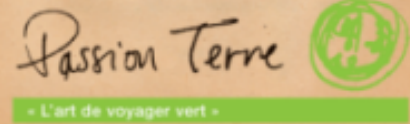


When respect meets pleasure



The North Coast From island to island



*EXPLORE THE NORTH COAST
OF THE SAINT-LAWRENCE RIVER*

A CAR-FREE TOUR

15 DAYS / 14 NIGHTS

EARLY JUNE TO MID-SEPTEMBER



HIGHLIGHTS

- Explore Quebec North Coast without a car!
- Meet with a passionate ornithologist.
- Immerse in the traditions and culture of the Innu First Nation.
- Experience unusual accommodation in the great outdoors!
- Explore the beauty of the Saint-Lawrence River’s islands and taste local seafood.
- Marvel at the Mingan Archipelago National Park Reserve and its spectacular limestone monoliths and take a tour with a naturalist guide.
- Board a cruise on a supply-ship and make a stop at the Anticosti Island (a 3-day extension is available upon request).

YOUR ITINERARY

Day 1	ARRIVAL IN MONTREAL	Airport shuttle
Day 2	MONTREAL	
Day 3	MONTREAL/BAIE COMEAU/POINTE-AUX-OUTARDES NATURE PARK	Airport shuttle + domestic flight (2h15) and 20 min private transfer
Day 4	POINTE-AUX-OUTARDES NATURE PARK	
Day 5	POINTE-AUX-OUTARDES NATURE PARK/SEPT ILES	Bus (3h)
Day 6	SEPT ILES - Marine aquaculture excursion	
Day 7	SEPT ILES / LONGUE-POINTE-DE-MINGAN	Bus (2h) Monday to Friday
Day 8	LONGUE-POINTE-DE-MINGAN	
Day 9	LONGUE-POINTE-DE-MINGAN / HAVRE-ST-PIERRE	Bus (1h) Monday to Friday
Day 10	HAVRE-ST-PIERRE: MINGAN ARCHIPELAGO PARK	Boat (50 mn)
Day 11	MINGAN ARCHIPELAGO PARK	
Day 12	MINGAN ARCHIPELAGO PARK/HAVRE-ST-PIERRE	Boat (50 mn)
Day 13	HAVRE-ST-PIERRE – ANTICOSTI – SEPT ILES	Boat (Sundays)
Day 14	SEPT ILES	
Day 15	SEPT ILES - MONTREAL - Departure	Domestic flight (not included)

Welcome to the “North Coast”!

Far from the big touristic centers, the North Coast will make you feel as if you have reached the end of the world, with a Saint-Lawrence river turned so wide that it seems an ocean. Sea birds happily populate the skies while the breathing of whales can sometimes be heard from the very shores.

You will meet with people talking with a “cayen” (Acadian) accent but also immerse in the culture of the Innu First Nation, who has inhabited this land for thousands of years.

Traveling with buses or by boat, you will be able to truly savour the North Coast, its nature and beautiful islands at your very own pace.

DAY 1

Arrival in MONTREAL

Means of transportation from the airport: local shuttle (price not included).

Welcome to Montreal! We welcome you with our Quebecer French accent, often mixed with those of the few 80 communities that inhabit the city. A multiethnic identity illustrated by typical neighbourhoods that offers a better understanding of the colourful history of immigration in Quebec.

ACCOMMODATION:

- 🏠 B&B or guesthouse (upon availability).

DAY 2

MONTREAL

Local means of transportation (not included).

Meal: breakfast.

Take the time to discover the city of Montreal at leisure. This buzzing city offers a vibrant cultural bridge between America and Europe. From the cobblestone streets of the Old Port to the skyscrapers of the business district, take a stroll down the pedestrian underground network and commercial thoroughfares. Overflowing with creativity and dynamism, Montreal’s heart beats with its summer and winter festivals: jazz festival, Just for Laughs, movies and fireworks competitions! It is criss-crossed by hundreds of bike lanes and green spaces, which make Montreal a truly enjoyable place to live.

What to see in Montreal:

- The Old Montreal district with the City Hall, Jacques Cartier Square, Bonsecours market and Notre-Dame Cathedral.
- The city center and its business district, shops, underground galleries (very practical in winter time!), universities and charming middle-class residences.
- The Olympic Stadium neighbourhood with Montreal Botanical Garden and Biodome.

OUR SUGGESTIONS (not included):

- 🏠 Take a guided bike tour of the city
- 🏠 What about an electric scooter tour instead?
- 🏠 Explore the Saint-Lawrence River with an electric boat tour
- 🏠 Walk through the city with “Montréal en histoire”, an auto-guided multimedia tour with exterior screenings, the largest of the kind in the world.

ACCOMMODATION: B&B or guesthouse (upon availability).




Means of transportation: airport shuttle (not included) + domestic flight Montreal/Baie Comeau (not included) + private transfer.

In the morning, domestic flight to **Baie Comeau**, the gateway to the North Coast of the Saint-Lawrence River. Upon arrival, transfer to the **Pointe-aux-Outardes Nature Park**. We will make a stop for groceries shopping in order to pack for your next two days in nature. Check-in at your accommodation.

Located on a sand peninsula, this little corner at the edge of the world harbours a unique biodiversity and no less than 9 different ecosystems – from boreal forest to tidelands, beach and sand dunes – as well as the second largest salt marsh in Quebec.

Did you know that the Pointe-aux-Outardes Nature Park has been ranked in the Top 5 of Quebec best bird-watching sites? We strongly advise to bring a pair of binoculars with you, as the park is home to more than 255 bird species at migration periods. The diversity of the park fauna and flora will be a delight for beginners or more advanced naturalists all together.

ACCOMMODATION:

-  "Giant Birdhouse" – a wooden two-floor cabin (upon availability).
<http://www.parcnature.com/nichoirs-geants.html>

No meals included


Spend your day at leisure to enjoy all available on-site activities at Pointe-aux-Outardes Nature Park.

Book a 2.5 km guided hike to learn about edible small fruits and the medicinal properties of the northern coast plants. Feel free as the wind while enjoying the enchanting setting of the Birds Garden, in which a butterfly aviary and more than 300 plant species cultivated with permaculture techniques are displayed in a creative decorum built with recycled materials. Guaranteed to impress! (\$)

You could also meet Wabush in his tipi and share precious time of learning and sharing about his Innu heritage. You will learn about traditional Innu activities such as hunting expeditions, fishing, trapping, cooking, myths and legends and spirituality. A true authentic experience! (\$)

At night, learn about the Universe with an expert astronomer during one of the Astronomy Evenings. Look at the starry sky and see planets and stars dancing in the Lacty Way through your 45cm telescope! (\$)

ACCOMMODATION:


-  "Giant Birdhouse" – a wooden two-floor cabin (upon availability).
<http://www.parcnature.com/nichoirs-geants.html>

Private transfer and bus (departure at 4.45 pm – arrival scheduled at 7.45 pm) – every day. From the bus station, taxi to your hotel in Sept Iles. No meals included.

Day at leisure until it will be time to take your private transfer and board a bus to Sept Iles. Upon arrival, check-in at your accommodation.

ACCOMMODATION:

Hotel or guesthouse (upon availability)


 *Le Voyageur Hotel or similar*

DAY 6

SEPT ILES






No meals included.

ACTIVITY:

-  Depart in the morning to **explore the Grosse Boule Island and visit a marine aquaculture production site**. Board an inflatable boat and listen as your captain will explain the different techniques of marine aquaculture. . You will also have time to explore the island and taste seafood products.



WHAT TO DO IN SEPT-ÎLES? OUR SUGGESTIONS:

-  Visit the old trading post (\$) of Sept-Îles (open from June 25 to the end of August). This interpretation site will shed some light of the everyday life at a fur-trading post in the 19th century. A surprising experience in which Innu and euro-Canadian cultures are interconnected.
-  Visit the **Shaputuan Museum** (\$) to learn about the Innu culture. The word “Shaputuan” means a gathering place, a safe heaven to dialogue and share in an Innu context. It is the place where you can immerse yourself in Innu culture, both past and present.
-  Board a **marine-mammal-watching cruise** (4h) (\$) with a researcher and photographer. Learn and collect data about the Saint-Lawrence River fauna.
-  **Walk the promenade of the Old Dock Park**, a popular meeting space and summer activities center. The promenade runs along the Sept Îles Bay and stretches over more than 1 km. It is a perfect place to observe the natural splendour, fishing boats and ore carriers as well as sunsets on the Bay. In summer, local artisans expose their work and artistic performances take place under the yellow tent. At the eastern end of the promenade, do not miss the sundial, the tide tower and a public landmark representing the seven islands of the archipelago.
-  Visit the **North Coast Regional Museum** (\$): its permanent exhibition « Land of Senses: the great journey» and temporary exhibitions tackle the question of the North Coast identity, both heritage and art-wise. Mediators will guide you through the exhibitions and answer all your questions.

ACCOMMODATION:

Hotel or guesthouse (upon availability)

 *Le Voyageur Hotel or similar*

DAY 7

SEPT ILES/LONGUE POINTE DE MINGAN

Means of transportation: bus (departure at 12.45 pm/arrival scheduled at 2.50 pm – from Monday to Friday.

No meals included.

Time at leisure before boarding your bus to Longue-Pointe-de-Mingan.
Upon arrival, check-in at your accommodation.

ACTIVITY:

- 🌿 Visit the **Interpretation Center of the Mingan archipelago research station (from early June to mid-September)**: the Mingan archipelago research station has proudly combines research and education to learn and teach about the marine mammals in the Saint-Lawrence Gulf. Founded in 1979 by Richard Sears, the station was the first to lead long-term researches on the river cetaceans, especially on the Blue Whale, an endangered species. By attending guided tours with biologists, both adults and kids can learn about whales and understand the importance of the station's ongoing researches. Full-scale sculptures of whales, murals, photographs, a sound room and videos tell how the whales that can be observed during sea trips interact and behave. You can also learn about the archipelago geology, fauna and flora at the Interpretation Center of Parks Canada, a welcomed introduction before exploring the region.

ACCOMODATION:

Hotel or guesthouse (upon availability)

- 🌿 *La Chicoutée B&B.*

DAY 8

LONGUE-POINTE-DE-MINGAN

Meal: breakfast.

ACTIVITY:

- 🌿 In the morning, **enjoy a 3-hour sea excursion** from Longue-Pointe-de-Mingan: each boat has a maximum capacity of 12 people. During the tour, there will an demonstration of sea urchin fishing. Our first stop will be the **“Île aux perroquets” (Parrots Island)** where a 45 min tour with a Parks Canada guide will illustrate the following theme: “An island, a lighthouse and birds” and include a presentation of the island's lighthouse. Parrots Island is also a favourite place for bird watching. Among all the marine species that have taken residence here, the small Atlantic puffin is definitely stealing the show. With its colourful beak and funny clownish air, it is one of the most fascinating birds of the archipelago. Our second stop will be the so-called **“Île Nue” (Naked Island)**. A suitable name for this island and its bare Nordic tundra landscape. Only a few shrubs have taken root, as well as strange standing limestone monoliths. A surprising scenery that you will explore with a 1-hour tour, entitled “Beyond appearances”, with a Parks Canada guide. Back to port then, your head full of exceptional images and happy memories of puffins, seals and whales-sightings.

After the sea excursion, time at leisure.

WHAT TO DO IN LONGUE-POINTE-DE-MINGAN? OUR SUGGESTIONS:

- 🌿 **Visit the Innu Culture House (\$)** where you will learn about the culture and traditions of the Innu people of Ekuanitshit (Mingan). A permanent display will portray the caribou hunting, salmon fishing or wild berries gathering. You will also be able to hear the innu aiamaun language, both spoken and sung. Finally, have a look at the beautifully crafted native production at the store.
- 🌿 **NOT TO MISS: A delicious seafood meal** at the “Macareux Dodu” bistro.
- 🌿 For groceries shopping, we recommend checking out the local products of the Mingan Agroforestry Solidarity Co-op, the “Grenier Boreal” (wild berries, vegetables and tea). The Chicoutée B&B also offers chicoutai-based products for sale (chicoutai are small berries).

ACCOMODATION:

Hotel or guesthouse (upon availability)

- 🌿 *La Chicoutée B&B.*

Means of transportation: bus (departure at 2.50 pm/ arrival scheduled at 3.30pm)

Meal: breakfast

Time at leisure before boarding your bus to Havre St Pierre. Upon arrival, check-in at your accommodation. In the afternoon, you will have time to fully prepare for your insular camping trip of the next days. We strongly recommend groceries shopping in Havre-St-Pierre as there will be no groceries on the island.

WHAT TO DO IN HAVRE-ST-PIERRE? OUR SUGGESTIONS:

- 🌿 **Visit the “Place des artisans de la Minganie” (Mingan Craftsmen Square)**, a city infrastructure located in the port area and run by the local Mingan Craftsmen Association. It is the ideal place to shop local artists and original creations, maybe even to see the artists working during summer time.
- 🌿 **Visit the Roland Jomphe Culture House** (open from mid-June to early September), a former Hudson’s Bay Company general store turned cultural center to tell the story of the Acadian people (or “Cayens”). Guided tours and other activities are offered on-site.
- 🌿 **Visit the Interpretation Center of the Mingan Archipelago.** Run by Parks Canada, this center will tell you all you need to know about the environment in which you will stay in the following days. Prepare to be bewitched by the Mingan magic: limestone giant monoliths, a flying choreography of sea birds above the delicate swimming of whales and seals, and a thousands islets scattered on the blue immensity. You will also gather all necessary documents for your camping trip and learn everything you need to know about “ready-to-camp” equipment. Remember there will be no groceries store and no drinkable water on site.
- 🌿 **A FOODIE RECOMMANDATION:** Ask for a table at the “Chez Julie” Restaurant and make your choice between an entire menu of tasty regional dishes – from seafood pizza to chicoutai pie. Chez July is one the most famous restaurants in the area. Our personal recommendation? “L’assiette du Chalutier” (the trawler plate)!



ACCOMMODATION:

- 🌿 Hotel or guesthouse (upon availability).

Included Meal: Breakfast

Means of transportation: river shuttle between Havre St Pierre/ île Quarry (45 mn)



In the morning, an inflammable boat will take you to the Quarry Island. You will be able to leave your equipment and start exploring right away. Do not forget your binoculars!

Several ecosystems coexist on the Quarry Island - forest, moorland, bog, coastal. The park offers guided yours with a naturalist if you wish to learn more about the beautiful yet fragile diversity of this environment.

Indeed, such beauty should not make us forget that some ecosystems are particularly fragile. Please remain on the indicated paths and do not venture in wild areas, where even the tiniest human impact may result in catastrophic damage.

Check-in and installation at your oTENTik tent.

ACCOMMODATION:

- oTENTik tent.

Immerse yourself in a natural environment, listen to the soothing sound of the waves and gather around the fire to watch the starry sky.

Your oTENTik accomandation includes all the necessary equipment to cook and build a fire on site. With a maximum capacity of 6 people, each oTENTik tent is furnished, heated and illuminated. They are built on a raised wooden structure and come with a small terrace (see the oTENTik technical sheet below).

DAY 11

ILE QUARRY

No meals included.

Time at leisure to explore the island.

ACCOMMODATION:

- oTENTik tent

DAY 12

ÎLE QUARRY/HAVRE ST PIERRE

No meals included

Means of transportation: river shuttle between île Quarry / Havre St Pierre (45 mn) – Check-out before noon (you may leave your luggage at the Reception Center if you wish to remain on the island later that day).

Time at leisure on the island until your river shuttle transfer to Havre St Pierre.

WHAT TO DO IN HAVRE-ST-PIERRE? OUR SUGGESTIONS (2)

- Enjoy a guided sea-kayaking tour.
- Same option with paddle instead of kayaks.

ACCOMMODATION:

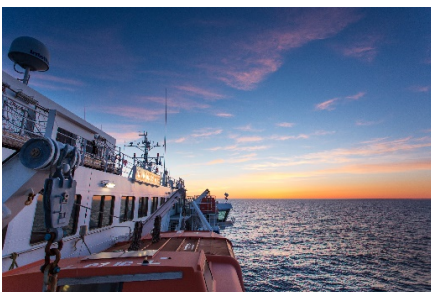
- Hotel or guesthouse (upon availability).
Auberge du Havre or Gîte chez Françoise (or similar).

DAY 13

HAVRE ST PIERRE/ANTICOSTI/SEPT ILES (sundays)

Means of transportation: the Bella Desgagné boat (departure at 8.15 am – Arrival scheduled in Sept Iles at 10.45pm – Sundays only) Meal: breakfast.

Board the Bella Desgagné, a supply-ship that operates from the North Coast to Labrador. With her, you will navigate the Saint-Lawrence gulf and stop at the famous Anticosti Island. Please note that all given timetables may be affected by the weather conditions.




Stop at **the Anticosti Island**, the largest island of Quebec. Facing Havre-Saint-Pierre, it is as big as Corsica and 222 km long. The Anticosti Island was bought in 1895 by the French industrialist and chocolate maker Henri Meunier. Meunier saw to its development until 1926. It is home to more than 200 000 white-tailed deer as well as some very rare plant species. Eroded limestone has turned into spectacular canyons. Salmon fishing, deer hunting and vacation resort are the three main activities of the island. Port-Meunier is the only inhabited village of the entire island.

- Option of a 4 days/ 3 nights extension on the Anticosti Island (see below).

Departure towards Sept-îles in the afternoon. Upon arrival, check-in at your accommodation.

ACCOMMODATION:

-  Hotel or B&B (upon availability).
Château Arnaud (or similar)

DAY 14


SEPT-ILES

Local means of transportation (not included)

Meal: Breakfast

Time at leisure in Sept-Îles. (Bad weather conditions may delay your return from the Anticosti Island – For that reason, we have added an extra day in Sept-Îles, just in case).

ACCOMMODATION:

-  Hotel or B&B (upon availability).
Château Arnaud (or similar)

DAY 15

SEPT-ILES /MONTREAL - DEPARTURE

Local means of transportation (not included).

Domestic Flight Sept Iles/Montreal (not included)

Meal: Breakfast

Domestic flight to Montreal, followed by your international flight back home (flights not included).

End of our services.

4 DAYS/3 NIGHTS EXTENSION ON THE ANTICOSTI ISLAND (Sundays to Wednesdays – June to September)

DAY 13 – Sundays only

HAVRE ST PIERRE/ANTICOSTI

Means of transportation: the Bella Desgagné boat (departure at 8.15 am – Arrival scheduled in Sept Iles at 10.45pm – Sundays only)

Meal: breakfast.



Board the Bella Desgagné, a supply-ship that operates from the North Coast to Labrador. With her, you will navigate the Saint-Lawrence gulf and stop at the famous Anticosti Island. Please note that all given timetables may be affected by the weather conditions.


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Eroded limestone has turned into spectacular canyons and still reveals uncanny fossils. Salmon fishing, deer hunting and vacation resort are the three main activities of the island. Port-Meunier is the only inhabited village of the entire island.

Tessa, a geologist and a true passionate of the Anticosti Island will greet you. Transfer to the “Gîte du Cap Blanc” (upon availability) for the following nights.

Check-in at your accommodation and time at leisure to visit Port-Meunier.

ACCOMMODATION: B&B (upon availability)

 Gîte du Cap-blanc

DAY 14 - Monday

ANTICOSTI ISLAND

Private transportation.

Meal: breakfast



You will spend the day exploring with your geologist guide and the area of the Vaureal Waterfall, an impressive sight at the end of a 3km canyon trail. Option of a picnic at the viewpoint (not included). The Anticosti National Park will blow you away - coastal landscapes and white cliffs, vertiginous canyons and waterfalls, secret hidden caves... You will return to your accommodation with images of white-tailed deer grazing seaweed, waving salmons in emerald pits and lazy seals on rocks.

ACCOMMODATION: B&B (upon availability)

 Gîte du Cap-blanc

DAY 15 – Tuesday

ANTICOSTI ISLAND


Private transport for the half-day visit

Meal: Breakfast

Time at leisure in the morning. In the afternoon, you will head to the abandoned old villages of the island. Your guide will tell you the story of these colourfully named places (such as l'Anse-aux-fraises – Strawberries Cove), former shipwrecks (the wreck of the Calou) and of Henri Meunier's time (ruins of the Meunier Castle).

After the tour, you will return to your accommodation.

ACCOMMODATION: B&B (upon availability)

 *Gîte du Cap-blanc*

DAY 16 – Wednesday

ANTICOSTI ISLAND - SEPT ILES

Private transfer to Port Menier airport + domestic flight with Air Liaison (Port Menier/Sept Iles)

Local means of transportation in Sept Iles: not included

Meal: breakfast

Transfer to Port Menier local airport for your domestic flight to Sept Iles. Upon arrival, check-in at your accommodation.

ACCOMMODATION: Hotel or B&B (upon availability)

 *Hotel Château Arnaud*

DAY 17 - Thursday


SEPT-ILES

Local means of transportation (not included)

Meal: Breakfast

Time at leisure in Sept-Îles. (Bad weather conditions may delay your return from the Anticosti Island – For that reason, we have added an extra day, just in case).

ACCOMMODATION:

 Hotel or guesthouse (upon availability).
Château Arnaud (or similar)

DAY 18

SEPT-ILES /MONTREAL - DEPARTURE

Local means of transportation (not included).

Domestic Flight Sept Iles/Montreal (not included)

Meal: Breakfast

Domestic flight to Montreal, followed by your international flight back home (flights not included).

End of our services.

Available dates for the Anticosti Island Extension

June 21 –24 ; June 28 – July 1

July 5 - 8 ; July 12 - 15 ; July 19 –22 ; July 26 –29

August 2 –5 ; August 9 –12 ; August 16 –19 – August 23 –26 ; August 30 – September 2

September 6 – September 9 ; September 13 – September 16

A piece of advice for responsible travellers:

As visitors, we try to leave as few traces as possible. You can be actively responsible by waste sorting and keeping your waste in a bag during your excursions. Those simple yet meaningful actions in our everyday life contribute a great deal to protecting our environment.

NOTE:

All stated timetables are given as a guide and may be adapted to your requirements or subject to change.

Covid-19 :

Because of the current COVID-19 sanitary situation, some of our service providers may not reopen for the summer in order to comply with the Canadian government's instructions. Some may also adapt their services (reduced maximum capacity, reduced hours).

NOTE: This program can be amended upon request by contacting your travel agent Valérie Massalaz at: valerie@passionterre.com, or by phone at +1 (514)-288-6077.

Photo credits:

Les monolithes de la réserve de parc national de l'Archipel-de-Mingan : Thibault Touzeau, Travel Me Happy/Le Québec maritime

Macareux moines dans la réserve de parc national de l'Archipel-de-Mingan, Côte-Nord : Éric Deschamps/Le Québec maritime

Monolithes de la réserve de parc national de l'Archipel-de-Mingan : Mathieu Dupuis/Le Québec maritime

Le Bella Desgagnés, navire assurant notamment le ravitaillement de la Basse-Côte-Nord : Mathieu Dupuis/Le Québec maritime

Archipel des Sept Îles : Mathieu Dupuis/Le Québec maritime

Macareux moines dans la réserve de parc national de l'Archipel-de-Mingan : Steve Deschênes/Le Québec maritime

TECHNICAL SHEET – oTENTik TENT

Equipment and services

To make your stay even more pleasurable while staying in Parks Canada oTENTik Tent, all the following equipment will be at your disposal on site:

Inside the tent:

- 1 table, 4 chairs and 1 bench
- 1 double bed with mattress and 4 single beds with mattresses
- 1 storage cabinet
- Solar lighting
- Propane heating
- Fire-extinguisher, smoke detector and carbon monoxide detector
- A broom, a dustpan, a floor mop and cleaning products.
- Tableware containers.
- A kettle
- A small DEL light
- A DEL lantern

Outside of the tent:

- A barbecue with a propane burner (propane included).
- A camping toaster (inside the barbecue)

- Barbecue tools and brush
- 1 storage cabinet
- 4 camping chairs
- A stove
- A picnic table

At close proximity:

- Composting toilet
- A wood shelter
- A fire pit
- Anchorage for pleasure boats.
- A picnic shelter (equipped with First Aid Kit)

The “oTENTik “kit” (included in your oTENTik formula)

The oTENTik kit is available at the Havre-Saint-Pierre Reception and Interpretation Center, next to the Pélagie-Cormier Gate close to Havre-Saint-Pierre marina. It includes complementary equipment for a trouble-free camping stay. If you do not wish to collect this “kit”, you should bring all the following:

- Kitchenware and frying pan
- Tableware, cutlery and glasses.
- A cutting board, a kitchen knife, a bowl, a colander, a spoon, a spatula, a clamp, a vegetable peeler, a can opener and a bottle opener.
- A coffee machine
- Tablecloth, dishtowels, a sponge, oven glove, dishcloth and dishwashing liquid.
- A lighter
- A camping toaster

What to bring:

Besides food, drinks and personal effects, you should bring the following:

- Sleeping bags or appropriate bedding, and pillows
- Cooler
- Matches or lighter
- Drinkable water (no drinkable water in the archipelago)

To make your stay as pleasant as possible, do not forget:

- Binoculars
- Camera
- Water bottle
- Warm clothing
- Hiking shoes
- Insect repellent and sunscreen.
- Flashlight
- A walking trails network map (available at the parks reception centers).