Binoculars

For non-guided kayak outings, we suggest:

- Tide tables
- VHF radio
- Isothermal and spare clothing
- Nautical Charts
- Food and water
- To notify a designated contact person of your itinerary

Experience the sea by boat



Croisières AML

| 800 563-4643

croisieresaml.com

Croisières AML, outstanding nature experience with certified bilingual guide-naturalists who will let you feel their passion for marine mammals!

Tadoussac, Baie-Sainte-Catherine, L'Anse-Saint-Jean, Rivière-du-Loup

Croisières Groupe Dufour

| 800 463-5250

dufour.ca

Groupe Dufour invites you to discover its fabulous whale-watching excursions accompanied by seasoned naturalist guides. Several departures are offered per day from May to October. Only our cruises offer 5-heart service, and guaranteed unforgettable moments.

Tadoussac, Baie-Sainte-Catherine

Croisières 2001

| 800 694-5489

croisieres2001.com

During a thrilling 3-hour excursion in a friendly atmosphere, you can enjoy whale-watching and make a foray into the Saguenay Fjord. An underwater camera allows participants to view the sea floor.

Tadoussac, Baie-Sainte-Catherine

Société Duvetnor

| 877 867-1660

ileauxlievres.com, pharedupot.com

Cruises offered in and around St. Lawrence islands (with or without stopover); longer stays on islands also available (inn, cabin or campground). See a great variety of seabirds (before the end of July), landscapes, and hear fascinating seafaring stories (smuggling, sea trading post...). Commentated, informative excursions.

Rivière-du-Loup

Croisières Charlevoix inc. (Groupe Dufour)

| 866 638-1483

baleines.ca

Located 25 minutes from La Malbaie, Saint-Siméon is your ideal place to embark on a whale-watching excursion in the Marine Park. Choice of boat or zodiac. Saint-Siméon

Saint-Siméon

Croisière Personnalisée Saguenay

418 608-8058 or 418 272-2739

croisieresaguenay.ca

Top of the range customized, contemplative excursions for an intimate, distinctive, and enriching experience on the majestic Saguenay Fjord. A delightful interlude...

L'Anse-Saint-Jean

Les Croisières du Fjord

| 800 363-7248

croisieremarjolaine.com

On board our "bateau-mouche" tour boat, discover the most spectacular parts of the Saguenay Fjord. See Capes Éternité and Trinité with the statue of the Virgin Mary. Includes a moment of contemplation with the recitation of the Ave Maria!

Chicoutimi, Sainte-Rose-du-Nord, La Baie, Baie-Éternité, L'Anse-Saint-Jean, Saint-Félix d'Otis and Tadoussac

Visiting the whales

In summer, the Saguenay–St. Lawrence Marine Park is a gigantic, natural pantry. The whales, seals, and birds you see, for the most part, travelled thousands of kilometres to come feed here. These wild animals spend a large part of their time feeding and resting. You are privileged to be able to watch them in their habitat and witness their natural behaviour.



ECO-WHALE ALLIANCE

Marine excursion businesses, Parcs Québec, Parcs Canada and the Group for Research and Education on Marine Mammals (GREMM) joined forces to found the Eco-Whale Alliance to ensure that whale-watching in the marine park is conducted responsibly and in keeping with the principles of sustainable development.

Member businesses have adopted a charter that sets out their commitments as part of this alliance. See it on the premises of members or on www.eco-baleine.ca. Take a few minutes to read it and support compliance with these commitments.

Six months of amazement

Through the seasons, landscapes undergo changes and new players enter the scene. In May and June, countless birds can be seen and the first migrating whales are back in the park. In July, August, and September, several migrating whale species arrive in greater numbers. Seals and seabirds are also present. In September and October, nature puts on its colourful coat and great numbers of birds fly through the region.

Did you know...

That four large migrating whales can be seen in the Marine Park in the summer: they are the minke whale, the fin whale, the humpback whale and the blue whale.

The beluga whale and harbour seal are the only marine mammals that spend the entire year in the St. Lawrence estuary.

Can you tell which is which?

Harbour seal

Grey seal

Harbour porpoise

Beluga

Minke whale

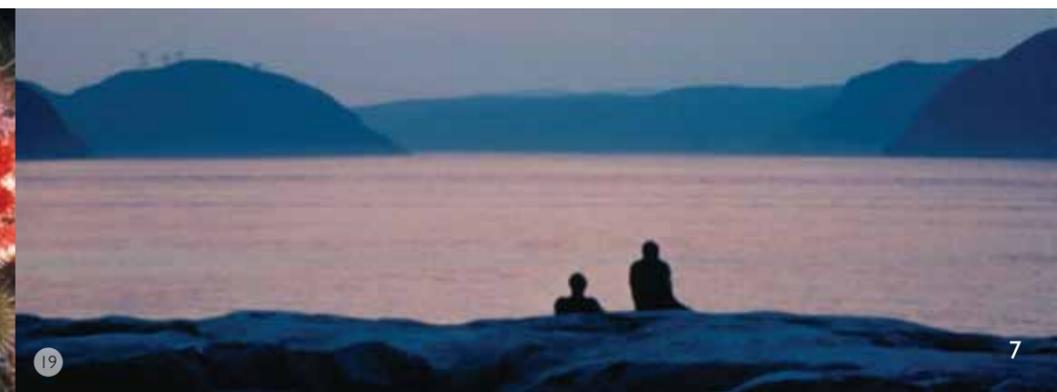
Humpback whale

Fin whale

Blue whale

Your Safety : Your Responsibility

Outdoor activities can involve certain risks. Make sure that you have the skills and abilities required for the activity you choose. It is important to know the risks inherent to this activity, to respect your limits and to use appropriate equipment.



Experience the sea by zodiac boat



Croisières AML		Croisières Essipit	
800 563-4643	croisieresaml.com	888 868-6666	essipit.com
Croisières AML, outstanding nature experience with certified bilingual guide-naturalists who will let you feel their passion for marine mammals!		Exhilarating whale-watching excursions in safe zodiac boats, from Les Bergeronnes. Two-hour outing – get ready for a thrilling experience. Kueil! Welcome!	
Tadoussac, Baie-Sainte-Catherine		Les Bergeronnes	
Croisières Groupe Dufour / Croisières Charlevoix		Croisières Neptune	
800 463-5250 / 866 638-1483	dufour.ca / baleines.ca	418 232-6716 / 877 7NEPTUNE	croisieresneptune.net
Groupe Dufour invites you to discover its fabulous whale-watching excursions accompanied by seasoned naturalist guides. Several departures are offered per day from May to October. Only our cruises offer 5-heart service, and guaranteed unforgettable moments.		Croisières Neptune offers whale-watching excursions skimming the water in safe, modern zodiac boats. A fast, discrete, and fun way to meet the whales.	
Tadoussac, Baie-Sainte-Catherine, Saint-Siméon		Les Bergeronnes, Les Escoumins	
Les Écumeurs du Saint-Laurent		Les Pionniers des baleines	
888 817-9999	lesecumeurs.com	866 501-8725	croisierebaleine.ca
Les Écumeurs du Saint-Laurent invites you to discover the fascinating world of whales on board one of our zodiac boats, in the company of our passionate captains.		An excursion for passengers to breathe in the fresh sea air and observe whales aboard large zodiacs spacious enough for photo safaris. Vessels equipped with quiet, four-stroke engines, smoke and odor-free.	
Les Escoumins		For information on boarding locations: 866 501-8725	
Otis excursions		Parc national du Fjord-du-Saguenay	
418 235-4197 / 418 235-4537	otisexcursions.com	800 665-6527	parcsquebec.com
Get close and intimate with whales and other marine mammals on board our quiet, ecological, 12-passenger zodiac boats.		Come on board the OrganisAction/Le Québec Hors Circuits's zodiac and enjoy an unforgettable trip enabling you to discover the particularities of the fjord. Accompanied by a captain-naturalist, make a foray into an ecosystem whose diversity is unique around the world.	
Tadoussac		Baie-Éternité	

Experience the sea by kayak



Azimut Aventure		Centre de vacances – Ferme 5 étoiles	
418 237-4477	azimutaventure.com	877 236-4551	ferme5etoiles.com
Follow the rhythm of the tides and discover the astonishing cliffs along the Saguenay Fjord. Keep your eyes peeled for seals and minke whales. Guided expeditions from a few hours to several days.		Discover the beauty of the Saguenay Fjord sea-kayaking. Rocky cliffs, beluga whales, and natural gems await. Guided outings and kayak rentals.	
Tadoussac, Baie-Sainte-Catherine		L'Anse-de-Roche	
Excursions Fanons		Fjord en Kayak	
418 233-2846	excursionsfanons.com	866 725-2925	fjord-en-kayak.ca
Our experience is your guarantee of a well-organized sea-kayaking experience. Our guides and our zodiac boat are there to make sure your outing is safe and enjoyable.		Accompanied by one of our guides, enjoy an outing with your family or just between grown-ups (2 hrs, 3 hrs, or 1 day), or go for a 2- to 5-day expedition. Gold medalist at Quebec tourism awards in 2002 and 2010.	
Les Escoumins		L'Anse-Saint-Jean	
Katabatik – Aventure dans Charlevoix		Kayak du Paradis	
800 453-4850 / 418 665-2332	katabatik.ca	418 232-1027	campingparadismarin.com
Discover the Charlevoix coast with half-day to three-day excursions; bird-watching, whale-watching, winter kayaking. Open March to October.		Guided tours with a focus on safety and nature discovery. This adventure sport will give you the feeling that wildlife is so close you can touch it!	
Baie-des-Rochers, Cap-à-l'Aigle, Baie-Saint-Paul		Les Bergeronnes	
Mer et Monde Écotours		Parc national du Fjord-du-Saguenay	
866 637-6663	meretmonde.ca	800 665-6527	parcsquebec.com
In small groups (8 pers. max.) accompanied by a professional guide, kayak along the St. Lawrence in quest of sea mammals.		Explore the most beautiful parts of the Fjord with OrganisAction: Le Québec Hors Circuits! naturalist-guides. On the menu: The dizzying cliffs of the Fjord at your own pace... and with the flow of tides!	
Tadoussac, Les Bergeronnes		Baie-Éternité	



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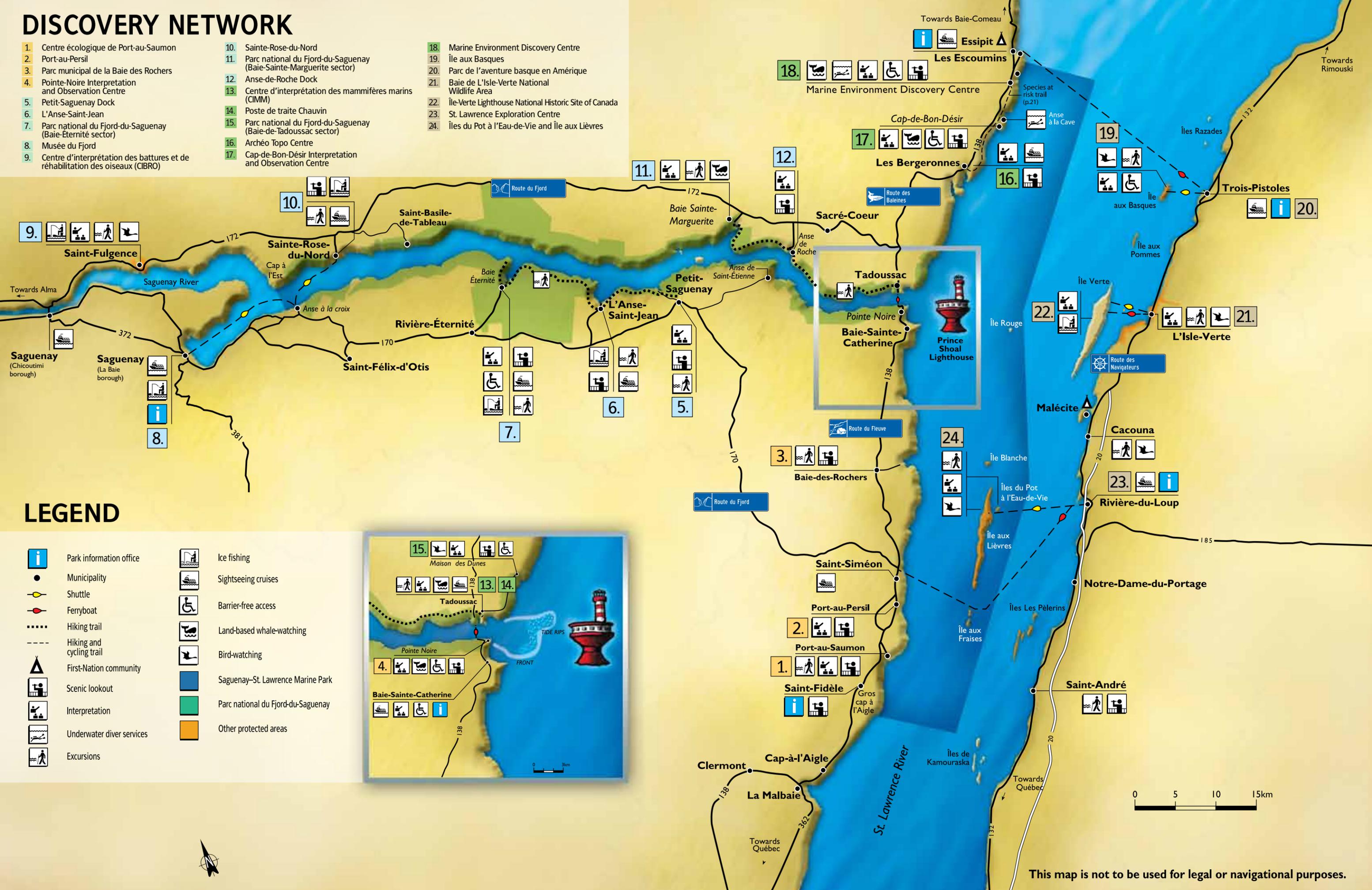
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DISCOVERY NETWORK

- | | | |
|--|--|---|
| 1. Centre écologique de Port-au-Saumon | 10. Sainte-Rose-du-Nord | 18. Marine Environment Discovery Centre |
| 2. Port-au-Persil | 11. Parc national du Fjord-du-Saguenay (Baie-Sainte-Marguerite sector) | 19. Île aux Basques |
| 3. Parc municipal de la Baie des Rochers | 12. Anse-de-Roche Dock | 20. Parc de l'aventure basque en Amérique |
| 4. Pointe-Noire Interpretation and Observation Centre | 13. Centre d'interprétation des mammifères marins (CIMM) | 21. Baie de L'Isle-Verte National Wildlife Area |
| 5. Petit-Saguenay Dock | 14. Poste de traite Chauvin | 22. Île-Verte Lighthouse National Historic Site of Canada |
| 6. L'Anse-Saint-Jean | 15. Parc national du Fjord-du-Saguenay (Baie-de-Tadoussac sector) | 23. St. Lawrence Exploration Centre |
| 7. Parc national du Fjord-du-Saguenay (Baie-Éternité sector) | 16. Archéo Topo Centre | 24. Îles du Pot à l'Eau-de-Vie and Île aux Lièvres |
| 8. Musée du Fjord | 17. Cap-de-Bon-Désir Interpretation and Observation Centre | |
| 9. Centre d'interprétation des battures et de réhabilitation des oiseaux (CIBRO) | | |

LEGEND

- | | | | |
|--|---------------------------|--|------------------------------------|
| | Park information office | | Ice fishing |
| | Municipality | | Sightseeing cruises |
| | Shuttle | | Barrier-free access |
| | Ferryboat | | Land-based whale-watching |
| | Hiking trail | | Bird-watching |
| | Hiking and cycling trail | | Saguenay-St. Lawrence Marine Park |
| | First-Nation community | | Parc national du Fjord-du-Saguenay |
| | Scenic lookout | | Other protected areas |
| | Interpretation | | |
| | Underwater diver services | | |
| | Excursions | | |



This map is not to be used for legal or navigational purposes.

Don't miss it!

Dive for a good cause: take part in the Plonge-eau-thon!

May 18 to 21

This event is designed to raise funds for the medical care of children in Quebec. Divers are invited to contact Plongée Aventure Québec to register. The participation fees will be donated to the charity known as Opération Enfant Soleil.

To rent diving equipment or to be accompanied by an experienced diver, contact the diving base at 418-233-4025.

The event will be held at the Marine Environment Discovery Centre*.

Parks Canada is a proud partner of Plongée Aventure Québec in support of Opération Enfant Soleil.

On three full moon evenings... We JAZZ it up under the moon!

July 7, July 28 and September 2

It's a one-of-a-kind event in Quebec, with the river and its whales gradually segueing into a moonlit landscape, offering a silvery venue for an outdoor jazz-tinged concert.

All shows will be held in the outdoor amphitheatre of the Marine Environment Discovery Centre* (and inside in the event of inclement weather).

For reservations, call 418-232-6653.

A presentation of "Odysée artistique," in partnership with Parks Canada, the municipality of Les Escoumins and the Centre local de développement Haute-Côte-Nord.

August is archaeology month!

August 1 to 31

Throughout Québec in August, a large number of archaeological activities will be offered at Archéo Québec member locations.

Near the Marine Park, the Centre Archéo Topo proposes a tour through the Bergeronnes digs accompanied by a guide archaeologist.

The archaeological dig simulation workshop is a unique experience for children; they will discover arrowheads, pipes, pottery shards, and other artefacts.

Have a great archaeology month! For further information:
1 877 bonjour or 1 877 266-5687
Centre Archéo Topo: 418 232-6286

Festival marin des Escoumins 2012 (Les Escoumins marine festival) 5th edition

September 1 and 2

During the Labour Day weekend, gaze in wonderment at the St. Lawrence's underwater landscapes. Attend some film screenings and follow divers as they perform a night dive. You'll be amazed by the marine life on view!

Submit a photo or vote for your favourite entry in the photo contest. Divers are invited to take part in an underwater treasure hunt.

The event will be held at the Marine Environment Discovery Centre*. For information: 418 233-2766, ext. 26.

Produced by the municipality of Les Escoumins, the Corporation de développement des Escoumins, the Fédération québécoise des activités subaquatiques, Explos-Nature and Parks Canada.

*The Marine Environment Discovery Centre is located at 41, rue des Pilotes, Les Escoumins.

Need information about the Marine Park?

Visit one of these information offices:

La Malbaie (Saint-Fidèle sector)
Visitor Centre
2820, boul. Malcom-Fraser
418 434-2299

Rivière-du-Loup
Tourist Information Bureau
189, boulevard de l'Hôtel-de-Ville
418 862-1981

Subscribe to the newsletter
Published four times a year, the newsletter will provide you insights into the marine park and keep you posted on projects conducted by the park team and its partners. To subscribe, please visit our Website at: marinepark.qc.ca.

Trois-Pistoles
Tourist Information Bureau
51, route 132 Ouest
418 851-3698

Les Escoumins
Tourist Welcome Bureau
154, route 138
418 233-2663

Baie-Sainte-Catherine
Baie-Sainte-Catherine Wharf
151, route 138



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Parks Canada, Parcs Québec and their partners propose a unique experience!

Discover the natural and cultural gems of the Saguenay–St. Lawrence Marine Park. Choose among a wide range of experiences: Visits of interpretation centres and protected areas; Kayak or boat excursions; Outings on hiking or cycling trails; or Marine mammal and bird observation from the shore.

DISCOVERY
NETWORK



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CENTRE ÉCOLOGIQUE DE PORT-AU-SAUMON

3330, boul. Malcolm-Fraser (route 138)
La Malbaie (Saint-Fidèle sector)

Tel: 418 434-2209
1 877 434-2209
cepas.qc.ca

Tour the trails
June 25 to August 16

Long tours:
10 AM and 2 PM
Adults: \$8
Children (5-12): \$5
Children (under 5): Free

Short tours:
10 AM, 11 AM, 2 PM,
and 3 PM
Adults: \$5
Children (5 to 12): \$3

Cabin rentals:
June to August, \$100 per day, minimum 3 days

The Centre écologique de Port-au-Saumon invites you to follow an experienced guide-interpreter along a special trail and discover the St. Lawrence upper estuary. The ecological centre has been a part of the Charlevoix heritage for over 40 years; a faithfully preserved exceptional site.

Discover a variety of marine and forest ecosystems; explore a crevasse and a 15-metre waterfall; see and touch various marine organisms.



2



PORT-AU-PERSIL

555, chemin de Port-au-Persil
Saint-Siméon

Tel.: 418 620-5010

Schedule
All summer long

Admission
Free

A haven of peace in phase with the tides, Port-au-Persil is a member of the "Association des plus beaux villages du Québec" (Quebec's most beautiful towns). Discovered by Samuel de Champlain, this hamlet has inspired many artists. The panoramic road will take you to the reception lodge, which offers shelter, information and a kayak launch facility next to the wharf.

Take advantage of the hiking trails and picnic areas to breathe in the sea air and marvel at the scenery.



5



PETIT-SAGUENAY DOCK

107, rue du Quai
Petit-Saguenay

Tel.: 418 272-2323
petit-saguenay.com

Schedule
May to mid-October

Tourist information
61, rue Dumas
Petit-Saguenay

Tel: 418 272-3219

Admission
Site admission is free

One of the most splendid viewpoints along the fjord, the Petit-Saguenay wharf is blessed with a majestic setting and awe-inspiring sunsets that have inspired numerous painters and photographers. This genuine natural work of art is also the starting point of the "Les Caps" trail, which offers spectacular panoramas out over the fjord. Come and enjoy a picnic with your family, try catching some sea trout, or stop in at the little handcrafts shop set up inside a giant beluga.

The Petit-Saguenay wharf is a must-do stop on the Saguenay fjord for discovering the marine park and the charming town of Petit-Saguenay.



6



L'ANSE-SAINT-JEAN

Information touristique
Municipality of L'Anse-Saint-Jean
3, rue du Couvent
L'Anse-Saint-Jean

Tel: 418-272-2633
lanse-saint-jean.ca

Visitor kiosk
End of June to mid-September Every day

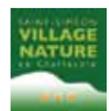
Tel.: 418 272-2974

Set in the hollow of a beautiful valley, on the shores of a natural bay neighbouring the Saguenay–St. Lawrence Marine Park, L'Anse-Saint-Jean spreads its charms around a covered bridge and between stupendous capes on the Saguenay Fjord, offering a breathtaking scenery.

The village has many services, a marina, sea-kayaking facilities, boat excursions, and short and long hiking trails.



3



PARC MUNICIPAL DE LA BAIE-DES-ROCHERS

Baie-des-Rochers
Saint-Siméon

Municipality of Saint-Siméon
Tel.: 418 620-5010

Walk along one of the marked trails and take time out at one of the picnic areas to enjoy the delightful surroundings and stupendous panoramas. Flanked by hills, the Baie des Rochers is a natural haven for birds frequenting the St. Lawrence and numerous sea animals. A launch area is available for kayakers.



4



POINTE-NOIRE INTERPRETATION AND OBSERVATION CENTRE

141, route 138
(One minute away from the Tadoussac–Baie-Sainte-Catherine ferry)
Baie-Sainte-Catherine

Tel.: 418 237-4383
418 235-4703 (off-season)
parksCanada.gc.ca

Schedule
June 23 to September 3, every day: 10 AM to 5 PM
September 4 to October 8 (incl.), Fridays, Saturdays and Sundays: 10 AM to 5 PM

Admission
Adults (16 to 64): \$5.80
Seniors (over 65): \$4.90
Youth (6 to 15): \$2.90
Families: \$14.70

Let the beauty of the landscape charm you, contemplate the rocky cliffs of the Saguenay Fjord, and see the tides advance and recede. The centre is one of the best places to watch belugas from the shore. Visit the range-light station which, today still, guides ships at the mouth of the Saguenay River.

Children get to play "Xplorers" for a day. Find out more at the visitor reception area.

Visit three sites on the same day! For an extra \$2 per adult, visit the Cap-de-Bon-Désir Interpretation and Observation Centre as well as the Marine Environment Discovery Centre.



7



BAIE-ÉTERNITÉ SECTOR

91, rue Notre-Dame
Rivière-Éternité

Tel.: 1 800 665-6527
418 272-1556
parcsquebec.com

Schedule
May 18 to June 22: 9 AM to 4 PM, 7 days/week
June 23 to August 19: 8:30 AM to 8:30 PM, 7 days/week
August 20 to September 1: 9 AM to 4 PM, 7 days/week

Admission
Admission fee charged

Nestled between dizzying cliffs, the sector has a wide variety of land and water activities to offer. In addition to sightseeing cruises, zodiac excursions, and sea-kayaking, a vast network of hiking trails awaits. Campground, cabin, and shelter lodgings are also available for peaceful nights.

On the waters of Baie Éternité, go back to the time of the "coureurs de bois" with the activity: "Un commis voyageur à l'époque du rabaska".



8



MUSÉE DU FJORD

3346, boul. de la Grande-Baie Sud
Saguenay (La Baie borough)

Tel: 418 697-5077 / 1 866 697-5077
museedulfjord.com
museevirtuel.ca/exhibitions/Fjord

Schedule
Open year-round
June 23 to September 3
Every day: 9 AM to 4:30 PM
September 4 to June 22
Tuesday to Friday: 9 AM to 4:30 PM
Saturdays, Sundays, and Holidays, 1 PM to 5 PM

Admission
Adults: \$15, Seniors: \$11.50
Students (over 18): \$11,
Children (6 to 17): \$8.50
Children (under 5): Free
Families (2 ad., 2 ch.): \$35
Families (2 ad., 1 ch.): \$30
Groups of 10 and +: \$13.50

The totally reinvented Musée du Fjord heartily invites you to explore the captivating world of the Saguenay fjord. Discover the hidden side of the fjord and its inhabitants. Come in contact with the starfish, sea urchins and sea cucumbers in our touch tank. Then, allow the giant aquarium and its fascinating fish to carry you into the depths of the Saguenay.

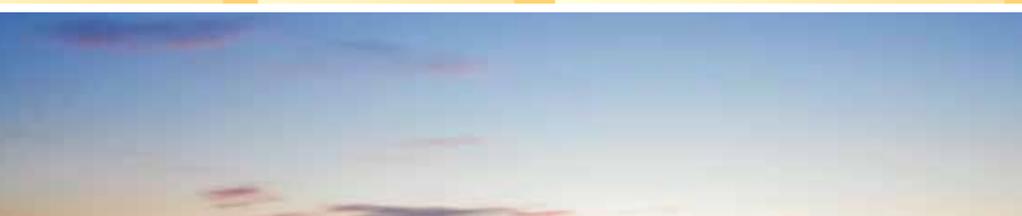
Plunge into adventure through a 3D multimedia show on the splendors of the fjord and its biodiversity. Through its varied exhibits and interactive outdoor excursions, the museum makes science and history both accessible and enjoyable for you and your family.



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CENTRE D'INTERPRÉTATION DES BATTURES ET DE RÉHABILITATION DES OISEAUX (CIBRO)

100, rue du Cap-des-Roches Saint-Fulgence

Tel.: 418 674-2425 cibro.ca

Schedule

Open year-round
High season (HS)
June 30 to August 26
Every day: 8:30 AM to 5 PM

Low season (OS)
May 19 to June 29, and August 27 to 8 October
Saturdays and Sundays:
9 AM to 4 PM
Upon reservation for groups over 10

Admission HS / OS
Adults: \$10 / \$8
Seniors (65+): \$7.50 / \$6
Students (13-18): \$7.50 / \$6
Children (5-12): \$5 / \$4
Families (2 ad., 3 ch.): \$30 / \$24
10% off for groups over 30

Known for its variety of attractions and pleasant atmosphere, the CIBRO gives you an opportunity to spend unforgettable moments with birds. It is an observation and care giving organization for birds of prey and other wild bird species.

Owl and Falcon: Interactive activity on how birds of prey adapt. Contact us for more information.



SAINTE-ROSE-DU-NORD

Municipality of Sainte-Rose-du-Nord
126, rue de la Descente-des-Femmes Sainte-Rose-du-Nord

Tel: 418 675-2250 ste-rosedunord.qc.ca

Corporation nautique du quai de Sainte-Rose-du-Nord

May to October
Tel: 418 675-2250

Musée de la nature
199, rue de la Montagne Sainte-Rose-du-Nord

Open year-round
Tel: 418 675-2348

Les Croisières du Fjord
May to October
Tel: 418 543-7630
1 800 363-7248

The “Pearl of the Fjord”, a town set in a valley between capes, has kilometres of trails with the most beautiful panoramic viewpoints over the Fjord.

As the gateway to the Marine Park along the north shore of the Saguenay, Sainte-Rose-du-Nord has some interesting secrets to share with you. Be sure to stop in at the visitor information office, the pleasure craft mooring area and the reception pavilion for cruise passengers and other nautical enthusiasts.



CENTRE D'INTERPRÉTATION DES MAMMIFÈRES MARINS (CIMM)

108, rue de la Cale-Sèche Tadoussac

Tel.: 418 235-4701 gremm.org baleinesendirect.net

Schedule

May 14 to June 10: Noon to 5 PM
June 11-17: 9 AM to 6 PM
June 18 to September 23: 9 AM to 8 PM
September 24 to October 21: 11 AM to 6 PM

Admission

Adults: \$12
Accompanied children: (17 and under): Free
Seniors: \$11
Taxes included
Special group rates

Meet a 13 m sperm whale and explore the world of whales. Original videos, sounds, games and skeleton collection, exclusive film (air-conditioned room): A complementary must to your excursion. Our experts will answer all your questions. All purchases made at the boutique contribute to whale protection endeavours.

See the all new garden called “Jardin de la grève”: Côte-Nord flora and five beluga sculptures. Get the full measure of a life-size blue whale.



POSTE DE TRAITE CHAUVIN

157, rue du Bord-de-l'Eau Tadoussac

Tel.: 418 235-4657

Schedule

June to October

Admission

Adults: \$4
Seniors: \$3
Children and students: \$2.50
Free for children under 6

The Tadoussac trading post – at the crossroads of history! Established by Pierre de Chauvin de Tonnetuit in 1600, the Tadoussac trading post contributed to the birth of New France. On this meeting ground, the Aboriginal peoples and Europeans not only bartered wares but also shared knowledge and values.

Discover history through the reconstitution of this symbolic place, which continues to play host to visitors from near and far.



BAIE-SAINTE-MARGUERITE SECTOR

1121, route 172 Nord Sacré-Coeur

Tel.: 1 800 665-6527 418 236-1132 parcsquebec.com

Schedule

May 18 to June 22, every day: 9 AM to 4 PM
June 23 to September 1: every day: 9 AM to 6 PM
September 2 to October 8: every day: 9 AM to 4 PM

Admission
Fee charged

Whether you are staying at the campground or simply having a picnic, the principal attraction in this sector is without doubt beluga-watching from the shore. This small white whale and the history of the area are also featured in an exhibition at the discovery and visitors centre.

The “Halte du beluga” activity is held every afternoon all summer long, where a park warden tells all about this fascinating protected species.



ANSE-DE-ROCHE DOCK

346, ch. de l'Anse de Roche (via route 172) Sacré-Coeur

Schedule

Early June to the end of September
Every day: 11 AM to 10 PM

Admission

Boat launch: Boats: \$8.50
Kayaks: \$4.50

Space in the marina available upon reservation
Spaces sometimes available for sailboats or cruisers :
418 236-4325 ansederoche@gmail.com

Two mooring buoy areas are also available.

Twelve nautical miles from Tadoussac in the Saguenay Fjord and less than ten kilometres for the town of Sacré-Coeur stands a seaport with a unique viewpoint on the Saguenay–St. Lawrence Marine Park. Breathtaking scenery and a variety of land and sea activities are available.

Outstanding landscapes, mesmerizing sunsets, kayaking, pergola, interpretation and picnic areas await your visit.



BAIE-DE-TADOUSSAC SECTOR

750, ch. du Moulin-à-Baude Tadoussac

Tel: 1 800 665-6527 418 235-4238 parcsquebec.com

Schedule

June 7 to 21: Saturdays and Sundays: 10 AM to 5 PM
June 22 to September 3: Thursday to Monday: 10 AM to 5 PM
September 4 to October 8: Thursday to Monday: 1:30 PM to 8:30 PM

Admission
Fee charged

Get an exceptional view of the immenseness of the oceans. The last great glacier left behind two marine terraces called the “dunes” by the local population. Discover the remains of the glacial period where thousands of birds stopover in the fall, on their way south.

Set at the confluence of the Fjord and estuary, “Pointe de l'Islet” is a spectacular site for land-based marine mammal observation.



CENTRE ARCHÉO TOPO

498, rue de la mer Les Bergeronnes

Tel.: 418 232-6286 archeotopo.com

Schedule

May to mid-October: 9 AM to 6 PM
July and August: 8 AM to 8 PM

Admission

Adults: \$6
Seniors: \$5
Children and students: \$4
Families: \$14.50
Special group rates

The Centre Archéo Topo narrates the history of human occupation – from the first Aboriginal peoples down to the present time and along the entire North Shore, from Tadoussac to Blanc-Sablon. It makes for a fascinating exhibit covering 9,000 years of history.

Take part in pottery or bead-making workshops and discover the way of life of longstanding Aboriginal communities and their ties with the marine environment.





CAP-DE-BON-DÉSIR INTERPRETATION AND OBSERVATION CENTRE

13, ch. du Cap-de-Bon-Désir
Les Bergeronnes

Tel: 418 232-6751
418 235-4703 (low season)
parksCanada.gc.ca

Schedule

June 23 to September 3
Every day: 9 AM to 6 PM
September 4 to 9
Every day: 9 AM to 5 PM
September 12 to October 8 (incl.)
Wednesday to Sunday: 9 AM to 5 PM

Admission

Adults (16 to 64): \$7.80
Seniors (over 65): \$6.80
Youth (6 to 15): \$3.90
Families: \$19.60

Hear the whales blow from the shore and observe abundant marine wildlife. Bring warm clothing, binoculars, and your picnic fare. The guide-interpreters have a range of family activities to offer.

NEW! Be among the first to see the new exhibition "On the Lookout!".
Discover the true nature of the St. Lawrence River!

Children get to play "Xplorers" for a day. Find out more at the visitor reception area.

Your admission entitles you to visit an additional 2 Parks Canada sites the same day!



MARINE ENVIRONMENT DISCOVERY CENTRE

41, rue des Pilotes
Les Escoumins

Tel: 418 233-4414
418 235-4703 (low season)
parksCanada.gc.ca

Schedule

June 23 to September 3
Every day: 9 AM to 6 PM
September 4 to October 8 (incl.)
Fridays, Saturdays, and Sundays: 9 AM to 5 PM

Admission

ADMISSION TO THE CENTRE
Adults (16 to 64): \$7.80
Seniors (over 65): \$6.80
Youth (6 to 15): \$3.90
Families: \$19.60
ADMISSION PLUS THE
ST. LAWRENCE LIVE ACTIVITY
Adults: \$14.20
Seniors: \$11.95
Youth: \$7.05
Families: \$35.55

Explore the world of starfish, sea anemones and sea mammals. From June 30 to August 25, be a part of the "St. Lawrence Live" activity. In the company of guide-interpreters, you'll be able to take the plunge – yet remain as dry as toast. For reservations, call 418-233-4414.

Divers, please check out the "Underwater diving" section (page 20).

Children get to play "Xplorers" for a day. Find out more at the visitor reception area.

Your admission entitles you to visit an additional 2 Parks Canada sites the same day!



BAIE DE L'ISLE-VERTE NATIONAL WILDLIFE AREA

**La Maison Girard
Interpretation Centre**
371, route 132 Est
L'Isle-Verte

High season: 418 898-2757
Low season: Corporation
PARC Bas-Saint-Laurent
418 867-8882, ext. 201

Schedule

Mid-June to
mid-September
9 AM to 5 PM

Admission

La Maison Girard
interpretation centre and all
associated trails are open to
visitors free of charge.

Guided activities

Guided activities are
offered by PARC Bas-Saint-
Laurent; reservations are
required at least one day
in advance.

The coastal sector of the "Baie de L'Isle-Verte" National Wildlife Area has several discovery trails to offer: de la Montagne, de la Savane, des Passereaux, des Roitelets, de la Spartine and de la Digue, in addition to the Maison Girard Interpretation Centre.

From mid-August to mid-September, the "Baguage de canards" (duck banding) package will give you a close look at the animal world and its environment.



ÎLE-VERTE LIGHTHOUSE NATIONAL HISTORIC SITE OF CANADA

**Les Maisons du Phare
de l'Île Verte**
2801, chemin de l'Île
Île-Verte

418 898-2730
ileverte.net

Schedule

Mid-May to mid-October
Île Verte can be accessed
every day, in accordance
with tide tables.

Admission

Exhibitions: \$7
Passport for the three
museums on the island: \$15

Activities

Exhibitions, conferences,
hiking, sea mammal
observation, bicycle rentals

Since 1809, the oldest lighthouse on the St. Lawrence lights the way for all navigators. Stay at the "Maisons du phare" bed & breakfast for an unbelievable experience. The houses of the former lighthouse keeper and assistant-keeper will let you go to sleep to the sounds of the waves, in the comforting glow of the lighthouse.

The site offers cultural activities and films. The museum tells the history of the lighthouse and their courageous keepers' lives.



ÎLE AUX BASQUES

468, rue Vézina
Trois-Pistoles

Tel: 418 851-1202 (warden)
provancherqc.ca

Schedule

June 9 to September 5
Every day, according
to the tides
Then, visits are arranged
depending on demand

Admission

Adults: \$27
Youth (7-15): \$15
Children (6 and under): \$7
Taxes included
Fees subject to change.

Île aux Basques is located along the south shore of the St. Lawrence, opposite the town of Trois-Pistoles, 250 km east of Québec City. This island, the property of the Société Provancher since 1929, is a gem of our natural and historic heritage. Ideal for bird- and seal-watching, the island also features several hiking trails. Come discover the ancient stone ovens used by Basque fishermen.

Historic monuments, Basque ovens, small rustic interpretation centre.



PARC DE L'AVENTURE BASQUE EN AMÉRIQUE

66, rue du Parc
Trois-Pistoles

Tel: 418 851-1556
1 877 851-1556
aventurebasque.ca

Schedule

Interpretation Centre
June 18 to September 15:
10 AM to 6 PM
Off-season – upon
reservation
Cafe-bistro: June 20 to
September 5: 10 AM to
6 PM and according to
pelota game schedule
and other activities.

Admission

Adults: \$6
Seniors: \$5
Students (17 and under): \$4
Children (12 and under): Free
Families: \$12
School and tourist groups:
Special rates

Experience the great era of the Basque fishermen in North America! Follow their adventures throughout the St. Lawrence, including their involvement in the fur trade with the Aboriginal peoples or whale-hunting in the 16th century. Archaeological discoveries and much more are on tap! Guided tour at 11 am, 1 pm and 3 pm. Self-guided visits can be made at all times.

Rendez-vous basque, July 28-29



ST. LAWRENCE EXPLORATION CENTRE

80, rue Mackay,
Rivière-du-Loup

Tel: 418 867-8796
(High season)
418 867-8882 ext. 206
(Low season)
romm.ca

Schedule

June 10 to September 9:
Every day: 9:30 AM to 5 PM
May 1 to October 31:
Open for groups
upon reservation

Admission

Adults (17+): \$7.50
Children (6-17): \$4
Children (5 and under): Free
Seniors (60 and over)
and students: \$6
Families (2 adults and their
children): \$18
Groups of adults: \$5 / pers.
Groups of children: \$4 / pers.

Located near the shore, this interpretation centre explains marine life in the St. Lawrence River. Come and see marine mammal skeletons, touch a starfish, see films on the marine environment, watch shoreline wildlife in action, and more! Terraces and souvenir boutique on location.

Guided tours reveal St. Lawrence marine mammals and underwater wildlife. Touch the animals and feed them in the aquarium!



ÎLES DU POT À L'EAU-DE-VIE AND ÎLE AUX LIÈVRES

Tel: 418 867-1660
duvetnor.com

Schedule

Mid-June to early October
Pot à l'Eau-de-Vie
lighthouse
Sea excursions
Cabin rentals
(L'Île aux Lièvres)
Inn (L'Île aux Lièvres)

Admission

Adults: \$25 / \$210
Students: \$25 / \$210
Children: \$15 / \$175

The length and cost of
excursions and stays vary
according to destination.
Telephone reservations
required. No Internet
reservations.

Corporation dedicated to the conservation of natural environments with a range of ecotourism products in the following bird sanctuaries: Îles du Pot à l'Eau-de-Vie archipelago and Île aux Lièvres, Îles Pèlerins archipelago and Île aux Fraises. Lodgings available as well as daily guided excursions with or without stopover.



Bulletin Board

Underwater diving

Dive into the heart of magnificently coloured gardens and discover animal life below the surface. The cold salt waters of the St. Lawrence estuary are home to varied, impressive marine life. These sites offer divers special access to the Marine Park (fees apply).



Customized packages let you adapt your dive to your preferences, or offer one as a gift to a certified diver.

Paradis marin

4, chemin Émile-Boulianne, Les Bergeronnes
Tel: 418 232-6237

Services on location: Launching site, showers and washrooms.

Marine Environment Discovery Centre, a Parks Canada site

Diving base operated by the Fédération québécoise des activités subaquatiques (FQAS)

41, rue des Pilotes, Les Escoumins
Tel: 418 233-4025

Services on location: Equipment rentals, air refills, guided dives, customized packages, launching platforms, hot-water showers, and washrooms.

Dive for a good cause: take part in the Plonge-eau-thon! May 18 to 21.

High season

June 23 to September 3
Every day 8 AM to 6 PM

Low season

May 18 to 21 / June 15 to 22 / October 5 to 8
Friday: 12 AM to 6 PM
Saturday: 8 AM to 6 PM
Sunday: 8 AM to 6 PM
(8 AM to 4 PM on June 17)
Monday (May 21 and Oct. 8): 8 AM to 12 AM

The diving base will be closed from September 4 to October 4, but diving will be allowed on Fridays, Saturdays, and Sundays from 9 AM to 5 PM.

Attention all geocachers

Parks Canada has a geocaching experience to offer you. Do a search for "The White Whale," "Magtogoek" or "A Fragile Ecosystem" on geocaching.com.



Do your children love to explore?

Ask for the Xplorer program booklet when you enter one of the Parks Canada sites.



The Marine Park in your school

Parks Canada offers two learning activities related to Quebec school curricula:

Elementary students in cycle 3 go on a virtual scientific expedition to explore the Marine Park.

For full details (including activity plans), go to the Teacher Resource Centre on pc.gc.ca

Students in the secondary – cycle 1 geography program get to discover the protected territory.

For further details, visit, marinepark.learnquebec.ca

Winter fun

Ice fishing on the Fjord

In winter, when the ice is at least 30 cm thick, fishing huts start to appear on the pack ice, grouped into small, colourful villages. There are seven ice fishing sites on the Saguenay Fjord: L'Anse-Saint-Jean, Rivière-Éternité, Sainte-Rose-du-Nord, Saint-Fulgence, Les Battures, Grande-Baie and Anse-à-Benjamin. The most common fish species are rainbow smelt and bottom-dwelling fish like redfish, Atlantic cod, Greenland cod, and Greenland halibut.

Ducks as far as the eye can see

The Marine Park and surrounding area provide an excellent venue for winter bird-watching. Ice-free areas, such as bays and river mouths, are places where ducks can find the food they need to survive the winter: Hundreds, even thousands of American Black Ducks, Common Goldeneyes, Oldsquaws, Lesser and Greater Scaups, and scoter ducks gather. One may also see Barrow's Goldeneye, a threatened species, and Buffleheads. Winter is a great time to see nature's beauties!



EXPLOS-NATURE: EDUCATION-RESEARCH

"Labo d'un soir" and "Causerie théâtrale"

Maison de la mer
302, rue de la Rivière, Les Bergeronnes
Tel.: 418 232-6249

Explos-Nature invites you to take part in the family activities offered at the "Maison de la mer," in the company of enthusiastic guide-naturalists. Discover the living organisms inhabiting the St. Lawrence estuary during the "Labo d'un soir" activity. View a video, observe animals under the magnifying glass and watch them in a salt water aquarium. The "Causerie théâtrale" will entertain the entire family. Before you know it, you'll have the inside story on the Marine Park's hidden riches. (Activities are in French only.)

Schedule: July 2 to August 25. Mon., Thurs. and Sat., 7:30 PM to 9:30 PM.

Admission: Ad.: \$6, Ch.: \$3, Families: \$15

"Species at Risk" trail in the Saguenay–St. Lawrence Marine Park

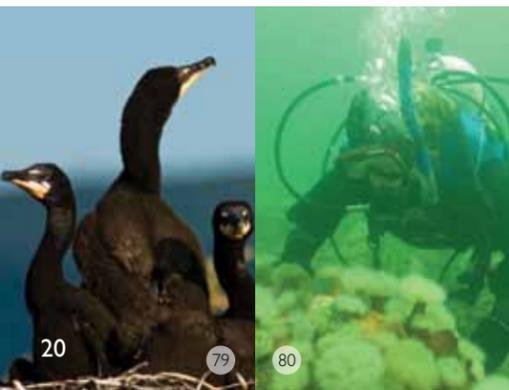
The "Species at Risk" trail in the Saguenay–St. Lawrence Marine Park overlaps a portion of the multipurpose trail maintained by the Club Le Morillon. Running about 8 kilometres in length, it is open to both hikers and bikers (mountain or hybrid bikes).

You can use this trail to reach two Parks Canada sites: the Cap-de-Bon-Désir Interpretation and Observation Centre (Les Bergeronnes) and the Marine Environment Discovery Centre (Les Escoumins).

Along the way, you'll see information posted on the Marine Park's species at risk. You can also watch birds and sea mammals whenever you stop at one of the observation points and rest areas.

"For the birds"!

The Saguenay–St. Lawrence Marine Park area sees a surprising variety of bird species. In the fall, the Observatoire d'oiseaux de Tadoussac (OOT) team goes to the "dunes" sector in Tadoussac to observe a spectacular migration. Ornithologists here count and identify thousands of birds. Banding activities give you a very special proximity with the birds. For further information, see the OOT Website at explos-nature.qc.ca or call toll-free at 1 877 MER-1877.



1 Parks Canada / M. Loïselle	18 Parks Canada / L. Falardeau	35 Centre écologique de Port-au-Saumon	51 Parks Canada / F. Guay	67 Parks Canada / M. Loïselle
2 Parks Canada / J.-G. Béliveau	19 Parks Canada / M. Boulianne	36 Gérald Bouchard	52 Parcs Québec, Parc national du Saguenay	68 Parks Canada / M. Loïselle
3 Parks Canada / F. Di Domenico	20 Parks Canada / M. Loïselle	37 Parks Canada / J.-L. Provencher	53 Parks Canada / N. Boisvert	69 Parks Canada / J.-L. Provencher
4 Parks Canada / M. Loïselle	21 Service canadien de la faune	38 Parks Canada / D. Rosset	54 Parks Canada / J.-L. Provencher	70 Service canadien de la faune / L.-G. de Repentigny
5 Parks Canada / M. Loïselle	22 Parks Canada / N. Boisvert	39 Parks Canada / M. Loïselle	55 Parks Canada / R. Michaud	71 Parks Canada / V. Busque
6 Parks Canada / M. Loïselle	23 Parks Canada / M. Loïselle	40 Parks Canada / L. Falardeau	56 GREMM / O. Beaudelot	72 ROMM / S. Giroux
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14 Parks Canada / R. Michaud	31 Parks Canada / M. Loïselle	48 Parks Canada / J.-L. Provencher	64 Parks Canada / C. Auger	80 Parks Canada / L. Falardeau
15 Parks Canada / M. Loïselle	32 Parks Canada / M. Loïselle	49 Jean Tremblay	65 Société Provencher	81 Parks Canada / D. Rosset
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INFORMATION

Saguenay–St. Lawrence Marine Park

marinepark.qc.ca

Parks Canada

182, rue de l'Église
Tadoussac (Québec) G0T 2A0
Tel: 418 235-4703

To find out more about the Parks Canada network

Tel: 1 888 773-8888
parcscanada-que@pc.gc.ca
parcscanada.gc.ca

Parcs Québec

91, rue Notre-Dame
Rivière-Éternité (Québec) G0V 1P0
parcmarin@sepaq.com
parcsquebec.com

Send us your comments at

parcscanada-que@pc.gc.ca

IN THE 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
Cellular Phone *16
Marine Rescue Centre | 800 463-4393
Marine Pollution | 800 363-4735

PARKS 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 (Quebec marine mammal emergency network)

Concerning a marine mammal who is either
wounded or in trouble | 877 722-5346

To help you plan your stay...

You are planning a seagoing activity without a certified guide? Before you set out, find out about the directives you need to follow to make sure your outing is safe and enjoyable. Indeed, weather conditions change rapidly and strong marine currents could make your outing hazardous.

Ferryboat schedules and information

Escoumins / Trois-Pistoles

Tel.: 418 851-4676
traversiercnb.ca

Rivière-du-Loup / Saint-Siméon

Rivière-du-Loup Tel.: 418 862-5094
Saint-Siméon Tel.: 418 638-2856
traverserdl.com

Baie-Sainte-Catherine / Tadoussac

Tel.: 418 235-4395
traversiers.gouv.qc.ca

See the tourist guides for the four tourist regions surrounding the Marine Park: accommodations, restaurants, special attractions, leisure activities, all are here!

Tourisme Bas-Saint-Laurent

Tel.: 418 867-1272 • | 800 563-5268
bassaintlaurent.ca

Association touristique de Charlevoix

Tel.: 418 665-4454 • | 800 667-2276
tourisme-charlevoix.com

Association touristique du Saguenay–Lac-Saint-Jean

Tel.: 418 543-9778 • | 877 BLEUETS (253-8387)
saguenaylacsaintjean.ca

Association touristique de Manicouagan

Tel.: 418 294-2876 • | 888 463-5319
tourismemanicouagan.com

