In 1999, the Government of Québec entrusted Société des établissements de plein air du Québec (Sépaq) with the mission of managing, protecting and developing Québec’s network of national parks located above the 50th parallel. Overall, there are now 22 national parks across the different regions of Québec. A marine park operated jointly by Parcs Québec (Sépaq) and Parks Canada has been added to these many natural sites of outstanding beauty.

Every day, staff members at the national parks strive to preserve these unmatched natural resources for the enjoyment of visitors from Québec and abroad. Measures are implemented on a daily basis to preserve a legacy of exceptional sites for future generations. Emphasizing the benefits of nature on young people is therefore important, so that the generations to come know how to make the most of Nature’s wonders and deal with the protection and conservation challenges to be faced in the future.

New premises will open in 2013 at Parc national du Lac-Témiscouata, the latest addition to the Parcs Québec network. The park was officially established in 2009 to protect a representative sample of natural sites at Monts Notre-Dame. Parc national du Lac-Témiscouata features quality infrastructures in line with Québec network. The park was officially established in 2009 to protect a representative sample of natural sites at Monts Notre-Dame. Parc national du Lac-Témiscouata features quality infrastructures in line with Québec national park standards. This protected area is actually renowned for its wetlands and its ornithological sites at Monts Notre-Dame. Parc national du Lac-Témiscouata features quality infrastructures in line with World Conservation Union educational and outdoor use.

A third national park north of the 50th parallel will also be created following the Pingualuit and Kuururjuq and archaeological wealth. I invite you to come and discover the park this summer.

With a view to achieving harmonious development at the cultural, social, economic and regional levels, Parcs Québec is responsible for the conservation and development of territories that are representative of Québec’s 43 natural regions and exceptional sites, due notably to their biological diversity, while ensuring that they are accessible for educational and outdoor use.

All of Québec’s national parks were created in accordance with World Conservation Union standards. A national park is a relatively vast area:

- that represents one or more ecosystems that are moderately or not at all transformed by exploitation;
- where animal and plant species, geomorphological sites and habitats are of particular interest from a scientific, educational or recreational viewpoint, and that offers scenery of great beauty;
- in which the highest competent authority of the country has taken measures to eliminate exploitation and to instill respect for the ecological, geomorphological or aesthetic aspects on the whole;
- where a visit is authorized, under certain conditions, for educational, cultural or recreational purposes.

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Clearly, the range of protected areas is expanding with each passing year. In your vicinity or on the road to your summer holidays, you are sure to find a park to explore. Enjoy a wonderful season of discovery at your national parks!

Yves-François Blanchet
Minister of Sustainable Development, Environment, Wildlife and Parks

**THE MISSION OF PARCS QUÉBEC**

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**DISCOVER QUÉBEC’S NATIONAL PARKS**
**THE MUST-DOS**

**L’ANSE-DE-TABATIÈRE**
The only viewpoint overlooking the Fjord that is accessible by car
You will appreciate the many amenities in this truly unique place. The short walking trail, no more than 500 m in length, is bordered with discovery panels. Come and explore this site at sunset and see the scenery transform as the light changes.

**GUIDED RABAŠKA EXCURSION**
An original way to explore Baie Éternité
Grab your paddle and navigate the waters with a park warden. See Page 9 for more detailed schedule information.

**CAMPING AT POINTE-DU-MOULIN**
Wilderness camping along the Baie Sainte-Marguerite shoreline
Accessed by bicycle or on foot, the privacy and peacefulness of these campsites are a pure delight.

**HALTE DU BÉLUGA**
Come and meet this uncommon mammal
In summer, where the Saguenay Fjord and Baie Sainte-Marguerite meet, scan the waters for white shapes… an opportunity to watch beluga whales as they unfailingly visit these parts. See the discovery activities schedule to find out when park wardens are present; they will make your experience all the more memorable!

**THE STATUE TRAIL**
The park’s most popular trail
The Notre-Dame-du-Saguenay statue ubiquitously has been keeping an eye on the Saguenay Fjord since 1881. From the Baie-Éternité Sector, climb to the top of Cap Trinité (7 km round trip, 3-4 hours) to see this historic monument up close. A few rest areas are set up along the way for those who need a break. Enjoy the magnificent view of Baie Éternité as you catch your breath!
FROM 1983 TO 2013: 30 YEARS OF PROTECTION FOR THE TERRITORY!

This year, Parc national du Fjord-du-Saguenay celebrates 30 years of protection; a territory that spans 319.3 km² on either side of the Saguenay Fjord. It is divided into three main sectors:

- Baie-Sainte-Marguerite: On the north shore, less than 30 minutes from Tadoussac, this sector holds the promise of exclusive contact with a unique habitat for the St. Lawrence beluga whale, and centuries of history shrouded within the scenery!

- Baie-de-Tadoussac: Also on the north shore, where the Fjord and Estuary converge, and where whales like to hang out, this sector brings you to the sandy landscapes of marine terraces, commonly called dunes. Discover the remains of an ice age, where thousands of birds fly over every fall on their way to warmer climes.

- Baie-Éternité: On the south shore of the Saguenay Fjord, this sector offers an impressive variety of land and sea activities. The grandness of the scenery and absolute calm of the bay are sure to please!

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 to know the risks inherent to this activity, to respect your limits and to use appropriate equipment. For more information, we invite you to consult our Web site at sepaq.com.

Entry fees valid from April 1, 2013 to March 31, 2014

<table>
<thead>
<tr>
<th>CATEGORY OR GROUP</th>
<th>DAILY RATES</th>
<th>ANNUAL PARK CARD</th>
<th>ANNUAL NETWORK CARD</th>
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<tr>
<td>Adult (18 or over)</td>
<td>$6.50</td>
<td>$32.50</td>
<td>$58.50</td>
</tr>
<tr>
<td>Child (6 to 17)</td>
<td>$3</td>
<td>$15</td>
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<tr>
<td>Child (0 to 5)</td>
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<td>Free</td>
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<tr>
<td>1 adult with children 6 to 17</td>
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<tr>
<td>Organized adults group</td>
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</tr>
<tr>
<td>Organized youth group (aged 6 to 17)</td>
<td>$2.50</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>School or student group</td>
<td>Free</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Taxes included. Annual Park or Network card is valid for 12 months. The prices, terms and services mentioned in this journal are subject to change without notice.

REGULATIONS

To contribute to improving the quality of the park experience, an entry fee was established by the government. You must always carry your receipt or your annual card during your visit.

To preserve the natural riches for future generations, it is prohibited to remove natural elements (animals, plants, dead wood, rocks, etc.).

The flora is sensitive to being trampled. If we multiply the impacts of thousands of visitors, it’s easy to understand why it is mandatory to stay on the hiking trails.

Nature exhibits exemplary equilibrium. The animals find everything they need to eat here, and that is why feeding wildlife is prohibited. In this respect, it is also prohibited to leave food or garbage unsupervised. Keep them in your car.

Domestic animals are prohibited in Québec’s national parks. But guide dogs and service dogs accompanied by their foster families are admitted. However, these dogs must be easily identifiable, wearing the Mira scarf or harness. Those in charge of the animal must carry the foundation’s letter of accreditation.

It’s great to enjoy an authentic natural environment that is clean and healthy! Carry out your garbage, leave it in the containers provided, and take home any harmful substances, such as soap, oil, combustibles or pesticides.

For the preservation of the milieu and for your safety, only a certain number of activities are allowed in these parks. Plan your visit and first check the list of activities that are allowed in the parks you plan to visit.
A DEEP GASH IN THE EARTH FLOODED BY THE SEA

The formation of the Saguenay Fjord was finished during the fourth and last ice age, which ended about 10,000 years ago. Along the way, the sheer weight of the ice sheet, 3.2 to 4 km thick, sculpted the land and a chiselled a U-shaped valley.

You tasted the water of the Fjord and did not find it very salty? You are right! Fresh water, mainly from Lake Saint-Jean, flows along the surface. Salt water from the St. Lawrence Estuary flows underneath the fresh water layer and makes up 93% of the entire water volume. At the bottom of the Fjord, salinity reaches 31%, nearly the same as the 35% found in the world’s oceans. Also, the superimposition of the two layers is the reason why the surface water is not as cold as one would think, sometimes reaching 15-20°C. In the depths however, the story is completely different, as water temperatures are as low as 1°C!

A Fjord that stands out on the world stage!

Of the 2,130 known fjords around the world, only 38 are at least 100 km long. Stretching over 103 km from Tadoussac to Saint-Fulgence, the Saguenay Fjord stands among the planet’s great fjords. It is also one of the rare fjords to flow into an estuary. But the Saguenay Fjord is remarkable for more than its length: its southern position also makes it unique. Indeed, the only fjord in Southern Quebec may also be the longest as such low latitude, and that in both the Northern and Southern Hemispheres.

DID YOU KNOW...

The name “Saguenay” probably comes from the combination of two Amerindian words — saga and nipi — meaning “where the water flows out”. This is, in essence, the most widely accepted hypothesis for the origin of the word, one of the oldest geographic names in Quebec.

The Saguenay Fjord in numbers!*

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
<td>103 km</td>
</tr>
<tr>
<td>Width</td>
<td>1.1 to 4.4 km</td>
</tr>
<tr>
<td>Maximum depth</td>
<td>270 m</td>
</tr>
<tr>
<td>Sediment thickness</td>
<td>Up to 900 m</td>
</tr>
<tr>
<td>Maximum height of surrounding capes</td>
<td>460 m (Baie-Éternité Sector)</td>
</tr>
<tr>
<td>Watershed</td>
<td>78,000 km²</td>
</tr>
</tbody>
</table>

*Source: Locat, 2013.

A PARCS QUÉBEC’S EXCLUSIVE!

Discover the Huttonia tent, a simple and comfortable way to discover the joys of camping without all the lugging.

Each unit includes:
• two big beds
• supplementary heating and lighting
• a propane-operated warming tray and a mini-fridge
• everything you need to prepare meals

<table>
<thead>
<tr>
<th>2013 Season</th>
<th>80 new tents</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW SEASON</td>
<td>$99/night</td>
</tr>
<tr>
<td>HIGH SEASON</td>
<td>$116/night</td>
</tr>
</tbody>
</table>

Capacity of 5 people (max. 4 adults)
(1) From Sunday to Thursday until June 20, 2013 and from September 8, 2013.
(2) Fridays, Saturdays, holidays and every day from June 21, 2013 to September 7, 2013.
Taxes and entrance fees not included

Online reservation: parksquebec.com/huttopia

THE PEREGRINE FALCON – ANIMAL EMBLEM

The Fjord’s rocky escarpments are home to many peregrine falcon breeding couples (Falco peregrinus) of the anatum subspecies. The choice of this raptor as animal emblem therefore seemed self-evident. And while the species is still considered threatened in Quebec, protection measures seem to be bearing fruit. Here is a snapshot of the story…

Following major decline of the species, principally due to DDT, a restocking program was set up from 1976 to 1994, by which 255 falcons were set free in areas around the St. Lawrence Valley. Also, since 1970, province-wide inventories are carried out every five years. And while only a single and first couple was noted in 1980, no less than 108 breeding couples were counted in 2010!

In the Saguenay-Lac-Saint-Jean region alone, monitoring has been done yearly for more than 20 years. Every spring, park wardens locate nesting sites alongside the Ministry team. Only two couples were seen in 1990. In 2012, ten nesting sites were counted around the region, half of which are within park boundaries, along the Fjord.

Keep an eye out as you explore the park, you have a good chance of spotting a peregrine falcon or two!
In summer, Baie Sainte-Marguerite plays host to an out-of-the-ordinary spectacle as beluga whales gather in great numbers, for the most part (86%) in herds of adults and calves. The uniqueness of this bay is threefold: Belugas abound, come frequently, and stay for long periods. Several theories have been raised to explain their attachment to this habitat. The warmer waters and sloped sandy bottom may be preferred conditions for birthing females, including caring for the calves and teaching them to hunt. The beluga may also come here to feed; however, the fact that there are few molluscs and marine worms in the area leads to believe that the beluga feed on fish. Marine Park researchers are currently working at finding answers to this question.

A collaborative study with Parks Canada has identified which part of the bay is a preferred site of belugas. With the support of the local population, the area was designated “integral protection zone” to better safeguard this magnificent whale. Although this zoning regulation is not yet in force, boaters, hunters, anglers, and kayakers are called upon to keep from navigating in the area. With your help, striking a balance between park conservation and recreational use can be achieved!

### UTILIZATION OF THE BAIE SAINTE-MARGUERITE ZONES

- **Zone I**: Full protection
  - Human activity prohibited except for kayakers entering the bay, who must stay close to the shore and downstream from the mouth of the bay, and respect sea mammal protection regulations.

- **Zone II**: Specific protection
  - Motorboats allowed
  - Fishing allowed
  - Pleasure boats allowed
  - Kayaks allowed

- **Zone III**: General protection
  - Fishing prohibited
  - Kayaks prohibited
  - Pleasure boats prohibited
  - Hunting prohibited

- **Recommended passage for kayakers**: Low-speed corridor for kayaks and sport-fishing boats only

### THOUSANDS OF YEARS OF HISTORY UNDER YOUR FEET!

Practically every spring since 1996 a team from the University of Quebec at Chicoutimi Archaeology Laboratory conducts digs along the shores of the Sainte-Marguerite River, at the mouth of the Fjord. A few thousand years ago, the water levels of the Fjord were 20 to 40 metres higher than today. Because the first travellers set up their camps near the water, the oldest artefacts are found 25 metres above the current waterline. Most of the 320,000 pieces amassed, some as old as 5,000 years, are bone fragments from seals found in fire pits. Surprisingly, the area was principally travelled in winter and used for hunting. The availability of food in the area made it a strategic site despite winter weather.

The current terraces along the Fjord (5-10 m high) for their part reveal the secrets of much more recent occupation by groups related to the St. Lawrence Valley Iroquoian family.

Numerous clay pottery fragments found in the area lead to believe that the territory was occupied on a fairly continuous basis.

The Sainte-Marguerite River is one of the rare waterways in Quebec that can boast the nearly entire history of human occupation in Quebec, making it an exceptional outdoor laboratory.

### ACCOMODATION
- Lodges, Camping, Yurts...

### ACTIVITIES
- Sea Kayaking, Wild Animals Watching, Hiking and Shuttle for Hikers...

### RESTAURANT
- Traditional Meals

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www.parcsquebec.com
DISCOVERY ACTIVITIES
BAIE-SAINTE-MARGUERITE SECTOR

SUMMER DISCOVERY ACTIVITIES
Saturday, June 22 to Sunday, August 18

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Marguerite en trois temps</td>
<td>10:30 to 12:00</td>
<td>10:30 to 12:00</td>
<td>10:30 to 12:00</td>
<td>10:30 to 12:00</td>
<td>10:30 to 12:00</td>
<td>10:30 to 12:00</td>
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</tr>
<tr>
<td>2 La halte du béluga</td>
<td>13:00 to 16:00</td>
<td>13:00 to 16:00</td>
<td>14:00 to 17:00</td>
<td>13:00 to 16:00</td>
<td>13:00 to 16:00</td>
<td>14:00 to 17:00</td>
<td>13:00 to 16:00</td>
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<tr>
<td>3 Les mille et un visages de la baie</td>
<td>19:30 to 20:30</td>
<td>19:30 to 20:30</td>
<td>19:30 to 20:30</td>
<td>19:30 to 20:30</td>
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FALL DISCOVERY ACTIVITIES
Saturday, August 24 to Sunday, September 1

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>2 La halte du béluga</td>
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<td></td>
<td>12:00 to 15:00</td>
<td>12:00 to 15:00</td>
</tr>
</tbody>
</table>

*Activities offered in French only but park wardens can answer questions in English.

DISCOVERY ACTIVITIES LED BY PASSIONNATE PARK WARDENS!

1 Marguerite en trois temps
*Posted activity*
From Aboriginal peoples through colonial times to modern day, human adventure has left its mark on the Baie Sainte-Marguerite landscape. Get a glimpse of thousands of years of historical data uncovered during the latest archaeological digs.

**Meeting place:** Front terrace of the centre

**Length:** 15 minutes

2 La halte du béluga
*Posted activity*
Why do the St. Lawrence belugas spend so much time in Baie Sainte-Marguerite? What are the dangers to this population? How can we help to protect them? Find answers to your questions by meeting one of our park wardens at the observation deck.

**Meeting place:** La Halte du Béluga observation deck

**Length:** 15 minutes

3 Les mille et un visages de la baie
*Evening talks*
Baie Sainte-Marguerite is much more than beluga whales! On land and on water, the site teems with life! Discover the thousand-and-one faces of the bay, where diverse fauna and flora thrive.

SELF-GUIDED DISCOVERY ACTIVITIES
EXPERIENCE THE PARK AT YOUR OWN PACE...

Baie comme Béluga
*Permanent exhibition*
Dedicated to this little white whale and to the history of the bay area, this permanent exhibition at the Discovery and Visitors Centre is worth your time!

Sentier de découverte autoguidé du belvédère
On this self-guided tour to the observation deck, travel back in time to the village of Bay Mill, once a lively community built around a sawmill.

Deux espèces sous la menace
*Rally*
Calling all up-and-coming park wardens! Frimas and Edgar are in danger and need your help. Find the clues and meet the challenges that will help you to find out which species are threatened. You will find all the material you need at the Discovery and Visitors Centre.

**Length:** About 45 minutes.

Opening hours of “Le Béluga” Discovery and Visitors Centre**

- Saturday, June 8 to Sunday, June 16: Saturday and Sunday from 9:00 to 16:00
- Monday, June 17 to Friday, June 21: Every day from 9:00 to 16:00
- Saturday, June 22 to Sunday, September 1: Every day from 9:00 to 18:00
- Monday, September 2 to Monday, October 14: Every day from 9:00 to 16:00

**At certain times of year, outside the published opening hours, the park can be accessed using the self-registration posts located at sector entry points.
When fall comes around, Tadoussac turns into a very busy bird migration crossroads. The Observatoire d’oiseaux de Tadoussac (OOT) has been studying the demographic evolution of boreal species since 1993. Every year, visual counts are conducted to take stock of an average 15,000 birds of prey and 290,000 other types of birds! The observatory also runs a banding station, night and day. Each bird captured in the Japanese nets is carefully weighed, measured and banded, and then released.

What were the highlights of 2012? According to Pascal Côté, OOT Manager, the great rise in boreal owl numbers was thrilling for the banding team, as it was for the numerous visitors who had a chance to watch this tiny owl. This migration once again confirmed the four-year abundance cycle noted since 1996 in Tadoussac. A total of 140 owls were captured between September 7 and November 4, the third highest number in the history of the Observatory.

Where passerines (perching birds) are concerned, the 941 evening grosbeaks spotted in 2012 is the second highest seasonal number seen at the Observatory since the 1997 record of 1,422 individuals. No yearly total had exceeded 400 birds since 2002. At the same time, 118 Tennessee warblers were noted, slightly below the 2011 record of 170 individuals. These numbers are far above the 1996-2010 average, which is below 10 Tennessee warblers per year. The increase in numbers for these two species seems tied to the spruce bud moth epidemic, which started in 2008 in the Côte-Nord region. The spruce bud moth is a favoured prey for the evening grosbeak and Tennessee warbler, who make the most of this abundance during their breeding period.

For 2013, the OOT does not expect much change in boreal owl numbers, while the volume of migrating passerines will be determined by tree-planting production.

If this subject interests you, visit the OOT Website at explos-nature.qc.ca/oot and subscribe to their e-bulletin to stay informed.

Evolution of the marine terraces
Commonly referred to as the Dunes, the marine terraces found in the Baie-de-Tadoussac Sector are the remnants of a delta from the last ice age. Melting ice from glacial outwash deposited an impressive amount of sediments in the area. When the continent was freed from the weight of the ice and started to rise, both marine terraces emerged from the water. Until the end of the 19th Century, the ground was still sufficiently fertile for farming. But deforestation, winds and agricultural methods led to the desertification of the area, starting in the early 1900s. Nevertheless, slowly but surely, plants are reclaiming their rightful place in this fragile environment.
SUMMER DISCOVERY ACTIVITIES
Saturday, June 22 to Sunday, August 18

<table>
<thead>
<tr>
<th>ACTIVITY</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. La vie cachée du littoral</td>
<td>10:00 to 12:00</td>
<td>10:00 to 12:00</td>
<td>10:00 to 12:00</td>
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<td></td>
<td></td>
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<tr>
<td>2. Petit géant et grands courants</td>
<td>13:00 to 16:30</td>
<td>13:00 to 16:30</td>
<td>13:00 to 16:30</td>
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FALL DISCOVERY ACTIVITIES
Friday, September 6 to Sunday, October 6

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<th>ACTIVITY</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Laissez-vous charmer par les nyctales</td>
<td>19:30 to 21:30</td>
<td>19:30 to 21:30</td>
<td>19:30 to 21:30</td>
<td>19:30 to 21:30</td>
<td>19:30 to 21:30</td>
<td></td>
</tr>
</tbody>
</table>

The programming can be modified without advance notice.

DISCOVERY ACTIVITIES LED BY PASSIONATE PARK WARDENS!

Meeting place for the two posted activities: Pointe-de-l’Islet trail, in the town of Tadoussac (near the wharf)
Length of each activity: 15 minutes

1. La vie cachée du littoral
   Posted activity
   The intertidal shore is home to an incredible variety of plant and animal species. Take the time to discover how these organisms display ingenious survival techniques and evolve in the unusual conditions created by the constant movement of tides.

2. Petit géant et grands courants
   Posted activity
   The minke whale, or lesser rorqual, often steals the show at Pointe-de-l’Islet, where the Saguenay and St. Lawrence Rivers meet. Discover everything about this master of gymnastics… which is “lesser” in name only!

3. Laissez-vous charmer par les nyctales
   Initiation to research
   Get involved at Tadoussac bird observatory (OOT) research activities, the ideal place to observe and learn everything you ever wanted to know about the work of a master bird catcher, whose job it is to band small night owls. Watch this artist at work live on screen. You may even get an opportunity to tag along with the OOT team as they check their nets.

Meeting place: La Maison des Dunes
Length: 2 hours
Rates: Adult: $9.57; Children: $4.79. Taxes not included. Reservations required: Call 418 235-4238 or visit “La Maison des Dunes” Discovery and Visitors Centre.

La formation et l’histoire des terrasses marines
Permanent Exhibition
Why is there so much sand here? Visit “La Maison des Dunes” Discovery and Visitors Centre to see this permanent exhibition and find out more about a geological phenomenon of days gone by.

SELF-GUIDED DISCOVERY ACTIVITIES
EXPERIENCE THE PARK AT YOUR OWN PACE...

Sentier de découverte autoguidé de la Pointe-de-l’Islet
A preferred land site for observing marine mammals, this self-guided trail is lined with discovery panels featuring historic details on the Saguenay Fjord, St. Lawrence River and Tadoussac.

Opening hours of “La Maison des Dunes” Discovery and Visitors Centre
Friday, June 21 to Monday, September 2
Saturday and Sunday from 10:00 to 17:00
Friday, September 6 to Sunday, October 6
Friday to Sunday from 13:30 to 20:30

*Activities offered in French only but park wardens can answer questions in English.
### SUMMER DISCOVERY ACTIVITIES
**Saturday, June 22 to Sunday, August 18**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Navigate the history of Saguenay</td>
<td></td>
<td>11:30 to 16:30</td>
<td>11:30 to 16:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. En route vers le sommet</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Charles-Napoléon Robitaille</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Wildlife of the fjord</td>
<td>14:00 to 17:00</td>
<td>12:00 to 15:00</td>
<td>12:00 to 15:00</td>
<td>12:00 to 15:00</td>
<td>12:00 to 15:00</td>
<td>14:00 to 17:00</td>
<td></td>
</tr>
<tr>
<td>5. A breathtaking landscape</td>
<td>14:00 to 17:00</td>
<td>14:00 to 17:00</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>6. A commuter traveler at the rabaska era</td>
<td></td>
<td></td>
<td>16:00 to 17:30</td>
<td>16:00 to 17:30</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>7. Baie sens dessus dessous</td>
<td></td>
<td></td>
<td>16:00 to 17:30</td>
<td>16:00 to 17:30</td>
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<tr>
<td>8. Discover the park</td>
<td></td>
<td></td>
<td>19:30 to 20:30</td>
<td></td>
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<td></td>
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<tr>
<td>9. The wizard of Saguenay</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>10. Falcon protects!</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19:30 to 20:30</td>
</tr>
<tr>
<td>11. Voyage to the end of the night</td>
<td></td>
<td></td>
<td>20:30 to 22:30</td>
<td>20:30 to 22:30</td>
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<td></td>
<td>20:30 to 22:30</td>
</tr>
</tbody>
</table>

*The programming can be modified without advance notice.*

### FALL DISCOVERY ACTIVITIES
**Saturday, August 24 to Sunday, September 29**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Wildlife of the fjord</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00 to 15:00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. A breathtaking landscape</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:00 to 15:00</td>
<td></td>
</tr>
</tbody>
</table>

**SCHOOL GROUPS... THIS WAY FOR DISCOVERIES!**

Parc national du Fjord-du-Saguenay has diverse educational and fun activities for school children: organized hikes, interactive theatre, and research orientation; you will surely find a formula to meet your expectations among our suggestions. Call us for further information: 418 272-1556.

**Opening hours of “Le Fjord du Saguenay” Discovery and Visitors Centre**

<table>
<thead>
<tr>
<th>Day, Month 1</th>
<th>Day, Month 2</th>
<th>Day, Month 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, June 8 to Sunday, June 16</td>
<td>Saturday and Sunday from 9:00 to 16:00</td>
<td></td>
</tr>
<tr>
<td>Monday, June 17 to Friday, June 21</td>
<td>Every day from 9:00 to 16:00</td>
<td></td>
</tr>
<tr>
<td>Saturday, June 22 to Sunday, September 1</td>
<td>Every day from 8:30 to 19:00</td>
<td></td>
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<tr>
<td>Monday, September 2 to Monday, October 14</td>
<td>Every day from 9:00 to 18:00</td>
<td></td>
</tr>
<tr>
<td>Tuesday, October 15 to Sunday, October 20</td>
<td>Every day from 9:00 to 16:00</td>
<td></td>
</tr>
</tbody>
</table>

*At certain times of year, outside the published opening hours, the park can be accessed using the self-registration posts located at sector entry points.*

Charles-Napoléon Robitaille
1  Naviguez l’histoire du Saguenay
Posted activity
From canoe to ocean liner, the history of navigation on the Fjord is commemorated at the main observation deck.
Meeting place: Main observation deck at L’Anse-de-Tabatière
Length: 15 minutes

2  En route vers le sommet
Guided hike
Follow a park warden up the mountain trail leading to the Statue and discover myriad natural phenomena along the way. Because the activity ends at the foot of the Statue, plan enough time for the return trip down the mountain. Register early, places are limited!
Meeting place: Rear terrace of the centre
Length: 2 ½ hours

3  Charles-Napoléon Robitaille
Posted activity
Charles-Napoléon himself will do the honours at the foot of the Notre-Dame-du-Saguenay Statue, and tell the story leading to the statue being erected more than 130 years ago.
Meeting place: At the feet of the Statue
Length: 15 minutes

4  La faune du fjord
Posted activity
Everything you have ever wanted to know about the Fjord but never thought to ask! Get a close-up look at starfish, sea urchins, shrimp, and other sea creatures in this highly fascinating and outstanding environment.
Meeting place: Rear terrace of the centre
Length: 15 minutes

5  Un paysage à couper le souffle
Posted activity
See the Fjord and Baie Éternité from a different perspective! With the help of a park warden, discover the singular geological journey of an area that has been a million years in the making!
Meeting place: Halte Bellevue
Length: 15 minutes

RABASKA CANOEING ACTIVITIES

6  Un commis voyageur à l’époque du rabaska
Rabaska canoeing around the bay
Join the crew of this great birch-bark canoe and paddle you way into the fur trade era! Our expert guides will introduce you to the ancient customs and practices of the coureurs de bois as you navigate the waters of Baie Éternité.
Meeting place: Rear terrace of the centre
Length: 1 ½ hours
Rates: Adults: $14.79; Children: $7.39. Taxes not included. Reservations required: Call 418 272-1556 or visit the Discovery and Visitors Centre. On-water outings are not recommended for children under 6 years of age.

7  La baie sens dessus dessous
Rabaska canoeing around the bay
The peaceful-looking Baie Éternité is also a plethora of land, aquatic, and marine life. Take this rabaska canoe tour of a surprisingly rich environment.
Meeting place: Campground (Community hall A)
Length: 1 hour

8  Découvrez le parc
Evening talks
Take part in this virtual tour of the diverse park habitats and learn about the true nature of Parc national du Fjord-du-Saguenay!
Meeting place: Campground (Community hall A)
Length: 1 hour

9  Le sorcier du Saguenay
Interactive theatre
Amerindian legend revealing the mysteries behind the formation of capes Éternité and Trinité told in a unique torch-lit natural amphitheatre. Listen to the “true” story of how these stone giants were created.
Meeting place: Rear terrace of the centre
Length: 1 hour

10  Faucon les protège!
Evening talks
Cougar, beluga, Barrow’s goldeneye, striped coralroot... decidedly the falcon is not the only threatened species in the park! Time to discover the park’s fauna and flora, particular organisms that merit particular attention!
Meeting place: Rear terrace of the centre
Length: 1 hour

11  Voyage au bout de la nuit
Night-time hike
Night-time is quiet time? Think again! Bats, owls, butterflies and other nightly creatures come to life in the darkness. With a park warden, delve into a world of myths and mysteries.
Meeting place: Rear terrace of the Centre
Length: 2 hours
Rates: $8.70/adult and $4.35/child. Taxes not included. Reservations required at 418 272-1556, or in person at the Discovery and Visitors Centre during business hours. The night-time hike is not recommended for children under six years of age.

*Activities offered in French only but park wardens can answer questions in English.

NEW!

SELF-GUIDED DISCOVERY ACTIVITIES
EXPERIENCE THE PARK AT YOUR OWN PACE...

L’étonnante nature du fjord
Permanent exhibition
Discover all the secrets of the Fjord when you visit the Discovery and Visitors Centre. Take advantage of your visit to enjoy a simulated helicopter tour over one of the longest fjords in the world!

Deux espèces sous la menace
Rally
Calling all up-and-coming park wardens! Frimas and Edgar are in danger and need your help. Find the clues and meet the challenges that will help you to find out which species are threatened. You will find all the material you need at the Discovery and Visitors Centre.
Length: About 45 minutes.
The routes shown are for your information only. Do not use this map for long treks or winter travel. You will find detailed map at the three Discovery and Visitors Centres. Cell phones do not function in some park sectors.
### Short Hiking Trails

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Difficulty</th>
<th>Starting Point</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baie-Éternité Sector</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sentier des Méandres-à-Falaises</strong>&lt;br&gt;From the river delta to the foot of Cap Trinité</td>
<td>1.6 km (loop), 45-60 min.</td>
<td>“Le Fjord du Saguenay” Discovery and Visitors Centre</td>
<td></td>
</tr>
<tr>
<td><strong>Sentier de la Statue</strong>&lt;br&gt;• Up to halte Bellevue&lt;br&gt;• Up to the statue</td>
<td>3.2 km (round trip), 2 hrs&lt;br&gt;7 km (round trip), 3-4 hrs</td>
<td>“Le Fjord du Saguenay” Discovery and Visitors Centre</td>
<td></td>
</tr>
<tr>
<td><strong>Sentier de la Rivière</strong>&lt;br&gt;Along Éternité River from the campground to the bay</td>
<td>8.4 km (round trip), 4 hrs</td>
<td>“Le Fjord du Saguenay” Discovery and Visitors Centre or Camping Baie-Éternité between campsites 54 and 56</td>
<td></td>
</tr>
<tr>
<td><strong>Sentier Les Caps</strong>&lt;br&gt;• Point de vue du Géant&lt;br&gt;• Up to cap Éternité</td>
<td>10.2 km (round trip), 4-5 hrs&lt;br&gt;18 km (round trip), 9 hrs</td>
<td>Parking area P3</td>
<td></td>
</tr>
<tr>
<td><strong>L’Anse-Saint-Jean Sector</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sentier Les Caps</strong>&lt;br&gt;• From Anse-de-Tabatière to Chemin Saint-Thomas through Montagne Blanche and Sentier des Chutes trail (closed during hunting season)</td>
<td>15 km (one way), 7-8 hrs, plan for shuttle</td>
<td>Starts at Chemin de l’Anse-de-Tabatière and ends at Chemin Saint-Thomas Nord</td>
<td></td>
</tr>
<tr>
<td><strong>Sentier Les Caps</strong>&lt;br&gt;• From L’Anse-Saint-Jean to Petit-Saguenay</td>
<td>10 km (one way), 5 hrs, plan for shuttle</td>
<td>Rue Saint-Jean-Baptiste in L’Anse-Saint-Jean or rue du Quai in Petit-Saguenay</td>
<td></td>
</tr>
<tr>
<td><strong>Sentier des Chutes</strong>&lt;br&gt;• Up to the first waterfall&lt;br&gt;• Up to la montagne Blanche (closed during hunting season)</td>
<td>5 km (round trip), 2-3 hrs&lt;br&gt;13.8 km (round trip), 6-7 hrs</td>
<td>Chemin Saint-Thomas Nord</td>
<td></td>
</tr>
<tr>
<td><strong>Anse-de-Tabatière</strong>&lt;br&gt;• Panoramic view of the Fjord</td>
<td>0.5 km (round trip), 10 min</td>
<td>L’Anse-de-Tabatière parking area</td>
<td></td>
</tr>
<tr>
<td><strong>Petit-Saguenay Sector</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sentier de La Pinède</strong>&lt;br&gt;• Up to the pine stand lookout</td>
<td>8.0 km (round trip), 3 hrs</td>
<td>Chemin Saint-Étienne parking area</td>
<td></td>
</tr>
<tr>
<td><strong>Baie-Sainte-Marguerite Sector</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sentier Le Fjord</strong>&lt;br&gt;• From the Discovery and Visitors Centre to Halte du Béluga (also accessible by bike)&lt;br&gt;• From the Discovery and Visitors Centre to Point de vue St-Louis&lt;br&gt;• From the Discovery and Visitors Centre to Anse-à-Pierrot parking area</td>
<td>6.4 km (round trip), 2-3 hrs&lt;br&gt;9.2 km (round trip), 4-5 hrs&lt;br&gt;13.2 km (one way), 6-7 hrs, plan for shuttle</td>
<td>“Le Béluga” Discovery and Visitors Centre&lt;br&gt;“Le Béluga” Discovery and Visitors Centre&lt;br&gt;“Le Béluga” Discovery and Visitors Centre or l’Anse-à-Pierrot parking area</td>
<td></td>
</tr>
</tbody>
</table>

After October 31, contact us for information on the trail schedules, as the snow cover can lead to closings.
### BAIE-DE-TADOUSSAC SECTOR

<table>
<thead>
<tr>
<th>TRAIL</th>
<th>LENGTH</th>
<th>DIFFICULTY LEVEL</th>
<th>STARTING POINT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sentier Le Fjord</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>From L’Anse-Creuse to cap de la Boule</td>
<td>14.8 km (one way), 7-8 hrs,</td>
<td>🍃Carthy</td>
<td>Rang Saint-Joseph or lac de la Boule parking area</td>
</tr>
<tr>
<td></td>
<td>plan for shuttle</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>🍃Carthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sentier Le Fjord</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• From Tadoussac to l’Anse à la Barque</td>
<td>2.6 km (round trip), 45 min</td>
<td>🍃Carthy</td>
<td>Parking area across the fish farm (Route 138, near the ferry)</td>
</tr>
<tr>
<td>observation point</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• From Tadoussac to colline de l’Anse à la</td>
<td>3.5 km (round trip), 1 1/2 hr</td>
<td>🍃Carthy</td>
<td>Parking area across the fish farm (Route 138, near the ferry)</td>
</tr>
<tr>
<td>Barque observation point</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• From Tadoussac to mont Adéla-Lessard</td>
<td>8 km (round trip), 4-5 hrs</td>
<td>🍃Carthy</td>
<td>Parking area across the fish farm (Route 138, near the ferry)</td>
</tr>
<tr>
<td>observation point</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• From cap de la Boule to Tadoussac</td>
<td>13 km (one way), 6-7 hrs,</td>
<td>🍃Carthy</td>
<td>Parking area across the fish farm (Route 138, near the ferry) or</td>
</tr>
<tr>
<td></td>
<td>plan for shuttle</td>
<td></td>
<td>lac de la Boule parking area</td>
</tr>
<tr>
<td></td>
<td>🍃Carthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sentier de l’Estuaire</strong></td>
<td>800 m (round trip), 20 min</td>
<td>🍃Carthy</td>
<td>“La Maison des Dunes” Discovery and Visitors Centre</td>
</tr>
<tr>
<td>Leads to panoramic view of the estuary</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sentier de la Pointe-de-l’Islet</strong></td>
<td>800 m (loop), 20 min</td>
<td>🍃Carthy</td>
<td>Federal wharf of Tadoussac or municipal parking area</td>
</tr>
<tr>
<td>On-land marine mammal observation site</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sentier de la Coupe</strong></td>
<td>1.1 km (loop), 45 min</td>
<td>🍃Carthy</td>
<td>Parking area across the fish farm (Route 138, near the ferry)</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td><strong>DIFFICULTY LEVELS:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easy</td>
<td>🍃Carthy</td>
<td></td>
<td></td>
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<tr>
<td>Intermediate to difficult</td>
<td>🍃Carthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficult</td>
<td>🍃Carthy</td>
<td></td>
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</tbody>
</table>

DISCOVER THE FONDS PARCS QUÉBEC COLLECTION AND DO YOUR PART FOR CONSERVATION!

One dollar will be donated to Fonds Parcs Québec for each item purchased.

Donations to Fonds Parcs Québec serve to support the conservation of Québec’s national parks. Through the funding of research, knowledge acquisition, and species population monitoring and inventory, vital data are obtained to particularly safeguard plant and animal species.

The collection is available at the Boutique Nature shop.

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**DISCLAIMER:**

13
LONG-DISTANCE HIKING along the fjord

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 camp-ground, lean-to facilities. Visit our Website for details and route suggestions.

ECO-SAFARI
In partnership with OrganisAction
• 2 days and 1 night, hiking along Les Caps trail with a guide
• 1 night in a shelter
• All meals (2 lunches, 1 dinner, and 1 breakfast), based on a “Terroir discovery” formula with seasonings from the boreal forest
• Return transportation to starting point
Information and reservations:
1 877 549-0676, www.parcsquebec.com ou www.organisaction.com

NO PACK ON YOUR BACK
In partnership with Ferme 5 Étoiles
• 3 days and 2 nights autonomous hiking on Le Fjord trail, from Baie-Sainte-Marguerite to Anse à Pierrot (about 16.5 km)
• Luggage transport included (one bag per person)
• One night in a shelter and one in a yurt
• Meals available
Information and reservations:
1 877 236-4551, www.parcsquebec.com ou www.ferme5etoiles.com

PACKAGE
CAPES AND CRUISE
In one direction or another, travel Les Caps trail between Anse-de-Tabatière and Baie Éternité, and enjoy the return trip on board a sightseeing cruise!

Package includes
• Two-day hike with one night in a shelter
• Return trip on board a Croisières du Fjord tour boat

From $59 + tax/person/day

NEW!
You can now get exclusive luggage transportation or shelter reservations! Call 418 272-1556 for more information.

TRAIL | LES CAPS (SOUTH SHORE) | LE FJORD (NORTH SHORE)
--- | --- | ---
DISTANCE | 27 km-32 km (difficult level) | 43.5 km (difficult level). From Baie-Sainte-Marguerite to Tadoussac
TRAVEL TIME | 3 days, 2 nights | 4 days, 3 nights
ENVIRONMENT | Forest | Woodlands along the fjord
SHUTTLE SERVICE | OrganisAction 418 549-0676 | Ferme 5 Étoiles 418 236-4833 or 1 877 236-4551

VIA FERRATA
SKY-HIGH EXPERIENCE
1-888 674-9114
www.parcsquebec.com
Fishing for brook trout in a lake...
Rowboats are available on ten magnificent fishing lakes: five on the south shore and on the north shore. You like fly fishing? Stella Lake and Pierre Lake are from now on limited to fly fishing only. Consult the central map to locate the lakes.

...sea trout in a river...
At the end of summer, the sea-run brook trout, or sea trout, as it is commonly known, leaves the salty waters of the estuary to spawn in the fresh waters of Éternité River. But keep a keen eye on what is nibbling at the end of your line, as opposed to sea trout, if you catch a salmon in this river you have to throw it back!

...or smelt in Baie Éternité!
In late summer, many fishermen meet at the Baie Éternité wharf to fish for smelt. For the residents of Québec, no need for a fishing permit to fish here because the smelt are in federal waters. So join in!!

### Baie-Éternité Sector (south shore of the Fjord)

<table>
<thead>
<tr>
<th>Lake</th>
<th>Lake area (ha)</th>
<th>Species*</th>
<th>Quota</th>
<th>MOTOR Electric motor</th>
<th>Gas motor (9.9 hp max)</th>
<th>Portage length (difficulty)</th>
<th>Driving distance from sector entry point</th>
<th>Recommended vehicle type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lac April</td>
<td>23.7</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td>X</td>
<td>50 min (difficult)</td>
<td>12</td>
<td>Car or pickup truck</td>
</tr>
<tr>
<td>Lac Price</td>
<td>27.3</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td>X</td>
<td>5 min (easy)</td>
<td>6</td>
<td>Pickup truck</td>
</tr>
<tr>
<td>Lac Claveau</td>
<td>11.1</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td>X</td>
<td>40 min (easy)</td>
<td>7.5</td>
<td>Pickup truck</td>
</tr>
<tr>
<td>Lac Pierre**</td>
<td>2</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td>X</td>
<td>50 min (intermediate)</td>
<td>7.5</td>
<td>Pickup truck</td>
</tr>
<tr>
<td>Lac Stella**</td>
<td>5.5</td>
<td>0a</td>
<td>5</td>
<td>X</td>
<td></td>
<td>-</td>
<td>Between 1 km and 6 km</td>
<td>Car or pickup truck</td>
</tr>
<tr>
<td>Rivière Éternité (7 pools)</td>
<td>-</td>
<td>0a</td>
<td>5</td>
<td>X</td>
<td></td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

### Baie-Sainte-Marguerite Sector (north shore of the Fjord)

<table>
<thead>
<tr>
<th>Lake</th>
<th>Lake area (ha)</th>
<th>Species*</th>
<th>Quota</th>
<th>MOTOR Electric motor</th>
<th>Gas motor (9.9 hp max)</th>
<th>Portage length (difficulty)</th>
<th>Driving distance from sector entry point</th>
<th>Recommended vehicle type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grand lac Otis</td>
<td>116</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td>X</td>
<td>-</td>
<td>38</td>
<td>Pickup truck</td>
</tr>
<tr>
<td>Lac Euloge</td>
<td>93</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td>X</td>
<td>-</td>
<td>38</td>
<td>Pickup truck</td>
</tr>
<tr>
<td>Lac Hibou</td>
<td>8</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td></td>
<td>-</td>
<td>35</td>
<td>Pickup truck</td>
</tr>
<tr>
<td>Petit lac Biscambi</td>
<td>8</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td></td>
<td>10 min (easy)</td>
<td>39</td>
<td>Pickup truck</td>
</tr>
<tr>
<td>Grand lac Biscambi</td>
<td>39</td>
<td>0</td>
<td>10</td>
<td>X</td>
<td>X</td>
<td>15 min (intermediate)</td>
<td>39</td>
<td>Pickup truck</td>
</tr>
</tbody>
</table>

*O = Brook trout  **Da = Sea-run brook trout  **Fly fishing only.
Thirteen primitive campgrounds along the Fjord give practitioners of the sport ready access to the water for more than one day. Visitors can choose two- to five-night packages. See our Web-site for route suggestions, designed according to real and safe distances and get the kayak-camping map on water-repellant paper in one of our three Discovery and Visitors Centres.

For a safe outing
Please consult the Guide de pratique et d’encadrement sécuritaire d’activités de plein air (French only) on the Fédération québécoise du canot et du kayak Website at www.canot-kayak.qc.ca.

Remember: You are responsible for your own safety!
Cold water, tides and sudden weather changes are among the reasons why these types of outings are the affair of experienced kayakers.

You plan to go boating in the Baie Sainte-Marguerite area?
Before you go, find out about special features of the area to make sure you do not infringe on the Marine Activities in the Saguenay–St. Lawrence Marine Park Regulations. See the map on Page 4 for more information.

Anyone navigating in the Marine Park must comply with the Marine Activities in the Saguenay–St. Lawrence Marine Park Regulations. www.parcmarin.qc.ca

For guided outings, the park offers the following possibilities, in collaboration with organizations certified by Aventure Écotourisme Québec (AEQ):

GUIDED EXCURSIONS BY THE DAY 2 POSSIBILITIES

SEA KAYAKING IN THE BAIE-ÉTERNITÉ SECTOR
• Daily three-hour excursions, no experience needed
• For information or reservations: In person at the Discovery and Visitors Centre, or by phone at 1 800 665-6527, or 418 272-1556.

Saturdays & Sundays* June 1-23
• 9:30 to 12:30
• 13:30 to 16:30
*Weekday outings available upon reservation

Every day June 24 to Sept. 15
• 9:30 to 12:30
• 13:30 to 16:30
• 17:00 to 19:00 (July 13 to August 18 only)

Saturdays and Sundays* Sept. 16 to October 14
13:30 to 16:30
*Weekday outings available upon reservation

LAND & SEA EXCURSIONS
In partnership with Mer and Monde Écotours
• Full-day outings
• Meals and equipment included
• Return trips from Tadoussac
• Light hiking during lunch hour
For information or reservations:
1 866 637-6663, www.parcsquebec.com or www.meretmonde.ca

OVERNIGHT GUIDED EXCURSIONS: 3 POSSIBILITIES

WILDERNESS FJORD
In partnership with Fjord en Kayak
• 3 days and 2 nights
• Meals and equipment included
• Return trips from L’Anse-Saint-Jean
• Overnight camping
For information or reservations: www.parcsquebec.com or www.fjordenkayak.ca

HEADING FOR THE ESTUARY
In partnership with Fjord en Kayak
• 3 days and 2 nights
• Meals and equipment included
• From L’Anse-Saint-Jean to Tadoussac (return to L’Anse-Saint-Jean by boat)
For information or reservations:
1 866 725-2925
www.parcsquebec.com or www.fjordenkayak.ca

BEACH TO BEACH
In partnership with OrganisAction
• 3 days and 2 nights
• Meals and equipment included, “Terroir discovery” formula
• From Baie des Ha! Ha! to Baie Éternité
• Your car delivered to arrival site
For information or reservations:
1 877 549-0676, www.parcsquebec.com or www.organisaction.com
SIGHTSEEING CRUISES
Croisières du Fjord invites you on board the Fjord Saguenay II, an excursion boat that uses water-steam technology to reduce fuel consumption.

**Every day**
*June 1-30*
Baie Éternité – Sainte-Rose-du-Nord – Baie Éternité
  - 10:30 to 12:00 (possible stopover at Sainte-Rose-du-Nord from 11:15 to 16:00)
  - 15:00 to 16:30 (without stopover)

**Every day**
*July 1 to Sept. 2*
Baie Éternité – L’Anse-Saint-Jean – Baie Éternité
  - 11:00 to 13:30 (stopover at L’Anse-Saint-Jean from 12:00 to 13:00)
  - 11:00 to 15:00 (stopover at L’Anse-Saint-Jean from 12:00 to 14:30)
  - 13:30 to 15:00 (without stopover)

**Every day**
*Sept. 3 to October 13*
Baie Éternité – Sainte-Rose-du-Nord – Baie Éternité
  - 10:30 to 12:00 (possible stopover at Sainte-Rose-du-Nord from 11:15 to 16:00)
  - 15:00 to 16:30 (without stopover)

**ZODIAC EXCURSIONS**
Climb aboard this OrganisAction inflatable boat for an incredible journey into the Saguenay Fjord.

**Saturdays and Sundays**
*June 1-23*
  - 10:00 to 12:00
  - 14:00 to 16:00

*Weekday outings available upon reservation

**Saturdays and Sundays**
*June 24 to Sept. 15*
  - 10:00 to 12:00
  - 14:00 to 16:00
  - 17:00 to 19:00 (July 13 to August 18 only)

*Weekday outings available upon reservation

**Every day**
*July 15 to August 11: Every day*
  - 10:30 to 13:30
  - 14:30 to 17:30

Outside the above dates, ask reception personnel for other possibilities.

**SAILING**
Get a smooth introduction to sailing and discover the Saguenay Fjord in a new way with Voile Mercator. Take part in a sea excursion carried by the wind where, in addition to explaining the surrounding landscapes, the captain will involve you in the manoeuvres!

**July 15 to August 11: Every day**
  - 10:30 to 13:30
  - 14:30 to 17:30

**Mooring buoys**
You love boating? How about letting the waves rock you to sleep on Baie Éternité?
Get information!

**PSITT!**
Remember that our park wardens also offer **rabaska canoe excursions**!
See details on page 9.

The outfitters, members of Aventure Écotourisme Québec, in collaboration with the Sépaq, offer you several stays and guided activities especially conceived to have you discover exceptional natural spaces. AÉQ groups together more than one hundred producers in adventure tourism and in ecotourism that join forces to offer you high-quality products.

**Plan your next guided outing with:**
- Centre de vacances Ferme 5 Étoiles
  - See kayaking
  - 418 236-4551
- Fjord en Kayak
  - See kayaking
  - 866 725-2925
- Voile Mercator
  - Sailing
  - 888 674-9309
- Organisação Le Québec Hors Circuits
  - See kayaking
  - 877 549-0676
- Sépaq (Centre d’Aventure Cap Jaseux)
  - Sea kayaking
  - 888 674-9114

**Plan your next guided outing with:**
- Organisação Le Québec Hors Circuits
  - See kayaking
  - 877 549-0676
- Sépaq (Centre d’Aventure Cap Jaseux)
  - Sea kayaking
  - 888 674-9114

AVENTURE ÉCOTOURISME QUÉBEC AT PARC NATIONAL DU FJORD-DU-SAGUENAY

- Centre de vacances Ferme 5 Étoiles
  - See kayaking
  - 418 236-4551
- Fjord en Kayak
  - See kayaking
  - 866 725-2925
- Voile Mercator
  - Sailing
  - 888 674-9309
- Organisação Le Québec Hors Circuits
  - See kayaking
  - 877 549-0676
- Sépaq (Centre d’Aventure Cap Jaseux)
  - Sea kayaking
  - 888 674-9114
Parc national du Fjord-du-Saguenay is the well-kept winter secret of numerous lovers of the great outdoors. The Baie-Éternité and Baie-Sainte-Marguerite sectors offer a range of activities for all those who enjoy bracing weather and fresh air!

**Long-distance backcountry ski and snowshoe outings**

Two long-distance trails await lovers of extended backcountry skiing or snowshoeing excursions (trails are marked but not beaten): Sentier Les Caps, linking Rivière-Éternité and L’Anse-Saint-Jean, and Sentier Le Fjord, between Baie Sainte-Marguerite and Ferme 5 Étoiles. Seal pelts strongly recommended. Shuttle service available. See page 14 of the Park journal.

**Short-distance backcountry ski and snowshoe outings**

Five trails are available in the Baie-Éternité Sector, including the Blanche-Éternité trail, along the river of the same name. On the north shore, part of the Sentier Le Fjord trail is also accessible and yields a great view of Baie Sainte-Marguerite! Snowshoe and ski hok rentals available at the Baie-Éternité Sector.

Those who wish to stay in the park have a choice of accommodations. Reservations are required, so please contact us for more information.

<table>
<thead>
<tr>
<th>Accommodations</th>
<th>Location</th>
<th>Access</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cabins (10)</td>
<td>Baie-Éternité Sector, near the reception</td>
<td>Car</td>
</tr>
<tr>
<td>Les Méandres rustic shelter</td>
<td>Baie-Éternité Sector</td>
<td>Snowshoe, Backcountry ski, shuttle</td>
</tr>
<tr>
<td>La Chute and Lac du Marais huts</td>
<td>Baie-Éternité Sector, Sentier Les Caps trail</td>
<td>Snowshoe, Backcountry ski</td>
</tr>
<tr>
<td>L’anse de la Barge rustic shelter</td>
<td>Baie-Sainte-Marguerite Sector, Sentier Le Fjord trail</td>
<td>Snowshoe, Backcountry ski</td>
</tr>
<tr>
<td>La Pointe-du-Moulin hut</td>
<td>Baie-Sainte-Marguerite Sector, Sentier Le Fjord trail</td>
<td>Snowshoe, Backcountry ski</td>
</tr>
</tbody>
</table>

**Ice fishing**

Take the Éternite Express down into the heart of the valley enclosed between capes Éternité and Trinité, where the Baie-Éternité ice-fishing village awaits. You will surely be mesmerized by the tranquil winter charm of the bay. In the warmth of one of our eight fishing huts, just watch and wait... redfish, cod, halibut, and smelt could nibble at your line! This activity is offered on Saturdays and Sundays only.

---

**PACKAGE**

Hang on to your hat!

Come and play in the snow with this snowshoeing or backcountry skiing excursion on the 21 km Sentier Le Fjord trail

**Package includes:**
- One night rustic shelter lodging
- One night yurt lodging
- Luggage transport for 3 days

From **102$**

+tx/pers/group of 8 pers.

Available from mid-December to the end of March, according to snow conditions.
All summer trails are closed in winter. For long-distance outings on Sentier Les Caps and Sentier Le Fjord, get your detailed map at the Baie-Éternité reception. Cell phones do not function in some park sectors.

**DESCRIPTION OF WINTER TRAILS (BACKCOUNTRY SKI AND SNOWSHOE)**

<table>
<thead>
<tr>
<th>Trail</th>
<th>Sector</th>
<th>Length</th>
<th>Difficulty level</th>
<th>Starting point</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Short winter trails</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A Sentier de l’Explorateur</td>
<td>Baie-Éternité</td>
<td>2.8 km (loop), 1 1/2 hr</td>
<td>Intermediate</td>
<td>Reception</td>
</tr>
<tr>
<td>B Sentier de la Blanche-Éternité</td>
<td>Baie-Éternité</td>
<td>14 km (round trip), 6-7 hrs</td>
<td>Intermediate</td>
<td>Reception</td>
</tr>
<tr>
<td>C Sentier du Campagnard</td>
<td>Baie-Éternité</td>
<td>1 km (loop), 30 min</td>
<td>Easy</td>
<td>Cabin 8</td>
</tr>
<tr>
<td>D Sentier Les Caps</td>
<td>Baie-Éternité</td>
<td>Lac Allard observation point: 7.2 km (round trip), 3-4 hrs</td>
<td>Intermediate</td>
<td>Route 170 parking area, between km 77 and km 78</td>
</tr>
<tr>
<td>E Sentier Les Caps</td>
<td>Baie-Éternité</td>
<td>Up to Le Delta lookout 6.4 km (round trip), 3-4 hrs</td>
<td>Easy</td>
<td>Les Méandres rustic shelter</td>
</tr>
<tr>
<td>F L’Anse-de-Tabatière</td>
<td>L’Anse-Saint-Jean</td>
<td>6.3 km (round trip), 3hrs</td>
<td>Intermediate</td>
<td>Parking area near Chemin du Cran at L’Anse-Saint-Jean</td>
</tr>
<tr>
<td>Sentier Le Fjord</td>
<td>Baie-Sainte-Marguerite</td>
<td>Up to the l’anse de la Barge rustic shelter : 12.2 km (round trip), 5-6 hrs</td>
<td>Intermediate</td>
<td>Route 172 parking area, at sector entry point</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Trail</th>
<th>Sector</th>
<th>Length</th>
<th>Difficulty level</th>
<th>Starting point</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Long winter trails</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Les Caps loop (return by La blanche-Éternité)</td>
<td>Baie-Éternité</td>
<td>27.4 km (round trip)</td>
<td>Difficult</td>
<td>Reception</td>
</tr>
<tr>
<td>Les Caps trail, from Rivière-Éternité to L’Anse-Saint-Jean</td>
<td>Baie-Éternité</td>
<td>27.3 km (one way, plan for shuttle) 3 days, 2 nights</td>
<td>Difficult</td>
<td>Reception or parking area near Chemin du Cran at L’Anse-Saint-Jean</td>
</tr>
<tr>
<td>Le Fjord trail, from La Baie-Sainte-Marguerite to Ferme 5 Étoiles</td>
<td>Baie-Sainte-Marguerite</td>
<td>21.3 km (one way, plan for shuttle) 3 days, 2 nights</td>
<td>Difficult (snowshoe) Difficult to extreme (backcountry ski)</td>
<td>Ferme 5 Étoiles or Route 172 parking area</td>
</tr>
</tbody>
</table>
Near the Park

Rivière-Éternité

- International Exhibition of Nativity Scenes
- Parc des Artistes with giant Nativity Scenes
- Auberge du Persbytère Inn
- Convenience store and gas station

Tel.: 418 272-2860
418, rue Principale, Rivière-Éternité QC
municipalite@riviere-ternite.com

DISCOVER THE FOUR SEASONS OF THE FJORD!

Sainte-Rose-du-Nord invites you to discover its wharf, which offers full mooring facilities for boaters, its pavilion for cruise line passengers and other nautical activities, its trails giving access to the prettiest panoramic windows to the fjord, its Nature Museum and its picturesque church.

Anse-de-Roche, an Unparalleled Natural Haven!

10 minutes from Baie-Sainte-Marguerite Sector

Tourist information:
Maison du Tourisme
197, rue des Pionniers
Tadoussac
418 235-4744

Services:
- Boat ramp
- Marina
418 236-4325

Sainte-Rose-du-Nord invites you to discover its wharf, which offers full mooring facilities for boaters, its pavilion for cruise line passengers and other nautical activities, its trails giving access to the prettiest panoramic windows to the fjord, its Nature Museum and its picturesque church.

Discover the Four Seasons of the Fjord!
Reserve early:
1 877 549-0676
services@coopverte.com • coopverte.com
See our Websites and visit us on Facebook to find out all about our seasonal packages

Managed by:
TAKE THE ROAD LESS TRAVELLED FOR THE MOST BREATHTAKING WAY TO DISCOVER THE SAGUENAY FJORD.

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TRAVELLING BETWEEN CITIES AND VILLAGES WITH THE FJORD SHUTTLE

---

OFFICIAL PARTNER OF Parc national du Fjord-du-Saguenay

418 543-7630 1 800 363-7248 croisièresdufjord.com

For more information about cruises, stops, schedules and fares.