

Traduction - Version originale en français

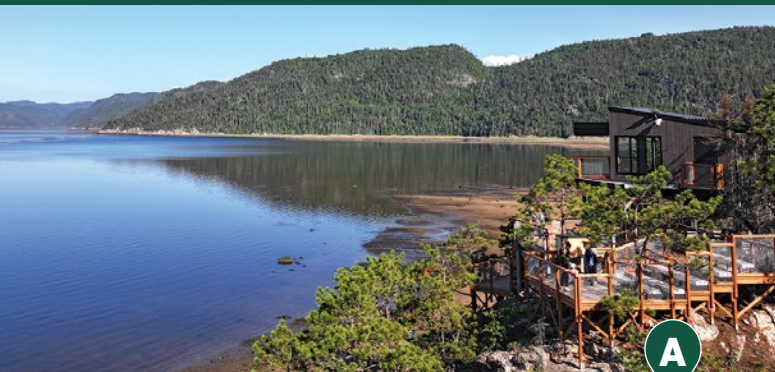
Parc national du Fjord-du-Saguenay

Protected territory. Enriching nature experiences.

At over 410 meters high, this glacial valley, invaded by the sea, is the longest fjord in the world at such a low latitude. For over 40 years, the park has protected 326.7 km² of land along both banks of the fjord. Whether you're exploring from the ground, sea or air, watch how the scenery changes with the rise and fall of the tides.

 **Sépaq**
human nature

Our team's favorites



A

La halte du Béluga

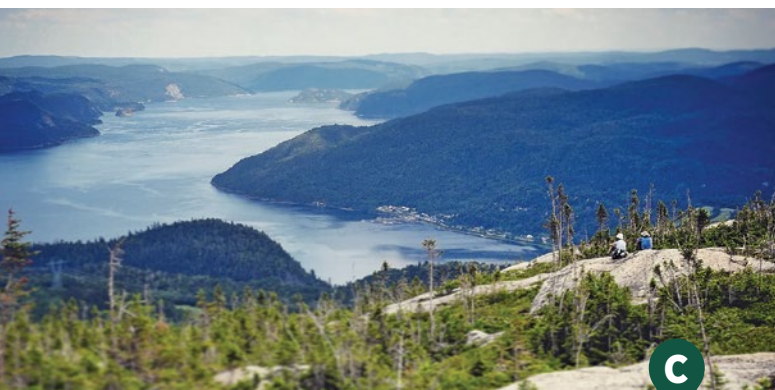
Renovated to better serve you La Halte du Béluga is a unique observation deck accessible via a 3 km trail, where visitors can watch belugas from the shore while learning all about this iconic species.



B

A visit to l'Anse-de-Tabatière

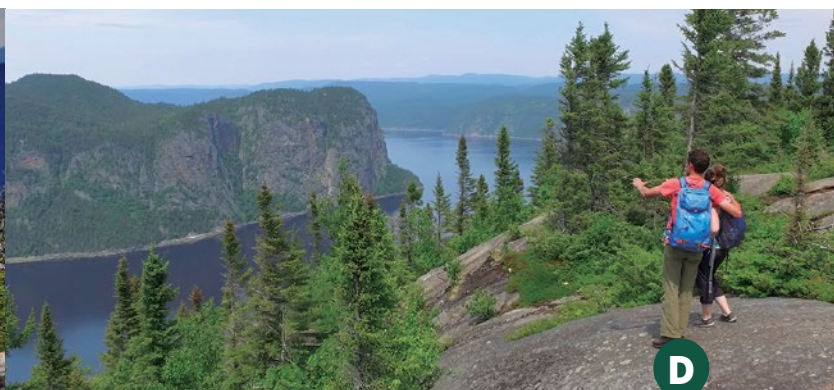
One of the most beautiful areas accessible by car! No matter the time of day, you'll be amazed by this unique location. It's a picture-perfect place, so don't forget your camera!



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...



Printed on Sustana Enviro. This paper which contains 100% sustainable recycled fiber is processed chlorine free. It is designated Ancient Forest Friendly™ and FSC® certified.

Photos: Mikael Rondeau, Mathieu Dupuis, Paul Dussault, Jérôme Gouron, Zed Production, Boran Richard, Charles-David Robitaille, Martial Tremblay and OYÉ.

Trails to explore

ON THE MAP	Trails	ELEVATION (METERS)	LENGTH DURATION	ROUND TRIP	LOOP	DIFFICULTY LEVEL	Starting points
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 Center
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 Center
	• 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 Center 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, through montagne Blanche and Sentier des Chutes (<i>Montagne Blanche area - Sentier des chutes is closed during hunting season</i>)	550	15 km 7 - 8 h	One-way *		D	Chemin de l'Anse or chemin Saint-Thomas Nord
5	Sentier des Chutes • To the 1 st waterfall (<i>closed in the fall during hunting season</i>)	210	5 km 2 - 3 h	X		I	Chemin Saint-Thomas Nord
	• To Montagne Blanche (<i>closed in the fall during hunting season</i>)	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	One-way *		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 Center to Halte du Béluga lookout 	30	6 km 2 - 3 h	X		F	Le Béluga Discovery and Visitors Center
	• From Discovery and Visitors Center to Saint-Louis Island lookout	170	10 km 4 - 5 h	X		ID	Le Béluga Discovery and Visitors Center
	• From Discovery and Visitors Center to Anse-à-Pierrot parking area	240	13.6 km 6 - 7 h	One-way *		D	Le Béluga Discovery and Visitors Center 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	One-way *		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	One-way *		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

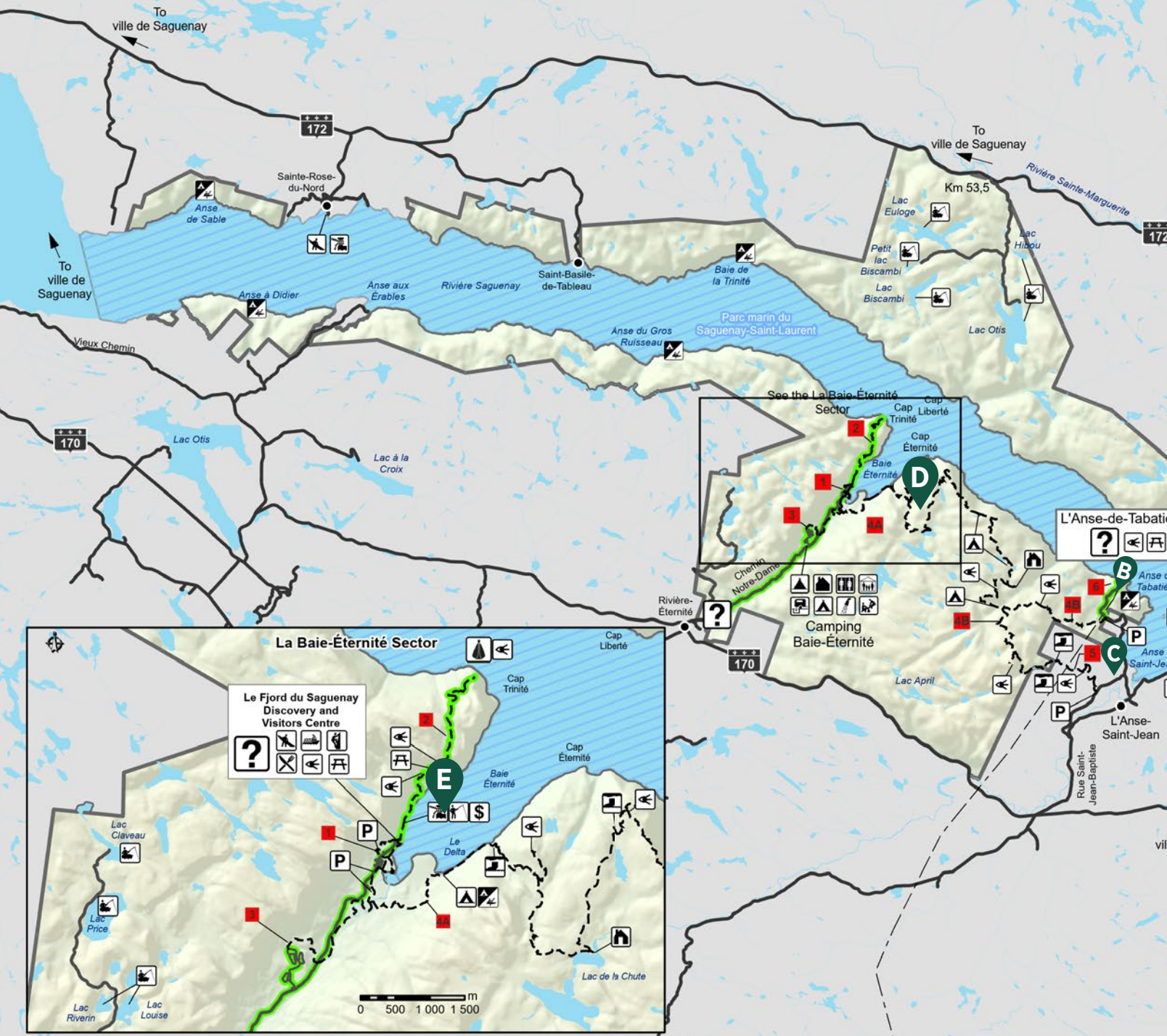
 Dog allowed sepaq.com/animaux

* 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
- Lean-to shelter
- Shelter
- Water activities
- Playground
- Washroom facility / toilet
- Self registration post
- Semi-serviced camping
- Rustic camping

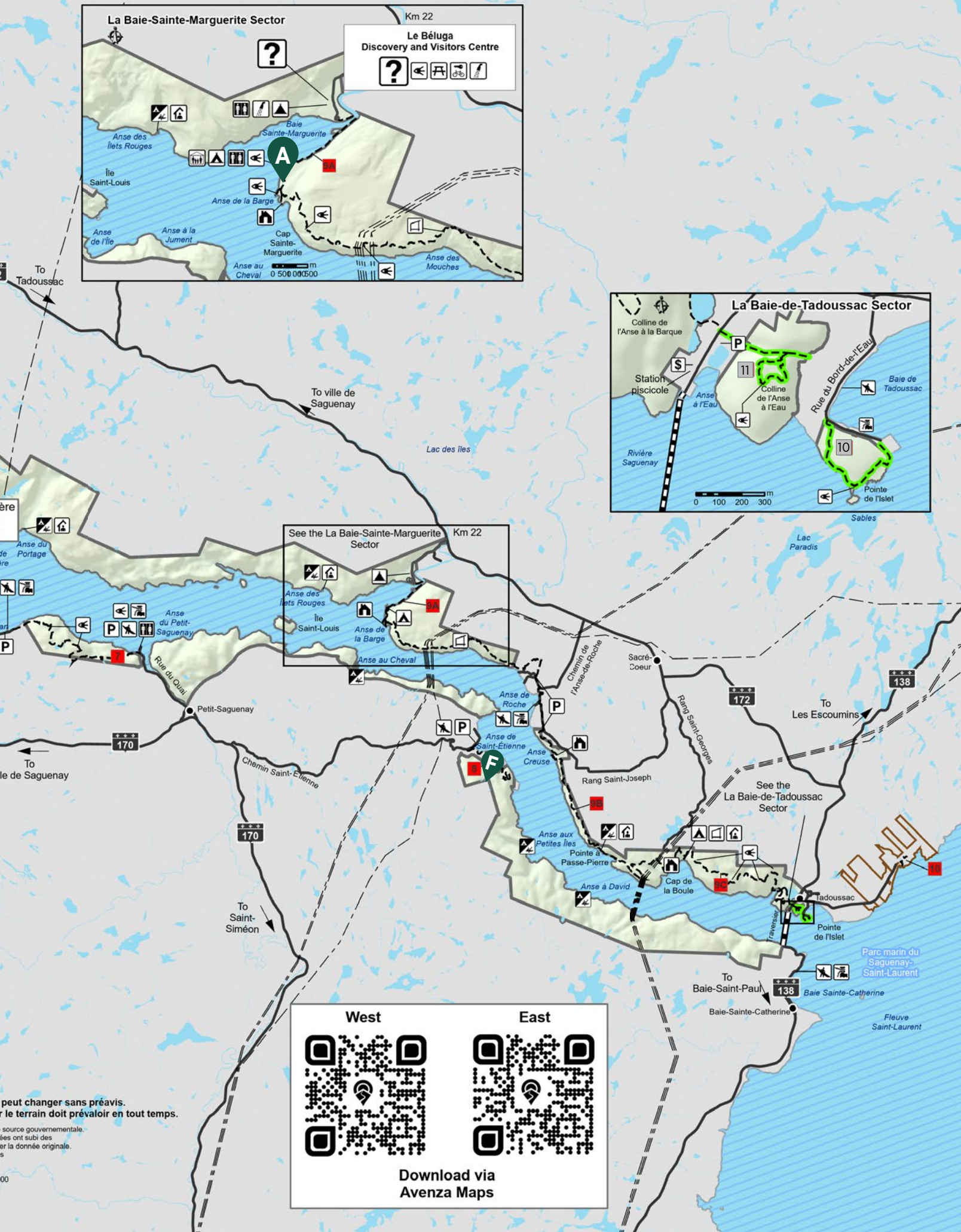
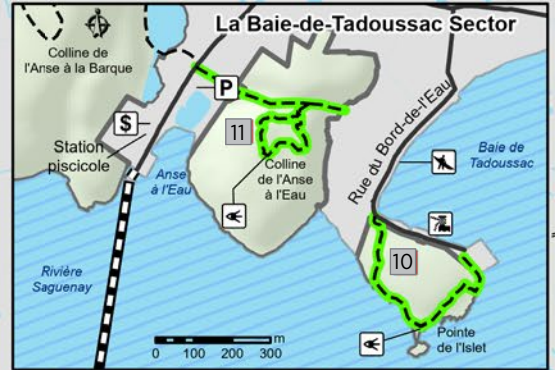
- Cabin
- Waterfall
- Shower
- Rustic accommodation
- Kayak-camping
- Bike rental
- Kayak launch
- Boat fishing

- Picnic
- Lookout
- Wharf / marina
- Food services
- Community hall
- Parking lot
- Statue
- 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

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
 Banque de données Sépaq 2026
 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



West East




**Download via
Avenza Maps**

peut changer sans préavis.
le terrain doit prévaloir en tout temps.

source gouvernementale.
ont subi des
la donnée originale.

Discovery activities



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



Via ferrata

(Baie-Éternité sector)

Traverse the void from high above along an 85-meter-long suspended foot-bridge 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'Odysée	Difficult	6h	14

Fishing

Feel like fishing in a breathtaking setting? Discover peaceful lakes and an absolutely spectacular fjord! Boats are available for rent. Our lakes boast a healthy population of brook trout and you never know what surprises await when your cast your line in the fjord...Go ahead and try your luck!

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.



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

Sea kayaking

(Baie-Éternité sector)

On the program: The fjord and rock walls towering 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

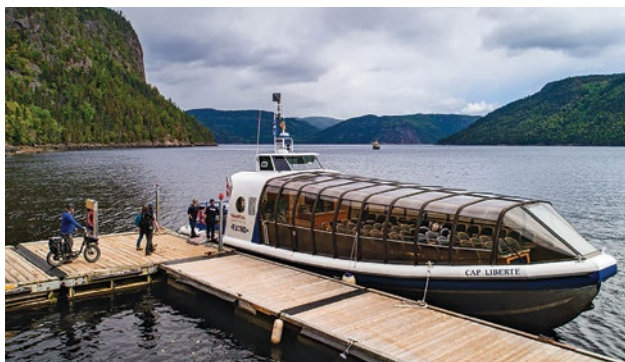
(Baie-Éternité sector)

Embark on a zodiac for an unforgettable tour and discover the impressive fjord and its 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.

Bulletin de conservation

Dans
notre
nature



Discover our latest achievements and initiatives in conservation and education in our *Bulletin* (available in French only).

Naturalists' kiosk

Take a deep dive into the fascinating world of the park at the educational space hosted by our naturalists. Chat with park wardens, see amazing specimens, and learn more about the territory's ecosystems and species. An enriching interactive experience packed with discoveries!

Where: Le Fjord-du-Saguenay Discovery and Visitors Center.



WINDOW
on BELUGAS

A window on belugas

Dive into the fascinating world of the St. Lawrence beluga with this new multimedia activity, featuring spectacular drone footage that was taken as part of a scientific project. Discover the intriguing social life of this fragile white whale with the help of our expert naturalists.

Where: Halte du beluga lookout



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: In the evening, at the 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: In the evening, at the Le Béluga Discovery and Visitors Center.



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 are home to several breeding pairs of peregrine falcons, the fastest bird on the planet. Because this species is designated vulnerable in Quebec, every spring park rangers work to locate nesting sites on the fjord's cliffs. In 1990, only one site was identified, but in 2020 we found 11! Unfortunately, there has been a slight decline in the number of nests since then. Park wardens will keep a close eye on how this change evolves.

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 the 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 location 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 for more information on the rules and regulations.



BELUGAS ARE AN ENDANGERED SPECIES
EVERY ACTION COUNTS

5 ground rules to follow in nature

Our national parks

get millions of visits each year. Harmful behaviors can cause permanent damage to the environment and hinder other visitors' experience. Let's do our part to protect nature so we can all enjoy it for years to come.



Stay on trails and in designated visitor areas

Don't step off the trails or walk in the undergrowth to avoid trampling plants and compacting the soil.



Do not gather dead wood

Help preserve the undergrowth by leaving dead wood in place. It serves as shelter for wildlife and enriches the soil after decomposing.



Do not feed wildlife

Allow animals to feed themselves so they can follow their natural instincts. Keep all foods out of their reach.



Keep your distance when observing animals

Repeated disturbances can alter their behavior and affect their ability to find food, mate, and communicate with each other.



Be mindful of the peace and quiet and adhere to curfews

Noise frightens wildlife, and people visit national parks to enjoy nature. Please follow curfews and refrain from making noise at all times.

