Discover PARKS CANADA
WELCOME!

Dive into an exciting world of adventures when you explore Quebec’s rich history and stunning wild nature.

Come for a day trip, or take a look at our itineraries and book a vacation to remember.

Learn more about how we’re working hard to fight climate change and discover how you can become a ‘citizen scientist’ and help protect biodiversity.

Memories await.

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7-DAY ITINERARY

FROM QUÉBEC CITY TO HAVRE-SAINT-PIERRE

ROUNDTRIP 1,720 km

LOCATIONS Saguenay-St. Lawrence Marine Park Mingan Archipelago National Park Reserve

A ROAD TRIP ALONG THE CÔTE-NORD

DAY 1

SAQUENAY-ST. LAWRENCE

Bae-Sainte-Catherine, 210 km from Québec City

The Côte-Nord offers up a welcome cocktail of sea air, magnificent landscapes and one of the best spots in the world for whale watching.

The view from the terrace above the Pointe-Noire Interpretation and Observation Centre is unbeatable; you can spot sparkling white belugas whales just meters from the shore. Continue the adventure on the water by boat or by sea kayak.

DAY 2

MINGAN ARCHIPELAGO

Havre-Saint-Pierre, 650 km from Baie-Sainte-Catherine

Travel the Whale Route. Keep watch and you might see seals basking in the sun or a whale flip its tail. Stroll along the beach of Havre-Saint-Pierre and discover the enchanting view of the Mingan Archipelago islands. Fresh the day tasting delicious seafood in one of the village restaurants.

DAY 3

The intense blue of the sea, the sound and scent of the ocean call to you. Take your seat aboard an inflatable boat for an excursion to Île Quarry. Don’t forget your camera! Capture spectacular photos during your guided walk to the limestone giants.

\[
 \text{à Tenté, Île Quarry campground}
\]

DAY 4

On the menu this morning: hike along the Petit Percé or Cypripèdes trails. Search for fossils in the rocks along the seashore. Make a stop on Île Niapiskau, famous for its monoliths. Say hello to the impressive “Bonne Femme de Niapiskau.”

DAY 5

Longue-Pointe-de-Mingan, 50 km from Havre-Saint-Pierre

Head to the western part of the archipelago for a sea outing! First stop: île Nue de Mingan, feel the fascination of its monoliths and unique lunar landscape. Next stop: île aux Perreries. You will be surprised by the proximity of the Atlantic puffins perched on the island’s cliffs. Finally on Grande Île, take selfies in front of the group of monoliths nicknamed the “Château.”

\[
 \text{sleep in your tent, Île Nue de Mingan}
\]

DAY 6

SAQUENAY-ST. LAWRENCE

Les Escoumins, 355 km from Longue-Pointe-de-Mingan

After a day on the road, what could be better than a short walk along the shore before a good night’s sleep.

DAY 7

Take on the challenge of Nordic snorkeling at the Marine Environment Discovery Centre, and swim with the polar starfish. Pull on a thermal wet suit and dive beneath the waves, marvel at the incredible diversity of marine life around you. Return to Québec City, 255 km

PLAN YOUR VISIT AT
PARKSCANADA.GC.CA/ VISIT
AND DISCOVER
OTHER ITINERARIES
Day 1: Fortifications of Québec
Québec City, 235 km from Montréal
Embark on a search for Québec City’s hidden treasures! Our guides invite you on a historic journey of the fortifications, a UNESCO World Heritage Site.
Slip on a cape and solve the mystery of the Legend of the talking walls.
Watch out, the sergeant is recruiting new soldiers! Take part in a musket-firing demonstration to find out more.

Day 2: Saint-Louis Forts and Châteaux
Québec City
Take a stroll along the unparalleled Dufferin Terrace before heading below to discover the remains of the governors’ residence during the colonial period. Use shovels and trowels to dig up items from another era.

Lévis Forts
Lévis, 25 km from Québec City
In the afternoon, take a trip to Lévis and launch an assault on the last British fort built on Canadian soil. Dress up as a soldier and visit the underground firing gallery and gunpowder room.

Day 3: Grosse-Île and the Irish Memorial
Grosse-Île, 55 km from Lévis
Your next odyssey will take you by boat to the historic quarantine station, a fascinating site located in the heart of the St. Lawrence River. Walk in the footsteps of the tens of thousands of immigrants who passed through the island.
Once on the island, you’ll be directed to a mandatory medical examination, just like immigrants from the 1800s. Meet Nurse Sarah Wade.
Return to Montréal, 290 km.
The perfect mix of tent and A-frame cabin comes together in our oTENTik with its raised floors and cozy beds; great for campers who want a little extra comfort in the wild. Available in La Mauricie, Forillon and Mingan Archipelago (Reserve) National Parks; and Lachine Canal and Saint-Ours Canal National Historic Sites.

MICROCUBE
Get super-cosy in a Micro-Cube, the designer way to score a window over the wilderness, while sleeping with a roof over your head and a floor beneath your feet. Available in Forillon National Park.

OVERNIGHT MOORING
Have a unique nautical experience by mooring your boat in one of Canada’s historic canals. Relax and enjoy nearby activities. Available in Carillon Canal, Sainte-Anne-de-Bellevue Canal, Lachine Canal, Chambly Canal and Saint-Ours Canal National Historic Sites.

HISTORIC STAY
Immerse yourself in one of Canada’s national treasures with a very special overnight stay in truly historic surroundings. Auberge de l’île aux Perroquets (pictured left) available in Mingan Archipelago National Park Reserve: 4-star accommodation on an island, transportation included. From $300 per night
Domaine Wabenaki-Andrew available in La Mauricie National Park. From $35 per person per night
Get the inside scoop on the very best way to enjoy our parks and sites from Parks Canada pros!

1. **Enchanted Forest**
   “I love Fort Témiscamingue National Historic Site. The enchanted forest trail is full of discoveries: the shape of the trees, the cemetery, the viewpoints and the tranquil atmosphere present throughout the trail.”
   Gloria - Administrative Assistant

2. **Historic Landscape**
   “My first job at Parks Canada in 1990! What inspires me at the Battle of the Restigouche National Historic Site is the beauty and calm of the landscape with its mountains reflected in the river. I like to imagine the vessels of the French and British fleets that sailed up the Baie des Chaleurs to the Restigouche.”
   Hélène - Interpretation Coordinator

3. **Touch of Poetry**
   “My hidden gem is the poetry participation project at the top of the upper forge chimney at the Forges du Saint-Maurice National Historic Site. It helps the public form personal ties with the site and connects remains from the past to words of the present.”
   Isabelle - Visitor Experience Team Leader

4. **Penuille Taiga**
   “A special type of vegetation grows on the Penuille sand spit in Forillon National Park; it’s a barren boreal forest (called a taiga) that is remarkable for this low altitude. Even though I’m in Gaspé, it’s like stepping into the Great North each time.”
   Émilie - Public Relations Officer

5. **Impressive Lock**
   “Every time I see a lock in operation at the Carillon Canal National Historic Site, I’m impressed. I never get tired of seeing the boats emerge from the 20-metre deep ditch or seeing them descend in this enclosed space. What’s more, it’s free!”
   Suzie - Public Relations Officer

6. **Lazaretto Graffiti**
   “Serving as a hospital, the Lazaretto is one of the oldest buildings at the Grosse-Île and the Irish Memorial National Historic Site. Several sick immigrants left various forms of graffiti, marking their passage here. I find that it makes the site much more authentic and poignant.”
   Géraldine - Project Coordinator

7. **Imagine a Country**
   “I adore the interactive new exhibit at the Sir George-Étienne Cartier National Historic Site. The idea of suggesting that everyone imagine a country is brilliant! It’s a unifying element regardless of a person’s origin, culture or religion. It’s very inspiring to read the dreams of other visitors, several of which are truly touching.”
   Nathalie - Promotion Officer
La Mauricie
A protected area of 536 km² right in the heart of the Laurentian forest.

DON’T MISS
- On foot, cross-country ski or snowshoes, enjoy kilometres of marked trails.
- Grab your paddle and discover majestic lakes while watching for wildlife.

Don’t Miss
- Visit the Obadjiwan interactive exhibit that sheds light on the millennia-long Algonquin presence.
- Discover the area’s past, its landscapes and sounds with the Explora app.

Fort Témiscamingue
An important trading post that was the setting for the control of the fur trade.

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Carillon Canal
A lock canal with a 200-tonne guillotine gate.

DON’T MISS
- Set out by foot or bicycle and reach “Land’s End.”
- Enjoy the pleasures of the sea: a whale watching cruise, sea kayaking, diving and bathing.

Forillon
A mountainous peninsula bordered by the Gulf of St. Lawrence and the Baie de Gaspe.

DON’T MISS
- Watch a boat drop 20 metres in 40 minutes thanks to 19th century British Army Engineering ingenuity.
- Enjoy a picnic on the sunny banks of the Ottawa River.

Manoir-Papineau
The elegant manor house of one of Canada’s most prominent politicians in 19th century Quebec.

DON’T MISS
- Glide across the water on a sea kayak or a stand-up paddle board.
- Join a theatrical walk on the Capailloux Hike: Under the “light” of Marteau.

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Great souvenirs and apparel available at our places or online at parkscanadashop.ca
The birthplace of a Prime Minister of Canada.

**Don’t Miss**
- Borrow an audio guide and let Laura show you her house.
- Discover the ancestors of products that are part of your daily life in this authentic general store.

**Cartier-Brébeuf**
The meeting place of Jacques Cartier and the Iroquois, and the first residence of the Jesuit missionaries.

**Don’t Miss**
- Accompanied by a guide, uncover hidden treasures such as the East Casemate.
- Go searching for clues on the ramparts to uncover the Legend of the Talking Walls.

**Levis**
The last component of Quebec City’s defensive system.

**Don’t Miss**
- Explore the tunnels, underground shooting galleries, a gunpowder house and the casemates.
- Visit the exhibit, a testament to technological innovations and the socio-political context of the era.

**Grosse Île and the Irish Memorial**
A glimpse of Canadian immigration from 1832 to 1837.

**Don’t Miss**
- Visit the disinfection building and learn more about how a quarantine station works.
- Explore the imprint left by the Irish immigrants while discovering iconic places.

**Pointe-au-Père Lighthouse**
One of the most important navigational aids stations in Canada.

**Don’t Miss**
- Climb to the top of one of the tallest lighthouses in the country.
- Call young explorers! Explore the site by completing activities in the booklet to win a surprise.

**Pointe-à-la-Croix**
The site of the last naval confrontation between France and England for the possession of the North American territory.

**Don’t Miss**
- Discover the remains of the wreck of the Machault, which laid underwater for more than 200 years!
- Learn how the fate of New France was sealed using the Explora app.

**Levis Forts**
A unique example in North America of the conservation of French and British colonial fortifications.

**Don’t Miss**
- Explore the place that served as official residence for 32 of 40 French and British governors.
- Admire the artifacts found during archaeological digs.

**Fortifications of Quebec**
The seat of executive power in the French and British colonies for more than 200 years.

**Don’t Miss**
- Explore the site that served as official residence for 32 of 40 French and British governors.
- Admire the artifacts found during archaeological digs.

**Pointe-Noire Interpretation and Observation Centre**
The best spot for observing whales from the shore!

**Don’t Miss**
- Participate in Ocean encounters and touch the rough skin of a starfish.
- Discover the ups and downs of the seashore and the coastal animals that live there.

**Cap-de-Bon-Désir Interpretation and Observation Centre**
An exhibit and activities that reveal the beauty and secrets of marine life.

**Don’t Miss**
- Follow divers on their underwater mission as part of St. Lawrence Live.
- Take part in the Esbly Punch activity and concoct a recipe of this flourishing marine biodiversity.

**Marine Environment Discovery Centre**
An exceptional region and a territory that protects marine life.

**Don’t Miss**
- Visit one of the three Parks Canada centres and see whales from the shore.
- Head out on a sea excursion in the marine park, by boat or kayak.

**Saguenay-St. Lawrence Marine Centre**
An exhibit and activities that reveal the beauty and secrets of marine life.

**Don’t Miss**
- Follow divers on their underwater mission as part of St. Lawrence Live.
- Take part in the Esbly Punch activity and concoct a recipe of this flourishing marine biodiversity.

**Les Escoumins**
An exceptional region and a territory that protects marine life.

**Don’t Miss**
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- Take part in the Esbly Punch activity and concoct a recipe of this flourishing marine biodiversity.
Buy your Parks Canada Discovery Pass

- admission for a full year to Parks Canada places from coast to coast to coast
- faster entry
- exceptional value

A PASS GETS YOU:

- Adult (Ages 18 to 64) $67.70
- Senior (Ages 65+) $57.90
- Youth (Ages 0 to 17) FREE
- Family/Group $136.40

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Your guide for a perfect visit!

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- Create personalised itineraries
- Find out about BioBlitz activities
- Find special events
- Discover hidden gems
- Create packing lists
- Unlock fun photo features

www.parkscanada.gc.ca/Parka

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