



SAGUENAY-ST. LAWRENCE  
**MARINE PARK**

[marinepark.qc.ca](http://marinepark.qc.ca)

# VISITOR'S GUIDE 2018



Canada 

Québec 

# 20 YEARS OF GREAT ACHIEVEMENTS

## OFFICIAL FOUNDING OF THE SAGUENAY-ST. LAWRENCE MARINE PARK AND MANAGEMENT OF ACTIVITIES AT SEA TO PROTECT WHALES



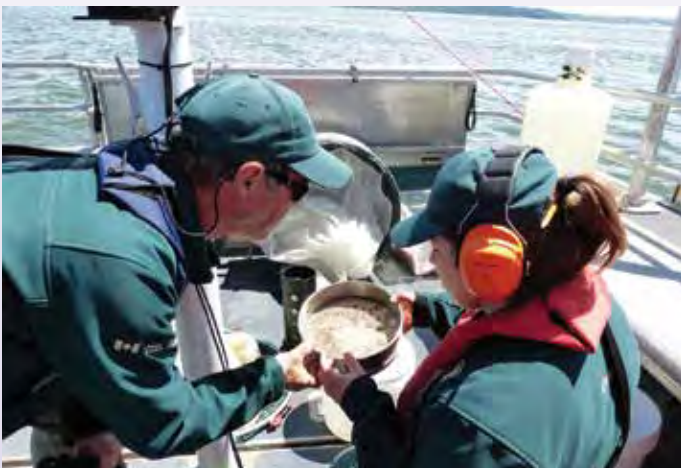
In 1998, the governments of Canada and Quebec united their forces to formalize the first marine protected area in the province. This was the year the acts creating the Marine Park were passed at Quebec's National Assembly and in Canada's House of Commons.

Quebec law prohibits prospecting, the use and exploitation of resources for mining or energy resource production, as well as the passage of oil or gas pipelines and power lines within the park.

The enactment of the Marine Activities in the Saguenay–St. Lawrence Marine Park Regulations, developed under Canadian Law, ensured the protection of marine mammals. A first in Canada, the Regulations were created in collaboration with regional bodies and the whale-watching industry. They were adopted in 2002 and revised in 2017 to better protect beluga whales, among others.

In support of the Regulations, awareness-raising measures have been undertaken to publicize good behaviours to be adopted while in the protected area. Furthermore, much effort has been made to ensure training for captains and guides at sea, and to raise awareness of thousands of pleasure boaters and kayakers.

## SCIENTIFIC RESEARCH FOR INCREASED UNDERSTANDING AND GREATER PROTECTION



To date over 120 research and monitoring projects have been carried out in the Marine Park since its creation. The work of researchers from numerous institutions has led to the acquisition of precious knowledge that helps park managers make appropriate decisions concerning conservation and the management of activities at sea. This research also contributes to expanding information disseminated to the public.

## A NETWORK OF PARTNERS FOR THE DISCOVERY OF THE MARINE PARK



In collaboration with numerous regional stakeholders, Parks Canada and the Sépaq have formed the Discovery Network. With twenty-two sites bordering the park, the network offers visitors a vast choice of recreational, educational and contemplative activities. Museums, interpretation centres, historical sites, nature reserves and spectacular view points present different features of the Marine Park.

## SLOWING LARGE VESSELS TO PROTECT WHALES



Under the initiative of Parks Canada and Fisheries and Oceans Canada, a working group has proposed voluntary measures to reduce the risk of ship strikes on whales. Since its inception in 2013, the initiative has had the effect of significantly reducing the speed of merchant vessels and cruise ships in areas frequented by whales. Pilots now pay particular attention to the presence of animals, slow down in feeding areas and avoid navigating in the area most often frequented by blue whales.

## AN ALLIANCE FOR RESPONSIBLE WHALE WATCHING



The Eco-Whale Alliance includes tour-boat operators working in the Marine Park, Parks Canada, the Sépaq and the Group for Research and Education on Marine Mammals. Its objective is to work together to develop best practices for whale watching at sea. Among other initiatives, it offers training courses for captains and naturalists, creates interpretive tools and measures progress since its creation. This is a shining example of a remarkable collaboration for the sake of conservation.



## A WORD FROM THE CO-DIRECTORS OF THE SAGUENAY–ST. LAWRENCE MARINE PARK

It is with considerable enthusiasm that we invite you to celebrate the Marine Park's twentieth anniversary. Twenty years is young, yet, as one of the oldest marine protected areas in the world, this majestic park is an inspiring example both here at home and abroad.

At a time when marine protected areas did not exist in Quebec, and were scarce elsewhere, the Marine Park model had to be invented from scratch. Progressing from the dream of promoting and protecting a marine space to the reality of a functional park was a major challenge.

Park teams, in collaboration with local stakeholders and communities, successfully surmounted this crucial step. Various initiatives have been developed over the years and contribute to public awareness, the quality of visitor experiences and the protection of the park's natural treasures.

Thank you to all who have made a valuable contribution to the collective project that is the Marine Park. We can be proud of progress achieved and confident in our ability to face future challenges together.

Enjoy your stay in the Marine Park!



**Daniel Langlois**

Co-director  
Parks Canada



**Jérôme Perrin-Gouron**

Co-director  
Sépaq

## A WORD FROM THE PRESIDENT OF THE COORDINATION COMMITTEE

It is with great pride that in this 20th anniversary year I extend an invitation to all Quebeckers, Canadians and visitors from the four corners of the world to follow the current of the Saguenay–St. Lawrence Marine Park.

Celebrating the Marine Park's 20th anniversary is also about acknowledging accomplishments resulting from ongoing dialogue with stakeholders from all walks of life. The coordination committee, which consists of representatives from the regions bordering the park, the Essipit Innu First Nation, the scientific community and the fields of education and tourism, is committed to the harmonious development of this protected area.

We invite you to learn more about the management, history and ecosystem conservation of the Marine Park in the June 2018 thematic edition of the *Naturaliste canadien* and the scientific symposium set to take place from October 17 to 19 at the Hôtel Tadoussac.

Twenty years of involvement from waterfront communities, collaboration with government stakeholders, regional dialogue and popular mobilization, now that's worth highlighting! We are also looking to the future, for much work remains to be completed to preserve this unique shared natural treasure.

Welcome to YOUR Marine Park!



**Émilien Pelletier**

President of the Saguenay–St. Lawrence Marine Park  
coordination committee,

Associate Professor at the Institut des sciences de la mer de Rimouski  
(UQAR-ISMER)



# THE ESSENTIALS



PHOTO 7

## 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 5 to 9.



PHOTO 8

## 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-Coeur in between.

See the *Discovery Network* section (pages 10 to 15).



PHOTO 9

## 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 10 to 17).



PHOTO 10

## 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 5 and 8.



PHOTO 11

## 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.

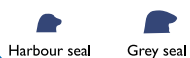
See pages 10 to 15.

## DID YOU 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?

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



Harbour seal Grey seal



Harbour porpoise Beluga



Minke whale



Humpback whale



Fin whale



Blue whale





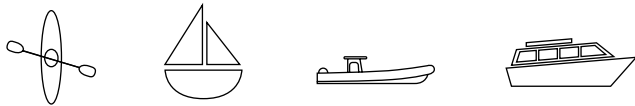
## KAYAKERS AND RECREATIONAL BOATERS: TAKE PART IN THE PROTECTION EFFORT!

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)



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

### IF YOU SEE ONE OR SEVERAL BELUGA WHALES:

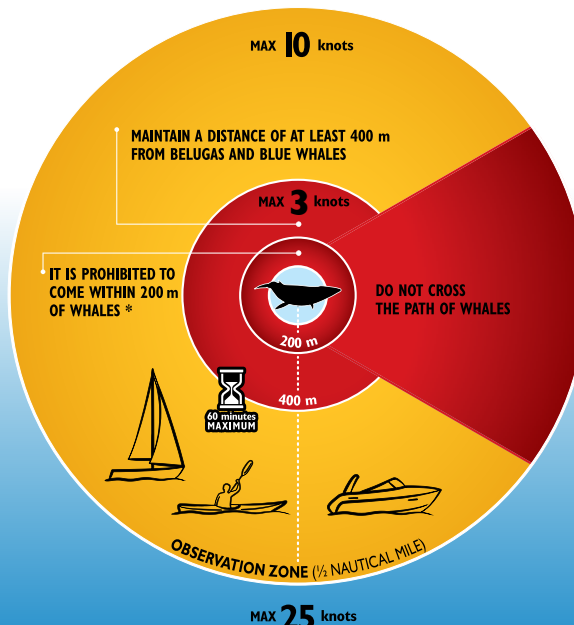
1. Do not try to approach them: remain at a distance of at least 400 metres.
2. If a beluga whale approaches your vessel:
  - Do not stop. Continue navigating or paddling to a distance greater than 400 metres from all beluga whales.
  - As long as you are within one half of a nautical mile (926 metres)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

## MARINE ACTIVITIES IN THE SAGUENAY-ST. LAWRENCE MARINE PARK REGULATIONS

**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 in 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 1/2 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

1/2 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 (whale-watching vessels) may navigate up to a distance of 100 metres from a non-endangered whale species.

## 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!

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

Opportunities to see whales in the Marine Park are good at any time of the day from early May to the end of October.

### 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.



PHOTO 13



Eco-Whale Alliance : Choose a Proud Member of the Eco-Whale Alliance for your next outing!



Aventure Écotourisme Québec

## BOAT EXPERIENCE

### Croisières AML

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



Cast off and head offshore to encounter giants of the sea! Our certified bilingual naturalist guides are keen to narrate the life stories of these impressive 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 28 years.

Departures from Les Escoumins

### Les Navettes maritimes du Fjord

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



Transform your travels to include an unforgettable cruise on the Saguenay Fjord (from June to October). Discover various villages and attractions along the way, like the Notre-Dame-du-Saguenay statue and the impressive capes Trinité and Éternité!

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

### Société Duvetnor

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

Escape to the islands of the Lower St. Lawrence (Bas-Saint-Laurent) region! Here you will find remarkable biological diversity, cliffs teeming with seabirds and a fascinating maritime history. Guided tours are offered on a daily basis with or without landing.

Departures from Rivière-du-Loup

# INFLATABLE BOAT EXPERIENCE



PHOTO 14

## Croisières AML

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



For an outstanding nature experience aboard one of our inflatable 24 and 60 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. Kue! 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 28 years.

Departures from Les Escoumins

## Les Écumeurs du Saint-Laurent

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



The Écumeurs offer you a personalized cruise to observe whales and other marine mammals in the Marine Park. Live a unique experience with our professional captains aboard our 12- or 30-passenger vessels.

Departures from Les Escoumins

## Organisation - Le Québec Hors Circuits

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



Come aboard for a natural experience on a human scale. Travel to the mouth of the majestic Saguenay Fjord, where it converges with the St. Lawrence Estuary, and encounter whales and other marine mammals.

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

## Parc national du Fjord-du-Saguenay

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

## Tadoussac Autrement

| 418 235-3333

Experience your whale-watching cruise in a different way! Aboard an enclosed 12-passenger Zodiac with removable windows, two enthusiastic and authentic young captains will lead you on a discovery of marine mammals and the Saguenay Fjord.

Departures from Tadoussac beach



# SEA KAYAK EXPERIENCE

## Aventure Rose-des-Vents

418 675-2625 | [aventurerosedesvents.com](http://aventurerosedesvents.com)



Treat yourself to a stunning view of one of the most beautiful villages in Quebec. You will discover utterly incredible stories of its first inhabitants. Personalized tours accessible for all.

Departures from Sainte-Rose-du-Nord

## Centre de vacances – Ferme 5 étoiles

418 236-4833 / 1 877 236-4551 | [ferme5etoiles.com](http://ferme5etoiles.com)



Nature lovers, admire spectacular sunsets or explore the Saguenay Fjord. Half-day to five-day excursions available. Professional guides, meals and equipment included for excursions of one day or more.

Departures from Anse-de-Roche near Sacré-Coeur

## Fjord en Kayak

1 866 725-2925 | [fjordenkayak.ca](http://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

## Katabatik – Aventure dans Charlevoix

1 800 453-4850 / 418 665-2332 | [katabatik.ca](http://katabatik.ca)



Paddle the Upper St. Lawrence Estuary with expert sea-kayak tour guides. 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](http://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](http://meretmonde.ca)



Mer et Monde has offered a unique and intimate experience connecting humans to nature for over 20 years. Sea kayaking is a beautiful way to observing the marine environment. Half-day or full-day excursions available.

Departures from Les Bergeronnes and Tadoussac

## Organisation – Le Québec Hors Circuits

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



Discover the secrets of the Saguenay Fjord in the company of keen and professional guides. From a simple half-day excursion to a multiple-day expedition, take advantage of personalized outings.

Departures from Sainte-Rose-du-Nord and Petit-Saguenay

## Parc national du Fjord-du-Saguenay

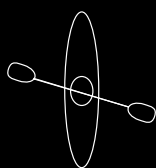
1 800 665-6527 | [sepaq.com](http://sepaq.com)



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

## 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/visit/at-sea/sea-kayak/](http://marinepark.qc.ca/visit/at-sea/sea-kayak/)



## EXPERIENCE ON A SAILING VESSEL



### Damacha – École de voile croisière

| 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

| 888 674-9309 | [voilemercator.com](http://voilemercator.com)



Navigate by sail on the Saguenay Fjord and the St. Lawrence Estuary. Three- to seven-hour beginner excursions, learning sessions and two- to twelve-day courses. Accredited by Sail Canada and Aventure Écotourisme Québec.

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

## EXPERIENCE DIVING



### Accès plongée Saguenay

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

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

### Marine Environment Discovery Centre

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

Experience Nordic Snorkelling: a near-shore swim in a wet suit, flippers, mask and snorkel (equipment included). Equipment rental, tank filling (Hyper Pure available), and guided dives are also available. Developed access, change rooms and showers.

41, rue des Pilotes, Les Escoumins

### École de plongée Immersion Côte-Nord

418 232-6249 / 1-877-MER-1877 | [explosnature.ca/plongee/](http://explosnature.ca/plongee/)

From initiation to Divemaster, as well as specialized and upgrading courses, Immersion Côte-Nord invites you to explore the sea from beneath the surface. Prolong the pleasure by means of all-inclusive dive trips.

Departures from Les Escoumins, Les Bergeronnes, L'Anse-de-Roche and Sainte-Rose-du-Nord

### Paradis marin

418 232-6237

Launch site, showers and washrooms.


4, chemin Émile-Boulianne, Les Bergeronnes

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 12 TO 15.**







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

# LIVE THE PARKS CANADA EXPERIENCE

**FREE ADMISSION  
FOR YOUTH 17  
AND UNDER**



1

PHOTO 19

## POINTE-NOIRE INTERPRETATION AND OBSERVATION CENTRE

141, route 138  
Baie-Sainte-Catherine  
418 237-4383  
418 235-4703 (off-season)  
parkscanada.gc.ca/saguenay

Latitude: 48.122849  
Longitude: -69.718231

**Schedule**  
June 16 to Sept. 3: Everyday  
Sept. 4 to Oct. 8: Friday to  
Sunday and holiday

**Admission**  
Adult: \$5.80  
Senior: \$4.90  
Youth: free  
Family/Group: \$11.75  
Taxes included



2

PHOTO 20

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

13, ch. du Cap-de-Bon-Désir  
Les Bergeronnes  
418 232-6751  
418 235-4703 (off-season)  
parkscanada.gc.ca/saguenay

Latitude: 48.276413  
Longitude: -69.476064

**Schedule**  
June 16 to Sept. 9: Everyday  
Sept. 10 to Oct. 8:  
Wednesday to Sunday  
and holiday

**Admission**  
Adult: \$7.80  
Senior: \$6.80  
Youth: free  
Family/Group: \$15.70  
Taxes included



3

PHOTO 21

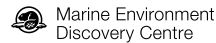
## MARINE ENVIRONMENT DISCOVERY CENTRE

41, rue des Pilotes  
Les Escoumins  
418 233-4414  
418 235-4703 (off-season)  
parkscanada.gc.ca/saguenay

Latitude: 48.319463  
Longitude: -69.413187

**Schedule**  
June 16 to Sept. 3: Everyday  
Sept. 4 to Oct. 8: Friday  
to Sunday and holiday

**Admission**  
Adult: \$7.80  
Senior: \$6.80  
Youth: free  
Family/Group: \$15.70  
Taxes included



# EXPERIENCE SÉPAQ

**FREE ADMISSION  
FOR YOUTH 17  
AND UNDER**



4

PHOTO 22

## BAIE-ÉTERNITÉ SECTOR

91, rue Notre-Dame  
Rivière-Éternité  
1 800 665-6527  
418 272-1556  
sepaq.com/saguenay

Latitude: 48.2576  
Longitude: -70.4016

**Schedule:**  
May 18 to October 8,  
everyday

**Admission**  
Adult: \$8.60  
Youth: free  
Taxes included



5

PHOTO 23

## BAIE-SAINTE-MARGUERITE SECTOR

1121, route 172 Nord  
Sacré-Coeur  
1 800 665-6527  
418 236-1162  
sepaq.com/saguenay

Latitude: 48.264924  
Longitude: -69.945434

**Schedule:**  
May 18 to October 8,  
everyday

**Admission**  
Adult: \$8.60  
Youth: free  
Taxes included



6

PHOTO 24

## BAIE-DE-TADOUSSAC SECTOR

Pointe-de-l'Islet et  
Sentier le Fjord  
Tadoussac  
1 800 665-6527  
sepaq.com/saguenay

Latitude: 48.141032  
Longitude: -69.725468

**Schedule:**  
June 8 to October 21,  
everyday

**Admission**  
(Le Fjord trail only)  
Adult: \$8.60  
Youth: free. Taxes included



Parc national  
du Fjord-du-Saguenay

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 lookout terrace 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.

[sepaq.com/saguenay](http://sepaq.com/saguenay)



# SAGUENAY

## PETIT-SAGUENAY



7

PHOTO 25

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.

Tourist information  
61, rue Dumas  
Petit-Saguenay

418 272-3219  
petit-saguenay.com

Latitude: 48.209261  
Longitude: -70.067463

**Schedule**

May 15 to November 1

**Admission**

Free



## L'ANSE-SAINT-JEAN



8

PHOTO 26

One of the most beautiful villages in Quebec, L'Anse-Saint-Jean invites you to experience nature along the shores of the majestic Saguenay Fjord. Take advantage of a wide range of quality outdoor activities for the whole family.

3, rue du Couvent  
L'Anse-Saint-Jean

418 272-2633  
lanse-saint-jean.ca

Latitude: 48.233554  
Longitude: -70.205869

**Visitor kiosk**

**Schedule**

Late June through  
mid-September:  
Every day  
418 272-2974

**Admission**

Free



## MUSÉE DU FJORD



9

PHOTO 27

Discover the undersea world of the Saguenay Fjord. Get to the bottom of life in the Fjord in a wonderful learning environment through exhibits, excursions and entertaining animations.

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

418 697-5077  
1 866 697-5077  
museedufjord.com

Latitude: 48.317447  
Longitude: -70.853845

**Schedule**

June 24 to Sept. 3: Every day  
September 4 to June 23:  
Tuesday to Sunday

**Admission**

Adults: \$16  
Children (6 to 17): \$9  
Family and group rates  
available  
Taxes included



## SAINTE-ROSE-DU-NORD



10

PHOTO 28

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.

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

418 675-2250  
ste-rosedunord.qc.ca

Latitude: 48.388247  
Longitude: -70.586991

**Corporation nautique  
du quai**

**Schedule:**

May to October

**Tourist Information**

213, rue du Quai

**Schedule**

June to September  
418 675-2250, ext. 2608

**Admission**

Free



## ANSE-DE-ROCHE WHARF



11

PHOTO 29

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

346, ch. de l'Anse-de-Roché  
(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: \$11.50 + tx  
Kayaks: \$6.35 + tx

**Information for the marina:**

418 236-4325



PHOTO 30

# CÔTE-NORD

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



12

PHOTO 31

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

108, rue de la Cale-Sèche Tadoussac

418 235-4701  
baleinesdirect.org  
gremm.org

Latitude: 48.138325  
Longitude: -69.719292

### Schedule

Mid-May to mid-October:  
Every day

### Admission

Adults: \$12 (plus taxes)  
Accompanied children  
(17 and under): Free



## POSTE DE TRAITE CHAUVIN



13

PHOTO 32

Relive the birth of New France through a reconstitution of the site of the earliest exchanges between Amerindians and Europeans. Discover the history of first contacts through a playful, interactive exhibit.

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

418 235-4657  
418 235-4446, ext. 229  
tadoussac.com

Latitude: 48.140815  
Longitude: -69.716425

### Schedule

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

### Admission:

Adults: \$5  
Seniors: \$3  
Children and  
students: \$2.5



## CENTRE ARCHÉO TOPO



14

PHOTO 33

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.

498, rue de la Mer Les Bergeronnes

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  
Taxes included



# CHARLEVOIX

## CENTRE ÉCOLOGIQUE DE PORT-AU-SAUMON



15

PHOTO 34

Hike our interpretive trails. Observe and handle various marine organisms. Explore the bay at low tide.

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

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

Latitude: 47.765055  
Longitude: -69.952247

### Schedule

June 23 to August 16

### Admission

#### Nature Trail

(1 or 2 hours)

Adult: \$5 or \$10

Child: \$3 or \$5

#### Pools with marine organisms (1 hour)

Adult: \$10 Child: \$5

#### Low tide (2 hours)

Adult: \$10

Child: \$5

Taxes included



## PORT-AU-PERSIL



16

PHOTO 35

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).

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

418 620-5010  
saintsimeon.ca

Latitude: 47.807676  
Longitude: -69.899472

### Schedule

Year round

### Admission

Free



## PARC MUNICIPAL DE LA BAIE-DES-ROCHERS



17

PHOTO 36

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

Baie-des-Rochers  
Municipality of Saint-Siméon  
418 620-5010  
saintsimeon.ca

Latitude: 47.953704  
Longitude: -69.812831

### Schedule

Spring to fall

### Admission

Free





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



18

PHOTO 37

A heritage treasure trove, l'île aux Basques is a national historic site, migratory bird refuge and nature reserve. Visit its historic monuments, Basques ovens and interpretation centre. Enjoy a stay in a rustic cottage.

Boarding: Trois-Pistoles Marina

418 851-1202  
provancher.org

Latitude: 48.133079  
Longitude: -69.184890

### Schedule

June 5 to September 5  
Variable, depending on tides

### Admission

Adults: \$30  
Youth (7-14): \$17  
Children (6 and under): \$7  
Taxes included



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



19

PHOTO 38

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

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

418 898-2757  
418 867-8882, ext. 201  
(Low season)  
ec.gc.ca/ap-pa  
parcbasstlaurent.com/  
kiskotuk

Latitude: 48.023512  
Longitude: -69.327132

### Schedule

Mid-June to mid-September

### Admission

Free



## ÎLE-VERTE LIGHTHOUSE NATIONAL HISTORIC SITE OF CANADA



20

PHOTO 39

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

Les Maisons du Phare de l'île Verte  
2802, chemin du Phare  
Notre-Dame-des-Sept-Douleurs

418 898-2730  
phareileverte.com

Latitude: 48.051006  
Longitude: -69.423616

### Schedule

June 10 to September 17  
Off season: group reservations only.

Ferry crossing regulated by the tide  
traverseileverte.quebec/

### Fees

Applicable for lodging



## ST. LAWRENCE EXPLORATION CENTRE



21

PHOTO 40

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.

80, rue Mackay,  
Rivière-du-Loup

418-867-8796  
418-867-8882, ext. 206  
romm.ca

Latitude: 47.860305  
Longitude: -69.552173

### Schedule

June 10 to September 2

### Admission

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



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



22

PHOTO 41

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.

200 rue Hayward  
Rivière-du-Loup

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



PHOTO 42

**DON'T MISS...!**

**ALL SUMMER**

## 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.

## DO YOUR CHILDREN LOVE TO EXPLORE?



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

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

**ON SATURDAY, JUNE 30, JULY 28 AND AUGUST 25, 2018**, at around 8 p.m. (about one hour before moonrise).

Experience magical outdoor evenings on the river's edge. Whales gradually give way to Lady Moon and her silvery ribbon as a backdrop to a concert with jazz overtones. A unique experience in Quebec!

**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.

## EXPLOS-NATURE: ÉDUCATION-RECHERCHE

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.

302, rue de la Rivière, Les Bergeronnes

418 232-6249 | [explosnature.ca](http://explosnature.ca)

**JULY**

## QUEBEC LIGHTHOUSE DAY JULY 13, 2018



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.

Check out scheduling at: [routedesphares.qc.ca/journee/](http://routedesphares.qc.ca/journee/)

**AUGUST**

## 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-OCTOBER**

## FESTIVAL MARIN DES ESCOUMINS (LES ESCOUMINS MARINE FESTIVAL) SEPTEMBER 1 AND 2 (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.

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

Details available on our Facebook page!

## LET YOURSELF BE CHARMED BY BOREAL OWLS



Learn about research carried out at the Observatoire d'oiseaux de Tadoussac (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**  
[sepaq.com/pq/sag](http://sepaq.com/pq/sag)

Reservation required: 418 236-1162

## FESTIVAL DES OISEAUX MIGRATEURS DE LA CÔTE-NORD (NORTH SHORE MIGRATORY BIRD FESTIVAL) SEPTEMBER 13 TO 16



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)





LET'S CELEBRATE THE MARINE  
PARK'S 20TH ANNIVERSARY!



COME AND MEET US! ALL SUMMER, MEMBERS OF THE PARKS CANADA AND SÉPAQ TEAM WILL PARTICIPATE IN FESTIVITIES ORGANIZED BY COASTAL COMMUNITIES.

## MAD ABOUT SCIENCE FESTIVAL

May 25 to 27, 2018, Saguenay (La Baie)

Both science and the Marine Park are in the spotlight at the Musée du fjord over the course of this weekend. Captivating activities and surprising discoveries await you through a variety of stands, conferences and animations.

## LE NATURALISTE CANADIEN TO PRESENT A SPECIAL EDITION DEVOTED TO THE MARINE PARK!

The *Société Provancher d'histoire naturelle du Canada* will publish an issue of its scientific journal dedicated entirely to research conducted in the Marine Park. Consult the summary and article abstracts for free on the site [www.erudit.org/fr/revues/natcan](http://www.erudit.org/fr/revues/natcan) starting on June 15. (French only)

## FREE ADMISSION ON JUNE 16!

Parks Canada and the Sépaq invite you to celebrate Marine Park's 20th anniversary. Surprises in store! Consult names and addresses of participating sites on page 12.

Check out the complete schedule on our  
Facebook page and by visiting [parcmarin.qc.ca](http://parcmarin.qc.ca).

## SAGUENAY–ST. LAWRENCE MARINE PARK BIOBLITZ

September 15, 2018

Would you like to contribute to Marine Park knowledge? Participate in this citizen science activity! Who knows you could make some amazing discoveries concerning the Marine Park's biodiversity! Share your observations using the iNaturalist application.

- **At the Marine Environment Discovery Centre**  
Close-up on the St. Lawrence's tiniest residents! An amusing activity for the whole family! Observe, identify and catalogue the organisms that inhabit the park.
- **At Baie-Sainte-Marguerite and Baie-Éternité**  
Open your eyes and ears! Would you be able to detect the park's rarest bird? Help our naturalists enrich the Fjord's family album of avian fauna.



## TIME TO CELEBRATE!

September 15, 2018

You are cordially invited to celebrate the Marine Park's 20th anniversary. Details available on our Facebook page and on [marinepark.qc.ca](http://marinepark.qc.ca).

## SAGUENAY–ST. LAWRENCE MARINE PARK SCIENTIFIC SYMPOSIUM

October 17 to 19, 2018, Hôtel Tadoussac, Tadoussac

Thirty years after the *International Forum for the Future of the Beluga*, what are the perspectives for the animal that led to the creation of the Marine Park? Thematic conferences and encounters with experts on the challenges of protecting marine environments.



# THE ST. LAWRENCE BELUGA WHALE IS ENDANGERED: PARKS CANADA AND SÉPAQ CONTRIBUTE TO PROTECTION EFFORTS



PHOTO 50

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 Sépaq 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 Sépaq boat;

## 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;
- Changes made to regulations in 2017 have resulted in improved protection for beluga whales: as well as a 400-metre buffer zone to be respected, cruising speeds must be adjusted in the presence of these animals and reduced at the mouth of the Saguenay, an area often visited by female beluga whales and their offspring.

## 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.

## 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, Sépaq 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;



PHOTO 51

- We work in consultation with maritime transport specialists in order to reduce the risk of collisions with whales and to limit disturbances;
- The beluga whale carcass recovery and examination program furthers understanding of the state of health of these animals and identifies causes of death;

*Our efforts supplement those of a large number of stakeholders. Protecting the St. Lawrence beluga whale is everyone's business.*





Show you care, keep your distance

## TOGETHER, LET'S PROTECT BELUGA WHALES IN SAINTE-MARGUERITE BAY!

Sainte-Marguerite Bay is known as one of the best places to observe St. Lawrence beluga whales from shore. This site offers nature lovers unique opportunities to admire the natural behaviours of these magnificent animals.

Herds of females accompanied by their offspring regularly visit the Bay, situated in the Saguenay Fjord, in July and August. With a bit of luck, attentive observers can observe feeding, resting, socializing, and even nursing.



PHOTO 52

Every year, the Parks Canada team studies beluga whales in Sainte-Marguerite Bay in collaboration with the Sépaq. Knowledge gained over the years has led to the identification of a specific area in the Bay that requires greater protection. Charts indicate the zone most often used by beluga whales and the measures that have been implemented to protect it.

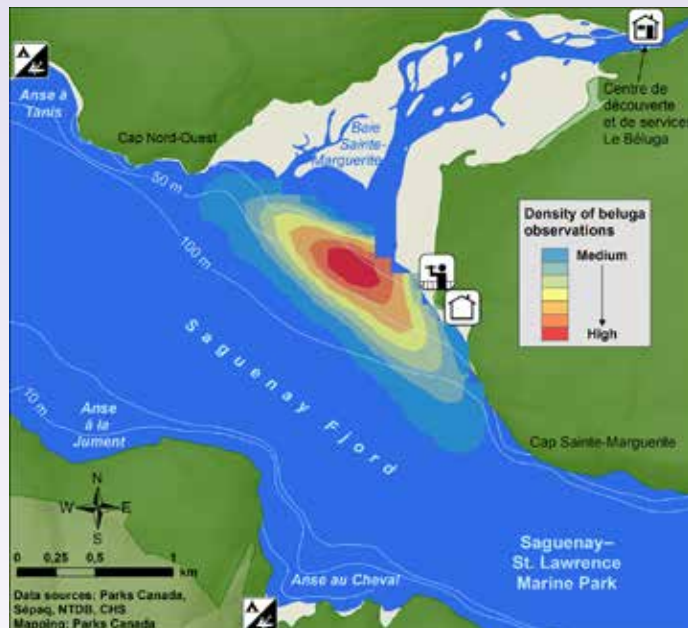
### THE FUTURE OF BELUGA WHALES DEPENDS ON ALL OF US: LET'S AVOID NAVIGATING IN SAINTE-MARGUERITE BAY

While their habitat extends beyond the limits of the Saguenay-St. Lawrence Marine Park, beluga whales spend a lot of time in specific areas of the park, like Sainte-Marguerite Bay. Areas for calving and the rearing of young animals are important for the population's future and require special protection in summer. This is why sailors must navigate outside of the zone indicated in red, whether they travel by motor or sail. Paddlers and fishermen must follow a precise route to enter the bay (see map).

The Fjord-du-Saguenay provincial park lookout point offers an exceptional view overlooking this habitat. A great place to watch them from shore!

Researchers have clocked over 1600 hours of observations since 2003. This study has led them to conclude that beluga whales are present most days (66%) during the months of July and August. Also, nearly all of the herds are made up of adults and young (91%) and nearly half of these herds also include newborn calves (49%).

Beyond the necessity of remaining in proximity of its mother in order to nurse for the first two years of its life, a calf must also spend time with its peers to learn how to communicate, understand its habitat and recognize and hunt its prey. It also requires rest in an area that offers safety and tranquility.



For more information concerning current regulations, consult our website: [marinepark.qc.ca](http://marinepark.qc.ca).

### PHOTO CREDITS

- |  |   |
|--|---|
| Archéo Topo / R. Provencher : 33         | Parks Canada / J.-L. Provencher : 4, 6, 36, 47, 48, 50, 51                      |
| Centre écologique de Port-au-Saumon : 34 | Louis Falardeau : 18  |
| GOXplore / Port-au-Persil : 35           | Parks Canada / L. Lévesque : 1, 2, 28, 30, 37                                   |
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| Jean Bédard / Sauvagiles : 41            | Parks Canada / M. Lajoie : 14   |
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## NEED MORE INFORMATION ABOUT THE MARINE PARK?

### Saguenay–St. Lawrence Marine Park

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

 Follow us on facebook.com/SaguenayStLawrenceMP

 Share your #marineparkmoment #SSLMarinePark

#### PARKS CANADA

182, rue de l'Église  
Tadoussac (Quebec)  
G0T 2A0

418 235-4703  
1 888 773-8888

information@pc.gc.ca  
parkscanada.gc.ca

#### SÉPAQ

91, rue Notre-Dame  
Rivière-Éternité (Quebec)  
G0V 1P0

418 272-2767  
1 800 665-6527

parc.marin@sepaq.com  
sepaq.com

## TO HELP YOU PLAN YOUR STAY...

#### Tourisme Bas-Saint-Laurent

418 867-1272 • 1 800 563-5268  
bassaintlaurent.ca

#### Association touristique de Charlevoix

418 665-4454 • 1 800 667-2276  
tourisme-charlevoix.com

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

418 543 9778 • 1 877-BLEUETS (253-8387)  
saguenaylacsaintjean.ca

#### Tourisme Côte-Nord

418 294-2876 • 1 888 463-5319  
tourismecote-nord.com

## FERRY SCHEDULES AND INFORMATION

#### Escoumins / Trois-Pistoles

418 851-4676  
traversiercnb.ca

#### Rivière-du-Loup / Saint-Siméon

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

#### Baie-Sainte-Catherine / Tadoussac

418 235-4395  
traversiers.gouv.qc.ca

## 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 OFFICE

189, boulevard  
de l'Hôtel-de-Ville  
418 862-1981

#### Baie-Sainte-Catherine

BAIE-SAINTE-CATHERINE  
WHARF  
151, route 138

#### Les Escoumins

TOURIST INFORMATION OFFICE

154, route 138  
418 233-2663

## 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.

## IN CASE OF EMERGENCY

#### CANADIAN COAST GUARD

Search and Rescue: 1 800 463-4393  
VHF Channel 16 (156.8 MHz)  
Available 24 hours a day, 7 days a week  
Cellular Phone: \*16  
Marine Pollution: 1 800 363-4735

#### PARKS CANADA

Concerning collisions with or disturbances  
of marine mammals: 1 866-508-9888  
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: 1 877 722-5346  
Available 24 hours a day, 7 days a week