



SAGUENAY-ST. LAWRENCE  
**MARINE PARK**

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

# **VISITOR'S GUIDE**

*Also Available  
on the Web*



# WELCOME TO THE SAGUENAY-ST. LAWRENCE MARINE PARK!

PHOTO 1



The park protects an exceptional marine area from surface to seafloor. More than 2,000 wild species have been sighted within its boundaries, ranging from microscopic algae to the gigantic blue whale. The St. Lawrence beluga whale is its most famous resident.

## PAY A VISIT TO WHALE COUNTRY

The Marine Park is one of the best places in the world to observe whales. Watch them break the surface and listen for their powerful blows from established coastal sites or from aboard tour-operator vessels.

## A TREAT ON LAND AND AT SEA



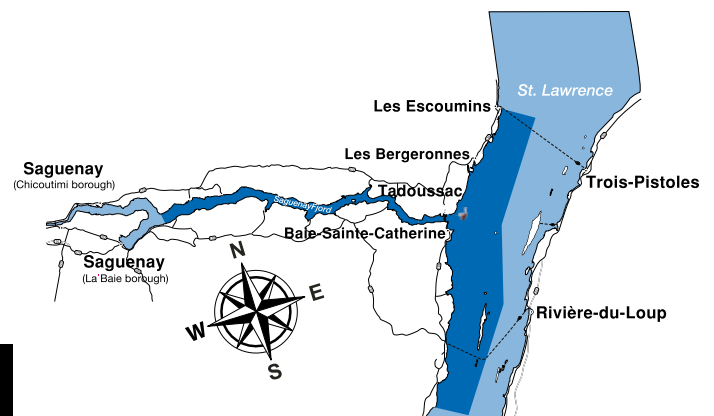
You will be unequivocally charmed by the Park's scenic beauty. Climb into a kayak or set sail. Take a cruise up the Fjord or to the islands of the St. Lawrence. Admire the colours of the seafloor while diving or on a high-definition screen. Visit Discovery Network shore-based sites: take advantage of spectacular viewpoints, roam hiking trails or exhibits and get caught up in fascinating tales.

## WHALES AND SEALS OF THE SAGUENAY-ST. LAWRENCE MARINE PARK



The beluga whale and harbour seal are the only marine mammals that live year round in the St. Lawrence Estuary. The others migrate between the marine park, where they come to feed, and their mating grounds outside park boundaries. Would you be able to identify them by their outline?

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



# THE ESSENTIALS



## 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 11).



## 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 12 and 13.

## WHEN 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. Depending on the species and their level of activity, whales surface to breathe every 15 to 30 minutes.



## EXPERIENCE THE SEA

Get in sync with nature by choosing an outing of several hours or several days, with a guide or on your own. You will contemplate the scenery from a different perspective aboard a kayak, a sailboat, a shuttle or while scuba diving. See pages 12 to 15.



## VISIT THE VARIOUS INTERPRETATION CENTRES AND MUSEUMS

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. Pages 8 to 11.



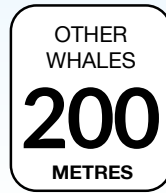
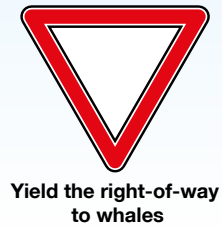
## SPECTACULAR VISTAS AND HIKING TRAILS

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 8 to 11.

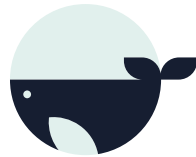


# LET'S PROTECT WHALES – LET'S KEEP OUR DISTANCE!

WHEREVER YOU GO IN THE MARINE PARK, RESPECT THESE RULES:



## ARE YOU A BOATER OR A KAYAKER?



Navigating  
Whale  
Habitat

Pleasure boaters and kayakers; take the online training course to learn how to manoeuvre through whale habitat. It's free, it's concise and it's interactive! [navigatingwhales.ca](http://navigatingwhales.ca)

Your presence in the belugas' habitat can attract their attention and reduce the amount of time they spend looking after their young, feeding, and resting. Belugas need space and a peaceful environment.

**WHEN IN THE PRESENCE OF BELUGAS, DO NOT STOP.**

**MOVE AWAY WHILE MAINTAINING A DISTANCE OF AT LEAST 400 METRES.**

Every action counts to help protect the belugas.



PHOTO 8



To learn more, visit [marinepark.qc.ca/protect/](http://marinepark.qc.ca/protect/)

# LIVE THE EXPERIENCE AT SEA AND FROM LAND!



## SPECTACULAR VISTAS AND HIKING TRAILS

SEE THE DISCOVERY NETWORK  
PAGES 8 TO 11

- 19** ..... Baie de L'Isle-Verte National Wildlife Area
- 2** ..... Cap-de-Bon-Désir Interpretation and Observation Centre
- 15** ..... Centre écologique de Port-au-Saumon
- 21** ..... Îles du Pot à l'eau-de-vie and île aux Lièvres
- 20** ..... Île-Verte Lighthouse Station
- 12** ..... L'Anse-de-Roche
- 8** ..... L'Anse-Saint-Jean
- 3** ..... Marine Environment Discovery Centre
- 17** ..... Parc municipal de la Baie-des-Rochers
- 4 5 6** ..... Parc national du Fjord-du-Saguenay: Baie-de-Tadoussac, Baie-Sainte-Marguerite and Baie-Éternité sectors
- 18** ..... Parc naturel et historique de l'île aux Basques
- 7** ..... Petit-Saguenay
- 1** ..... Pointe-Noire Interpretation and Observation Centre
- 16** ..... Port-au-Persil
- 11** ..... Sainte-Rose-du-Nord



## INTERPRETATION CENTRES AND MUSEUMS

SEE THE DISCOVERY NETWORK  
PAGES 8 TO 11

- 19** ..... Baie de L'Isle-Verte National Wildlife Area
- 2** ..... Cap-de-Bon-Désir Interpretation and Observation Centre
- 13** ..... Centre Archéo Topo
- 15** ..... Centre écologique de Port-au-Saumon
- 4** ..... Chauvin Trading Post
- 20** ..... Île-Verte Lighthouse Station
- 3** ..... Marine Environment Discovery Centre
- 4** ..... Marine Mammal Interpretation Centre
- 9** ..... Musée du Fjord
- 5 6** ..... Parc national du Fjord-du-Saguenay, Baie-Éternité and Baie-Sainte-Marguerite sectors
- 1** ..... Pointe-Noire Interpretation and Observation Centre



## WHALE WATCHING FROM SHORE

SEE THE DISCOVERY NETWORK PAGES 8 TO 11

- 1** ..... Pointe-Noire Interpretation and Observation Centre
- 2** ..... Cap-de-Bon-Désir Interpretation and Observation Centre
- 3** ..... Marine Environment Discovery Centre
- 4 5** ..... Parc national du Fjord-du-Saguenay: Baie-de-Tadoussac sector and Baie-Sainte-Marguerite sector



## BY BOAT SEE PAGES 12 AND 13

- 1 4 21** ..... Croisières AML
- 13** ..... Croisières Essipit
- 3** ..... Croisières Escoumins
- 3** ..... Croisières Neptune
- 3** ..... Les Écumeurs du Saint-Laurent
- 8** ..... Les Navettes maritimes du Fjord
- 7 8** ..... Organisation – Le Québec Hors Circuits
- 6** ..... Parc national du Fjord-du-Saguenay, Baie-Éternité sector
- 4** ..... Tadoussac Autrement



## EXPERIENCE THE SEA IN A SEA KAYAK SEE PAGE 14

- 11** ..... Aventure Rose-des-Vents
- 12** ..... Centre de vacances – Ferme 5 étoiles
- 8** ..... Fjord en Kayak
- 14** ..... Katabatik – Aventure dans Charlevoix
- 2** ..... Kayaks du Paradis
- 2 4** ..... Mer et Monde Écotours
- 7 9 11** ..... Organisation – Le Québec Hors Circuits
- 6** ..... Parc national du Fjord-du-Saguenay, Baie-Éternité sector



## ON A SAILBOAT

SEE PAGE 15

- 4** ..... Damacha – École de voile croisière
- 4** ..... École de voile de l'estuaire
- 4 6 8 9 10** ..... Voile Mercator



## SCUBA DIVING

SEE PAGE 15

- 3 9** ..... Accès plongée Saguenay
- 3 11 12 13** ..... École de plongée Immersion Côte-Nord
- 3** ..... Marine Environment Discovery Centre
- 2** ..... Paradis marin

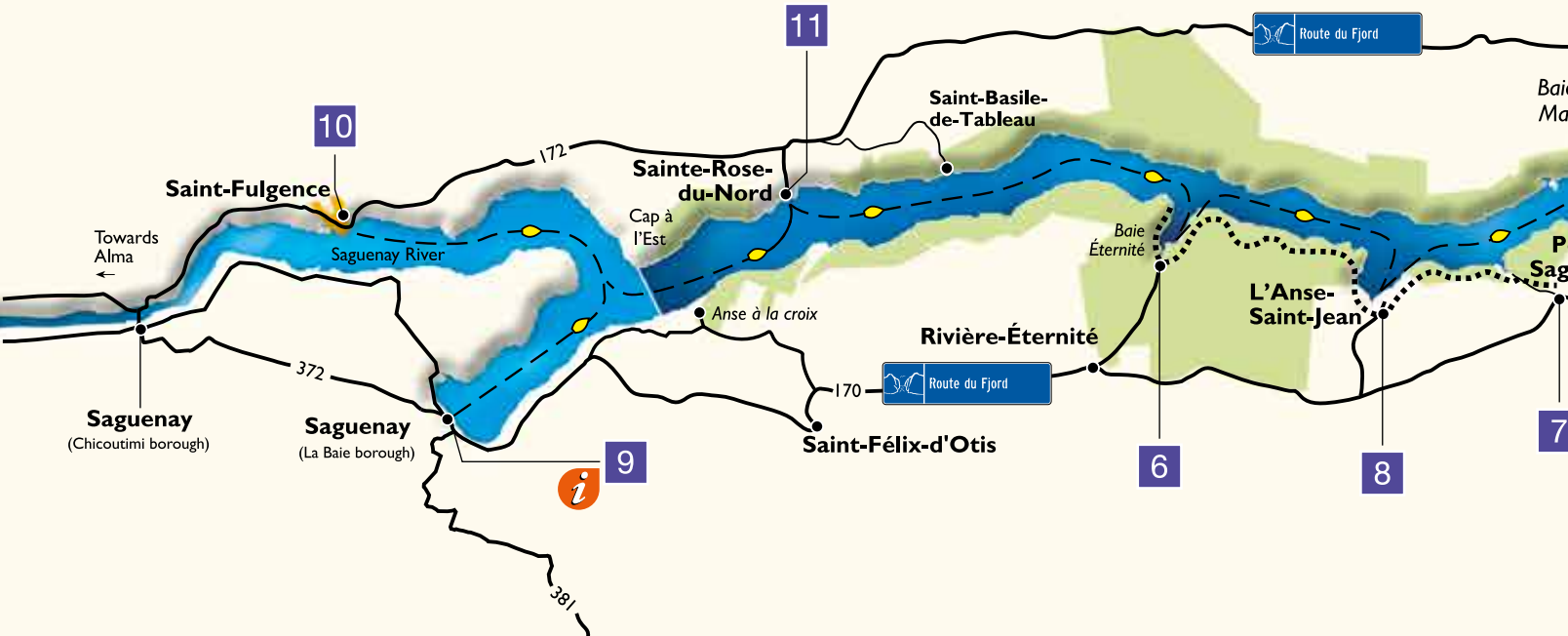


## NATURE OBSERVATION

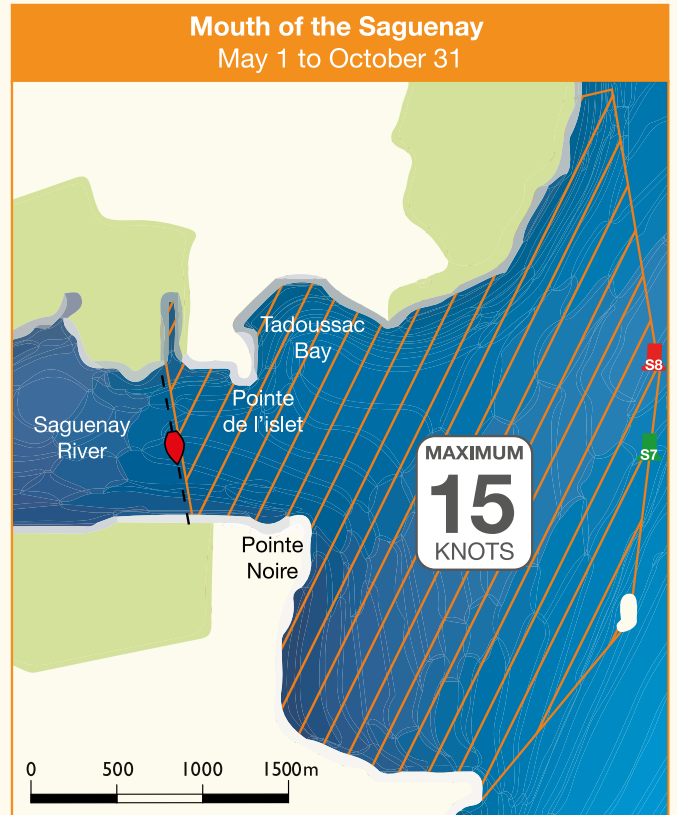
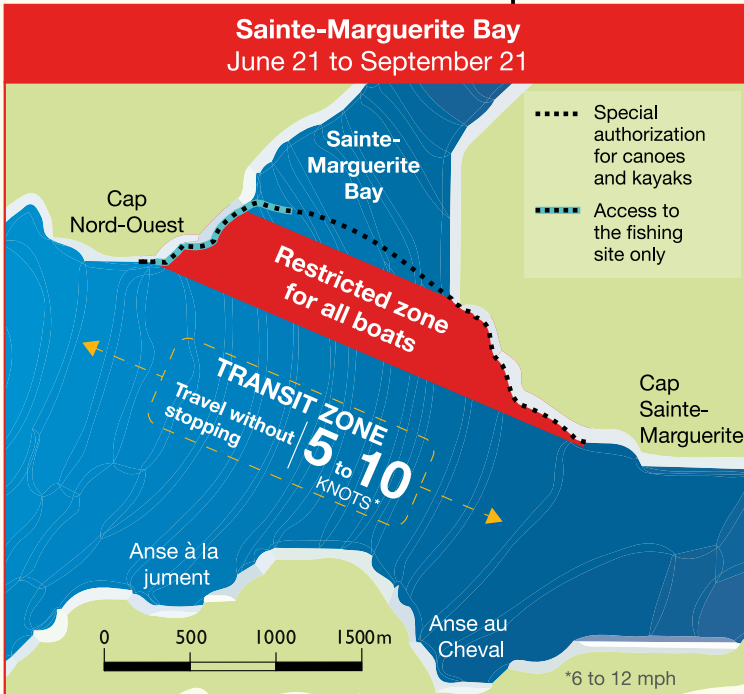
FROM A BOAT SEE PAGES 12 AND 13

- 4 6 8 9 10 11** ..... Les Navettes maritimes du Fjord
- 6** ..... Parc national du Fjord-du-Saguenay, Baie-Éternité sector
- 7 8** ..... Organisation – Le Québec Hors Circuits
- 21** ..... Société Duvetnor
- 4** ..... Tadoussac Autrement

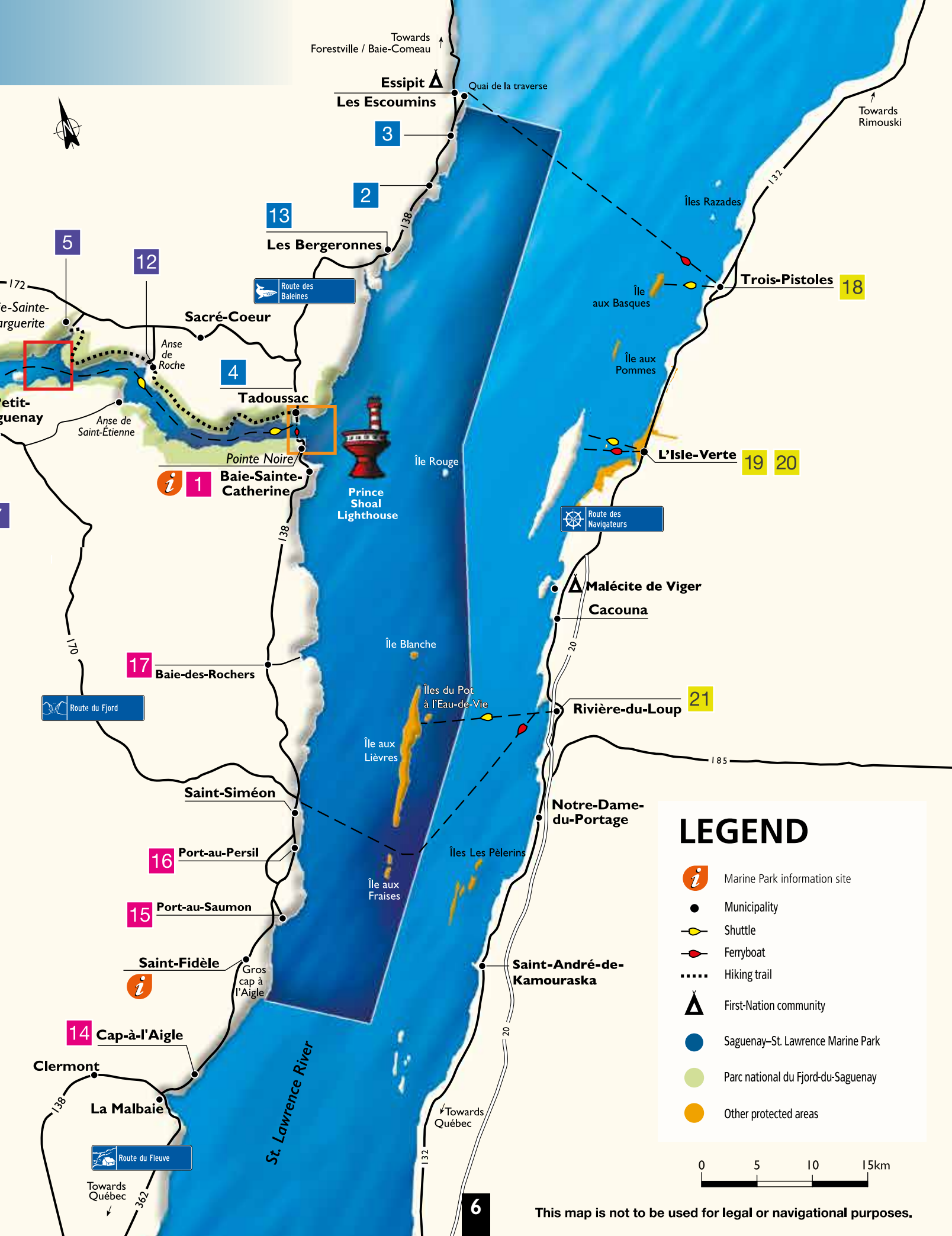
# WELCOME TO THE SAGUENAY-ST. LAWRENCE MARINE PARK!




Sectors with special protection for beluga whales.  
These rules apply to all boats.

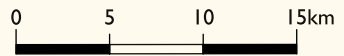


For more information on the rules to protect whales: [parcmarin.qc.ca/protect](http://parcmarin.qc.ca/protect)



## 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



# LIVE THE EXPERIENCE ON LAND!

The Discovery Network is a land-based circuit that was created to allow visitors to come into contact with the marine environment. Come discover spectacular viewpoints, captivating exhibits and areas steeped in history.

## PARKS CANADA



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 are available for your use. Follow divers live on a big screen or take the dive yourself! (See p. 15) [parksCanada.gc.ca/saguenay](http://parksCanada.gc.ca/saguenay)

### POINTE-NOIRE INTERPRETATION AND OBSERVATION CENTRE



1

PHOTO 9

141, route 138,  
Baie-Sainte-Catherine  
418 237-4383  
418 235-4703 (off-season)  
Latitude: 48.122849  
Longitude: -69.718231

**Schedule**  
**June 20 to Sept. 7:** Everyday  
**Sept. 8 to Oct. 12:** Friday to Sunday and holiday.

**Admission:** possible to upgrade your entry fee for a same day visit to three Parks Canada Centres  
**Adult:** \$5.90  
**Senior:** \$5.00  
**Youth:** Free admission for youth 17 and under  
**Family/Group:** \$12.00  
Taxes included



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



2

PHOTO 10

13, ch. du Cap-de-Bon-Désir,  
Les Bergeronnes  
418 232-6751  
418 235-4703 (off-season)  
Latitude: 48.276413  
Longitude: -69.476064

**Schedule**  
**June 20 to Sept. 13:** Everyday  
**Sept. 14 to Oct. 12:** Wednesday to Sunday and holiday

**Admission:** valid for all 3 Parks Canada Centres on the same day  
**Adult:** \$7.90  
**Senior:** \$6.90  
**Youth:** Free admission for youth 17 and under  
**Family/Group:** \$16.00  
Taxes included



### MARINE ENVIRONMENT DISCOVERY CENTRE



3

PHOTO 11

41, rue des Pilotes,  
Les Escumins  
418 233-4414  
418 235-4703 (off-season)  
Latitude: 48.319463  
Longitude: -69.413187

**Schedule**  
**June 20 to Sept. 7:** Everyday  
**Sept. 8 to Oct. 12:** Friday to Sunday and holiday

**Admission:** valid for all 3 Parks Canada Centres on the same day  
**Adult:** \$7.90  
**Senior:** \$6.90  
**Youth:** Free admission for youth 17 and under  
**Family/Group:** \$16.00  
Taxes included



**CHECK BEFORE YOU GO.**  
Schedules and fees are subject to change.

## SÉPAQ

 **Sépaq**  
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 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)

1 800 665-6527

**Schedule:** May 15 to October 12, everyday

**Admission:** Visit three Sepaq sectors the same day and pay only one entry fee (Pointe-de-l'Islet: Free):  
**Adult:** \$8.90

**Youth:** Free admission for youth 17 and under  
Taxes included

### BAIE-DE-TADOUSSAC



4

PHOTO 12

Pointe-de-l'Islet  
and Sentier le Fjord,  
Tadoussac

Latitude: 48.141032  
Longitude: -69.725468

### BAIE-SAINTE-MARGUERITE



5

PHOTO 13

1121, route 172 Nord,  
Sacré-Cœur  
418 236-1162

Latitude: 48.264924  
Longitude: -69.945434

### BAIE-ÉTERNITÉ



6

PHOTO 14

91, rue Notre-Dame,  
Rivière-Éternité  
418 272-1556

Latitude: 48.2576  
Longitude: -70.4016





# SAGUENAY

## PETIT-SAGUENAY



7

PHOTO 15

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 16

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-October: Every day

Tel: 418 272-2974

### Admission

Free



L'ANSE-SAINT-JEAN

## MUSÉE DU FJORD



9

PHOTO 17

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. 7:

Every day

September 8 to June 23:

Tuesday to Sunday

### Admission

Adult: \$16.00

Child (6 to 17): \$9.00

Family and group:  
rates available



PHOTO 18

## SAINTE-ROSE-DU-NORD



11

PHOTO 19

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

Tel: 418 675-2250 ext. 2608

### Admission

Free



## ANSE-DE-ROCHE WHARF



12

PHOTO 20

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  
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 21

# CÔTE-NORD

## MARINE MAMMAL INTERPRETATION CENTRE (CIMM)



4

PHOTO 23

New: expanded whale skeleton collection!  
Where are the whales?  
Who are they? What are researchers doing?  
Exhibition, film, games, specialists. Take part in 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-November:** Every day

### Admission

**Adult:** \$15.00 (plus taxes)  
**Accompanied child (17 and under):** Free.  
Group rates.

## CHAUVIN TRADING POST



4

PHOTO 23

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. 232  
tadoussac.com

Latitude: 48.140815  
Longitude: -69.716425

### Schedule

**June to October:**

Every day

**May:** upon reservation, with groups

### Admission

**Adult:** \$6.00 | **Senior:** \$4.00  
**Child and student:** \$3.00  
**Child 6 and under:** free  
Taxes included.  
Fees subject to change



## CENTRE ARCHÉO TOPO



13

PHOTO 24

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

Mid-May to mid-October

### Admission

**Family:** \$17.00  
**Adult:** \$8.00  
**Senior:** \$7.00  
**Student:** \$5.00  
**Child (7-12):** \$4.00  
Group rates  
Taxes included



**CHECK BEFORE YOU GO.**  
Schedules and fees are subject to change.

# CHARLEVOIX

## CENTRE ÉCOLOGIQUE DE PORT-AU-SAUMON



15

PHOTO 25

Hike our interpretive trails in the company of a nature guide. Observe and handle various marine organisms. Food service and picnic area.

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 20 to August 14

### Duration:

Nature Trail (1 to 2 hours)  
Activity at low tide (upon reservation only) (2 hours)

### Admission

The daily admission fee provides access to all trails.  
**Adult:** \$10.00  
**Child:** \$5.00  
**Child under 5:** free  
**Season's pass:**  
\$60 for 4 people

## PORT-AU-PERSIL



16

PHOTO 26

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 27

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



# BAS-SAINT-LAURENT

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



18

PHOTO 28

A heritage treasure trove, l'île aux Basques is a national historic site, migratory bird refuge and nature reserve. Discover the attractions through a three-hour guided tour or by staying in a rustic cottage.

**Boarding:**  
Trois-Pistoles Marina  
(by reservation only)  
418 851-1202  
[provancher.org/ile-aux-basques/](http://provancher.org/ile-aux-basques/)

Latitude: 48.133079  
Longitude: -69.184890

**Schedule**  
**Stay in a cottage:**  
May 15 to October 13  
**Guided tour:**  
June 6 to September 8

Variable departure times,  
depending on tides

**Admission**  
**GUIDED VISIT BY RESERVATION:**  
**Adult:** \$39.50 (non-member)  
\$31,25 (member)  
**Youth (7-14):** \$17.75  
**Child (6 and under):** 7.50 \$  
Taxes included



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



19

PHOTO 29

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

1 800 668-6767  
418 898-2757  
418 867-8882, ext. 201  
(Low season)  
[canada.ca/en/environment-climate-change/services/national-wildlife-areas/locations/baie-isle-verte.html](http://canada.ca/en/environment-climate-change/services/national-wildlife-areas/locations/baie-isle-verte.html)  
[parcbasstlaurent.com](http://parcbasstlaurent.com)

Latitude: 48.023512  
Longitude: -69.327132

**Schedule**  
Mid-June to September 1

**Admission**  
Free



Canadian Wildlife Service – Environment and Climate Change Canada

## ÎLE-VERTE LIGHTHOUSE STATION



20

PHOTO 31

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](http://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/](http://traverseileverte.quebec/)  
**Fees:** Applicable for lodging



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



21

PHOTO 32

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](http://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

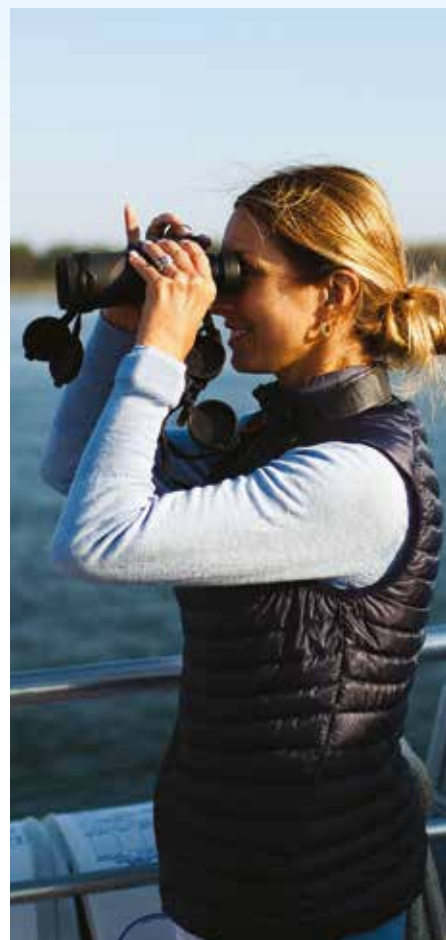


PHOTO 30



PHOTO 33

# 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!

## WHEN 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. Depending on the species and their level of activity, whales surface to breathe every 15 to 30 minutes.

## 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. At around 5°C, the water cools the air above the surface of the Park. 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.



Aventure  
Écotourisme Québec



PHOTO 34

### 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 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 more than 25 years.

Departures from Les Escoumins

### LES NAVETTES MARITIMES DU FJORD

418 543-7630 | 1 800 363-7248 | [navettesdufjord.com](http://navettesdufjord.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 Baie-Éternité, L'Anse-Saint-Jean, La Baie, Saint-Fulgence, Sainte-Rose-du-Nord and Tadoussac

### TADOUSSAC AUTREMENT

| 418 235-3333 | [tadoussacautrement.com](http://tadoussacautrement.com)

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



## ECO-WHALE ALLIANCE MEMBERS

In collaboration with Parks Canada, Sépaq and the Group for Research and Education on Marine Mammals, businesses that are members of the Eco-Whale Alliance are committed to developing best practices for whale watching at sea. Choose a Proud Member!

### 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. Live a nature experience aboard an inflatable boat, a large vessel or from the St. Lawrence VIP Lounge.

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



### 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

### 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 | [croisieresfjordbaleines.com](http://croisieresfjordbaleines.com)

Travel to the mouth of the majestic Saguenay Fjord, where it converges with the St. Lawrence Estuary, and encounter whales and other marine mammals. Experience personalized treatment on a human scale that respects the environment aboard a 24-passenger inflatable vessel.

Departures from l'Anse de Saint-Étienne (Petit-Saguenay), L'Anse-Saint-Jean and Baie-Éternité



### 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 that is unique in the world.

Departures from the Baie-Éternité wharf



### 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

[eco-baleine.ca](http://eco-baleine.ca)



# 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 | 877 236-4551 | [ferme5etoiles.com](http://ferme5etoiles.com)

Nature lovers, admire the scenery of the Saguenay Fjord on a sunrise or a sunset cruise. Guided, equipped half-day to 24-hour excursions. Meals and equipment are included for excursions of one day or more.

Departures from L'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 | 418 435-2066 | [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 Cap-à-l'Aigle



## 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 great way to observe Marine Park biodiversity. 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 Baie-Éternité, La Baie, Petit-Saguenay and Sainte-Rose-du-Nord

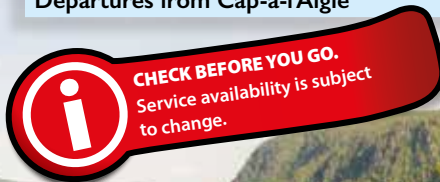


## PARC NATIONAL DU FJORD-DU-SAGUENAY

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 the impressive nature of the Marine Park.

Departures from Baie-Éternité



## YOUR SAFETY: YOUR RESPONSIBILITY

Are you planning a seagoing activity without a certified guide? Learn the directives you will need to follow and the required equipment to ensure your outing is safe and enjoyable. Cold water, variable weather conditions, tides and strong currents can complicate your activity. Cellular coverage in the Park is incomplete. Respect your abilities; do not head out on your own. Respect the flora and fauna; keep your distance.



Stay near the coast; fog materializes quickly and it is easy to lose sight of the shore. Due to regular shipping traffic, avoid making «shore-to-shore» crossings.

[parcmarin.qc.ca/boating](http://parcmarin.qc.ca/boating)

Visit [adventuresmart.ca](http://adventuresmart.ca)  
[parcmarin.qc.ca/sea-kayak](http://parcmarin.qc.ca/sea-kayak)



## EXPERIENCE DIVING

### ACCÈS PLONGÉE SAGUENAY

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

Discover the subaquatic treasures of the St. Lawrence in complete safety with our qualified guides. Dive with a guide from a boat. 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

### ÉCOLE DE PLONGÉE IMMERSION CÔTE-NORD

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

From initiation to Divemaster, by way of specialised courses and upgrading, Immersion Côte-Nord invites you to dive into the marine park. Prolong the pleasure through a guided diving holiday including an all-inclusive boat excursion.

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

### MARINE ENVIRONMENT DISCOVERY CENTRE

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

Experience Nordic Snorkelling with or without a guide, no qualifications required, equipment included. Learn to dive with an instructor. Qualified divers: follow an underwater circuit. Other services: guided dives, equipment rental, tank filling (Hyper Pure available), developed access, change rooms and showers.

41, rue des Pilotes, Les Escoumins

### PARADIS MARIN


418 232-6237

Launch site, showers and washrooms.

4, chemin Émile-Boulianne, Les Bergeronnes



PHOTO 37

 A Certificate of Qualification in Recreational Scuba Diving is required for scuba diving. To verify the validity of your certificate and get advice, contact the Quebec Underwater Federation: [fqas.qc.ca/en/fqas/](http://fqas.qc.ca/en/fqas/)

For all diving emergencies contact the hyperbaric centre:  
| 888 835-7121

[parcmarin.qc.ca/diving](http://parcmarin.qc.ca/diving)

## EXPERIENCE ON A SAILING VESSEL

### DAMACHA – ÉCOLE DE VOILE CROISIÈRE

418 633-7143 | 450 531-6031 | [DamachaEcoleDeVoile.com](http://DamachaEcoleDeVoile.com)

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

### ÉCOLE DE VOILE DE L'ESTUAIRE

418 235-4474 | 418 928-8378 | [voilestuaire.com](http://voilestuaire.com)

Try your hand at sailing on a one-day or overnight expedition aboard a sailboat. Participate in manoeuvres while learning the basics of navigation and discovering the wild beauty of the marine park in the company of a guide.

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 initiation excursions, sail and overnight learning excursions and 2 to 18-day courses leading to certification. Accredited by Sail Canada.

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



PHOTO 38



Accessibility has been evaluated by Kéroul.

For more information, see [keroul.qc.ca](http://keroul.qc.ca).

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PHOTO 39

## NEED MORE INFORMATION ABOUT THE MARINE PARK?

### Saguenay–St. Lawrence Marine Park

pc.infossil@canada.ca | marinepark.qc.ca

 Follow us on facebook.com  
SaguenayStLawrenceMP

 Share your photos #SSLMarinePark

### Parks Canada

182, rue de l'Église  
Tadoussac (Quebec) G0T 2A0  
418 235-4703 | 1 888 773-8888  
pc.information.pc@canada.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

### Marine Park Information Station

**LA MALBAIE** (Saint-Fidèle sector)  
Visitor Centre, 2820, boul. Malcom-Fraser  
418-434-2299

### BAIE-SAINTE-CATHERINE

Baie-Sainte-Catherine Wharf  
151, route 138

### To help you plan your stay...

#### TOURISME BAS-SAINT-LAURENT

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

#### TOURISME CHARLEVOIX

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

#### TOURISME 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 | 1-877-851-4677  
traversiercnb.ca

#### RIVIÈRE-DU-LOUP / SAINT-SIMÉON

418 862-5094 | 418 638-2856  
traverserdl.com

#### BAIE-SAINTE-CATHERINE / TADOUSSAC

418 235-4395  
traversiers.gouv.qc.ca

### 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



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