



SÉPAQ

PARC NATIONAL DU FJORD-DU-SAGUENAY

Protected territory. Enriching nature experiences.

At over 410 metres high, this glacial valley invaded by the sea is the longest fjord in the world at such low latitude. For over 40 years, the park has protected and showcased both of the fjord's banks that stretch over 326.7 km². Whether you're on the ground, over the sea or in the air, discover a succession of coves and bays with landscapes that are ever changing with the rise and fall of the tides.

OUR TEAM'S FAVORITES



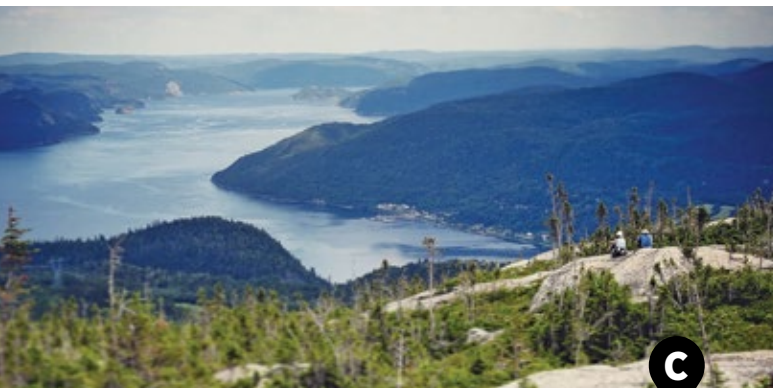
Beluga whale watching

The Halte du Béluga (stopover) is a favourite spot for observing this extraordinary mammal. Scan the marine park waters in search of white figures... Who knows? You may even get the chance to see them for yourself!



A visit to l'Anse-de-Tabatière

One of the most beautiful areas accessible by car! No matter the time of day, you'll be amazed by this unique location. It's a picture perfect place so don't forget your camera!



Montagne Blanche

Montagne Blanche is the highest accessible peak in the park. This barren summit, where fragile arctic-alpine vegetation grows, offers a spectacular 360° panorama. Please be sure to stay on the trail!



Géant Lookout

One of the best kept secrets is found in the Baie Éternité sector. Walk to the Géant Lookout through a forest of mature trees along an intimate trail. At the top, you're in for a breathtaking view!



Defy the via ferrata

Adrenaline enthusiasts - the Via Ferrata des Géants is the perfect challenge just for you! Clinging to the rock walls is an unforgettable adventure along one of the best aerial ropes courses in North America. Not a fan of heights? Settle in at the picnic area where you can observe the course and an 85 meter long footbridge from below.



La Pinède

This remote trail, located in L'Anse-Saint-Étienne near the village of Petit-Saguenay, is worth the detour! Following the coastline to the whim of coves and tides, it takes you through an exceptional pine forest with magnificent views of the fjord! And who knows? You may even see some belugas...

TRAILS TO EXPLORE

ON THE MAP	TRAILS	ELEVATION (METERS)	LENGTH DURATION	ROUND TRIP	LOOP	DIFFICULTY LEVEL	STARTING POINT
	BAIE-ÉTERNITÉ SECTOR						
1	Sentier des Méandres-à-Falaises	30	1.6 km 45 - 60 min		X	F	Le Fjord du Saguenay Discovery and Visitors Centre
2	Sentier de la Statue • To the halte Bellevue lookout	230	3.6 km 2 h	X		I	Le Fjord du Saguenay Discovery and Visitors Centre
	• To the statue	280	7.6 km 3 - 4 h	X		ID	
3	Sentier de la Rivière • Along Éternité River from the campground to the bay	100	8.4 km 4 h	X		I	Le Fjord du Saguenay Discovery and Visitors Centre or Baie-Éternité campground, between sites 56 and 57.
4a	Sentier Les Caps • To the du Géant lookout	340	10.2 km 4 - 5 h	X		ID	Parking area P3
	• To Cap Éternité	360	18 km 9 h	X		D	
	L'ANSE-SAINT-JEAN SECTOR						
4b	Sentier Les Caps • From Anse-de-Tabatière to Chemin Saint-Thomas, ethrough montagne Blanche and Sentier des Chutes (Montagne Blanche area - Sentier des chutes is closed during hunting season)	550	15 km 7 - 8 h	Oneway *		D	Chemin de l'Anse or chemin Saint-Thomas Nord
5	Sentier des Chutes • To the 1 st waterfall (closed in the fall during hunting season)	210	5 km 2 - 3 h	X		I	Chemin Saint-Thomas Nord
	• To Montagne Blanche (closed in the fall during hunting season)	550	13.8 km 6 - 7 h	X		D	
6	Sentier de l'Anse-de-Tabatière • Lookout over the Saguenay Fjord	10	0.5 km 10 min	X		F	Anse-de-Tabatière parking area
7	Sentier des Poètes • L'Anse-Saint-Jean to Petit-Saguenay	290	9.6 km 5 h	Oneway *		I	Rue Saint-Jean-Baptiste in L'Anse-Saint-Jean or rue du Quai in Petit-Saguenay
	PETIT-SAGUENAY SECTOR						
8	Sentier de la Pinède • To the La Pinède lookout	120	8 km 3 h	X		I	Chemin Saint-Étienne parking
	BAIE-SAINTE-MARGUERITE SECTOR						
9a	Sentier Le Fjord • From Discovery and Visitors Centre to Halte du Béluga lookout	30	6 km 2 - 3 h	X		F	Le Béluga Discovery and Visitors Centre
	• From Discovery and Visitors Centre to Saint-Louis Island lookout	170	10 km 4 - 5 h	X		ID	Le Béluga Discovery and Visitors Centre
	• From Discovery and Visitors Centre to Anse-à-Pierrot parking area	240	13.6 km 6 - 7 h	Oneway *		D	Le Béluga Discovery and Visitors Centre or L'Anse-à-Pierrot parking
9b	Sentier Le Fjord • From Anse-Creuse to Cap de la Boule	170	13.2 km 7 - 8 h	Oneway *		D	Rang Saint-Joseph parking or lac de la Boule parking
	LA-BAIE-DE-TADOUSSAC SECTOR						
9c	Sentier Le Fjord • From Tadoussac to Anse à la Barque viewpoint	30	3.6 km 1 h 30	X		F	Parking area across the fish farm (Route 138, near the ferry)
	• From Tadoussac to Anse à la Barque viewpoint on the hill	110	3.6 km 1 h 30	X		F	Parking area across the fish farm (Route 138, near the ferry)
	• From Tadoussac to mont Adéla-Lessard viewpoint	280	6.6 km 4 - 5 h	X		I	Parking area across the fish farm (Route 138, near the ferry)
	• From Tadoussac to cap de la Boule	280	11.7 km 6 - 7 h	Oneway *		D	Parking area across the fish farm (Route 138, near the ferry) or lac de la Boule parking
10	Sentier de la Pointe-de-l'Islet • Marine mammal observation site from land	10	800 m 20 min		X	F	Federal wharf of Tadoussac or municipal parking area
11	Sentier de la Colline-de-l'Anse-à-l'Eau	40	1.1 km 45 min		X	F	Parking area across the fish farm (Route 138, near the ferry)

 Accessible by bicycle **F:** Easy **I:** Moderate **D:** Difficult

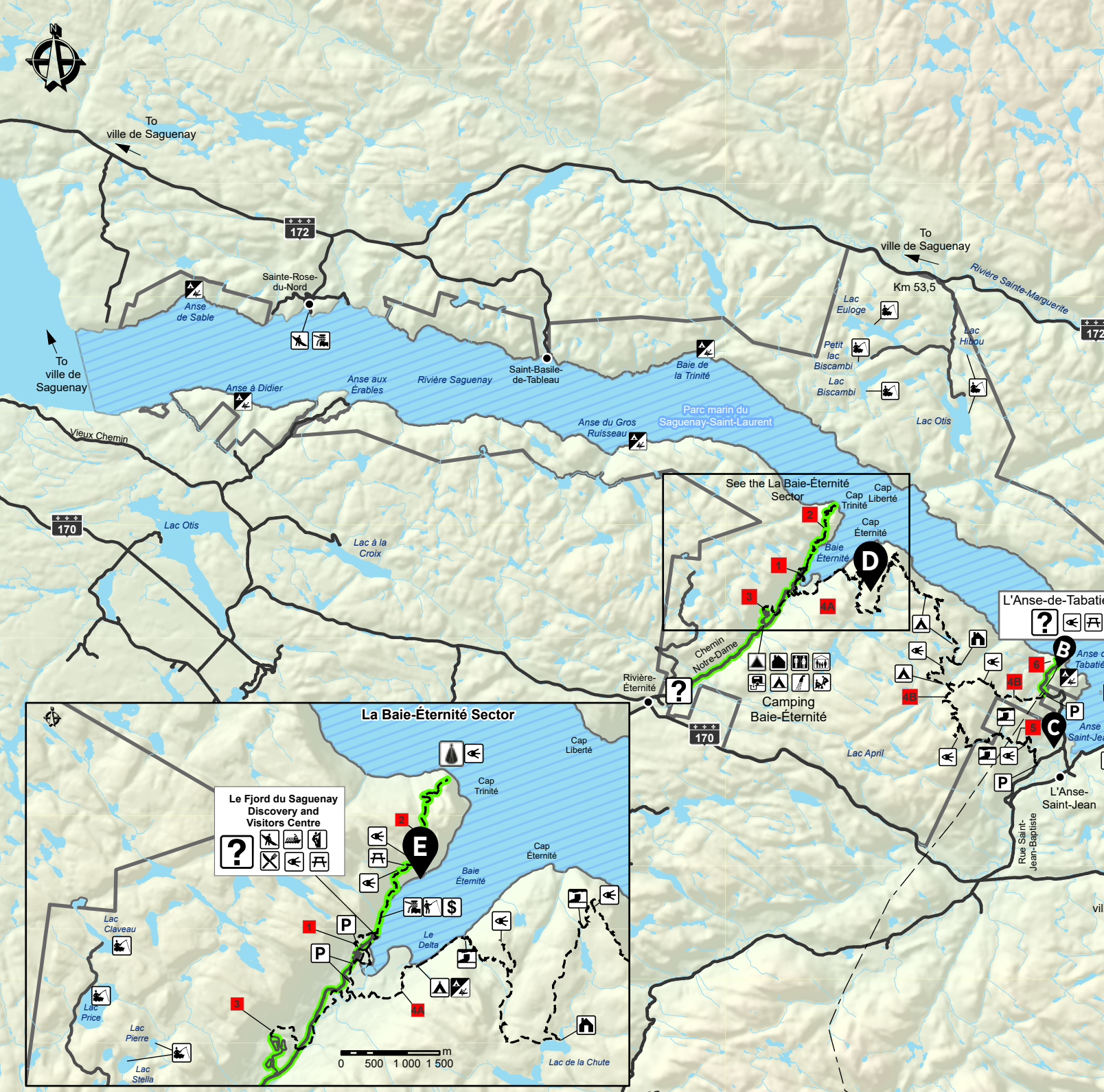
 Dog allowed
sepaq.com/animaux

* Plan return trip by shuttle

LONG DISTANCE HIKING ALONG THE FJORD

Both shores of the fjord are bordered by long-distance hiking trails. Sentier Les Caps and Sentier Le Fjord trails both have shelter, primitive campground, lean-to facilities. Visit our Website for details and route suggestions.

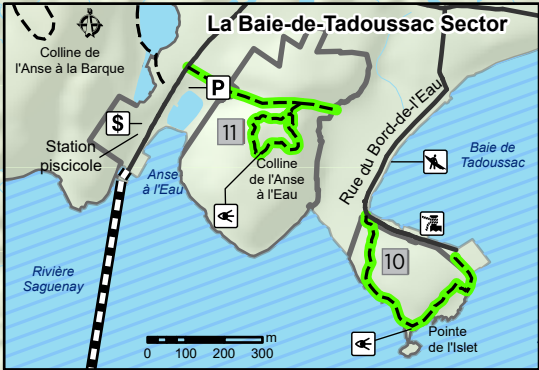
TRAILS	Les Caps (south shore)	Sentier Le Fjord (north shore)
LENGTH	27 - 32 km, (difficult level) From Baie-Éternité to L'Anse-Saint-Jean	41.1 km (difficult level). From Baie-Sainte-Marguerite to Tadoussac
ENVIRONMENT	Forest	Woodlands along the fjord
SHUTTLE SERVICE	Saguenay aventures saguenayaventures.com	Ferme 5 Étoiles 418 236-4833 or 1 877 236-4551



- | | | | |
|-----------------------------------|----------------------|--------------------------------------|--------------------------------------|
| Registration centre / Information | Cabin | Picnic | Trail number |
| Lean-to shelter | Waterfall | Lookout | Sentier |
| Shelter | Shower | Wharf / marina | Power line |
| Water activities | Rustic accommodation | Food services | Road network |
| Playground | Kayak-camping | Community hall | Crossing (car) |
| Washroom facility / toilet | Bike rental | Parking lot | Dogs allowed location |
| Self registration post | Kayak launch | Statue | National park boundary |
| Semi-serviced camping | Wade fishing | Via ferrata | Parc marin du Saguenay-Saint-Laurent |
| Rustic camping | Boat fishing | Recreational vehicle dumping station | MFFP property |

0 2 4 6 Km

L'information fournie sur cette carte
En cas de disparité, l'information sur
 Cette carte intègre de l'information géographique de
 Pour des besoins de représentation, certaines données
 transformations et des adaptations qui ont pu modifier
 Données originales utilisées Année 2024
 Banque de données Sépaq
 Cartes topographiques
 à l'échelle de 1/20 000 1986-20
 Source des données utilisées
 Ministère des Ressources naturelles et des Forêts
 © Gouvernement du Québec



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DISCOVERY ACTIVITIES



**Safely sail on
The Marine Park's
waters in the vessel
of your choice.**

Via ferrata (Baie-Éternité sector)

Traverse the void from high above along an 85 meter long suspended footbridge securely anchored to the opposing rock walls. Safely cross along a beam, a ladder and even a suspended bridge at the pace of the participants. Important: You must be at least 1.3 meters tall and the maximum weight is 110 kilos (242 pounds); maximum of 8 people per departure.

COURSE NAME	DIFICULTY LEVEL	DURATION	MINIMUM AGE
La Passerelle	Intermediate	3h	12
La Grande Dalle	Intermediate	4h	14
L'Odyssée	Difficult	6h	14

Fishing

Find your perfect fishing spot among nine lakes, and a fjord! Various options are offered; all you have to do is ask! Boat rentals are available for lake fishing. Brook trout are the species you'll find in the lakes. A variety of species will surprise and amaze while fishing in the fjord!

Family Experience Yippee, it's absolutely free!

For kids 17 years of age and under, access, accommodations, and certain equipment loans are free of charge.

The offer varies from one establishment to another.



Sea kayaking

(Baie-Éternité sector)

On the program: The fjord and rock walls towering from high above at the rhythm of the participants... and the tides! Sea kayaking provides an up close and personal contact with nature and is perfect for discovering the marine environment.

Zodiac

(Baie-Éternité sector)

Embark on a zodiac for an unforgettable tour and discover the impressive fjord and surroundings. Take an excursion in an ecosystem unlike anywhere else in the world accompanied by a naturalist captain. Enjoy a front row seat to learn how the landscapes were formed and never cease to impress.

Fjord marine shuttle

(Baie-Éternité sector)

This 90-minute round-trip cruise showcases the grandeur of the Fjord, its highest capes and the famous Notre-Dame-du-Saguenay statue. Sheltered from the weather, enjoy the beautiful scenery aboard a safe, comfortable boat.



**Activities for everyone,
whether by land, sea
or air.**

Cruise & discoveries

This excursion is truly a must if you want to learn all about the Saguenay Fjord and its history! On this guided circuit over sea and land, you'll marvel at the breathtaking scenery during your Fjord cruise combined with a guided minibus tour to L'Anse-Saint-Jean and other inland villages.



Meeting of two giants (Posted activity)

Right on Pointe de l'Islet, at the confluence of the Saguenay Fjord and the St. Lawrence River, discover how the unlikely meeting of these two giants created an environment teeming with biodiversity.

Where: Pointe de l'Islet



The thousand-and-one faces of the bay

(Talk)

Baie Sainte-Marguerite is so much more than beluga whales! On land and sea the area is teeming with life! This fun-filled activity is your chance to get to know, touch, see and even taste the many treasures that Baie Sainte-Marguerite and Le Fjord trail have to offer.

Where: Le Béluga Discovery and Visitors Center.



Remarkable species in the park

(Talk)

The water, land and air in the park protect a wide variety of unique and diverse plants and animals. Learn about the fragility of the beluga, the resilience of the peregrine falcon, the mysteries of the Greenland shark and much more!

Where: Block A Community Room, Baie-Éternité Campground



IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

Outdoor activities can involve certain risks.

Always be sure to have the skills and abilities required for the activity you choose. It is very important to find out about the risks involved in the activity, to know and respect your own limits and to use appropriate equipment. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

For more information, visit our website at sepaq.com/security

DISCOVERY ACTIVITIES

Consult the program to enrich your visit. (in French only)

You will find entertaining activities to explore the park from every angle.



CONSERVE FOR TOMORROW



News of the peregrine falcon

The fjord's cliffs shelter several breeding pairs of peregrine falcons (*Falco peregrinus*), of the anatum subspecies. Although the species is still designed as a vulnerable in Québec, the protection measures in place seem to be bringing positive results. Each spring, park wardens work to locate nesting sites on the fjord's cliffs. Annual monitoring in 2022 and 2023 revealed a slight downward trend compared to 2021. The park wardens will keep a close eye on the progression of this change. In 1990, only one nesting site was documented!

A brief overview of an inspiring story

Following a major decline in the species, mostly due to exposure to DDT, a repopulation program was initiated from 1976 to 1994: 255 falcons were released in different areas adjacent to the St. Lawrence valley. In addition, a province-wide inventory has been carried out every 5 years since 1970. While in 1980, only one initial couple had been discovered, over 108 breeding pairs were recorded in 2010!



The St. Lawrence beluga whales: on the edge of endangerment

There were between 7,800 and 10,000 Beluga whales in the St. Lawrence at the end of 19th century. Unfortunately, intensive hunting at the beginning of the 20th century caused them to almost disappear completely. Although hunting has been prohibited since 1979, the beluga whale population has not yet recovered. The most recent estimate indicates that there remain around 1850 beluga whales in the St. Lawrence.

The baie Sainte-Marguerite

Known as one of the best places to observe belugas from the shore, this bay is regularly visited by schools of female whales with their young in July and August. With a little luck, careful observers may see the whales feeding, resting and socializing, in addition to even feeding their young. This precious locations for the whale population's future requires acute protection during the summer months.

**The future of the beluga whale
is everyone's responsibility.
Kayakers and boaters,
avoid sailing in Baie Sainte-
Marguerite! Visit [parcmarin.
qc.ca](http://parcmarin.qc.ca) for more information
on the rules and regulations.**



5 good practices to adopt in nature

Our national parks

Given the millions of visits to our national parks annually, harmful behaviors can cause permanent damage to the environment and negatively impact the experience of other visitors. Let's do our part to care for these extraordinary nature sites so we can all enjoy them for years to come.



Stay on trails and in designated visitor areas

Taking shortcuts can destroy vegetation.



Do not gather dead wood*

To preserve the natural environment, it is prohibited to remove natural elements, including animals, plants, dead wood, and rocks.



Do not feed wildlife*

Feeding wildlife negatively impacts their natural feeding habits. Keep all food out of reach of animals.



Keep your distance when observing wildlife

When animals are repeatedly disturbed, their natural behaviors can change, and they can develop problems to feed, find a mate, and communicate among themselves.



Respect the peace and tranquility, and comply with curfews

People come to national parks to relax and enjoy nature. Please respect curfews and avoid playing music at all times.

*Failure to comply with rules governing parks and authorized activities is considered a violation of the *Parks Act* and *Parks Regulation*.