

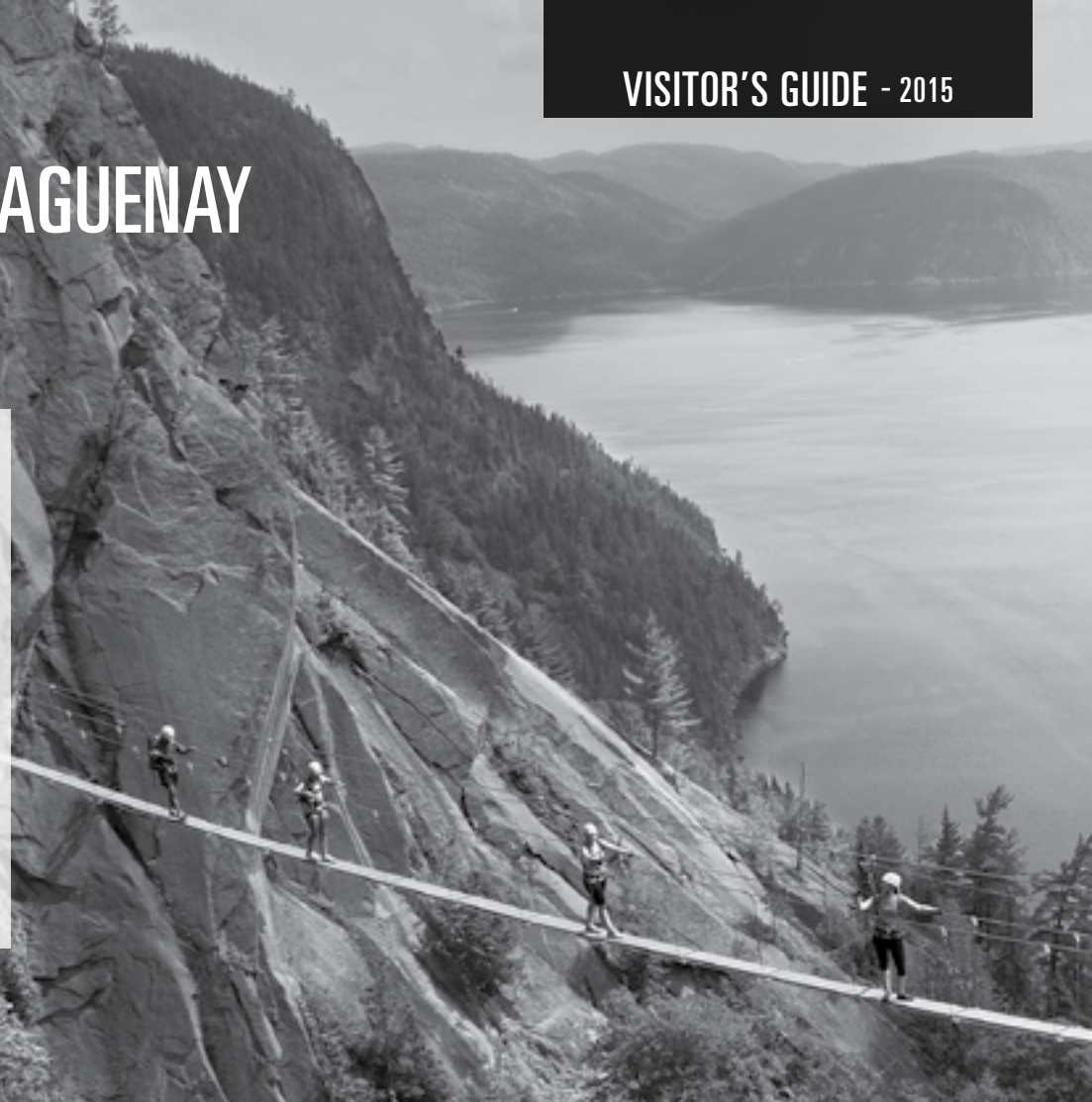


PARC NATIONAL DU FJORD-DU-SAGUENAY

Welcome to the land of endless panoramic vistas in the heart of Parc National du Fjord-du-Saguenay! Over 100 km in length, this inlet etched in stone and invaded by the sea, is the longest fjord in the world at this low latitude. For over 30 years, the park has protected and showcased both of the fjord's banks that stretch over 319.3 km² of protected territory.

Whether you're on the ground, over the sea or in the air, discover a succession of coves and bays with landscapes that are ever changing with the rise and fall of the tides.

Welcome to your adventure!



NEW

LUMIÈRE SUR LES ÉTOILES

A brilliant starry night sky is one of nature's most thrilling wonders. Today unfortunately, due to light pollution, it's less accessible. In this International Year of Light, join us to celebrate the starry skies and take part in a star-filled astronomy activity. Come rain or shine!



VIA FERRATA

Anchored to the cliffs that tower high above Baie Éternité, the Via Ferrata des Géants consist of three spectacular guided tours. It's the perfect occasion to see the bay unlike never before. Put your courage to the test and live the experience for yourself!



HUTTOPIA CAMPING IN THE BAIE-SAINTE-MARGUERITE SECTOR

Camp in one of our five new Huttoopia tents set up in the heart of nature where Baie-Sainte-Marguerite outdoor activities are in full swing.





PLAY IT SAFE

YOUR SAFETY: YOUR RESPONSIBILITY

Outdoor activities may entail certain risks. You must always make sure that you have the ability and special skills required for your chosen activity. It is very important to know your physical ability and limits.

For several years now, Sépaq has ensured the greatest possible access to Québec's most beautiful natural treasures. An essential part of this mission is our concern for visitor safety.

Sépaq hopes that your outdoor experience will be memorable and urges you to *Play it Safe!*

All visitors remain responsible for their own safety, with risk management being an integral part of the outdoor experience. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

We invite you to consult our safety guides for Sépaq activities on our Web site sepaq.com/security.

The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.

sepaq.com/security

REMINDER

Sépaq would like to remind you that some of the activities offered in the network require that you be physically fit and have specific skills as well as specialized equipment. There are a number of organizations that can help you plan your activities safely. Do not hesitate to contact them.

AirMédic
airmedic.net | 1-877-999-3322

Aventure Écotourisme Québec
aventure-ecotourisme.qc.ca | 1-866-278-5923

Bureau de la sécurité nautique
tc.gc.ca | 1-800-267-6687

Camping Québec
campingquebec.com | 1-800-363-0457

Fédération québécoise des chasseurs et pêcheurs
fedecp.qc.ca | 1-888-523-2863

Fédération québécoise de la marche
fqmarche.qc.ca | 1-866-252-2065

Fédération québécoise de la montagne et de l'escalade
fqme.qc.ca | 1-866-204-3763

Fédération québécoise du canot et du kayak
canot-kayak.qc.ca | 514-252-3001

Ski de fond Québec
skidefondquebec.ca | 450-744-0858

Sopfeu
sopfeu.qc.ca | 1-800-463-3389

Vélo Québec
velo.qc.ca | 1-800-567-8356

IN CASE OF EMERGENCY 911

SÛRETÉ DU QUÉBEC

310-4141 (general number) / *4141 (for cell phones)

Where cell phone networks are available.

A FEW REMINDERS FOR A BETTER OUTDOOR EXPERIENCE

BEFORE YOU LEAVE HOME

- Plan on going with at least one other person.
- Check the weather report.
- Pack water and food, even if the activity is only for a few hours.
- See that you have appropriate footwear.
- Pack extra clothing (raincoat, warmer clothes, etc.).
- Make sure that the equipment you will be using during the activity is in good condition.
- Bring a whistle, a flashlight, a first-aid kit, etc.
- Let somebody know the exact location of your destination and the date you plan to return home, with instructions to contact emergency services (911) if you do not return.
- Inform the persons accompanying you of the inherent risks of the chosen activity.

ONCE YOU ARE ON SITE

- Do not count on your cell phone: in most areas, you will be unable to get a signal.
- Obtain a map of the area.
- Check how much time it will take to complete your activity.
- Follow the instructions that apply to each activity.
- Obey signs and notices, including bans on open fires.
- Never leave children unsupervised.
- Boil or treat (filter, chlorine or iodine) water from rivers and streams before drinking.
- When camping, pack your food in airtight containers and keep it out of reach of animals.
- Should you find that a piece of equipment or an accessory is missing or defective, stop using it and inform the staff on site of the situation as soon as possible.

WHEN YOU GET BACK

- Once you have completed your activity, make sure that you report to our staff anything wrong or any damage or problems you encountered.

MUST-DOS

L'ANSE-DE-TABATIÈRE

The only viewpoint overlooking the Fjord that is accessible by car

You will appreciate the many amenities in this truly unique place. The short walking trail, no more than 500 m in length, is bordered with discovery panels. Come and explore this site at sunset and see the scenery transform as the light changes

CAMPING AT POINTE-DU-MOULIN

Wilderness camping along the Baie Sainte-Marguerite shoreline

Accessed by bicycle or on foot, the privacy and peacefulness of these campsites are a pure delight.

LA HALTE DU BÉLUGA

Come and meet this uncommon mammal

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

THE SENTIER DE LA STATUE TRAIL

The park's most popular trail

The Notre-Dame-du-Saguenay statue ubiquitously has been keeping an eye on the Saguenay Fjord since 1881. From the Baie-Éternité Sector, climb to the top of Cap Trinité (7 km round trip, 3-4 hours) to see this historic monument up close. A few rest areas are set up along the way for those who need a break. Enjoy the magnificent view of Baie Éternité as you catch your breath!



REGULATIONS



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



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

Also, the flora is sensitive to being trampled. It is therefore mandatory to stay on the hiking trails.



Nature exhibits exemplary equilibrium, and for this reason the feeding of wildlife is prohibited. In this respect, it is also prohibited to leave food or garbage unsupervised. Keep them in your car.



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



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



**Parc national
du Fjord-du-Saguenay**

Protect. Discover. Share.

91, rue Notre-Dame
Rivière-Éternité, (Québec) G0V 1P0
Phone: 1 800 665-6527 or 418 272-1556
Fax: 418 272-3438
E-mail: parc.saguenay@sepaq.com
www.parcsquebec.com

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The rates listed in this guide do not include taxes, permits or reservation fees, unless otherwise stated;

Prices, terms and services are subject to change without notice.

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VIA FERRATA DES GÉANTS




Discover Baie Éternité from the skies above! Anchored to the cliffs that tower high above the bay, cross the void over an 85 m long suspended bridge. Groups are limited to a maximum of 8 people to ensure that the guide remains in proximity. The individuals cross at their own pace under safe conditions. For more information or reservations, visit the Discovery and Visitors Centre or call 1 800 665-6527 or 418 272-1556. Reservations can also be made online by visiting www.parcsquebec.com.



EXPERIENCE LENGTH OF TRIP (APPROX.)	DIFFICULTY LEVEL	APPROXIMATIVE LENGTH	DEPARTURE SCHEDULE	RATES
La Passerelle 3 h	Easy	295 m	From June 20 until July 10 (Saturdays, Sundays and holidays): 9:15 a.m. From July 11 until September 7 (seven days a week): 9:15 a.m. 2:45 p.m. From September 8 until October 12 (Saturdays, Sundays and holidays): 9:15 a.m.	\$36 (16 and over) \$27.50 (ages 12 to 15)
La Grande Dalle 4 h	Intermediate	570 m	From June 20 until July 10 (Saturdays, Sundays and holidays): 1 p.m. From July 11 until September 7 (seven days a week): 9:45 a.m. 1:15 p.m. From September 8 until October 12 (Saturdays, Sundays and holidays): 1 p.m.	\$53.50 (16 and over) \$40 (ages 14 and 15)
L'Odysée 6 h	Difficult	850 m	From June 20 until July 10 (Saturdays, Sundays and holidays): 10 a.m. From July 11 until September 7 (seven days a week): 10:15 a.m. and 12 p.m. From September 8 until October 12 (Saturdays, Sundays and holidays): 10 a.m.	\$76.50 (16 and over) \$57.50 (ages 14 and 15)





**SKY-HIGH
experience!**

1 888 674-9114
www.capjaseux.com





Fjord ropes course



Sea kayaking



Via ferrata

And also...

- Adapted Fjord ropes course levels for the family: Bambino
- Mini aerial ropes course
- Regular Fjord ropes course
- EXTREME Fjord ropes course
- Aerial adventure course
- Sea kayaking (family expedition available)
- Non-traditional lodging: Tree houses, Glass-domed lodging, Suspended spherical lodging
- Log cabins and camping
- Hiking trails, fishing and beach

WATER ACTIVITIES

LA BAIE-ÉTERNITÉ SECTOR

Sail across the waterways of the Saguenay-St. Lawrence Marine Park! No matter how you travel, attentive guides will unveil a unique marine environment nestled between two shores. For more information or reservations, visit the Discovery and Visitors Centre or call 1 800 665-6527 or 418 272-1556.



SEA KAYAKING



On the program: The staggering cliffs of Baie Éternité to the rhythm of the participants... and the tides! No experience required.

From June 6 until 19* - Saturdays and Sundays:
 • 1:30 p.m. to 4:30 p.m.

From June 20 until September 7 - seven days a week:

- 9:30 a.m. to 12:30 p.m.
- 1:30 p.m. to 4:30 p.m.

From July 18 until August 16, a third expedition is offered at the end of the day from 5 p.m. to 7 p.m.

From September 8 until October 12* - Saturdays and Sundays:

- 1:30 p.m. to 4:30 p.m.

For October 10, 11 and 12, a third expedition is offered in the morning from 9:30 a.m. to 12:30 p.m.

** Excursions possible during the week with reservations 24 h in advance.*

Rates:

- \$52 /adult
- \$45 /child (17 or under)
- \$165 /family (2 adults and 2 children)

AN OVERNIGHT SAILBOAT ADVENTURE



How about sailing under the stars on the open waters of Baie Éternité? Live like a sailor with an introductory excursion from Voile Mercator. Boating, a three-course meal, one night of accommodations on-board and breakfast included. Seven days a week from June 13 until September 20, boarding at 10 a.m. and 1:45 p.m.

Rates:

- \$560 /2 people
- \$660 /3 people or family (2 adults and 2 children)
- \$760 /4 people

ZODIAC



Come aboard the OrganisaAction inflatable boat for an unforgettable discovery journey into the Saguenay Fjord!

From June 6 until 19 - Saturdays and Sundays*:

- 10 a.m. to 12 p.m.

From June 20 until September 7 - seven days a week:

- 10 a.m. to 12 p.m.
- 2 p.m. to 4 p.m.

From July 18 until August 16, a third expedition is offered at the end of the day from 5 p.m. to 7 p.m.

From September 8 until October 12 - Saturdays and Sundays*:

- 10 a.m. to 12 p.m.

For October 10, 11 and 12, a second expedition is offered from 2 p.m. to 4 p.m.

**Excursions possible during the week with reservations 24 h in advance.*

Rates:

- \$52 /adult
- \$45 /child (17 under)
- \$165 /family (2 adults and 2 children)



CRUISES



Croisières du Fjord invites you to come aboard the Fjord Saguenay II, a tour boat equipped with water-based technology to reduce fuel consumption.

From June 1 until 30 - seven days a week:

- 10:30 a.m. to 12 p.m.
- 3 p.m. to 4:30 p.m.

From July 1 until September 7 - seven days a week:

- 11 a.m. to 1:30 p.m. (stopover in L'Anse-Saint-Jean from 12 p.m. to 1 p.m.)
- 11 a.m. to 3 p.m. (stopover in L'Anse-Saint-Jean from 12 p.m. to 2:30 p.m.)
- 1:30 p.m. to 3 p.m.

From September 8 until October 12 - seven days a week:

- 10:30 a.m. to 12 p.m.
- 3 p.m. to 4:30 p.m.

Rates:

- \$55 /adult
- \$28 /child (ages 6 to 14)
- \$138 /family (2 adults and 2 children)
- Free for kids ages 5 or under.



Aventure Écotourisme Québec certified outfitters, in collaboration with the Sépaq, offer you several stays and guided activities specially designed for the discovery of exceptional natural spaces. Boost your sense of adventure in Québec!

PLAN YOUR NEXT GUIDED OUTING WITH :

CENTRE DE VACANCES FERME S ÉTOILES
 Sea kayaking
 418 236-8551

ORGANISATION LE QUÉBEC HORS CIRCUITS!
 Sea kayaking
 817 549-0676

PARC AVENTURE CAP JASEUX
 Sea kayaking
 888 674-9114

FJORD EN KAYAK
 Sea kayaking
 888 725-2525

MER ET MONDE ÉCOTOURS
 Sea kayaking, hiking
 888 637-8833

VOILE MERCATOR
 Sailing
 888 674-9339



quebecadventure.ca

DISCOVERY ACTIVITIES*

LA BAIE-ÉTERNITÉ SECTOR (June 20 to August 23)



DAY	TIME	LENGTH	ACTIVITY	ACTIVITY TYPE	MEETING POINT
Monday	11:30 a.m. to 1 p.m.	15 min	Charles-Napoléon Robitaille	Posted activity	Foot of the statue
	11:30 to 4 p.m.	15 min	Naviguez l'histoire du Saguenay	Posted activity	Anse-de-Tabatière main lookout
	2 p.m. to 3:30 p.m.	15 min	Un paysage à couper le souffle	Posted activity	Halte Bellevue
	9 p.m. to 10 p.m.	1 h	Lumière sur les étoiles	Evening talk	Campground (comm. hall A)
Tuesday	11:30 to 2:30 p.m.	15 min	La faune du fjord	Posted activity	Outdoor terrace behind the Centre
	4 p.m. to 5:30 p.m.	1½ min	Un commis voyageur à l'époque du rabaska \$☎	Rabaska canoeing activity	Outdoor terrace behind the Centre
	8:30 p.m. to 10 p.m.	1½ min	Voyage au bout de la nuit \$☎ **	Night-time hike	Outdoor terrace behind the Centre
Wednesday	11:30 to 4 p.m.	15 min	Naviguez l'histoire du Saguenay	Posted activity	Anse-de-Tabatière main lookout
	11:30 a.m. to 1 p.m.	15 min	Charles-Napoléon Robitaille	Posted activity	Au pied de la statue
	2 p.m. to 3:30 p.m.	15 min	Un paysage à couper le souffle	Posted activity	Halte Bellevue
Thursday	2 p.m. to 3:30 p.m.	15 min	La faune du fjord	Posted activity	Outdoor terrace behind the Centre
	4 p.m. to 5:30 p.m.	1½ min	Un commis voyageur à l'époque du rabaska \$☎	Rabaska canoeing activity	Outdoor terrace behind the Centre
	7:30 p.m. to 8:30 p.m.	1 h	Le sorcier du Saguenay	Interactive theatre	Outdoor terrace behind the Centre
Friday	11:30 a.m. to 1 p.m.	15 min	Charles-Napoléon Robitaille	Posted activity	Foot of the statue
	2 p.m. to 3:30 p.m.	15 min	Un paysage à couper le souffle	Posted activity	Halte Bellevue
	9 p.m. to 10 p.m.	1 h	Lumière sur les étoiles	Evening talk	Campground (comm. hall A)
Saturday	11:30 a.m. to 2:30 p.m.	15 min	La faune du fjord	Posted activity	Outdoor terrace behind the Centre
	4 p.m. to 5:30 p.m.	1½ min	Un commis voyageur à l'époque du rabaska \$☎	Rabaska canoeing activity	Outdoor terrace behind the Centre
	8:30 p.m. to 10 p.m.	1½ min	Voyage au bout de la nuit \$☎ **	Night-time hike	Outdoor terrace behind the Centre
Sunday	11:30 a.m. to 4 p.m.	15 min	Naviguez l'histoire du Saguenay	Posted activity	Anse-de-Tabatière main lookout
	2 p.m. to 5 p.m.	15 min	La faune du fjord	Posted activity	Outdoor terrace behind the Centre
	7:30 p.m. to 8:30 p.m.	1 h	Faucon les protège!	Evening talk	Campground (comm. hall A)

\$☎ -Cost for activity, reservations required!

* Activities offered in French only

** The "Voyage au bout de la nuit" will begin July 11th.



VOYAGE AU BOUT DE LA NUIT

Night-time is quiet time? Don't you believe it!

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

Reservations are required and can be made at the Discovery and Visitors Centre or by phone at 418 272-1556.

ADULTS: \$ 9.50

CHILDREN: free (accompanied by an adult)

Not recommended for children under 6 years of age.



UN COMMIS VOYAGEUR À L'ÉPOQUE DU RABASKA

Join the crew of this rabaska canoe and paddle your way into the fur trade era! Our expert guides will introduce you to the ancient customs and practices of the coureurs de bois as you navigate the waters of Baie Éternité. Reservations required: Call 418 272-1556 or visit the Discovery and Visitors Centre.

ADULTS: \$ 15.50

CHILDREN: free (accompanied by an adult)

Open-water outings are not recommended for children under 6 years of age.

DISCOVERY ACTIVITIES*

LA BAIE-SAINTE-MARGUERITE SECTOR (June 20 to August 23)



DAY	TIME	LENGTH	ACTIVITY*	ACTIVITY TYPE	MEETING POINT
Monday	11 a.m. to 4 p.m.	15 min	La halte du béluga	Posted activity	La Halte du Béluga observation deck
Tuesday	2 p.m. to 5:00 p.m.	15 min	La halte du béluga	Posted activity	La Halte du Béluga observation deck
	7 p.m. to 8 p.m.	1h	Chauve-souris sous le radar	Evening talk	Discovery and Visitors Centre
Wednesday	10 a.m. to 12 p.m.	2h	Le canari des mers \$☎	Open introduction to research	Pointe-du-Moulin Pavillion
	1 p.m. to 4 p.m.	15 min	La halte du béluga	Posted activity	La Halte du Béluga observation deck
Thursday	11 a.m. to 4 p.m.	15 min	La halte du béluga	Posted activity	La Halte du Béluga observation deck
	9 p.m. to 10 p.m.	1h	Lumière sur les étoiles	Evening talk	Discovery and Visitors Centre
Friday	11 a.m. to 4 p.m.	15 min	La halte du béluga	Posted activity	La Halte du Béluga observation deck
	3 p.m. to 5 p.m.	2h	Le canari des mers \$☎	Open introduction to research	Pointe-du-Moulin Pavillion
Saturday	11 a.m. to 4 p.m.	15 min	La halte du béluga	Posted activity	La Halte du Béluga observation deck
	7 p.m. to 8 p.m.	1h	Les mille et un visages de la baie	Evening talk	Discovery and Visitors Centre
Sunday	10 a.m. to 12 p.m.	2h	Le canari des mers \$☎	Open introduction to research	Pointe-du-Moulin Pavillion
	1 p.m. to 4 p.m.	15 min	La halte du béluga	Posted activity	La Halte du Béluga observation deck

\$☎ - Cost for activity, reservations required!

* Activities offered in French only.



LE CANARI DES MERS

Play as scientists to learn about beluga whales and their underwater universe! Dive into their fascinating world of sound and take a front row seat to contemplate why this whale is now "on the verge of extinction." Reservations required with the Discovery and Visitors Centre or by calling 418 236-1162.

ADULTS: \$9.50

CHILDREN: free (accompanied by an adult)

PSITT

Would you prefer to reach the mouth of the bay by bicycle? Bike rentals are available.

Starting at \$13.50.



LAISSEZ-VOUS CHARMER PAR LES NYCTALES

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

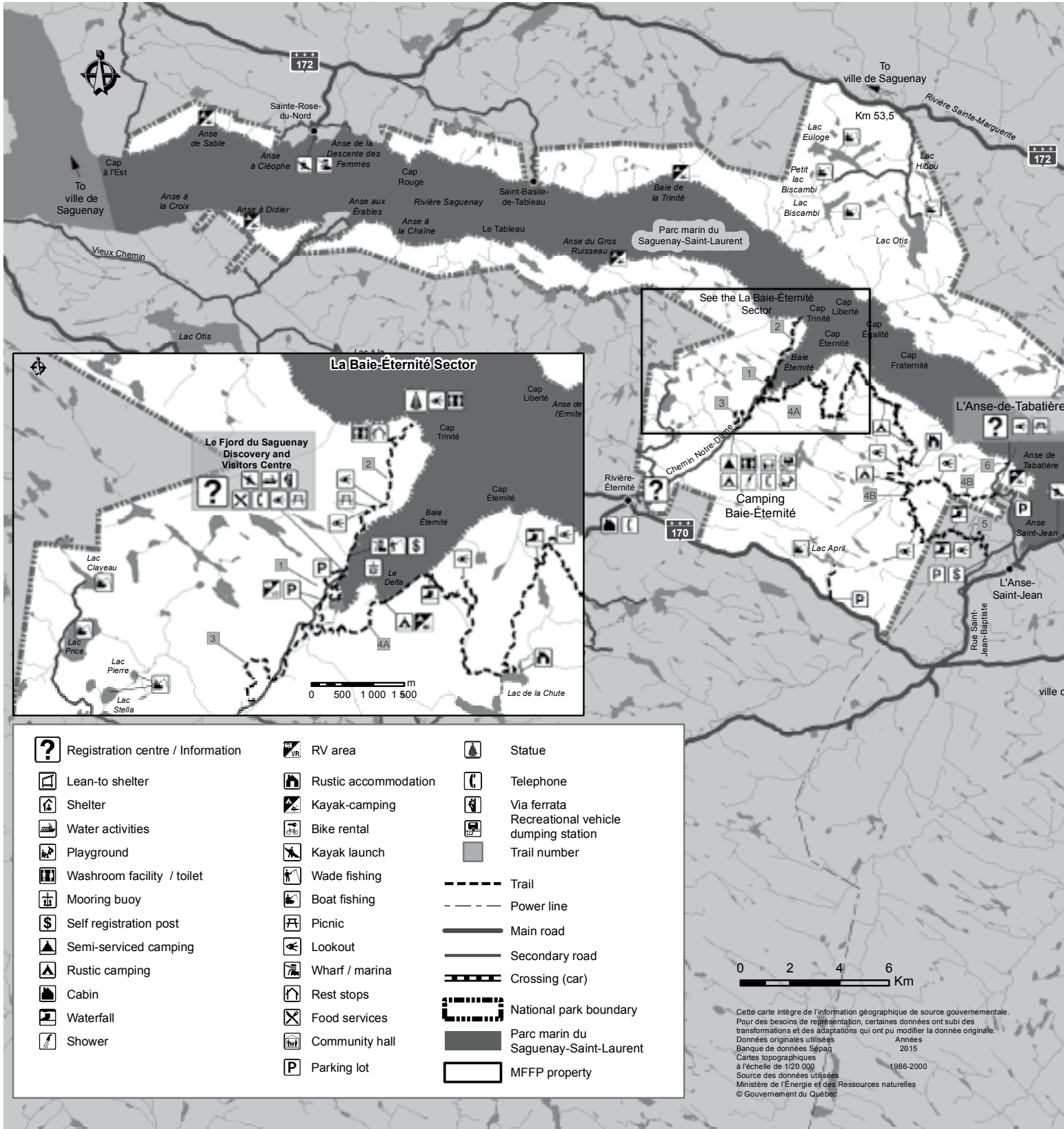
Fridays and Saturdays from September 4 until October 10, 7:30 p.m. to 9:30 p.m. Reservations required with the Discovery and Visitors Centre or by calling 418 236-1162.

ADULTS: \$10.50

CHILDREN: free (accompanied by an adult)



GENERAL PARK MAP



SHORT HIKING TRAILS



ON THE MAP

TRAILS

LENGTH

ROUND TRIP

LOOP

DIFFICULTY LEVEL

STARTING POINT

BAIE-ÉTERNITÉ SECTOR						
1	Sentier des Méandres-à-Falaises	1,6 km 45 - 60 min		X	F	Le Fjord du Saguenay Discovery and Visitors Centre
2	Sentier de la Statue • To the Halte Bellevue lookout	3,6 km 2 h		X	I	Le Fjord du Saguenay Discovery and Visitors Centre
	• To the statue	7,6 km 3 - 4 h		X	ID	
3	Sentier de la Rivière • Along Éternité River from the campground to the bay	8,4 km 4 h		X	I	Le Fjord du Saguenay Discovery and Visitors Centre or Baie-Éternité campground, between sites 54 and 56.
4a	Sentier Les Caps • To point de vue du Géant lookout	10,2 km 4 - 5 h		X	ID	Parking area P3
	• To Cap Éternité	18 km 9 h		X	D	
L'ANSE-SAINT-JEAN SECTOR						
4b	Sentier Les Caps • From Anse-de-Tabatière to Chemin Saint-Thomas, through Montagne (Montagne Blanche area - Sentier des chutes is closed during hunting season)	15 km 7 - 8 h	One way *		D	Chemin de l'Anse or Chemin Saint-Thomas Nord
4c	Sentier Les Caps • From L'Anse-Saint-Jean to Petit-Saguenay	10 km 5 h	One way *		I	Rue Saint-Jean-Baptiste in L'Anse-Saint-Jean or Rue du Quai in Petit-Saguenay
5	Sentier des Chutes • To the 1 st waterfall	5 km 2 - 3 h		X	I	Chemin Saint-Thomas Nord
	• To Montagne Blanche (closed in the fall during hunting season)	13,8 km 6 - 7 h		X	D	
6	Sentier de l'Anse-de-Tabatière • Lookout over the Saguenay Fjord	0,5 km 10 min		X	F	Anse-de-Tabatière parking area
PETIT-SAGUENAY SECTOR						
7	Sentier de la Pinède • To the La Pinède viewpoint	8 km 3 h		X	I	Chemin Saint-Étienne parking area
BAIE-SAINTE-MARGUERITE SECTOR						
8a	Sentier Le Fjord • From Discovery and Visitors Centre to Halte du Béluga lookout	6 km 2 - 3 h		X	F	Le Béluga Discovery and Visitors Centre
	• From Discovery and Visitors Centre to Saint-Louis Island lookout	10 km 4 - 5 h		X	ID	Le Béluga Discovery and Visitors Centre
	• From Discovery and Visitors Centre to Anse-à-Pierrot parking area	13,6 km 6 - 7 h	One way *		D	Le Béluga Discovery and Visitors Centre or l'Anse-à-Pierrot parking area
8b	Sentier Le Fjord • From Anse-Creuse to Cap de la Boule	13,2 km 7 - 8 h	One way *		D	Rang Saint-Joseph or lac de la Boule parking area
BAIE-DE-TADOUSSAC SECTOR						
8c	Sentier Le Fjord • From Tadoussac to Anse à la Barque viewpoint	3,6 km 1 h 30		X	F	Parking area across the fish farm (Route 138, near the ferry)
	• From Tadoussac to Anse à la Barque viewpoint on the hill	3,6 km 1 h 30		X	F	Parking area across the fish farm (Route 138, near the ferry)
	• From Tadoussac to Mont Adéla-Lessard viewpoint	6,6 km 4 - 5 h		X	I	Parking area across the fish farm (Route 138, near the ferry)
	• From Tadoussac to cap de la Boule	11,7 km 6 - 7 h	One way *		D	Parking area across the fish farm (Route 138, near the ferry) or lac de la Boule parking area
9	Sentier de l'Estuaire • Access to lookout overlooking the estuary	800 m 20 min		X	F	La Maison des Dunes Discovery and Visitors Centre
10	Sentier de la Pointe-de-l'Islet • Marine mammal observation site from land	800 m 20 min		X	F	Federal wharf of Tadoussac or municipal parking area
11	Sentier de la Coupe	1,1 km 45 min		X	F	Parking area across the fish farm (Route 138, near the ferry)

- Accessible by bicycle F: Easy I: Moderate D: difficult

* Plan return trip by shuttle

LONG-DISTANCE HIKING

ALONG THE FJORD

Both shores of the fjord are bordered by long-distance hiking trails. Sentier Les Caps and Sentier Le Fjord trails both have shelter, primitive campground, lean-to facilities. Visit our Website for details and route suggestions.

TRAIL	Les Caps (south shore)	Le Fjord (north shore)
DISTANCE	27 - 32 km, (difficult level) From Baie-Éternité to L'Anse-Saint-Jean	41,1 km (difficult level). From Baie-Sainte-Marguerite to Tadoussac
ENVIRONMENT	Forest	Woodlands along the fjord
SHUTTLE SERVICE	OrganisAction 418 549-0676	Ferme 5 Étoiles 418 236-4833 or 1 877 236-4551

ACCOMMODATIONS



HUTTOPIA



CAMPING



HUT

CABIN

Warm, fully equipped cottages for up to four guests.

CAMPING

Camping for all tastes! You decide!

- Marked campsites with or without services, or primitive sites
- Kayak-camping and trek-camping
- Exclusive sites for touring cyclists
- RV camping

HUT

Sleep in the heart of nature in community-type lodgings.

- Outdoor latrine, no running water

Starting at
\$98 /night

Starting at
\$23 /night

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\$26 /night
/person

READY-TO-CAMP

Simple lodgings where comfort and originality meet!

- Huttoopia tent (for six guests, maximum four adults)
- Tent-trailer (for six guests, maximum four adults)

LEAN-TO-SHELTER

A roof, a floor, and three walls... a taste of the great outdoors!

- Outdoor latrine, no running water

Starting at
\$100 /night

Starting at
\$11.50 /night
/person



SUMMER FISHING



Anglers, grab your fishing rods! Five lakes open for brook trout fishing along both shores. The rates includes the rental of a rowboat. Refer to the main map for lake locations. Ensure to have your Québec fishing licence close at hand. All catches must be recorded. Your data is essential for maintaining sound management practices!

Starting at
\$ 59.70 /person

FAMILY TIME!

The Sépaq network has many must-see nature destinations you can explore as a family. Perfect for creating lifelong memories together, seeing the world through a child's eyes, or soaking up the wonder... and reconnecting with what really matters.

For accommodations, activities and services, go to sepaq.com/family to see what our family destinations have in store for you.



Photo: Mathieu Dupuis

CONSERVATION FOR ALL

A DEEP GASH IN THE EARTH FLOODED BY THE SEA

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

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

THE SAGUENAY FJORD IN NUMBERS!*

Length: 103 km	Maximum height of the surrounding capes:
Width: 1.1 to 4.4 km	460 m (Baie-Éternité Sector)
Maximum depth: 270 m	Watershed: 78,000 km ²
Sediment thickness: Up to 900 m	<i>*Source: Locat, 2013.</i>



A FJORD THAT STANDS OUT ON THE WORLD STAGE!

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

The name "Saguenay" probably comes from the combination of two

DID YOU KNOW...

Amerindian words – *saga* and *nipi* – meaning "where the water flows out". This is, in essence, the most widely accepted hypothesis for the origin of the word, one of the oldest geographic names in Quebec.



THE PEREGRINE FALCON – ANIMAL EMBLEM

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

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

In the Saguenay-Lac-Saint-Jean region alone, monitoring has been done yearly for more than 20 years. Every spring, park wardens locate nesting sites alongside the Ministry team. In 2014, ten nesting sites were identified in the region. Seven are located along the banks of the fjord within the park's boundaries.

Keep an eye out as you explore the park, you have a good chance of spotting a peregrine falcon or two!



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A TEN-YEAR ASSESSMENT OUR NATIONAL PARKS ARE IN GOOD HEALTH!

The daily challenge for the managers who run a national park is to get the balance right between public access and conservation. To accomplish this, Parcs Québec developed a forward-thinking program in 2003 to implement ongoing health check-ups for its national parks – the ecological integrity monitoring program (EIMP). The results of the 370 monitorings carried out over the last 10 years are encouraging: the overall level of ecological integrity of the national parks has been maintained or improved throughout the network, despite an increasing public access.

Full details at parcsquebec.com/ecologicalintegrity

Here are some highlights from the parc national du Fjord-du-Saguenay's Ecological Integrity Monitoring Program (EIMP):

- Contrary to global tendencies, the monitoring results concerning Amphibians (tailless and salamanders) are encouraging;
- The number of corallorhiza striata plants, a small orchid without chlorophyll, seems to have increased;
- The insect biodiversity index for the Carabidae and Curculionidae families has increased.



PARCS QUÉBEC CONSERVATION BLOG - IN FRENCH ONLY

Did you know that Parcs Québec posts a weekly article on its blog about Québec national park conservation initiatives and issues? To stay in the loop, sign up for our monthly newsletter..

Full details at parcsquebec.com/blogue



PARCS QUÉBEC FUND

GIVE... AND NATURE WILL GIVE BACK

The Parcs Québec Fund is dedicated exclusively to supporting conservation projects in national parks. Aerial census of white-tailed deer, shoreline restoration, archeological studies, and bald eagle population monitoring are just a few examples of projects that help safeguard our heritage and were made possible thanks to public donations.

Full details at fondsparcsquebec.com



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