



SÉPAQ

# PARC NATIONAL DU FJORD-DU-SAGUENAY

**Protected territory. Enriching nature experiences.**

**Over 100 km in length, this inlet etched in stone and invaded by the sea, is the longest fjord in the world at this low latitude. For over 40 years, the park has protected and showcased both of the fjord's banks that stretch over 326.7 km<sup>2</sup>. 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



A

## 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!



B

## 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!



C

## 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!



D

## 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!



E

## 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.



F

## 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
	<b>BAIE-ÉTERNITÉ SECTOR</b>						
1	<b>Sentier des Méandres-à-Falaises</b>	30	1.6 km 45 - 60 min		X	F	Le Fjord du Saguenay Discovery and Visitors Centre
2	<b>Sentier de la Statue</b> • 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	<b>Sentier de la Rivière</b> • 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	<b>Sentier Les Caps</b> • 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	
	<b>L'ANSE-SAINT-JEAN SECTOR</b>						
4b	<b>Sentier Les Caps</b> • 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	<b>Sentier des Chutes</b> • To the 1 <sup>st</sup> 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	<b>Sentier de l'Anse-de-Tabatière</b> • Lookout over the Saguenay Fjord	10	0.5 km 10 min	X		F	Anse-de-Tabatière parking area
7	<b>Sentier des Poètes</b> • 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
	<b>PETIT-SAGUENAY SECTOR</b>						
8	<b>Sentier de la Pinède</b> • To the La Pinède lookout	120	8 km 3 h	X		I	Chemin Saint-Étienne parking
	<b>BAIE-SAINTE-MARGUERITE SECTOR</b>						
9a	<b>Sentier Le Fjord</b> • 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	<b>Sentier Le Fjord</b> • 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
	<b>LA-BAIE-DE-TADOUSSAC SECTOR</b>						
9c	<b>Sentier Le Fjord</b> • 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	<b>Sentier de la Pointe-de-l'Islet</b> • Marine mammal observation site from land	10	800 m 20 min		X	F	Federal wharf of Tadoussac or municipal parking area
11	<b>Sentier de la Colline-de-l'Anse-à-l'Eau</b>	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](http://sepaq.com/animaux)

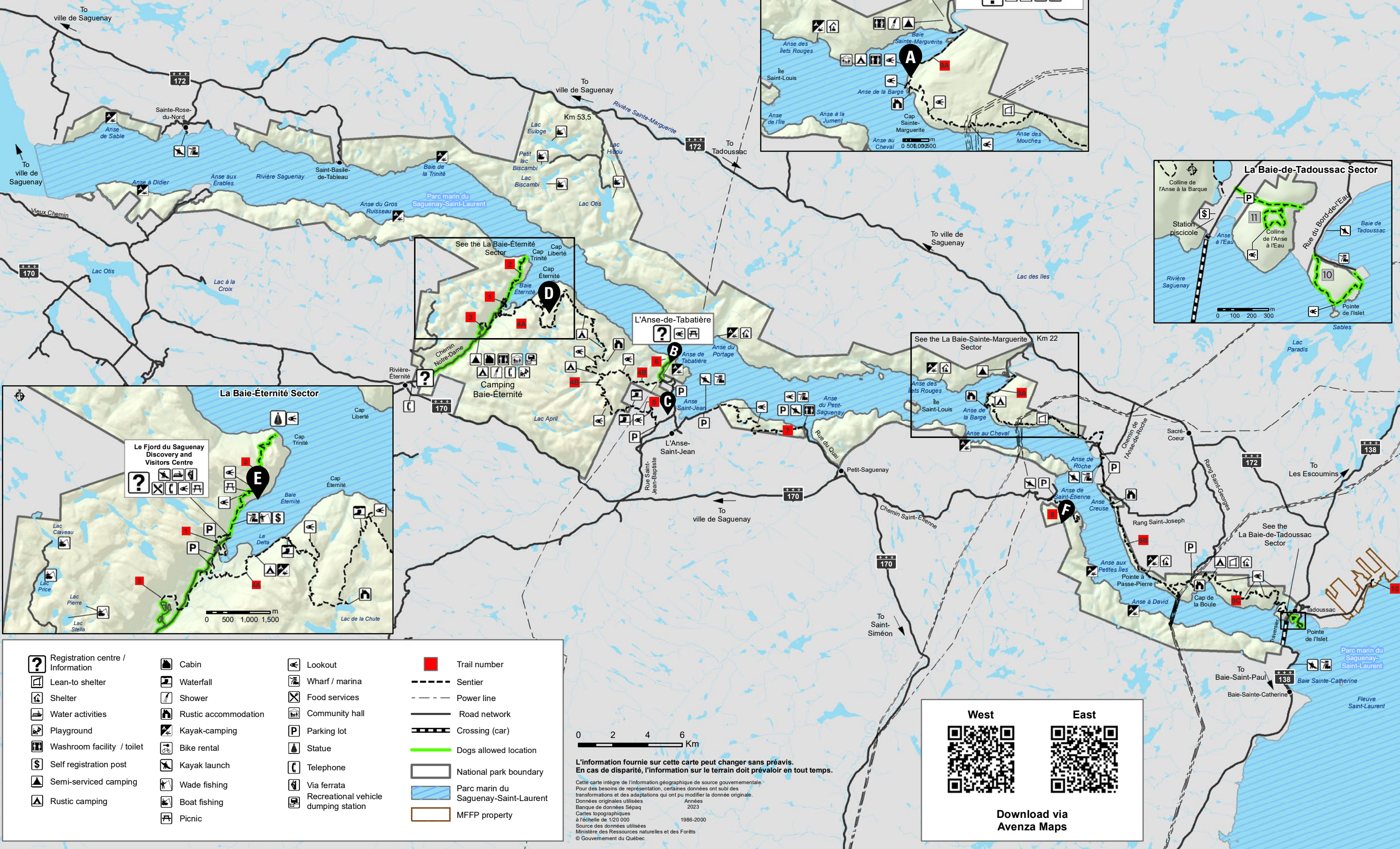
\* Plan return trip by shuttle

## 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 adventures <a href="http://saguenayadventures.com">saguenayadventures.com</a>	Ferme 5 Étoiles 418 236-4833 or 1 877 236-4551





Registration centre / Information

Lean-to shelter

Shelter

Water activities

Playground

Washroom facility / toilet

Self registration post

Semi-serviced camping

Rustic camping

Cabin

Waterfall

Shower

Rustic accommodation

Kayak-camping

Bike rental

Kayak launch

Wade fishing

Boat fishing

Picnic

Lookout

Wharf / marina

Food services

Community hall

Parking lot

Statue

Telephone

Via ferrata

Recreational vehicle dumping station

Trail number

Sentier

Power line

Road network

Crossing (car)

Dogs allowed location

National park boundary

Parc marin du Saguenay-Saint-Laurent

MFFP property



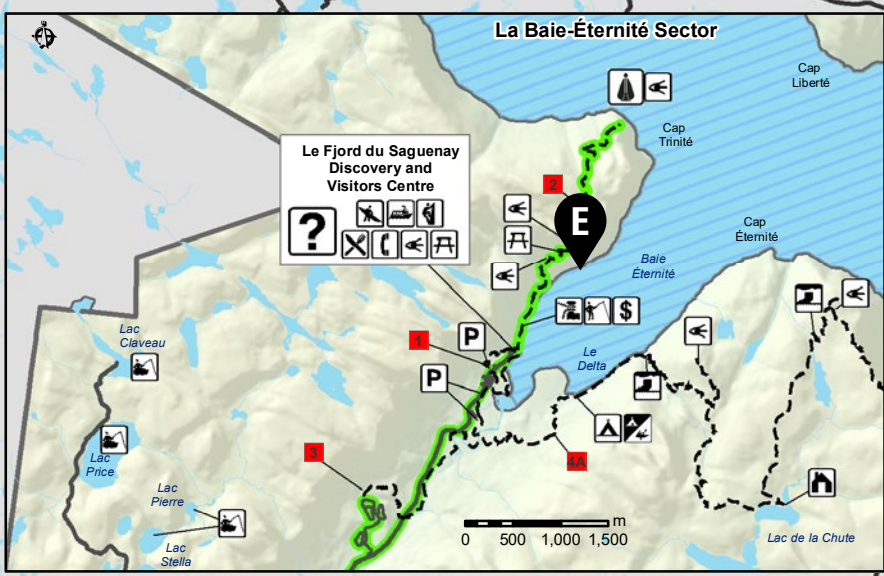
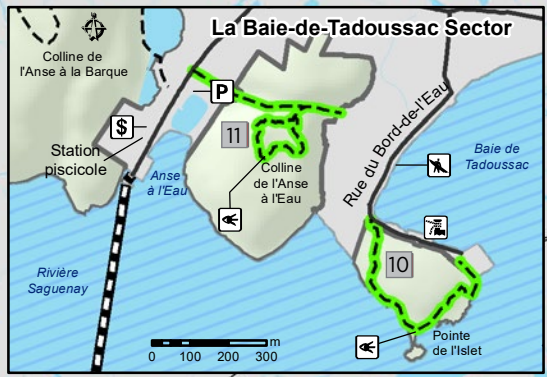
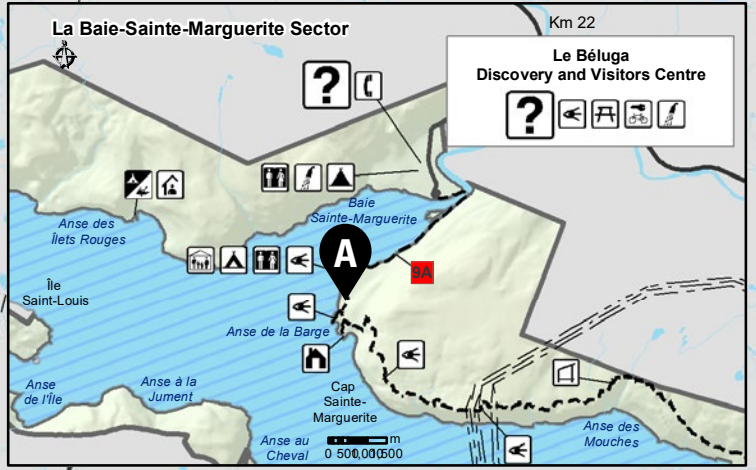
L'information fournie sur cette carte peut changer sans préavis.  
En cas de disparité, l'information sur le terrain doit prévaloir en tout temps.

Cette carte intègre de l'information géographique de source gouvernementale.  
Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale.  
Données originales utilisées :  
Banque de données Sépaq : 2023  
Cartes topographiques : 1986-2000  
Source des données utilisées :  
Ministère des Ressources naturelles et des Forêts  
© Gouvernement du Québec

West

East

Download via Avenza Maps





# 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.



## Sailing and overnight stay on board

Sail under the stars on the open waters of Baie éternité! Live like a true mariner with a private introduction to sailing! Lessons from a certified instructor, evening meal, one night of accommodations on-board and breakfast included.

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

**For reservations:  
1 888 674-9309  
[www.voilemercator.com](http://www.voilemercator.com)**

## Fjord cruises

(Baie-Éternité sector)

There are two ways to explore the area. The Cruise and Discoveries package includes a boat tour and a guided mini-bus tour featuring the village of L'Anse-Saint-Jean and L'Anse-de-Tabatière point. Also available is a non-stop round-trip cruise to Anse-St-Jean, showcasing the Fjord in all of its splendor. Learn more!



## 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](https://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. Park wardens work hard to locate nesting sites along the fjord every spring. In 2022, seven sites were confirmed within the park boundaries, a slight decrease from 2021. In 1990, only one site had been identified!

## 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 19<sup>th</sup> century. Unfortunately, intensive hunting at the beginning of the 20<sup>th</sup> century caused them to almost disappear completely. Although hunting has been prohibited since 1979, the beluga whale population has not yet recovered. It's actually estimated to have been declining over the past ten years. The most recent estimate indicates that there are only 900 beluga whales that remain 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.**



## 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.**

## 5 GOOD PRACTICES TO ADOPT IN NATURE



### 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*.



Parc national  
du Fjord-du-Saguenay



PCF



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

Photos: Mathieu Dupuis, Paul Dussault, Jérôme Gouron,  
Zed Production, Boran Richard et Charles-David Robitaille.