

VANLIFE GUIDE TO THE CÔTE-NORD

GO·VAN  X  CÔTE NORD



It's no secret that the Côte-Nord is a magnet for vanlifers seeking freedom. However, this freedom depends on maintaining a delicate balance of respect for communities, ecosystems, and municipal bylaws. How can we preserve this welcome? Respecting the rules and acting ethically are essential to maintaining this freedom. **We're counting on you!**

The information below may change and is not guaranteed to be up to date when you read it.

THE GOOD VANLIFER



Respect the signage

Follow the instructions applicable to each location (*no, just because there's no sign doesn't mean you're invited to sleep there!*)



Respect for space

Keep your installations discreet and minimalist. Leave no trace. Pick up your trash, even if the trash cans are full. Take it to the next stop.



Respect for others

You're not alone, so be sure to share the space and pay particular attention to noise levels (*generators, no thanks!*).



Respect rivers

Do not dump your gray or black water in them, nor should you wash your dishes in them. Find and use garbage disposal stations.



Respect for ecosystems

Do not touch the flora and fauna. Do not feed the animals (*no, no, nothing*) or disturb their habitat.



Respect fire restrictions

Follow the current fire guidelines. If you are permitted to build a fire, ensure that it is completely extinguished.



Respect for hosts

Always contribute to good relations with the residents of the region you are visiting.

RESPECTING YOUR ENVIRONMENT

DRINKING WATER

Municipalities, rest areas, and some host sites offer water filling stations, which are often free or require only a small contribution. Never draw water directly from rivers or facilities not designed for this purpose.

IDENTIFY WATER SOURCES

WASTE MANAGEMENT

Only discharge your gray or black water at the appropriate stations. This applies even if you use biodegradable soap. Never discharge it in a sewer, sand, rivers, or forest. Take advantage of the facilities!

LOCATE GREY WATER DISCHARGE STATIONS

CAMP FIRES

The Côte-Nord is a region that is ravaged by forest fires every year. Take a responsible approach: follow fire safety signs, respect fire bans, extinguish your campfires, and use the spaces provided for this purpose. It's not just a good idea—it's a necessity.

SOPFEU FIRE HAZARD

WILDLIFE

The region is home to many unique species, including whales, sea lions, turtles, foxes, bears, and caribou. Whether by kayak or on foot, observe without interacting. Do not feed or approach the animals. Leave your drone at home. Respect the animals for their protection and your own safety.

HOW TO SAIL WITH WHALES

PROTECTED AREAS



BE WELL PREPARED

WHERE TO SLEEP?

To avoid unpleasant surprises, preserve good relations with locals, and encourage the acceptance of van life on the Côte-Nord, **consult directories or apps indicating authorized sites**. Since there will be many of you this summer, **always have plans A, B, and C** in case a site is full.



Warning, it's not a good idea to sleep too close to the beach. Not to mention the risk of getting caught and trapped by the rising tide (*yes, it happens*). This kind of repeated parking contributes to shoreline erosion, which is a very real problem in the region. **Thank you for helping to preserve our land.**

FIND A PLACE TO SLEEP



GAS

Because the territory is so vast, gas stations are sometimes **dozens or even hundreds of kilometers apart**. Plan your stops accordingly to avoid running out of gas.

LOCATE GAS STATIONS



Do you have an electric car?
Plan your recharging by consulting the **Electric Circuit!**

CELLULAR NETWORK

Disconnecting here makes perfect sense, sometimes even against your will! The cellular network is spotty, especially between villages. **Plan your routes and stops in advance, and download your itinerary offline** if necessary. Don't worry; it always comes back!



HOW TO GET THE MOST OUT OF IT?

WHERE TO EAT?

The choice is vast, from markets and fishmongers to canteens and small grocery stores. In remote areas, shops are rarer, and opening times vary, so plan ahead. Take the opportunity to discover local products and support the shops near your accommodations. Long live local produce!

[FIND OUT WHERE TO EAT](#)

ACTIVITIES

Living the vanlife, you'll have access to a variety of activities to enjoy at your own pace:



Whale watching, a must!
Don't forget your binoculars!



Hiking in spectacular parks with breathtaking views.



Beaches to walk, relax or watch the sunset.



Cultural tours, including maritime museums, historic sites and aboriginal tourism experiences. Plenty to experience and learn.



Tasting and picking of local produce, seafood, snow crab, berries, boreal products... Bon appétit!



Bike touring and good luck on the hills!



Kayak, surf or paddleboard, depending on the season and tide (*the water here is as beautiful as it is wild - currents are strong, water temperatures remain very cold even in summer, and tides can change rapidly*).

[WHAT TO DO?](#)

[OUTDOOR ACTIVITIES](#)

[WEATHER AND TIDES](#)

[THE VÉLOROUTE DES BALEINES](#)

GO-VAN TIPS

#1 Always keep a portable power station (battery) in the van

#2 If you're playing in the water, bring a wetsuit - you won't regret it.

#3 Photo enthusiasts, don't forget your camera - great light guaranteed!

#4 In Tadoussac, don't be taken by surprise by the narrow streets and cul-de-sacs, plan your parking.

#5 The road to Kegaska is unpaved, so beware of small rocks!

#6 Our favorites: **Parc de la Rivière** (Escoumins) for an overnight stay and **Café Kiboikoi** for one of the best coffees the next day, **explore Route 385** north of Forestville, chill out at **Parc des Pionniers** in Baie-Comeau (and use their great water facilities and dump station), the **Casse-Croûte du Pêcheur** (Sept-Îles) for the best seafood stop, the **Surfshack** (Sept-Îles) for an unparalleled surfing experience and pro tips, take an **excursion to the Mingan Islands with the Famille Loiselle**, and finally, spend an evening at the **café-bistro l'Échouerie** in Natashquan.

