



## Help us protect this habitat

When you land on the island, you will see rocks that mark the trail. This rocky habitat is called the **rocky barrens**. Dotted with low-growing plants and bushes, and exposed to harsh weather conditions, it has low resilience and is home to many sensitive plant species, including **rare arctic alpine plants**.

- Use the **designated trail** when walking on the seashore.
- Avoid disturbing wildlife and be sure to leave natural objects such as rocks, plants, and fossils where you found them.
- **Be attentive** and **keep your distance** from seabirds; they are particularly vulnerable to disturbance.

## Need more information?

Havre-Saint-Pierre Visitor Centre  
418-538-3285

Longue-Pointe-de-Mingan Visitor Centre  
418-949-2126



## Did you know that...

- The island was named *île du Fantôme* after the schooner, ***Phantom***, which sank off the coast in 1862.
- It's easy to confuse **black-legged kittiwakes** with **herring gulls**. How do you tell the difference? Black-legged kittiwakes nest in colonies on the cliffs. The adults have pale yellow beaks, black feet and black wing tips. Adult herring gulls have yellow beaks with a red dot, pink feet, and black wingtips with white spots.
- Near the wharf, keep a look out for traces of **fossilized marine organisms**. They might be the fossils of mussel shells or of skeleton parts dating back **465 million years**.

## Want to know more?

Visit Parks Canada exhibits:

- Havre-Saint-Pierre: *Life stories from the Mingan Islands*
- Longue-Pointe-de-Mingan: *Islands in the sea*



June 2025



Mingan Archipelago  
National Park Reserve

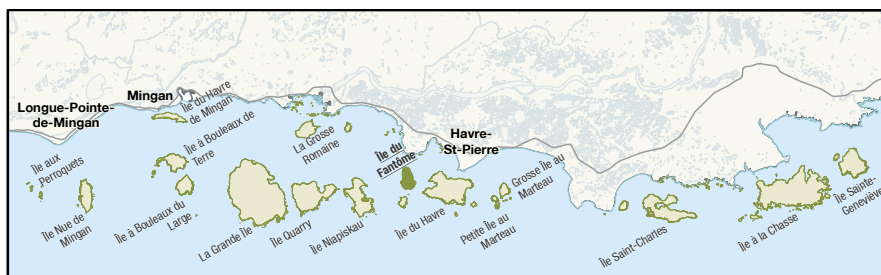
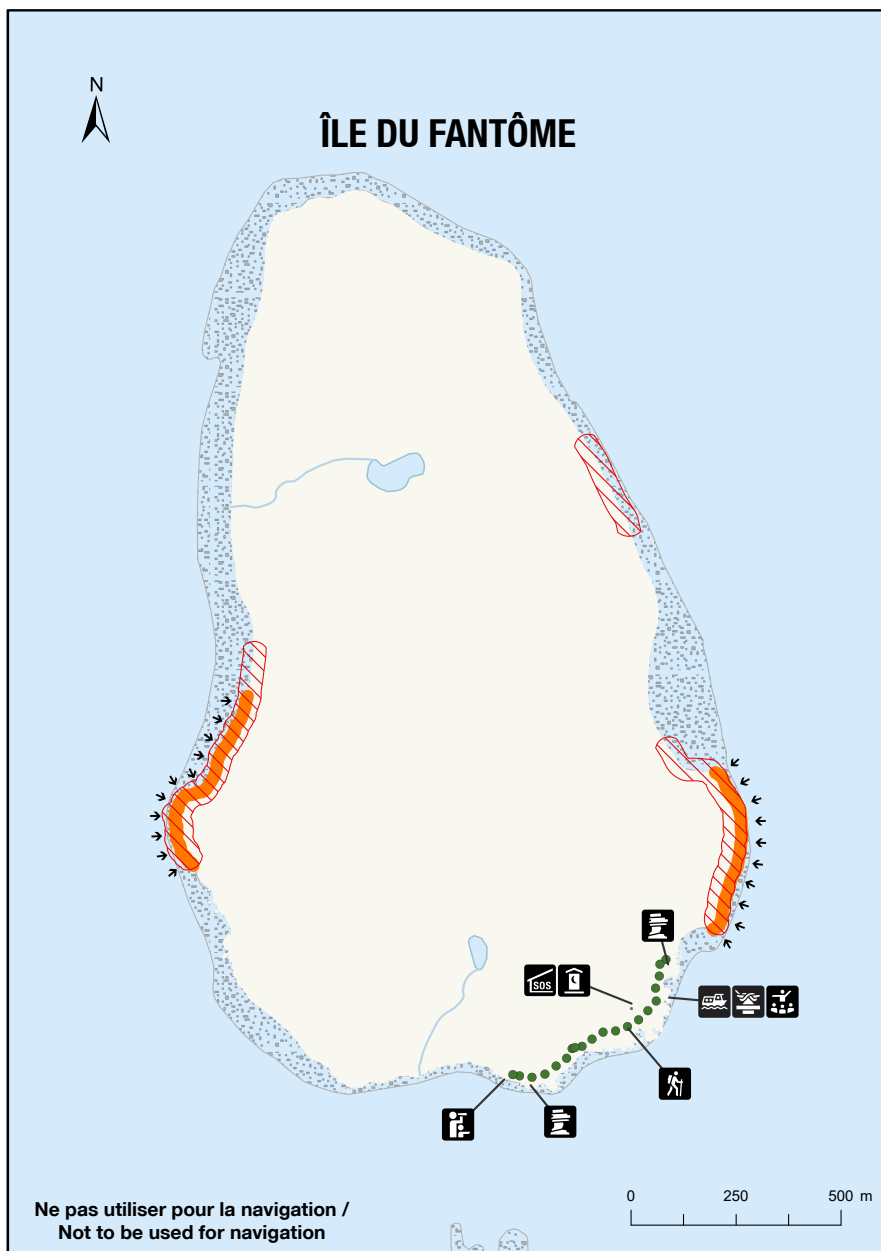
# ÎLE DU FANTÔME



Parks  
Canada

Parcs  
Canada

Canada



## Attractions and services



Emergency shelter



Interpretation activities



Lookout



Wharf



Tourboat stopover



Monolith



Outhouse



Hiking



Campanules hiking trail  
(0.6 km)



Difficult or impassable  
area at high tide



Area closed during the  
nesting period  
(May 1 - August 31)

## For your safety

Falling rocks are a hazard near the cliffs, refrain from stopping or from walking underneath overhanging rocks.

At low tide, water and seaweed on the rocks create slippery conditions. Please proceed with caution.

Climbing on the monoliths is dangerous and prohibited.

Limited cell phone access. Plan an adequate communication device.

Island walk-around prevented by cliffs.

## In case of emergency 1-888-762-1422

## Checklist

Allow **20 to 30 minutes** to complete the trail. To ensure a pleasant visit, don't forget:

- Water
- Snacks
- Good walking shoes
- Windbreaker and raincoat
- Binoculars and a camera
- Garbage bags (to pack out your garbage)