PARC NATIONAL DU
FJORD-DU-SAGUENAY

DISCOVERY GUIDE
A deep gash in the earth flooded by the sea
Welcome to the land of endless panoramic vistas in the heart of Parc national du Fjord-du-Saguenay!

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 30 years, the park has protected and showcased both of the fjord’s banks that stretch over 326.7 km² of protected territory. 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.

Welcome to your adventure.

Find out more at sepaq.com /saguenay

THE PEREGRINE FALCON, THE PARK’S ANIMAL INSIGNIA

The fjord’s cliffs shelter several breeding pairs of peregrine falcons under the park warden’s watchful eye. The falcon can reach up to 200 km / hr when diving to capture their prey, which are mainly birds and is one of the world’s fastest birds of prey. This species, formerly almost completely decimated by contaminants, was restored through the repopulation program and protective measures. It’s now known as a “vulnerable species”.

SUPERVISED ACCESS FOR DOGS

Dogs will be allowed at Parc national du Fjord-du-Saguenay, in certain designated areas.

MAIN RULES*

- Dogs must remain in the places where they are authorized at all times.
- Dogs must be kept on a leash and under surveillance at all times.
- The person in charge of the dog must pick up the animal’s excrement without delay.
- Barking or howling dogs as well as dogs affecting the tranquility and safety of other visitors are not allowed.

*Individuals who fail to comply with any of the rules stated above may be required to leave the area and/or issued a statement of offence, where appropriate.

Compliance with the regulations is essential, and the offer could be reviewed if non-compliance is noted.

AUTHORIZED PLACES

<table>
<thead>
<tr>
<th>Summer trail</th>
<th>La Statue, L’Anse-de-Tabatière</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>La Pointe-de-l’Islet, La Colline-de-l’Anse-à-l’Eau</td>
</tr>
<tr>
<td>Camping</td>
<td>Baie-Éternité campground: campsites 1 to 19 and 45 to 85, except for ready-to-camp. Des Méandres RV area</td>
</tr>
<tr>
<td>Picnic area</td>
<td>Picnic area in front of the Le-Fjord-du-Saguenay Discovery and Visitors Centre</td>
</tr>
<tr>
<td>Nautical access point</td>
<td>No authorized access</td>
</tr>
<tr>
<td>Winter trail</td>
<td>No authorized access</td>
</tr>
</tbody>
</table>

ANNUAL QUÉBEC NATIONAL PARKS CARD

Québec’s national parks offer a one-of-a-kind experience. Explore this exceptional world of nature with the Annual Québec National Parks Card, featuring:

- Unlimited access to ALL national parks for 12 full months
- Many exclusive benefits, including a free night of camping

Details at sepaq.com/parkscard

All details at sepaq.com/animals
**MUST-DOS**

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

**A VISIT TO L’ANSE-DE-TABATIÈRE**
One of the most beautiful areas accessible by car! No matter the time of day, you’ll be amazed by this unique location. It’s a picture perfect place so don’t forget your camera!

**ESCAPADE ON THE WATER**
By kayak, pneumatic canoe, yacht, sailboat or rabaska, navigating on marine park waters is undoubtedly the best means to immerse yourself in this majestic decor. For those who don’t yet have their sea legs, stroll along the shores at low tide to see and enjoy the landscape from a different point of view.

**SURMOUNT THE SUMMIT**
Hikers of all ages, lace up your boots and climb to the top! The Montagne Blanche, Mont Adéla-Lessard or the Géant lookout are among the peaks that allow for magnificent landscape views at low altitude. Ask about the best hiking trails that are perfect just for you!

**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.

**MEET OUR PARK WARDENS**
What kind of bird is it? How high are the walls? How deep is the fjord? Our park wardens will be happy to answer any questions that you may have! Find out more about our discovery activities on the message boards and at the visitor information centres.
### DISCOVER OUR TRAILS

#### ON THE MAP

#### TRAILS

<table>
<thead>
<tr>
<th>Trails</th>
<th>ELEVATION (METERS)</th>
<th>LENGTH</th>
<th>TYPE</th>
<th>LOOP</th>
<th>DIFFICULTY LEVEL</th>
<th>STARTING POINT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BAIÉ-ÉTERNITÉ SECTOR</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Sentier des Méesdres-à-Falaises</td>
<td>30</td>
<td>1.6 km</td>
<td>45 - 60 min</td>
<td>X</td>
<td>F</td>
</tr>
<tr>
<td>2</td>
<td>Sentier de la Statue • To the halte Belleview lookout</td>
<td>230</td>
<td>3.6 km</td>
<td>2 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• To the statue</td>
<td>280</td>
<td>7.6 km</td>
<td>3 - 4 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Sentier de la Rivière • Along Éternité River from the campground to the bay</td>
<td>100</td>
<td>8.4 km</td>
<td>4 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Sentier Les Caps • To the du Glant lookout</td>
<td>340</td>
<td>10.2 km</td>
<td>4 - 5 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• To Cap Éternité</td>
<td>360</td>
<td>18 km</td>
<td>9 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>L’ANSE-SAINT-JEAN SECTOR</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4b</td>
<td>Sentier Les Caps • From Anse-de-Tabatière to Chemin Saint-Thomas, through Montagne Blanche and Sentier des Chutes (Montagne Blanche area • Sentier des chutes is closed during hunting season)</td>
<td>550</td>
<td>15 km</td>
<td>7 - 8 h</td>
<td>Greway *</td>
<td>D</td>
</tr>
<tr>
<td>5</td>
<td>Sentier des Chutes • To the 1st waterfall (closed in the fall during hunting season)</td>
<td>210</td>
<td>5 km</td>
<td>2 - 3 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• To Montagne Blanche (closed in the fall during hunting season)</td>
<td>550</td>
<td>13.8 km</td>
<td>6 - 7 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Sentier de l’Anse-de-Tabatière • Lookout over the Saguenay fjord</td>
<td>10</td>
<td>0.5 km</td>
<td>10 min</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Sentier des Poètes • L’Anse-Saint-Jean to Petit-Saguenay</td>
<td>290</td>
<td>9.6 km</td>
<td>5 h</td>
<td>Greway *</td>
<td></td>
</tr>
<tr>
<td><strong>PETIT-SAGUENAY SECTOR</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Sentier de la Pinède • To the la Pinède lookout</td>
<td>120</td>
<td>8 km</td>
<td>3 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BAIÉ-SAINT-MARGUERITE SECTOR</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9a</td>
<td>Sentier Le Fjord • From Discovery and Visitors Centre to Halte du Béluga lookout</td>
<td>30</td>
<td>6 km</td>
<td>2 - 3 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• From Discovery and Visitors Centre to Saint-Louis Island lookout</td>
<td>170</td>
<td>10 km</td>
<td>4 - 5 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• From Discovery and Visitors Centre to Anse-à-Pierrot parking area</td>
<td>240</td>
<td>13.6 km</td>
<td>6 - 7 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9b</td>
<td>Sentier Le Fjord • From Anse-Creuse to Cap de la Boule</td>
<td>170</td>
<td>13.2 km</td>
<td>7 - 8 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LA-BIÉ-DÉ-TADOUSSAC SECTOR</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Sentier Le Fjord • From Tadoussac to Anse à la Barque viewpoint</td>
<td>30</td>
<td>3.6 km</td>
<td>1 h 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• From Tadoussac to Anse à la Barque viewpoint on the hill</td>
<td>110</td>
<td>3.6 km</td>
<td>1 h 30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• From Tadoussac au point de vue du mont Adélia-Lessard</td>
<td>280</td>
<td>6.6 km</td>
<td>4 - 5 h</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• From Tadoussac au cap de la Boule</td>
<td>280</td>
<td>11.7 km</td>
<td>6 - 7 h</td>
<td>Greway *</td>
<td>D</td>
</tr>
<tr>
<td>11</td>
<td>Sentier de l’Estuaire • Access to lookout overlooking the estuar</td>
<td>50</td>
<td>800 m</td>
<td>20 min</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Sentier de la Pointe-de-l’Islet • Marine mammal observation site from land</td>
<td>10</td>
<td>800 m</td>
<td>20 min</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>TRAILS</th>
<th>LENGTH</th>
<th>ENVIRONMENT</th>
<th>SHUTTLE SERVICE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Les Caps (south shore)</strong></td>
<td>27 - 32 km, (difficult level)</td>
<td>Forest</td>
<td>Organisme Action organisacion.com</td>
</tr>
<tr>
<td><strong>Le Fjord (north shore)</strong></td>
<td>41.1 km (difficult level), from Baie-Sainte-Marguerite to Tadoussac</td>
<td>Woodlands along the fjord</td>
<td>Ferme 5 Étoiles or 1 877 236-4551</td>
</tr>
</tbody>
</table>
Sépaq has the privilege of developing territories of incredible richness. Among them, 24 national parks stand out as unique. These are protected areas that belong to all Quebecers and that provide lasting memories for visitors who proudly make such exceptional destinations their own.

Discover all our destinations at sepaq.com
FISHING
Find your perfect fishing spot among ten lakes, a river 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 and rivers. A variety of species will surprise and amaze while fishing in the fjord!

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.

For reservations: 1 888 674-9309 www.voilemercator.com

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.

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
<table>
<thead>
<tr>
<th>COURSE NAME</th>
<th>DIFFICULTY LEVEL</th>
<th>DURATION</th>
<th>MINIMUM AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>La Passerelle</td>
<td>Intermediate</td>
<td>3 h</td>
<td>12</td>
</tr>
<tr>
<td>La Grande Dalle</td>
<td>Intermediate</td>
<td>4 h</td>
<td>14</td>
</tr>
<tr>
<td>L’Odyssée</td>
<td>Difficult</td>
<td>6 h</td>
<td>14</td>
</tr>
</tbody>
</table>

DISCOVERY TIME
Activities for everyone, whether by land, sea or air.
ZODIAC (BAIE-ÉTERNITÉ SECTOR)
Embark on a pneumatic canoe 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.

NAVETTES MARITIMES DU FJORD (BAIE-ÉTERNITÉ SECTOR)
Le Fjord Saguenay II offers direct visual access overlooking the fjord, known as the “bateau-mouche” due to its retractable windows and roof that provides a 180 degree panoramic view. This new environmentally friendly vessel has a 121 passenger capacity and offers breathtaking landscapes.

RABASKA (BAIE-ÉTERNITÉ SECTOR)*
Join the longboat team and relive the fur trading era! Let our “log drivers” introduce you to their period costumes while navigating along the bay's waterways!
* Not offered during the 2020 season.
VOYAGE AU BOUT DE LA NUIT
NIGHT-HIKE NOCTURNE

Bats, owls, butterflies, and other nocturnal creatures come to life in the dark. With a park warden, intrude on this world of mysteries…

Activity offered in both sectors of the park (Baie-Éternité and Baie-Sainte-Marguerite).

Reservation: Discovery and Visitors Centre

This activity should not be offered during the 2020 season.

LAISSEZ-VOUS CHARMER PAR LES NYCTALES
SCIENCE INTRODUCTION

Get involved in 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 onscreen. You may even get an opportunity to tag along with the OOT team as they check their nets.

Schedule: In the fall.
Reservation: Discovery and Visitors Centre 418 236-1162.

This activity should not be offered during the 2020 season.

LE PARCOURS DES AVENTURIERS
SELF-GUIDED TOUR

An all new self-guided tour is now available at the Le Bleuvet campgrounds. Travel back in time through the exciting adventures of Anadabijou, Louison and Alexandra. Fun for visitors of all ages.

Departure: Washroom facility, le Bleuvet campground, Baie-Sainte-Marguerite sector.
Rates: free

SOS CHAUVES-SOURIS
TALKS

Bats have always been part of our nighttime stories but how much do we really know about them? These little mammals that fly “under the radar” are in serious decline. Join us as we tell the passionate saga of these beautiful but gloomy creatures.

Activity offered in both sectors of the park (Baie-Éternité and Baie-Sainte-Marguerite).

This activity should not be offered during the 2020 season.

Find out more about our discovery activities on the message boards and at the visitor information centres.
SLEEPING UNDER THE STARS

Spend the night with us and enjoy the park to the fullest. You’ll have your base camp and discover the territory at your leisure all the while having a front-row seat to check out the wildlife in its natural habitat!

Visitors can chose from among several types of accommodations and packages:

- Rustic shelter
- Campgrounds without services and 2 services (water and electricity)
- RV camping
- Ready-to-camp
- ECHO cabin (newly introduced)
- Kayak-camping, hiking-camping
- Refuge
- 3-wall shelter

Welcome cyclists

BEGINNING OF BOOKINGS 2021 SEASON

Cabin and rustic shelter
September 15, 2020 (fall/winter)

Camping and ready-to camp
October 24, 2020

1 800 665-6527 | sepaq.com

Our favourite offers at the park

- Listen to the hooting owls, chatty bats and their nocturnal friends during the evening with the Voyage au bout de la nuit!

- A Rabaska ride with the kids? Fantastic! Un commis voyageur à l’époque du rabaska is the perfect discovery activity for the entire family.

- An easy stroll in the forest for little hikers: Take the Méandres-à-Falaises trail.

- The trail that leads to the Halte du Béluga is easily accessible for strollers due to its stone dust covered surface.
ONE FJORD, TWO PARKS!

The fjord’s banks are protected by the Parc national du Fjord-du-Saguenay, but the water itself is part of the Saguenay–St. Lawrence Marine Park. It’s therefore part of a protected environment, from the highest peaks to the lowest depths.
GREAT NEWS FOR 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. Nine sites have been confirmed within the park’s limits in 2017. A huge increase when compared to 1990 when there was only one!

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!

Participate in the evening discussion “Faucon les protège!” (we must protect the falcons) to find out more.

THE ST. LAWRENCE BELUGA WHALES: ON THE EDGE OF ENDANGERMENT

There were between 7,800 and 10,000 Beluga whales in the St. Lawrence at the end of 19th century. Unfortunately, intensive commercial 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. It’s actually estimated to have been declining over the past ten years. The most recent estimate indicates that there are only 889 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/home/ for more information on the rules and regulations.
IN THE WILD, YOUR SAFETY IS YOUR RESPONSABILITY
Sépaq’s mission is to ensure the widest possible access to Québec’s most beautiful natural treasures. Sépaq is committed to the safety of its visitors and urges you to play it safe!

Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities. YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY and risk management is an integral part of your experience.

Before leaving for an excursion, MAKE SURE YOU HAVE THE SKILLS AND ABILITIES REQUIRED to practice your chosen activity AND RESPECT YOUR PHYSICAL LIMITS. Your outing should leave you with nothing but pleasant memories. We invite you to consult our safety guides for Sépaq activities, available at sepaq.com/security. You will also find a list of organizations that can help you plan your activities safely.

sepaq.com/security

CHECKLIST

BEFORE YOU LEAVE HOME
• Plan on going with at least one other person.
• Check the weather report.
• Pack water and food, even if the activity is only for a few hours.
• See that you have appropriate clothing and footwear for anticipated weather conditions.
• Let somebody know the exact location of your destination and the time you plan to return home.

ONCE YOU ARE ON SITE
• Do not rely on your cellphone.
• Check how much time it will take to complete your activity.
• Obey signs and notices, including bans on open fires.

WHEN YOU GET BACK
• Once you have completed your activity, make sure that you report to our staff anything wrong or any damage or problems you encountered.

IN CASE OF EMERGENCY: 911
SÛRETÉ DU QUÉBEC: 310-4141 (general number) /*4141 (for cellphones)
*Where cellphone networks are available. The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.

REMINDERS

During your visit to a national park, you must always carry your entry fee receipt or your annual entry card.

Remember that animals are in their natural habitat and that you are a visitor. To ensure both your safety and theirs, feeding them is prohibited; otherwise they may lose their natural fear of human beings and become aggressive.

To preserve our natural riches, you are not allowed to remove any natural elements (animals, plants, dead wood, rocks, etc.). Please also keep to established hiking trails to avoid trampling flora.

Parc national du Fjord-du-Saguenay
91, rue Notre-Dame
Rivière-Éternité (Québec) GOV 1P0
Information: 418 272-1556
Reservation: 1 800 665-6527
parc.saguenay@sepaq.com
sepaq.com/saguenay
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SEPAQ SAFETY GUIDELINES

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Legal Deposit: 2019
Bibliothèque et Archives nationales du Québec

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IN CASE OF EMERGENCY: 911 Parc national de la Jacques-Cartier 4456, ch. du Lac-Supérieur Lac-Supérieur (Québec) J0T 1P0 Information: 418-848-3169 Reservation: 1 800-665-6527 parc.jacques-cartier@sepaq.com sepaq.com/jacquescartier

Photos: Parc national des Grands-Jardins, Steve Deschênes:
Dominic Boudreault, Mathieu Dupuis, Agathe Girard-Tremblay, Jean-Pierre Huard, Steve Deschênes, Lise Génois, Caroline Langevin, Paul Binet – Dreamstime

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ARTISTS’ PARK

STATUE OF NOTRE-DAME-DU-SAGUENAY

NOTRE-DAME-KAPATAKAN TRAIL

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