

Staying the night?

We've got you covered

Parks Canada oTENTik



A cross between a tent and an A-frame cabin, oTENTik provides a front row seat to our country's most spectacular landscapes while providing a roof over your head and a floor beneath your feet.



Each unit can accommodate up to 6 people and includes:

- Three beds
- A table and chairs
- Heating and lighting (varies by location)



Comfort and convenience is only a click away! parkscanada.gc.ca/accomodations

CONTENTS



Mingan Archipelago National Park Reserve



Sir George-Étienne Cartier National Historic Site

Saguenay-St. Lawrence

ITINERARIES

	Marine Park	2
•	Forillon National Park	4
•	La Mauricie National Park	6

•	FROM RUSTIC TO	
	GLAMPING	7

- 5	DAY-TRIPS NE	AR
N	NONTREAL	3

Quebec Map	10
Directory	12

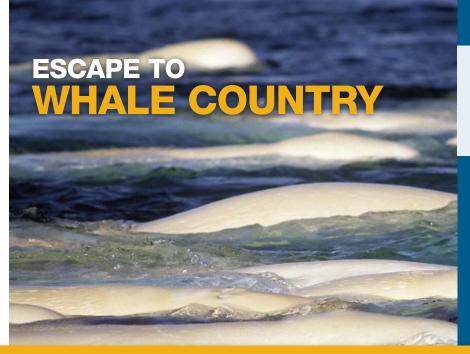
Fort Témiscamingue National Historic Site

Welcome!

Whether you're looking for adventure, fun for the whole family, or a break from the everyday, Parks Canada has countless unique experiences to suit your needs. Climb a rock face, discover sea creatures on the ocean floor, have a family picnic, or snuggle up by a warm fire.

It's time to connect!

With nature – with history – with friends and family.



5 DAYS

Saguenay-St. Lawrence Marine Park

ITINERARY & SIGHTSEEING



DAY 1

Baie Ste-Catherine 465 km from Montréal and 210 km from Québec

It's time for your big trip! Your first stop is the Pointe-Noire Interpretation and Observation Centre. It's ideal for a picnic and for observing belugas in the fjord. In the afternoon, visit the exhibit and take part in geocaching.





DAY 2

Slip on your windbreaker and come aboard for a whale-watching cruise. You are gazing at the horizon when you hear a loud splash! A WHALE! The excitement is at its height. You will never forget the wonder in the eyes of your near and dear. Spend the afternoon strolling around Tadoussac or playing on the beach.



DAY₃

Immerse yourself in the heart of the St. Lawrence as you make your way to the Marine Environment Discovery Centre. A range of activities is presented throughout the week: Live from Beneath the St. Lawrence River!, Estuary Punch, The Sharks of the St. Lawrence, etc. Which one will you choose?





DAY 4

Play low-tide hide-and-seek at Cap de Bon-Désir. In the company of an interpretive guide, look for crustaceans, molluscs and algae with intriguing bubbles. Enjoy the 30 Feet into Neptune's World activity, where you can touch the rough skin of a starfish and see a real live crab up close.







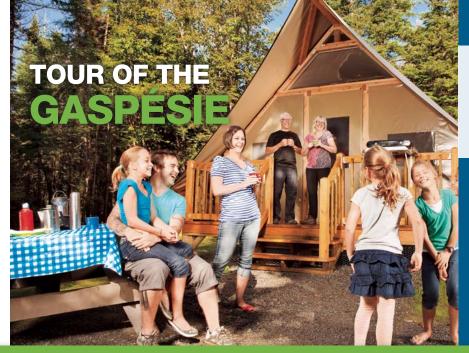
DAY 5

Follow The Whale Route and go hiking in Sainte-Marguerite Bay. Equipped with your backpacks or your bicycles, a 3-km hike will lead you to the lookout. Be patient – you will surely have the opportunity to observe a group of belugas.









7 DAYS

Québec to Forillon

ITINERARY & SIGHTSEEING



DAY 1

Québec is under attack! Mysteries and challenges await on the ramparts of the Fortifications of Québec. Accept the Fort's Mission to save the colony or search for the enchanted bracelet or magic sword while participating in The Legend of the Talking Walls activity. Enjoy your picnic while admiring this UNESCO world heritage jewel.

In the afternoon, armed with shovels and trowels, dig up the soil to unearth artifacts relating the lifestyle of the Saint-Louis Forts and Château. Don't forget to take a family photo next to a canon, with the famous Château Frontenac in the background!



DAY 2

Québec to Rimouski, 315 km

Visit the Pointe-au-Père Lighthouse, one of the tallest in Canada. Then, at the Empress of Ireland Museum, discover the tragic story of a shipwreck. Continue your journey to Forillon National Park, 370 km.

Tonight, in your oTENTik tent, let yourself be lulled to sleep by the sound of whales and waves.



DAY₃

Already up? Whether on a cruise or in a kayak, Gaspé Bay provides the ideal setting for marine encounters. Will you get the chance to spot one of our seven species of whales?

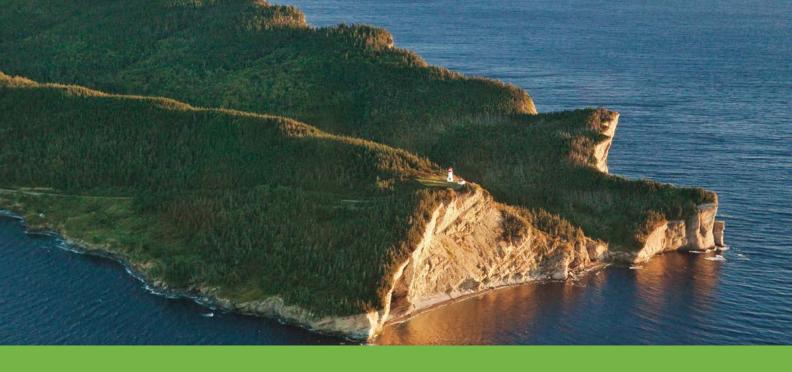


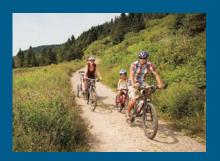


DAY 4

Snorkeling or scuba diving? Rich colours and all sorts of species abound. Will you watch the seals? They are so curious they might come toward you...







DAY 5

Gaspé to Percé, 70 km

Travel to "Land's End" on foot or by bike. Continue your tour and stop at Percé to admire the famous rock.



DAY 6

Percé to Pointe-à-la-Croix, 245 km

On the way back, discover the battle that sealed the fate of New France at the Battle of the Restigouche.

Continue driving toward **Berthier-sur-Mer**, *455 km*.



DAY 7

Berthier-sur-Mer to Québec, 70 km

Take a boat ride to explore Grosse Île and the Irish Memorial. Follow in the footsteps of those immigrants who made the long voyage across the Atlantic and live their arrival experience with *Nurse Sarah Wade's Medical Examination*.







3 DAYS

La Mauricie National Park

ITINERARY & SIGHTSEEING



DAY 1

Saint-Jean-des-Piles 200 km from Montréal, 190 km from Québec

Finished school and work? Head for a fabulous weekend at La Mauricie National Park! What could be better than a barbecue in the middle of winter? Get settled in your oTENTik – a cross between a tent and a rustic cabin – wood-heated, of course! Bundle-up warmly around the campfire, savour your hot chocolate with a hint of . . . marshmallows!





DAY 2

After a BIG breakfast, put on your snowshoes, grab your GPS (or compass) and take the snow tag challenge! Watch out Picasso! Trace a drawing on the snowy surface of a lake or release your inner creativity by making your own tag on the snow. Go to the closest lookout to admire your masterpiece. Share it on Facebook, Twitter and Instagram!







DAY 3

Feel like breaking the ice? Don't miss the ice walls of Saint-Jean-des-Piles. Are you ready to accept the challenge? Learn ice climbing under the safe, quality supervision of a team of professionals who are passionate about climbing and mountains.



LEARN TO CAMP

Need a helping hand to have a fun and safe camping trip? Register for a Learn to Camp event and be taught to set up a tent or cook over an open fire.

Lachine Canal National Historic Site, June 18 and 19, 2016 p. 13 Chambly Canal National Historic Site, July 30 and 31, 2016 p. 13

rail asieep to lapping waves just a few steps from your tent set up on an island. Dream of the songs of whales in harmony with the sounds of seals. Is this all just a dream?

Mingan Archipelago National Park Reserve p. 12



CANOE AND CAMPING, THE PERFECT STAY!

What's the ideal family vacation? Canoe-camping on the shores of Wapizagonke Lake with a private beach, picnics and marshmallows roasted over an open fire!

La Mauricie National Park p. 12



CAMPING AT 'LAND'S END'

Staying in an unspoiled park, soaking up the peace and quiet of nature, breathing in the salt air... All this plus exciting activities, fireside stories, and playgrounds.

Forillon National Park p. 12



AN OTENTIK GETAWAY NEAR MONTRÉAL

Take a break from the everyday with your friends and family. Discover this wonderful park and its surroundings and stay the night in one of our new oTENTiks for a comfortable night's sleep on nature's doorstep.

Saint-Ours Canal National Historic Site p. 13





CHAMBLY CANAL NATIONAL HISTORIC SITE AND FORT CHAMBLY NATIONAL HISTORIC SITE

Hop on your bicycle and take the Route verte. The Chambly Canal offers 20 km of exceptional scenery linking Chambly and Saint Jean-sur-Richelieu.

Take part in the daily activities of a fort in New France. Work in the garden and light a fire in the company of soldiers or their wives. Come and celebrate Saint Louis Day on August 20 and 21.



COTEAU-DU-LAC NATIONAL HISTORIC SITE AND SAINTE-ANNE-DE-BELLEVUE CANAL NATIONAL HISTORIC SITE

Saturday is market day at the Coteau-du-Lac fort! The abundance of local products will make your mouth water. Take part in the fort's GPS treasure hunt and enjoy a picnic with your family!

In afternoon, go to Sainte-Anne-de-Bellevue Canal and walk along the long boardwalk that runs alongside the waterway or visit Sainte-Anne Street, where you will find a mix of restaurants and boutiques.



CARILLON CANAL NATIONAL HISTORIC SITE AND MANOIR-PAPINEAU NATIONAL HISTORIC SITE

Imagine a boat that can cross a 20-metre head drop in only 40 minutes! To witness this impressive manoeuvre, go to the Carillon lock.

Don your best attire in July for the garden parties at Manoir-Papineau, inspired by those organized in the 19th century. In August, spend your Sunday having *Tea at the Manor!*



FORT LENNOX NATIONAL HISTORIC SITE

Fall under the charm of Île aux Noix's sprawling green space. Your kids will love the boat ride to the island! Have a picnic, meet some characters from the past and discover beautifully restored buildings. Be prepared to fall in love!

Quebec

National Parks, National Historic Sites and National Marine Conservation Area of Canada





Directory

Services and activities legend

The following section provides more information on unique places and experiences in Quebec.

The legend below identifies some of the services and activities that may be available at the parks and sites. Watch for these symbols when planning your visit.

Parking	的 Backpacking/hiking
Bus parking	Horseback riding
Access for the physically disabled	3 Golfing
Restaurant	Tennis
iie Gift shop	Birdwatching
Interpretation	Marine mammals
Ricnic area/shelter	Beaches
Playground	Canoeing/Kayaking
Camping	Motorboating
Recreational vehicles	Fishing
narks Canada oTENTik	Scuba diving
♣ Yurts	Rafting
ἴ Teepees	Hot springs
a Cabins Cabins	Mountain/Ice climbing
ళాం Cycling	Winter activities
-3.	



Mountain biking

- 1 La Mauricie p. 12
- 2 Mingan Archipelago (Reserve) p. 12
- 3 Forillon p. 12
- 4 Fort Témiscamingue p. 12
- 5 Manoir Papineau p. 12
- 6 Carillon Barracks p. 12
- 7 Carillon Canal p. 12
- 8 Coteau-du-Lac p. 12
- 9 Sainte-Anne-de-Bellevue Canal p. 12
- 10 Battle of the Châteauguay p. 13
- 11 Sir Wilfrid Laurier p. 13
- 12 Lachine Canal p. 13
- 13 The Fur Trade at Lachine p. 13
- 14 Sir George-Étienne Cartier p. 13
- 15 Fort Lennox p. 13
- 16 Chambly Canal p. 13
- 17 Fort Chambly p. 13
- 18 Saint-Ours Canal p. 13
- 19 Forges du Saint-Maurice p. 14
- 20 Louis S. St. Laurent p. 14
- 21 Fortifications of Québec p. 14
- 22 Saint-Louis Forts and Châteaux p. 14
- 23 Cartier-Brébeuf p. 14
- 24 Lévis Forts p. 14
- 25 Grosse Île and the Irish Memorial p. 14
- 26 Pointe-au-Père Lighthouse p. 14
- 27 Battle of the Restigouche p. 14
- 28 Saguenay–St. Lawrence p. 15Pointe-Noire Interpretation andObservation Centre p. 15Cap-de-Bon-Désir Interpretation and

Observation Centre p. 15

Marine Environment Discovery Centre p. 15





Carillon Canal National Historic Site

Forges du Saint-Maurice National Historic Site





With its 536 km² area, La Mauricie National Park is the ideal place for an outdoor escape. Hills, forests and streams are accessible any season of the year.

Saint-Jean-des-Piles - 200 km from Montréal; 190 km from Québec; 60 km from Trois-Rivières 1-819-538-3232 | parkscanada.gc.ca/mauricie





The first word that springs to mind at the mention of the Mingan Archipelago is "remote". Far from the hustle and bustle of everyday life, Mother Nature enchants with limestone sculptures, prolific marine and bird life, and the seductive sound of the sea.

Havre-Saint-Pierre 1-418-538-3285 | parkscanada.gc.ca/mingan





Forillon is a place where you can paddle with seals, watch passing whales and swim off a magnificent sandy beach all on the same day. You may even see a beaver on a walk through the forest.

Gaspé

1-418-368-5505 | parkscanada.qc.ca/forillon

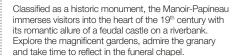
Fort Témiscamingue



post operated for two centuries. Travel into the past and enjoy a natural setting on the shores of Lake Témiscamingue.

Duhamel-Ouest, Ouebec 1-819-629-3222 | parkscanada.gc.ca/forttemiscamingue

Manoir-Papineau P1 🛣 😭 🛍 开 🦒 🐼 🌯



Montebello - 60 km from Ottawa; 60 km from Montréal 1-819-423-6965 | parkscanada.gc.ca/manoirpapineau

Carillon Barracks



Today, there is little sign of the military occupation after the garrison departed, the building was renovated and served as a hotel for travellers. Since 1940, it has housed the Argenteuil Regional Museum.

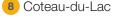
Saint-André-d'Argenteuil – 90 km from Montréal 1-450-537-3861 | parkscanada.gc.ca/carillonbarracks

7 Carillon Canal



Watch boats pass through the Carillon Canal lock, navigating a 20-metre drop in a single operation. Stop in at the museum to learn about the history of 19th century travellers.

Saint-André-d'Argenteuil - 90 km de Montréal 1-450-537-3534 | parkscanada.gc.ca/carilloncanal





The Coteau-du-Lac site is a natural stop for history lovers and outdoor enthusiasts. As the first fortified lock structure in North America, the canal is the direct ancestor of the St. Lawrence Seaway.

Coteau-du-Lac - 40 km from Montréal 1-450-763-5631 | parkscanada.gc.ca/coteau

9 Sainte-Anne-de-Bellevue Canal



Opened in 1843, the Sainte-Anne Canal was the main entry point for the waterway between Montréal and Kingston. Take a trip through 150 years of history. Then go to the pier for a picnic and watch the lock in operation.

Sainte-Anne-de-Bellevue - 40 km from Montréal 1-514-457-5546 | parkscanada.gc.ca/canalsteanne



13 The Fur Trade at Lachine



Discover the strategies behind the significant day of October 26, 1813 when outnumbered Canadian

troops defeated the invading American army. Ride 14 kilometres by bike or car across the actual battlefield! Municipality of Très-Saint-Sacrement -

50 km from Montréal 1-450-829-2003 | parkscanada.gc.ca/chateauguay Strategically located on the fur trade route, this storage building recounts the lives of the voyageurs. Stop in at this enchanting waterfront setting in Lachine and discover the inner workings of the trade that helped shape Canada

Lachine - 20 km from Montréal 1-514-637-7433 | parkscanada.gc.ca/fourrure

11 Sir Wilfrid Laurier

₽₁₺₽₽₩

Discover the life and work of famed Prime Minister Wilfred Laurier and admire an imposing collection of artifacts and old furniture in a typical house from the 19th century, in the St. Lawrence Valley.

Saint-Lin-Laurentides - 50 km from Montréal 1-450-439-3702 | parkscanada.gc.ca/laurier

12 Lachine Canal



Montreal. Explore the ingenuity of this 1825 structure. Follow its urban course, sail through the locks by boat, and enjoy an oasis in the city.

Montréal

1-514-283-6054 | parkscanada.gc.ca/lachinecanal

14 Sir George-Étienne Cartier



The only Victorian-style house open to the public in the city, Sir George-Étienne Cartier's home in Old Montreal offers an opportunity to become better acquainted with one of the Fathers of Confederation.

Montréal

1-514-283-2282 | parkscanada.gc.ca/cartier





Treat yourself to a stroll through history. First, take the ferry from Saint-Paul-de-l'Île-aux-Noix then, five minutes later, step into the Fort Lennox Garrison. Built between 1819 and 1829, every nook and cranny in this British fortification has been preserved.

Saint-Paul-de-l'île-aux-Noix - 62 km from Montréal 1-450-291-5700 | parkscanada.gc.ca/fortlennox





Chambly - 32 km from Montréal 1-450-658-6525 | parkscanada.gc.ca/chamblycanal

17 Fort Chambly



The 350th anniversary of the construction of the first wooden fort at Chambly is being celebrated in 2015 - Fort Chambly sets the table for the public to taste the culinary heritage of New France's first settlers.

Chambly - 32 km from Montréal 1-450-658-1585 | parkscanada.gc.ca/fortchambly

18 Saint-Ours Canal



Stroll through Darvard Island. Enjoy a hike and take in the interpretation panels that provide information about the local plants and wildlife. Have a family picnic while watching boats go through the locks. Children will be fascinated by the fish ladder, a structure unlike anything else in the world.

Saint-Ours - 75 km from Montréal 1-450-785-2212 | parkscanada.gc.ca/canalstours



Saint-Louis Forts and Châteaux National Historic Site



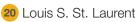
Pı b. 🎎 Pạ 🛍 开 🚅



P1 & Pa #4 #

From 1730 to 1883, the Forges du Saint-Maurice produced a variety of iron and cast iron products for military and domestic use. Enter the Grande Maison and immerse yourself in the history of the first industrial community in Canada.

Trois-Rivières 1-819-378-5116 | parkscanada.gc.ca/forges





Buildings dating from 1839 to 1843 are set on a picturesque property with a garden filled with trees and flowerbeds, most of which existed in Prime Minister Louis S. St. Laurent's time.

Compton – 170 km from Montréal 1-819-835-5448 | parkscanada.gc.ca/stlaurent

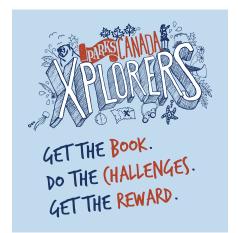




The Fortifications of Québec National Historic Site consists of a number of locations in Upper Town, Lower Town and surrounding areas. Québec is the only city north of Mexico to have retained its fortifications.

Québec

1-418-648-7016 | parkscanada.gc.ca/fortifications





What actually was the work of the governor?
How many Châteaux Saint-Louis were there?
What was Château life like between 1620
and 1834? The answers can be found at the
Saint-Louis Forts and Châteaux National
Historic Site!

Ouébec

1-418-648-7016 | parkscanada.gc.ca/saintlouis



The Cartier-Brébeuf National Historic Site commemorates the wintering site of Jacques Cartier and his companions in 1535-1536 near the Iroquois village of Stadacona. It also bears witness to the establishment in 1625-1626 of the first Jesuit missionaries' residence in Québec.

Québec

1-418-648-7016 | parkscanada.gc.ca/brebeuf





The purpose of the Lévis Forts was to protect Quebec City against an American invasion. Visit Fort No. 1 to discover its history as well as military strategies, and enjoy the splendid panorama as well.

Lévis – 25 km from Québec City 1-418-835-5182 | parkscanada.gc.ca/levis



25 Grosse Île and the Irish Memorial

The Grosse Île and the Irish Memorial National Historic Site offers a glimpse into a tragic episode in Canada's history. Thousands of immigrants left a mark on this territory.

Île-aux-Grues, Québec – 48 km from Québec 1-418-234-8841 | parkscanada.gc.ca/grosseile

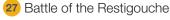




The Pointe-au-Père navigational aid station, among the most important in Canada, helps us better understand the complexity of the St. Lawrence River and the role played by its lighthouse, one of the tallest in the country.

Rimouski

1-418-724-6214 | parkscanada.gc.ca/pharepointeaupere

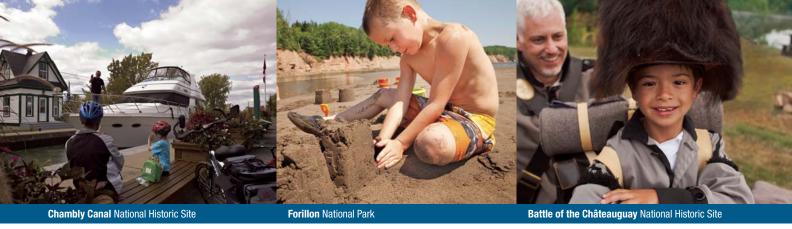




Relive the last naval battle between France and England for possession of American territory at the Battle of Restigouche National Historic Site. As well, discover the remains of the wreck of the Machault which has been under water for over 200 years!

Pointe-à-la-Croix

1-418-788-5676 | parkscanada.gc.ca/ristigouche





28 Saguenay-St. Lawrence Marine Park



Watch whales and learn about the fascinating mammals and their habitat at the Saguenay-St. Lawrence Marine Park, recognized as one of the best places in the world for whale watching.

Tadoussac - 466 km from Montréal; 211 km from Québec 1-418-235-4703

www.parckcanada.gc.ca/saguenay and www.marinepark.qc.ca



28 Pointe-Noire Interpretation and Observation Centre



Enjoy one of the best places to view the Saguenay Fjord and to watch belugas and other whales in their natural habitat. Meet interpretive guides and see exhibits in this place that was formerly inhabited by lighthouse keepers.

Baie-Sainte-Catherine - 465 km from Montréal; 210 km from Québec 1-418-237-4383 (in season) | 1-418-235-4703 (off season) www.parckcanada.gc.ca/saguenay and www.marinepark.qc.ca

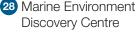


28 Cap-de-Bon-Désir Interpretation and Observation Centre



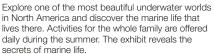
The Cap-de-Bon-Désir is the best place to observe whales, seals and seabirds near the shore. Family activities are offered daily in the summer. Discover the history of the lighthouse and its keepers.

Bergeronnes - 245 km from Québec; 500 km from Montréal 1-418-232-6751 (in season) | 1-418-235-4703 (off season) www.parckcanada.gc.ca/saguenay and www.marinepark.gc.ca









Les Escoumins

505 km from Montréal: 250 km from Québec 1-418-233-4414 (in season) | 1-418-235-4703 (off season) www.parckcanada.gc.ca/saguenay and www.marinepark.qc.ca

Wild Side



Common Loon

You can see the emblem of our dollar, or "loonie," on the famous Wapizagonke Lake in La Maurice. Did you know there is usually only one couple per lake? Around the crackling fire, listen to the haunting call of the Common Loon.



Humpback Whale

Every year, Humpback Whales travel thousands of kilometres between Quebec and the Caribbean Sea where they give birth. They can be found in the Estuary and the Gulf of St. Lawrence near Mingan Archipelago, the Saguenay-St. Lawrence Marine Park and Forillon where there is an abundance of krill and small fish.



Black-Legged Kittiwake

Did a Black-Legged Kittiwake steal one of your French fries? No. It was a seagull! Get out your binoculars and head to Forillon where you will see the largest colony of REAL Black-Legged Kittiwakes in Eastern Canada! The park's immense shore cliffs are home to tens of thousands of seabirds that go there to nest and raise their offspring



White-Tailed Deer

The White-Tailed Deer is commonly found in Quebec Its offspring, the fawn, is able to stand a few minutes after birth. The best time to spot one is at dawn or dusk. You will easily recognize it when it is running and its small white tail is raised



Atlantic Puffin

The Atlantic Puffin is nicknamed "Sea Parrot" because of its multi-coloured beak. It is awkward in flight but does well in water. It can hold its breath for more than one minute! The Atlantic Puffin and 35,000 pairs of birds await you at the Mingan Archipelago.

Give these animals the space they need. Your responsible behaviour contributes to the survival of wildlife - and your own safety!

Parks Canada

Discovery Pass

Enjoy unlimited opportunities to experience nearly 100 places for two full years!

- Provides faster entry and greater convenience;
- Makes a great gift idea;
- Can pay for itself in as little as seven days compared to purchasing day passes;
- Valid for 24 full months from the date of purchase;

Adult	\$67.70
Senior (Ages 65+)	\$5 7.90
Youth (Ages 6 to 16)	\$33.30
Family/Group	\$136.40
Prices include applicable taxes and are subject to change.	

Free entry for kids 5 and under Canadä



Free entry on Canada Day

Purchase online at parkscanada.gc.ca/pass or by phone at 1-888-773-8888.



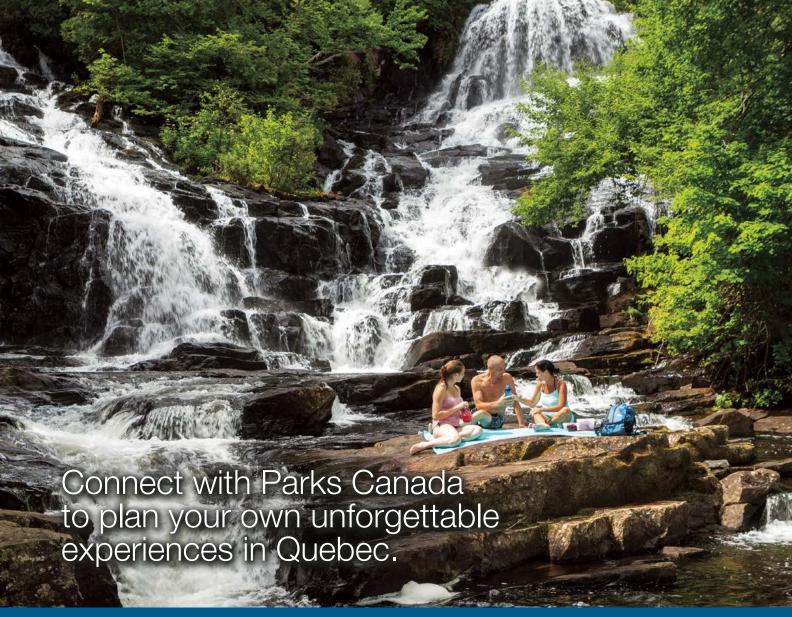
Parks Canada

official merchandise

Get these unique products while visiting our sites or online at www.parkscanadashop.ca. Every purchase supports national parks, historic sites and marine conservation areas.

We saved you a seat!





La Mauricie National Park

parkscanada.gc.ca 1-888-773-8888

FOLLOW US:



facebook.com/ parkscanada



twitter.com/ parkscanada



youtube.com/

Cette publication est également disponible en français

© Her Majesty the Queen in Right of Canada, represented by the Chief Executive Officer of Parks Canada, 2016

R62-446/3-2016E-PDF ISBN: 978-0-660-04280-0

5 other regions **DISCOVER**





ONTARIO

ATLANTIC CANADA







WESTERN CANADA

NORTHERN CANADA

Look for these brochures on our website