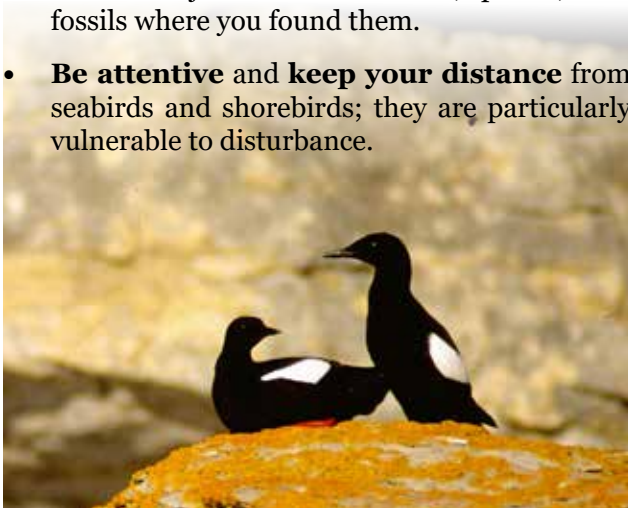




## Help us protect this habitat

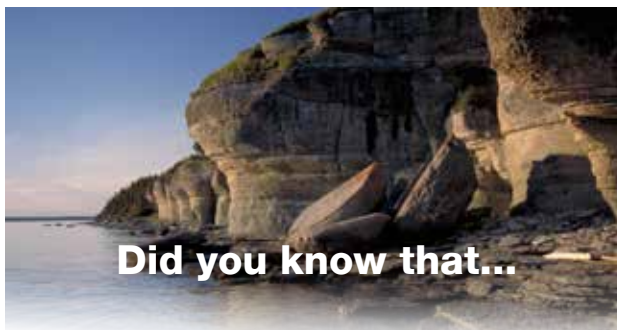
- Use the **designated trails** and stay in the **vegetation-free zone** when walking on the seashore.
- Avoid disturbing wildlife and be sure to leave natural objects such as rocks, plants, and fossils where you found them.
- **Be attentive** and **keep your distance** from seabirds and shorebirds; 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 once called **Sea Cow Island** or **île de la Vache marine** after the walrus and seals that lived there. Locals call the seals **sea wolves** because of the sounds they make.
- Today, you can still see **haulouts** where they congregate and rest in the shallow waters exposed at low tide
- On the west coast of the island, you can admire magnificent **intricately carved cliffs**. This rocky landscape has been carved and smoothed by the sea.
- **Black guillemots** - seabirds sometimes known locally as **pigeon de mer** - nest in the crevices of cliffs.

## 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

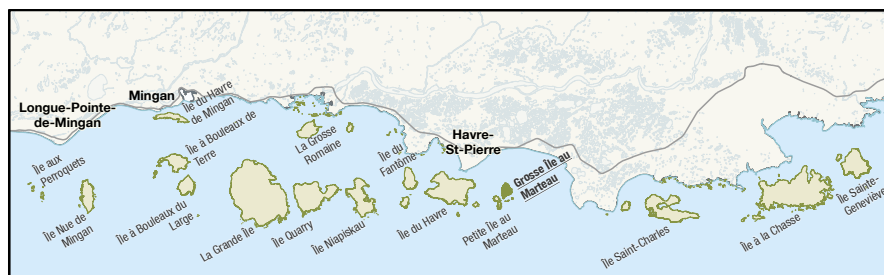
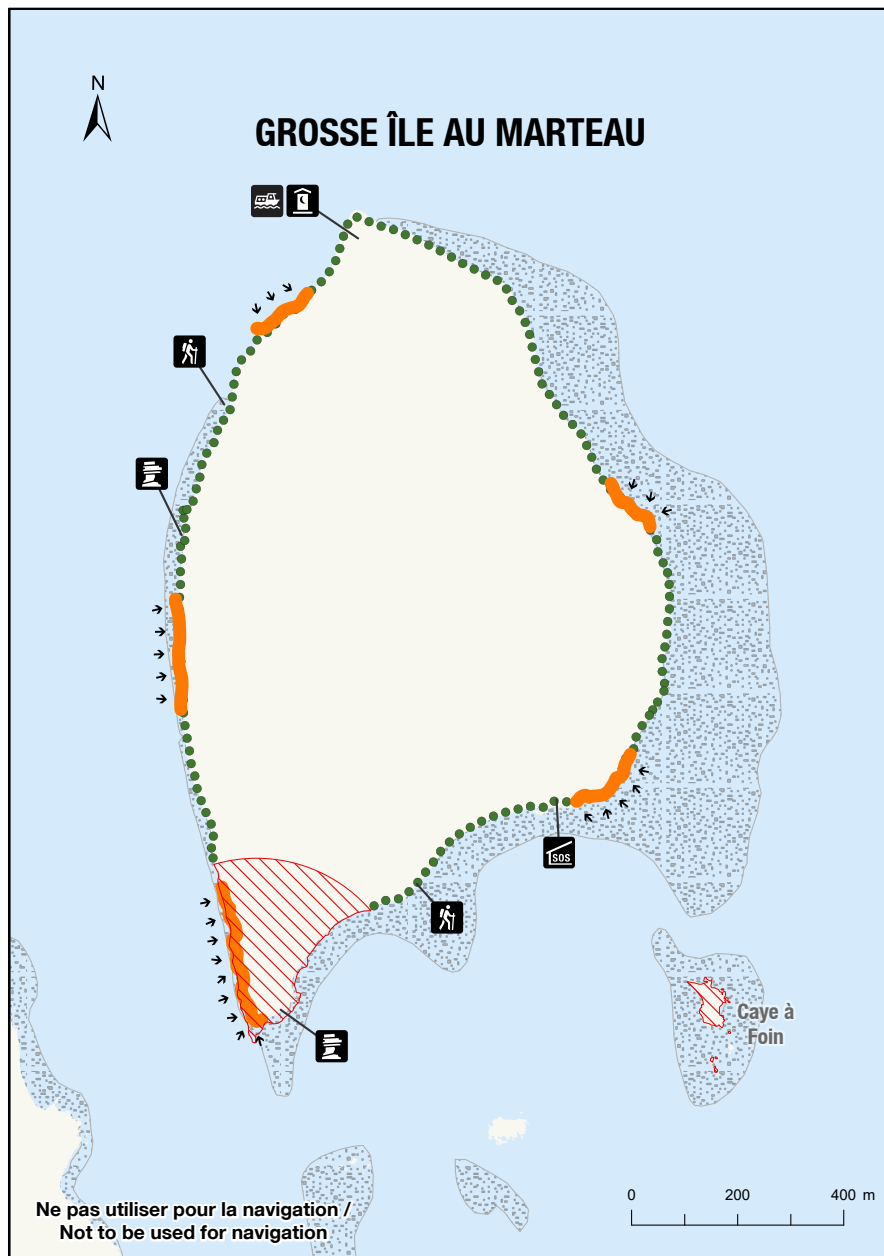
# GROSSE ÎLE AU MARTEAU



Parks  
Canada

Parcs  
Canada

Canada



## Attractions and services



Emergency shelter



Tour boat stopover



Monolith



Outhouse



Hiking (only after July 1)



On the seashore



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 perimeter: 4.1 km

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

## Checklist

Allow **1 1/2 to 2 hours** to go around the island. To ensure a pleasant visit, don't forget :

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