



# VISITOR'S GUIDE 2017

## LIVE THE EXPERIENCE

AT SEA

ON LAND

The Saguenay–St. Lawrence Marine Park is one of the best places in the world for whale watching. Observe whales at sea or from vantage points along the shore. Renowned for the beauty of its scenery, the park protects an exceptional marine area, from surface to seafloor.

#marineparkmoment #SSLMarinePark



Duvenoir / D. Coulombe

## THE ESSENTIALS

### WHALE WATCHING BY BOAT

What fun it is to hear a whale blow or to catch a glimpse of one of these incredible animals at the surface! Take in the fascinating spectacle of marine animals from aboard a boat. Get ready for a journey to the kingdom of whales, seals and seabirds. Select the type of excursion that suits you best. See pages 3 to 5.

### WHALE WATCHING FROM SHORE

Keep your eyes peeled and your ears open while out walking, biking or driving along the Marine Park's shorelines! You might well glimpse or hear beluga, minke or fin whales, or possibly harbour porpoises, as they swim along the coast. There are surprises in store for you from Baie-Sainte-Catherine to Les Escoumins, with Sacré-Cœur in between.

See the *Discovery Network* section (pages 8 to 13).

### DISCOVERY ACTIVITIES

To satisfy your thirst for knowledge, partake in any one of several activities on offer. Enthusiastic guide-interpreters and fascinating exhibits will give you valuable insights into the many facets of the Marine Park. These helpful resources tell the full story of marine life, from starfish to sharks, as well as the history of local lighthouses and Indigenous populations.

See the *Discovery Network* (pages 8 to 14).

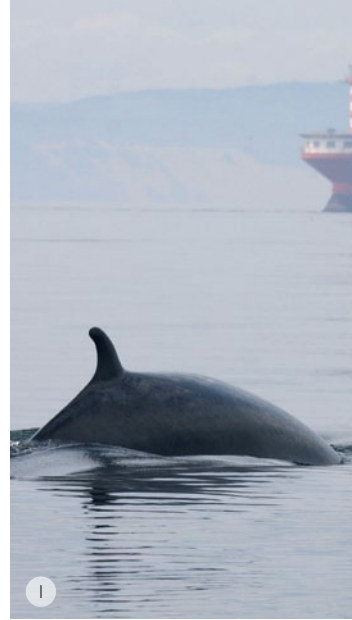
### KAYAKING

Whether you paddle with a professional guide or head out on your own, sea-kayaking is a great way to appreciate the vast beauty of the Marine Park. Carefully prepared kayak outings provide all of the pleasures of the great outdoors in complete safety. For an excursion lasting several days take advantage of campsites located along the edges of the park.

See pages 3 and 6.

### SPECTACULAR VISTAS

Discover the numerous vantage points that border the Saguenay Fjord and St. Lawrence Estuary on foot, by car or by bicycle. Once you begin to admire the sights along the shore, listen to the crash of waves on the beach and breathe in the salt air; it won't be long before you've left the daily grind behind. The *Discovery Network* guarantees a real change of scenery all along the perimeter of the Marine Park (pages 8 to 14).



1

## MARINE PARK MANDATE

To preserve marine life in a portion of the Saguenay Fjord and St. Lawrence Estuary, while encouraging its use for educational, recreational and scientific purposes, for the benefit of present and future generations.

The governments of Canada and Quebec regulate activities in the Marine Park with a view to ensuring the sustainable use of this area and its resources. Regional stakeholders contribute to achieving Marine Park objectives.



2



3



4



5

## 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 that you be aware of the risks inherent in each activity, respect your limits and use appropriate equipment.

## EXPERIENCE THE SEA!



Whether you are seeking adventure or a quiet tour on the water, you will be delighted. Take the full measure of wide open spaces, each excursion is unique!

6

### WHAT IS THE BEST TIME TO SEE WHALES?

Whether you are seeking adventure or a quiet tour on the water, you will be delighted. Take the full measure of wide open spaces, each excursion is unique!

### WHAT BOAT TO CHOOSE?

The rules governing approaches are the same for whatever type of boat you choose. Your captain will stay within regulated speeds and respect the approach distances to be maintained in the vicinity of whales. While sea-kayaking, your guide will make sure you maintain appropriate distances and navigate in complete safety.

### WHAT TO BRING?

Even in summer, it is colder on the water than on land. Warm, comfortable clothing is highly recommended.



### A GUIDED AND SUPERVISED EXCURSION

All businesses presented in this guide hold Saguenay–St. Lawrence Marine Park marine tour permits. Captains and sea-kayak guides working for these businesses must successfully complete relevant regulations training offered by Parks Canada.

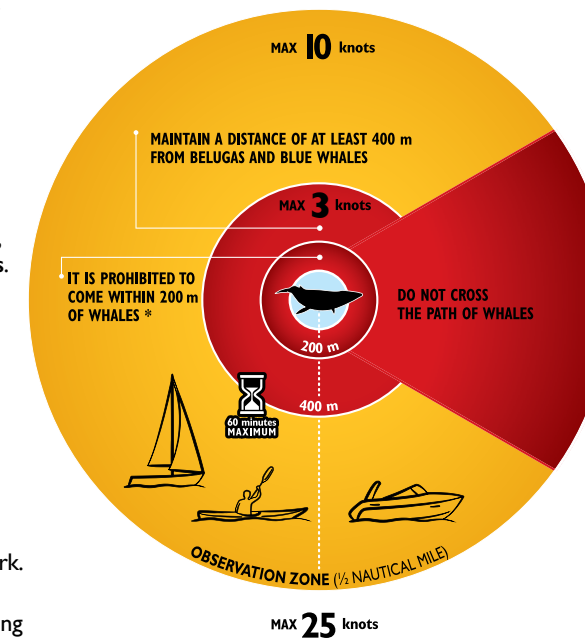
## Marine Activities in the Saguenay–St. Lawrence Marine Park Regulations

Developed in partnership with marine tour companies, the Regulations provide a framework for activities carried out in the Marine Park. The Regulations indicate the maximum navigational speed permitted throughout the park, as well as distances and speeds to be respected when marine mammals are present.

Regulations were modified on January 1, 2017 to better protect marine mammals. Consult [marinepark.qc.ca/protect](http://marinepark.qc.ca/protect), or contact us for further information.

Here is an overview of the new measures:

- Stopping within ½ nautical mile of beluga and blue whales is prohibited.
- The maximum speed permitted at the mouth of the Saguenay is 15 knots.
- The use of personal watercraft (jet skis), hovercraft and traction water sports are prohibited within the boundaries of the park.
- Do not disturb marine mammals, for example, by feeding, touching or attempting to swim with them.



### ALL WATERCRAFT IN THE MARINE PARK MUST COMPLY WITH THESE REGULATIONS.

#### OBSERVATION ZONE

½ nautical mile = 926 metres

#### SPEED

3 knots = 5.56 km/h = 3.45 mph  
 10 knots = 18.52 km/h = 11.50 mph  
 15 knots = 27.78 km/h = 17.26 mph  
 25 knots = 46.30 km/h = 28.77 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 permitted to approach to a distance of 100 m from whales, other than beluga and blue whales.

### Did you know...?

To learn more about whales, visit [marinepark.qc.ca/get-to-know/](http://marinepark.qc.ca/get-to-know/)

Four migratory great whale species 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 live year round in the St. Lawrence Estuary. Can you tell which is which?



## BOAT EXPERIENCE



Aventure Écotourisme Québec | [www.aventure-ecotourisme.qc.ca](http://www.aventure-ecotourisme.qc.ca)

### Croisières AML

| 800 563-4643 | [croisieresaml.com](http://croisieresaml.com)



Lose yourself in a different way with Croisières AML! Live an exceptional experience aboard the best observation boats in Canada accompanied by certified bilingual guide-naturalists that share their passion for marine mammals!

Departures from Tadoussac, Baie-Sainte-Catherine, Rivière-du-Loup

### Croisières Neptune

| 877 7NEPTUNE | [croisieresneptune.net](http://croisieresneptune.net)

Discover marine mammals in the company of our experienced captains and our bilingual naturalists aboard our glass-topped boat. We welcome people of all ages. A family-owned business for 27 years.

Departures from Les Escoumins

## EXPERIENCE DIVING

Dive into the heart of magnificent coloured gardens and discover the many animals hiding beneath the surface. The cold, salt waters of the St. Lawrence Estuary are home to a diverse range of impressive marine life.

### Paradis marin

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

Launch site, showers and washrooms.

### Les Navettes maritimes du Fjord

418 543-7630 / | 800 363-7248 | [croisieresdufjord.com](http://croisieresdufjord.com)



Transform your trips into unforgettable excursions aboard one of our vessels that travel the Saguenay Fjord from June through October. Use our water shuttles to discover villages and attractions, such as the Notre-Dame-du-Saguenay statue and the impressive capes Trinité and Éternité!

Departures from La Baie, Sainte-Rose-du-Nord, Rivière-Éternité, L'Anse-Saint-Jean and Tadoussac

### Société Duvetnor

| 877 867-1660 | [duvetnor.com](http://duvetnor.com)

Guided, informative observation and discovery excursions on the St. Lawrence. Remarkable biological diversity, seal haul outs, cliffs teeming with seabirds, beluga whales and visits to historic sites.

Departures from Rivière-du-Loup

### Marine Environment Discovery Centre

418 233-4025 / 418 233-4414 | [parcscanada.gc.ca/saguenay](http://parcscanada.gc.ca/saguenay)

Take the *Nordic Snorkelling* challenge, a near-shore swim tour with dive suit, flippers, mask and snorkel provided. Services are also available for SCUBA divers: rentals, dive tank filling, guided dives, developed access, change rooms and showers.

Marine Environment Discovery Centre  
41, rue des Pilotes, Les Escoumins

### Accès plongée Saguenay

| 800 PLONGÉE (756-6433) | [accesplongeesaguenay.com](http://accesplongeesaguenay.com)  
418 699-1000

Accès Plongée Saguenay offers guide services from aboard a boat. Discover the subaquatic treasures of the St. Lawrence in complete safety with our qualified personnel. Advanced divers can experience a night dive in the middle of the day in the Saguenay Fjord.

Departures from Les Escoumins and the La Baie marina

## INFLATABLE BOAT EXPERIENCE



### ECO-WHALE ALLIANCE

The Eco-Whale Alliance consists of four marine tour businesses, the Group for Research and Education on Marine Mammals (GREMM) and the managers of the Saguenay-St. Lawrence Marine Park: Parks Canada and Parcs Québec. In collaboration with captains and naturalists, Alliance members work to develop best practices for responsible whale watching. Encourage them by choosing a Proud Member of the Eco-Whale Alliance for your next outing!

### Croisières AML

| 800 563-4643 | [croisieresaml.com](http://croisieresaml.com)



For an outstanding nature experience aboard one of our inflatable 24 and 48 passengers boats. In the company of certified bilingual naturalist guides, enter the whales' compelling environment. Ideal for thrill seekers!

Departures from Tadoussac and Baie-Sainte-Catherine

### Croisière Escoumins

| 866 baleine / 418 233-4061 | [croisierebaleine.ca](http://croisierebaleine.ca)

Set out on an adventure to the whale paradise aboard a new generation of safer and more ecological zodiac-type craft. Experienced captains, theme cruises, whales guaranteed or your money back.

Departures from the private wharf in Les Escoumins

### Croisières Essipit

| 888 868-6666 / 418 232-6778 | [vacancesessipit.com](http://vacancesessipit.com)



Personalized whale-watching cruises aboard 12 and 36-passenger inflatable boats. Our experienced guides will share their knowledge of the marine environment. Simply unforgettable: respect and protect whales. Kueil! Welcome!

Departures from Les Bergeronnes



### Croisières Neptune

| 877 7NEPTUNE | [croisieresneptune.net](http://croisieresneptune.net)

Come aboard our latest generation zodiac-type boats to discover marine mammals. Safety and comfort are guaranteed with experienced captains. Complete high-quality equipment is provided. A family-owned business for 27 years.

Departures from Les Escoumins

### Les Écumeurs du Saint-Laurent

| 888 817-9999 | [lsecumeurs.com](http://lsecumeurs.com)



Les Écumeurs offers you a personalized excursion for watching whales and other mammals in the Marine Park. You'll enjoy a unique and exciting experience aboard our 12-passenger zodiac-type boats.

Departures from Les Escoumins

### Organisation - Le Québec Hors Circuits

418 579-8763 | [organisation.com](http://organisation.com)



Explore the majestic Saguenay Fjord, a maritime corridor, flanked by steep cliffs, that flows into the St. Lawrence Estuary, a meeting place for whales and other marine mammals. A natural experience on a human scale.

Departures from l'Anse de Saint-Étienne (Petit-Saguenay)

### Parc national du Fjord-du-Saguenay

| 800 665-6527 | [parcsquebec.com](http://parcsquebec.com)




On leaving one of the most beautiful bays in the Marine Park, take your place aboard an inflatable boat and begin your adventure with our experienced naturalist guides. Discover a protected ecosystem with a biodiversity that is unique in the world.


Departures from the Baie-Éternité wharf

# SEA KAYAK EXPERIENCE



**Aventure Rose-des-Vents**  
418 675-2625 | aventurerosedesvents.com  
Aventure Rose-des-Vents proposes personalised excursions to discover the Fjord. Beneath a full moon among friends or in the morning with family, our guides know how to offer you a memorable experience.  
Departures from Sainte-Rose-du-Nord

**Centre de vacances – Ferme 5 étoiles**  
418 236-4833 / 1 877 236-4551 | ferme5etoiles.com  
 Lovers of nature and water activities come experience the Saguenay Fjord with us. Discover the beauty of the Fjord and its steep mountains by kayak: "Sunset" introduction, half-day outings or one to five-day expeditions.  
Departures from Anse-de-Roche near Sacré-Coeur

**Fjord en Kayak**  
1 866 725-2925 | fjordenkayak.ca  
 "Canadian Signature Experience." Short, guided excursions on the Fjord (children three years of age and older) and multi-day expeditions with cuisine. Distinctions: small groups, fibreglass kayaks, personalised service, skilled guides.  
Departures from L'Anse-Saint-Jean


## ARE YOU PLANNING A SEAGOING ACTIVITY WITHOUT A CERTIFIED GUIDE?


Before you set out, learn the directives you will need to follow and the required equipment to ensure your outing is safe and enjoyable.  
See [tc.gc.ca/marinesafety](http://tc.gc.ca/marinesafety).


Weather conditions can change rapidly and strong marine currents could make your outing hazardous. For your safety, stay close to the shoreline and always keep it in sight, particularly in foggy conditions. Due to regular shipping traffic, avoid making "shore-to-shore" crossings.  
See [marinepark.qc.ca/sea-kayak](http://marinepark.qc.ca/sea-kayak)

**Katabatik – Aventure dans Charlevoix**  
1 800 453-4850 / 418 665-2332 | katabatik.ca  
 Specialists in guided sea kayaking excursions, our guides are dedicated to the St. Lawrence upper estuary. Abundant marine wildlife, amazing geomorphology, the Charlevoix coast is a paradise for paddlers.  
Departures from Baie-Saint-Paul, Cap-à-l'Aigle and Baie-des-Rochers

**Kayaks du Paradis**  
418 232-6237 | campingparadismarin.com  
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!  
Departures from Les Bergeronnes

**Mer et Monde Écotours**  
1 866 637-6663 | meretmonde.ca  
 An intimate experience linking humans to nature, where the sea kayak is the preferred tool for observing the marine environment. Our professional team invites you to experience unforgettable moments.  
Departures from Les Bergeronnes and Tadoussac

**Organisation – Le Québec Hors Circuits**  
418 579-8763 | organisation.com  
 Discover the secrets of the Saguenay Fjord in the company of our keen and professional guides. Be it a simple, half-day excursion or a multi-day expedition, take advantage of our packages designed to your specifications.  
Departures from La Baie, Sainte-Rose-du-Nord and Petit-Saguenay

**Parc national du Fjord-du-Saguenay**  
1 800 665-6527 | parcsquebec.com  
 Explore the most beautiful portions of the Fjord with our experienced naturalist-guides. An intimate rendezvous in the heart of an impressive natural setting and a unique marine environment.  
Departures from Baie-Éternité



Show you care, keep your distance

## KAYAKERS AND RECREATIONAL BOATERS: TAKE PART IN THE PROTECTION EFFORT!

Beluga whales and blue whales are endangered; these animals need protection to help in the recovery of their population. While navigating through the Marine Park, you will be in the centre of their habitat and may encounter these species. It is a privilege to be able to see them in their natural environment. Keep your distance.

### CAUTION: BABY BELUGA WHALE!

Beluga whales give birth in summer, particularly in July and August. This is a crucial period for the survival of mothers and their offspring. Females require calm to raise their newborn calves. When beluga whales approach your vessel, they react to your presence and modify their behaviour. Your presence could possibly interrupt resting, feeding or even calving and nursing. Repetitive disturbance can affect the survival of young animals, beluga whale health and reproduction. Remain at a distance of at least 400 metres.

To learn about best practices when in the presence of beluga whales, visit: [marinepark.qc.ca/protect/#beluga](http://marinepark.qc.ca/protect/#beluga)

Regulations (page 3) are in force throughout the Marine Park, and park wardens provide surveillance. Disturbing marine mammals is prohibited, even beyond the limits of the Marine Park.



A beluga whale and her calf. Photo taken with respect to the aforementioned.



## IF YOU SEE ONE OR SEVERAL BELUGA WHALES:

- Do not try to approach them: remain at a distance of at least 400 metres.
- If a beluga whale approaches your vessel:
  - Do not stop. Continue navigating or paddling to a distance greater than 400 metres from all beluga whales.
  - Avoid repetitively changing direction. If it is impossible to remain at a distance of 400 metres, maintain your course.
  - As long as you are within one half of a nautical mile (926 metres) of beluga whales, maintain a constant speed of between 5 and 10 knots, with the exception of kayakers.



## EXPERIENCE ON A SAILING VESSEL

**DAMACHA – ÉCOLE DE VOILE CROISIÈRE**  
1 866 278-5355 / 418 434-2435  
[damacha.qc.ca](http://damacha.qc.ca)

Damacha trains all levels of sailors. Cruise the Fjord, the Estuary and the Gulf from Tadoussac. Experience life aboard a sailboat in the splendour of nature as it was in the days of the discoverers of this world.

Departures from Tadoussac

**VOILE MERCATOR**  
1 888 674-9309  
[voilemercator.com](http://voilemercator.com)

Navigate by sail on the Saguenay Fjord and the St. Lawrence Estuary. Three to seven-hour initiation excursions and 2 to 16-day cruise sailing courses are available. Accredited by Sail Canada and Aventure Écotourisme Québec.

Departures from L'Anse-Saint-Jean, Baie-Éternité, Tadoussac and La Baie

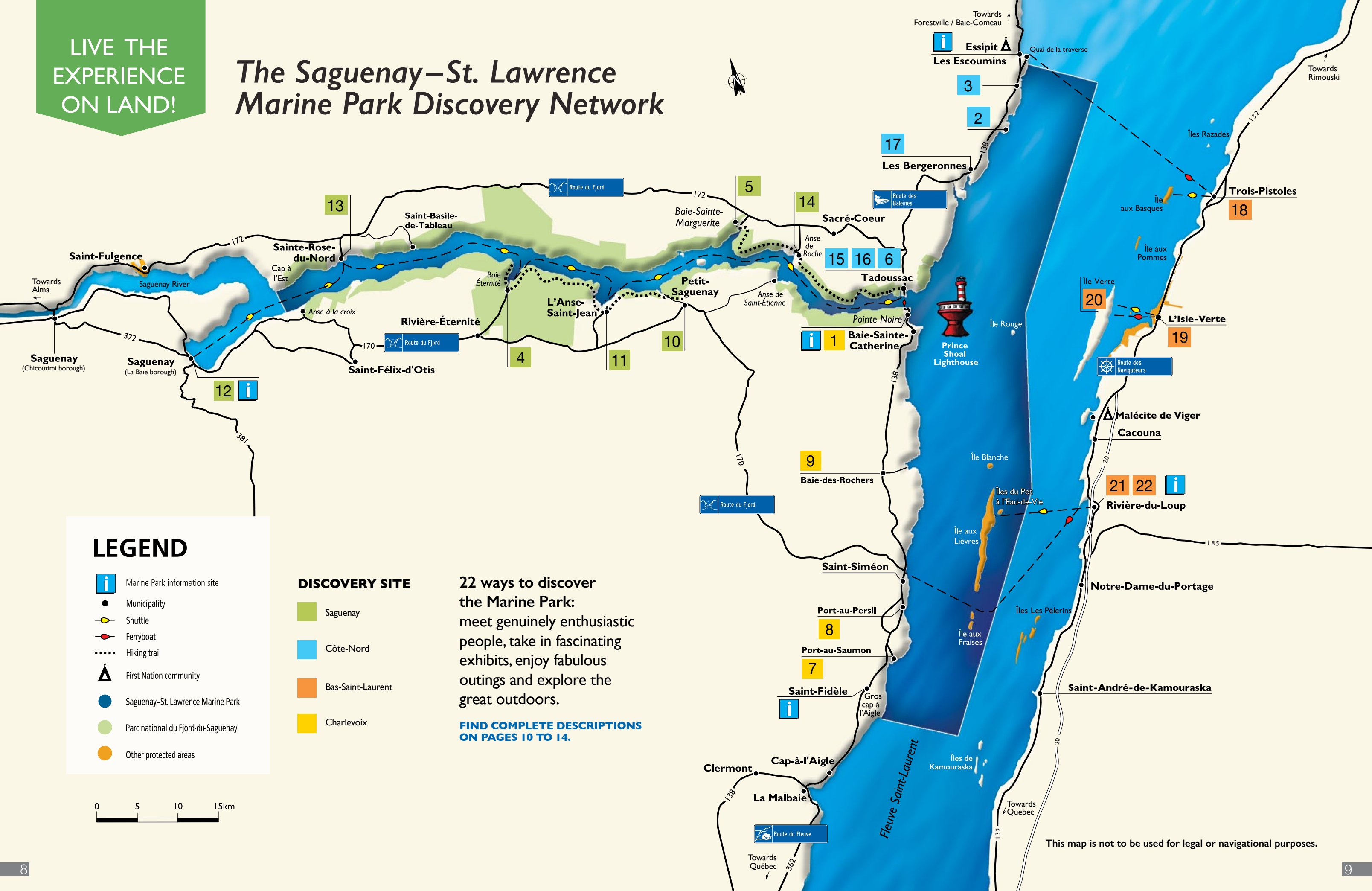


**FREE!**  
To get your copy of the Saguenay–St. Lawrence Marine Park **Boater's Guide** write to [info.marinepark@pc.gc.ca](mailto:info.marinepark@pc.gc.ca)



LIVE THE EXPERIENCE ON LAND!

# The Saguenay–St. Lawrence Marine Park Discovery Network



## LEGEND

- Marine Park information site
- Municipality
- Shuttle
- Ferryboat
- Hiking trail
- First-Nation community
- Saguenay–St. Lawrence Marine Park
- Parc national du Fjord-du-Saguenay
- Other protected areas

## DISCOVERY SITE

- Saguenay
- Côte-Nord
- Bas-Saint-Laurent
- Charlevoix

22 ways to discover the Marine Park: meet genuinely enthusiastic people, take in fascinating exhibits, enjoy fabulous outings and explore the great outdoors.

**FIND COMPLETE DESCRIPTIONS ON PAGES 10 TO 14.**



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

# LIVE THE PARKS CANADA EXPERIENCE

FREE ACCESS IN 2017 IN CELEBRATION OF THE 150<sup>TH</sup> ANNIVERSARY OF CONFEDERATION.



Exceptional views onto the Marine Park! See whales, seals and seabirds near the shore. Encounter naturalist-guides and benefit from their knowledge. Daily activities proposed. Sea life exhibits and visit of a light station. Binoculars and spotting scopes are available for your use. Follow divers live on a big screen (reservations recommended) or take the dive yourself! (See p. 4)

[parksCanada.gc.ca/saguenay](http://parksCanada.gc.ca/saguenay)



## 1 POINTE-NOIRE INTERPRETATION AND OBSERVATION CENTRE

141, route 138  
Baie-Sainte-Catherine  
Tel.: 418 237-4383 /  
418 235-4703 (off-season)  
Latitude: 48.122849  
Longitude: -69.71823

**Schedule**  
June 17 to Sept. 4:  
Everyday  
Sept. 5 to Oct. 9:  
Friday to Sunday  
and holiday.



## 2 CAP-DE-BON-DÉSIR INTERPRETATION AND OBSERVATION CENTRE

13, ch. du  
Cap-de-Bon-Désir  
Les Bergeronnes  
Tel.: 418 232-6751  
418 235-4703 (off-season)  
[parksCanada.gc.ca/saguenay](http://parksCanada.gc.ca/saguenay)  
Latitude: 48.276413  
Longitude: -69.476064

**Schedule**  
June 17 to Sept. 4:  
Everyday  
Sept. 11 to Oct. 9:  
Wednesday to Sunday  
and holiday



## 3 MARINE ENVIRONMENT DISCOVERY CENTRE

41, rue des Pilotes  
Les Escoumins  
Tel.: 418 233-4414  
418 235-4703 (off-season)  
[parksCanada.gc.ca/saguenay](http://parksCanada.gc.ca/saguenay)  
Latitude: 48.319463  
Longitude: -69.413187

**Schedule**  
June 17 to Sept. 4:  
Everyday  
Sept. 5 to Oct. 9:  
Friday to Sunday  
and holiday

## 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  
Latitude: 47.765055  
Longitude: -69.952247

**Schedule:**  
June 26 to August 17

**Admission:**  
Interpretive Trail  
(10 a.m. and 2 p.m.)  
Adult: \$8  
Child (5 to 12): \$5  
Touch tank (10 a.m.,  
11 a.m., 2 p.m. and 3 p.m.)  
Adult: \$5  
Child: \$3  
Low tide (July 8, 13, 14  
and 27, August 6 and 7)  
Adult: \$10  
Child: \$5

Wander through our interpretive trail. Observe and handle various St. Lawrence marine organisms. **RECENTLY ADDED:** Discovery activities at low tide in Port-au-Saumon Bay.



## PORT-AU-PERSIL



555, chemin de  
Port-au-Persil  
Saint-Siméon  
Municipality of  
Saint-Siméon  
Tel.: 418 620-5010  
[saintsimeon.ca](http://saintsimeon.ca)  
Latitude: 47.807676  
Longitude: -69.899472

**Schedule**  
Year round

**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" (Association of Quebec's Most Beautiful Villages).



## PARC MUNICIPAL DE LA BAIE-DES-ROCHERS



Baie-des-Rochers  
Municipality of  
Saint-Siméon  
Tel.: 418 620-5010  
[saintsimeon.ca](http://saintsimeon.ca)  
Latitude: 47.953704  
Longitude: -69.81283

**Schedule**  
Spring to fall

**Admission**  
Free

Hike one of the marked trails and take time out to enjoy the delightful surroundings and breath-taking views of the St. Lawrence Estuary.



# EXPERIENCE PARCS QUÉBEC

TAKE A FRONT-ROW SEAT AND DISCOVER THE MARINE PARK FROM ONE END OF THE FJORD TO THE OTHER!

Access fees apply. Free for children 17 and under.



Indulge in outdoor activities on land, at sea and in the air! Hiking trails provide extraordinary views onto the Fjord from Tadoussac to Éternité Bay. Try the *Via ferrata des Géants* with its impressive aerial pathways. Observe beluga whales from the observation deck half way along the Fjord on the shores of Sainte-Marguerite Bay and discover the fascinating universe of this protected species with the help of our naturalist-guides.

[parcsquebec.com](http://parcsquebec.com)



## 4 PARC NATIONAL DU FJORD-DU-SAGUENAY, BAIE-ÉTERNITÉ SECTOR

91, rue Notre-Dame  
Rivière-Éternité  
Tel.: 1 800 665-6527 /  
418 272-1556  
[parcsquebec.com](http://parcsquebec.com)  
Latitude: 48.2576  
Longitude: -70.4016

**Schedule**  
May 19 to October 9:  
Everyday



## 5 PARC NATIONAL DU FJORD-DU-SAGUENAY, BAIE-SAINTE-MARGUERITE SECTOR

1121, route 172 Nord  
Sacré-Cœur  
Tel.: 1 800 665-6527  
418 236-1162  
[parcsquebec.com](http://parcsquebec.com)  
Latitude: 48.264924 |  
Longitude: -69.945434

**Schedule**  
May 19 to October 9:  
Everyday



## 6 PARC NATIONAL DU FJORD-DU-SAGUENAY, BAIE-DE-TADOUSSAC SECTOR

Pointe-de-l'Islet et  
Sentier le Fjord  
Tadoussac  
Tel.: 1 800 665-6527  
[parcsquebec.com](http://parcsquebec.com)  
Latitude: 48.141032  
Longitude: -69.725468

**Schedule and fees (Le Fjord trail only):**  
June 9 to October 22:  
Everyday

## PETIT-SAGUENAY



Tourist information  
61, rue Dumas  
Petit-Saguenay  
Tel.: 418 272-3219  
[petit-saguenay.com](http://petit-saguenay.com)  
Latitude: 48.209261  
Longitude: -70.067463

**Schedule**  
May 15 to November 1

**Admission**  
Free

Discover the Fjord at two exceptional locations: the wharf, with its magical sunsets, and Saint-Etienne beach, a haven of peace in rhythm with the tides.



## L'ANSE-SAINT-JEAN



3, rue du Couvent  
L'Anse-Saint-Jean  
Tel.: 418 272-2633  
[lanse-saint-jean.ca](http://lanse-saint-jean.ca)  
Latitude: 48.233554  
Longitude: -70.205869

**Visitor kiosk**

**Schedule**  
Late June through  
mid-September:  
Every day

Tel.: 418 272-2974

**Admission**  
Free

Nestled along the shores of the majestic Saguenay Fjord, discover the charms of this picturesque village by way of the many outdoor activities and services available year round.



## MUSÉE DU FJORD



3346, boul. de  
la Grande-Baie Sud  
Saguenay  
(La Baie borough)  
Tel.: 418 697-5077  
1 866 697-5077  
[museedufjord.com](http://museedufjord.com)  
Latitude: 48.317447  
Longitude: -70.853845

**Schedule**  
June 24 to Sept. 4:  
Every day  
September 5 to  
June 23: Tuesday  
to Sunday

**Admission**  
Adults: \$15  
Children (6 to 17): \$8.50  
Family and group rates  
available

Winner of 12 awards of excellence, the Fjord Museum invites you to discover the Saguenay Fjord and the history of its people through exciting exhibitions, a large aquarium and a unique multimedia experience.



## SAINTE-ROSE-DU-NORD



13

126, rue de la Descente-des-Femmes  
Sainte-Rose-du-Nord  
Tél.: 418 675-2250  
ste-rosedunord.qc.ca  
Latitude : 48.388247  
Longitude : -70.58699

**Corporation nautique du quai**  
**Schedule**  
May to October

**Tourist Information**  
213, rue du Quai  
**Schedule**  
June to September  
Tel.: 418 675-2346

**Admission**  
Free

Visit the "Pearl of the Fjord", a town set in a valley between capes with kilometres of trails that lead to the most beautiful panoramic vantage points onto the Fjord.



## ANSE-DE-ROCHE DOCK



14

346, ch. de l'Anse-de-Roche  
(via route 172)  
Sacré-Coeur  
Latitude: 48.218251  
Longitude: -69.87456

**Schedule**  
Early June to the end of September

**Admission**  
Free entry  
Boat launch:  
Boats: \$9 + tx  
Kayaks: \$5 + tx  
Information for the marina:  
418 236-4325

A seaport surrounded by majestic landscapes with unforgettable sunsets. Picnic area, kayak outings. Situated 12 nautical miles from Tadoussac.



## CENTRE ARCHÉO TOPO



17

498, rue de la Mer  
Les Bergeronnes  
Tel. 418 232-6286  
archeotopo.com

Latitude: 48.228976  
Longitude: -69.553217

**Schedule**  
May to mid-October

**Admission**  
Family: \$17  
Adults: \$8  
Seniors: \$7  
Students: \$5  
Children (7 to 12): \$4  
Group rates

Explore the exhibit on human occupation of the North Shore (Côte-Nord) from the first Indigenous to the present day. Discover the lives of ancient Indigenous communities. Pottery, beading, dream-catcher fabrication and stone-cutting workshops.



## CENTRE D'INTERPRÉTATION DES MAMMIFÈRES MARINS (CIMM)



15

108, rue de la Cale-Sèche  
Tadoussac  
Tel.: 418 235-4701  
baileinesdirect.org  
gremm.org

Latitude: 48.138325  
Longitude: -69.719292

**Schedule**  
Mid-May to mid-October:  
Every day

**Admission**  
Adults: \$12 (plus taxes)  
Accompanied children  
(18 and under): Free

Where are the whales? Who are they? What are researchers doing? A visit to this centre is a must! Exhibition, film, specialists. Take part in world-renowned whale-song classes.



## POSTE DE TRAITE CHAUVIN



16

157, rue du Bord-de-l'Eau  
Tadoussac  
Tel. 418 235-4657  
418 235-4446  
poste 229  
tadoussac.com

Latitude: 48.140815  
Longitude: -69.716425

**Schedule**  
June to October:  
Every day  
May: upon reservation,  
with groups

**Admission**  
Adults: \$4  
Seniors: \$3  
Children and students:  
\$2.50

This reproduction of the first New France trading post celebrates its 75th anniversary in 2017. Relive the first days of the colony through an interactive and entertaining exhibit on contacts between Europeans and Innu.



## PARC NATUREL ET HISTORIQUE DE L'ÎLE AUX BASQUES



18

Boarding:  
Trois-Pistoles Marina  
Tel.: 418 851-1202  
provancher.org  
Latitude 48.133079  
Longitude: -69.184890

**Schedule**  
June 5 to September 5  
Variable, depending on tides

**Admission**  
Adults: \$29.75  
Youth (7-15): \$16.75  
Children (6 and under):  
\$6.75  
Taxes included

A natural heritage showpiece, île aux Basques is a National Historic Site, a migratory bird sanctuary and a nature preserve. The island is home to historical monuments, Basque ovens and an interpretation centre. Rustic cottage accommodation is available.



## BAIE DE L'ISLE-VERTE NATIONAL WILDLIFE AREA



19

La Maison Girard  
Interpretation Centre  
371, route 132 Est  
L'Isle-Verte  
Tél.: 418 898-2757 /  
418 867-8882,  
ext. 201 (Low season)  
ec.gc.ca/ap-pa

Latitude: 48.02312  
Longitude: -69.327132

**Schedule**  
Mid-June to early  
September

**Admission**  
Free

Follow the trails on the Estuary's south shore and observe the largest grassy salt marsh along the St. Lawrence.



## ÎLE-VERTE LIGHTHOUSE NATIONAL HISTORIC SITE OF CANADA



20

Les Maisons du Phare  
de l'île Verte  
2802, chemin du Phare  
Notre-Dame-des-Sept-Douleurs  
Tel.: 418 898-2730  
phareileverte.com

Latitude: 48.051006  
Longitude: -69.423616

**Horaire**  
June 10 to September 17  
Off season: group  
reservations only.  
Ferry crossing regulated  
by the tide  
traverseileverte.quebec

**Admission**  
\$88 / single occ. and  
\$120 / double occ.  
(plus taxes)

Guided visit of the lighthouse and museum. Observe whales and seals from the shore. On July 13, participate in activities related to the Journée québécoise des phares (Quebec Lighthouse Day). Accommodation available at the Les maisons du Phare Inn.



## ST. LAWRENCE EXPLORATION CENTRE



21

80, rue Mackay  
Rivière-du-Loup  
Tél.: 418 867-8796 /  
418 867-8882,  
poste 206  
romm.ca

Latitude: 47.860305  
Longitude: -69.552173

**Schedule**  
June 11 to September 3

**Admission**  
Adults: \$7.50  
Children (6-17): \$4  
Family and group rates  
available

Discover St. Lawrence marine resources in their natural surroundings. Touch, observe and allow yourself to be guided to the core of an amazing array of flora and fauna.



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



22

200 rue Hayward  
Rivière-du-Loup  
Tel.: 1 877 867-1660  
duvetnor.com

Latitude: 47.84729  
Longitude: -69.567567

**Schedule**  
Early June to the end  
of September

**Admission**  
Depending on the tour  
and duration of the stay

Ecotourism experience, with a visit to bird sanctuaries, romantic nights on an island, guided cruises, hiking in a natural environment and exploration of historical sites.



# 10 ACTIVITIES NOT TO BE MISSED!

## JUNE TO OCTOBER

### 1 EMBARK UPON A MODERN-DAY TREASURE HUNT: GEOCACHING!

Equipped with a GPS, set off in search of Parks Canada's geocaches. Do a search for "The White Whale," "La Fidèle," "Magtogoek" or "A Fragile Ecosystem" on geocaching.com.

### 2 DO YOUR CHILDREN LOVE TO EXPLORE?

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



### 3 ON THREE FULL-MOON EVENINGS... WE JAZZ IT UP UNDER THE MOON!

Unique in Quebec. Magical evenings spent outdoors on the riverbank where whales peacefully make room for the moon and its silvery ribbon as it decorates the scene for a jazz concert. An experience worth living!

On Saturday, July 8, August 5 and September 9, 2016, at around 8 p.m. (about one hour before moonrise).

Marine Environment Discovery Centre  
41, rue des Pilotes, Les Escoumins  
(Activity to be held indoors in the event of inclement weather).

For reservations call : 418 232-6653

### 4 EXPLOS-NATURE : ÉDUCATION-RECHERCHE

302, rue de la Rivière, Les Bergeronnes  
Tel.: 418 232-6249 [explosnature.ca](http://explosnature.ca)

Children discover the natural sciences through their five senses! Nature classes for educational institutions, family camps and science day-camps. This non-profit organization is dedicated to education and research of the natural world.

## JULY AND AUGUST

### 5 QUEBEC LIGHTHOUSE DAY

July 13, 2017

Participate in special activities and discover the Marine Park's lighthouses. Along with other navigational aids, they contribute to improving safety on the St. Lawrence.



Quebec Lighthouse Day  
[routedesphares.qc.ca/journee/](http://routedesphares.qc.ca/journee/)



### 6 BIOBLITZ CANADA 150 AT THE MARINE ENVIRONMENT DISCOVERY CENTRE

July 22 to 29, 2017

Use a microscope or participate in the activity the St. Lawrence Live\* and identify plants and animals that are protected by the Saguenay-St. Lawrence Marine Park. Are you a certified diver? Identify marine organisms by exploring park waters.

\* Reservation recommended, \$4.90 per person.

### 7 AUGUST IS ARCHAEOLOGY MONTH!

The Centre Archéo Topo proposes a tour through the Les Bergeronnes digs accompanied by an archaeologist guide. The archaeological dig simulation workshop is a unique experience for children to discover arrowheads, pipes, pottery shards, and other artefacts.

Centre Archéo Topo: 418 232-6286

## SEPTEMBER AND OCTOBER



### 8 FESTIVAL MARIN DES ESCOUMINS (LES ESCOUMINS MARINE FESTIVAL)

September 2 and 3 (Labour Day weekend)

Gaze in wonder at the St. Lawrence's underwater seascapes. Attend film screenings and follow divers as they perform a night dive. You'll be amazed by the marine life on display! Photo contest and underwater treasure hunt. Details available on our Facebook page!

Marine Environment Discovery Centre  
41, rue des Pilotes, Les Escoumins

For information: 418 233-2766, ext. 26.

### 9 LET YOURSELF BE CHARMED BY BOREAL OWLS

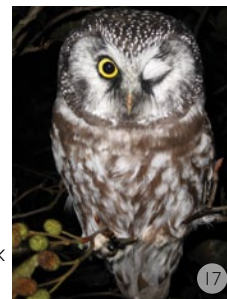
Learn about research carried out at the Observatoire d'oiseaux (Tadoussac Bird Observatory) and see a master bird bander work with these tiny night owls. As an observer, you can even participate in making the rounds of the nets! (Activity offered in French).

Parc national du Fjord-du-Saguenay  
Tel.: 418 272-1556 [sepaq.com/pq/sag](http://sepaq.com/pq/sag)

### 10 FESTIVAL DES OISEAUX MIGRATEURS DE LA CÔTE-NORD NORD (NORTH SHORE MIGRATORY BIRD FESTIVAL)

During the 3<sup>rd</sup> weekend of September, experienced birdwatchers and nature lovers are invited to participate in the following activities: bird-watching excursions (pelagic birds and shorebirds), bird banding, and conferences open to the general public.

[festivalmigrateurs.com](http://festivalmigrateurs.com)



## THE ST. LAWRENCE BELUGA WHALE IS ENDANGERED

### Parks Canada and Parcs Québec contribute to protection efforts

Beluga whales were historically abundant in the waters of the St. Lawrence. There were between 7800 and 10 000 individuals at the end of the 19th century. Unfortunately, intensive commercial whaling in the early 20th century very nearly wiped them out. The St. Lawrence beluga whale population has not recovered, despite a whaling ban that has been in place since 1979. The population is presently thought to be in decline. There are only an estimated 889 belugas remaining in the St. Lawrence.

The need to protect beluga whales and a large part of their summer habitat prompted the creation of the Saguenay-St. Lawrence Marine Park in 1998. It also led to the implementation of a number of protection, research and awareness activities. Numerous organizations, institutions and governments contribute to these efforts.

Parks Canada and Parcs Québec are also doing their part to protect and heighten awareness of this magnificent animal. On your visit to the marine park area, you may witness some of their initiatives.



#### INCREASED AWARENESS:

- Tour boat captains and the sea kayaking guides participate in annual training courses. If you embark with them, you will benefit from their knowledge;
- By visiting *Discovery Network* sites you will explore various facets of the Marine Park while gaining access to information about beluga whales;
- You may encounter one of the teams dedicated to research, awareness or monitoring who ply the waters of the Marine Park aboard a Parks Canada or a Parcs Québec boat;

#### PARTNERSHIP:

- We are working with Fisheries and Oceans Canada to educate recreational boaters and kayakers to take care of beluga whales by keeping their distance.
- Marine excursion companies, Parks Canada, Parcs Québec and the Group for Research and Education on Marine Mammals (GREMM), came together to form the *Eco-Whale Alliance* in order to improve visitor experience and whale-watching practices within the Marine Park;
- We work in consultation with maritime transport specialists in order to reduce the risk of collisions with whales and to limit disturbances;

#### ACTIVITIES MANAGEMENT:

- The *Marine Activities in the Saguenay-St. Lawrence Marine Park* Regulations were developed in collaboration with marine excursion companies. Parks Canada park wardens oversee the application of these Regulations;

#### RESEARCH:

- In addition to contributing to a number of studies, our teams study the distribution and abundance of beluga whale prey and vessel movements of within its habitat.

Our efforts supplement those of a large number of stakeholders. Protecting the St. Lawrence beluga whale is everyone's business. Without your help, we will not be able to achieve this worthwhile goal.



#### Photos credits

1. Parks Canada / C. Dubé
2. Parks Canada / V. Busque
3. Musée du Fjord
4. Parks Canada / M. Loiselle
5. Parks Canada / L. Lévesque
6. Parks Canada / J.-L. Provencher
7. Parcs Canada / M. Lajoie
8. Louis Falardeau
9. Parks Canada / M. Loiselle
10. Parks Canada / C. Dubé
11. Parks Canada / J.-L. Provencher
12. Parks Canada / J.-L. Provencher
13. Parks Canada / E. Lajeunesse
14. Parks Canada / E. Lajeunesse
15. Parcs Canada / E. Lajeunesse
16. Parks Canada
17. Mathieu Tremblay
18. Parks Canada / J.-L. Provencher
19. Sépaq Marc Loiselle
20. Parks Canada / J.-L. Provencher
21. Parks Canada / J.-L. Provencher

Printed on Enviro 100 satin paper, post-consumption, certified Eco-Logo and chlorine-free process, manufactured from biogas energy.

(PRINT)  
Catalogue number R61-50E / ISSN 1910-5894

(ONLINE)  
Catalogue number R61-50E-PDF / ISSN 1929-0950





## NEED MORE INFORMATION ABOUT THE MARINE PARK?

### Saguenay–St. Lawrence Marine Park

info.parcmarin@pc.gc.ca | marinepark.qc.ca |

 Follow us on facebook.com/SaguenayStLawrenceMP

 Share your #marineparkmoment #SSLMarinePark

#### PARKS CANADA

182, rue de l'Église

Tadoussac (Québec)

G0T 2A0

Tel.: 418 235-4703

Tel.: 1 888 773-8888

information@pc.gc.ca

parkscanada.gc.ca

#### PARCS QUÉBEC

91, rue Notre-Dame

Rivière-Éternité (Québec)

G0V 1P0

Tel.: 418 272-2767

Tel.: 1 800 665-6527

parc.marin@sepaq.com

parcsquebec.com

## VISIT ONE OF THESE INFORMATION OFFICES:

#### La Malbaie (Saint-Fidèle sector)

VISITOR CENTRE

2820, boul. Malcom-Fraser

418 434-2299

#### Baie-Sainte-Catherine

BAIE-SAINTÉ-CATHERINE

WHARF

151, route 138

#### Rivière-du-Loup

TOURIST INFORMATION

OFFICE

189, boulevard de

l'Hôtel-de-Ville

418 862-1981

#### Les Escoumins

TOURIST INFORMATION

OFFICE

154, route 138

418 233-2663

## To help you plan your stay...

#### Tourisme Bas-Saint-Laurent

Tel.: 418 867-1272 • 1 800 563-5268

bassaintlaurent.ca

#### Association touristique de Charlevoix

Tel.: 418 665-4454 • 1 800 667-2276

tourisme-charlevoix.com

#### Association touristique du Saguenay–Lac-Saint-Jean

Tél.: 418 543-9778 • 1 877 BLEUETS (253-8387)

saguenaylacsaintjean.ca

#### Tourisme Côte-Nord

Tél.: 418 294-2876 • 1 888 463-5319

tourismecote-nord.com

## Ferry Schedules and Information

#### Escoumins / Trois-Pistoles

Tel.: 418 851-4676 • 1 877 851-4677

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

## IN CASE OF EMERGENCY

#### CANADIAN COAST GUARD

Search and Rescue | 800 463-4393

VHF Channel 16 (156.8 MHZ)

Available 24 hours a day, 7 days a week

Cellular Phone \*16

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

RESPONSE NETWORK)

Concerning a marine mammal that is either

wounded or in trouble | 877 722-5346

CETTE PUBLICATION EST AUSSI DISPONIBLE EN FRANÇAIS