

TAKE IT ALL IN!

CÔTE-NORD ROAD TRIP



Parks
Canada

Parcs
Canada



DAY 1

Departure from Quebec City or Montreal to Tadoussac

5.5 hour drive from Montreal to Tadoussac – 480 km

3 hour drive from Quebec to Tadoussac – 215 km

After a few hours on the road, you have reached the Côte-Nord! First stop: the Pointe-Noire Interpretation and Observation Centre where you can stretch your legs. Head to the terrace for an amazing view of the Saguenay Fjord. Gaze long enough at the water's surface and there's a good chance that you'll see the white back of a beluga or the black back of another whale. After a brief visit of the caretaker's house, climb to the top of the observation tower for a photo op with the Prince Shoal Lighthouse in the background.

Feel like an adventure? Put on warm clothes, sneakers and a windbreaker, and go on a whale watching cruise! In the Saguenay–St. Lawrence Marine Park, boat captains follow navigation regulations in order to respect whales in their natural habitat. Keep your eyes peeled, whales are never far away. Minke whales can put on quite a show.

After the thrill of whale watching, enjoy the rest of the afternoon by taking a stroll on the Tadoussac beach or by relaxing on a terrace.



To learn more about restaurants and accommodation, stop by the Tadoussac Tourist Information Office or visit the Tourisme Côte-Nord website at www.tourismecote-nord.com.



© Jardin des glaciers

DAY 2

Tadoussac to Baie-Comeau and Sept-Îles

2.5 hour drive from Tadoussac to Baie-Comeau - 200 km

2.5 hour drive from Baie-Comeau to Sept-Îles - 230 km

After a good coffee, you're ready to hit the road, the "Route des Baleines". On the road, you'll pass through several charming villages. Next stop: Baie-Comeau! Take the time to have lunch in a warm and welcoming restaurant.

The Jardin des glaciers is a can't miss. You'll step back in time to another period of Earth's history, our last ice age, with their exhibit and the multisensory experience they have in store for you. Continue your visit by exploring a natural agora filled with ancient seashells and take part in their discovery and identification.

It's been a great day, time to drive to Sept-Îles to spend the night.

To learn more about restaurants and accommodation, stop by the Baie-Comeau Tourist Information Office or visit the Tourisme Côte-Nord website at www.tourismecote-nord.com.

DAY 3

Sept-Îles to Havre-Saint-Pierre

2.5 hour drive - 222 km

Time to wake up! A latte and a bagel, and you're ready to go. When you arrive in Havre-Saint-Pierre, take the time to enjoy its long sandy beach and the calming seascape. Keep an eye open, you might see whales or seals.

Stop by the Reception and Interpretation Centre, the "Portail Pélagie-Cormier", and visit the "Mingan Island Early Life" exhibit. Use the magnifying glasses to see the fossils up close. These are the traces of marine organisms that lived long before the dinosaurs.

Go on an excursion to the Mingan Archipelago National Park Reserve. A boat operator recognized by Parks Canada will take you by zodiac to île Quarry. Passing one island after the next, you'll get a feeling for the expansiveness of the archipelago. Oh! Look, a whale!

Once on the island, try the 1.2 km Les Falaises trail. Discover an ancient sea cliff in the middle of the forest. At the end of the trail, you'll arrive at the giant limestone sculptures called monoliths. For a longer hike, choose between the 3.8 km Le Petit Percé trail and the 10.8 km Les Cyripèdes trail. Search for fossils along the shoreline.



Stay to watch the sun set. A campfire under the stars, did you bring your guitar? Fall asleep to the sound of the waves in a fully equipped oTENTik tent* or in your own tent. Sweet dreams!

If you'd rather spend the night in Havre-Saint-Pierre, take advantage of being on the coast and try one of the village's two seafood restaurants for supper.

To learn more about restaurants and accommodation, stop by the Havre-Saint-Pierre Tourist Information Office or visit the Tourisme Côte-Nord website at www.tourismecote-nord.com.

* Reserving in advance is highly recommended.



Take the morning to relax, then make your way to Mingan. Stop by the "Maison de la culture innue" to discover the history, traditions and culture of the Innu people.

Continue to Longue-Pointe-de-Mingan and visit the Mingan Island Cetacean Study Interpretation Centre. There you will see life-size models of different species of whales. Follow a guided visit to learn more about these marine mammals before heading out to sea.

Visit Parks Canada's, "Islands in the Sea", exhibit to discover the treasures of the western islands of the Mingan archipelago.

DAY 4

Havre-Saint-Pierre to Longue-Pointe-de-Mingan

30 minute drive - 50 km

The adventure continues! A boat operator recognized by Parks Canada will take you to the western islands of the Mingan Archipelago National Park Reserve. On the way to the islands you will doubtless see marine birds and maybe even whales or seals. When you reach île Nue de Mingan, you'll be blown away by its moonscape, with its barrens as far as the eye can see.

Next stop: île aux Perroquets. You will be surprised by how close the puffins are with their cousins, the razorbills, perched on the cliffs of the island. Follow in the footsteps of the lightkeepers who lived on this island and make your way to the foghorn building. Inside, learn more about what life was like for the lightkeepers and their families.

For the full island experience, spend the night at the inn, "Auberge de l'île aux Perroquets", in the lightkeeper's or the assistant's house.

When you get back to the mainland stop by the ice cream shop. Try the regional specialties, cloudberry or lingonberry ice cream.

DAY 5

Longue-Pointe-de-Mingan to Sept-Îles and Baie-Comeau

2 hour drive from Longue-Pointe-de-Mingan to Sept-Îles - 170 km

2.5 hour drive from Sept-Îles to Baie-Comeau - 230 km

Stop at Manitou Falls. Follow the interpretive trail that will lead you to these impressive 35 m high waterfalls.

After a few hours on the road, have a drink on one of the terraces with a view of the Sept-Îles Bay. Hop into a zodiac with one of the boat operators* and head to île Grande Basque. Relax on one of the gorgeous beaches, walk 12 km of trails, or follow a naturalist for an interpretive activity. Whatever you choose, you'll discover the exceptional flora that is typical of the Côte-Nord.

Drive to Baie-Comeau.

To learn more about restaurants and accommodation, stop by the Sept-Îles Tourist Information Office or visit the Tourisme Côte-Nord website at www.tourismecote-nord.com.



© Tourisme Sept-Îles

* Reserving in advance is highly recommended.



Your vacation isn't over yet! Grab a take-out lunch in Les Escoumins and go have a picnic by the sea at the Marine Environment Discovery Centre.

Are you ready for a challenge? Try scuba diving near the shore in wetsuit! You'll be impressed by the incredible diversity of marine life. You can also reserve seats for the show, "Le Saint-Laurent en direct" (French only), presented several

DAYS 6 and 7

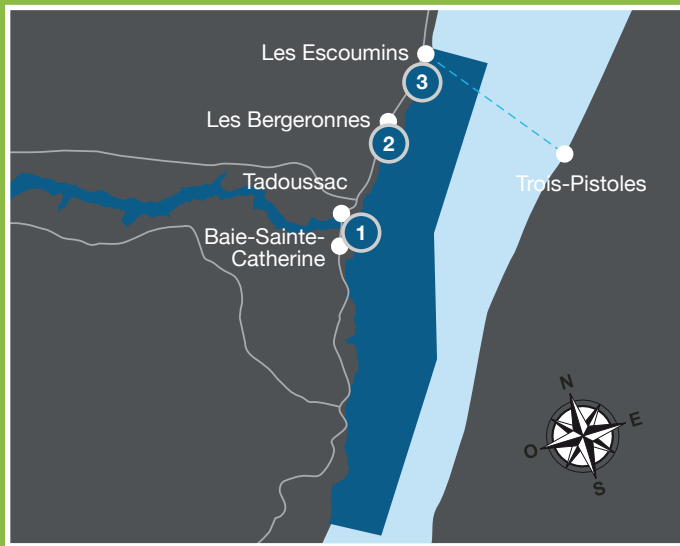
Baie-Comeau to Les Escoumins and return to Quebec or Montreal

2 hour drive from Baie-Comeau to Les Escoumins - 161 km

afternoons per week. You'll be able to communicate with the divers live as their exploration of the world of starfish, anemones and sea cucumbers is broadcast on a screen in real time. You'll be happy to know that there is another short film, "Immersion in the Heart of the Marine Park", as well as a marine life exhibit.

What better way to finish your journey than by visiting one of the very best spots to see whales from the shore. Take the highway, "Route des Baleines", again and drive 8 km towards Les Bergeronnes. Go to the Cap-de-Bon-Désir Interpretation and Observation Centre. Bring a windbreaker, a good pair of shoes and your camera. Start by visiting the exhibit in the lightkeeper's house. The whale models will give you a preview of what you might see from the shore. Grab some coffee or hot chocolate before heading to the rocks. Whales pass close by because of an abundance of food in this area. They can surface at any moment. Take advantage of the interpreter on site to ask any questions that you might have.

To learn more about restaurants and accommodation, stop by Les Escoumins Tourist Information Office or visit the Tourisme Côte-Nord website at www.tourismecote-nord.com.



LEGEND:

Saguenay-St. Lawrence Marine Park

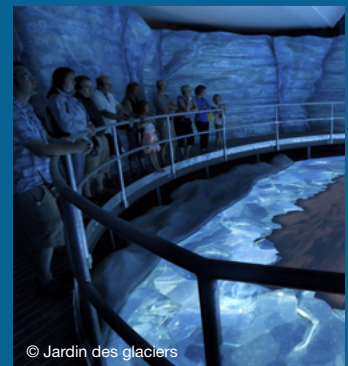
- 1** Pointe-Noire Interpretation and Observation Centre
141 Route 138, Baie-Sainte-Catherine QC (km 571) | 418 237-4383
- 2** Cap-de-Bon-Désir Interpretation and Observation Centre
13 chemin du Cap-de-Bon-Désir, Les Bergeronnes QC | 418 232-6751
- 3** Marine Environment Discovery Centre
41 rue des Pilotes, Les Escoumins | 418 233-4414

- 4** Jardin des glaciers
3 avenue Denonville, Baie-Comeau | 1 877 296-0182

- 5** La Grande Basque Island
Tourisme Sept-îles | 1 888 880-1238

Mingan Archipelago National Park Reserve

- 6** Longue-Pointe-de-Mingan Visitor Reception and Interpretation Centre
625 rue du Centre | 418 949-2126
- 7** Havre-Saint-Pierre Visitor Reception and Interpretation Centre
1010 promenade des Anciens (Portail Pélagie-Cormier) | 418 538-3285





pc.gc.ca/mingan
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Parks Canada: 1 888 773-8888
Tourism Côte-Nord: 1 888 463-0808

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