



Help us protect this habitat

L'île Nue de Mingan is a unique environment considering its latitude. It is almost completely covered by barrens, a fragile habitat with low-growing vegetation.

The habitat is home to arctic alpine plants normally found much further north or on alpine peaks.

Hiking on l'île Nue de Mingan is prohibited at all times, except on the seashore and in designated areas. The future of our natural habitats depends on us.

- 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, especially during nesting and migration seasons.
- Respect nesting areas by paying attention to signage. Keep an eye out for the signposted bypass trails.

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 has been called **Mingan** for many years. Placide Vigneau named it **île Nue** which means *naked island*. Today, the official name is **île Nue de Mingan**.
- In the past, the island was used for grazing, hunting, fruit picking and picnicking.
- From mid-July to mid-September, thousands of **shorebirds**, including sandpipers and plovers, stage on the island's shores.
- The **La Montagnaise** monolith is the highest in the archipelago. It reaches a little over 10 m (over 30 ft).
- The remains of **Basque ovens** used for melting whale fat are evidence that those great fishermen were here in the late 16th century. Nowadays, you can't see the ovens, as they are overgrown by vegetation and located in an area that is closed to the public.

Want to know more?

Parks Canada heritage presenters offer **interpretation activities** every day in the wharf and monoliths area.



June 2025



Mingan Archipelago
National Park Reserve

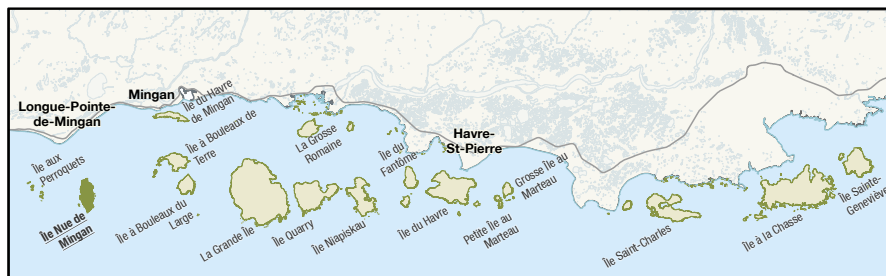
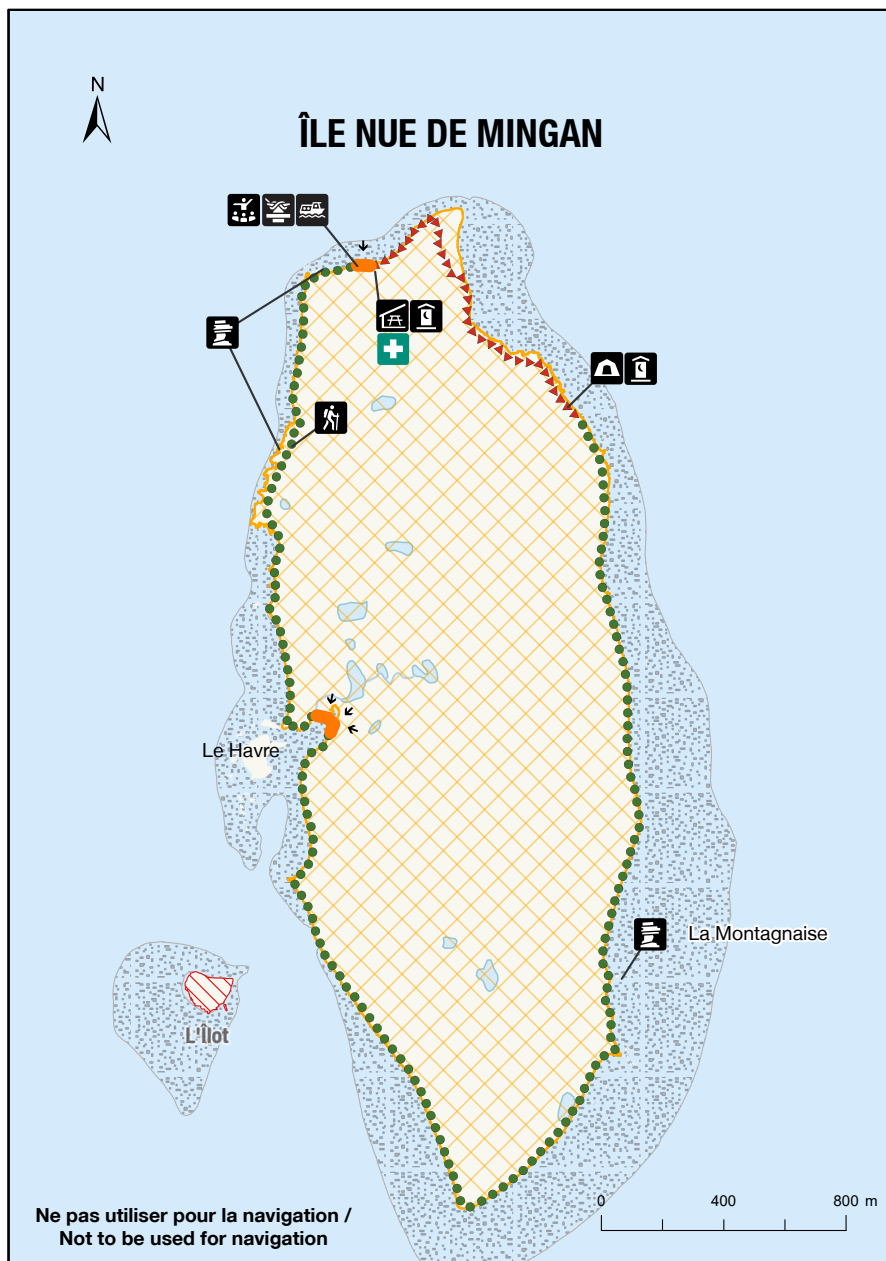
ÎLE NUE DE MINGAN












Parks
Canada


Parcs
Canada

Canada





Attractions and services


-  Picnic shelter
-  Interpretation activities
-  Camping
-  Wharf
-  Tour boat stopover
-  Monolith
-  Outhouse
-  First aid kit
-  Hiking

 From the wharf to the campground (1.2 km)

 On the seashore

 Difficult or impassable area at high tide

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

 Area off limits at all times

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: 7.8 km

In case of emergency 1-888-762-1422

Checklist

Allow **4 to 6 hours** to go around the island. 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)