

Journal



2013 • 2014 | ENGLISH VERSION

PARC NATIONAL DU
FJORD-DU-SAGUENAY



MESSAGE FROM THE MINISTER



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

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

New premises will open in 2013 at Parc national du Lac-Témiscouata, the latest addition to the Parcs Québec network. The park was officially established in 2009 to protect a representative sample of natural sites at Monts Notre-Dame. Parc national du Lac-Témiscouata features quality infrastructures in line with national park standards. This protected area is actually renowned for its wetlands and its ornithological and archaeological wealth. I invite you to come and discover the park this summer.

A third national park north of the 50th parallel will also be created following the Pinguiluit and Kuururjuaq projects. Covering 26,000 km² of land, Parc national Tursujuq will allow us to achieve the 9% mark of protected areas across Québec. Like the other two northern parks, the management and development of this new territory is entrusted to the Kativik Regional Government.

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

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

THE MISSION OF PARCS QUÉBEC

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

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

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

DISCOVER QUÉBEC'S NATIONAL PARKS





THE MUST-DOS



L'ANSE-DE-TABATIÈRE

The only viewpoint overlooking the Fjord that is accessible by car

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



GUIDED RABASKA EXCURSION

An original way to explore Baie Éternité

Grab your paddle and navigate the waters with a park warden. See Page 9 for more detailed schedule information.

From
\$ 14.79 /adult

\$ 7.39 /child

Taxes and entry fees not included.



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.

From
\$ 29.75 /night

(Bundle of wood included)

Taxes and entry fees not included.



HALTE DU BÉLUGA

Come and meet this uncommon mammal

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



THE STATUE TRAIL

The park's most popular trail

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

WELCOME

FROM 1983 TO 2013: 30 YEARS OF PROTECTION FOR THE TERRITORY!

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

- **Baie-Sainte-Marguerite:** On the north shore, less than 30 minutes from Tadoussac, this sector holds the promise of exclusive contact with a unique habitat for the St. Lawrence beluga whale, and centuries of history shrouded within the scenery!
- **Baie-de-Tadoussac:** Also on the north shore, where the Fjord and Estuary converge, and where whales like to hang out, this sector brings you to the sandy landscapes of marine terraces, commonly called *dunes*. Discover the remains of an ice age, where thousands of birds fly over every fall on their way to warmer climes.
- **Baie-Éternité:** On the south shore of the Saguenay Fjord, this sector offers an impressive variety of land and sea activities. The grandness of the scenery and absolute calm of the bay are sure to please!

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

CATEGORY OR GROUP	DAILY RATES	ANNUAL PARK CARD	ANNUAL NETWORK CARD
Adult (18 or over)	\$6.50	\$32.50	\$58.50
Child (6 to 17)	\$3	\$15	\$27
Child (0 to 5)	Free	Free	Free
1 adult with children 6 to 17	\$9.50	\$47.50	\$85.50
2 adults with children 6 to 17	\$13	\$65	\$117
Organized adults group	\$5.75	N/A	N/A
Organized youth group (aged 6 to 17)	\$2.50	N/A	N/A
School or student group	Free	N/A	N/A

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

Your Safety : Your Responsibility



Outdoor activities can involve certain risks. Make sure that you have the skills and abilities required for the activity you choose. It is important to know the risks inherent to this activity, to respect your limits and to use appropriate equipment. For more information, we invite you to consult our Web site at sepaq.com.

REGULATIONS



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



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



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



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



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



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



For the preservation of the milieu and for your safety, only a certain number of activities are allowed in these parks. Plan your visit and first check the list of activities that are allowed in the parks you plan to visit.

THE SAGUENAY FJORD

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

Width: 1.1 to 4.4 km

Maximum depth: 270 m

Sediment thickness: Up to 900 m

Maximum height of the surrounding capes: 460 m (Baie-Éternité Sector)

Watershed: 78,000 km²

*Source : Locat, 2013.



A Fjord that stands out on the world stage!

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

DID YOU KNOW...

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



THE PEREGRINE FALCON – ANIMAL EMBLEM

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

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

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

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



Huttopia

A PARCS QUÉBEC'S EXCLUSIVE!

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

Each unit includes:

- two big beds
- supplementary heating and lighting
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2013 SEASON
80 new tents

2 new destinations:

- Îles-de-Boucherville
- Lac-Témiscouata

LOW SEASON ⁽¹⁾	HIGH SEASON ⁽²⁾
\$ 99 /night	\$ 116 /night

Capacity of 5 people (max. 4 adults)

(1) From Sunday to Thursday until June 20, 2013 and from September 8, 2013.

(2) Fridays, Saturdays, holidays and every day from June 21, 2013 to September 7, 2013. Taxes and entrance fee not included

Online reservation: parksquebec.com/huttopia



BAIE SAINTE-MARGUERITE : An Exceptional Beluga Habitat!



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

Park researchers are currently working at finding answers to this question.

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

Thousands of years of history under your feet!

Practically every spring since 1996 a team from the University of Quebec at Chicoutimi Archaeology Laboratory conducts digs along the shores of the Sainte-Marguerite River, at the mouth of the Fjord.

A few thousand years ago, the water levels of the Fjord were 20 to 40 metres higher than today. Because the first travellers set up their camps near the water, the oldest artefacts are found 25 metres above the current waterline. Most of the 320,000 pieces amassed, some as old as 5,000 years, are bone fragments from seals found in fire pits. Surprisingly, the area was principally travelled in winter and used for hunting. The availability of food in the area made it a strategic site despite winter weather.

UTILIZATION OF THE BAIE SAINTE-MARGUERITE ZONES



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



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

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

ACCOMODATION LODGES, CAMPING, YURTS...	ACTIVITIES SEA KAYAKING, WILD ANIMALS WATCHING, HIKING AND SHUTTLE FOR HIKERS...	RESTAURANT TRADITIONAL MEALS
<p>YOUR HOLIDAY CENTER ONLY 15 MINUTES FROM TADOUSSAC</p> <p>465, route 172 Ouest, Sacré-Coeur</p> <p>418 236-4833 1 877 236-4551 www.ferme5etoiles.com</p>		

DISCOVERY ACTIVITIES

BAIE-SAINTE-MARGUERITE SECTOR



La halte du béluga

SUMMER DISCOVERY ACTIVITIES

Saturday, June 22 to Sunday, August 18

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Marguerite en trois temps	10:30 to 12:00				10:30 to 12:00		10:30 to 12:00
2 La halte du béluga	13:00 to 16:00	13:00 to 16:00	14:00 to 17:00	13:00 to 16:00	13:00 to 16:00	14:00 to 17:00	13:00 to 16:00
3 Les mille et un visages de la baie			19:30 to 20:30			19:30 to 20:30	

FALL DISCOVERY ACTIVITIES

Saturday, August 24 to Sunday, September 1

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 La halte du béluga						12:00 to 15:00	12:00 to 15:00

The programming can be modified without advance notice.

DISCOVERY ACTIVITIES LED BY PASSIONNATE PARK WARDENS!*

1 Marguerite en trois temps

Posted activity

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

Meeting place: Front terrace of the centre

Length: 15 minutes

2 La halte du béluga

Posted activity

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

Meeting place: La Halte du Béluga observation deck

Length: 15 minutes

3 Les mille et un visages de la baie

Evening talks

Baie Sainte-Marguerite is much more than beluga whales! On land and on water, the site teems with life! Discover the thousand-and-one faces of the bay, where diverse fauna and flora thrive.

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

Baie comme Béluga

Permanent exhibition

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

Sentier de découverte autoguidé du belvédère

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

Deux espèces sous la menace

Rally

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

Length: About 45 minutes.

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



Marguerite en trois temps



Baie comme Béluga

Opening hours of "Le Béluga" Discovery and Visitors Centre**

Saturday, June 8 to Sunday, June 16 Saturday and Sunday from 9:00 to 16:00

Monday, June 17 to Friday, June 21 Every day from 9:00 to 16:00

Saturday, June 22 to Sunday, September 1 Every day from 9:00 to 18:00

Monday, September 2 to Monday, October 14 Every day from 9:00 to 16:00

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



L'OBSERVATOIRE D'OISEAUX DE TADOUSSAC (OOT)



When fall comes around, Tadoussac turns into a very busy bird migration crossroads. The Observatoire d'oiseaux de Tadoussac (OOT) has been studying the demographic evolution of boreal species since 1993. Every year, visual counts are conducted to take stock of an average 15,000 birds of prey and 290,000 other types of birds! The observatory also runs a banding station, night and day. Each bird captured in the Japanese nets is carefully weighed, measured and banded, and then released.

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

Where passerines (perching birds) are concerned, the 941 evening grosbeaks spotted in 2012 is the second

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

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

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

Evolution of the marine terraces

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





Set in birch woodlands, our comfortable cottages are equipped with your well-being in mind, to bring you relaxation and peacefulness

- The cottages can accommodate two to six guests, and each have a fully equipped kitchen, two bedrooms with bed linen, a bathroom with towels, a living room with sofa-bed, cable TV, and wood stove.
- Some two-guest units have chromotherapy whirlpool baths overlooking the St-Lawrence.
- Tent and RV sites are available, as well as ready-to-camp tents (fully equipped tents).
- A variety of playgrounds will keep everyone busy (swings, volleyball, petanque, horseshoes).

WE ARE OPEN ALL YEAR LONG
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Soak up the sea air
Admire the fjord and the St. Lawrence





Tadoussac Campground
At the gateway to the North Shore
Information and reservation
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www.essipit.com



• **Facilities and services**
• **Outdoor activities** • **Whale-watching excursions**

COVERY ACTIVITIES

BAIE-DE-TADOUSSAC SECTOR



SUMMER DISCOVERY ACTIVITIES

Saturday, June 22 to Sunday, August 18

ACTIVITY	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 La vie cachée du littoral	10:00 to 12:00	10:00 to 12:00	10:00 to 12:00			
2 Petit géant et grands courants	13:00 to 16:30	13:00 to 16:30	13:00 to 16:30			

FALL DISCOVERY ACTIVITIES

Friday, September 6 to Sunday, October 6

ACTIVITY	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Laissez-vous charmer par les nyctales				19:30 to 21:30	19:30 to 21:30	19:30 to 21:30

The programming can be modified without advance notice.

DISCOVERY ACTIVITIES LED BY PASSIONNATE PARK WARDENS!*

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

1 La vie cachée du littoral

Posted activity

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



Petit géant et grands courants

2 Petit géant et grands courants

Posted activity

The minke whale, or lesser rorqual, often steals the show at Pointe-de-l'Islet, where the Saguenay and St. Lawrence Rivers meet. Discover everything about this master of gymnastics... which is "lesser" in name only!



Laissez-vous charmer par les nyctales

3 Laissez-vous charmer par les nyctales

Initiation to research

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.

Meeting place: La Maison des Dunes

Length: 2 hours

Rates : Adult: \$9.57; Children: \$4.79. Taxes not included. Reservations required: Call 418 235-4238 or visit "La Maison des Dunes" Discovery and Visitors Centre.

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

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

Sentier de découverte autoguidé de la Pointe-de-l'Islet

A preferred land site for observing marine mammals, this self-guided trail is lined with discovery panels featuring historic details on the Saguenay Fjord, St. Lawrence River and Tadoussac.

La formation et l'histoire des terrasses marines

Permanent Exhibition

Why is there so much sand here? Visit "La Maison des Dunes" Discovery and Visitors Centre to see this permanent exhibition and find out more about a geological phenomenon of days gone by.



La vie cachée du littoral

Opening hours of "La Maison des Dunes" Discovery and Visitors Centre

Friday, June 21 to Monday, September 2

Saturday and Sunday from 10:00 to 17:00

Friday, September 6 to Sunday, October 6

Friday to Sunday from 13:30 to 20:30



BAIE-ÉTERNITÉ SECTOR DISCOVERY ACTIVITIES



Un paysage à couper le souffle

SUMMER DISCOVERY ACTIVITIES

Saturday, June 22 to Sunday, August 18

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Naviguez l'histoire du Saguenay		11:30 to 16:30	11:30 to 16:30				
2 En route vers le sommet							10:00 to 12:30
3 Charles-Napoléon Robitaille							13:00 to 15:00
4 La faune du fjord	14:00 to 17:00	12:00 to 15:00		12:00 to 15:00	12:00 to 15:00	12:00 to 15:00	14:00 to 17:00
5 Un paysage à couper le souffle	14:00 to 17:00		14:00 to 17:00				
6 Un commis voyageur à l'époque du rabaska		16:00 to 17:30			16:00 to 17:30		
7 La baie sens dessus dessous				16:00 to 17:30		16:00 to 17:30	
8 Découvrez le parc					19:30 to 20:30		
9 Le sorcier du Saguenay	19:30 to 20:30						
10 Faucon les protège!							19:30 to 20:30
11 Voyage au bout de la nuit		20:30 to 22:30		20:30 to 22:30		20:30 to 22:30	

FALL DISCOVERY ACTIVITIES

Saturday, August 24 to Sunday, September 29

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 La faune du fjord						12:00 to 15:00	
5 Un paysage à couper le souffle							12:00 to 15:00

The programming can be modified without advance notice.



Charles-Napoléon Robitaille

SCHOOL GROUPS... THIS WAY FOR DISCOVERIES!

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

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

Saturday, June 8 to Sunday, June 16	Saturday and Sunday from 9:00 to 16:00
Monday, June 17 to Friday, June 21	Every day from 9:00 to 16:00
Saturday, June 22 to Sunday, September 1	Every day from 8:30 to 19:00
Monday, September 2 to Monday, October 14	Every day from 9:00 to 18:00
Tuesday, October 15 to Sunday, October 20	Every day from 9:00 to 16:00

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



Naviguez l'histoire du Saguenay

DISCOVERY ACTIVITIES LED BY PASSIONATE PARK WARDENS!*

1 Naviguez l'histoire du Saguenay

Posted activity

From canoe to ocean liner, the history of navigation on the Fjord is commemorated at the main observation deck.

Meeting place: Main observation deck at L'Anse-de-Tabatière

Length: 15 minutes



La faune du fjord

2 En route vers le sommet

Guided hike

Follow a park warden up the mountain trail leading to the Statue and discover myriad natural phenomena along the way. Because the activity ends at the foot of the Statue, plan enough time for the return trip down the mountain. Register early, places are limited!

Meeting place: Rear terrace of the centre

Length: 2 ½ hours

3 Charles-Napoléon Robitaille

Posted activity

Charles-Napoléon himself will do the honours at the foot of the Notre-Dame-du-Saguenay Statue, and tell the story leading to the statue being erected more than 130 years ago.

Meeting place: At the feet of the Statue

Length: 15 minutes

4 La faune du fjord

Posted activity

Everything you have ever wanted to know about the Fjord but never thought to ask! Get a close-up look at starfish, sea urchins, shrimp, and other sea creatures in this highly fascinating and outstanding environment.

Meeting place: Rear terrace of the centre

Length: 15 minutes

5 Un paysage à couper le souffle

Posted activity

See the Fjord and Baie Éternité from a different perspective! With the help of a park warden,

discover the singular geological journey of an area that has been a million years in the making!

Meeting place: Halte Bellevue

Length: 15 minutes

RABASKA CANOEING ACTIVITIES

6 Un commis voyageur à l'époque du rabaska

Rabaska canoeing around the bay

Join the crew of this great birch-bark canoe and paddle 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.

7 La baie sens dessus dessous

Rabaska canoeing around the bay

The peaceful-looking Baie Éternité is also a plethora of land, aquatic, and marine life. Take this rabaska canoe tour of a surprisingly rich environment.

Meeting place for the two activities:

Rear terrace of the centre

Length: 1 ½ hours

Rates: Adults: \$14.79; Children: \$7.39. Taxes not included. Reservations required: Call 418 272-1556 or visit the Discovery and Visitors Centre. Open-water outings are not recommended for children under 6 years of age.



Un commis voyageur à l'époque du rabaska

8 Découvrez le parc

Evening talks

Take part in this virtual tour of the diverse park habitats and learn about the true nature of Parc national du Fjord-du-Saguenay!

Meeting place: Campground (Community hall A)

Length: 1 hour

9 Le sorcier du Saguenay

Interactive theatre

Amerindian legend revealing the mysteries behind the formation of capes Éternité and Trinité told in a unique torch-lit natural amphitheatre. Listen to the "true" story of how these stone giants were created.

Meeting place: Rear terrace of the centre

Length: 1 hour

10 Faucon les protège!

Evening talks

Cougar, beluga, Barrow's goldeneye, striped coralroot... decidedly the falcon is not the only threatened species in the park! Time to discover the park's fauna and flora, particular organisms that merit particular attention!

Meeting place: Campground (Community hall A)

Length: 1 hour

11 Voyage au bout de la nuit

Night-time hike

Night-time is quiet time? Think again! Bats, owls, butterflies and other nightly creatures come to life in the darkness. With a park warden, delve into a world of myths and mysteries

Meeting place: Rear terrace of the Centre

Length: 2 hours

Rates: \$8.70/adult and \$4.35/child. Taxes not included. Reservations required at 418 272-1556, or in person at the Discovery and Visitors Centre during business hours. The night-time hike is not recommended for children under six years of age.

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

NEW!

SELF-GUIDED DISCOVERY ACTIVITIES

EXPERIENCE THE PARK AT YOUR OWN PACE...

L'étonnante nature du fjord

Permanent exhibition

Discover all the secrets of the Fjord when you visit the Discovery and Visitors Centre. Take advantage of your visit to enjoy a simulated helicopter tour over one of the longest fjords in the world!

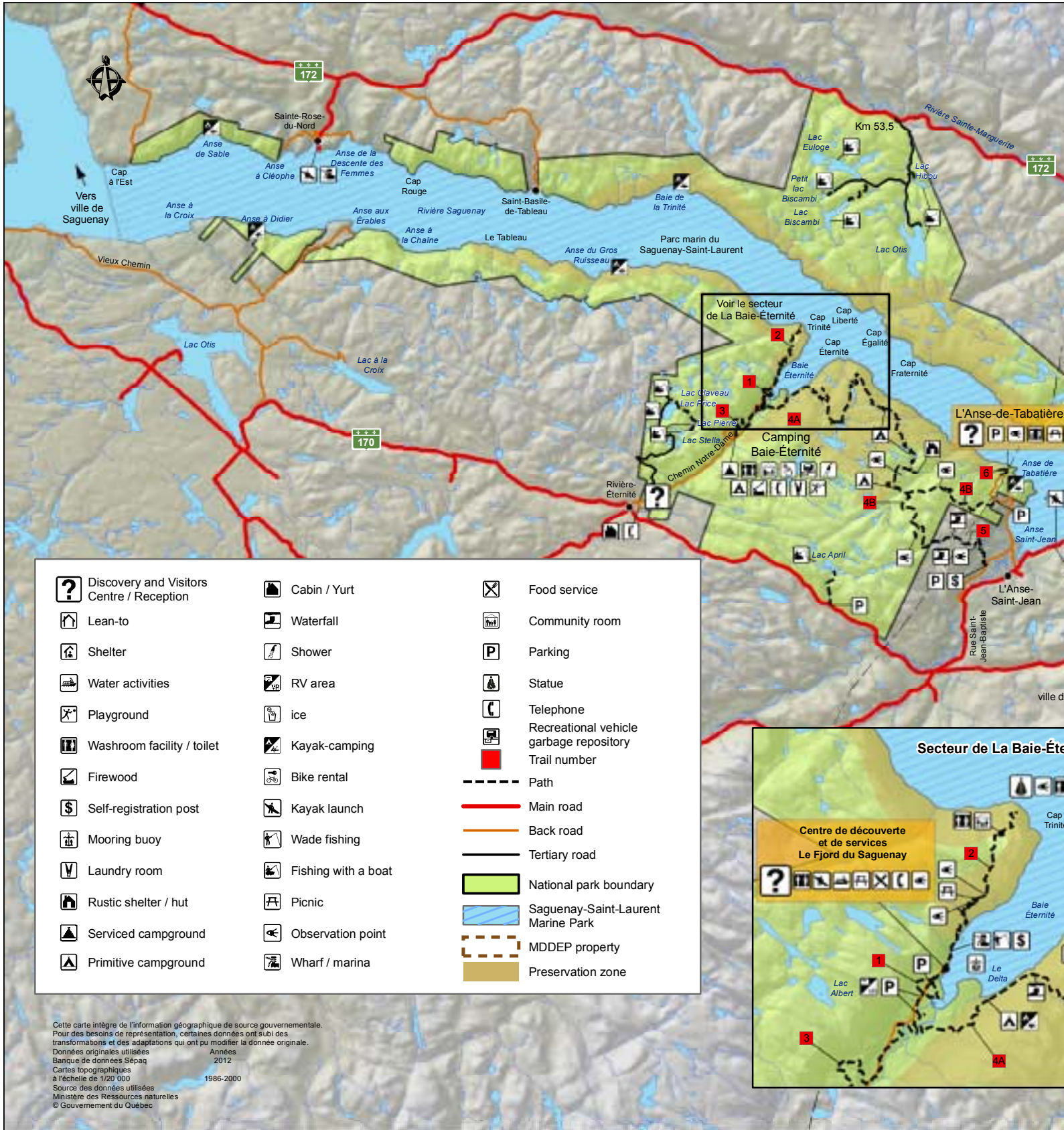
Deux espèces sous la menace

Rally

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

Length: About 45 minutes.

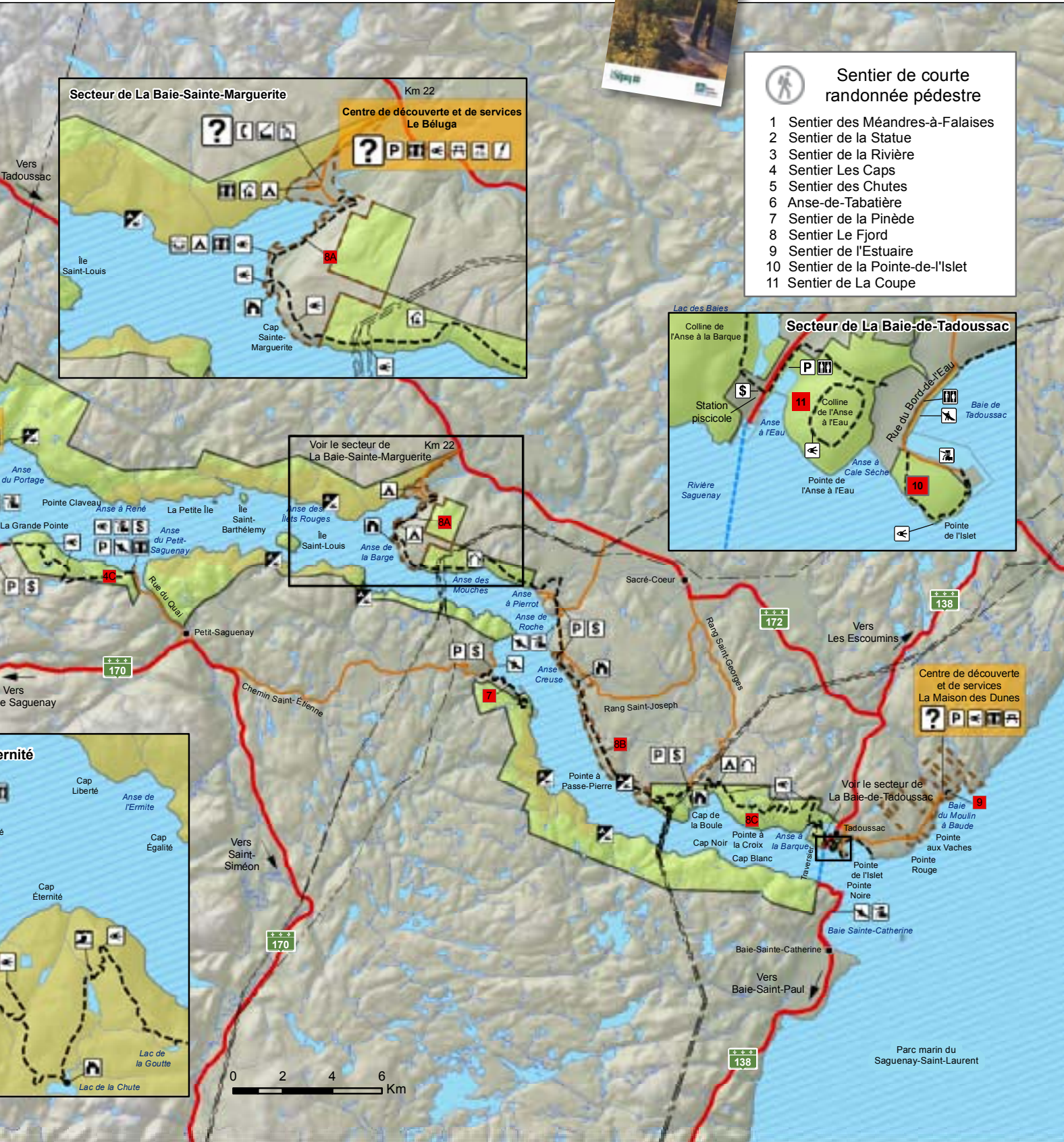
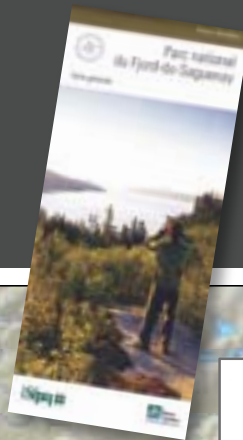
SUMMARY MAP OF PARC NATIONAL DU FJORD-DU-SAGUENAY



Cette carte intègre de l'information géographique de source gouvernementale. Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale. Données originales utilisées Années 2012 Banque de données Sépaq Cartes topographiques à l'échelle de 1:20 000 1986-2000 Source des données utilisées Ministère des Ressources naturelles © Gouvernement du Québec



The routes shown are for your information only.
Do not use this map for long treks or winter travel.
You will find detailed map at the three Discovery
and Visitors Centres. Cell phones do not function in
some park sectors.



Secteur de La Baie-Sainte-Marguerite

Km 22

Centre de découverte et de services Le Béluga

Vers Tadoussac

Île Saint-Louis

Cap Sainte-Marguerite

BA

Voir le secteur de La Baie-Sainte-Marguerite

Km 22

BA

Anse des Mouches

Anse à Pierrot

Anse de Roche

Anse Creuse

Petit-Saguenay

Rue du Quai

4C

Secteur de La Baie-de-Tadoussac

Lac des Baies

Colline de l'Anse à la Barque

Station piscicole

Anse à l'Eau

Rivière Saguenay

Colline de l'Anse à l'Eau

Anse à Cale Sèche

Rue du Bord de l'Eau

Baie de Tadoussac

Pointe de l'Anse à l'Eau

Pointe de l'Islet

11

10

Secteur de l'Eternité

Cap Liberté

Anse de l'Ermite

Cap Égalité

Cap Éternité

Vers Saint-Siméon

Lac de la Goutte

Lac de la Chute

Centre de découverte et de services La Maison des Dunes

9

Baie du Moulin à Baude

Pointe aux Vaches

Pointe Rouge

Tadoussac

Pointe de l'Islet

Pointe Noire

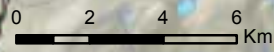
Baie Sainte-Catherine

Baie-Sainte-Catherine

Vers Baie-Saint-Paul

Parc marin du Saguenay-Saint-Laurent

- Sentier de courte randonnée pédestre
- 1 Sentier des Méandres-à-Falaises
 - 2 Sentier de la Statue
 - 3 Sentier de la Rivière
 - 4 Sentier Les Caps
 - 5 Sentier des Chutes
 - 6 Anse-de-Tabatière
 - 7 Sentier de la Pinède
 - 8 Sentier Le Fjord
 - 9 Sentier de l'Estuaire
 - 10 Sentier de la Pointe-de-l'Islet
 - 11 Sentier de La Coupe





SHORT HIKING TRAILS

TRAIL	LENGTH	DIFFICULTY LEVEL	STARTING POINT
BAIE-ÉTERNITÉ SECTOR			
1 Sentier des Méandres-à-Falaises From the river delta to the foot of Cap Trinité	1.6 km (loop), 45-60 min.		"Le Fjord du Saguenay" Discovery and Visitors Centre
2 Sentier de la Statue • Up to halte Bellevue • Up to the statue	3.2 km (round trip), 2 hrs 7 km (round trip), 3-4 hrs		"Le Fjord du Saguenay" Discovery and Visitors Centre
3 Sentier de la Rivière Along Éternité River from the campground to the bay	8.4 km (round trip), 4 hrs		"Le Fjord du Saguenay" Discovery and Visitors Centre or Camping Baie-Éternité between campsites 54 and 56
4a Sentier Les Caps • Point de vue du Géant • Up to cap Éternité	10.2 km (round trip), 4-5 hrs 18 km (round trip), 9 hrs		Parking area P3
L'ANSE-SAINT-JEAN SECTOR			
4b Sentier Les Caps • From Anse-de-Tabatière to Chemin Saint-Thomas through Montagne Blanche and Sentier des Chutes trail (closed during hunting season)	15 km (one way), 7-8 hrs, plan for shuttle		Starts at Chemin de l'Anse-de-Tabatière and ends at Chemin Saint-Thomas Nord
4c Sentier Les Caps • From L'Anse-Saint-Jean to Petit-Saguenay	10 km (one way), 5 hrs, plan for shuttle		Rue Saint-Jean-Baptiste in L'Anse-Saint-Jean or rue du Quai in Petit-Saguenay
5 Sentier des Chutes • Up to the first waterfall • Up to la montagne Blanche(closed during hunting season)	5 km (round trip), 2-3 hrs 13.8 km (round trip), 6-7 hrs		Chemin Saint-Thomas Nord
6 Anse-de-Tabatière • Panoramic view of the Fjord	0.5 km (round trip), 10 min		L'Anse-de-Tabatière parking area
PETIT-SAGUENAY SECTOR			
7 Sentier de La Pinède • Up to the pine stand lookout	8.0 km (round trip), 3 hrs		Chemin Saint-Étienne parking area
BAIE-SAINTE-MARGUERITE SECTOR			
8a Sentier Le Fjord • From the Discovery and Visitors Centre to Halte du Béluga (also accessible by bike) • From the Discovery and Visitors Centre to Point de vue St-Louis • From the Discovery and Visitors Centre to Anse-à-Pierrot parking area	6.4 km (round trip), 2-3 hrs 9.2 km (round trip), 4-5 hrs 13.2 km (one way), 6-7 hrs, plan for shuttle	 	"Le Béluga" Discovery and Visitors Centre "Le Béluga" Discovery and Visitors Centre "Le Béluga" Discovery and Visitors Centre or l'Anse-à-Pierrot parking area



After October 31, contact us for information on the trail schedules, as the snow cover can lead to closings.



TRAIL

LENGTH

DIFFICULTY LEVEL

STARTING POINT

BAIE-DE-TADOUSSAC SECTOR

<p>8b Sentier Le Fjord From L'Anse-Creuse to cap de la Boule</p>	<p>14.8 km (one way), 7-8 hrs, plan for shuttle</p>		<p>Rang Saint-Joseph or lac de la Boule parking area</p>
<p>8c Sentier Le Fjord</p> <ul style="list-style-type: none"> • From Tadoussac to l'Anse à la Barque observation point • From Tadoussac to colline de l'Anse à la Barque observation point • From Tadoussac to mont Adéla-Lessard observation point • From cap de la Boule to Tadoussac 	<p>2.6 km (round trip), 45 min 3.5 km (round trip), 1 1/2 hr 8 km (round trip), 4-5 hrs 13 km (one way), 6-7 hrs, plan for shuttle</p>		<p>Parking area across the fish farm (Route 138, near the ferry) Parking area across the fish farm (Route 138, near the ferry) Parking area across the fish farm (Route 138, near the ferry) Parking area across the fish farm (Route 138, near the ferry) or lac de la Boule parking area</p>
<p>9 Sentier de l'Estuaire Leads to panoramic view of the estuary</p>	<p>800 m (round trip), 20 min</p>		<p>"La Maison des Dunes" Discovery and Visitors Centre</p>
<p>10 Sentier de la Pointe-de-l'Islet On-land marine mammal observation site</p>	<p>800 m (loop), 20 min</p>		<p>Federal wharf of Tadoussac or municipal parking area</p>
<p>11 Sentier de la Coupe</p>	<p>1.1 km (loop), 45 min</p>		<p>Parking area across the fish farm (Route 138, near the ferry)</p>

DIFFICULTY LEVELS:

Easy

Intermediate

Intermediate to difficult

Difficult

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

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

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

The collection is available at the Boutique Nature shop.





LONG-DISTANCE HIKING along the fjord



Long-distance hiking along the Fjord

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



NEW!

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

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

ECO-SAFARI



In partnership with **OrganisAction**

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

NO PACK ON YOUR BACK



In partnership with **Ferme 5 Étoiles**

- 3 days and 2 nights autonomous hiking on Le Fjord trail, from Baie Sainte-Marguerite to Anse à Pierrot (about 16.5 km)
 - Luggage transport included (one bag per person)
 - One night in a shelter and one in a yurt
 - Meals available
- Information and reservations:
1 877 236-4551, www.parcisquebec.com
ou www.ferme5etoiles.com

PACKAGE

CAPES AND CRUISE



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



Package includes

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

From
\$59
+ tax/
person/day



PARC AVENTURES
CAP JASEUX.COM
FJORD DU SAGUENAY Saint-Fulgence

SKY-HIGH EXPERIENCE

1-888 674-9114

Via ferrata

Photo: Boran Richard

EXTREME Fjord ropes course

Photo: André Émond

Sea Kayaking

Photo: Boran Richard

And..

- Regular fjord ropes course
- Tree houses
- Rustic log cabins
- Camping
- Hiking trails
- Fishing and beach

GRAND PRIX DU SAGUENAY 2012

Promotion Saguenay

SUMMER FISHING



ANGLERS ON YOUR MARKS, GET SET...

Parc national du Fjord-du-Saguenay offers fishing activities for all tastes: a bay, a river, and ten lakes to choose from. Whether you want to fish for a day or for a longer period, a truly unique experience awaits!



In addition to their park right, anglers wanting to fish in a lake or in the river must have:

- Québec fishing permits
- Fishing fee

Don't forget to register your catch!

Information on your catch is essential for maintaining sound fish stock management. You must register your catch at the end of each day. Registration stations are located at April Lake, the Baie-Éternité reception, Baie-Éternité wharf and the gate to the north-shore fishing lakes.

Fishing for brook trout in a lake...

Rowboats are available on ten magnificent fishing lakes: five on the south shore and on the north shore. You like fly fishing? Stella Lake and Pierre Lake are from now on limited to fly fishing only. Consult the central map to locate the lakes.

... sea trout in a river ...

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

... or smelt in Baie Éternité!

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

PACKAGE FISHING VACATION

Fishing for brook trout during the day and sleeping comfortably in a cabin at night... how's that for a vacation?

Packages include accommodations in a cosy cabin, fishing fee and rowboat.



From

88\$

/person/day

Lake	Lake area (ha)	Species*	Quota	MOTOR		Portage length (difficulty)	Driving distance from sector entry point	Recommended vehicle type
				Electric motor	Gas motor (9.9 hp max)			
Baie-Éternité Sector (south shore of the Fjord)								
Lac April	23.7	0	10	X		50 min (difficult)	12	Car or pickup truck
Lac Price	27.3	0	10	X	X	-	6	Pickup truck
Lac Claveau	11.1	0	10	X	X	5 min (easy)	7.5	Pickup truck
Lac Pierre**	2	0	10	X		40 min (easy)	7.5	Pickup truck
Lac Stella**	5.5	0	10	X		50 min (intermediate)	7.5	Pickup truck
Rivière Éternité (7 pools)	-	0a	5			-	Between 1 km and 6 km	Car or pickup truck
Baie-Sainte-Marguerite Sector (north shore of the Fjord)								
Grand lac Otis	116	0	10	X	X	-	38	Pickup truck
Lac Euloge	93	0	10	X	X	-	38	Pickup truck
Lac Hibou	8	0	10	X		10 min (easy)	35	Pickup truck
Petit lac Biscambi	8	0	10	X		15 min (intermediate)	39	Pickup truck
Grand lac Biscambi	39	0	10	X	X	30 min (intermediate)	38	Pickup truck

*0 = Brook trout

*0a = Sea-run brook trout

**Fly fishing only.



KAYAK-CAMPING

A DIFFERENT WAY TO EXPLORE THE TERRITORY



Thirteen primitive campgrounds along the Fjord give practitioners of the sport ready access to the water for more than one day. Visitors can choose two- to five-night packages. See our Website for route suggestions, designed according to real and safe distances and get the kayak-camping map on water-repellant paper in one of our three Discovery and Visitors Centres.

For a safe outing

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

Remember: You are responsible for your own safety!

Cold water, tides and sudden weather changes are among the reasons why these types of outings are the affair of experienced kayakers.

You plan to go boating in the Baie Sainte-Marguerite area?



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

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



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

GUIDED EXCURSIONS BY THE DAY 2 POSSIBILITIES

SEA KAYAKING IN THE BAIE-ÉTERNITÉ SECTOR 1

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

Saturdays & Sundays* June 1-23

- 9:30 to 12:30
- 13:30 to 16:30

*Weekday outings available upon reservation

Every day June 24 to Sept. 15

- 9:30 to 12:30
- 13:30 to 16:30
- 17:00 to 19:00 (July 13 to August 18 only)

Saturdays and Sundays* Sept. 16 to October 14

- 13:30 to 16:30

*Weekday outings available upon reservation

LAND & SEA EXCURSIONS 2

In partnership with Mer and Monde Écotours



- Full-day outings
- Meals and equipment included
- Return trips from Tadoussac
- Light hiking during lunch hour

For information or reservations:

1 866 637-6663, www.parcquebec.com or www.meretmonde.ca

OVERNIGHT GUIDED EXCURSIONS: 3 POSSIBILITIES

WILDERNESS FJORD



In partnership with Fjord en Kayak

- 3 days and 2 nights
- Meals and equipment included
- Return trips from L'Anse-Saint-Jean
- Overnight camping

For information or reservations:
www.parcquebec.com or
www.fjordenkayak.ca

1

HEADING FOR THE ESTUARY



In partnership with Fjord en Kayak

- 3 days and 2 nights
- Meals and equipment included
- From L'Anse-Saint-Jean to Tadoussac (return to L'Anse-Saint-Jean by boat)

For information or reservations:
1 866 725-2925
www.parcquebec.com or
www.fjordenkayak.ca

2

BEACH TO BEACH



In partnership with OrganisaAction

- 3 days and 2 nights
- Meals and equipment included, "Terroir discovery" formula
- From Baie des Ha! Ha! to Baie Éternité
- Your car delivered to arrival site

For information or reservations:
1 877 549-0676, www.parcquebec.com or www.organisaaction.com

3

WATER ACTIVITIES



Sightseeing cruises, zodiac excursions, or sea kayaking with a park warden at your side are all great ways to discover the Saguenay-St. Lawrence Marine Park and its many splendours, starting with the Notre-Dame-du-Saguenay Statue and its protective blessing for all sailors. For information or reservations: In person at the Discovery and Visitors Centre, or by phone at 1 800 665-6527, or 418 272-1556.

SIGHTSEEING CRUISES

Croisières du Fjord invites you on board the Fjord Saguenay II, an excursion boat that uses water-steam technology to reduce fuel consumption.

Every day June 1-30

Baie Éternité – Sainte-Rose-du-Nord – Baie Éternité

- 10:30 to 12:00 (possible stopover at Sainte-Rose-du-Nord from 11:15 to 16:00)
- 15:00 to 16:30 (without stopover)

Every day July 1 to Sept. 2

Baie Éternité – L'Anse-Saint-Jean – Baie Éternité

- 11:00 to 13:30 (stopover at L'Anse-Saint-Jean from 12:00 to 13:00)
- 11:00 to 15:00 (stopover at L'Anse-Saint-Jean from 12:00 to 14:30)
- 13:30 to 15:00 (without stopover)

Every day Sept. 3 to October 13

Baie Éternité – Sainte-Rose-du-Nord – Baie Éternité

- 10:30 to 12:00 (possible stopover at Sainte-Rose-du-Nord from 11:15 to 16:00)
- 15:00 to 16:30 (without stopover)



ZODIAC EXCURSIONS

Climb aboard this OrganismAction inflatable boat for an incredible journey into the Saguenay Fjord.

Saturdays and Sundays* June 1-23

- 10:00 to 12:00
- 14:00 to 16:00

*Weekday outings available upon reservation

Every day June 24 to Sept. 15

- 10:00 to 12:00
- 14:00 to 16:00
- 17:00 to 19:00 (July 13 to August 18 only)

Saturdays and Sundays* Sept. 16 to October 14

- 10:00 to 12:00

*Weekday outings available upon reservation

Mooring buoys

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

SAILING

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

July 15 to August 11: Every day

- 10:30 to 13:30
- 14:30 to 17:30

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

PSITT!

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

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



© Luc Rousseau

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

Plan your next guided outing with:

**CENTRE DE VACANCES
FERME 5 ÉTOILES**
See kayaking
418 236-4551

FJORD EN KAYAK
See kayaking
866 725-2925

VOILE MERCATOR
Sailing
888 674-9309

**ORGANISATION
LE QUÉBEC HORS CIRCUITS!**
See kayaking
877 549-0676

MER ET MONDE ÉCOTOURS
See kayaking, hiking
866 637-6663

**PARC AVENTURE
CAP JASEUX**
Sea kayaking
888 674-9114

RÉSEAU **Sépaq**   Aventure
Écotourisme
Québec
www.quebecadventure.ca

WINTER FUN



Parc national du Fjord-du-Saguenay is the well-kept winter secret of numerous lovers of the great outdoors. The Baie-Eternité and Baie-Sainte-Marguerite sectors offer a range of activities for all those who enjoy bracing weather and fresh air!

Long-distance backcountry ski and snowshoe outings

Two long-distance trails await lovers of extended backcountry skiing or snowshoeing excursions (trails are marked but not beaten): Sentier Les Caps, linking Rivière-Éternité and L'Anse-Saint-Jean, and Sentier Le Fjord, between Baie Sainte-Marguerite and Ferme

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

Acomodations	Location	Access
Cabins (10)	Baie-Éternité Sector, near the reception	Car
Les Méandres rustic shelter	Baie-Éternité Sector	Snowshoe, Backcountry ski, shuttle
La Chute and Lac du Marais huts	Baie-Éternité Sector, Sentier Les Caps trail	Snowshoe, Backcountry ski
L'anse de la Barge rustic shelter	Baie-Sainte-Marguerite Sector, Sentier Le Fjord trail	Snowshoe, Backcountry ski
La Pointe-du-Moulin hut	Baie-Sainte-Marguerite Sector, Sentier Le Fjord trail	Snowshoe, Backcountry ski

5 Étoiles. Seal pelts strongly recommended. Shuttle service available. See page 14 of the Park journal.

Short-distance backcountry ski and snowshoe outings

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

Ice fishing

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



PACKAGE
Hang on to your hat!

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

Package includes:

- One night rustic shelter lodgings
- One night yurt lodgings
- Luggage transport for 3 days

From **102\$**
+tx/pers /group of 8 pers.
Available from mi December to the end of March, according to snow conditions.

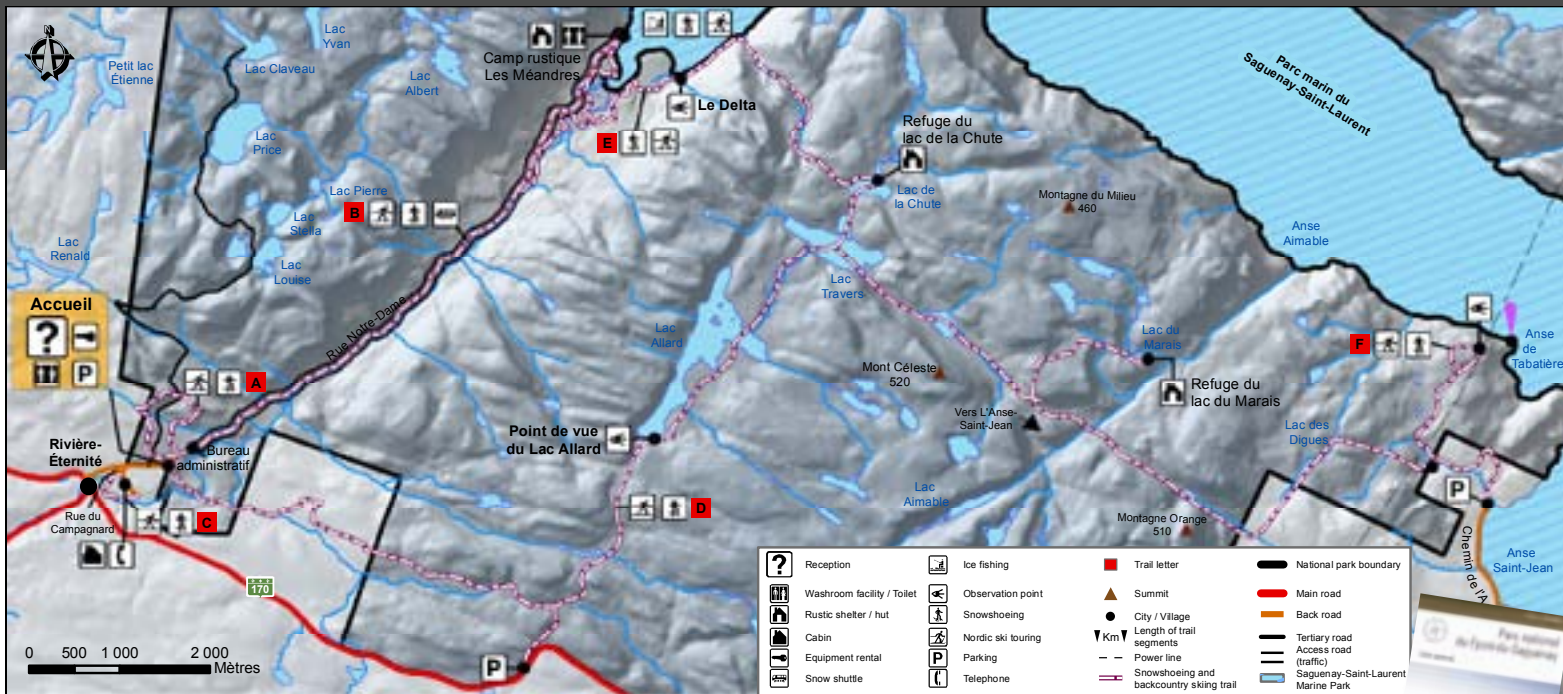


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Telephone : 1 800 665-6527, 418 272-1556 • Fax : 418 272-3438
www.parcquebec.com • parc.saguenay@sepaq.com

Winter Map – Baie-Éternité Sector



All summer trails are closed in winter. For long-distance outings on Sentier Les Caps and Sentier Le Fjord, get your detailed map at the Baie-Éternité reception. Cell phones do not function in some park sectors.

DESCRIPTION OF WINTER TRAILS (BACKCOUNTRY SKI AND SNOWSHOE)

Trail	Sector	Length	Difficulty level	Starting point
Short winter trails				
A Sentier de l'Explorateur	Baie-Éternité	2.8 km (loop), 1 1/2 hr	Intermediate	Reception
B Sentier de la Blanche-Éternité	Baie-Éternité	14 km (round trip), 6-7 hrs	Intermediate	Reception
C Sentier du Campagnard	Baie-Éternité	1 km (loop), 30 min	Easy	Cabin 8
D Sentier Les Caps	Baie-Éternité	Lac Allard observation point: 7.2 km (round trip), 3-4 hrs	Intermediate	Route 170 parking area, between km 77 and km 78
E Sentier Les Caps	Baie-Éternité	Up to Le Delta lookout 6.4 km (round trip), 3-4 hrs	Easy	Les Méandres rustic shelter
F L'Anse-de-Tabatière	L'Anse-Saint-Jean	6.3 km (round trip), 3hrs	Intermediate	Parking area near Chemin du Cran at L'Anse-Saint-Jean
Sentier Le Fjord	Baie-Sainte-Marguerite	Up to the l'anse de la Barge rustic shelter : 12.2 km (round trip), 5-6 hrs	Intermediate	Route 172 parking area, at sector entry point
Long winter trails				
Les Caps loop (return by La blanche-Éternité)	Baie-Éternité	27.4 km (round trip) 2 days, 1 night or 3 days, 2 nights	Difficult	Reception
Les Caps trail, from Rivière-Éternité to L'Anse-Saint-Jean	Baie-Éternité	27.3 km (one way, plan for shuttle) 3 days, 2 nights	Difficult	Reception or parking area near Chemin du Cran at L'Anse- Saint-Jean
Le Fjord trail, from La Baie-Sainte-Marguerite to Ferme 5 Étoiles	Baie-Sainte-Marguerite	21.3 km (one way, plan for shuttle) 3 days, 2 nights	Difficult (snowshoe) Difficult to extreme (backcountry ski)	Ferme 5 Étoiles or Route 172 parking area

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MUNICIPALITÉ

Tourist
information :
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Tadoussac
418 235-4744

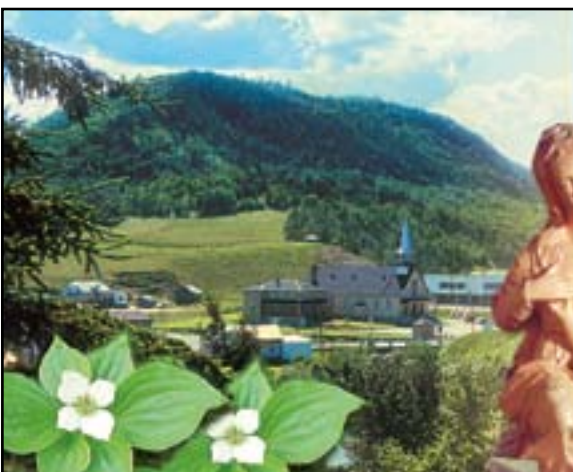
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INFORMATION :

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