

Côte-Nord

A MARITIME REGION OF QUÉBEC

DID YOU KNOW THAT?

A FEW FACTS...

Côte-Nord:
About **240,000** km²
(93,000 sq. mi.)

Michigan:
About **250,000** km²
(97,000 sq. mi.)

103,000 km²
(40,000 sq. mi.) of forests

Under **95,000** inhabitants

Manicouagan-Uapishka
World Biosphere Reserve:
54,800 km² (21,200 sq. mi.)


Daniel-Johnson Dam
(Manic-5): **1.3** km (0.8 mi.) wide

1250 km (775 mi.)
of coast along the
St. Lawrence

18 lighthouses,
of which 5
offer activities
or lodging

TADOUSSAC is...

215 km (134 mi.) from Québec City  = 3 h

472 km (293 mi.) from Montréal  = 6 h

1022 km (635 mi.) from Toronto  = 11 h

5489 km (3411 mi.) from Paris (as the crow flies!) 

Several ferries can take you
across the St. Lawrence.



WHALES, the region's main attraction

13 species

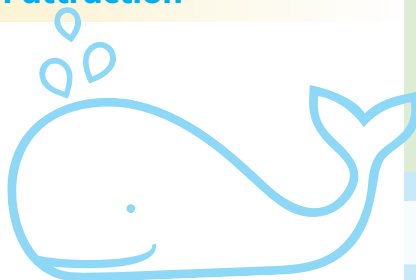
25 land-based observation sites

Many **cruises** and **excursions**

2 interpretation centres:
GREMM and MICS

Species to see include **belugas** and
blue whales, the largest animal on the planet

To find out more: **WHALESONLINE.ORG**



OUR FAMOUS ROAD TRIPS!

THE WHALE ROUTE

Tadoussac to Blanc-Sablon on
Route 138 (and even beyond!)

ROUTE 389

Baie-Comeau to Newfoundland
and Labrador

THE WHITE TRAIL

Kegaska to Blanc-Sablon (by snowmobile!)



TADOUSSAC, A MUST-SEE

Whales

2 national parks

A multitude of attractions and activities



OTHER WILDLIFE WORTH SEEING

166,000 white-tailed deer on Anticosti
(an island with only 300 inhabitants!)

Over **350** species of birds

But also... black bears, Atlantic puffins, moose and more!



WHAT TO SEE IN OUR 4 NATIONAL PARKS

SAGUENAY-ST. LAWRENCE MARINE PARK

Several species of whales,
including belugas

FJORD-DU-SAGUENAY NATIONAL PARK

A fjord that is about
175 million years old

MINGAN ARCHIPELAGO NATIONAL PARK RESERVE

The largest concentration of
erosion monoliths in Canada

ANTICOSTI NATIONAL PARK

The Vauréal Falls, which are
76 metres (250 feet) high



OUR INNU HERITAGE

9000 years of history

8 communities

Innu = Human being

Manicouagan = Where there is bark
(for making canoes)

Tadoussac comes from **totouskak** =
Bosom, referring to the two round
hills to the west of the village



LOWER NORTH SHORE

WHAT TO SEE...

HARRINGTON HARBOUR

A village with no cars or roads

BLANC-SABLON

Archeological sites that are
over 9000 years old

TO GET THERE...

Board the
BELLA DESGAGNÉS
supply ship or fly



LOCAL SPECIALTIES

Fish and seafood
Cloudberries and other wild berries
Game meat
Labrador tea
Traditional Innu bannock

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EXPLORE CÔTE-NORD: WWW.QUEBECMARITIME.CA/COTENORD

LE QUÉBEC MARITIME
Bas-Saint-Laurent, Gaspésie,
Côte-Nord, Îles de la Madeleine