

QUEBEC



Discover Parks Canada



La Mauricie National Park



Parks
Canada

Parcs
Canada

Canada



PARKS CANADA IN QUEBEC

AT A GLANCE



28
NATIONAL
HISTORIC
SITES



3
NATIONAL
PARKS



1
NATIONAL
MARINE
CONSERVATION
AREA

ONE OF **THE**
WORLD'S MOST
BEAUTIFUL
PATHS



80+ RED CHAIRS
#SHARETHECHAIR

BE INSPIRED!
DISCOVER.
CONNECT.
PROTECT.



Fortifications of Québec National Historic Site



Fort Chambly National Historic Site



Mingan Archipelago National Park Reserve

WELCOME!

Dive into an exciting world of adventures when you explore Quebec's rich history and stunning wild nature.

Come for a day trip, or take a look at our itineraries and book a vacation to remember.

Learn more about how we're working hard to fight climate change and discover how you can become a 'citizen scientist' and help protect biodiversity.

Memories await.

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- 4** 3-Day getaway
- 5** Conserving for the future
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7-DAY ITINERARY

LAND'S END: NATURALLY SPECTACULAR



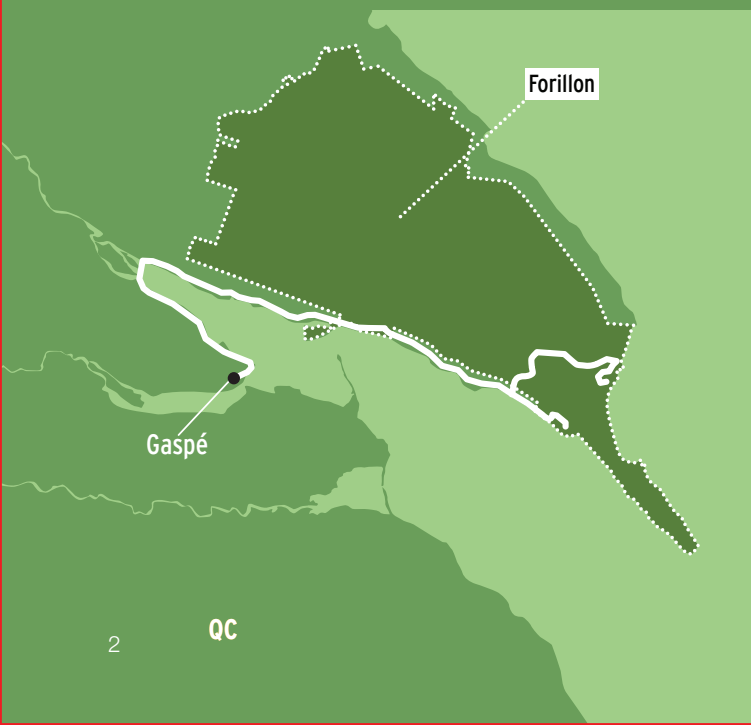
FROM GASPÉ TO FORILLON NATIONAL PARK



ROUNDTrip
80 km



LOCATION
Forillon National Park



DAY 1

FORILLON NATIONAL PARK

40 km from Gaspé

Get an up-close look at the incredible sights of the sea, pebbled beaches and cliffs, where seals, seabirds and whales are the main attraction!

Visit Cap-Bon-Ami, it's simply magnificent! Listen and you'll hear thousands of seabirds nesting in the cliffs. Watch as they dive into the water for food. Want a panoramic view from above? Climb to the top of the Mont-Saint-Alban lookout tower to admire the sea, the cliffs and the forest as far as the eye can see.



oTENTik,
Des-Rosiers campground

DAY 2

Find the park's best-kept secret on the Les Crêtes trail: a panorama of the vast and beautiful Appalachian wilderness, the gulf and the splendid Gaspé Bay. Take a walk in the forest to discover a magnificent waterfall. Round out the day along the seashore on the new Du Banc trail. Enjoy the view of the majestic cliffs and take a break at the picnic area.



oTENTik,
Des-Rosiers campground



PLAN
YOUR VISIT AT
[PARKSCANADA.GC.CA/VISIT](https://parksCanada.gc.ca/visit)
AND DISCOVER
OTHER ITINERARIES



DAY 3

Embark on a whale-watching tour. Feel the anticipation as you eagerly await for a whale's back to breach the surface. Then join the excitement of hearing its powerful blow! Have a picnic at the enchanting Grande-Grave and take a tour of the Les Parages trail. Visit Hyman & Sons General Store and the Dolbel-Roberts House—testaments to the golden era of the codfish industry and the peninsula's cultural diversity. Take a detour to visit the little yellow house of the Blanchette family, fisherman-farmers of the early 20th century.



oTENTik,
Petit-Gaspé campground

DAY 4

Follow the bay, on foot or by bike, along Les Graves trail. Keep an eye on the sea and you might spot whales and seals. At Cap-Gaspé, near the lighthouse, don't miss the last section of the trail that winds down the cliff and leads to the famous land's end. Back at the campsite, take some time to watch the seals from the lookout.



oTENTik,
Petit-Gaspé campground

DAY 5

Explore the magnificent ocean floor while scuba diving or snorkeling at Petit-Gaspé beach. You'll be fascinated by the kelp, crabs, sea urchins and starfish. Visit the tidal pools to discover the abundance of life at low tide. Fish from the Grande-Grave wharf and you may catch some mackerel for dinner!



oTENTik,
Petit-Gaspé campground

DAY 6

Explore Gaspé Bay by kayak. Watch the seals, enjoy the sunset or sail to the mouth of the bay by the foot of the cliffs. Like to bike? Go for a ride on the many multi-use trails. Keep an eye out—moose, porcupines and black bears also roam the trails! Stop for a bite to eat at one of the picnic areas along Le Portage and La Vallée trails.



oTENTik,
Petit-Gaspé campground

DAY 7

Discover a little-known story from the Second World War at the coastal battery of Fort-Peninsula! Explore Penouille, a world apart. Relax on the sandy beach, explore the salt marsh or stroll through the taiga. Enjoy the warmer waters in the bay and take a dip or try some paddle boarding.

Return to Gaspé, 40 km

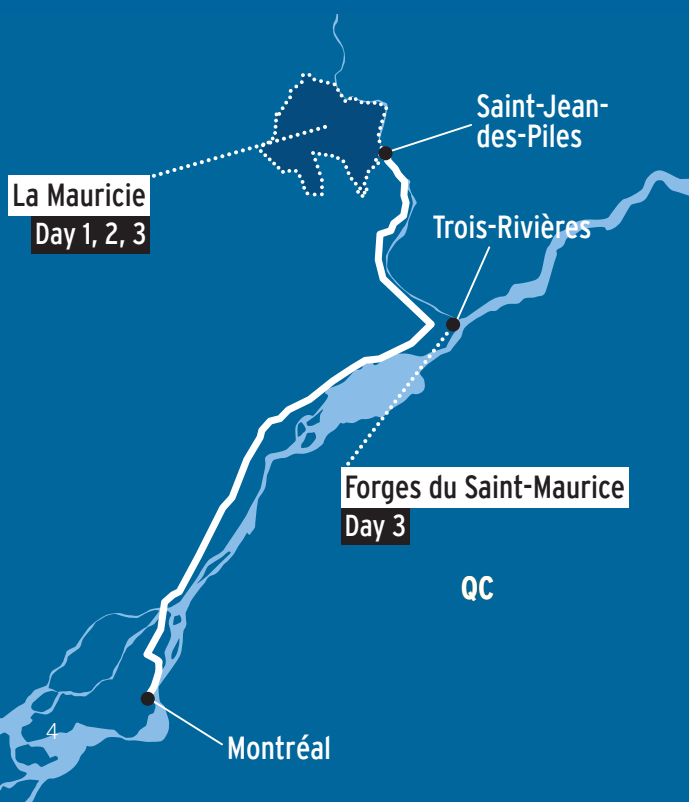
**3-DAY
GETAWAY**

ESCAPE TO THE HEART OF NATURE

 **FROM MONTRÉAL TO SAINT-JEAN-DES-PILES**

 **ROUNDTRIP**
445 km

 **LOCATIONS**
La Mauricie National Park
Forges du Saint-Maurice National Historic Site



DAY 1

LA MAURICIE NATIONAL PARK

Saint-Jean-des-Piles, 190 km from Montréal

Take a break from everyday life and make the park your base camp for outdoor adventures! Let the tranquility and breadth of the site inspire you.

Stretch your legs on a spectacular hike to Lac-Solitaire and enjoy breathtaking views. Continue your hiking experience on the many trails around Rivière-à-la-Pêche. Love biking? Take advantage of the 55 km network of gravel cycling routes through wooded areas. Dip your toes in Bouchard Lake and enjoy an evening around the fire.



oTENTik,
Rivière-à-la-Pêche campground

DAY 2

Already up? Check out Édouard Lake and immerse yourself in nature! Enjoy the sandy beach or rent a canoe and go for a serene paddle on the lake. Have fun playing the new giant board games in the picnic area and meet new people while making memories! Prefer going treasure-hunting? Paddle the crystal clear waters of Wapizagonke Lake to Vide-Bouteille beach. Red chairs await in a peaceful atmosphere perfect for quiet reflection.

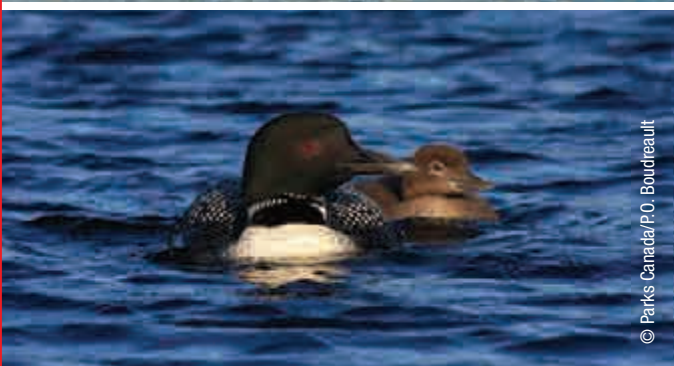


oTENTik,
Rivière-à-la-Pêche campground

DAY 3

Travel through the park along the magnificent Parkway. Be sure to make stops along the way for all the scenic vistas. Don't miss Le Passage Lookout, a must-see. Explore the majestic Cascades (waterfalls), one of the park's iconic features. Dip into the cascading falls or take to the beach. Next, try the Aqua Trek, a self-guided canoeing activity that explores the southern part of Wapizagonke Lake. On the way back, visit the Forges du Saint-Maurice and discover what everyday life was like in this ancient industrial community.

Return to Montréal, 190 km



© Parks Canada/P.O. Boudreault



CONSERVING FOR THE FUTURE

THE CHALLENGE

How can we prevent collisions between boats and whales?

The St. Lawrence Estuary and the Saguenay–St. Lawrence Marine Park protect 13 species of whales. But it's also a busy shipping route and major tourist destination.

A STEP IN THE RIGHT DIRECTION

Forming the *Working Group on Marine Mammal Protection and Shipping* lead to the adoption of voluntary measures such as speed reduction.

THE RESULT?



40%
REDUCTION IN THE RISK
OF COLLISIONS



GET INVOLVED NOW IT'S YOUR TURN

GRAB YOUR BINOCULARS

Become a citizen-biologist! Watch out for loons and their young on lakes in the park and keep note of your observations. Using your data, scientists can measure the results of efforts made to protect the loons, which have been in place since 1987.

La Mauricie National Park p. 11

RECORD YOUR NATURE OBSERVATIONS

Use the iNaturalist mobile app to record your plant or animal observations—anytime, anywhere. Every observation contributes to our knowledge of biodiversity.

THE BUTTERFLY EFFECT

Be part of a real life butterfly effect and protect the monarchs! Milkweed and nectar-producing plants are grown at Coteau-du-Lac to help these marvelous migrators. Come find out how you can contribute to their comeback!

Coteau-du-Lac National Historic Site p. 12



STAYING THE NIGHT?

WE'VE GOT YOU COVERED

DON'T
MISS OUT

[PARKSCANADA.GC.CA/ACCOMMODATIONS](https://parksCanada.gc.ca/accommodations)

RESERVE TODAY!



FROM
\$26.05
PER NIGHT

TENT AND RV CAMPING

Stay close to nature at one of our wonderful campsites – at your preferred comfort level.

Available in Forillon and La Mauricie National Parks.



FROM
\$16.05
PER NIGHT

BACKCOUNTRY CAMPING

The ultimate overnight adventure: just you, your tent and the great outdoors – far from the beaten path.

Available in La Mauricie, Mingan Archipelago (Park Reserve) and Forillon National Parks.



FROM
\$102.²⁰
PER NIGHT

oTENTik

The perfect mix of tent and A-frame cabin comes together in our oTENTik with its raised floors and cosy beds; great for campers who want a little extra comfort in the wild.

Available in La Mauricie, Forillon and Mingan Archipelago (Park Reserve) National Parks; and Saint-Ours Canal National Historic Site.



FROM
\$122.⁶⁵
PER NIGHT

ÔASIS

Spend the night under a natural canopy and fall asleep admiring the stars! This tear drop shaped accommodation has a bench that converts into a bed and a suspended hammock loft. Treat yourself to a drop of heaven for the night.

Available in Forillon and Mingan Archipelago (Park Reserve) National Parks.



FROM
\$92
PER NIGHT

MICROCUBE

Get super-cosy in a MicroCube, the designer way to score a window over the wilderness, while sleeping with a roof over your head and a floor beneath your feet.

Available in Forillon National Park.



FROM
\$0.⁹²
PER FOOT
PER NIGHT

OVERNIGHT MOORING

Have a unique nautical experience by mooring your boat in one of Canada's historic canals. Relax and enjoy nearby activities.

Available in Carillon Canal, Sainte-Anne-de-Bellevue Canal, Lachine Canal, Chambly Canal and Saint-Ours Canal National Historic Sites.



HISTORIC STAY

Immerse yourself in one of Canada's national treasures with a very special overnight stay in truly historic surroundings.

Auberge de l'Île aux Perroquets (pictured left) available in Mingan Archipelago National Park Reserve: 4-star accommodation on an island, transportation included.

From \$300 per person per night

Domaine Wabenaki-Andrew available in La Mauricie National Park.

From \$35 per person per night



STAFF FAVOURITES

Get the inside scoop on the very best way to enjoy our parks and sites from Parks Canada pros!



Émilie

Product Development Officer

DU BANC TRAIL

The new Du Banc Trail at **Forillon National Park** has everything for those who love short hikes or bike rides. The trail follows the seashore, with magnificent cliffs and land's end as the backdrop. I love admiring the beach and the Cap-des-Rosiers lighthouse from the observation tower overlooking the salt marsh. I always make sure to have a family picnic at the rest stop!



Geneviève

Promotion Officer

GRANDE ÎLE

I'll never get over the beauty of Grande Île at **Mingan Archipelago National Park Reserve**! I love the different groups of naturally sculpted monoliths; walking around the "Chateau" and spotting animal silhouettes at the "Zoo." It's a great place to camp and hike too; the island's landscape is breathtaking!





Patrice

Internet and New
Media Officer

BAND OF BOATS

The three locks in the heart of Old Chambly offer a one-of-a-kind show in Quebec. Whether you're a boat enthusiast or not, it is always impressive watching the boats go through the **Chambly Canal**. Seeing the water shoot out of the valves and fill the lock like a fountain is a fascinating sight ... AND it's free!



LUNCH BY THE LOCKS

Being steps away from Old Montreal has its benefits! On a beautiful summer day, I love walking from the office down to the Old Port Locks for lunch. Whether I packed a lunch or picked something up from one of the many restaurants nearby, a picnic along the **Lachine Canal** is a summertime must! Nothing beats good food, great views and excellent weather!

Liam

Promotion and
Events Officer



Gloria

Administrative
Assistant

ENCHANTED FOREST

I love **Obadjiwan-Fort Témiscamingue** National Historic Site. The enchanted forest trail is full of discoveries: the shape of the trees, the cemetery, the viewpoints and the tranquil atmosphere present throughout the trail.



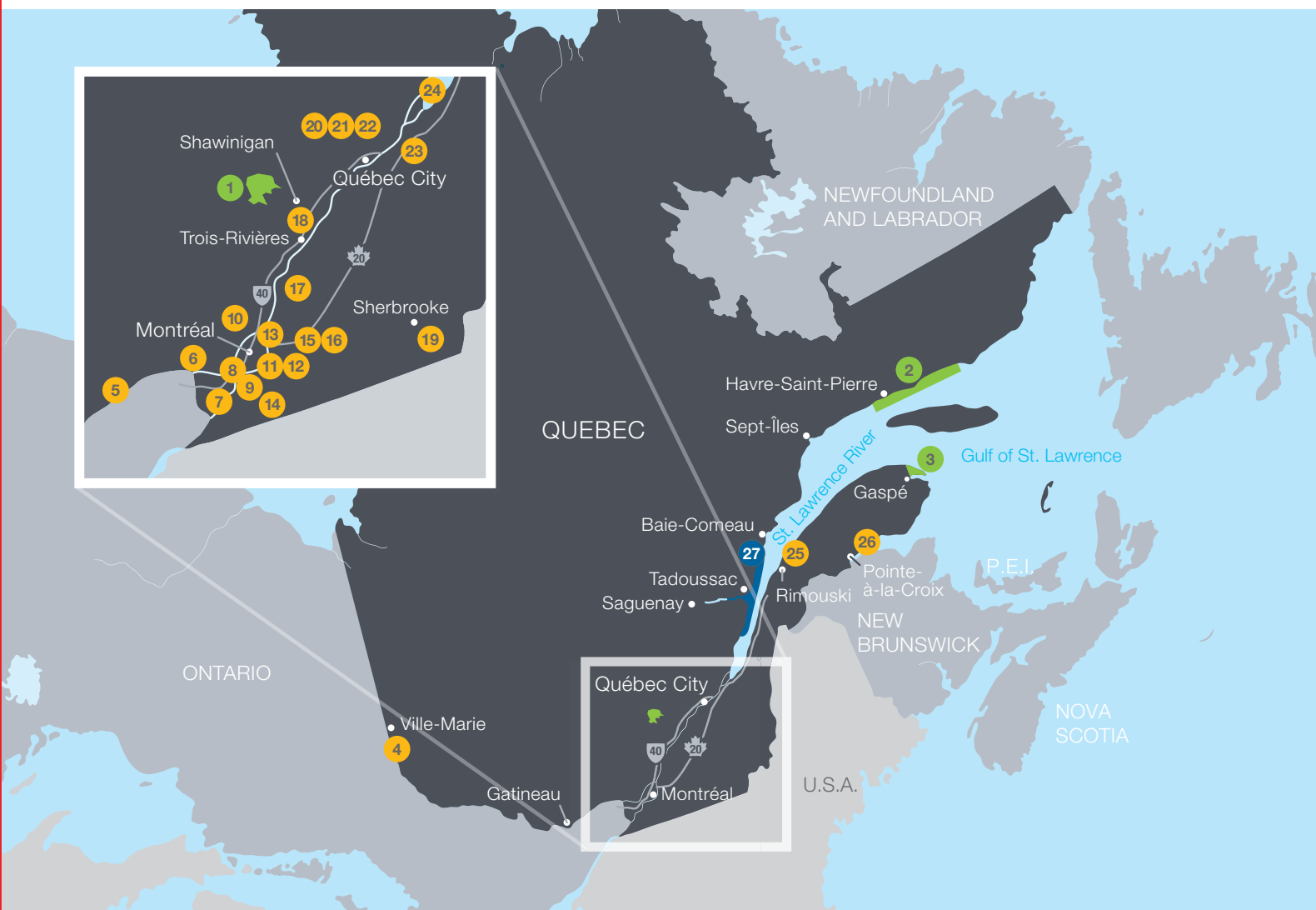
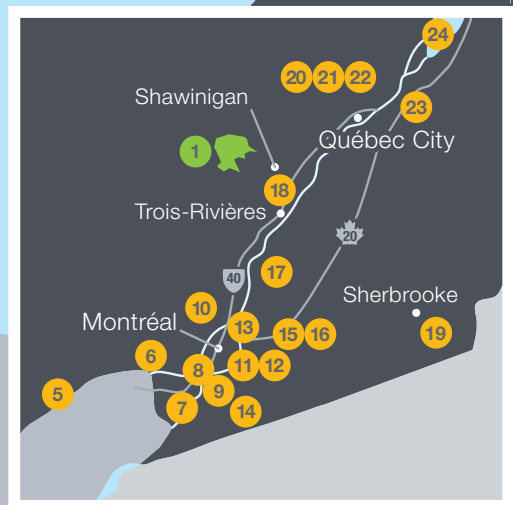
SCALE MODEL

My favourite place at the **Battle of Châteauguay** is the belvedere and scale model! With a great view of the battlefield, you can easily imagine being a Canadian militiaman defending the banks of the Châteauguay River. It's always fun to retell the history of this little-known battle and watch visitors react in surprise!

Évalie

Interpreter

DIRECTORY QUEBEC



● National Park ● National Historic Site ● National Marine Conservation Area

SERVICES

-  Access for persons with reduced mobility
-  Restaurant
-  Gift shop
-  Picnic area/Shelter
-  Playground
-  Wi-Fi (in certain areas only)
-  Equipment rental (varies by site)

ACCOMMODATION

-  Camping
-  Recreational vehicle
-  oTENTik
-  MicrOcube
-  Historic stay
-  Overnight mooring
-  Ôasis

ACTIVITIES

-  Interpretation
-  Cycling
-  Mountain biking
-  Backpacking/Hiking
-  Birdwatching
-  Marine mammals
-  Beach
-  Canoeing/Kayaking
-  Motorboating
-  Fishing
-  Scuba diving
-  Horseback riding
-  Tennis
-  Winter activities
-  Xplorers activities
-  Photo Missions app
-  Red chairs



7 Coteau-du-Lac

The first fortified lock canal in North America.

DON'T MISS

- Discover historic treasure at the site using a GPS unit.
- Explore the remains, the blockhouse and artifacts that have witnessed 7 000 years of history.



Coteau-du-Lac – 40 km from Montréal
450-763-5631 | parkscanada.gc.ca/coteau
@NHSinQC | #Coteaulac



8 Sainte-Anne-de-Bellevue Canal

Canada's busiest lock. This canal links Lac Saint-Louis and Lac des Deux Montagnes at the mouth of the Ottawa River.

DON'T MISS

- Sail on a historic waterway: paradise for recreational boaters and an adventure for kayakers.
- Take a stroll on the boardwalk and enjoy a meal at one of the restaurants.



Sainte-Anne-de-Bellevue – 40 km from Montréal
514-457-5546 | parkscanada.gc.ca/canalsteanne
@NHSinQC | #SteAnneDeBellevueCanal



9 Battle of the Châteauguay

The site marking the victory of 300 Canadian soldiers over 2 000 American soldiers on October 26, 1813.

DON'T MISS

- Make your own ammunition with candy, young Explorers!
- Pedal or drive out to follow the interpretive panels of the battle along the Châteauguay River.



Howick – 50 km from Montréal
450-829-2003 | parkscanada.gc.ca/chateauguay
@NHSinQC | #BattleOfTheChateauguay



10 Sir-Wilfrid-Laurier

The life and work of Sir Wilfrid Laurier, the first French Canadian to become Prime Minister.

DON'T MISS

- Visit Laurier's vegetable garden, where everything is harvested as it was in the 19th century!
- Discover the companion planting technique used for the Three Sisters: corn, squash and beans. While you're at it, try some for yourself!



Saint-Lin-Laurentides – 50 km from Montréal
450-439-3702 | parkscanada.gc.ca/laurier
@NHSinQC | #SirWilfridLaurier



11 Lachine Canal

This waterway offers a green 14.5 km path lined with echoes of an industrial past.

DON'T MISS

- Follow history along one of the world's most beautiful paths.
- Take advantage of the activities and flavours offered in the city around the canal.



Montréal | 514-283-6054
parkscanada.gc.ca/lachinecanal
@LachineCanal | #LachineCanal



12 The Fur Trade at Lachine

An old stone warehouse dating back to the golden age of 19th century fur trade.

DON'T MISS

- Immerse yourself in an interactive exhibit and retrace the route of trappers, voyageurs and bourgeois.
- Using the Guided Tour app, follow a young voyageur as he departs into the wilderness.



Lachine – 20 km from Montréal
514-637-7433 | parkscanada.gc.ca/fourrure
@NHSinQC | #FurTradeLachine



13 Sir George-Étienne Cartier

The home of one of the main Fathers of Confederation.

DON'T MISS

- Explore the permanent *Imagine a country* exhibit and share your vision.
- Discover the only Victorian-era interior open to the public in Montréal.



Montréal | 514-283-2282
parkscanada.gc.ca/cartier
 @NHSinQC | #Sirgeorgeetiennecartier



14 Fort-Lennox

A rare example of perfectly preserved 19th century British Army fortifications.

Fort Lennox National Historic Site will be closed to the public for the 2020 season due to a major infrastructure investment program. The reopening is planned for May 2021.

Saint-Paul-de-l'Île-aux-Noix
 60 km from Montréal | 450-291-5700
parkscanada.gc.ca/fortlennox
 @NHSinQC | #FortLennox



15 Chambly Canal

A nearly 20 km canal linking the municipalities of Chambly and Saint-Jean-sur-Richelieu.

DON'T MISS

- Enjoy it by bike, on foot or aboard your pleasure craft.
- Admire the locking manoeuvres that are still done manually.



Chambly – 30 km from Montréal
 450-658-0681 | parkscanada.gc.ca/chamblycanal
 @NHSinQC | #ChamblyCanal



16 Fort Chambly

An amazing French stone fort from the 18th century on the banks of the Richelieu River.

DON'T MISS

- Enter the fort and discover the different aspects of a soldier's life.
- Elude the fort's vigilant soldiers in order to smuggle in the goods.



Chambly – 30 km from Montréal
 450-658-1585 | parkscanada.gc.ca/fortchambly
 @NHSinQC | #FortChambly



17 Saint-Ours Canal

The opening of the canal in 1849 allowed boats to navigate between New York and Montréal.

DON'T MISS

- Discover Darvard Island: have a picnic and visit the superintendent's house.
- See the world-unique fish ladder: the Vianney-Legendre fishway project.



Saint-Ours – 75 km from Montréal
 450-785-2212 | parkscanada.gc.ca/stourscanal
 @NHSinQC | #StOursCanal



18 Forges du Saint-Maurice

The first industrial community in Canada.

DON'T MISS

- Watch a 3-D multimedia show taking you through everyday-life stories of the iron master and workers.
- Explore the site where kettles, pans, nails and weapons were made.



Trois-Rivières – 140 km from Montréal;
 130 km from Québec City
 819-378-5116 | parkscanada.gc.ca/forges
 @NHSinQC | #ForgesStMaurice



19 Louis S. St-Laurent

The birthplace of the 12th Prime Minister of Canada.

DON'T MISS

- Visit the county fair. Discover artisans, watch demonstrations and participate in family activities.
- Discover the ancestors of products that are part of your daily life in this authentic general store.



Compton – 170 km from Montréal
819-835-5448 | parkscanada.gc.ca/stlaurent
@NHSinQC | #LouisStLaurent



20 Fortifications of Québec

The only fortified city north of Mexico.

DON'T MISS

- Accompanied by a guide, uncover hidden treasures and intriguing places.
- Explore the military and social history at the beautiful Dauphine Redoubt.



Québec City | 418-648-7016
parkscanada.gc.ca/fortifications
@QCFortifications | #QCFortifications



21 Forts-et-Châteaux-Saint-Louis

The seat of executive power in the French and British colonies between 1620 and 1834.

DON'T MISS

- Explore the ruins of the place that served as the official residence for 32 of 40 French and British governors.
- Admire the artifacts found in an archaeological dig and uncover their intriguing past.



Québec City | 418-648-7016
parkscanada.gc.ca/saintlouis
@QCFortifications | #DufferinTerrace



22 Cartier-Brébeuf

The meeting place of Jacques Cartier and the Iroquois, and the first residence of the Jesuit missionaries.

DON'T MISS

- Discover this magnificent site in the heart of Québec City using the Guided Tour app.
- Have a family picnic while enjoying the beauty of the landscape.



Québec City | 418-648-7016
parkscanada.gc.ca/cartierbrebeuf
@QCFortifications | #CartierBrébeuf



23 Lévis Forts

The last component of Québec City's defensive system.

DON'T MISS

- Explore the tunnels, underground shooting galleries, a gunpowder house and the casemates.
- Help Strof i23, the artificial intelligence of the forts, reorganize its memory.



Lévis – 25 km from Québec City
418-835-5182 | parkscanada.gc.ca/levis
@QCFortifications | #LévisForts



24 Grosse Île and the Irish Memorial

Important gateway to Canada from 1832 to 1937.

DON'T MISS

- Get your medical examination and visit the disinfection building.
- Explore the imprint left by the Irish immigrants while discovering must-see attractions.



Departure from Berthier-sur-Mer
50 km from Québec City
418-234-8841 | parkscanada.gc.ca/grosseile
@grosseileandtheirishmemorial | #Grosseîle



25 Pointe-au-Père Lighthouse

One of the most important navigational aid stations in Canada.

DON'T MISS

- Climb to the top of one of the tallest lighthouses in the country.
- Calling young Xplorers! Explore the site by completing activities in the booklet to win a surprise!



Rimouski | 418-724-6214
parkscanada.gc.ca/pointeauperelighthouse



26 Battle of the Restigouche

The site of the last naval confrontation between France and Great Britain for the possession of the North American territory.

DON'T MISS

- Discover the remains of the wreck of the *Machault*, which laid underwater for more than 200 years!
- Learn how the fate of New France was sealed.



Pointe-à-la-Croix | 418-788-5676
parkscanada.gc.ca/restigouche



27 Saguenay-St. Lawrence Marine Park

An exceptional region and territory that protects marine life.

DON'T MISS

- Visit one of the three Parks Canada centres and see whales from the shore.
- Head out on a sea excursion in the marine park, by boat or kayak.



418-235-4703 | parkscanada.gc.ca/saguenay
 and marinepark.qc.ca | #SSLMarinePark

Saguenay-St. Lawrence Marine Park



Pointe-Noire Interpretation and Observation Centre

A piece of land formerly inhabited by lighthouse keepers.

DON'T MISS

- Take the walkway along the shoreline and admire the view of the Saguenay Fjord.
- Grab your GPS and go geocaching.



Baie-Sainte-Catherine – 465 km from Montréal;
 210 km from Québec City
 418-237-4383 (in season)
 418-235-4703 (off-season)
parkscanada.gc.ca/saguenay
 and marinepark.qc.ca



Cap-de-Bon-Désir Interpretation and Observation Centre

The best spot for observing whales from the shore!

DON'T MISS

- Participate in *Ocean encounters* and touch the rough skin of a starfish.
- Experience *The ups and downs of the seashore* and discover the coastal animals that live there.



Bergeronnes – 245 km from Québec City;
 500 km from Montréal
 418-232-6751 (in season)
 418-235-4703 (off-season)
parkscanada.gc.ca/saguenay
 and marinepark.qc.ca



Marine Environment Discovery Centre

An exhibit and activities that reveal the beauty and secrets of marine life.

DON'T MISS

- Follow divers on their underwater mission as part of *St. Lawrence Live*.
- Take part in the *Estuary Punch* activity and concoct a recipe of this flourishing marine biodiversity.

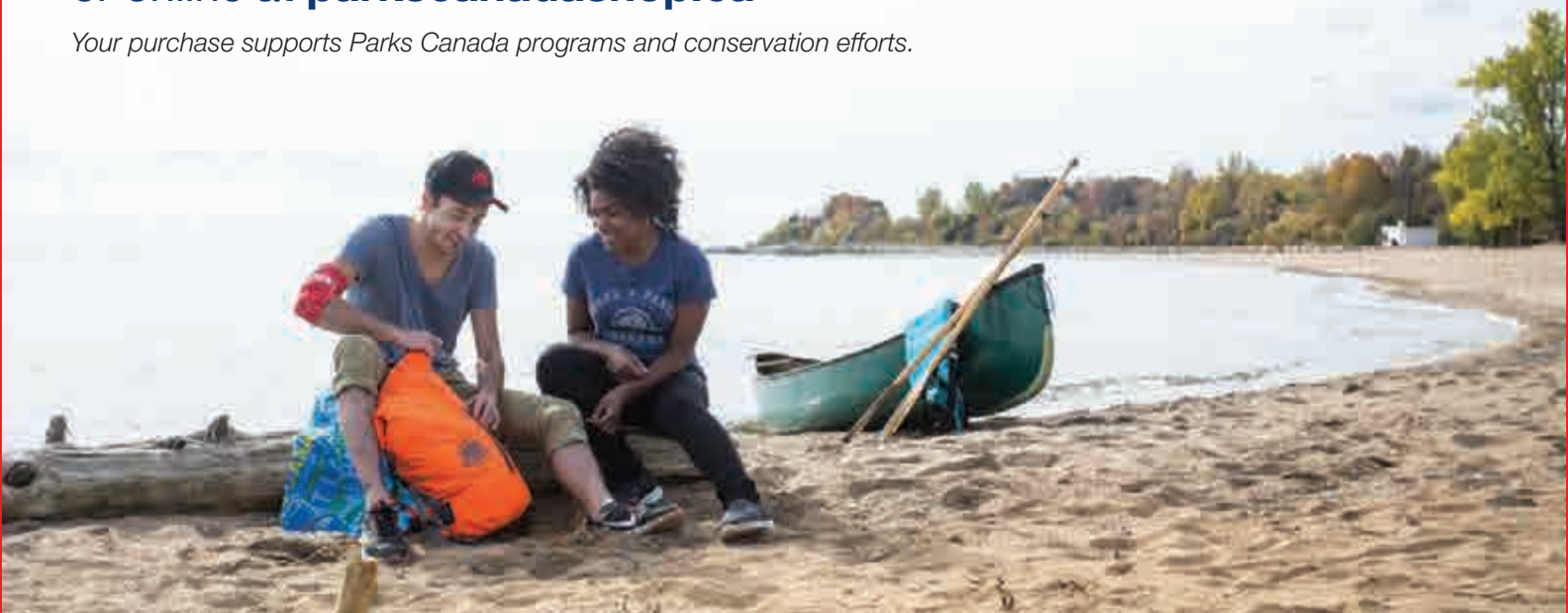


Les Escoumins | 505 km from Montréal;
 250 km from Québec City
 418-233-4414 (in season)
 418-235-4703 (off-season)
parkscanada.gc.ca/saguenay
 and marinepark.qc.ca

Parks Canada official merchandise

Grab your souvenirs and apparel at one of our gift shops
or online at **parkscanadashop.ca**

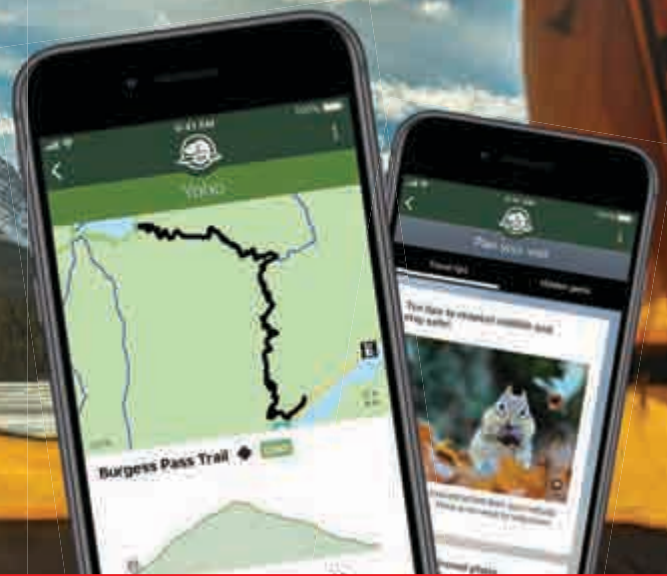
Your purchase supports Parks Canada programs and conservation efforts.



The Parks Canada App:

**your guide to a
perfect visit!**

- Plan with insider tips, personalized itineraries, packing lists and even recipes!
- Find locations where you can do your favourite activities
- Explore trail maps
- Search for Learn-to Camp activities and special events
- Unlock fun photo features





Discover Parks Canada!

Your **Discovery Pass** provides admission for a full year to Parks Canada places from coast to coast to coast.

Start planning your adventure!

Adult (Ages 18 to 64)	\$69.19
Senior (Ages 65+)	\$59.17
Youth (Ages 0 to 17)	FREE
Family/Group	\$139.40



 **450 000 km²**
OF MEMORIES

PLAN YOUR VISIT

PARKSCANADA.GC.CA
1-888-773-8888

5 OTHER REGIONS TO DISCOVER

LOOK FOR THESE
BROCHURES ON
OUR WEBSITE



WESTERN CANADA



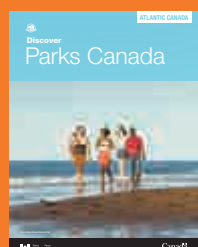
NORTHERN CANADA



CANADIAN
PRAIRIES



ONTARIO



ATLANTIC CANADA

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Mingan Archipelago National Park Reserve