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## Useful Information

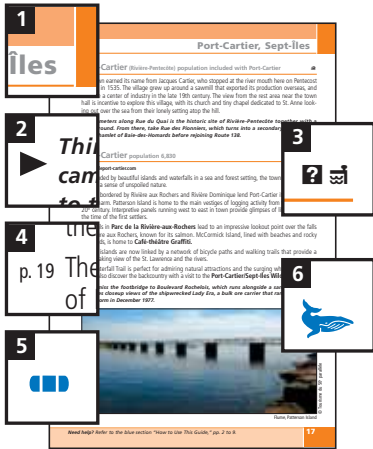
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This tourist guide has been prepared by Tourisme Duplessis in cooperation with Tourisme Québec. Only members of the regional tourism association are included in it. We invite your suggestions and comments. Complete contact information is listed on page 4. Ce guide est aussi disponible en français.

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Legal Deposit– Bibliothèque nationale du Québec, 2010/ISBN 978-2-922569-10-0  
Legal Deposit– National Library of Canada, 2010/ISSN 1705-4680

















# How to Use This Guide






**1** Each **color** refers to a different category of the Summary section. **2** Directions on how to get to a city or attraction are given in **italics** beside the **black triangle**, located after the description of a city or attraction. **3** The **symbols** used in the guide are explained below. **4** The **page number** appearing in the margin beside a text in bold refers to the page in the guide containing additional information on the activity or attraction in question. **5** The **pictogram**  designates tourist establishments announced along roads. **6** This **pictogram**  indicates tourist attractions along the Whale Route.

The information in this guide was accurate as of autumn 2009. Unless otherwise noted, prices do not include taxes. Prices are subject to change without notice. The next edition of the guide will be available in the spring of 2011.

## Symbols Used in This Guide

	Main Airport		Seasonal Visitors Information		Train
	Secondary Airport		No Gas Station		Ferry
	Seaplane Base		Wharf		2009 National Winner
	Roadside Rest Area		Boat Ramp		2010 Regional Winner
	Hospital		The Whale Route		
	Year-Round Visitors Information		Tourist Roadsigns		

### Disabled Access

-  Entirely accessible to persons with reduced mobility.
-  Partially accessible to persons with reduced mobility. For more information, contact Kéroul at 514-252-3104 or visit the organization's website at [www.keroul.qc.ca](http://www.keroul.qc.ca). Only establishments visited by Kéroul appear in this guide.
-  The Tourist and Leisure Companion Sticker (TLCS) for disabled persons: free admission for the person accompanying the person who has the sticker with the logo.



### Tourist Roadsigns

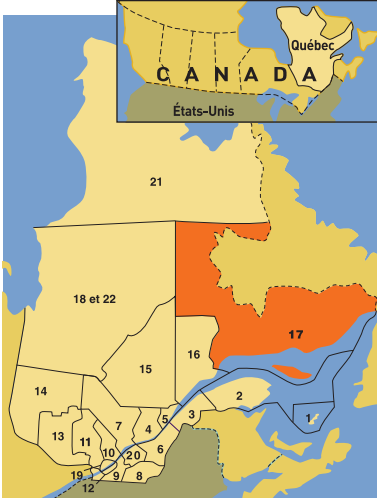
Watch for the blue signs! They show the name of the tourist region and which way to go to get to tourist services, activities, or attractions.

## Environment

The paper used to print this guide was manufactured in Québec and is made of 100% chain-of-custody certified fiber, including 10% postconsumer fiber.

# General Information

## Québec's Tourist Regions



1	Îles de la Madeleine	1-877-624-4437	tourismeilesdelamadeleine.com
2	Gaspésie	1-800-463-0323	tourisme-gaspesie.com
3	Bas-Saint-Laurent	1-800-563-5268	bassaintlaurent.ca
4	Québec	1-877-783-1608	quebecregion.com
5	Charlevoix	1-800-667-2276	charlevoixtourism.com
6	Chaudière-Appalaches	1-888-831-4411	chaudiereappalaches.com
7	Mauricie	1-800-567-7603	mauricietourism.org
8	Eastern Townships	1-800-355-5755	eastertownships.org
9	Montérégie	1-866-469-0069	tourisme-monteregie.qc.ca
10	Lanaudière	1-800-363-2788	lanaudiere.ca
11	Laurentians	1-800-561-6673	laurentians.com
12	Montréal	1-800-363-7777	tourism-montreal.org
13	Outaouais	1-800-265-7822	outaouaistourism.com
14	Abitibi-Témiscamingue	1-800-808-0706	abiti-temiscamingue-tourism.org
15	Saguenay – Lac-Saint-Jean	1-877-253-8387	saguenaylacsaintjean.ca
16	Manicouagan (Côte-Nord)	1-888-463-5319	tourismemanicouagan.com
17	Duplessis (Côte-Nord)	1-888-463-0808	tourismeduplessis.com
18	James Bay	1-888-748-8140	tourismebaiejames.com
19	Laval	1-877-465-2825	tourismelaval.com
20	Centre-du-Québec	1-888-816-4007	tourismecentreduquebec.com
21	Nunavik	1-888-594-3424	nunavik-tourism.com
22	Eeyou Istchee	1-888-268-2682	creetourism.ca

## How to Get Here



Transporting and using radar detectors is illegal in Québec.

Need help? Refer to the blue section "How to Use This Guide", pp. 2 to 9.

# General Information

## Tourist Information on the Duplessis Region



### Tourisme Duplessis

312 avenue Brochu, Sept-Îles, Québec G4R 2W6  
Phone: 418-962-0808 or toll free 1-888-463-0808 (Canada and USA)  
Monday to Friday, 8:30 a.m. to 12:00 p.m. and 1:00 to 5:00 p.m.  
Fax: 418-962-6518  
[www.tourismeduplessis.com](http://www.tourismeduplessis.com)  
[info@tourismeduplessis.com](mailto:info@tourismeduplessis.com)

### Permanent Tourist Offices

**Fermont:**  
**Association touristique de Fermont**  
Centre commercial, Suite 42, P.O. Box 68, G0G 1J0  
Pub. Tel.: 418-287-5822, 1-888-211-2222  
p. 49 [www.caniapiscau.net](http://www.caniapiscau.net)

**Havre-Saint-Pierre:**  
**Portail Pélagie-Cormier**  
1010 promenade des Anciens, G0G 1P0  
Tel.: 418-538-2512  
[www.havresaintpierre.com](http://www.havresaintpierre.com)

**Port-Cartier:**  
**Tourisme du 50<sup>e</sup> parallèle**  
62 Route 138, P.O. Box 406, G5B 2G9  
Pub. Tel.: 418-766-4414, 1-888-766-6944  
p. 48 [www.villeport-cartier.com](http://www.villeport-cartier.com)

**Sept-Îles:**  
**Tourisme Sept-Îles**  
1401 boulevard Laure Ouest, G4R 4K1  
Pub. Tel.: 418-962-1238, 1-888-880-1238  
p. 50 [www.tourismeseptiles.ca](http://www.tourismeseptiles.ca)

### Seasonal Offices

**Aguanish:**  
250 route Jacques-Cartier, G0G 1A0  
Tel.: 418-533-2228

**Baie-Johan-Beetz:**  
16 rue Tanguay, G0G 1B0  
Tel.: 418-539-0125, 418-539-0193

**Île-d'Anticosti:**  
7 chemin des Forestiers, Port-Menier, G0G 2Y0  
Tel.: 418-535-0250  
[www.ile-anticosti.com](http://www.ile-anticosti.com)

**Rivière-au-Tonnerre:**  
Route 138 (Rivière Manitou), G0G 2L0  
Tel.: 418-538-2732

**Natashquan:**  
24 chemin d'en Haut, G0G 2E0  
Tel.: 418-726-3060, 418-726-3054, 1-866-726-3054  
[www.copactenatashquan.net](http://www.copactenatashquan.net)

**Port-Cartier (Rivière-Pentecôte):**  
2088 rue Monseigneur Labrie, G0H 1R0  
Tel.: 418-799-2212  
[www.villeport-cartier.com](http://www.villeport-cartier.com)

**Sept-Îles:**  
Parc du Vieux-Quai, G4R 3B3  
Tel.: 418-968-1818

## Types of Tourist Information Centers



Tourist information centers are identified by the “?” pictogram along roadways or in travel brochures, and by road signs and signage on the premises.

### Infotouriste Centers

These centers are run by Tourisme Québec and are located at border crossings and in Montréal and Québec City. Employees offer tourist information for all of Québec.

**Tourist Information Bureaus**  
Employees offer complete travel information on a particular tourist region.

**Tourist Information Counters**  
Employees offer complete visitor information on a particular municipality, neighborhood, or borough.

**Tourist Information Relays**  
Premises offer general information on a given area; no employees are present.

## Tourism Organizations

**Association de développement touristique de Tête-à-la-Baleine**  
 P.O. Box 111, Tête-à-la-Baleine G0G 2W0  
 418-242-2015, 1-888-242-2015  
 www.tourisme-tete-a-la-baleine.ca

**Corporation de développement patrimonial, culturel et touristique de Natashquan (COPACTE)**  
 24 chemin d'en Haut  
 Natashquan G0G 2E0  
 418-726-3060, 418-726-3054  
 1-866-726-3054  
 copacte@globetrotter.net

**Corporation de développement touristique et culturel de Canton-de-Brest**  
 1161 boulevard Docteur-Camille-Marcoux,  
 Blanc-Sablon G0G 1W0  
 418-461-3450, fax: 418-461-2529

**Société de développement économique, secteur touristique Uashat mak Mani-Utenam**  
 271 boulevard des Montagnais  
 Sept-Îles G4R 5R1  
 418-962-5433



**Destination Sept-Îles Nakauinanu**  
 1 rue Mgr-Blanche, Sept-Îles G4R 5P3  
 418-968-2045  
 destination7iles@portsi.com

Pub.  
p. 63

**Tourisme Basse-Côte-Nord**  
 1550 boulevard Docteur-Camille-Marcoux  
 Blanc-Sablon G0G 1W0  
 418-461-3515  
 tbcn@globetrotter.net

**Tourisme et Culture Chevery**  
 Chevery - Côte-Nord-du-Golfe-du-Saint-Laurent G0G 1G0  
 418-787-2207  
 cheverytourism@hotmail.com

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**Tourisme du 50<sup>e</sup> parallèle**  
 62 route 138, P.O. Box 406  
 Port-Cartier G5B 2G9  
 418-766-4414, 1-888-766-6944  
 www.villeport-cartier.com



© D. Bourdeau

Warm welcome guaranteed!

## Tourist Information for all Tourist Regions

- By phone: Call toll free 7 days a week, 9 a.m. to 5 p.m., from the Montréal area (local number) or from elsewhere in Québec, Canada, or the United States.
- In writing: Tourisme Québec website: **www.bonjourquebec.com**  
 P.O. Box 979, Montréal, Québec, Canada H3C 2W3
- In person: Information 7 days a week, according to the schedules below. Schedules are subject to change. Please check [www.bonjourquebec.com](http://www.bonjourquebec.com) for updates.



### Permanent Offices (offering various tourist services and products)

**Québec City:** Centre Infoturiste de Québec, 12 rue Sainte-Anne (across from Château Frontenac)  
*June 21 to August 31, 8:30 a.m. to 7 p.m. Rest of the year, 9 a.m. to 5 p.m.  
 Closed December 25 and January 1.*

**Montréal:** Centre Infoturiste de Montréal, 1255 rue Peel, Suite 100  
*June 21 to August 31, 8:30 a.m. to 7 p.m. November 1 to February 28, 9 a.m. to 5 p.m. Rest of the year, 9 a.m. to 6 p.m. Closed December 25 and January 1.*

Tourisme



514-873-2015 or 1-877-BONJOUR (266-5687)

# General Information

## Filing a Complaint

To lodge a complaint about the provision of tourism services in Québec, call or email:

### Ministère du Tourisme du Québec

Telephone: 1-800-463-5009 (North America) or 418-643-5959 ext. 0

Email: [plaintes@tourisme.gouv.qc.ca](mailto:plaintes@tourisme.gouv.qc.ca)

## How to Get Here

### By Bus

#### Intercar

Québec City to Havre-Saint-Pierre via all major towns.

Bus charter departing from Côte-Nord

5675 rue des Tournelles, Québec City G2J 1P7

[www.intercar.ca](http://www.intercar.ca)

Sept-Îles Bus Terminal, schedule: 7:00 a.m. to 5:00 p.m. and from 8:00 p.m. to 9:00 p.m.

1-888-861-4592

418-627-9108

418-962-2126

### By Train

#### Transport ferroviaire Tshuëtin

1005 boulevard Laure, Suite 305-C, Sept-Îles G4R 4S6

[tshuëtin@tshuëtin.ca](mailto:tshuëtin@tshuëtin.ca)

1-866-962-0988

418-962-5530

418 960-0982

Passenger and freight train service between Sept-Îles and Schefferville.  
Reservations recommended.

### By Air

#### Aéropro

Pub.  
p. 54

Aéroport de Sept-Îles, P.O. Box 2013, Sept-Îles G4R 4K2

[www.aeropro.qc.ca](http://www.aeropro.qc.ca)

Sept-Îles: 418-961-2808

Havre-Saint-Pierre: 418-538-2880

Fishing and hunting flights to Île d'Anticosti, direct flights from Sept-Îles to Îles de la Madeleine. Charter flights throughout Québec.



© M. Deslongchamps

Port-Menier

## How to Get Here

### Air Tours

#### Labrador Air Safari

2238 boulevard Saguenay, Jonquière G7S 4H4, fax: 418-548-2037

418-548-9511

#### Sept-Îles

418-962-4639

#### Baie-Comeau

418-589-9511

#### Havre-Saint-Pierre

418-538-3866

Come discover the most stunning sights of Côte-Nord and Basse-Côte-Nord from aboard any of our 10 Otter, Beaver, and Cessna aircraft. Thrills guaranteed. **Schedule:** June 1 to October 15, 8 a.m. to 6 p.m.

### By Boat

#### Ferries

#### Société des traversiers du Québec

1-877-562-6560

Pub.  
p. 59

Matane – Baie-Comeau – Godbout, crossing time: 2 hr. 20 min.

418-562-2500

1410 rue Matane-sur-Mer, P.O. Box 520, Matane G4W 3P5

14 route Maritime, Baie-Comeau G4Z 2L6

117 rue Pascal-Comeau, Godbout G0H 1G0

[www.traversiers.gouv.qc.ca](http://www.traversiers.gouv.qc.ca)

Reservations: year round, 7 days a week, 9 a.m. to 5 p.m.

Two to six crossings per day.



© STQ

The *Camille-Marcoux* ferry crosses the St. Lawrence River

# General Information

## How to Get Here

### Cargo-Passenger Ship

Pub. **Relais Nordik** (Back cover)  
P.O. Box 1113, Station A, Rimouski G5L 7R1  
www.relainordik.com

1-800-463-0680  
418-723-8787

From mid-April to mid-January, the *M/V Nordik Express* offers weekly passenger and cargo service to Basse-Côte-Nord. Passengers can board the vessel in Rimouski, Sept-Îles, Havre-Saint-Pierre, Natashquan, or Blanc-Sablon to enjoy a true taste of the North Shore. The ship calls at six remote villages in Basse-Côte-Nord, including Kegaska, La Romaine, Harrington Harbour, Tête-à-la-Baleine, La Tabatière, and Saint-Augustin, and also offers service to Île d'Anticosti (Port-Menier).

#### Downstream Voyage

Port	Day	Time
Departs Rimouski	Tuesday	12:30 p.m.
Departs Sept-Îles	Wednesday	6:00 a.m.
Arrives Port-Menier	Wednesday	1:45 p.m.
Departs Port-Menier	Wednesday	3:45 p.m.
Departs Havre-Saint-Pierre	Wednesday	11:15 p.m.
Departs Natashquan	Thursday	8:00 a.m.
Arrives Blanc-Sablon	Friday	6:45 p.m.

#### Upstream Voyage

Port	Day	Time
Departs Blanc-Sablon	Friday	11:45 p.m.
Arrives Natashquan	Sunday	9:15 a.m.
Arrives Havre-Saint-Pierre	Sunday	5:00 p.m.
Arrives Port-Menier	Monday	1:00 a.m.
Departs Port-Menier	Monday	3:00 a.m.
Arrives Rimouski	Monday	7:45 p.m.

One way (upstream or downstream) and roundtrip tickets available. Cruise packages (transportation, meals, and onboard accommodations) start at \$250/person/night for superior cabins. A limited number of vehicles are allowed aboard ship for an additional charge. Connections also possible via regional air services. During the tourist season, reservations are required for passengers and vehicles (up to 120 days in advance for trips east of Natashquan and 30 days for Île d'Anticosti). The carrier accepts early, no-obligation reservations beginning November 15 the previous year.



*Nordik Express* entering Havre-Saint-Pierre

© M. Malherbe



## How to Get Here

### Group Sightseeing Tours

Discover the charms, attractions, and even secrets of Sept-Îles on a group sightseeing tour. Inquire with Tourisme Sept-Îles regarding the services of a guide.

Pub. **Tourisme Sept-Îles** 1-888-880-1238  
p. 50 1401 boulevard Laure Ouest, Sept-Îles G4R 4K1 418-962-1238  
www.tourismeseptiles.ca

### Audio Guide

**Sur la route de Natashquan (audio road guide)** 1-866-726-3054  
24 chemin d'en Haut, Natashquan G0G 2E0 418-726-3060  
copacte@globetrotter.net 418-726-3054

The audio road guide *"Sur la route de Natashquan"* (available only in French) is designed for visitors driving to eastern Minganie. The two-CD box set can be rented at only two locations: the Minganie tourist information center (Chute Manitou) and Portail Pélagie-Cormier (Havre-Saint-Pierre tourist information counter). The tour starting point is at the highway rest area 4.5 kilometers east of Havre-Saint-Pierre. Audio cassettes are also available. Listen to locals tell their stories and present their region and local attractions along a 150 kilometer drive from Havre-Saint-Pierre to Natashquan, with suggested stopovers. The guide features music, songs, anecdotes, and more.

### Car Rentals

**Discount Car Rentals** 1-866-868-8637  
490 boulevard Laure, Sept-Îles G4R 1X5 418-968-3269  
www.discountquebec.com

**Location Georges Lelièvre Anticosti** 418-535-0351  
8 rue des Eudistes, P.O. Box 153, Port-Menier G0G 2Y0, fax: 418-535-0351

**National Car Rentals** 1-888-657-3037  
289 boulevard Laure, Sept-Îles G4R 1W8 418-962-3786  
Sept-Iles Airport  
www.national-location.com



Breathtaking scenery on Route 138

© S. Jauvin



trouvez  
votre  
espace.com



Duplessis

Terrebonne  
Baie-Johan-Beetz  
Aguanish  
Natashquan

Côte-Nord-du-Golfo-du-Saint-Laurent

Saint-Augustin  
Pakua Shipi

Bonne-Espérance

Blanc-Sablon

St. Barbe

Gros-Mécatina

St. Lawrence Gulf

Newfoundland

## Legend

- Manicouagan region, Côte-Nord
- Duplessis region, Côte-Nord
- The Whale Route
- Road
- Railroad
- Permanent tourist office
- Seasonal tourist office
- Ferry
- Airport
- Airport
- Innu community
- Municipality

# Portrait of the Region

## Duplessis, the natural way to get away!

Duplessis offers a welcome change of scenery—and nature in all its grandeur. While close to 1,000 km of shoreline give it a strong maritime character, its backcountry and boreal forest also define its personality. And then there are the people who live there! The first inhabitants—the Naskapi Innu—were joined in recent centuries by newcomers from Acadia, Gaspé, Newfoundland, and Québec. Twentieth century development then led to the arrival of immigrants from the world over.

From its 200,000 km<sup>2</sup> of wide open land and sea to the marvels that each season brings, Duplessis has a wealth of possibilities to explore.

## Duplessis, where the St. Lawrence becomes a gulf

A gulf, but also a sea, for it stretches as far as the eye can see! Come navigate its waters in total safety on guided excursions through the Sept-Îles and Mingan archipelagos. Marvel at the myriad seabirds (murres, eider ducks, razorbills, Atlantic puffins, long-tailed ducks, and more) and marine mammals, whose fleeting yet extraordinary appearances linger fondly in the memory.

All along Route 138, breathtaking shorelines, mysterious archipelagos, and charming seaside villages are continual reminders of Duplessis's precious maritime heritage.

## Urban centers

Port-Cartier, Sept-Îles, and Havre-Saint-Pierre are the urban areas of Duplessis, offering numerous accommodation and dining options, historical and cultural attractions, and leisure activities of all types. Agents at tourist information centers will be delighted to provide you with complete details to make the most of your visit to the region.

## Minganie and Anticosti

Minganie extends from Rivière au Bouleau to Natashquan, a village famous for its tales and

legends. The seashore is popular with swimmers, and the entire region is a picture of friendly cohabitation with the Innu. Minganie's star attraction is the Mingan Archipelago National Park

Reserve of Canada with its some forty main islands. There you'll discover amazing fauna and flora along with some rather strange-looking monoliths...

Out at sea, mythical Île d'Anticosti stands guard. Stretching 220 km in length, its fossil-covered limestone mass rises majestically in the very heart of the gulf. Parc national d'Anticosti watches protectively over outstanding attractions like Vauréal Falls, Rivière Observation Canyon, and Rivière à la Patate Cavern. Well known to hunters for its impressive herd of white-tailed deer, Anticosti is also home to other extraordinary animal and plant life.



"Le Sorcier" monolith

© E. Le Bel — Parks Canada



© M.-S. Vigneault

Route 138 comes to an end in Natashquan

### **Basse-Côte-Nord: a whole other world awaits!**

East of Natashquan—a village where the water is perfect for swimming—begins the vast Basse-Côte-Nord region, with its rugged and rocky 400 km coastline and hundreds of breathtakingly poetic islands. You can venture there by boat, plane, or even sea kayak for the more adventurous, to meet the residents of its 14 villages. They will gladly reveal all the secrets of their little corner of paradise.

### **Backcountry that will keep you coming back!**

To the north, Route 389 leads to Fermont—founded as an iron ore mining town—as well as Schefferville and its Innu community, accessible by train from Sept-Îles. These two towns are the gateway to the backcountry and its resources, but also to hunting and fishing excursions, snowmobile expeditions, trekking in the Groulx mountains, and canoeing on countless lakes and rivers

### **Where winters are always white!**

The opportunities for enjoying winter sports in our region are limited only to your imagination. Downhill and cross country skiing, snowboarding,

on and off-trail snowshoeing, ice climbing, ice fishing, and, of course, snowmobiling are featured in an area that is so white and so vast, it seems absolutely endless.

### **Come for a visit...**

From the west, take Route 138 and cross the Saguenay River on the Baie-Sainte Catherine/Tadoussac ferry. From the south, take the Matane/Baie-Comeau/Godbout ferry across the St. Lawrence River. From Saguenay/Lac-St-Jean, take Route 172 to connect with the 138.

Route 389 will take you from Baie-Comeau to the towns of Fermont and Goose Bay in Labrador. The QNS&L train out of Sept-Îles goes to Schefferville, 588 kilometers to the north.

You'll need to hop aboard a boat or plane to explore Basse-Côte-Nord or Anticosti. A stretch of Route 138 also connects Blanc-Sablon with neighboring communities in Québec and Labrador, while the Blanc-Sablon/St. Barbe ferry sails to Newfoundland.

So now you're set. All that's left to do is come discover this enchanting all-season destination—and enjoy a welcome as big and embracing as nature itself! We're looking forward to seeing you!



Vauréal Falls in Parc national d'Anticosti

© S. Jauvin

# Portrait of the Region

## The one, true, and only Whale Route

Follow the blue signs with the little white whale and discover the secrets of the Whale Route! Blue road signs signal points of interest to tourists and point you to natural attractions that hurried travelers often miss. Some towns feature little-known access points to the coast, sites with strong viewing potential, or interpretation facilities. So get off the beaten trail and increase your odds of observing the marine mammals that call our waters home.



### Why the Whale Route?

The Gulf of St. Lawrence is a teeming underwater pantry for hundreds of North Atlantic marine mammals. From Pointe-aux-Anglais to Blanc-Sablon, the Duplessis region is right in the middle of the action. Minke whales, fin whales, humpbacks, blue whales, porpoises, and a number of species of seals and dolphins come here every year to feast on the abundant food in these waters. What brings these giants of the sea so close to our shoreline, clouding the horizon with their spray, is the large quantity of shrimp-like krill—their main food source—as well as capelin, sand lances, herring, and mackerel. This is one show you won't want to miss!

Starting in April, their telltale spray can already be spotted around Sept-Îles and Anticosti. Sporadic at first, the whale sightings steadily increase in frequency until June when the waters of Duplessis come alive in a frenzy of feeding! The

capelin roll and minke whales approach to within a few dozen meters of shore to eat their fill. Blue and fin whales also join in the buffet. You can marvel at them from atop any of the region's natural promontories. As for the humpbacks, they literally invade the waters around Blanc-Sablon to gorge themselves while engaging in a boisterous display of leaps and spray.



Whale ahoy!

© R. Sears – MICS Photo

July and August are the months when traffic is busiest for all the species that travel our vast region. This time of year, it's not uncommon to come across groups of dozens of humpbacks in Minganie, around Anticosti, or off the shore of Sept-Îles. These agile acrobats always enchant, performing as if in a natural outdoor theater with playful leaps into the air and tail fins that emerge from the water as if to wave hello. September and October are just as exciting, as nature prepares herself for winter and the birds begin their migration—but the whales remain!

It's all yours to enjoy! Keep your eyes peeled as you scan the horizon. Or if you prefer, take a boat to view them up close in their natural habitat. For more information on these mysterious mammals, be sure to visit Longue-Pointe-de-Mingan to see the biologists at the Research Center. They'll be happy to answer all your questions.



Minke whale

© B. Kot – MICS Photo



## Portrait of the Manicouagan Region

The vast Côte-Nord region is made up of two distinct tourist regions, one of which is Manicouagan, which stretches from Tadoussac to Baie-Trinité.

On the north shore of the St. Lawrence, Manicouagan offers an impressive blend of unique experiences and unforgettable times, starting with the oldest village in Canada, Tadoussac. Tadoussac is a tourist hub and a starting point for visitors setting out to discover the fascinating Manicouagan region. It overlooks one of the world's most beautiful bays, and its toe-tapping musical festival marks the start of the local tourist season each year.



Tadoussac Bay

Manicouagan is the perfect place to watch whales and other marine mammals—right from shore or out on the water in a tour boat or Zodiac. You'll also have the opportunity to explore the region's rich hydroelectricity resources. Manicouagan boasts the world's biggest dam—the Daniel Johnson Dam, also known as Manic 5—a monumental feat of engineering that is celebrating its 50<sup>th</sup> anniversary this year. What's more, the eagerly awaited Glacier Exploration Center has now arrived. Its state-of-the-art technology provides fascinating virtual tours of a frozen world!



A giant groove left behind by the glaciers

© Jardin des glaciers

In addition, Baie-Comeau is now proud to welcome cruise ships from all over the world to its port on the St. Lawrence. Also capturing the world's attention in Manicouagan is Canada's largest UNESCO World Biosphere Reserve. Prolong your stay in the area with a visit to the lighthouse at Pointe-des-Monts—a heritage museum on seven floors—or explore the remarkable Panoramas Sector, home to Centre national des naufrages du Saint-Laurent, which tells the tales of shipwrecks since the 1600s. And that's just a small taste of all there is to discover in Manicouagan! Come see for yourself!

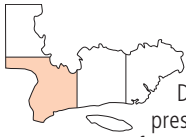


The Glacier Exploration Center at Jardin des glaciers

© M. Loiselle

**Information:**  
[www.tourismemanicouagan.com](http://www.tourismemanicouagan.com)  
or 1-888-463-5319

# Port-Cartier, Sept-Îles



Sept-Îles and Port-Cartier are the biggest localities in Duplessis. They owe their presence to the mining and forest industries, but are also shipping ports for the rich iron ore deposits that lie to the north and major players in the iron ore and aluminum industries.

The communities of Pointe-aux-Anglais and Rivière-Pentecôte, which were amalgamated several years ago with Port-Cartier, are the gateway for visitors arriving in Duplessis by road. A stop at the Louis-Langlois Museum and the lookout over Rivière Pentecôte is a great way to get a feel for the charm of these two villages.

Just south of the 50<sup>th</sup> parallel is Port-Cartier. Parc de la Rivière-aux-Rochers, Patterson and McCormick islands, and the Port-Cartier History Interpretation Center are all musts for anyone seeking to know

more about the town, its history and its riches. Port-Cartier is also the main point of entry to the Port-Cartier–Sept-Îles Wildlife Reserve, an immense playground for nature enthusiasts who love camping, fishing, hunting, canoeing, and hiking.

Some 50 kilometers separate Port-Cartier from Sept-Îles, the largest urban area in Duplessis. Sept-Îles offers a complete range of services for urbanites and outdoor enthusiasts alike. The Sept-Îles Archipelago with its Île Grande Basque, the town's museums and interpretation facilities, and the many gardens, parks, and beaches will fill your stay with discovery and enjoyment.



Atlantic Salmon

© S. Jauvin

▶ **Access via Route 138. Distance from Pointe-aux-Anglais to Pointe-Parent where Route 138 ends: 486 km**

## Port-Cartier (Pointe-aux-Anglais) population included with Port-Cartier



The name of this hamlet brings to mind a major event in the history of New France—the shipwreck of the English fleet led by Admiral Walker. In 1711, a contingent of 12,000 men aboard 60 warships was headed for Québec City to capture the heart of the French colony. Some 900 men lost their lives as eight ships were battered to pieces off Île aux Œufs, forcing the rest of the fleet to turn back. In the parish church, you can admire the stations of the cross by famous sculptor Médard Bourgault of Saint-Jean-Port-Joli.

▶ **Continue your visit east along the hiking trail that follows sand beaches or via Route 138, where you'll come to a well-appointed rest area.**

### ■ ■ Musée Louis-Langlois (Museum)



2088 rue Mgr-Labrie, Pointe-aux-Anglais G0H 1R0

1-888-766-6944, 418-799-2212 (in season), 418-766-4414 (off season), fax: 418-766-4278

Built as a private home in 1873, Musée Louis-Langlois became a museum in 1994. It houses two exhibits, one on Admiral Walker and the sinking of the English fleet and the other on Rivière-Pentecôte past and present, presenting a series of historic photographs. Other artifacts include objects dating from 1886, such as the village's first stations of the cross, a wheelchair, mineral collections, and more. **Schedule:** daily, mid-June to late August, hours vary. **Admission:** \$2 adults, \$1 children under 12 (taxes included).



## Port-Cartier (Rivière-Pentecôte) population included with Port-Cartier



12 km This town earned its name from Jacques Cartier, who stopped at the river mouth here on Pentecost Sunday in 1535. The village grew up around a sawmill that exported its production overseas, and became a center of industry in the late 19<sup>th</sup> century. The view from the rest area near the town hall is incentive to explore this village, with its church and tiny chapel dedicated to St. Anne looking out over the sea from their lonely setting atop the hill.

▶ *Thirty meters along Rue du Quai is the historic site of Rivière-Pentecôte together with a campground. From there, take Rue des Pionniers, which turns into a secondary road leading to the hamlet of Baie-des-Homards before rejoining Route 138.*

## Port-Cartier population 6,830



35 km [www.villeport-cartier.com](http://www.villeport-cartier.com)

Pub.  
p. 47



Surrounded by beautiful islands and waterfalls in a sea and forest setting, the town of Port-Cartier exudes a sense of unspoiled nature.

Islands bordered by Rivière aux Rochers and Rivière Dominique lend Port-Cartier its unique maritime charm. Patterson Island is home to the main vestiges of logging activity from the turn of the 20<sup>th</sup> century. Interpretive panels running west to east in town provide glimpses of life in area from the time of the first settlers.

p. 19 The trails in **Parc de la Rivière-aux-Rochers** lead to an impressive lookout point over the falls of Rivière aux Rochers, known for its salmon. McCormick Island, lined with beaches and rocky p. 75 highlands, is home to **Café-théâtre Graffiti**.

All the islands are now linked by a network of bicycle paths and walking trails that provide a breathtaking view of the St. Lawrence and the rivers.

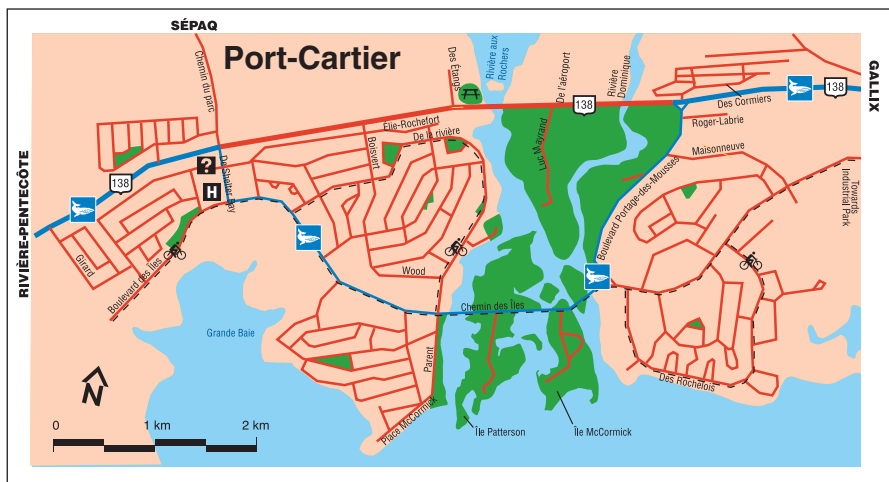
p. 19 The Waterfall Trail is perfect for admiring natural attractions and the surging whirlpools of our rivers. Also discover the backcountry with a visit to the **Port-Cartier/Sept-Iles Wildlife Reserve**.

▶ *Don't miss the footbridge to Boulevard Rochelois, which runs alongside a sandy beach and provides closeup views of the shipwrecked Lady Era, a bulk ore carrier that ran aground in a snowstorm in December 1977.*



Flume, Patterson Island

# Port-Cartier, Sept-Îles



 Parks     The Whale Route     - Bicycle trail, p. 84

## Centre d'interprétation de l'histoire de Port-Cartier (interpretation center)

38 avenue Parent, Port-Cartier G5B 2G5

418-766-4414, 1-888-766-6944, [tourisme50parallele@globetrotter.net](mailto:tourisme50parallele@globetrotter.net)

The interpretation center, located in the basement of Sacré-Cœur Church, recounts, through the words of the town's founder, the history of the town and its role in the development of the Côte-Nord region. Be sure not to miss the exhibition "Si l'histoire m'était contée." Tours for school groups. **Schedule:** daily, June to September, 9 a.m. to 5 p.m. **Admission:** \$3 (taxes included).



Sacré-Cœur Church

© Tourisme du 50<sup>e</sup> parallèle



## Parc de la Rivière-aux-Rochers (park) – Salmon Ladder



24 rue Luc-Mayrand, P.O. Box 324, Port-Cartier G5B 2G9, 418-766-2777, fax: 418-766-2888

East of the bridge over Rivière-aux-Rochers and half a kilometer off Route 138 is the Salmon Interpretation Center. In addition to guided tours of the center and the spawning run trap system, visitors can admire the falls, watch anglers in action, go hiking, or enjoy a picnic. Reservations required for groups.

**Schedule:** daily, late June to late August, 10 a.m. to 7 p.m. **Average visit length:** 1 hour. **Admission** (Interpretation Center): \$3 adults, \$2.50 seniors, \$2 children 6 to 17 (taxes included).



© A. Bourassa

Parc de la Rivière-aux-Rochers (park) – Salmon Ladder

- ▶ **From Port-Cartier, nature, hunting, and fishing enthusiasts can take a back road to the wildlife reserve.**

## Réserve faunique Port-Cartier—Sept-Îles (wildlife reserve) (Sépaq)

Pub. 24 boulevard des Îles, Suite 109, Port-Cartier G5B 2M9  
p. 49 418-766-2524, 418-766-4743, 1-800-665-6527 • [www.sepaq.com](http://www.sepaq.com)

p. 109  
p. 112

The Reserve is your gateway to the great outdoors, with activities like mountain biking, canoeing, hiking, and kayaking. This 6,423 km<sup>2</sup> area is accessible via Route 138 and has its main entrance in Port-Cartier. Come discover Lac Walker and the footbridge to MacDonald Falls. Overnight visitors have the choice of **cabins or campsites**, mainly on lakes Walker and Arthur. Sport fishing enthusiasts can come for the day or for a longer stay. You can also fish for salmon in Rivière-aux-Rochers and Rivière MacDonald. In fall, moose and small game hunting is possible. **Schedule:** May 28 to September 10, 7 a.m. to 7 p.m. (Lac Walker).

- ▶ **Leaving Port-Cartier, you'll pass through an area that was devastated by a forest fire in 1955, resulting in blueberry fields.**



© S. Deschênes – Sépaq

Lac Walker

# Port-Cartier, Sept-Îles

Sept-Îles population 25,865



61 km [www.ville.sept-iles.qc.ca](http://www.ville.sept-iles.qc.ca)

▶ Sept-Îles with its circular bay is one of the largest cities in Québec in area, covering 2,182 km<sup>2</sup>. Surrounded by sea and forest, it is known for its majestic scenery, superb sunsets, and profusion of rivers and lakes that hunters, anglers, and outdoor enthusiasts love to explore. The city boasts a rich history and culture, one forged over the centuries by its inhabitants, including two Innu communities.

From Gallix in the west to Moisie in the east, discover this welcoming city yourself, from its museums and shows to its industry and artisans.



Marina of Sept-Îles

© G. Langevin

▶ *Still on Route 138 just after Gallix, a turnoff to the left leads to Lac Labrie and Station récréotouristique Gallix. Immediately before the bridge over Rivière Sainte-Marguerite, another road to the left leads to Hydro-Québec's Denis Perron Dam, a little over 90 km away. This same road takes you to the northern sector of ZEC Matimek. Back on 138, the next right turn takes you to Clarke City.*

## Centre d'interprétation de Clarke City (interpretation center)

160 rue du Moulin, P.O. Box 8, Clarke City G0G 1H0, 418-583-2223 • [www.tourismeseptiles.ca](http://www.tourismeseptiles.ca)

The Interpretation Center tells the story of Clarke City, the first industrial city in Côte-Nord.

**Schedule:** 10 a.m. to 5 p.m. daily, late June to late August.

▶ *Rue de l'Église continues on to Club de golf Sainte-Marguerite. Further on, several kilometers of beach form a point jutting into the sea.*  
p. 78

▶ *From there, there are two ways back to Route 138 that are the same length—retracing your steps or taking the secondary road to Chemin de la Pointe-Noire. When you get to Chemin de la Pointe-Noire, turn right to visit Aluminerie Alouette or left to rejoin the 138. On your way to Sept-Îles, you'll pass Rivière Hall and an entrance to ZEC Matimek.*  
p. 73  
p. 90

## Parc Aylmer-Whittom (park)

Route 138 Ouest (7 km from the tourist information bureau), 418-962-1238 • [www.tourismeseptiles.ca](http://www.tourismeseptiles.ca)

Enchanting Aylmer Whittom Park is a local favorite, where hiking enthusiasts can admire Île Conan and the western half of the bay from the top of two observation towers. It's also a haven for bird watching, and a miniature village provides fun for the kids, with squirrels always on hand. In winter, the park is popular with cross country skiers, snowshoers, and ice fishers.



© M. Malherbe

Snacktime at Aylmer Whittom Park

# Port-Cartier, Sept-Îles



· · · · Cargo-passenger ship (Basse-Côte-Nord), p. 8

 The Whale Route

 Parks and reserve, p. 19

 Bicycle trail, p. 84





© Ruisseau Bois-Joli

Jardin communautaire Ruisseau Bois-Joli (community garden)

- ▶ *At the first traffic light, turn right for the Ferland sector or left for Lac des Rapides. A number of activity sites are clustered around the lake, including cross country skiing, archery, a seaplane base, and a summer camp. The Ferland sector is known as one of the largest trailer parks in Canada. From this sector, you can hike a nature trail that connects to Aylmer Whittom Park and the Ruisseau Bois-Joli community garden.*

## **Jardin communautaire Ruisseau Bois-Joli (community garden)**

109 rue des Plaquebières and 99 rue des Chanterelles, Ferland Sector, Sept-Îles, 418-968-4135  
jardinboisjoli@globetrotter.net

Hundreds of lily bulbs donated by neighbors inspired the cleanup of Bois-Joli Stream and the preservation of its rich ecosystem. The stream traverses a site over two hectares in size divided into twelve individually themed gardens. The Mer-Vents garden trail provides access to the sea, where a multitude of aquatic birds can be observed. Visitors can explore the garden and its nearly 5 km of trails from sunup to sunset. Guided tours and activities available during summer. **Schedule:** from May to October. **Free admission.**

- ▶ *Near the tourist information bureau, discover Jardins de l'Anse, five themed gardens with a wide variety of plants and even a rock garden.*

# Port-Cartier, Sept-Îles

## Parc du Vieux-Quai (park)

Avenue Arnaud, Sept-Îles, 418-962-1238 • [www.tourismeseptiles.ca](http://www.tourismeseptiles.ca)

First created in the early 1980s, this park has been regularly improved upon ever since. Enjoy beautiful views of Sept-Îles Bay and watch anglers and recreational boaters from the wooden walkway that winds for a kilometer along the shore. Browse the kiosks where local crafters display their wares. Get information on island activities at the cruise ticket counters facing the marina. Be sure to see the sundial and the model of the seven islands of the archipelago at the east end of the promenade. And while you're at it, why not give a listen to local artists performing in the park's yellow tent? This local gathering place is summer activity central. A must in Sept-Îles!



© M. Loiseleur

Vieux-Quai Promenade

## ■ ■ Musée régional de la Côte-Nord (museum)

500 boulevard Laure, Sept-Îles G4R 1X7, 418-968-2070 • [www.mrcn.qc.ca](http://www.mrcn.qc.ca)

Pub. p. 55 This regional museum features the permanent exhibition "Terre de sens: le grand voyage" as well as two temporary exhibitions, including "La grande vague ou la mémoire de l'eau salée," a monumental work by Marc Lincourt and self-taught sculptor Jean-Pier Synnott of Sept-Îles. Whether you're torn between nature, industry, or culture, our guides will be happy to take you through our exhibits. Musée régional de la Côte-Nord will help you discover the true character of the region. Also discover our local artists at the Ô Muses craft shop. **Schedule:** daily, June 25 to Labor Day, 9 a.m. to 5 p.m. **Average visit length:** 1 hr. **Admission:** \$5 adults, free for children 12 and under. For complete museum hours and rates, see website.



Permanent exhibition, "Terre de sens: le grand voyage"

© M. Deslongchamps



## Pub. Archipel des Sept Îles (archipelago)

p. 50



Tourisme Sept-Îles

1401 boulevard Laure Ouest, Sept-Îles G4R 4K1

418-962-1238, 1-888-880-1238 • [www.tourismeseptiles.ca](http://www.tourismeseptiles.ca)

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Accessible from the marina in Parc du Vieux Quai, this park encompasses the seven islands in Sept-Îles Bay, each with its own history. By **tour boat** or by **sea kayak**, you can get a closeup look at marine mammals or observe the razorbilled auks, black guillemots, murrelets and other seabirds that frequent Île du Corossol bird sanctuary and get a sense of the sheer size of the Port of Sept-Îles, one of the largest in Québec. Boat tour guides recount the history of the people who have frequented this bay.



Île Grosse Boule

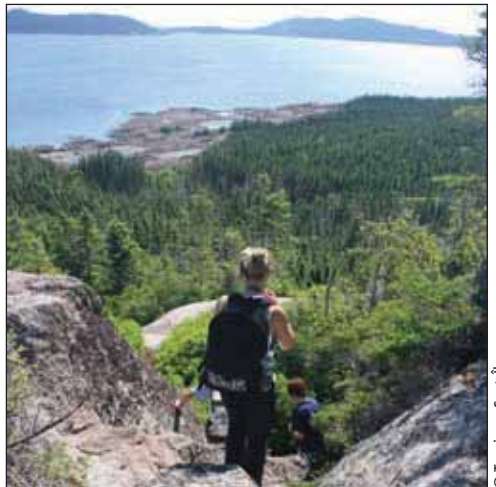
© C. Cloutier



## Île Grande Basque

Île Grande Basque has plenty to offer, including 11 kilometers of hiking trails, several beaches, primitive camping, 24 hour warden service, guided tours between 9 a.m. and 5 p.m., theme days, and tidal pool interpretation. Whatever activity you choose, you're sure to discover typical Côte-Nord flora. Services available: fire pits, picnic tables, garbage cans, pit toilets, picnic shelters. **Access via boat** (shuttle service: see boat crew for rates). **Schedule:** mid-June to mid-September. Primitive camping: \$10.00.

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Île Grande Basque

© Tourisme Sept-Îles

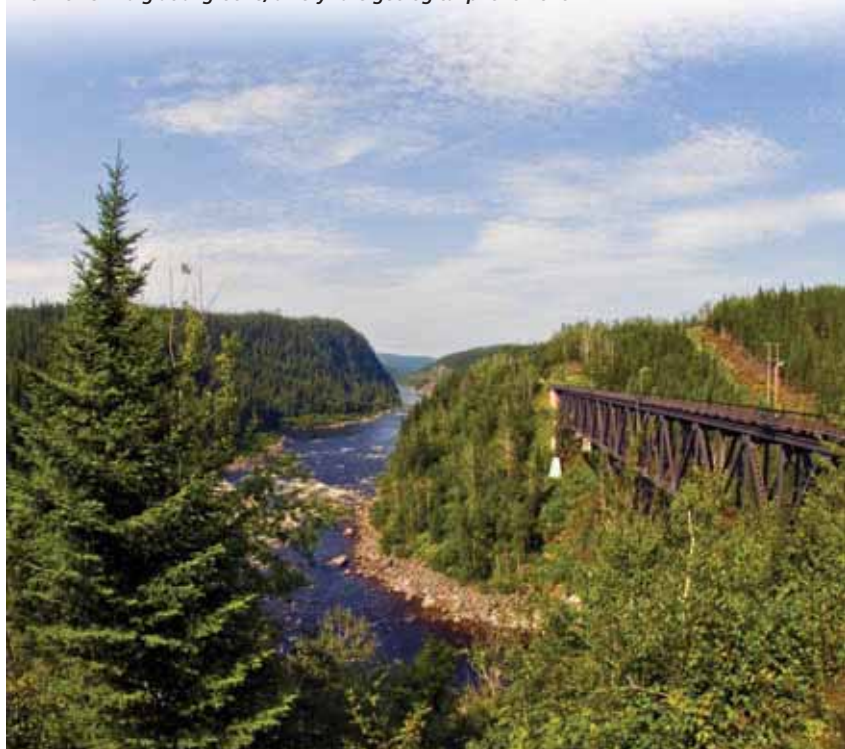
## Port-Cartier, Sept-Îles

### Maison de transmission de la culture innue, Shaputuan (museum)

290 boulevard des Montagnais, Uashat, Sept-Îles G4R 5R2 418-962-4000


Pub. p. 52 Shaputuan (the big gathering tent) recounts the millenniums-old history of a nomadic people in its ancestral land. The permanent exhibition, "Innu utassi" (the Innu land), follows the Innu through the seasons and their annual life cycle. This history and ethnology institution is also a place of meeting and fraternization between the Innu and other peoples. **Schedule:** Monday to Friday 8 a.m. to 4:30 p.m., Saturday and Sunday 1 p.m. to 4 p.m. Off season, open Monday to Friday, 8 a.m. to 4:30 p.m. **Average visit length:** 1 hr. **Admission:** \$5 adults, \$3 seniors and students, free for children 12 and under.

- ▶ *Twelve kilometers east of Sept-Îles, a secondary route passes the Innu community of Mani-Utenam and heads out to Pointe-de-Moisie, the site of a former military base. Park your car near the old wharf and walk along the shore. The point, which runs along the Moisie to the sea, offers opportunities to observe marine birds and spot whales offshore.*
- ▶ *Twenty-eight kilometers further on Route 138, you'll see the bridge over Rivière Moisie, a river known worldwide for the quality and quantity of its salmon. In February 2003, it became Québec's first river to be named an aquatic reserve.*
- ▶ *For the next 90 km, you'll be crossing various rivers, including the Sault-Plat about half way. This river flows in a glacial groove, a very rare geological phenomenon.*



View over Rivière Moisie

© M. Loisel



Rivière au Bouleau marks the gateway to Minganie, which features a 360 kilometer coastline dotted with a dozen villages and one major center (Havre-Saint-Pierre). Route 138, which goes all the way to Natashquan, snakes along the peaceful shoreline against a backdrop of lakes, rivers, peat bogs, and mountains. To discover all the treasures that the villages you encounter hold, be sure to turn off onto their side streets and paths, many of which reward you with amazing ocean views.

Minganie is well known for its Mingan Archipelago National Park Reserve of Canada. Created in 1984, this park encompasses hundreds of islands and coastal islets spread over 175 km from Longue-

Pointe-de-Mingan to Aguanish, including Île Quarry, Île Niapiskau, and Île aux Perroquets. Parks Canada staff posted at various locations will be delighted to tell you about opportunities to explore the archipelago, and will probably convince you to extend your stay to fully enjoy all its cultural, historical, geological, and wild-life attractions!

Minganie is also prized for hunting, fishing, adventure tourism, and sea kayaking. Its mild, dry winters are also perfect for activities such as cross country skiing and snowmobiling.



"Lady of Niapiskau"

© É. Le Bel – Parcs Canada

▶ **A stop at Rivière au Bouleau is a must. Turn right just before the bridge to park and enjoy a spectacular view of the coast toward the east.**

## Chute Manitou (falls)

Route 138, Rivière Manitou, Rivière-au-Tonnerre  
418-538-2732, [info@mrc.minganie.org](mailto:info@mrc.minganie.org)

This must-see attraction lies about 85 km east of Sept-Îles and 35 km from Rivière-au-Tonnerre. Follow the nature trails to a 35 meter waterfall at the end. A tourist information center with a large parking lot and picnic tables make this an ideal place to stop. **Schedule:** daily, June to September, 9 a.m. to 7 p.m. **Average length of visit:** 45 minutes. **Admission:** \$3.00 (15 or over).



Manitou Falls

© M. Waltherbe

## Sheldrake population included with Rivière-au-Tonnerre

7

113 km A windswept bridge welcomes you to the first village of Minganie. Here, a low tide in early June means it's clamming time. Further along, a cross and tombstones facing the sea draw the eye to new scenic wonders. Take your time to feel the area's special appeal. The name Sheldrake evolved from "sawbill," a British word for the American merganser, known as a sawbill duck on the shore.

## Rivière-au-Tonnerre population 370

8

10 km The village owes its name to the roar of "Thunder River," as the local waterway has long been called. Perched on rocky shoreline, Rivière-au-Tonnerre is one of the most picturesque villages of Côte-Nord. It is known for its crab fishing and its 33 meter high falls. It is also where many local fishing boats are hauled up for winter.

# Minganie

## Église de Rivière-au-Tonnerre (church)

Built at the turn of the 20<sup>th</sup> century by over 300 volunteers and restored in the late seventies, the wooden church is well worth a visit. Its archway—over eight meters high and decorated with over 60 images carved with pocketknives—is particularly noteworthy. **Schedule:** daily, early June to mid-September, 9 a.m. to 7 p.m. **Average length of visit:** 45 minutes.



Église de Rivière-au-Tonnerre (church)

© S. Jauvin

## Magpie population included with Rivière-Saint-Jean




- 22 km To appreciate this village, you must leave Route 138 and take the road that passes through town. Magpie, named after a bird not found in the region, was the largest cod fishing harbor at the turn of the 20<sup>th</sup> century. Near the pier of the harbor that once accommodated many boats, a rest area leads to a rock formation forming a natural lookout and vantage point for whale watching. On the river is a 40 megawatt hydroelectric plant, built in replacement of a 2 megawatt facility erected in 1958.

## Rivière-Saint-Jean population 250



- 14 km The village stretches across the western bank of the mouth of Rivière Saint-Jean. Navigable for about 50 km and famous for its salmon pools, the river was the border between Québec and Labrador for several decades. Visitors can fish for sea trout at the mouth of the river or venture onto the sandbanks that divide the river from the Gulf of St. Lawrence, an ideal spot for bird-watching. Osprey are regularly spotted among the flocks of common eider, king eiders, and white-winged scoters on the beaches. A sea shuttle service is available to the Mingan Archipelago, whale watching cruises, and Île d'Anticosti.

## Longue-Pointe-de-Mingan population 410

- 17 km  Founded in 1849 by Gaspé fishermen, Longue-Pointe-de-Mingan owes its name to the point of sand that juts out into the Gulf of St. Lawrence. Vast beaches look out over the first islands of the Mingan Archipelago, including Île aux Perroquets and Île à la Maison, renowned for their population of Atlantic puffins. There is also a boardwalk from which you can spy the whales. Seals and birds are abundant in the areas. Although growing, the village remains a haven of peace and natural beauty. Should you decide to drop anchor and stay for a while, the Paspayas (the name given village residents) will be delighted to welcome you.



## Mingan Archipelago National Park Reserve of Canada



### Longue-Pointe-de-Mingan Reception and Interpretation Center

Pub.  
p. C-2

625 rue du Centre, Longue-Pointe-de-Mingan G0G 1V0  
418-949-2126, 1-888-773-8888 • [www.parksCanada.gc.ca/mingan](http://www.parksCanada.gc.ca/mingan)

A definite must, located right at the entrance to the Mingan Archipelago. Pick up information about the islands, maritime transportation services, interpretation activities, and camping (permits available). Staff are there to answer your questions and present films and talks. Come see “*Islands in the Sea*,” our new virtual exhibition on the islands, where nature and culture meet. **Schedule:** mid-June to early September, hours vary.



© É. Le Bel – Parcs Canada

Atlantic puffins off the shore of Longue-Pointe-de-Mingan



© M. Deslongchamps

Mingan Island Cetacean Interpretation Center (MICS)

Pub.  
p. 65

### Mingan Island Cetacean Interpretation Center (MICS)

625 rue du Centre, Longue-Pointe-de-Mingan G0G 1V0  
418-949-2845 • [www.rorqual.com](http://www.rorqual.com)

The Cetacean Study combines research and education to introduce visitors to the marine mammals of the Gulf of St. Lawrence. Guided tours with biologists help adults and children alike learn about the whales that frequent the area. The guides explain the work that the scientists conduct on site and illustrate marine mammal life using life-size sculptures that show the differences in size and anatomy between the various species. Painted murals, photos, an audio room, and a video room familiarize visitors with whale behavior observed on whalewatching tours and the sounds made by the various marine mammal species.

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In addition to your tour, you can follow Study researchers out **on the water** and enjoy a unique experience among the mighty giants in their natural habitat. Interpretation centre **Schedule:** mid-June to late September, 9 a.m. to 6 p.m. **Average length of visit** (interpretation center): 1 hour. **Admission:** \$7.50 adults, \$3.50 children, free for children under 6, \$5.00 each for groups of 10 or more, \$6.00 seniors 65 and over.



© R. Sears – MICS Photo

Humpback lobtailing



# Minganie



## Mingan Archipelago National Park Reserve of Canada



Administration office: 1340 rue de la Digue, Havre-Saint-Pierre G0G 1P0, 418-538-3331

Information: 418-538-3285, 1-888-773-8888 • [www.parks canada.gc.ca/mingan](http://www.parks canada.gc.ca/mingan)

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In 1984 in recognition of the Mingan Archipelago's valuable heritage, notable fragility, and exceptional beauty, Canada incorporated the site into its vast network of national parks. Made up of a string of islands and islets between Longue-Pointe-de-Mingan and Aguanish, the archipelago boasts breathtaking scenery. Spectacular cliffs, arches, and monoliths sculpted by the elements over the ages together with abundant and diverse flora and fauna comprise this island paradise. Stop off at one of the islands in the Mingan Archipelago for a hike, a picnic, or to go wilderness camping. Meet nature interpreters who reveal the secrets of this one-of-a-kind site being preserved for the enjoyment of future generations. You'll enjoy a special communion with nature in matchless surroundings.

To get there, contact the boating companies recognized by Parks Canada and make your choice—**boat tour**, water taxi, sea bus, or

**sea kayak**. Rates vary depending on the destination and type of service. Parks Canada visitor and information services at Longue-Pointe-de-Mingan, Havre-Saint-Pierre, Baie-Johan-Beetz, and Aguanish. **Schedule:** early June to early September. **Average cruise length:** 3 hr. 30 min. **Admission:** day admission fees to Reserve collected upon reservation.



Bellflowers in the Mingan Islands

© J. Audet – Parks Canada



Anse des Érosions on Île Quarry in the Mingan Archipelago

© P. St-Jacques – Parks Canada

## Mingan (Ekuanitshit) population 420



10 km This old fishing and trading post is home to French-speaking fisherman families and a native community of Innu who have been living together in harmony for decades. The village's name—Mingan—is Breton for “white stone.” Nearby Rivière Mingan is part owned by the Innu Band Council, which has been seeking since 1983 to restock it with its primary resource—salmon. East of the bridge over Rivière Mingan, a road leading north 5 km provides access to a picnic and rest area noted for its waterfall. Salmon lovers can also fish there on appointment.

### Église montagnaise de Mingan (church)

15 rue Nashipetimit, Mingan G0G 1V0, 418-949-2272

Built at the turn of the century by John Maloney—the “Jack Monoloy” of Gilles Vigneault’s famous song—this church is decorated entirely with works by Innu artists from Ekuanitshit. **Schedule:** daily, year round. **Average length of visit:** 20 minutes.

## Havre-Saint-Pierre population 3,170



40 km [www.havresaintpierre.com](http://www.havresaintpierre.com)



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When you arrive in Havre-Saint-Pierre, you understand why six Acadian families from Îles-de-la-Madeleine chose to settle there in 1857. Along a point of sand across from the Mingan Archipelago, the view is truly unique—a natural harbor, an oasis of tranquility, and an ever-changing seascape! Now a tourist destination thanks to the Mingan Archipelago National Park Reserve of Canada, which was created in 1984, the Havre-Saint-Pierre area is proud to welcome visitors from around the world.



Havre-Saint-Pierre

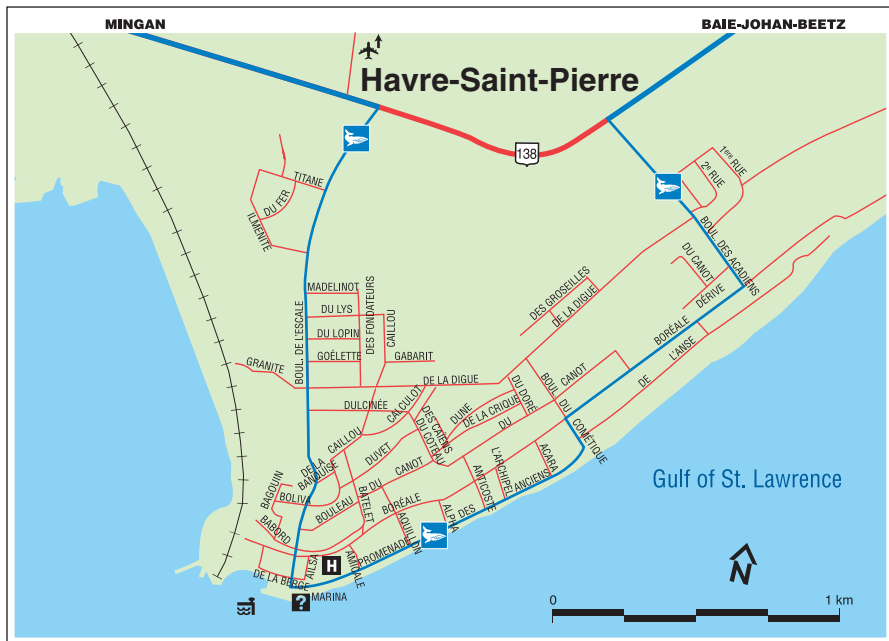
© Y.-J. Orban

### Maison de la culture Roland-Jomphe (cultural center)



957 rue de la Berge, Havre-Saint-Pierre G0G 1P0  
418-538-2512, 418-538-2450, 418-538-2717 (off-season) • [www.havresaintpierre.com](http://www.havresaintpierre.com)

In an old general store near the tourist sector, visitors can explore a permanent exhibit entitled “L’Autre Roman” (the Other Tale), a historic fresco that tells the history of Havre-Saint-Pierre from 1857 to today. An entertaining team also presents a free play with local flavor on summer nights in July and August. **Schedule:** June 14 to September 11, 9 a.m. to 9 p.m. **Average length of visit:** 30 minutes. **Admission:** \$2 adults, \$1.50 seniors (65 or over), \$0.50 children 12 and under.



 The Whale Route



## Mingan Archipelago National Park Reserve of Canada Havre-Saint-Pierre Reception and Interpretation Center

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1010 promenade des Anciens, Havre-Saint-Pierre G0G 1P0  
418-538-3285, 1-888-773-8888 • [www.parksCanada.gc.ca/mingan](http://www.parksCanada.gc.ca/mingan)

Head inside Portail Pélagie-Cormier at the Havre-Saint-Pierre Marina for information about the islands, maritime transportation services, and guide services. Nautical charts, topographical maps, and promotional items are also available. In addition, visitors wishing to camp in the park can obtain permits. The park presentation “*Islands in the Sea*” provides a taste of what awaits you during your visit to the reserve. **Schedule:** early June to early September (variable hours).



Portail Pélagie-Cormier

© C. Cormier



## Baie-Johan-Beetz population 95



69 km The village owes its name to a naturalist from Belgium who fell in love with the wildlife in the region and became one of the founders of the Québec Zoological Society. Wildlife is still abundant in the area, which is known for its trout and salmon fishing. East of the village on islands just offshore are colonies of migrating seabirds.



### Maison Johan-Beetz (heritage home)

15 rue Johan-Beetz, Baie-Johan-Beetz G0G 1B0  
418-648-0557 • [www.baiejohanbeetz.com](http://www.baiejohanbeetz.com)

Johan Beetz (1874–1949), a painter and sculptor, had this home built in 1897. The house, which he decorated himself, was classified a historic monument in 1979. Today it brings the story of this aristocrat and his village back to life. **Schedule:** daily June 23 to August 31, 10 a.m. to 12 p.m. and 1:30 p.m. to 4 p.m. Guided tours every 30 minutes. **Average length of visit:** 30 min. **Admission:** \$5 adults, \$3 students, children under 4 free. Reservations recommended for groups. Taxes included.



Maison Johan-Beetz

© A. Darnais

## Aguanish et L'Île-Michon population 300



58 km Aguanish ("small shelter" in Innu) is very aptly named. The village is surrounded by warm sandy beaches and the freshwater bay of Rivière Aguanish. This river is popular with salmon fishers and visitors looking for scenic beauty. Guides can take you to the geological phenomenon known as "Trait de Scie" (sawcut). Île-Michon, located 3.5 km to the east on Route 138, offers bays and little islands where hikers can gather shellfish or enjoy a picnic. A walking trail and rest area are located one kilometer west of Île Michon.

### "Trait de Scie" Canyon

Association chasse et pêche, 250 route Jacques-Cartier, Aguanish G0G 1A0  
418-533-2151, 418-533-2033 (off season), [acpa@globetrotter.net](mailto:acpa@globetrotter.net)

Experienced guides will lead you on a motorboat adventure along Rivière Aguanish to Trait de Scie Canyon (the third waterfall along the river). Three trails with wooden footpaths around the falls. Family activity lasting 2 to 3 hours. Reservations recommended. The association also handles salmon fishing and has a guide onsite. **Schedule:** early June to early September, 2 departures daily (9 a.m. and 1 p.m.). **Rates:** adults \$40, students 12 to 18 \$15, children under 12 free, family \$80.

## Natashquan and Pointe-Parent population 270



34 km This village, immortalized in the ballads of singer Gilles Vigneault, is located at the end of Route 138, which was put through in 1996, connecting Natashquan to the provincial road network. It is a place of history, poetry, and music, but also a destination known for its warm welcome and its

p. 68 **Festival du conte et de la légende de l'Innucadie (folklore festival).**

But more than that, Natashquan is a spellbinding place of natural beauty. A fine sandy beach, clean waters for swimming, rivers, a **walking trail** through boreal forest—it all awaits in this summer corner of paradise. Be sure to rent the **audio road guide** (in French only) to accompany you here to the gateway of Basse-Côte-Nord.

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© M. Matherbe

Sunset over Les Galets fish sheds

## “Les Galets” of Natashquan

Allée des Galets, Natashquan G0G 2E0, 418-726-3060, 1-866-726-3054, [copacte@globetrotter.net](mailto:copacte@globetrotter.net)

A sort of “village within a village,” Les Galets refers to both a rocky outcrop in the sea and the fish sheds located there. It is an official heritage site that has weathered 150 years to recount the life of the town’s original settlers. It opens its door in summer to recount a bygone era when cod fishing sustained the local population.



Former general store, Le Bord du Cap

© M. Malherbe



### Centre d'interprétation Le Bord du Cap (interpretation center)



32 chemin d'en Haut, Natashquan G0G 2E0  
418-726-3233, off-season: 418-589-4357 • <http://cafe.rapidus.net/annlapie>

This replica of the old Natashquan general store presents photographs and objects illustrating the storekeeper's work in another day and age. It is also home to theme exhibits featuring photographs, objects, and audiovisual presentations on Natashquan and 39 Natashquan history themes.

p. 76 **Souvenir shop** adjacent to the interpretation center. Reservations recommended for groups. Reference documents available in English. **Schedule:** daily, mid-June to early September, 10 a.m. to 5 p.m. **Average length of visit:** 45 minutes. **Admission:** \$5 adults, free for children under 12, \$4 per person for groups of 15 or more.

## La Vieille École de Natashquan (old school)

P.O. Box 57, Natashquan G0G 2E0  
1-866-726-3054, [copacte@globetrotter.net](mailto:copacte@globetrotter.net)

An unassuming wood structure erected in 1913, the Old School today serves as a monument to the memory of all the “schoolchildren of yesteryear” and a place of homage to local poet Gilles Vigneault. Its lively museum environment provides a real sense of the characters who people the lyrics of Vigneault’s songs and offers a fascinating take on this famous singer/songwriter’s work.

**Schedule:** daily, June 21 to September 5, 10 a.m. to noon and 1 p.m. to 5 p.m., and September 6 to October 15 on appointment. **Average length of visit:** 40 min. **Admission:** \$5 adults, \$2 children 6–12, free for children 5 and under. Special rates for groups.



Exhibit inside the Old School

© M. Malherbe

## Campement montagnais Mantéo Matikap (Innu camp)

Route 138, between Natashquan and Pointe-Parent, Natashquan G0G 2E0  
418-726-3172, ext. 7281, 514-849-7281, 514-220-4673 (off-season) • [www.manteo-matikap.com](http://www.manteo-matikap.com)

Mantéo Matikap is a reconstruction of a traditional meeting place. When the salmon arrived in late spring, the Innu of Natashquan gathered on the coast to trade, meet, and stock up. The Mantéo Matikap campground has been recreated to portray these meeting places. The Innu guide visitors through the campground and offer handmade crafts for sale. Traditional meals can also be arranged upon request, where you can take part in making the fire, cooking bannock, and smoking salmon. You can also camp in a traditional or standard tent at the site. RVs welcome. Length of traditional meal: 1 to 6 hours. **Schedule:** daily, June 23 to September 1, 9 a.m. to 7 p.m. **Average length of visit:** 30 min. **Free admission.**

Few places evoke images and dreams as vivid as those of Anticosti.

French chocolate maker Henri Menier made Anticosti his hunting and fishing refuge when he bought it in 1895 for \$125,000. Menier introduced foxes, beavers, moose, and white-tailed deer, with the latter numbering 160,000 in 2006 according to a government estimate. After the Menier family abandoned the island in 1926, lumber companies worked certain sectors and carved many a road out of the forest. For some 30 years, a handful of outfitters have been offering a whole range of hunting, fishing, and getaway packages for tourists seeking to relax or enjoy their favorite recreational activity in a unique setting.



© N. Gauthier

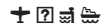
Point Carleton lighthouse

In 2001, the Québec government founded Parc national d'Anticosti, covering an area 572 km<sup>2</sup> in size. The park can be accessed via the "Trans-Anticosti Highway," which cuts west to east across the island. You won't soon forget its valleys, rivers, caverns, and falls, including impressive Vauréal Falls, a protected natural wonder. The island is a natural paradise and home to 220 species of birds (including the bald eagle) and rare and sometimes one-of-a-kind plants. Anticosti's unique limestone geology, which is rich in fossils, gives rise to exceptional topography and scenery, as its crisscrossing canyons demonstrate. Another island pleasure is long walks along the coast (locally known as the "riff" and responsible for many shipwrecks in days gone by), which occasionally provide close up looks at seals and whales.



The park offers a number of outdoor activities, such as camping, cycling, and hiking. You'll be so taken with this island, accessible by boat or plane, you'll want to come back again and again.

## Île-d'Anticosti (Port-Menier) population 300



The only village on the island, Port-Menier was founded in 1899 after wealthy French chocolate maker Henri Menier noted its excellent potential as a port, compared to Baie-Sainte-Claire. On Rue du Cap-Blanc across from Ellis Bay, a dozen homes still bear witness to that bygone era. A canal dug by pick and shovel leads out from nearby Lac Saint-Georges. Today it is bordered by an interpretive trail that teaches visitors about the history of the village as well as the animal and plant life of Anticosti.



Port-Menier

© Y. Menge – Sépaq





© M. Deslongchamps

Remains of the former village of Baie-Sainte-Claire

- **West of Port-Menier, take the road that goes right by the site of the old Château Menier to see the attractions at the west end of the island described below.**

## Baie-Sainte-Claire and Pointe-Ouest

The ruins of a few homes are still visible at the site of the first island settlement Menier redeveloped in 1895. A lime kiln was rebuilt on this historic site in 1985, while in the underbrush on the neighboring plateau, a few tombstones tell the story of another era. As you travel along the shoreline road to the lighthouse at Pointe-Ouest, you'll come to the remains of an old Protestant cemetery. The wrecks of the Calou, which ran aground in 1982, and the Taipan are a reminder that you're in the "Cemetery of the Gulf."

## Site of Château Menier

Construction began in 1899 and lasted five years on Château Menier, the most remarkable architectural creation ever built on the island. In 1953 it burned to the ground. The Château's foundations, which were uncovered in 1991, bear witness to the size of this impressive structure.

## Écomusée d'Anticosti (ecomuseum)

P.O. Box 160, Port-Menier G0G 2Y0, 418-535-0250, 418-535-0311

Learn about the history of the island and its eco-environment at this museum. **Schedule:** daily, early June to late August, 8 a.m. to 5 p.m. **Average length of visit:** 45 minutes. **Free admission.**

- **Around 65 km east of the village, turn right when you see the sign for Kalimazoo. Go 1.5 km and look for the walking trail. Take it, cross the river, and you will see the Kalimazoo waterfall and its basin, where you can go for a swim.**



© M. Malherbe

Ecomuseum



© M.-S. Vigneault

Anticosti shoreline



## Parc national d'Anticosti (park)

Pub. 25 chemin des Forestiers, Port-Menier G0G 2Y0  
p. 64 418-535-0156 • [www.sepaq.com/anticosti](http://www.sepaq.com/anticosti)

Imagine a wild and spellbinding island bathed in the clear northern light of the Gulf of St. Lawrence. Imagine white cliffs endlessly caressed by the wash of the ocean. Imagine dizzying canyons, white-tailed deer that nibble at algae, salmon that shimmer in emerald pools, and seals that slumber on rocks. Imagine yourself in Parc national d'Anticosti.

**Vauréal Falls:** This 76 m waterfall plunges into a canyon over 90 m deep and 3.2 km long.

**Observation Canyon:** The canyon totals 4 km in length and varies in height from 30 to 50 meters.

**Grotte à la Patate** (cavern): Explore one of Québec's longest caverns, at 625 m (safety helmet and lamp compulsory).



© J.-P. Huard – Sépaq

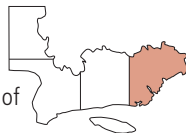
Horseback riding on an Anticosti beach

## Basse-Côte-Nord

**B**asse-Côte-Nord is a land of stone and sea, carved by hundreds of bays and coves and dozens of rivers with names like Musquaro, Washicoutai, and Mécatina. Some dozen archipelagos of islands and islets also bear mysterious names like Ouapitagone, Kécarpoui, Saint-Augustin, and more.

Visitors cannot but be charmed by the authenticity of the surroundings and the hospitality of its some 5,600 English-speaking, French-speaking, and Innu residents in its 14 villages. Take advantage of your trip to talk to the descendants of families who originally

came from Newfoundland to settle in Côte-Nord in the late 19<sup>th</sup> century, and discover a little known aspect of our culture.



The area is mainly accessible by plane and boat, with the Relais Nordik ship calling in some ten villages. A number of villages are accessible by air via Sept-Îles, Havre-Saint-Pierre, and Natashquan. A ferry service links Blanc-Sablon with St. Barbe, Newfoundland. Recently it became possible to drive all the way to Blanc Sablon from Baie-Comeau. In winter, snowmobiles are the main means of access to the area.

For a Québec like you've never seen before, come experience Basse-Côte-Nord!



© F. Thériault

Cloudberry

- ▶ **Remember to adjust your watch when clocks are set back an hour in fall. Blanc-Sablon is one hour ahead of the rest of Québec in winter. If you travel to the area on the Nordik Express, you can bring your bike.**

p. 63 **The first municipality, Côte-Nord-du-Golfe-du-Saint-Laurent, includes the towns from Kegaska to Tête-à-la-Baleine.**

### Kegaska population 120



Trails covered with crumbled seashells and white sand immediately draw the eye of visitors. Village life centers around commercial fishing for crab, lobster, and scallops.

- ▶ **From the wharf, take the west fork of the gravel road leading to the village; you will reach the western shore of the Kegaska Peninsula in a few minutes. There you'll discover the wreck of the Brion, a cargo ship from Îles-de-la-Madeleine that sank in 1976.**

### La Romaine population 120



Francophones and Innu live together in this sector village of 1,100. East of La Romaine, the physiognomy of the land changes as marshland gives way to the rocky soil that signals the approach of the tundra.

- ▶ **The village is far from shore, but a stroll by the river is well worth a detour.**

### Chevery population 300



Named in honor of J.B. Chevery, the village is built on a sandy tip of land accessible by boat from Harrington Harbour. It is the administrative center for the regional municipality of Côte-Nord-du-Golfe-du-Saint-Laurent. There is trout fishing on the Nétagamou and La Croix rivers near the village, and moose can be hunted in season. On Rivière Nétagamou 500 meters from the village, a waterfall offers visitors a relaxing and peaceful setting. A 4 km hiking trail heads along the river from the marina.



## Harrington Harbour population 300



The port protected from the wind by islands, the town's solidly built houses painted white and shades of pastel, the large wooden sidewalks linking one building to another in the place of roads, and the tiny bridges crossing gullies and coves add to the charm of this uniquely beautiful village. In summer, watch for the bustle of activity down by the Seafood Coop on the wharf—the center of life on the island.



© A. Danais

Harrington Harbour

## Tête-à-la-Baleine population 200



Tête-à-la-Baleine owes its name to a whale-shaped island in the nearby “Toutes-Îles” Archipelago. Arts and crafts and various other items are made from seal fur in village workshops. In winter, you can get to Tête-à-la-Baleine via snowmobile on “La Route blanche” (the White Trail), a chance to discover the special charms of an exceptional way of life.

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### Chapelle de l'île Providence (chapel)

Tête-à-la-Baleine GOG 2W0, 418-242-2015, [info@toutes-iles.com](mailto:info@toutes-iles.com)

During the fishing season, families from Tête-à-la-Baleine move to this summer village on Providence Island. Although this seasonal migration is tapering off now, it was once the only way to get to the fishing banks, before the advent of motorized boats. The chapel, erected in 1895, is the oldest in Basse-Côte-Nord. The rectory has been turned into an inn featuring typical franco-phone cuisine from the area. Guided 2 hour tours of Île Providence are offered every Saturday when the *Nordik Express* stops over.



© Toutes-Îles

Chapelle de l'île Providence (Chapel)

## Basse-Côte-Nord

### Maison Jos-Hébert

Association de développement touristique de Tête-à-la-Baleine  
152 rue de la Salle, bureau 6, P.O. Box 111, Tête-à-la-Baleine G0G 2W0  
418-242-2015, 1-888-242-2015, info@tourisme-tete-a-la-baleine.ca

Maison Jos-Hébert on Île de la Passe bears witness to a bygone island culture and way of life. At the age of 15, Joseph Hébert decided to try his luck as a fisher and sealer on the north shore of the St. Lawrence. When the federal government began regular postal service to Basse-Côte-Nord in 1879, Hébert was the man who got the job. He made the 720 km journey from Blanc-Sablon to Pointe-aux-Esquimaux (today Havre-Saint-Pierre) at least twice each winter. Hébert continued to deliver the mail, winter and summer, for the rest of his life—nearly 35 years. **Schedule:** open year-round.



Maison Jos-Hébert

© M. Malherbe

### Gros-Mécatina population 580



The municipality of Gros-Mécatina includes the communities of Mutton Bay and La Tabatière. The largest marine product processing plant in Basse-Côte-Nord is located in La Tabatière along with the remains of a seal blubber-rendering plant, evidence of a thriving 18<sup>th</sup> century industry. The village of Mutton Bay is connected by road to La Tabatière.

### Saint-Augustin population 900



This village is divided by the river into two communities: the Innu village of Pakua Shipu on the western shore and the English-speaking village on the eastern shore. Surrounded by hundreds of islands, the village is a paradise for boating and adventure. There are long stretches of sandy shoreline and salmon and sea trout galore. Crystal clean water and calm seas provide for some of the best sport fishing in the province. In winter, there are hundreds of kilometers of snowmobile trails to enjoy.



The stunning landscape around Saint-Augustin

© M. Malherbe

## Blanc-Sablon (Brador) population 115

65 km Archeological digs near this village have revealed thousands of objects associated with the trading post of Augustin Le Gardeur de Courtemanche, an important French trading center founded in the early 18<sup>th</sup> century. Much earlier, Brador Bay was frequented by European fishermen. The Fisheries Interpretation Center, open June to September, recounts the story of this omnipresent industry.



© J.-P. Huard

Brador Falls



© M. Malherbe

Lourdes-de-Blanc-Sablon

## Blanc-Sablon (Lourdes-de-Blanc-Sablon) population 795



10 km With its healthcare facility and administrative offices, this village is the main center for this part of Basse-Côte-Nord. Yet this natural seaport also retains its fishing vocation, as can be seen by the fish sheds and boats on the rocky shore. On the cape overlooking the town stands a statue of Notre-Dame-de-Lourdes. It was made in France and is wrapped in a rosary. In addition to this natural observation point, visitors are welcome at the Ecology Interpretation Site on Île aux Perroquets, where they can observe whales, puffins, and the occasional iceberg. Binoculars are available on site.

### Musée Scheffer (museum)

Église Notre-Dame-de-Lourdes, Lourdes-de-Blanc-Sablon G0G 1W0

Located in the church, the museum recalls the life of Mgr. Scheffer, the first apostolic vicar of Schefferville-Labrador, from 1946 to 1966. Come discover the new permanent exhibition, where artifacts, photographs, and a video bring to life the history of the village and region.

**Schedule:** at varying times according to season. **Average length of visit:** 20 min.  
**Admission:** voluntary contribution.

## Blanc-Sablon population 360



7 km Near the village, archeological digs have attested to the presence of Europeans as early as the 16<sup>th</sup> century. A ferry makes daily trips to St. Barbe, Newfoundland, from April to January. Two kilometers to the east is the 57<sup>th</sup> meridian, which marks the boundary between Québec and Labrador.

# Caniapiscau

Further north than the other regions in Duplessis, Caniapiscau lies amidst the landscapes of the taiga. It boasts mountains, forests, lakes, and rivers sure to delight all lovers of wide-open spaces. Since the 1950s, mining has been the economic mainstay of this region, which includes the towns of Fermont and Schefferville, as well as the Innu and Naskapi communities of Matimekosh-Lac John and Kawawachikamach.

In Caniapiscau, everything is larger than life, from the mining sites to its resident caribou herds. Always a favorite destination for hunters, anglers, canoeists, and hikers, the region offers road access to Labrador and a railway link between Sept-Îles and Schefferville. And then there's snowmobiling! The "Sentier Caribou" trail linked to Fermont features 400 km of trails and a snowmobile season that lasts from mid-December to mid-April.



Ptarmigan

© D. Poirier



Inukshuk

© Schefferville

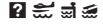


Aurora borealis

© D. Poirier

► **Caniapiscau can be reached via Route 389, 585 km from Baie-Comeau; by train from Sept-Îles; or by plane.**

## Fermont population 2,695

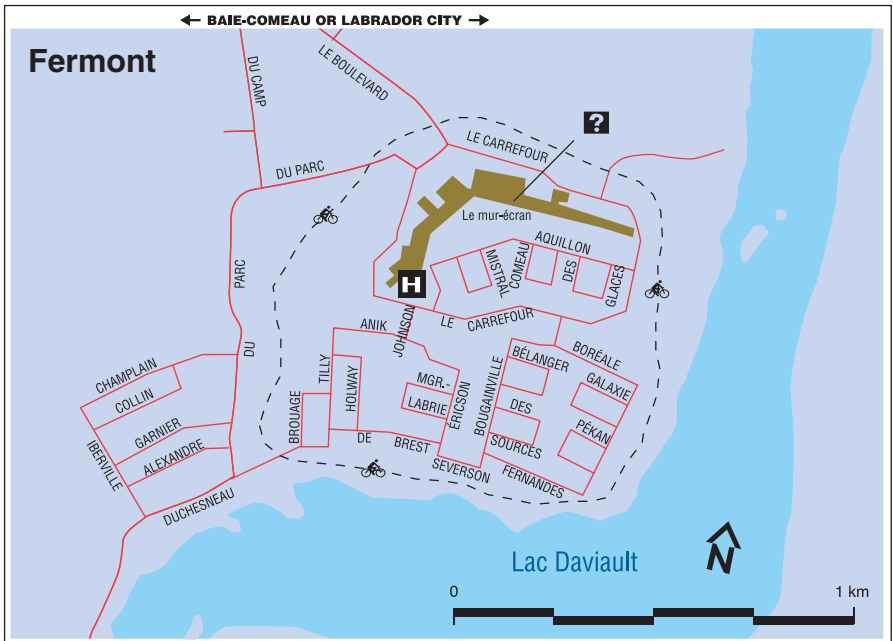


[www.caniapiscau.net](http://www.caniapiscau.net)

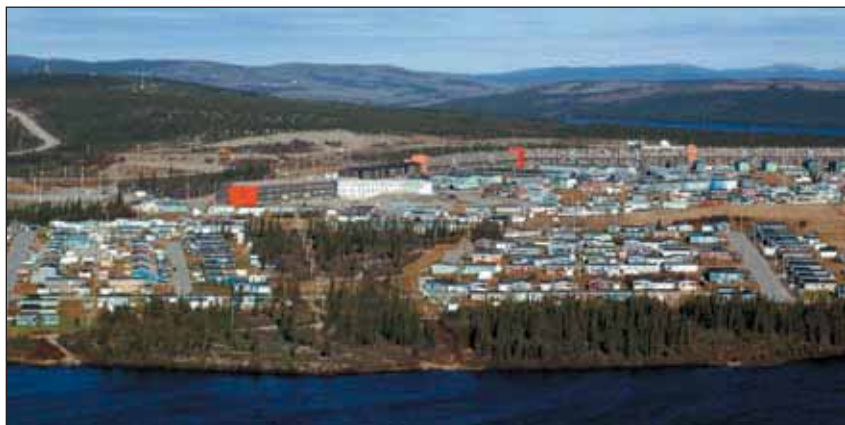
Fermont is a uniquely designed one-industry town revolving around iron mining. The main characteristic of the town is its extraordinary 1.3 km windbreak wall.

- p. 83 In summer, take advantage of your visit to **hike** Daviault Mountain, discover the splendor of the
- p. 46 taiga on the Severson Mountains, and stop by the **Fermont Interpretation Center**. You can
- p. 74 also tour one of the largest open-pit mines in North America—the **Mont-Wright Mine**—and marvel at the sheer size of the machinery.

- In winter, explore the land on safe groomed and marked snowmobile trails. Also take in the
- p. 72 magnificent **northern lights** visible more than 200 nights a year. And don't miss the 200 ton Caterpillar 789A dump truck that stands proudly at the town entrance. You'll love this giant Tonka toy! A few kilometers from Fermont, Route 500 crosses into Labrador.



- - Bicycle trail p. 84



Town of Fermont

© M. Malherbe

## Le mur-écran (Windbreak Wall)

Centre commercial, P.O. Box 68, Fermont G0G 1J0  
418-287-5822, 1-888-211-2222 • [www.caniapiscau.net](http://www.caniapiscau.net)

The windbreak wall, the only one of its kind in North America, is a marvel of Nordic architecture. It stretches 1.3 km, protecting the town from the prevailing north winds. Known as The Wall, Fermont's central structure includes some 500 dwellings, community and municipal services, a school, and health and recreational facilities (arena, pool, curling, etc.), all linked by a temperature-controlled indoor promenade. **Average length of visit:** 30 minutes. **Free admission.**

## Centre d'interprétation de Fermont (interpretation center)

Centre commercial, Place Daviault, Fermont G0G 1J0  
418-287-9439, 418-287-5822, 1-888-211-2222 • [www.caniapiscau.net](http://www.caniapiscau.net)

Located in the windbreak wall, the center plunges you into Côte-Nord history and exploration with two exhibitions. The first exhibition, entitled "Pierre de lune, pierre de neige, pierre de fer, sur les traces d'Albert P. Low et d'Henri de Puyjalon," features an impressive variety of rocks and minerals from Côte-Nord, as well as information on the history of prospecting and mining. The second exhibition features photographs of the region taken by members of the Caniapiscau Photography Club. **Schedule:** year round, Monday to Friday, 8 a.m. to 5 p.m. Outside these hours, visit the tourist information counter. Guided tours on request.

## Schefferville population 200



576 km from Sept-Îles by train

The pioneer among northern mining towns during the great iron ore rush, Schefferville has been home to a vibrant and promising mining industry since the I.O.C. operation shut down. Strategically located in Northern Québec, the town also counts a number of outfitting operations.

p. 6 It is only accessible by air from Montréal, Québec City, and Sept-Îles or **by rail** from Sept-Îles and is the starting point for all kinds of outdoor expeditions and increasingly popular adventure tourism offerings. The town shares the taiga with the Aboriginal communities of Kawawachikamach (Naskapi) and Matimekoshe–Lac John (Innu), forming a town of no fewer than 1,600 residents.





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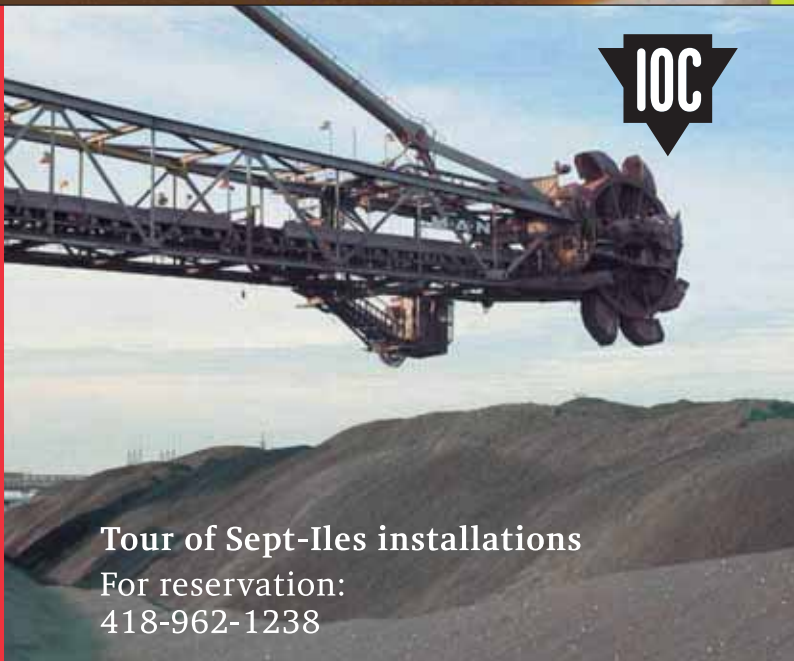
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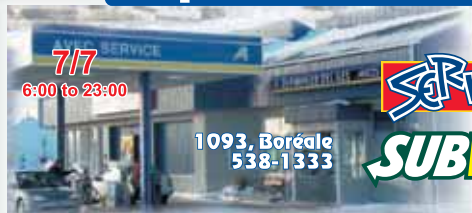
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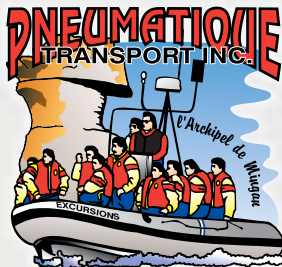
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Human Resources: Tourist Employee

**Sophie Lévesque (MRCN) – p. 24**

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**Marie-Claude Vigneault (COPACTE) – p. 5**

Outdoor and Leisure Activities

**Tourisme Sept-Îles - Île Grande Basque – p. 25**

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**Circuit gourmand: La nature aux mille délices... – p. 98**

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**Destination Sept-Îles Nakauinanu – p. 5**

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Tournoi de volley-ball Orange – Alouette (volleyball tournament)

Pub. June 25 to August 15  
 p. 52 **Escale musicale du Vieux-Quai (concerts)**

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Escale musicale

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 418-949-2817, 418-949-2436  
[www.comiteculturel-lpm.piczo.com](http://www.comiteculturel-lpm.piczo.com)

Join in the celebrations at our Festival des Paspayas, a tribute to the descendants of the first people to arrive in the Côte-Nord region, who hailed from Paspébiac on the Gaspé Peninsula. It features fun for all the family, professional and amateur shows, a volleyball tournament, a sandcastle building competition, kids' watersports, fireworks, activities at Lac Patterson, and a warm welcome you won't forget in a hurry!

The Longue-Pointe-de-Mingan Cultural Committee invites you to come share in our history, culture, and natural heritage beside the sea. "Bring the gang up to our part of the world!"

July 22, 23, 24, and 25  
**Festival de la famille**

1769 de l'Anse, Havre-Saint-Pierre G0G 1P0  
 418-538-3994

This festival is held at a peaceful seaside location. For an twelfth consecutive year it features four days of family fun featuring inflatable games, a big top, local product tastings, music, street entertainment, face painting for kids, a petanque tournament, a boat building competition and boat race, fireworks, campfires, and much more! Come celebrate and enjoy unforgettable times with the family this summer.



Festival des Paspayas

© CCLPDM

Late February  
**Aguanish Winter Carnival**

418-533-2289, 418-533-2323, fax: 418-533-2012

The Aguanish Winter Carnival has been held for years. Nighttime fun, sports activities, a community dinner, amateur night, the carnival princesses, and the crowning of the Queen are highlights of this three-day event.



Aguanish Winter Carnival

© M. Déraps



Festival de la famille

© S. Jauvin

# Features of the Region

## Flora and Fauna

The Duplessis area, with its vast territory and diverse habitats, is renowned for its spectacular flora and fauna.

### Varied, abundant birdlife

The 1,000 kilometers of the cliff-lined coast of the Duplessis region and its islands play host to numerous colonies of birds, including the razorbill, the Atlantic puffin, and the common murre.

The Île du Corossol Migratory Bird Sanctuary in the Sept-Îles Archipelago is the most diverse and populated bird sanctuary in the Côte-Nord region. In Basse-Côte-Nord, the Sainte-Marie Islands near Harrington Harbour boast the area's largest seabird population, while Brador Bay near Blanc-Sablon has one of the largest concentrations of Atlantic puffins in Québec.

On Île d'Anticosti, the bald eagle is a species that piques the interest and curiosity of all, even those with little interest in birdwatching. The island is home to Québec's largest concentration of these majestic birds, with 40% of the province's active

Red fox  
nests. The sparsely inhabited island is an attractive refuge for this human-shy species, but the populations are fragile, and the bald eagle has been on the list of vulnerable species since September 2003.

The osprey, an opportunist bird of prey, feeds on common fish species that inhabit the shallow coastal waters. Unlike the bald eagle, the osprey is less wary of humans and bolder in its behavior. Watching osprey hunt down their prey along the coast of the north shore can be a fascinating experience.

The common eider, known for its high quality down, is also plentiful. Two subspecies of the common eider winter in the waters of the Gulf of St. Lawrence, between the Mingan Archipelago and Anticosti Island. The year-round presence of seabirds is one of the region's distinctive features.



© M. Malherbe



© M. Deslongchamps

A red-tailed hawk



© J.-G. Lavoie

Bald eagle

## Features of the Region

### Teeming salmon rivers

Did you know that more than half of Québec's salmon rivers are found in the Duplessis region? They include the Moisie, the Mingan, the Saint-Jean, the Aguanish with its "sawcut," the Piashti, the Natashquan, the Jupiter, the Petit Mécatina, and the Saint-Augustin, to name just a few.

Then there's Rivière aux Rochers, which cuts through Port-Cartier and is home to a new population of Atlantic salmon introduced over the last 30 years. A dam built for logging purposes had restricted the salmon to within one kilometer of the river mouth, but populations have been fully reestablished through fish stocking and upriver relocation using a trap catch. A visit to the trap catch and the interpretation center is one you're sure to remember.

### The large mammals of Fermont and Anticosti

Dispersed throughout the territory, land mammals are not always easy to observe. It takes patience

and determination, unless of course you're in the Fermont sector where northern caribou migrate for the winter. A little patience brings quick rewards on Anticosti, where nearly 160,000 white-tailed deer now roam year round.

### From the boreal forest to the maritime tundra

Primarily coniferous boreal forest covers most of the Duplessis region. From Pointe-aux-Anglais to Rivière Natashquan, balsam fir and spruce line Route 138 and extend into the backcountry. A number of large peatbogs also border the road, mostly in the Havre-Saint-Pierre area.

Further east, countless reefs and tundra-covered islets are scattered along the jagged coastal fringe of Basse-Côte-Nord. The closer you draw to the shore, the more the backcountry boreal forest gives way to stunted trees, then maritime tundra.



White-tailed deer

© M. Mailherbe

## Features of the Region

### The amazing flora of Minganie

Île d'Anticosti and the Mingan Archipelago are home to diversified flora, with over 400 species of vascular plants, including typical local varieties that fascinated internationally renowned botanist Brother Marie-Victorin. A reference work entitled *La Flore de l'Anticosti-Minganie* is devoted to these plants, a number of which are now on the list of rare, threatened, or vulnerable species.

Île d'Anticosti is also the only place in Côte-Nord where white spruce forests grow naturally. It is interesting to see how the makeup of the island's plant cover has been influenced over the past century by the intensive grazing of white-tailed deer. Their impact can be seen at the fenced-in areas, known as "demonstration enclosures," which range in size from just a few dozen square meters to nearly 30 square kilometers.



© J. Audet – Parcs Canada

Yellow Lady's-slipper

### Northern Lights

If you visit the Caniapiscau region, you may have the opportunity to see the northern lights, also known as the aurora borealis. These solar storms are visible in Duplessis from mid-August to mid-April. Green flashes are the most frequently observed. If you're lucky, you can see red flashes dancing in the sky above Caniapiscau, a rare phenomenon.



© S. Jauvin

Aurora borealis



## Industrial Profile

The resource-rich Duplessis region was opened up and developed by industry, which recognized its enormous potential. A pioneer of the fishing industry and the birthplace of the mining, forestry, and hydroelectric industries, our north shore region quickly built its infrastructures to provide its many workers with towns, roads, and a good living environment.

Today, our municipalities continue to show the growth and vibrancy that characterized them at their birth just a century ago. They have also developed major seaports and diversified their economy. Take advantage of your visit to Duplessis to discover the industries that fuel the economy of Côte-Nord.



Commercial fishing in the Gulf of St. Lawrence

© S. Jauvin



## Industrial Tours

### Port-Cartier, Sept-Îles

#### Aluminerie Alouette

Pub. 400 chemin de la Pointe-Noire, Sept-Îles G4R 5M9  
p. 52 418-964-7342 • [www.alouette.com](http://www.alouette.com)

Alouette began its primary aluminum production in 1992. Thanks to its recent expansion, it is now number one in the Americas in terms of aluminum production which is 575 000 tonnes per year. Alouette is a one of the most technologically advanced aluminum smelter in the world. As a sustainable company, Alouette operate in complete respect for the environment, a value the company shares with its community. Alouette is the largest employer in Sept-Îles with nearly 1000 employees.



© Aluminerie Alouette

Aluminerie Alouette

Dress requirements: long pants, long sleeves, low-heeled shoes covering the feet. Not admitted or forbidden visitor with pace maker, pregnant woman, magnetic card, camera, hand watch and lighter. Minimum age: 12. Maximum group size: 20 people (reservation recommended). **Schedule:** Mid-June to mid-August, Tuesday to Saturday, at 8:45 a.m. and 1:15 p.m. **Free admission.**



# Features of the Region



## Industrial Tours

### Port-Cartier, Sept-Îles

#### Pub. Iron Ore Company of Canada

p. 56

1 rue Retty, Sept-Îles G4R 3C7, 418-968-7400, ext. 7655 • [www.ironore.ca](http://www.ironore.ca)

IOC is Canada's largest iron ore producer. Its customers include major world steel producers in North America, Europe, and Asia. IOC operates a mine, a concentrator, and a pellet plant in Labrador City, Newfoundland and Labrador, and port facilities in Sept-Îles, Québec. It also operates a 418 kilometer railway that links the mine to the port. IOC began production in 1954 and currently numbers about 2,000 employees. Its majority shareholder is Rio Tinto, a multinational mining group. Dress: low-heeled shoes covering the feet are required. Reservations mandatory: 418-962-1238 or 1-888-880-1238. Groups of up to 21. **Schedule:** June 14 to August 13, Monday, Wednesday, and Friday at 1 p.m.; Tuesday and Thursday at 9 a.m. **Free admission.**



Iron Ore Company of Canada

© A. Dancause

### Caniapiscau

#### ArcelorMittal Mines Canada – Mont-Wright Industrial Complex

Fermont Tourism Association, P.O. Box 68, Fermont G0G 1J0, 418-287-5822, 1-888-211-2222 • [www.caniapiscau.net](http://www.caniapiscau.net)

One of the biggest open pit mines in North America can be found at Mont-Wright, about 20 kilometers from Fermont in the Caniapiscau region. The industrial complex employs about 1,000 workers and features an iron ore concentration plant and workshops in addition to the mine. Flat-soled shoes that completely cover the feet are mandatory. Minimum age: 10 (accompanied by an adult). Groups of up to 25. Video cameras prohibited. **Schedule:** mid-June to mid-August. **Free admission.**



Mont-Wright mine

© M. Mailherbe

## Large Businesses

#### Pub. Hydro-Québec

p. 62

135 boulevard Comeau, Baie-Comeau G4Z 3B1  
418-294-3777 • [www.hydroquebec.com](http://www.hydroquebec.com)

#### Pub. Mines Wabush

p. 57

1505 chemin de la Pointe-Noire, Sept-Îles G4R 4L4  
418-962-5131 • [www.cliffsnr.com](http://www.cliffsnr.com)

#### Produits forestiers Arbec

175 boulevard Portage-des-Mousses, Port-Cartier G5B 2V9  
418-766-2299, ext. 7737, [masselin@arbec.ca](mailto:masselin@arbec.ca)



The forest, a treasure to preserve

© S. Jauvin

The history of Duplessis and all of Côte-Nord is both recent and ancient, both modern and multifaceted, and a source of fascinating discoveries and experiences for visitors. The golden age of fishing, logging, and fur trading, the millennial presence of the Innu, the beginnings of industrialization, and the adventures of larger-than-life heroes are recounted

with pride and passion at our museums and interpretation centers. And then there are the arts and crafts produced daily by the residents of all origins in our region—English-speaking, French-speaking, and aboriginal alike! Take advantage of your stay in Duplessis to discover the culture and heritage of a Québec region that is truly unique.



## Performance Venues

### Port-Cartier, Sept-Îles



#### Salle de spectacle Jean-Marc-Dion (performing arts center)

Pub. 546 boulevard Laure, Sept-Îles G4R 1X7  
p. 52 418-962-0100, 1-888-671-0101 • www.spectacle-sept-iles.com

Opened in 1993, Salle Jean-Marc-Dion is a performing arts center renowned in eastern Québec for its extensive programming. Winner of the Félix Award in the “Performance Venue of the Year” category in 1996 and 1997, the center is supported by a team of dedicated professionals who have earned a fine reputation in the world of the performing arts.

The center features works by regional artists in the lobby and its audiences are known for their warmth and loyalty—established performers and newcomers alike enjoy the welcome they receive at Salle Jean-Marc-Dion.



Jean-Marc-Dion Performing Arts Center

© S. Gougeon

### Café-théâtre Graffiti

Pub. 50 chemin des Îles, P.O. Box 42, Île McCormick, Port-Cartier G5B 2G7  
p. 48 418-766-3513, box office: 418-766-0101, 1-866-766-0101 • www.legraffiti.ca

Café-théâtre Graffiti, located on Île McCormick in the heart of the town of Port-Cartier, is famous for its first-rate productions and intimate decor. This playhouse delivers a rich and varied theatrical program, with over forty shows a year. A member of the coast network of cinema clubs on the North Shore, it also shows repertory films in a cabaret-style ambiance.

p. 99 In summer, visitors can sample **regional cuisine**, lounge at the bar, and enjoy exhibits by local artists. **Schedule:** June, July, and August, Wednesday to Friday, 11 a.m. to 9 p.m.; Saturday and Sunday, 2 p.m. to 9 p.m. Kitchen closes at 7 p.m. Closed Monday and Tuesday. For other events throughout the year, as scheduled and/or by appointment.



Café-théâtre Graffiti

© Y. Desrosiers

### Minganie

#### Café de l'Échourie

55 allée des Galets, Natashquan G0G 2E0  
418-726-6005, copacte@globetrotter.net

Located at Natashquan's “Les Galets” heritage site, Café de l'Échourie is a real hit with seascape enthusiasts with its beachfront terrace.

p. 100 L'Échourie is a gathering place that offers both **restaurant service** with bistro-style fare and an entertainment venue. In summer, it offers a varied entertainment program with local and visiting artists. Local play “*Pour une soirée de chansons*” has been enchanting and delighting visitors for five seasons now. L'Échourie hosts the **Festival du conte**

p. 68 **et de la légende de l'Innu** (folklore festival) and offers a range of various cultural activities in summer. **Schedule:** daily June to October from 11 a.m., by appointment other times of the year.



Café de l'Échourie

© D. Bourdeau



## Arts and Handicrafts

Our boutiques and artist and artisan workshops offer both high end and moderately priced jewelry, clothing, paintings, photographs, and souvenirs in a variety of colors and

sizes. You're sure to discover aboriginal art and traditional crafts to amaze and delight you!



Moccasins

© M. Malherbe

### Specialties:

A- Aboriginal	B- Regional handicrafts	C- Souvenirs
D- Jewelry	E- Painting	F- Pictures
G- Sculpture	H- Weaving	I- Knitting
J- Clothing	K- Stained glass	L- Classes
M- Local products		

### Workshop on Site

#### Sales Counter

#### Specialties

## Port-Cartier, Sept-Îles

**Sept-Îles**, Artisanat Innu Apakuaï advertisement p. 54  
1005 boulevard Laure, Room 408, G4R 4S6 418-968-2066, 1-800-707-2066  
inuapakuaï@globetrotter.net

• • A-C-D-E-G-J-L-M

**Sept-Îles**, Boutique Ô Muses  
500 boulevard Laure, G4R 1X7 418-968-2070 • www.mrcn.qc.ca

• A-B-D-F-G-H-K

## Minganie

**Havre-Saint-Pierre**, Boutique Madame de Niapiskau - Famille Loïselle  
1011 promenade des Anciens, G0G 1P0 1-866-949-2307  
www.tourisme-loiselle.com

May 1 to  
September 30

• A-B-C-D-E-F-G-H-I-J-M

**Longue-Pointe-de-Mingan**, Boutique Le Dauphin - Famille Loïselle  
379 rue de la Mer, G0G 1V0 418-949-2307, 1-866-949-2307  
www.tourisme-loiselle.com

June 1 to  
September 30

• A-B-C-D-E-F-G-H-I-J-M

**Natashquan**, Boutique souvenirs Les Galets  
32 chemin d'en Haut, C. P. 24, G0G 2E0 418-726-3458  
418-726-3210 (off season), leonland@globetrotter.net

June 1 to  
September 10

• A-C-J

**Natashquan**, Galerie d'Artisane Un air de par ici  
24 allée des Galets, G0G 2E0 418-726-3165  
418-692-5078 (off season), info@unairdeparici.com

June 24 to  
September 3

• A-B-C-D-E-F-G-I-M

**Rivière-au-Tonnerre**, Comité d'art et culture Rivière-au-Tonnerre/Sheldrake  
551 rue Jacques-Cartier, G0G 2L0 418-465-2817

• B-E



Dream catcher

© M. Malherbe



Pottery by Fermont artist Louise Vachon

© S. Jarvin

## Sharing the Aboriginal Experience

Discover the culture and customs of the region's First Peoples in tales and legends telling of their travels into the backcountry via lakes and rivers, and across a backdrop of changing seasons. At one with nature, they were the first practitioners of today's alternative medicine. Learn about native heritage

by tasting traditional foods (bannock, dried caribou) and visiting Innu centers, museums, and churches. Stop by to say hello... *Kuei! Kuei!*



Drum player

© D. Bourdeau

## Aboriginal Communities

La Romaine – Unamen Shipu Pop. 980

Mingan – Ekuanitshit Pop. 420

Natashquan – Nutashkuan Pop. 810

Schefferville – Kawawachikamach Pop. 575

Schefferville – Matimekush Pop. 540

Sept-Îles – Uashat Pop. 1,270

Maliotenam – Mani-Utenam Pop. 1,185

Saint-Augustin – Pakua Shipu Pop. 230

### Société touristique des Autochtones du Québec (STAQ)

50 boulevard Bastien, Suite 220, Wendake G0A 4V0  
418-843-5030, 1-877-698-7827 • [www.staq.net](http://www.staq.net)

Our products are a reflection of who we are. For an unforgettable stay, opt for our accommodations, restaurants, traditional forest getaways, museum, and much more. For more information, pick up the Québec First Nations guide.



Mantéop Matikap

© M. Malherbe

## Minganie

### Centre culturel Innu

34 rue Mishta-Meshkanau, Mingan G0G 1V0  
418-949-2234, [ritames@ekuanitshit.qc.ca](mailto:ritames@ekuanitshit.qc.ca)

The Innu Cultural Center at the entrance to the native community welcomes visitors seeking information on tourist services available in the area. While there, take time to view the photo exhibit on life in years gone by, "Montagnais Memories." **Schedule:** daily, June 28 to August 25, 9 a.m. to 6 p.m. **Average length of visit:** 30 minutes. **Free admission.**



Centre culturel Innu

© D. Bourdeau

### Camping Mantéop Matikap (Innu camp)

Route 138 Est, Natashquan G0G 2E0  
418-726-3529, 514-849-7281 (off season)

Camping in an Innu tent (tent cabin) and campsites for your tent or RV are available. Innu meals must be reserved and are subject to the availability of elders. Camping in the dunes. Tent cabin rental service. **Schedule:** June 24 to September 1.

## Nature and Outdoor Activities

Love wide open spaces and the great outdoors? Duplessis is nature at its best! There's so much to choose from—visit the Mingan or Sept-Îles archipelagos on a sightseeing or marine mammal watching tour, discover nature in all its glory on Île d'Anticosti, bike through our parks and towns, or explore the paths of our sea-

side villages on foot. Whether you prefer golf, quadding, the beach, or scuba diving, Mother Nature offers only the finest for you to enjoy!



© D. Tanguay  
Daisy

### Golf

#### Port-Cartier, Sept-Îles

##### Club de golf Sainte-Marguerite

19 rue Thom, Clarke City G0G 1H0  
418-583-2844, 418-583-2488  
www.golfste-marguerite.qc.ca

Located 25 minutes west of Sept-Îles, the Sainte-Marguerite Golf Club features an 18 hole, 72 par, 5,934 meter course. Services: golf school, pro shop, driving range, cart rental, restaurant, and bar. **Schedule:** daily, May 15 to October 15, 7 a.m. to 9 p.m. (variable). **Rates** (18 holes): \$20 to \$45 depending on the time of year and the day of the week. Packages available. Reservations recommended. Taxes included.



© D. Tanguay

A day of golf

### Quadding

#### Port-Cartier, Sept-Îles

##### Club Quad (V.T.T.) Les Nord-Côtiers

P.O. Box 662, Sept-Îles  
418-962-3963, vtt\_se@hotmail.com

Club Quad boasts kilometers of well-maintained and marked trails as well as rest areas. The club also organizes activities such as excursions and rallies. Our trails have a number of entry points. The club is a member of FQCQ 09-136. We look forward to seeing you on our trails! **Schedule:** May 1 to October 31. **Admission:** \$30 for the day. Season pass: \$100.

### Karting

#### Port-Cartier, Sept-Îles

##### CPDI Karting

4600 Route 138 Ouest, P.O. Box 67, Sept-Îles G4R 4K3  
418-960-6366

CPDI Karting Sept-Îles is 800 meters from the road leading to the Aluminerie Alouette site. 36 karts, 2 categories. Individual or group rental. Reservations required for groups. 1 km track. Come for guaranteed thrills. **Schedule:** mid-May to mid-October, 12 noon to 9 p.m.



© CPDI Karting

Karting in Sept-Îles





Sailing on the lake Daviault

© S. Mercier

## Outdoor Activity Center

### Port-Cartier, Sept-Îles

#### Base de plein air Les Goélands

816 entrée S, Route 138, P.O. Box 33  
Port-Cartier G5B 2G7  
418-766-8706 • [www.baselesgoelands.com](http://www.baselesgoelands.com)

The Base de plein air Les Goélands outdoor activity center is located on the coast, 12 kilometers west of Port-Cartier. In summer, enjoy the hiking and mountain biking trails that wind along the Gulf of St. Lawrence coastline. The activity center provides access to the water and a panoramic site on Baie des Îles de Mai, as well as a **day camp**. Winter visitors can enjoy cross country skiing, snowmobiling, and other activities. With its wide array of services (accommodation, meeting room, restaurant facilities, and activities), it's the perfect place for groups of all kinds. Fill up on fresh air at the Les Goélands outdoor activity center. **Schedule:** summers, Monday to Friday, 9 a.m. to 4 p.m., and Saturdays and Sundays on appointment; winters, Wednesday to Sunday, 9 a.m. to 4 p.m. **Free admission.**

## Beaches

Beaches take part in the Ministère de l'Environnement's water quality monitoring program for swimming areas and is supervised by qualified lifeguards.

### Port-Cartier, Sept-Îles

#### Sept-Îles, Lac des Rapides

Plage du camp des Jeunes (youth camp beach)  
Classification: Excellent

### Caniapiscau

#### Lac Daviault

Plage du lac Daviault  
Classification: Excellent



By the beach at Base de plein air Les Goélands

© Tourisme du 50<sup>e</sup> parallèle

## Nature and Outdoor Activities

### Scuba Diving

From Rivière-Pentecôte to Blanc-Sablon, the endless waters of Duplessis offer countless diving opportunities! Discover the wealth of marine plants and sea creatures in the Gulf of St. Lawrence. Enjoy breath-taking

waterscapes of starfish, wildflowers, soft coral, and crabs. Seek out our islands and shipwrecks and explore the many underwater delights that await divers of all levels. You won't want to miss the boat!

#### Port-Cartier, Sept-Îles



##### Excursion et Plongée Petit Pingouin

Pub. Ticket office in Parc du Vieux-Quai across from the marina, Sept-Îles, 418-968-9558 • [www.geocities.com/gtocpp](http://www.geocities.com/gtocpp)

p. 86 **Sea excursions**, shop, air station. Diving and snorkeling equipment sales, rental, and repair. Visual inspection of tanks. Introduction to snorkeling (diving course not required). Diving guide and level I and II courses available upon request. **Schedule:** daily, April 15 to November 15, 8:30 a.m. to 6 p.m. **Admission:** \$35 to \$55 for those 13 to 65. Reservations required.

#### Minganie

##### Services Maritimes Boréale

Pub. Portail Pélagie-Cormier, Havre-Saint-Pierre GOG 1P0 418-538-3202 • [www.plongeeboreale.com](http://www.plongeeboreale.com)

Located in the heart of the Mingan Archipelago for more than 10 years, Plongée Boréale offers diving in surroundings that are as unique underwater as they are above. But you don't need to be certified to admire the underwater wonders—snorkeling is available to all, even children. Our reputation is built on the quality of our services and watercraft. We also offer air fills and equipment rental, sale, and repair.

p. 86 See **Boat Tours & Outings** for our "boat bus" service to the islands of the archipelago for camping or hiking. **Schedule:** daily, June 1 to October 1, 8 a.m. to 8 pm. Reservations recommended.



Treasures from the seabed

© R. Boucher

## 84 Sea Kayaking

What better way to visit the Duplessis region than by taking a sea kayak to quietly explore its attractions while enjoying the thrill of a lifetime! Dreaming of an experience that will put you in direct contact with the many islands that dot our waters or with birds and marine mammals that

may be just meters away? Our interpretive guides and seasoned instructors will tell you everything you need to know to stay safe.



Sea kayaking

© M. Lafrenière

### Port-Cartier, Sept-Îles

#### Vêtements des Îles

637 avenue Brochu, Sept-Îles G4R 2X7  
418-962-7223, 1-800-470-7223  
www.vetementsdesiles.com

Vêtements des Îles invites you to the great outdoors! Introduction to sea kayaking. Guide services available for excursions in the Sept-Îles Archipelago with nature and wildlife interpretation. Outdoor equipment, kayak, snowshoe, and inline skate rental. Discover the islands, discover life! **Schedule:** early June to September 30, weather permitting. Reservations recommended.



Kayak, ZEC Matimek

© ZEC Matimek



#### Aventure Écotourisme Québec

4981 boulevard Lévesque Est  
Laval H7C 1N3 450-661-2225  
1-866-278-5923  
www.aventure-ecotourisme.qc.ca

### Minganie

#### Expédition Agaguk



1062 rue Boréale, Havre-Saint-Pierre G0G 1P0  
418-538-1588, 1-866-538-1588  
www.expedition-agaguk.com

You're in safe hands with our enthusiastic and friendly team of qualified professional guides. Expédition Agaguk, in business since 1995, offers top quality equipment and wholesome, balanced local cuisine. Guided introduction to sea kayaking in the Mingan Archipelago, Île d'Anticosti, Natashquan, or Basse-Côte-Nord. Tailor-made excursions. Advice and guides available for those with their own kayaks. Single day or 2 to 4 day sail/sea kayaking combo package. Kayak rental. Length: 1 to 6 day expeditions, with or without equipment and food. **Schedule:** March 1 to December 31, Monday to Friday, 8 a.m. to 4 p.m.



Sea kayaking

© Expédition Agaguk

# Nature and Outdoor Activities

## Hiking

Camping 
 Companion animals allowed 
 Free parking 
 Hut 
 Onsite accommodation 
 Panoramic view 
 Picnic area  
 Restroom facilities 
 Tourist road sign

Source: Québec Hiking Federation, Répertoire des lieux de marche au Québec, available at [qmarche.qc.ca](http://qmarche.qc.ca) (French only).

### Levels of difficulty

E: Easy I: Intermediate D: Difficult

Total length in km (locations may have multiple trails)

Level of difficulty	Trail recognized by the Québec Hiking Federation	
	Hunting season precautions	Trail access fee
	Opening period	Services & special features

## Port-Cartier, Sept-Îles

<b>Port-Cartier</b> , Base de plein air Les Goélands 418-766-8706 • <a href="http://www.baseslesgoeulands.com">www.baseslesgoeulands.com</a>	7.75	E		Year round	•		
<b>Port-Cartier</b> , Parc Taïga (indigenous garden) 418-766-4414, 1-888-766-6944 • <a href="http://www.villeport-cartier.com">www.villeport-cartier.com</a>	1.6	I		Year round	•		
<b>Port-Cartier</b> , Sentier Girard à Vachon 418-766-4414, 1-888-766-6944 • <a href="http://www.villeport-cartier.com">www.villeport-cartier.com</a>	8						
<b>Port-Cartier</b> , Réserve faunique de Port-Cartier–Sept-Îles advertisement p. 49 418-766-4743 (summer), 418-766-2524 • <a href="http://www.sepaq.com/rfs/spc/en">www.sepaq.com/rfs/spc/en</a>	10.5	I	•	Late May to early mid-September	•		
<b>Port-Cartier</b> (Rivière-Pentecôte), Plage de Pointe-aux-Anglais 418-799-2262, 418-799-2212	11	E		May to November	•		
<b>Sept-Îles</b> , Île Grande Basque 418-962-1238, 1-888-880-1238 • <a href="http://www.tourismeseptiles.ca">www.tourismeseptiles.ca</a>	10.9	E I		Mid-June to Mid-September	•	•	
<b>Sept-Îles</b> , Jardin communautaire Ruisseau Bois-Joli 418-968-4135, 418-962-6515 • <a href="http://www.ville.sept-iles.qc.ca">www.ville.sept-iles.qc.ca</a>	4.9	E		Mid-May to Mid-October	•		
<b>Sept-Îles</b> , Les Jardins de l'Anse 418-964-3341 • <a href="http://www.ville.sept-iles.qc.ca">www.ville.sept-iles.qc.ca</a>	2.4	E		May to November	•		
<b>Sept-Îles</b> , Les Sentiers de la nature 418-964-3341 • <a href="http://www.ville.sept-iles.qc.ca">www.ville.sept-iles.qc.ca</a>	3.5	E		May to November	•		
<b>Sept-Îles</b> , Parc Aylmer-Whitton 418-964-3341 • <a href="http://www.tourismeseptiles.ca">www.tourismeseptiles.ca</a>	1.5	E			•		
<b>Sept-Îles</b> , Parc du Vieux-Quai 418-964-3341 • <a href="http://www.ville.sept-iles.qc.ca">www.ville.sept-iles.qc.ca</a>	1.5	E		Year round	•		

## Minganie

<b>Aguanish</b> , Sentier d'Aguanish 418-533-2323, <a href="mailto:munag@xplornet.com">munag@xplornet.com</a>	1						
<b>Baie-Johan-Beetz</b> , Sentier de la chute Quetachou 418-539-0125, 418-539-0188 • <a href="http://www.baiejohanbeetz.com">www.baiejohanbeetz.com</a>	1	I	•	Year round	•		
<b>Baie-Johan-Beetz</b> , Sentier de la mine Cap Feldspath 418-539-0125, 418-539-0188 • <a href="http://www.baiejohanbeetz.com">www.baiejohanbeetz.com</a>	2.5	E	•	Year round	•		
<b>Havre-Saint-Pierre</b> , Mingan Archipelago National Park Reserve of Canada 418-538-3285, 1-888-773-8888 <a href="http://www.parks canada.gc.ca/mingan">www.parks canada.gc.ca/mingan</a> advertisement C-2	36	E I		Mid-June to Labour Day	•	•	
<b>Magpie</b> , Magpie 418-949-2927, 418-949-2462	10	E	•		•		

# Nature and Outdoor Activities

## Hiking

Source: Québec Hiking Federation,  
Répertoire des lieux de marche au Québec, available at  
fpmarche.qc.ca (French only).

### Levels of difficulty

E: Easy I: Intermediate D: Difficult

Total length in km (locations may have multiple trails)

Level of difficulty	Trail recognized by the Québec Hiking Federation	
	Hunting season precautions	Trail access fee
Opening period		

### Minganie

<b>Natashquan</b> , Plage des Galets 418-726-3060, 1-866-726-3054 • www.copactenatashquan.net	8		May to December	•		P
<b>Natashquan</b> , Plage de Natashquan à Kegaska 418-726-3060, 1-866-726-3054 • www.copactenatashquan.net	37					P
<b>Natashquan</b> , Sentier pédestre Le Pas du Portageur 418-726-3060, 1-866-726-3054 • www.copactenatashquan.net	15	I	June to October	•		
<b>Rivière-au-Tonnerre</b> , Chutes Manitou 418-538-2732, info@mrc.minganie.org	1.3		May to November	•	•	P

### Île d'Anticosti

<b>Île-d'Anticosti</b> , Parc national d'Anticosti <small>advertisement p. 64</small> 418-535-0156, 1-800-463-0863 • www.sepaq.com/anticosti	47.5	E I D	June to late August	•	•	P
<b>Île-d'Anticosti</b> , Sépaq Anticosti <small>advertisement p. 64</small> 418-535-0156, 1-800-463-0863 • www.sepaq.com/anticosti	17.5	E I D	June to Mid-August	•	•	P

### Basse-Côte-Nord

<b>Blanc-Sablon</b> , Sentiers de Blanc-Sablon 418-461-2707, mbsablon@globetrotter.net	14.3	E I	May to November	•		P
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### Caniapiscau

<b>Fermont</b> , Mont Daviault 418-287-5822, 1-888-211-2222 • www.caniapiscau.net	3.2	E	Year round	•		P
<b>Fermont</b> , Monts Severson 418-287-5471, 1-888-211-2222 • www.caniapiscau.net	40	E I	May to November	•		P
<b>Fermont</b> , Sentier Tour de ville 418-287-5822, 1-888-211-2222 • www.caniapiscau.net	4	E		•		P



Hiking on Île Grande Basque



Hiking in the Vauréal Falls canyon



# Nature and Outdoor Activities

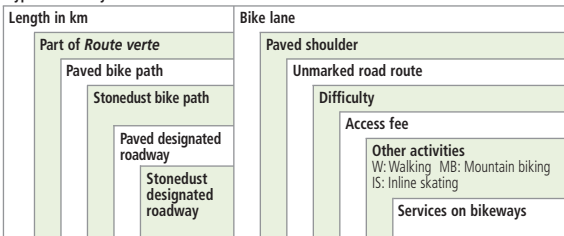
## Cycling

Service building 
 Camping 
 Drinking water 
 Bicycle rest area 
 Bicycle rest area with shelter 
 Beach 
 Bicycle repair  
**P** Free parking 
 **Ps** Pay parking 
 Restrooms 
 Patrol

### Levels of difficulty

E: Easy I: Intermediate D: Difficult  
 H: Heavy road traffic

### Type of bikeway



### Port-Cartier, Sept-Îles – Ville de Port-Cartier, 418-766-4414, 1-888-766-6944 • www.villeport-cartier.com advertisement p.47

Port-Cartier, Municipal Network	6	•	•	•	•	E	W					
Port-Cartier, Rivière Vachon	8	•	•			E	MB					

### Port-Cartier, Sept-Îles – Tourisme Sept-Îles, 418-962-1238, 1-888-880-1238 • www.tourismeseptiles.ca advertisement p.50

Sept-Îles, Municipal Network	44.4	•	•		•	E	W					
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### Minganie – Minganie RCM, 418-538-2732, info@mrc.minganie.org

Aganish, Municipal Network, 418-533-2323	3.5	•	•	•			I	W				
Havre-Saint-Pierre, Municipal Network 418-538-2717	8	•	•				E H	W IS				
Longue-Pointe-de-Mingan, Municipal Network 418-949-2053	8.6	•				E	W	W				
Mingan, Municipal Network, 418-949-2234	2.2	•				E	W IS					
Rivière-au-Tonnerre, Municipal Network 418-465-2255	7.6	•	•	•	•	E	W IS	W IS				

**Bike path:** A A lane completely apart from the road, reserved exclusively for cyclists. **Paved shoulder:** A 1.5 to 1.75 meter wide band on each side of the road. **Bike lane:** A corridor reserved exclusively for cyclists on the side of the road. **Designated roadway:** Route on a street or road officially recognized as a bike route. Does not refer to corridors reserved for cyclists, but rather signs reminding drivers that cyclists are present.



The Aganish bicycle path



Cyclist taking a break at lac Walker

Share the passion of the great explorers and discover our region's wealth from the sea. For all those budding Jacques Cartiers, a new world of exciting discoveries awaits!

### A journey to the land of whales

Our craft, piloted by experienced captains, guide visitors on a quest for the ever-popular inhabitants of the region's seas. You'll scout down humpback whales, minke whales, fin whales, blue whales, killer whales, sperm whales, dolphins, and porpoises. And once you're finished scrutinizing the water's surface for signs of life, look up to the sky where you can see terns, eiders, petrels, Atlantic puffins, and black-legged kittiwakes gliding in the wind.

### Islands unique to Québec

Get a taste of local pride for the many islands and islets, including the indisputable jewel of them all,

the Mingan Archipelago. Over thousands of years, nature has carved out impressive natural sculptures here, called monoliths. These true natural masterworks—with names like the Good Woman of Niapiskau, the Castle, the Wolf, the Lamb, and the Flower Pot—leave no one indifferent!

Also discover the Sept Îles Archipelago, the reefs and shipwrecks of Île d'Anticosti, and the lighthouses of the St. Lawrence, the last vestiges of a golden era of maritime trade. Your boat tour will be an experience to remember!

Let the waves be your guide—and remember to wave to the seals and other marine mammals you see along the way!



Atlantic puffins

© J-G Lavoie



© M. Malherbe

Île Quarry, Mingan Archipelago

# Boat Tours & Outings

## Canadian Regulations Regarding Recreational Boating

Since 1999, those born after April 1, 1983, must have proof of operator competency to operate pleasure craft fitted with a motor for recreational purposes.  
For information, call 1-800-267-6687.

## The CTQ Seal: Your Passport to a Safe Outing!

Before boarding, make sure that the vessel operator holds a maritime transport permit from Commission des transports du Québec. For information, call 1-888-461-2422, 418-643-5694 (in Québec City), 514-873-6424 (in Montréal).

Tide Information: Fisheries and Oceans Canada.

Rates and schedules are subject to change without notice. In case of fog or bad weather, boat trips are canceled.

: Boat Excursions : Whale Watching

## \*Activities

- Underwater observation
- Group + snacks/meals, with musicians on request
- Sea urchin & roe tasting
- Interpretation of marine wildlife & whale research
- Educational sea urchin fishing
- Diving on request/l'île d'Anticosti

## Islands

- |                  |                   |
|------------------|-------------------|
| 1- Grande Basque | 6- Nue de Mingan  |
| 2- Niapiskau     | 7- Aux Perroquets |
| 3- Quarry        | 8- La Grande Île  |
| 4- Au Marteau    | 9- St-Charles     |
| 5- Du Fantôme    | 10- Fausse-Passe  |

## Approx. Time

Number of Departures Per Day	Sea Tour	Land Tour
------------------------------	----------	-----------

## Themes, Type of Vessel

- A: Cruise with Guide  
B: Whale Watching  
C: Monolith Viewing  
D: Bird Watching  
E: Deep Sea Fishing  
F: Excursion  
G: Scuba Diving  
H: Cargo-Passenger Ship

## Type of Vessel:

- A: Passenger Boat  
B: Water Taxi  
C: Cruiser  
D: Inflatable  
E: Excursion  
F: Motor Launch

Capacity	*Activities
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## Port-Cartier, Sept-Îles

	<b>Sept-Îles</b> , Croisière Petit Pinguin Parc du Vieux-Quai ticket office, across from the marina 418-968-9558, 418-962-4127 (off season) www.geocities.com/gtocp	June to October	6 to 8	10 min. to 3 hr.		1	A-B-D-G	C	34	2
	<b>Sept-Îles</b> , Les Croisières du Capitaine Parc du Vieux-Quai ticket office P.O. Box 1651, G4R 5C7 418-965-6670 (off season) • www.lescroisieresducapitaine.com	Mid-June to late Sept.	6 to 8 Shuttle	3 hr. to 10 min.	Varies	1	A-B-D	D	12	

## Minganie

	<b>Havre-Saint-Pierre</b> , Croisières La Relève Jomphe 1010 des Anciens, marina, G0G 1P0 418-538-2865 1-866-538-2865 • www.lescroisieresjomphe.superites.ca	June 8 to Sept. 15	3	2 hr. 15 min.	1 hr.	2	A-C-D	A	60	
	<b>Havre-Saint-Pierre</b> , La Tournée des îles 1010 des Anciens, marina, G0G 1P0 418-538-2547 www.tourismedulpléssis.com/sites/tourneedesiles	June to Sept. 18	1 to 3 1 to 3	1.5 hr. 1.5 hr.	2 hr. 2 hr.	2-3-5	A-B-C-D A-B-C-D	A A	48 58	
	<b>Havre-Saint-Pierre</b> , Services Maritimes Boréale - Bateau-Bus 1010 des Anciens, marina, G0G 1P0 418-538-3202 www.plongeeboreale.com	June 1 to October 1	Varies			2-3-4 5-8	A-B-C-D F-G	B-D	12	
	<b>Havre-Saint-Pierre</b> , Pneumatique Transport Portail Pélagie-Cormier, 1010 des Anciens, marina, G0G 1P0 1-877-538-1222, 418-538-1222, 418-294-2385 (off season) www.pneumatiquetransport.com	June 15 to September	2 to 3 1 to 2	3.5 hr. 1.25 hr.	.5 hr. 1.5 hr.	4-9-10 2-3-5	A-B-C-D A-B-C-D	D D	12 12	3-5
	<b>Longue-Pointe-de-Mingan</b> , Excursions du Phare 126 rue de la Mer, G0G 1V0 418-949-2302, 1-877-949-2302 • www.minganie.info	May 1 to September 30	4 2	1.5 hr. 2 hr.	2 hr. 3 hr.	3-6-7-8 3-6-7-8	B-C-D-F-G B-C-D-F-G	B-E B-E	12 12	1-5 1-5
	<b>Longue-Pointe-de-Mingan</b> , Excursions Famille Loiselle 109 rue de la Mer, G0G 1V0 418-949-2320, 1-866-949-2307 www.tourisme-loiselle.com	June to October	2 4	2.5 hr. 1.5 hr.	2.5 hr. 1.5 hr.	3-6 6-7	A-B-C-D A-B-C-D	E-B E-B	12 12	3 3
	<b>Longue-Pointe-de-Mingan</b> , Mingan Island Cetacean Study 378 rue de la Mer, G0G 1V0 418-949-2845 www.rorqual.com	June to September	1	8 hr.			A-B-D-F	D	10 10	4
	<b>Rivière-Saint-Jean</b> , Les excursions aux îles Mingan Rue du quai, G0G 1N0 418-535-0060, 418-567-8761 (off season) cmatrp@globetrotter.net		Varies			6-7-8	A-B-C-D E-F	D-F	12 6	1-4 6

## Basse-Côte-Nord

	<b>Côte-Nord</b> , Relais Nordik P.O. Box 1113, Station A, Rimouski, G5L 7R1 1-800-463-0680 www.relaisnordik.com	April to January	1 per week	2 to 7 days			H	A	268	
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(advertisement on p. C-4) Back cover

The diverse array of habitats and the presence of certain species make the Duplessis region a destination of choice for hunting and fishing.

Dreaming of heading out east of Natashquan by boat or plane for outdoor adventure? Or perhaps you prefer the lakes and forests of the Port-Cartier/Sept-Îles sector, Minganie, and Anticosti or those in Fermont or Schefferville? No matter where you go, you'll be venturing into the virgin wilderness of virtually untouched backcountry.

Hunting and fishing in the natural quiet of Duplessis, Québec's great unknown, is one adventure that will keep you coming back again and again!

## Fishing for every taste

Fishing in Duplessis is unforgettable. The region boasts an outstanding variety of salmon species, along with unforgettable trout fishing. Lakes and rivers teem with indigenous brook trout and nothing but, for the ultimate angling experience. East of Sept-Îles is the kingdom of the great Atlantic salmon, perfect for those angling for extra thrills! Lake trout, ouananiche, whitefish, and northern pike are other local favorites.

In winter, climb aboard a snowmobile and blaze your way to an ice fishing experience that can't be beat! It's like nowhere else on Earth, with brook trout nearly anywhere you drop your line and rainbow smelt at assorted river mouths all winter long.

## Extraordinary hunting grounds

The hunting possibilities in Duplessis are endless. Moose and black bear are found nearly everywhere in the region, while thousands of white-tailed deer can be found on Anticosti, where bag rates are among the highest in North America. In the Fermont region, avid caribou hunters can now enjoy the services of an outfitter when the herds pass through on their migration. Also popular are the snowshoe hare, the ruffed grouse, the spruce goose, the willow ptarmigan, and waterfowl.

Hunting services and lodging are available from over forty outfitters, as well as in controlled salmon and wildlife harvesting zones, and at the wildlife reserve. For those who would rather set out on their own, much of the region is still free-access public land.

## Licenses

Licenses are required for fishing, hunting, and trapping in Québec. They are available from all authorized agents. Ministère des Ressources naturelles et de la Faune publishes a series of brochures on the regulations in effect. Brochures are available on its website at [www.mrnf.gouv.qc.ca](http://www.mrnf.gouv.qc.ca) and from the Faune Québec visitor and information service at 1-800-561-1616.



Fishing on one of our many rivers

# Hunting and Fishing

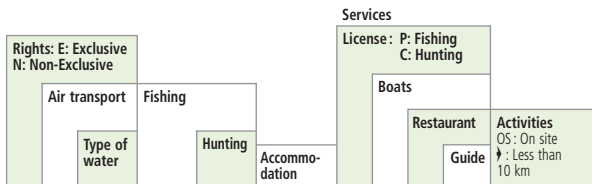
## Outfitters

- Water:** L- Lake R- River
- Accommodation:** A- Lodge C- Cabin K- Camp T- Tent Square
- Activities:** Hiking Ice Fishing Kayaking Mountain Biking Photo Safari Skiing Snowmobiling  
 Snowshoeing Swimming
- Fishing:** A- Québec Red Trout B- Sea Trout C- Salmon D- Northern Pike E- Gray Trout  
 F- Ouananiche G- Arctic Char H- Brook Trout
- Hunting:** I- Moose J- Caribou K- Bear L- White-tailed Deer M- Ptarmigan N- Ruffed Grouse O- Duck P- Hare

■ ■ ■ : Tourist roadsign Opening period:  Seasonal

Addresses may not be the same as actual activity sites. You are recommended to call ahead. A license is required to hunt and fish in Québec. (p. 81)

Member of Federation of Québec Outfitters. (p. 84)



## Port-Cartier, Sept-Îles

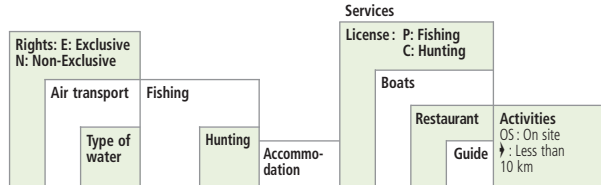
<b>Sept-Îles</b> , Pourvoirie Mabec 80 rue Bernard, Sainte-Madeleine J0H 1S0 450-795-6188, 1-866-366-6660 www.mabecoutfitters.com	E	•	R	G-H	I-K	12A 14C	P C	•	•	•	
<b>Sept-Îles</b> , Pourvoirie Moisie Nipissis 537 boulevard Laure Est, G4R 4R7 418-962-1334 • www.moisienipissis.com	E	•	R	C		5C	P	•	•	•	

## Minganie

<b>Aguanish</b> , Air Aventure Côte-Nord 240 rue Jacques-Cartier, G0G 1A0 418-533-2316, 418-533-2357 www.aacn.ca	N	•	L	G-H	I-K-N-P	2C 1K	P C	•	•	•	OS:
<b>Baie-Johan-Beetz</b> , Pourvoirie Baie-Johan-Beetz 15 rue Johan-Beetz, G0G 1B0 418-648-0557 www.baiejohanbeetz.com	E		L R	B-C-F G-H		1A 4K	P	•	•	•	OS:
■ ■ ■ <b>Havre-Saint-Pierre</b> , Pourvoirie Lac Holt 10 côte Kennedy, P.O. Box 203, La Malbaie G5A 1T7 418-665-7760, 418-439-5419 www.lacholt.com	E	•	L	F-G-H	I-N-P	1A 2C 1K	P C	•			
<b>Natashquan</b> , Le Club du Lac Musquaro P.O. Box 400, Victoriaville G6P 6T2 819-758-0444 www.musquaro.com	E	•	L	F-G-H		3C	P	•		•	OS:
<b>Natashquan</b> , Pourvoirie Hipou Route 138, P.O. Box 148, G0G 2E0 418-726-3609, 418-726-3308 www.pourvoiriehipou.com	E		L R	B-C-D E-F-H		2C 2K	P	•	•	•	



# Hunting and Fishing



## Île d'Anticosti

<b>Île-d'Anticosti</b> , Pourvoirie du Lac Geneviève 12A rue des Olympiades, P.O. Box 69 Port-Menier G0G 2Y0 418-535-0294, 1-800-463-1777, <b>advertisment p. 58</b> www.anticostiplg.com	E	•	L R	B-H	L-P-N	7C 1K	P C	•		•	OS: 🏹 🐟
	<b>Île-d'Anticosti</b> , Sépaq Anticosti 25 chemin des Forestiers, Port-Menier G0G 2Y0 1-800-463-0863, 418-535-0156 www.sepaq.com/anticosti <b>advertisment p. 64</b>	E	•	L R	B-C-H	N-O-P	6A 18C 5K	P C	•		•

## Basse-Côte-Nord

<b>Grand-Mécatina</b> , Pourvoirie Kecarpoui P.O. Box 18, Mutton Bay G0G 2C0 418-773-2309	N	•	L R	B-C-H		4C	P	•		•	OS: 🏹 🐟 🐠 🐡
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White-tailed deer

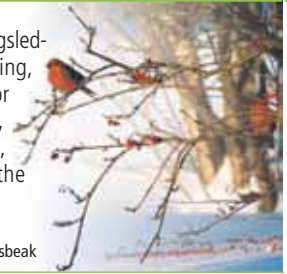
© Y. Menge - Sépaq



When the cold weather season comes to Duplessis, the words of famous Natashquan poet Gilles Vigneault couldn't ring more true: "My country's not a country, it's winter!" The region's wide open spaces turn into a snow-covered playground where the chills are guaranteed to thrill. Enjoy snowmobiling in the wondrous backcountry of Basse-Côte-Nord or along the coast. Or go

snowshoeing, dogsled-  
ding, ice fishing,  
cross country or  
downhill skiing,  
skating, sledding,  
ice climbing—the  
list is endless!

The pine grosbeak



© M. Blodeau

## Ice Fishing

Fishing in winter—what an unforgettable experience! When our lakes and rivers freeze over, sport fishing takes on a whole new icy glow. Everything's so white, so dazzling, so different! And getting there is half the fun. Snowmobiling, dogsledding, snowshoeing, and cross country skiing can be part and parcel of your fishing trip! Come drop a line for smelt, trout, lake perch, whitefish, and more. For information on regulations in effect, call Direction de la protection de la faune at 418-964-8888.



© J. S. Gravelle

Ice fishing

## Downhill Skiing

### Port-Cartier, Sept-Îles

#### Station récréotouristique Gallix

600 chemin du club de ski, P.O. Box 53  
Sept-Îles (Gallix) G4R 4K3, 418-766-7547  
[www.skigallix.com](http://www.skigallix.com)

Halfway between Port-Cartier and Sept-Îles, the Gallix Recreation Resort is the hub of winter tourism in Duplessis thanks to its microclimate and abundant snowfall. Outdoor buffs will be thrilled not only by its magnificent views of the St. Lawrence and limitless backcountry, but the host of activities and services available. Enjoy optimal conditions for downhill skiing, snowboarding, snowshoeing, tubing, and cross country skiing in a safe environment. **Schedule:** mid-December to mid-April, Wednesday and Friday, 10 a.m. to 3 p.m. and 6 p.m. to 9 p.m., Saturday and Sunday, 9 a.m. to 3 p.m.



© Station récréotouristique Gallix

Station récréotouristique Gallix (Recreation Resort)

# Winter Pleasures



## Snowmobiling

### Seize the day and discover Duplessis in winter, for a pure taste of Côte-Nord!

With its abundant snowfall, Duplessis is snowmobiler's paradise right up until mid-April. Breathtaking scenery and great times guaranteed!

The Trans-Québec #3 is as good as it gets—winding inclined trails, mountain vistas, old glacial valleys, lakes and rivers at every turn, and sweeping views of the Gulf of St. Lawrence. You'll find all the ingredients for a feast of fun and nature!

### Off-road adventure—to authentic villages like you've never seen before!

Where the road leaves off, Route Blanche begins. If you thrive on challenge, blaze on through to spell-binding Basse-Côte-Nord!

Fermont—a world of discovery! With a snowmobiling season running from mid-December to mid-April, you can experience nature in all its glory with a rich abundance of wildlife, including the majestic caribou.

Whether you arrive via the Trans-Québec #3 from Tadoussac or by ferry from Matane with Camille-Marcoux in Duplessis, you're in for an unforgettable time!



## Snowmobile Clubs

### Club de motoneigistes Odanak

P.O. Box 12, Port-Cartier G5B 2G7  
418-965-1550

### Club de motoneige Ook-Pik de Sept-Îles

P.O. Box 273, Sept-Îles G4R 4K5, 418-965-6012  
www.clubookpik.com

### Club de motoneigistes de la Minganie

949 chemin du Roi, Longue-Pointe-de-Mingan G0G 1V0  
418-949-2474, 418-949-2808

### Club de motoneigistes Le Blizzard

10700 Route 138 Est, P.O. Box 4001  
Havre-Saint-Pierre G0G 1P0, 418-538-3940

### Club de motoneige Les Lagopèdes de Fermont

100 rue du Lac, P.O. Box 247, Fermont G0G 1J0  
418-287-3883, mdumas@hotmail.com



## Snowmobile Rentals

### Port-Cartier, Sept-Îles

Pub.  
p. 53

#### Aventure Côte-Nord

1147 boulevard Laure, Sept-Îles G4S 1S1  
418-968-4151, aventurecotenord@live.ca

Pick from Aventure Côte-Nord's varied and exclusive fleet of vehicles for rent by the day or take a guided tour all the way to Harrington Harbour! You'll appreciate the friendly service and the attentive response to your needs. **Schedule:** year round, Monday to Friday 8:30 a.m. to noon and 1:00 p.m. to 5:00 p.m., Thursday and Friday 7:00 p.m. to 9:00 p.m., and Saturday 9:00 a.m. to noon.



## Snowmobile Excursions

### Nord Expe

996 avenue Sainte-Brigitte  
Sainte-Brigitte-de-Laval G0A 3K0, 418-825-1772  
www.nordexpe.com

Off-trail snowmobiling outings and excursions. Professional guides and northern expedition experts, plus utility, mountain, and hybrid snowmobile rentals. Transportation by semitrailer. Regular departures for Baie-Comeau–Fermont–Goose Bay–Blanc-Sablon–Sept-Îles. Enduro bike outings in the summer. **Schedule:** year round.



### Snowmobile Trail Map

To take full advantage of your excursions, ask for your Duplessis Snowmobile Trail Map from Tourisme Duplessis (see p. 4). For the latest snowmobile trail conditions, visit [www.tourismeduplessis.com/motoneige](http://www.tourismeduplessis.com/motoneige)

## Health and Relaxation

### Port-Cartier, Sept-Îles

#### Centre de relaxation Renaissance

36 avenue Parent, Port-Cartier G5B 2G5  
418-766-5679

This relaxation center offers various services, including massage therapy (Swedish, sport, Californian, hot stone, reflexology, Reiki), body treatments (exfoliation, wraps, thermomassage baths), infratherapy, and pressure therapy, all in a warm atmosphere for a totally relaxing experience. **Schedule:** year round, Tuesday to Friday 6:30 p.m. to 9 p.m., Tuesday and Thursday 1:30 p.m. to 4:30 p.m., and Saturday 10 a.m. to noon.

#### Centre de relaxation santé beauté La Perle Bleue

398 avenue Arnaud, Sept-Îles G4R 3Y7  
418-962-0628, fax: 418-968-1775

Massages, beauty treatments, electrolysis, nail extensions, thermomassage baths, and seaweed, mud, and chocolate wraps. Gift certificates available. **Schedule:** year round, Tuesday to Friday 10 a.m. to 9 p.m., Saturday 9 a.m. to 4 p.m. Closed Sunday and Monday.

#### Centre de santé U-NIC

25 rue Comeau, Sept-Îles G4R 1J1  
418-962-6012, lacarteh@globetrotter.net

Beauty treatments, electrolysis, microexfoliation, thermocoagulation, massage (Swedish, sport, Californian), thalassotherapy, manicures and pedicures, nail extensions, wraps, waxing, and upright tanning booths (200 watts). Relaxation package without accommodation available. **Schedule:** year round, Monday to Friday 9 a.m. to 8 p.m., Saturday 10 a.m. to 5 p.m., and Sunday 11 a.m. to 5 p.m.

### Port-Cartier, Sept-Îles

#### Centre Laser et esthétique Annie Bélanger

767 boulevard Laure, Sept-Îles (Québec) G4R 1Y2  
418-962-6707, fax: 418-962-4999

Open since 1991, we offer electrolysis, face care, reflexology, and high tech beauty services such as laser hair removal and intense pulsed light therapy (blotches, acne, skin spots, skin tightening).

**Schedule:** year round, Monday 9 a.m. to 4 p.m., Tuesday to Thursday 8:30 a.m. to 8 p.m., Friday 8:30 a.m. to 5 p.m., and Saturday 9 a.m. to 4 p.m.

### Minganie

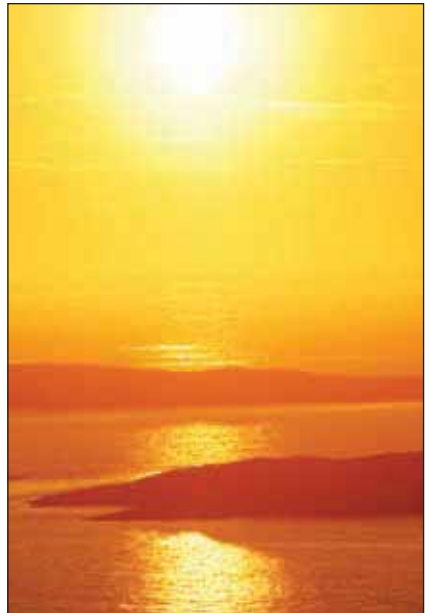
#### L'Escale LAM-AIR

454 rue Jacques-Cartier, Rivière-au-Tonnerre G0G 2L0  
418-465-2030 • www.lescalelamair.com

Treat yourself to R&R in the heart of Rivière-au-Tonnerre and the great outdoors. You'll recharge your batteries in the soothing surroundings of Minganie. The center is the perfect destination for a seaside stopover, bringing together nature and pampering so that you can relax and feel completely at peace. **Schedule:** June 20 to September 10, daily 9 a.m. to 9 p.m.



A well-deserved rest



Sunset



## Other Activities

### Shopping Malls and Groceries

#### Port-Cartier, Sept-Îles

##### Centre commercial Place de Ville

770 boulevard Laure, Sept-Îles G4R 1Y5  
418-962-7000 • [www.placedeville.com](http://www.placedeville.com)

##### Immobilière Montagnaise S.E.C. (Les Galeries Montagnaises)

1005 boulevard Laure, Sept-Îles G4R 4S6  
418-962-4979 • [www.galeriesmontagnaises.com](http://www.galeriesmontagnaises.com)

#### Minganie

##### Marché Natashquan

28 chemin d'en Haut, Natashquan G0G 2E0  
418-726-3385, fax: 418-726-3544

#### Île d'Anticosti

##### Coopérative de Consommation de l'île d'Anticosti

6A rue des Olympiades, Port-Menier G0G 2Y0  
418-535-0129, 418-535-0173  
[www.coop-ccia.com](http://www.coop-ccia.com)



Fresh seafood to go!

© D. Bourdeau

## Discovery Activities

#### Minganie

##### Discover Minganie and Innucadie, Contest

[www.manteo-matikap.com](http://www.manteo-matikap.com)

Here's a great new way to discover the Minganie region and the Manitou Falls in Natashquan. Most activities are suitable for all, but some points of interest will require resourcefulness and communication with the locals. Hours of fun and discovery await—and you could win a prize! Here's a clue for Rivière-au-Tonnerre: the thing that really sets it apart is tied to the fishing port. Return the questionnaire by September 15, 2010. It can be downloaded from the website and is also available from tourism information sites across the region.



Contest Questionnaire



Discover Mingan Archipelago

© J. Pleau – Parks Canada

The Duplessis region invokes images of fine sand beaches, archipelagos flocking with birds, and lands and mountains rich in resources of all kinds. But local products and fine dining are also among its riches!

### Seafood products and other delights

You can sample exotic seafood such as scallops, snow crab, Sept-Îles Northern shrimp, razor clams, sea urchin, and even the delicious yet little-known Stimpson's surfclam in a variety of dishes. Caribou, wild duck, partridge, and hare are also featured on the menus of certain restaurants.

Today, these foods are considered unique delicacies and are in popular demand in urban centers, but they were staples for the settlers who came to share the Innu land. The First Peoples taught the colonists how to hunt and learn to identify the bounty of the boreal forest, including fir, birch, and spruce products.

### Gourmet dining, Côte-Nord style

The Innu also taught the settlers how to collect the area's delectable wild berries, including wild strawberries, raspberries, and blueberries, but also cloudberry and mountain cranberries. The French colonists combined their culinary traditions with all these resources and built a region that's as unique in its food as it is in its soul. You'll have the opportunity to try its berries and aromatics in the form of coulis, jellies and jams, or fresh with your meal. At times, they'll remind you of the good home cooking of days gone by, and at times, the elegance of today's finest eateries.



Seafood plate

© M. Deslongchamps

### Discovering our berries

During your trip to Duplessis, you will notice several varieties of berries growing in the region. Harvest season lasts all summer long, because each variety ripens at different times in different parts of the region. It is not unusual to have several varieties available at the same time. These tasty little treasures are also available at various establishments and during visits to our strawberry and blueberry farms.



© Y. Menge – Sépaq

Fresh fish and seafood

## Regional Delights



© M. Malherbe

Cloudberry

### Cloudberrries (Bake-apples)

No reference can be made to the region's berries without mentioning cloudberrries, a small fruit loved by locals and growing in popularity with visitors. In French, they are called *plaquebières*, which is derived from the expression *plat de bièvre* meaning "beaver food." The term *chicoutai* used in Québec French is of Innu origin and means "born of fire."

Cloudberrries grow in peat bogs and are very temperamental. If a berry is not picked when perfectly ripe—usually late July or early August—the plant will take seven years longer than usual to flower again! Given that each plant produces only one berry and only one plant in eleven produces fruit, that's quite a stretch!

These berries are orange, resemble blackberries and raspberries, and have a tart flavor that certain big city gourmet chefs just love. Whether you fall for them or not, they're definitely worth a taste!

### Raspberries

These berries, which are found worldwide, also grow in Duplessis. There are dozens of varieties, but the shape and taste are essentially the same. Wild raspberries growing in the region are even more delicious. In Sept-Îles, raspberry picking begins sometime in July. In Minganie and Basse-Côte-Nord, raspberries are ready for picking about a week later.

### Blueberries

A carpet of blueberries stretches across the Côte-Nord region from Tadoussac all the way to Blanc-Sablon. The Duplessis area is home to more than its fair share of this delicious small fruit, which is also enjoying a growing reputation as an antioxidant. Locally, blueberries tend to be found in the wild and grow in well-drained, acidic soil.

Blueberry plants bloom around June. Their flowers resemble bells in shades of white to pink. The fruit starts off white, before turning green and then blue covered with a light dusting of powder when it matures. It is picked in August or September. Chilly nights give local blueberries a sugary flavor that distinguishes them from blueberries elsewhere in Québec. Fall sees the plants turn a bright shade of red.

### Mountain cranberries (lingonberries or alpine berries)

These berries resemble common cranberries but grow in colder, northern regions. Unlike blueberries, which love moist soil, mountain cranberries grow in drier areas.

They are picked very late here, beginning at the very end of summer and into early fall. In October, the Innu of La Romaine traditionally pick mountain cranberries with their families. They call the fruit "uishatshimina," which simply means "bitter fruit."



Mountain cranberries (also known as lingonberries or alpine berries)

© M. Malherbe

### Wild strawberries

Québec's wild strawberries are field strawberries. They are small, very sweet, and grow in full sun in dry, sandy soil. In Duplessis, they can be found near sandy shores and on dry plains.



© L. Kloosterhof

Berry picking

### Look for local products

A number of other berries grow throughout the region and can be pleasant to pick, such as teaberries, mooseberries, black crowberries, currants, and more. Discover them at your leisure during your visit!

Whether you're an avid adventurer looking for all-new experiences or a discerning gourmet in search of new taste sensations, the land and sea of Duplessis will awaken your senses and give you everything you hoped for and more.

To discover one-of-a-kind local products, look for merchants, restaurants, and producers that display the *Get a taste of the Whale Route* logo  or have a "Circuit gourmand" (Gourmet Trail) sign.



Lots of seafood

© D. Bourdeau



# Regional Delights

## Agrotourism and Regional products

👶 Children's playground   🚫 Credit cards not accepted   🚫 No parking   🍴 Restaurant service   🚻 Restrooms



Cloudberry

© S. Jauvin

Agrotourism	
Description (products and/or activities)	Business hours
	Production observation
U-pick	Interpretive activities
	Guided tours
Sale of products	Tasting
	Picnic area
	Other activities and services

### Port-Cartier, Sept-Îles

**Sept-Îles**, Les crevettes de Sept-Îles 🦞  
295 avenue Arnaud, G4R 5R2  
418-962-6322, fax: 418-962-6022

**Sept-Îles**, Poissonnerie Fortier & Frères 🦞  
1 rue du Père-Divet, G4R 5B6  
418-962-9187, 418-968-5613, 1-800-463-1754  
poissonneriefortier@globetrotter.net

**Gallix**, Fraisière La Terre Promise  
3700 rue Marguerite, G0G 1L0  
418-766-0055, 418-766-6967 (off season)  
fax: 418-766-0123

Fish market	March 15 to October 15	•			•		✗
Specialties: Whole cooked or hand-peeled shrimp, fresh or vacuum-packed frozen	Open year round				•	•	
• Strawberry picking	Mid-July to mid-August				•	•	👶 🚻

### Minganie

**Havre-Saint-Pierre**, Poissonnerie du Havre  
968 rue de la Berge, G0G 1P0  
418-538-2515, 418-538-6979  
crabes@globetrotter.net

**Longue-Pointe-de-Mingan**,  
Poseidon – Les Poissons et Crustacés  
259 rue de la Mer, G0G 1V0  
418-949-2331, 418-949-2556  
poseidon@globetrotter.net

**Rivière-au-Tonnerre**, Maison de la Chicoutai  
6 rue de l'Église, G0G 2L0  
418-465-2140 • www.chicoutai.ca

Specialty: Seafood						•	
Specialties: Snow crab, scallops, lobster	Early May to late October					•	•
Cloudberry	Late May to mid-October	•				•	•



Snow crab in Minganie

© S. Jauvin

## Gourmet Trail

### Port-Cartier, Sept-Îles



#### Circuit gourmet: La nature aux mille délices...

456 avenue Arnaud, Suite 205, Sept-Îles G4R 3B1  
418-962-7233, 1-877-962-7233  
sadc.ete@globetrotter.net

Pick nature's bounty for yourself or let us prepare the finest local produce for you. Enjoy our warm welcome as you visit producers, processors, and restaurateurs, who give pride of place to local products.



♻️ Accessible with assistance    🗂️ Adapted    💳 Credit cards not accepted    🎵 Entertainment    🍷 Liquor license

Since May 31, 2006, the Tobacco Act prohibits smoking in restaurants and other places where meals are served to the public, with the exception of open-air terraces.

<b>Meals</b> 1: Breakfast 2: Lunch 3: Dinner	<b>Seating capacity (terrace)</b>
<b>Price scale</b> \$: less than \$15 - \$\$: \$15-30 - \$\$\$: \$30-50 - \$\$\$\$: \$50 or more	
<b>Services</b>	

## Port-Cartier, Sept-Îles

<b>Port-Cartier</b> , Café-Théâtre Graffiti 50 chemin des Îles, P.O. Box 42, Île McCormick G5C 2G7, 418-766-3513, 1-866-766-0101 www.legraffiti.ca <b>advertisement p. 48</b>	Specialties: Café fare, seafood, Italian, salads Seasonal establishment Types of meals: À la carte specialties	\$\$	2 3	80 (41)	🍷 🍹
<b>Port-Cartier</b> , Dixie Lee <b>advertisement p. 49</b> 58 rue Élie-Rochefort, G5B 1N2 418-766-4444, dixieleepc@globetrotter.net	Specialties: Fast food, varied, delivery	\$	2 3	36 (16)	
<b>Port-Cartier</b> , Restaurant des Chutes 1 rue des Draveurs, G5B 1B5 418-766-2787, 418 965-2787 fax: 418-766-2787	Specialties: Café fare, fast food, seafood, Italian, barbecue, grilled steak, sandwiches, salads. Wide variety, delivery available Types of meals: daily specials, full course dinners	\$\$	1 2 3	65	🍷 🍹
<b>Sept-Îles</b> , Edgar Café Bar 490 avenue Arnaud, G4R 3B4 418-968-6789, edgarcafebar@gmail.com	Specialties: Fine Québec cheeses, rillettes & terrines European-style hot dogs, Québec draft beer, organic fair trade coffee Seasonal establishment	\$	2 3	48 (28)	🍷 🍹
<b>Sept-Îles</b> , Gino Pizzeria 831 boulevard Laure, G4R 1Y6 418-962-1010	Specialties: Fast food, delivery	\$\$	2 3	20	♻️
<b>Sept-Îles</b> , La Cage aux Sports 395 avenue Arnaud, G4R 3A8 418-962-2243 • www.cage.ca	Specialties: Fast food, barbecue, charbroiled steak Types of meals: Table d'hôte	\$\$	2 3	287 (92)	♻️ 🍷 🍹
<b>Sept-Îles</b> , Les Terrasses du Capitaine 295 avenue Arnaud, G4R 4P8 418-961-2535	Specialties: Seafood Seasonal establishment Types of meals: Daily specials	\$\$\$	2 3	(65)	🍷
<b>Sept-Îles</b> , McDonald's – Gestion J. Longpré 1005 boulevard Laure, G4R 4S6 418-962-0508	Specialties: Fast food	\$	1 2 3	144	
<b>Sept-Îles</b> , McDonald's – Gestion J. Longpré 913 boulevard Laure, G4R 1Z1 418-962-0505, fax: 418-962-2602	Specialties: Fast food	\$	1 2 3	144	
<b>Sept-Îles</b> , Restaurant bar Chez Omer 372 avenue Brochu, G4R 2W6 418-962-7777, fax: 418-968-2549 <b>advertisement p. 55</b>	Specialties: Seafood, charbroiled steak, varied, sandwiches and salads Types of meals: À la carte menu	\$\$\$	2 3	250	♻️ 🍷 🍹
<b>Sept-Îles</b> , Restaurant Chez Cora 1006-B boulevard Laure, G4R 5P1 418-960-0226 chezcora@globetrotter.net	Specialties: Crepes and fruit Type of meals: Breakfast, daily specials		1 2	124 (20)	🍷
<b>Sept-Îles</b> , Café Resto-Pub Le Chaudron 72 rue Napoléon, G4R 3L2 <b>advertisement p. 56</b> 418-962-2113, fax: 418-968-9217	Specialties: Breakfast, seafood Types of meals: Daily specials, evening tables d'hôte	\$	1 2 3	120	
<b>Sept-Îles</b> , Restaurant Le Jardin Oriental 805 boulevard Laure, G4R 1Y6 418-968-6080, 418-962-9329 www.jardinoriental.com	Specialties: Home cooking, Chinese, seafood, charbroiled steak, delivery Types of meals: Daily specials, buffet	\$\$	2 3	130	♻️ 🍷 🍹

# Restaurants

♻️ Accessible with assistance    ♿ Adapted    💳 Credit cards not accepted    🎵 Entertainment    🍷 Liquor license

Since May 31, 2006, the Tobacco Act prohibits smoking in restaurants and other places where meals are served to the public, with the exception of open-air terraces.

<b>Meals</b> 1: Breakfast 2: Lunch 3: Dinner	<b>Seating capacity (terrace)</b>
<b>Price scale</b> \$: less than \$15 - \$\$: \$15-30 - \$\$\$: \$30-50 - \$\$\$\$: \$50 or more	
<b>Services</b>	

## Port-Cartier, Sept-Îles

<b>Sept-Îles</b> , Restaurant Seven 7 Gr Îles 451 avenue Arnaud, G4R 3B3 418-960-0012, 418-962-2581 info@sevengriles.com	Specialties: Seafood, charbroiled steak Types of meals: Daily specials	\$\$\$	1 2 3	54	🍷
<b>Sept-Îles</b> , Resto Bar de L'O 666 boulevard Laure G4R 1X9 418-962-3330, fax: 418-962-8338	Specialties: Seafood, Italian, fine cuisine, grilled, café fare, international cuisine Types of meals: Daily specials, table d'hôte, à la carte menu, breakfast	\$\$	1 2 3	100 (60)	🍷 ♿
<b>Sept-Îles</b> , Ristorante Pasta advertisement p.53 665 boulevard Laure, G4R 1X8 418-968-2121, 1-800-223-5720 www.hotel-motel-mingan.com	Specialties: Seafood, Italian, fine cuisine, charbroiled steak Types of meals: Daily specials, table d'hôte	\$\$\$	1 2 3	75	🍷
<b>Sept-Îles</b> , Rôtisserie St-Hubert 1005 boulevard Laure, G4R 4S6 418-968-9191, fax: 418-962-4441	Specialties: Barbecue chicken, charbroiled steak, home cooking, sandwiches and salads Types of meals: Table d'hôte	\$\$	2 3	260	🍷

## Minganie

<b>Havre-Saint-Pierre</b> Casse-croûte Mille Sabords 1280 rue de la Digue, G0G 1P0 418-538-1272, fax: 418-538-1272	Specialties: Home cooking, fast food Types of meals: Daily specials	\$	1 2	60	♿
<b>Havre-Saint-Pierre</b> Restaurant Chez Julie advertisement p. 60 1023 rue Dulcinée, G0G 1P0 418-538-3070, fax: 418-538-3370	Specialties: Seafood, regional, home cooking, Seasonal establishment	\$\$\$	3	110	🍷
<b>Havre-Saint-Pierre</b> Restaurant La Promenade 1197 Promenade-des-Anciens, G0G 1P0 418-538-2637, fax: 418-538-1720	Specialties: Home cooking, seafood Types of meals: Daily specials	\$\$\$	1 2 3	88	🍷
<b>Havre-Saint-Pierre</b> , Subway 1087 rue Boréale, G0G 1P0 418-538-2309, 418-538-1813 desiles@globetrotter.net	Specialties: Sandwiches and salads, café fare, fast food	\$	1 2 3	38	
<b>Longue-Pointe-de-Mingan</b> Café bistro Le Phare 152 rue de la Mer, G0G 1V0 418-949-2302, 418-949-2509 1-877-949-2302 • www.minganie.info	Specialties: Seafood, fine cuisine, regional, fast food, charbroiled steak, sandwiches and salads Seasonal establishment Types of meals: Table d'hôte, daily specials, à la carte menu	\$\$	1 2 3	27 (12)	🍷
<b>Natashquan</b> , Auberge La Cache 28 chemin d'en Haut, G0G 2E0 418-726-3347, 1-888-726-3347 www.aubergelacache.com advertisement p. 62	Specialty: Breakfast only Types of meals: À la carte menu	\$\$	1	26	
<b>Natashquan</b> , Le Café de l'Échourie 55 allée des Galets, G0G 2E0 418-726-6005 copacte@globetrotter.net	Specialties: Café fare, regional, sandwiches and salads Seasonal establishment Types of meals: À la carte bistro menu	\$\$	2 3	60 (40)	🍷

<b>Meals</b> 1: Breakfast 2: Lunch 3: Dinner	<b>Seating capacity (terrace)</b>
<b>Price scale</b> \$: less than \$15 - \$\$: \$15-30 - \$\$\$: \$30-50 - \$\$\$\$: \$50 or more	
<b>Services</b>	

## Minganie

<b>Natashquan</b> , Restaurant John Débardeur 9 rue du Pré, G0G 2E0 418-726-3333 sijji@globetrotter.net	Specialties: home cooking, fast food, seafood, regional, charbroiled steak, varied Seasonal establishment Types of meals: Daily specials	\$\$	1 2 3	48	🍷
<b>Rivière-au-Tonnerre</b> Restaurant du Village 416 rue Jacques-Cartier, G0G 2J0 418-465-2292	Specialties: Café fare, home cooking, Chinese, fast food, seafood, Italian, regional, charbroiled steak, sandwiches and salads, varied Types of meals: Table d'hôte	\$\$	1 2 3	52	🍷
<b>Rivière-au-Tonnerre</b> Restaurant Marie-Cindy 439 rue Jacques-Cartier, G0G 2L0 418-465-2079	Specialties: Café fare, home cooking, Chinese, fast food, seafood, Italian, regional, grilled steak, sandwiches and salads, varied, delivery Types of meals: Daily specials, table d'hôte	\$\$	1 2 3	34	🍷

## Île d'Anticosti

<b>L'Île-d'Anticosti</b> , Auberge Port-Menier P.O. Box 179, Port-Menier G0G 2Y0 418-535-0122 • www.sepaq.com	Specialties: Seafood, varied, home cooking, café fare, fast food, fine cuisine, regional, wild game Types of meals: Daily specials, table d'hôte	\$\$	1 2 3	75	🍷
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Flavors of Anticosti

© Y. Menge – Sépaq

# Accommodations








## Information

The Accommodations section provides visitors with information about the activities and services available at lodging sites and within a radius of 10 kilometers. The information in this guide was supplied by individual operators. Responsibility for regulating establishments offering tourist accommodations and issuing permits lies with Ministère du Tourisme's Direction de la qualité des produits et des services touristiques. Please forward any comments to the following address:


**Direction de la qualité des produits et services touristiques**  
**Ministère du Tourisme du Québec**  
900 boulevard René-Lévesque Est, Suite 400, Québec City, Québec G1R 2B5  
Tel.: 418-643-2230 or 1-800-463-5009

Classification is determined by a weighted point system applied to the facilities and services of lodging establishments based on the particularities of each category. Levels of comfort and services provided by an establishment are indicated by 1 to 5 stars or suns.

For more information on classification criteria, please contact CITQ (Corporation de l'industrie touristique du Québec) at 1-866-499-0550 or visit the website at [www.citq.info](http://www.citq.info)


Sign	Classification Based on Category of Accommodation
	<b>Hotel establishments:</b> Establishments offering accommodation in one or more adjacent buildings. Scale of 1 to 5 stars
	<b>B&amp;Bs:</b> Private residences operated as lodging establishments by their owners or occupants. Such establishments offer a maximum of five rooms. Rates include breakfast on the premises. Scale of 1 to 5 suns
	<b>Tourist homes:</b> Furnished chalets, apartments, or homes including a mandatory kitchenette. Scale of 1 to 5 stars
	<b>Youth hostels:</b> Accommodation in rooms or dormitories. Presence of restaurant services or equipment required for preparing meals. Scale of 1 to 5 stars
	<b>Education facilities:</b> Educational facilities that rent out rooms normally reserved for resident students. Scale of 1 to 5 stars
	<b>Host villages:</b> Establishments offering accommodation and breakfast, lunch, or dinner in family homes receiving up to six guests and offering group activity services. Scale of 1 to 5 stars
	<b>Vacation centers:</b> Establishments offering accommodation, restaurant services, or the possibility of guests cooking their own meals. On-site leisure equipment. Scale of 1 to 5 stars

This guide lists only accommodations classified 1 star or 1 sun or more.

* or ★	Establishment offering services and a basic level of comfort.
** or ★★	Comfortable establishment offering good quality and some services and amenities.
*** or ★★★	Very comfortable establishment of better quality offering several services and amenities.
**** or ★★★★	Superior comfort establishment of outstanding quality offering a range of services and amenities.
***** or ★★★★★	Exceptional comfort, luxury establishment offering many services and amenities.
	Evaluation under way.

## Campground Rating Program

CDCQ (Conseil de Développement du camping au Québec) is responsible for the rating program for campgrounds. This program rates both the quality of the campground's facilities and the services and activities it offers. Campgrounds are rated on a scale of 0 to 5 stars and are evaluated every two years.

This sign  identifies campgrounds that are in the process of being evaluated.

The  category identifies campgrounds **reserved for tents only**.

To learn more about the campground rating program and the various rating levels, call CDCQ at **514-252-3333** or visit the website at **www.campingquebec.com**.



**Campground:** Establishments providing services and permanent sites for tents or recreational vehicles, motorized or otherwise.  
Scale of 1 to 5 stars

## Rates

The rate per unit can vary according to the number of people, the season, the type of plan, and the characteristics of the unit.

This guide publishes **the maximum rate for the most expensive unit and the maximum rate for the least expensive unit**. The rates for Bed and Breakfast establishments include breakfast. **Published rates do not include taxes.**

**Published rates are for reference purposes only.** You are recommended to contact establishments directly to check the rates in effect before making reservations.

Since January 2008, a \$2 per night accommodation tax has been in effect in the Duplessis region. This tax is earmarked entirely to a regional tourism development and marketing fund.

Secure online reservations:



## More information

- GP - AP Certified "Gîtes et Auberges du Passant™" [www.gitesetaubergesdupassant.com](http://www.gitesetaubergesdupassant.com) . . . . .514-252-3138  
HI Hostelling International . . . . .514-252-3117



Atlantic puffins

© M. Malherbe



# Hotels

Air conditioning in all units  
 AC Air conditioning in some units  
 Airport shuttle  
 Babysitting  
 Beach  
 Bike storage  
 Body of water  
 Children's playground  
 Convenience store  
 Cooking facilities in some units  
 Credit cards not accepted  
 Cross country skiing  
 Cycling  
 trail  
 Dialup Internet  
 DVD player  
 Elevator  
 Fishing  
 Fitness room (unsupervised)  
 Full bathroom in all units  
 Full bathroom in some units  
 Fully nonsmoking  
 Golf  
 High speed Internet  
 Hiking  
 Ice fishing  
 Indoor playroom  
 Microwave  
 Mini-fridge  
 Mountain bike trails  
 No telephone  
 No television  
 Outdoor swimming pool  
 Pets accepted  
 Public telephone  
 Public transportation nearby  
 Relaxation center  
 Seasonal establishment  
 Shared bathroom  
 Skating  
 Ski storage  
 Snowmobile parking  
 Snowmobiling  
 Snowshoeing  
 Summer theatre  
 Tourist roadsign  
 Washer and dryer  
 Whale watching  
 Whirlpool bath in some units  
 Wireless Internet

Rates are for reference purposes only and do not include tax. They cover the period between December 1, 2009, and November 30, 2010. Always contact establishments for more information. Owners of establishments are responsible for the accuracy of the information published in the tables.

\* = Classification, see p. 102

## Membership in a chain

Number of units	Meal service 1: Breakfast 2: Lunch 3: Dinner	Unit amenities
<b>Rates/double occupancy</b> Maximum rates for lowest and highest price units  <b>On-site services</b>		<b>Activities</b> OS: on site ↳: within 10 km

## Port-Cartier, Sept-Îles

<b>Port-Cartier</b> , Hôtel-Motel Le Château ** 30 rue Élie-Rochefort, G5B 1N2 418-766-3444 fax: 418-766-8516	70	\$70 \$105	(C@)		AC @ B @F @ 	OS:
<b>Sept-Îles</b> , Comfort Inn *** 854 boulevard Laure, G4R 1Y7 418-968-6005, 1-800-465-6116 www.choicehotels.ca/cn344 advertisement p. 54	61	\$150 \$150	(C) @F @	1	B AC @ @ 	↳:
<b>Sept-Îles</b> , Hôtel Gouverneur Sept-Îles *** 666 boulevard Laure, G4R 1X9 418-962-7071 1-888-910-1111 • www.gouverneur.com advertisement p. 51	120	\$105 \$255	(C) @F @	1-2-3	B AC @ @F @ 	OS:
<b>Sept-Îles</b> , Hôtel Le Voyageur *** 1415 boulevard Laure, G4R 4K1 418-962-2228, 1-866-962-2228 www.hotellevoyageur.com advertisement p. 57	22	\$93 \$175	W	1	B AC @ @F @ 	OS:
<b>Sept-Îles</b> , Hôtel Les Mouettes *** 842 boulevard Laure, G4R 1Y7 418-962-9427, 1-877-962-9427 www.hotellesmouettes.com	43	\$120 \$130	(C) @F @	1	B @F @ @ 	OS:
<b>Sept-Îles</b> , Hôtel Sept-Îles *** 451 avenue Arnaud, G4R 3B3 418-962-2581 advertisement p. 55 1-800-463-1753 • www.hotelseptiles.com	93	\$58 \$155	(C) @F @	1-2-3	B AC @ @ 	OS:
<b>Sept-Îles</b> , Hôtel Mingan *** 665 boulevard Laure, G4R 1X8 418-968-2121 advertisement p. 53 1-800-223-5720 • www.hotel-motel-mingan.com	48	\$115 \$125	(C)	1-2-3	B AC @F 	↳:
<b>Sept-Îles</b> , Motel 7-Îles (2008) ** 1100 boulevard Laure, G4S 1C2 418-962-2115 www.motel7-iles.com	24	\$90 \$90	@F @		B @F @ @ 	OS:

## Minganie

<b>Aganish</b> , Auberge Manoir Belles Plages * 11 rue de la Rivière, G0G 1A0 418-533-2197 1-866-933-2197 • www.manoirbellesplages.com	9	\$98 \$98	(C) @	1	B @ 	OS:
<b>Aganish</b> , Hébergement de la Chute * 233 route Jacques-Cartier, G0G 1A0 418-533-2316 www.aacn.ca	4	\$55 \$55	W @		@ @ 	OS:
<b>Havre-Saint-Pierre</b> , Auberge Boréale * 1288 rue Boréale, G0G 1P0 418-538-3912 www.aubergeboreale.com	10	\$55 \$75	W @		@ @ 	OS:



Mallard duck

## Membership in a chain

Number of units	Meal service	Unit amenities
<b>Rates/double occupancy</b> Maximum rates for lowest and highest price units  <b>On-site services</b>	1: Breakfast 2: Lunch 3: Dinner	<b>Activities</b> OS: on site ▶: within 10 km

## Minganie

<b>Havre-Saint-Pierre</b> , Auberge Chez Aline ★ 1259 rue Boréale, G0G 1P0 418-538-3181, 418-538-4862, cell. alinepetipas@hotmail.com	8	\$60 \$60	W S S @F@))		B S @F@))	
<b>Havre-Saint-Pierre</b> , Auberge Niapiskau ★ 1035 rue Boréale, G0G 1P0 418-538-2178 www.lescroisieresjomphe.supersites.ca	12	\$45 \$70	W S S		B N S ▶: ♿	
<b>Havre-Saint-Pierre</b> , Hôtel-Motel du Havre ★★ 970 boulevard de l'Escale, G0G 1P0 418-538-2800 1-888-797-2800 • www.hotelduhavre.ca <b>advertisement p. 61</b>	70	\$82 \$140	(@F@))	1	B AC @F @)) □	OS: ♿ ▶: ♿
<b>Havre-Saint-Pierre</b> , Motel de l'Archipel ★★ 805 boulevard de l'Escale, G0G 1P0 418-538-3900 1-800-463-3906, fax: 418-538-3929	24	\$98 \$159		1	B @ @F	OS: ♿ ▶: ♿
<b>Havre-Saint-Pierre</b> , Motel Le Relais ★★ 799 boulevard de l'Escale, G0G 1P0 418-538-2181	8	\$75 \$130	W S S		B @F @)) □ □	
<b>Natashquan</b> , Auberge La Cache ★★★ 183 chemin d'en Haut, G0G 2E0 418-726-3347 1-888-726-3347 • www.aubergelacache.com <b>advertisement p. 62</b>	18	\$90 \$159	W S S @	1	B @	OS: ♿ ▶: ♿
<b>Natashquan</b> , Gîte et chalets Paulette Landry ★★ 78 rue du Pré, G0G 2E0 418-726-3206	4	\$60 \$70	W S S @	1	B @F @)) □ □	OS: ♿ ▶: ♿
<b>Natashquan</b> , Le Port d'Attache ★★ 70 rue du Pré, G0G 2E0 418-726-3569, 1-877-726-3569 www.aubergeleportdattache.com <b>advertisement p. 62</b>	9	\$72 \$100	W S S @	1	B @F @)) □	OS: ♿ ▶: ♿
<b>Rivière-au-Tonnerre</b> , L'Escale LAM-AIR ★★ 454 rue Jacques-Cartier, G0G 2L0 418-465-2030 www.lescalelamair.com	9	\$70 \$80	W S S @		B N S	OS: ♿ ▶: ♿
<b>Rivière-au-Tonnerre</b> , Motel-Gîte Chez Marjo 2008 ★★★ 450 rue Jacques-Cartier, G0G 2L0 418-465-2808 www.touriste.net/gitechezmarjo	4	\$53 \$97	W S		B @)) @)) □	OS: ♿ ▶: ♿

## Île d'Anticosti

<b>L'Île d'Anticosti</b> , Auberge Port-Menier ★★ 66 rue des Menier, Port-Menier, G0G 2Y0 418-535-0122 1-800-665-6527 • www.sepaq.com	25	\$103 \$115	W S S @	1-2-3	B S	OS: ♿ ▶: ♿
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## Basse-Côte-Nord

<b>Blanc-Sablou</b> , Auberge Motel Quatre Saisons ★★★ 2 rue Beaudoin, G0G 1W0 418-461-2024, 1-866-472-4766 www.blancsablou.com <b>advertisement p. 63</b>	8	\$85 \$132	W S S @	1-2-3	B @F @))	OS: ♿ ▶: ♿
<b>Blanc-Sablou</b> , Hôtel-Motel Blanc-Sablou ★★ 1043 boulevard Docteur-Camille-Marcoux, G0G 1W0 418-461-3222, 1-866-461-9458 www.blancsablou.ca <b>advertisement p. 63</b>	12	\$80 \$90	W @	1	B @ @)) □	OS: ♿ ▶: ♿

# Hotels

☑ Air conditioning in all units   AC Air conditioning in some units   🚗 Airport shuttle   👶 Babysitting   🏖 Beach   🚲 Bike storage   🌊 Body of water  
 🎠 Children's playground   🛒 Convenience store   🍳 Cooking facilities in some units   ❌ Credit cards not accepted   🏂 Cross country skiing   🚴 Cycling trail  
 📞 Dialup Internet   📺 DVD player   🛗 Elevator   🎣 Fishing   🏋 Fitness room (unsupervised)   🚿 Full bathroom in all units   🚿 Full bathroom in some units   🚭 Fully nonsmoking   ⌂ Golf   📶 High speed Internet   🥾 Hiking   🏹 Hunting   🍲 Ice fishing   🎮 Indoor playroom   📺 Microwave  
 🧊 Mini-fridge   🚴 Mountain bike trails   📞 No telephone   📺 No television   🏊 Outdoor swimming pool   🐾 Pets accepted   📞 Public telephone  
 🚗 Public transportation nearby   🧘 Relaxation center   🏠 Seasonal establishment   🛀 Shared bathroom   🛷 Skating   🎿 Ski storage   🌨 Snowmobile parking   🏂 Snowmobiling   🌨 Snowshoeing   🎭 Summer theatre   🛣 Tourist roadsign   🧺 Washer and dryer   🐳 Whale watching   🌀 Whirlpool bath in some units   📶 Wireless Internet

Rates are for reference purposes only and do not include tax. They cover the period between December 1, 2009, and November 30, 2010. Always contact establishments for more information. Owners of establishments are responsible for the accuracy of the information published in the tables.

\* = Classification, see p. 102

## Membership in a chain

<b>Number of units</b>	<b>Meal service</b> 1: Breakfast 2: Lunch 3: Dinner
<b>Rates/double occupancy</b> Maximum rates for lowest and highest price units	<b>Unit amenities</b>
<b>On-site services</b>	<b>Activities</b> OS: on site → : within 10 km

## Caniaspiscau

<b>■ ■ Fermont</b> , Hôtel Fermont 299 Le Carrefour, G0G 1J0 418-287-5451 hotel.fermont@diffusionfermont.ca	**	57	\$109 \$165			OS: 🎿 🏂 → : 🚴 🚲
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Drifting iceberg off the coast of Blanc-Sablon

© R. Dumas

# Bed & Breakfasts

- Airport shuttle Babysitting Beach Bike storage Body of water Children's playground Credit cards not accepted Cross country skiing Cycling trail Dialup Internet Downhill skiing Fishing Full bathroom in all units Full bathroom in some units Fully nonsmoking Golf High speed Internet Hiking Hot tub Indoor playroom Microwave Mountain bike trails No parking No telephone No television Public transportation nearby Seasonal establishment Shared bathroom Skating Ski storage Snowmobile parking Snowmobiling Summer theatre Tourist roadsigns Washer and dryer Whale watching Wireless Internet

Rates are for reference purposes only and do not include taxes. They cover the period between December 1, 2009, and November 30, 2010. Always inquire with operator for more information. Establishment owners are responsible for the accuracy of the information in the tables.

\* = Classification, see p. 102

## Membership in a chain

Number of units	Meal services
<b>Rates/double occupancy (breakfast included)</b> Maximum rates for lowest and highest price units <b>On-site services</b>	1: Breakfast 2: Lunch 3: Dinner <b>Unit amenities</b> Activities OS: on site ↳: within 10 km

## Port-Cartier, Sept-Îles

<b>Port-Cartier</b> , Gîte Le Vent de Mer 42 place McCormick, G5B 2C6 418-766-2191 www.leventdemer.com	***	4	\$65 \$75		1	4	OS: ↳:
<b>Sept-Îles (Clarke City)</b> , Gîte Aux Bois-Verts 14 rue des Alouettes, G0G 1H0 418-583-2822 www.giteauxboisverts.com	****	3	\$75 \$90		1	1	OS: ↳:
<b>Sept-Îles (Gallix)</b> , Gîte Au bord de la mer 2651 rue Bell, G0G 1L0 418-766-5702 www.larevue.net/giteauborddelamer	***	4	\$69 \$69		1		OS: ↳:

## Minganie

<b>Havre-Saint-Pierre</b> , Gîte 4 Saisons 1264 rue Boréale, G0G 1P0 418-538-1329 gite4saisons@globetrotter.net	****	5	\$76 \$90		1	5	OS:
<b>Havre-Saint-Pierre</b> , Gîte Chez Françoise 1122 rue Boréale, G0G 1P0 418-538-3778 www.gitechezfrancoise.com	***	5	\$62 \$75		1	3	OS: ↳:
<b>Havre-Saint-Pierre</b> , Gîte Dupuis 1126 rue du Duvet, G0G 1P0 418-538-2082	**	3	\$50 \$60		1		↳:
<b>Magpie</b> , Gîte du Toutouila 507 rue des Anciens, G0G 1X0 418-949-2602 • pages.globetrotter.net/gitedutoutouila	***	4	\$63 \$63		1		OS: ↳:
<b>Natashquan</b> , Gîte Chez Mireille 94 rue du Pré, G0G 2E0 418-726-3277	***	2	\$60 \$60		1		OS: ↳:
<b>Natashquan</b> , Maison Chevarie 77 rue du Pré, G0G 2E0 418-726-3541	***	3	\$60 \$60		1		OS: ↳:
<b>Rivière-au-Tonnerre</b> , Gîte Chez Marjo 450 rue Jacques-Cartier, G0G 2L0 418-465-2808 • www.touriste.net/gitechezmarjo	***	5	\$70 \$80		1		OS: ↳:
<b>Sheldrake</b> , Le Gîte Chez Jean 1323 rue Jacques-Cartier, G0G 2V0 418-465-2286, gitechezjean@globetrotter.net	***	4	\$60 \$60		1		OS: ↳:

# Bed & Breakfasts

- ✈ Airport shuttle   🧑‍🎓 Babysitting   🏖 Beach   🚲 Bike storage   💧 Body of water   🎪 Children's playground   🚫 Credit cards not accepted   🏔 Cross country skiing   🚴 Cycling trail   📶 Dialup Internet   ⛷ Downhill skiing   🎣 Fishing   🚿 Full bathroom in all units   🚿 Full bathroom in some units   🚫 Fully nonsmoking   🏌 Golf   📶 High speed Internet   🧑‍🦶 Hiking   🛀 Hot tub   🎮 Indoor playground   🍷 Microwave   🏔 Mountain bike trails   🚫 No parking   📞 No telephone   📺 No television   🚗 Public transportation nearby   🏠 Seasonal establishment   🚿 Shared bathroom   🛷 Skating   🎒 Ski storage   🚗 Snowmobile parking   🏂 Snowmobiling   🎭 Summer theatre   🚗 Tourist roadsigns   🧺 Washer and dryer   🐳 Whale watching   📶 Wireless Internet

Rates are for reference purposes only and do not include taxes. They cover the period between December 1, 2009, and November 30, 2010. Always inquire with operator for more information. Establishment owners are responsible for the accuracy of the information in the tables.

\* = Classification, see p. 102

## Membership in a chain

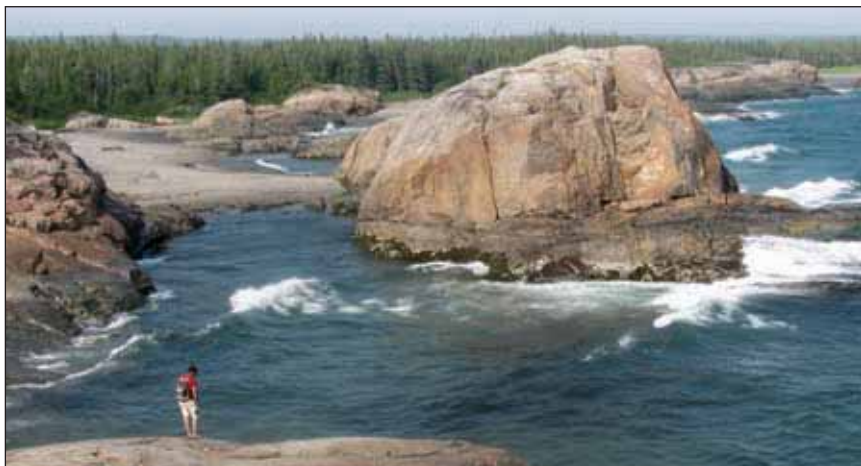
Number of units	Meal services	Unit amenities
<b>Rates/double occupancy (breakfast included)</b> Maximum rates for lowest and highest price units  <b>On-site services</b>	1: Breakfast 2: Lunch 3: Dinner	<b>Activities</b> OS: on site ↗ : within 10 km

## Basse-Côte-Nord

<b>Côte-Nord-du-Golfe-du-Saint-Laurent</b> *** La maison de Amy – Amy's Boarding House Harrington Harbour G0G 1N0 418-795-3376 fax: 418-795-3176 <i>advertisement p. 63</i>	5	\$70 \$90	🚿🚿🚿🚿🚿🚿 🚲🏔🏔🏔	1	OS: 🏔🏔🏔🏔🏔
<b>Côte-Nord-du-Golfe-du-Saint-Laurent</b> *** La maison de Jean – Jean's House Harrington Harbour G0G 1N0 418-795-3354 fax: 418-795-3297 <i>advertisement p. 63</i>	4	\$70 \$75	🚿🚿🚿🚿 🚲🏔🏔🏔	1-2-3	OS: 🏔🏔🏔🏔🏔
<b>Côte-Nord-du-Golfe-du-Saint-Laurent</b> * Le Gîte d'Émilie Tête-à-la-Baleine G0G 2W0 418-242-2045, fax: 418-242-2937	4	\$55 \$55	🚿🚿🚿🚿 🏔	1-2-3	OS: 🏔

## Caniapiscau

<b>Fermont</b> , Le Sympathique 199 Le Carrefour, G0G 1J0 418-287-3212 angelstp12@hotmail.com   **	4	\$70 \$70	🚿🚿🚿🚿 🚲🏔🏔🏔 📶📶	1	OS: 🏔🏔🏔 ↗ : 🚲🏔🏔
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Get away from it all along the Duplessis coastline

© C. Cloutier



AC Air conditioning in all units Airport shuttle Beach Bedding Bike storage Boat launch Body of water Children's playground Cooking facilities in all units Convenience store Credit cards not accepted Cross country skiing Cycling trail Dialup Internet Downhill skiing DVD player Fishing Full bathroom in all units Full bathroom in some units Fully nonsmoking Golf High speed Internet Hiking Hot tub Hunting Ice fishing Microwave Mountain bike trails No parking No television Pets accepted Public telephone Public transportation nearby Seasonal establishment Shared bathroom Ski storage Snowmobile parking Snowmobiling Summer theatre Tourist road sign Units with fireplaces Washer and dryer Whale watching Whirlpool bath Wireless Internet

Rates are for reference purposes only and do not include taxes. They cover the period between December 1, 2009, and November 30, 2010. Always inquire with operator for more information. Establishment owners are responsible for the accuracy of the information in the tables.

\* = Classification, see p. 102

## Number of units

### Capacity

#### Rates/double occupancy

Maximum rates for lowest and highest price units

#### On-site services

### Meal service

1: Breakfast 2: Lunch 3: Dinner

### Unit amenities

#### Activities

OS: on site  
↗: within 10 km

## Port-Cartier, Sept-Îles

<b>Port-Cartier</b> , Hébergement Réserve faunique Port-Cartier-Sept-Îles Route Jacques-Cartier, Lac-Walker, G5B 2M9 418-766-2524 1-800-665-6527 • www.sepaq.com/rfs/spc/en <b>advertisement p. 49</b>	★★	14	2-6	\$122 \$232			OS:
<b>Port-Cartier</b> (Rivière-Pentecôte) La Maison des Pionniers 4568 rue des Pionniers, G0H 1R0 514-217-7113 www.lamaisondespionniers.ca	★★★★	1	6	\$115 \$115			OS:
<b>Sept-Îles</b> , Appartements Cartier 410 avenue Cartier, G4R 2T6 418-962-2323 ddaniel@si.cgocable.ca	★★★	50	2	\$70 \$80			OS:
<b>Sept-Îles</b> , Appartements de la Rive 745 rue de la Rive, G4R 0C9 418-962-1777 www.giteletale.com	★★	6	4	\$99 \$125			OS:
<b>Sept-Îles</b> (Gallix), Domaine santé nature des Sept-Rivières 500 route du Club-de-Ski-de-Gallix, G4R 4K6 418-766-2425 • www.domainesantenature.com	★★★★	3	10	\$670 \$850			OS:

## Minganie

<b>Longue-Pointe-de-Mingan</b> , Condos de la Mer 140 rue de la Mer, G0G 1V0 1-866-949-2307 <b>advertisement p. 58</b> www.tourisme-loiselle.com	★★★	4	2-6	\$140 \$225			OS:
<b>Longue-Pointe-de-Mingan</b> , Les Maisonnets des Îles 126 rue de la Mer, G0G 1V0 418-949-2302 <b>advertisement p. 58</b> 1-877-949-2302 • www.minganie.info	★★★	8	4-6	\$105 \$125			OS:
<b>Natashquan</b> , Résidence Un air de par ici 24 allée des Galets, G0G 2E0 418-692-5078 www.unairdeparici.com	★★★	1	4	\$90 \$90			OS:
<b>Rivière-au-Tonnerre</b> , Club Vacances Minganie 392 rue Jacques-Cartier, G0G 2L0 418-545-4289 www.clubvacancesminganie.com	★★	3	4	\$100 \$100			OS:
<b>Rivière-au-Tonnerre</b> , La Maison Pagé 406 rue Jacques-Cartier, G0G 2L0 514-845-1919 www.lamaisonpage.qc.ca	★★★	1	5	\$140 \$140			OS:

# Tourist Homes

AC Air conditioning in all units   Airport shuttle   Beach   Bedding   Bike storage   Boat launch   Body of water   Children's playground   Cooking facilities in all units   Convenience store   Credit cards not accepted   Cross country skiing   Cycling trail   Dialup Internet   Downhill skiing   DVD player   Fishing   Full bathroom in all units   Full bathroom in some units   Fully nonsmoking   Golf   High speed Internet   Hiking   Hot tub   Hunting   Ice fishing   Microwave   Mountain bike trails   No parking   No telephone   No television   Pets accepted   Public telephone   Public transportation nearby   Seasonal establishment   Shared bathroom   Ski storage   Snowmobile parking   Snowmobiling   Summer theatre   Tourist roadsign   Units with fireplaces   Washer and dryer   Whale watching   Whirlpool bath   Wireless Internet

Rates are for reference purposes only and do not include taxes. They cover the period between December 1, 2009, and November 30, 2010. Always inquire with operator for more information. Establishment owners are responsible for the accuracy of the information in the tables.

\* = Classification, see p. 102

## Number of units

<b>Capacity</b>	<b>Meal service</b> 1: Breakfast 2: Lunch 3: Dinner
<b>Rates/double occupancy</b> Maximum rates for lowest and highest price units	<b>Unit amenities</b>
<b>On-site services</b>	<b>Activities</b> OS: on site ↓: within 10 km

## Basse-Côte-Nord

### Côte-Nord-du-Golfe-du-Saint-Laurent

L'Auberge de l'île Providence

Tête-à-la-Baleine G0G 2W0 418-242-2015, 1-888-242-2015

[www.toutes-iles.com](http://www.toutes-iles.com)

advertisement p. 63

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1

6

210 \$

210 \$

AC

AS

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AS

1-2-3

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AS

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AS

AS

AS

AS

© M. Deslongchamps



A puffin shows off its catch on Île aux Perroquets

# Other Types of Accommodation

Beach Bedding Bike storage Body of water Children's playground Community kitchen Credit cards not accepted  
 Cross country skiing Cycling trail Downhill skiing Fully nonsmoking Golf High speed Internet Hiking  
 Mountain biking No parking Public telephone Seasonal establishment Snowmobiling Snowshoeing Summer theatre  
 Tourist road sign Washer and dryer Whale watching Wireless Internet

Rates are for reference purposes only and do not include tax. They cover the period between December 1, 2009, and November 30, 2010. Always inquire with operator for more information. Owners of establishments are responsible for the validity of the information published in the tables.

\* = Classification, see p. 102

## Member of Hostelling International

### Number of units

**Rates per person**  
Maximum rates for lowest and highest price units

### Meal service

1: Breakfast 2: Lunch 3: Dinner

### Amenities

**Activities**  
OS: on site  
↗ within 10 km

## Youth Hostel

### Port-Cartier, Sept-Îles

**Sept-Îles**, Auberge internationale Le Tangon \*\*\*\* HI 29 \$22 \$30  
 555 avenue Cartier, G4R 2T8 418-962-8180, 1-866-461-8585  
[www.aubergeletangon.net](http://www.aubergeletangon.net)



OS:

## Vacation Resorts

### Port-Cartier, Sept-Îles

**Port-Cartier**, Base de plein air Les Goélands \*\*\* 40 1-2-3  
 816 route 138, G5B 2G7 418-766-8706, 1-888-766-6944  
[www.baselesgoelands.com](http://www.baselesgoelands.com)



OS:



A bridge over Rivière MacDonald leads to the Port-Cartier–Sept-Îles wildlife reserve

# Campgrounds

ATV trail Badminton Basketball Beach Bicycle path Bicycle rentals Boat excursion Boat launch Boat rental Body of water Camping equipment rental Children's playground Community hall Convenience store on site Credit cards not accepted Direct access Facilities Fishing Hiking Horseshoe/petanque Ice/wood Internet access Kayak Organized activities Pets accepted Propane gas Public telephone Restaurant Scenic view or lookout Tourist homes Tourist roadsign Volleyball Washer and dryer

Rates are for reference purposes only and do not include tax. They cover the period between December 1, 2009, and November 30, 2010.

Always inquire with operator for more information. Owners of establishments are responsible for the validity of the information published in the tables.

\* = Classification, see p. 103

## Sites

Total number of sites
Rate of shade cover (%)
Showers/toilets
Dump station
Electricity amp.
Amenities

## Rates

Number of adults at posted rate
Number of children at posted rate
Rates
Minimum daily rate (\$)
Maximum daily rate (\$)
Activities
OS: on site
→: within 10 km

## Port-Cartier, Sept-Îles

<b>Port-Cartier</b> , Camping Lac Walker Réserve faunique de Port-Cartier-Sept-Îles Route 138, G5B 2M9 418-766-2524 (off-season) 418-766-4743 • www.sepaq.com advertisement p. 49	*	50	30 %	•	•		4	2	\$24 \$34,25	OS:
<b>Port-Cartier</b> , Camping municipal Le Paradis 21 boulevard du Portage-des-Mousses, G5B 1C3 418-766-7137, 418 766-8706 (off-season) www.baselesgoelands.com	***	43	40 %	•	•		2	2	\$16,83 \$23,92	OS:
<b>Sept-Îles</b> , Camping site pour véhicules de camping 1401 boulevard Laure, G4R 4K1 418-962-1238 1-888-880-1238 • www.tourismeseptiles.ca	***	18		•	•		2	4	\$30 \$30	OS:
<b>Sept-Îles</b> (Moisie), Camping de la rivière Moisie 10 rue Mercier, G0G 2B0 418-927-2021 418-962-3737 (off-season), aprm@globetrotter.qc.ca	**	129	30 %	•	•		2	2	\$20 \$34	OS:

## Minganie

<b>Aguanish</b> , Camping Relais des Cayes 101 route Jacques-Cartier, G0G 1A0 418-533-2002 418-533-2100 (off-season), fax: 418-533-2100	*	23	30 %	•	•		2	2	\$17 \$21	OS:
<b>Baie-Johan-Beetz</b> Camp de base pour kayakistes de Baie-Johan-Beetz Chemin du Quai, G0G 1B0 418-539-0225 piashti@yahoo.ca		5					2	2	\$22 \$22	
<b>Havre-Saint-Pierre</b> Camping municipal Havre-Saint-Pierre 1730 rue Boréale, G0G 1P0 418-538-2415 418-538-2717 (off-season) • www.havresaintpierre.com	*	85	90 %	•	•		4	4	\$19,50 \$24,80	OS:
<b>Longue-Pointe-de-Mingan</b> Camping de la Minganie 109 rue de la Mer, G0G 1V0 418-949-2307 1-866-949-2307 • www.tourisme-loiselle.com	***	85	25 %	•	•		2	2	\$17 \$24	OS:
<b>Longue-Pointe-de-Mingan</b> , Camping de la Plage 126 rue de la Mer, G0G 1V0 418-949-2302 1-877-949-2302 • www.minganie.info	***	14		•	•		2	2	\$10 \$15	OS:
<b>Natashquan</b> , Camping Mantéop Matikap « Campement Montagnais », Route 138 Est, G0G 2E0 418-726-3172, ext. 7281, 514-220-4673 (off-season) www.manteo-matikap.com	**	22	25 %	•	•		2	2	\$18 \$23	OS:



Plant life in Minganie

© M. Malherbe

Sites		Rates	
Total number of sites		Number of adults at posted rate	
Rate of shade cover (%)		Number of children at posted rate	
Showers/toilets		Rates	
Dump station		Minimum daily rate (\$)	
Electricity amp.		Maximum daily rate (\$)	
Services		Activities	
		OS: on site	
		→ : within 10 km	

## Minganie

**Natashquan**, Camping municipal Chemin Faisant ★★★  
 Route 138 Est, G0G 2E0 418-726-3697  
 418-726-3362 (off-season)  
[www.guidecamping.ca/municipalcheminfaisant](http://www.guidecamping.ca/municipalcheminfaisant)

39	50 %	• • 15		2	2	\$17 \$26	OS:
----	------	--------	--	---	---	--------------	-----

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Mingan Archipelago, Havre-Saint-Pierre



Lac Walker, Port-Carter

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Camping de la Minganie, Longue-Pointe-de-Mingan



Rivière-Pentecôte

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# Services

## À la carte Packages

Pub.  
p. C-4 **Coopérative de Solidarité en tourisme équitable (CoSte)**

531 rue Jacques-Cartier  
Rivière-au-Tonnerre G0G 2L0  
418-465-2043, agence.coste@globetrotter.net

## Associations

### Chambre de commerce de Port-Cartier

P.O. Box 82, Port-Cartier G5B 2G7  
418-766-8047, popco@globetrotter.net

### Chambre de commerce de Sept-Îles

700 boulevard Laure, Suite 237  
Sept-Îles G4R 1Y1 418-968-3488  
ccsi@globetrotter.net

### Coasters Association

P.O. Box 188, Rivière-Saint-Paul G0G 2P0  
418-379-2006 • www.coasterassociation.com

### Unité régionale Loisir et Sport Côte-Nord

859 rue Bossé, Suite 218  
Baie-Comeau G5C 3P8  
418-589-5774, 1-888-330-8757  
www.urlscn.qc.ca

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### Journal Le Nord-Côtier

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418-960-2090 • www.lenordcotier.com

### Journal Le Nord-Est

365 boulevard Laure, Sept-Îles G4R 1X2  
418-962-9441 • www.hebdosquebecor.com

### TVA Est-du-Québec

410 avenue Évangéline, Sept-Îles G4R 2N5  
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Beaches as far as the eye can see

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### Dépanneur Aguanus

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Pub.  
p. 61 **Dépanneur des îles**

1093 rue Boréale, Havre-Saint-Pierre G0G 1P0  
418-538-2309, 418-538-1333  
desiles@globetrotter.net

### Gaz Bar Bruno Richard

599 boulevard Laure, Sept-Îles G4R 1X6  
418-962-2383

## Economic Development Corporations

### Canada Economic Development

701 boulevard Laure, bureau 202B  
Sept-Îles G4R 1X8 418-968-3426  
1-800-463-1707 • www.dec-ced.gc.ca

### Centre local de développement (CLD) de la Basse-Côte-Nord

P.O. Box 10, Chevery G0G 1G0  
418-787-2125, 1-877-925-3226  
www.cldbncn.qc.ca

### Centre local de développement (CLD) Minganie

1280 rue de la Digue, Suite 206  
Havre-Saint-Pierre G0G 1P0  
418-538-3803 • www.cld.minganie.org

### Centre local de développement (CLD) de la MRC de Sept-Rivières

700 boulevard Laure, Suite 231  
Sept-Îles G4R 1Y1  
418 962-7242, corpo.adm@globetrotter.net

### Conseil régional de la culture et des communications de la Côte-Nord

Édifice Micheline Simard  
22 place La Salle, 1<sup>er</sup> Floor, Baie-Comeau  
G4Z 1K3 418-296-1450, 1-866-295-6744  
www.crc-cote-nord.org

### Corporation de développement économique de la région Port-Cartier

24 boulevard des Îles, Suite 112, P.O. Box 37  
Port-Cartier G5B 2G7 418-766-8383  
cde.port-cartier@globetrotter.net

## MRC de Caniapiscou

100 place Daviault, P.O. Box 1420  
Fermont G0G 1J0  
418-287-5339 • [www.caniapiscou.net](http://www.caniapiscou.net)

## MRC de Minganie

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Havre-Saint-Pierre G0G 1P0  
418-538-2732 • [www.mrc.minganie.org](http://www.mrc.minganie.org)

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Calypso

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Rivière-Pentecôte



The Whale Route winds its way through Sept-Îles

### Coast Guard

Maritime distress:	1-800-463-4393
Nautical information (24 hour service):	1-800-267-6687

### Environment Canada Weather

	weather.ec.gc.ca
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Sept-Îles:	418-962-5339

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Shellfish toxicity:	418-968-8247, 1-800-463-1736 (voicemail)

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Havre-Saint-Pierre:	418-538-2212	Sept-Îles:	418-962-2572
Lourdes-de-Blanc-Sablon:	418-461-2144	Sept-Îles (hospital):	418-962-9761

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### Road Conditions and Public Works • [www.mtq.gouv.qc.ca](http://www.mtq.gouv.qc.ca) 511

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### ACKNOWLEDGEMENTS

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### LAYOUT

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Imprimerie B&E

### PRINTING

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### PHOTO CREDITS, COVER

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