

QUEBEC



Discover
PARKS CANADA



Fort Témiscamingue National Historic Site



Parks Canada
Parcs Canada

Canada



PARKS CANADA IN QUEBEC

AT A GLANCE



28
NATIONAL
HISTORIC
SITES



3
NATIONAL
PARKS



1
NATIONAL
MARINE
CONSERVATION
AREA

ONE OF **THE**
WORLD'S MOST
BEAUTIFUL
PATHS



80+ RED CHAIRS
#SHARETHECHAIR

BE INSPIRED!
COME... HIKE, BIKE,
CAMP, SWIM, PADDLE,
LEARN, PLAY...



Forillon National Park



Chambly Canal National Historic Site



Mingan Archipelago National Park Reserve

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.

TABLE OF CONTENTS

- 2** A journey along the Côte-Nord
- 4** Let's conquer Québec City
- 5** Conserving for the future
- 6** Stay overnight
- 8** Staff favourites
- 10** Map and directory

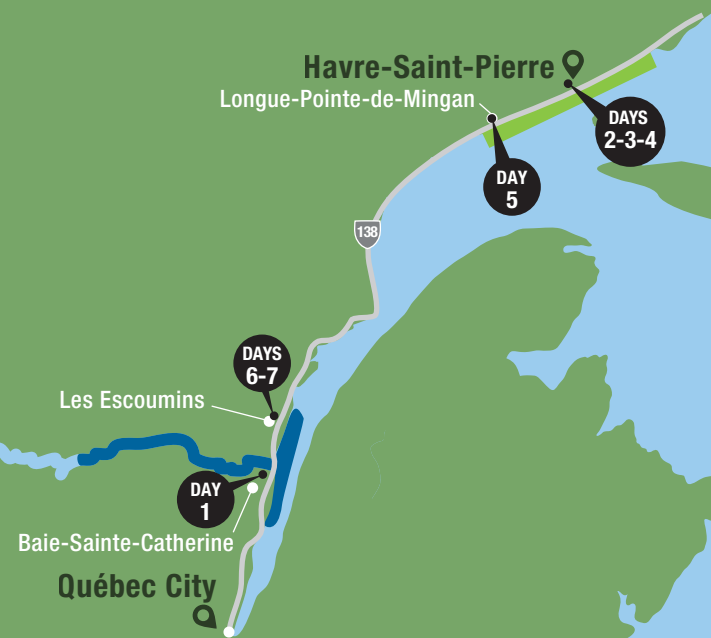
**7-DAY
ITINERARY**

A ROAD TRIP ALONG THE CÔTE-NORD

 **FROM QUÉBEC CITY TO HAVRE-SAINT-PIERRE**

 **ROUNDRIP**
1,720 km

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



PLAN
YOUR VISIT AT
PARKSCANADA.GC.CA/VISIT
AND DISCOVER
OTHER ITINERARIES



**DAY 1
SAGUENAY-ST. LAWRENCE**
Baie-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 beluga 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.

Finish 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.

 oTENTik,
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 Perroquets. 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."

 sleep in your tent,
Île Nue de Mingan

**DAY 6
SAGUENAY-ST. LAWRENCE**
Les Escoumins, 555 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

3-DAY
ITINERARY

LET'S CONQUER QUÉBEC CITY!

 FROM MONTRÉAL TO QUÉBEC CITY

 **ROUNDRIP**
605 km

 **LOCATIONS**
Fortifications of Québec,
Saint-Louis Forts and Châteaux, Lévis Forts and
Grosse Île and the Irish Memorial
National Historic Sites



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 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

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.



CONSERVING FOR THE FUTURE

THE CHALLENGE


How can we prevent collisions between boats and whales?

The St. Lawrence Estuary and the Saguenay–St. Lawrence Marine Park protect 13 species of whales. But it's also a busy shipping route and major tourist destination.

A STEP IN THE RIGHT DIRECTION

Forming the *Working Group on Marine Mammal Protection and Shipping* lead to the adoption of voluntary measures such as speed reduction.

THE RESULT?

 **40%**
REDUCTION IN THE RISK OF COLLISIONS



GET INVOLVED NOW IT'S YOUR TURN

GRAB YOUR BINOCULARS!

Become a citizen biologist! Watch out for loons and their young on lakes in the park and keep note of your observations. Using your data, scientists can measure the results of efforts made to protect them which have been in place since 1987.

La Mauricie National Park p. 11

CAPELIN ON THE CAPE

Visit the educational exhibit on forage fish. Become a citizen-scientist and share your photos of "rolling" fish on eCapelin.ca. You'll be taking part in WWF efforts to conserve their habitats and manage the fisheries sustainably.

Forillon National Park p. 11

MINI BIOBLITZ

Get up close and personal at the fort with its incredible biodiversity. Try to spot birds, turtles, frogs and different plants along the lock canal, the Delisle River and the St. Lawrence River. Join a guide and enjoy a *BioBlitz in a box*.

Coteau-du-Lac National Historic Site p. 12



STAYING THE NIGHT?

WE'VE GOT YOU COVERED

DON'T MISS OUT

[PARKSCANADA.GC.CA/ACCOMMODATIONS](https://parksCanada.gc.ca/accommodations)

RESERVE TODAY!



FROM \$25.⁵⁰ PER NIGHT



FROM \$100 PER NIGHT



FROM \$15.⁷⁰ PER NIGHT



FROM \$90 PER NIGHT

TENT AND RV CAMPING

Stay close to nature at one of our wonderful campsites – at your preferred comfort level.

Available in Forillon and La Mauricie National Parks.

BACKCOUNTRY CAMPING

The ultimate in overnight adventure: just you, your tent and the great outdoors, far from the beaten path.

Available in La Mauricie, Mingan Archipelago (Reserve) and Forillon National Parks.

oTENTik

The perfect mix of tent and A-frame cabin comes together in our oTENTik with its raised floors and cosy 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.



FROM \$0.⁹⁰ PER FOOT PER NIGHT

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





STAFF

FAVOURITES

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

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 that much more authentic and poignant."

Géraldine - Project Coordinator



4 PENOUILLE TAIGA

"A special type of vegetation grows on the Penouille 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."

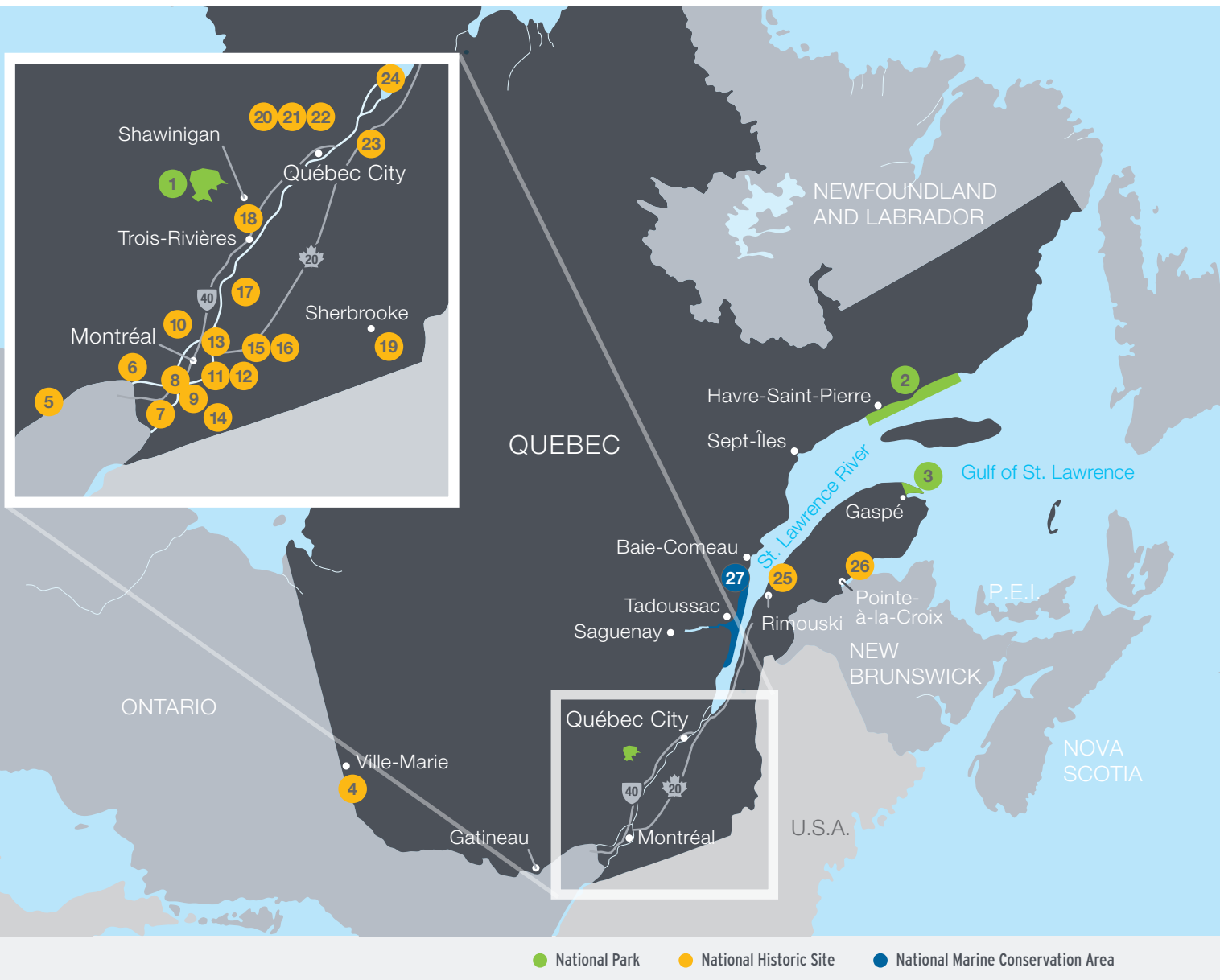
Émilie - Public Relations Officer

7 #IMAGINEACOUNTRY

"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

DIRECTORY QUEBEC



SERVICES

- Access for the physically impaired
- Restaurant
- Gift shop
- Picnic area/Shelter
- Playground
- Wi-Fi (in certain areas only)

ACCOMMODATION

- Camping
- Recreational vehicle
- oTENTik
- MicrOcube
- Historic stay
- Overnight mooring

ACTIVITIES

- Interpretation
- Cycling
- Mountain biking
- Backpacking/Hiking
- Birdwatching
- Marine mammals
- Beach
- Canoeing/Kayaking
- Motorboating
- Fishing
- Scuba diving
- Horseback riding
- Tennis
- Winter activities
- Explorers activities
- My Photo Missions app
- Red chairs



1 La Mauricie

A protected area of 536 km² right in the heart of the Laurentian forest.

DON'T MISS

- On foot, cross-country skis or snowshoes, enjoy kilometres of marked trails.
- Grab your paddle and discover majestic lakes while watching for wildlife.



Saint-Mathieu-du-Parc – 190 km from Montréal; 170 km from Québec City; 60 km from Trois-Rivières
1-888-773-8888 | parks canada.gc.ca/mauricie
#MauricieNP



2 Mingan Archipelago

The greatest concentration of monoliths formed by erosion in Canada.

DON'T MISS

- Glide across the water on a sea kayak or a stand-up paddle board.
- Join a theatrical walk on the *Capilloux Hike: Under the "light" of Marteau.*



Havre-Saint-Pierre | 1-418-538-3285
parks canada.gc.ca/mingan | @MinganNPR

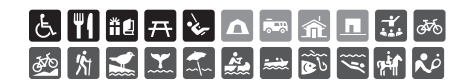


3 Forillon

A mountainous peninsula bordered by the Gulf of St. Lawrence and the baie de Gaspé.

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.



Gaspé | 1-418-368-5505
parks canada.gc.ca/forillon | @ForillonNP
#ForillonNP



4 Fort Témiscamingue

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

DON'T MISS

- Visit the Obadijwan interactive exhibit that sheds light on the millennia-long Algonquin presence.
- Discover the area's past, its landscapes and sounds with the Explora app.



Duhamel-Ouest | 1-819-629-3222
parks canada.gc.ca/forttemiscamingue
@NHSinQC | #FortTemiscamingue



5 Manoir-Papineau

The elegant manor house of one of Canada's most prominent politicians in 19th century Quebec.

Manoir Papineau National Historic Site will be closed to the public for the 2019 season due to a major infrastructure investment program. The reopening is planned for 2020.

Montebello – 60 km from Ottawa, ON; 60 km from Montréal | 1-819-423-6965
parks canada.gc.ca/manoirpapineau
@NHSinQC | #ManoirPapineau



6 Carillon Canal

A lock canal with a 200-tonne guillotine gate.

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.



Saint-André-d'Argenteuil – 90 km from Montréal
1-450-537-3534
parks canada.gc.ca/carilloncanal
@QuebecCanals | #CarillonCanal



7 Coteau-du-Lac

The first fortified lock canal in North America.

DON'T MISS

- Discover historic treasure at the site using a GPS unit.
- Explore the remains, the blockhouse and artifacts which have seen 7,000 years of history.



Coteau-du-Lac – 40 km from Montréal
1-450-763-5631 | parkscanada.gc.ca/coteau
@NHSinQC | #Coteaudulac



8 Sainte-Anne-de-Bellevue Canal

Canada's busiest lock.

DON'T MISS

- Sail on a historic waterway: paradise for recreational boaters and an adventure for kayakers.
- Take a stroll on the boardwalk and enjoy a meal at one of the restaurants.



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



9 Battle of the Châteauguay

The site marking the victory of 300 Canadian soldiers over 2,000 American soldiers on October 26, 1813.

DON'T MISS

- Make your own ammunition with candy, young Explorers!
- Pedal or drive out to follow the interpretive panels of the battle along the Châteauguay River.



Howick – 50 km from Montréal
1-450-829-2003
parkscanada.gc.ca/chateauguay
@NHSinQC | #BatailledelaChateauguay



13 Sir George-Étienne Cartier

The home of one of the main Fathers of Confederation.

DON'T MISS

- Explore the permanent exhibit *Imagine a country* and share your vision.
- Discover the only Victorian-era interior open to the public in Montréal.



Montréal | 1-514-283-2282
parkscanada.gc.ca/cartier
@NHSinQC | #Sirgeorgeetiennecartier



14 Fort Lennox

A rare example of perfectly preserved 19th century British Army fortifications.

Fort Lennox National Historic Site will be closed to the public for the 2018 and 2019 seasons due to a major infrastructure investment program. The reopening is planned for May 2020.

Saint-Paul-de-l'Île-aux-Noix
60 km from Montréal | 1-450-291-5700
parkscanada.gc.ca/fortlennox
@NHSinQC | #FortLennox



15 Chambly Canal

A nearly 20 km canal linking the municipalities of Chambly and Saint-Jean-sur-Richelieu.

DON'T MISS

- Enjoy it by bike, on foot or aboard your pleasure craft.
- Admire the locking manoeuvres that are still done manually.



Chambly – 30 km from Montréal
1-450-658-0681
parkscanada.gc.ca/chamblycanal
@QuebecCanals | #ChamblyCanal



10 Sir Wilfrid Laurier

The life and work of Sir Wilfrid Laurier, the first French Canadian to become Prime Minister.

DON'T MISS

- Visit a home typical of the St. Lawrence valley furnished with articles from the past.
- Participate in the group weaving record using a loom.



Saint-Lin-Laurentides – 50 km from Montréal
1-450-439-3702 | parkscanada.gc.ca/laurier
@NHSinQC | #Sirwilfridlaurier



11 Lachine Canal

This 14.5 km lock canal paved the way to the industrialization of Montréal.

DON'T MISS

- Follow history along the canal by bike, kayak or aboard the *Petit Navire*.
- Take a break at the Atwater Market kiosk and take advantage of activities and flavours offered on site.



Montréal | 1-514-283-6054
parkscanada.gc.ca/lachinecanal
@LachineCanal | #LachineCanal



12 The Fur Trade at Lachine

An old stone warehouse dating back to the golden age of 19th century fur trade.

DON'T MISS

- Immerse yourself in an interactive exhibit and retrace the route of trappers, voyageurs and bourgeois.
- Using the Explora app, follow a young voyageur as he departs into the wilderness.



Lachine – 20 km from Montréal
1-514-637-7433 | parkscanada.gc.ca/fourrure
@NHSinQC | #FurTradeLachine



16 Fort Chambly

An amazing French stone fort from the 18th century on the banks of the Richelieu River.

DON'T MISS

- Enter the fort and discover the different aspects of a soldier's life.
- Elude the fort's vigilant soldiers in order to smuggle in the goods.



Chambly – 30 km from Montréal
1-450-658-1585
parkscanada.gc.ca/fortchambly
@NHSinQC | #FortChambly



17 Saint-Ours Canal

The opening of the canal in 1849 allowed boats to navigate between New York and Montréal.

DON'T MISS

- Discover Darvard Island: have a picnic and visit the superintendent's house.
- See the world-unique fish ladder: the Vianney-Legendre fishway project.



Saint-Ours – 75 km from Montréal
1-450-785-2212
parkscanada.gc.ca/canalstours
@QuebecCanals | #StOursCanal



18 Forges du Saint-Maurice

The first industrial community in Canada.

DON'T MISS

- Watch a 3-D multimedia show taking you through everyday life stories of the iron master and workers.
- Explore the site where kettles, pans, nails and weapons were made.



Trois-Rivières – 140 km from Montréal;
130 km from Québec City
1-819-378-5116 | parkscanada.gc.ca/forges
@NHSinQC | #ForgesStMaurice



Great souvenirs and apparel available at our places or online at parkscanadashop.ca



19 Louis S. St-Laurent

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.



Compton – 170 km from Montréal
1-819-835-5448 | parksCanada.gc.ca/stlaurent
@NHSinQC | #LouisStLaurent



20 Fortifications of Québec

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

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*.



Québec City | 1-418-648-7016
parksCanada.gc.ca/fortifications
@fortificationsqc | #fortificationsQC



21 Saint-Louis Forts and Châteaux

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

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.



Québec City | 1-418-648-7016
parksCanada.gc.ca/saintlouis
@fortificationsqc | #DufferinTerrace



25 Pointe-au-Père Lighthouse

One of the most important navigational aid stations in Canada.

DON'T MISS

- Climb to the top of one of the tallest lighthouses in the country.
- Calling young Xplorers! Explore the site by completing activities in the booklet to win a surprise!



Rimouski | 1-418-724-6214
parksCanada.gc.ca/pharepointeaupeere



26 Battle of the Restigouche

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.



Pointe-à-la-Croix | 1-418-788-5676
parksCanada.gc.ca/ristigouche



27 Saguenay-St. Lawrence Marine Park

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.



Saint-Fidèle – 415 km from Montréal;
158 km from Québec City | 1-418-235-4703
www.parksCanada.gc.ca/saguenay
and www.marinepark.qc.ca
#SSLMarinePark



22 Cartier-Brébeuf

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

DON'T MISS

- Discover this magnificent site in the heart of Québec City using the Explora app.
- Have a family picnic while enjoying the beauty of the landscape.



Québec City | 1-418-648-7016
parksCanada.gc.ca/cartierbrebeuf
@fortificationsqc | #CartierBrébeuf



23 Lévis Forts

The last component of Québec 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.



Lévis – 25 km from Québec City
1-418-835-5182 | parksCanada.gc.ca/levis
@fortificationsqc | #LévisForts



24 Grosse Île and the Irish Memorial

A glimpse of Canadian immigration from 1832 to 1937.

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.



Isle-aux-Grues archipelago
50 km from Québec City | 1-418-234-8841
parksCanada.gc.ca/grosseile
@grosseileetlememorialdesirlandais | #Grosseîle



27 Pointe-Noire Interpretation and Observation Centre

A piece of land formerly inhabited by lighthouse keepers.

DON'T MISS

- Take the walkway along the shoreline and admire the view of the Saguenay Fjord.
- Grab your GPS and go geocaching.



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



27 Cap-de-Bon-Désir 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.



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



27 Marine Environment Discovery 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 *Estuary Punch* activity and concoct a recipe of this flourishing marine biodiversity.



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



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- Find special events
- Discover hidden gems
- Create packing lists
- Unlock fun photo features

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parkscanada.gc.ca/app



**450 000 km²
OF MEMORIES**

Start planning
your adventure at
parkscanada.gc.ca



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1-888-773-8888

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brochures on
our website



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PRAIRIES



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CANADA

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