

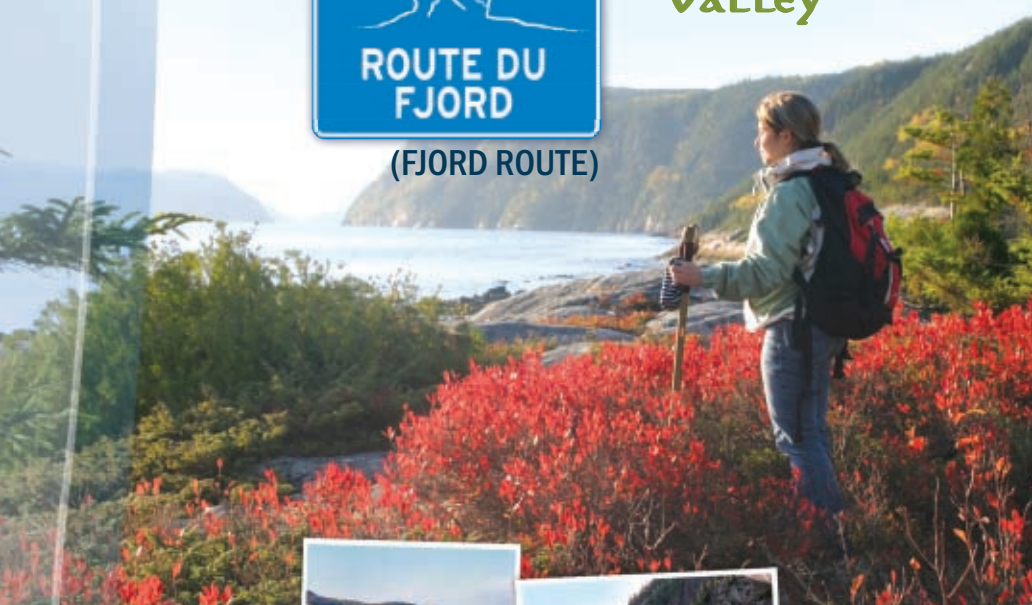
Direction



(FJORD ROUTE)

and its

**Biodiversity
Valley**



Full of life, for all your senses

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www.routedufjord.com

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Wonders of the Fjord

ONCE UPON A TIME a majestic Fjord*, meridional and mysterious, reigned over an exceptional natural environment.

Four point six billion years ago, the Spirit of God glided along the surface of the water. The titanic divergence, convergence, and lateral slipping of the continental plates were just beginning. What would one day become the province of Quebec was gestating somewhere in the "original soup".

Two point six billion years ago, the north-western part of the province – in fact the Abitibi and James Bay areas – was emerging. Around 1.6 billion years back, Labrador region landscapes followed those of Quebec's North West. The Laurentide bedrock had not yet appeared in its present-day location north of the St. Lawrence River.

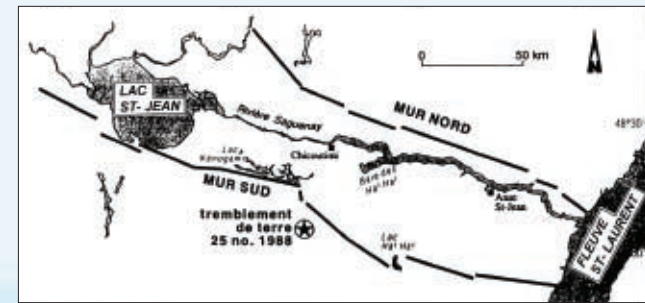
- That was the beginning -

Between 1.3 and one billion years before present, where the rounded Laurentides now sit, the Grenville Mountains reached for the skies with Himalayan proportions ($\pm 8,000$ m). And what is now the St. Lawrence Valley was a plateau with the same elevation as Tibet ($\pm 5,000$ m). The mountains we see today are mostly the result of massive fluvial abrasion intercalated between glaciation periods, which eroded a rock cover nearly 25 km thick. In the wake of those events, some 550 million years ago, a sea called the "lapetus" was formed, as well as grabens*, such as those of the Saguenay region. Sediments were deposited in the St. Lawrence lowlands and then a portion of the lapetus sea disappeared when the Appalachian Mountains emerged, 450 million years ago.

Between 450 and about 200 million years back, the warm, shallow waters of the Ordovician Sea covered the zones surrounding the Canadian Shield, including the Saguenay-Lac-Saint-Jean region. After the continent began to rise, the sea had left fossils not only in several Lac-Saint-Jean area sectors, but also in the Saguenay region between Chicoutimi-Nord and Saint-David-de-Falardeau.

- If memory serves right -

A little closer to our time, 180 million years ago, the Earth's crust collapsed and the Saguenay-Lac-Saint-Jean graben was for the most part formed. This huge trench, more than one kilometre deep, some 50 km wide and 250 km long, corresponds to the present-day territorial limits of the region.



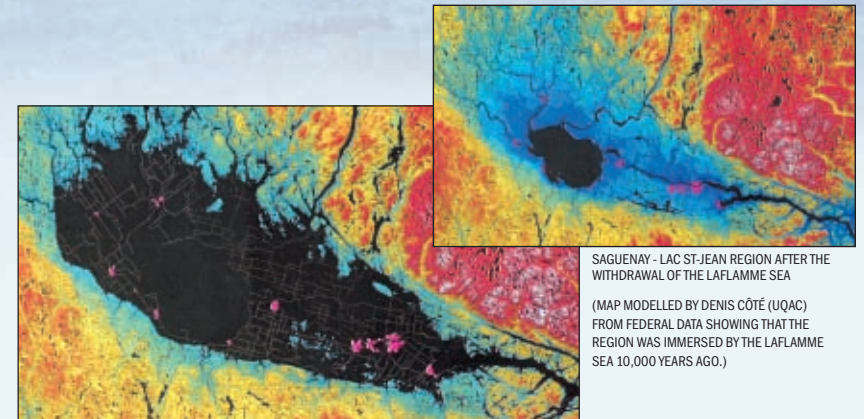
(DIAGRAM OF THE GRABEN FAULT LINES)

After the Earth started to cool 100,000 years ago, the immense Laurentian inlandsis* formed in the province of Quebec, in the period comprised between 70,000 and 6,000 years back. When it reached its peak, 18,000 years before now, the ice cap practically covered the whole of Canada, from the northern reaches to New York and Chicago. The inlandsis was some three kilometres thick.

- It happened the day before the day before yesterday -

Following a global warming period, the awe-inspiring glacier gradually melted, from south to north. Around 11,000 years ago, the St. Lawrence Plain and the Tadoussac area were completely free of ice; then came the areas of La Baie (10,650) and Alma (10,250). This is the very same glacier which, along the way, scraped and dug into the land to create the Saguenay Fjord we know today. Only a few rocky islands (i.e. Saint-Louis Island) resisted the powerful charge of this giant ram.

The melting of the inlandsis was accompanied by a marine invasion called the Laflamme Sea, which remained for approximately 3,650 years, between 10,650 and 7,000 before present.



SAGUENAY - LAC ST-JEAN REGION UNDER THE LAFLAMME SEA

SAGUENAY - LAC ST-JEAN REGION AFTER THE WITHDRAWAL OF THE LAFLAMME SEA

(MAP MODELLED BY DENIS CÔTÉ (UQAC) FROM FEDERAL DATA SHOWING THAT THE REGION WAS IMMERSÉ BY THE LAFLAMME SEA 10,000 YEARS AGO.)

Released from the crush of the Laurentide inlandsis, the continent started to rise rapidly, causing the Laflamme Sea to withdraw. The rise still continues today, but more slowly, at a rate of some 30 cm per century – Can't you feel the very slight pressure coming up from the ground under your feet?

- It happened yesterday -

As a result of the deglaciation period, followed by a marine invasion, clay deposits reaching 80 m in thickness can be observed in the regional lowlands today. Terraces elevating between 3 m and 150 m above sea level were also formed in succeeding eras due to the withdrawal of the sea.

The Saguenay Fjord (106 km long) has all the characteristics of the most beautiful fjords on Earth with its overhanging capes up to 350 m high and depths reaching 270 m in some areas. Moreover, underneath the bottom of the river, a trench nearly 900 meters deep and filled with sediments sits on top of the bedrock.



TRANSATLANTIC LINER TO PORT

As witnessed by the Fjord

For many centuries the Fjord witnessed the passage of First-Nation ancestors as they travelled and fished its waters, and camped along its banks. A little later, aboriginal groups travelled with "Black Robes" and intrepid coureurs de bois. Often, these crews brought with them piles of animal skins all the way to Tadoussac for the fur trade. One day, at the beginning of the 17th Century, Champlain's ship came inland, as far as Sainte-Rose-du-Nord. On that day, the Fjord could not believe its watery eyes. Then, in the 18th and 19th Centuries, steam ships and schooners filled to the rails with supplies and other merchandise navigated the river. In the mid 20th Century, a German submarine was spotted at the confluence of the Saguenay and St. Lawrence rivers, or so it is thought, but no one could swear to the fact.

Over the past years, an ever growing number of pleasure boats, bulk carriers, and superb cruise ships have travelled the river. And lately, rumour has it that the Fjord could receive a great honour – the passage of the majestic Queen Mary II. But remember, boating on the Fjord can be treacherous at times, whenever Aeolus, the god of winds, gets into a terrible mood – sailors beware!

The Fjord's waters are also the subject of scientific research as they are quite unusual for their tides, currents, salinity, zooplankton diversity, contrasting bathymetry*, sediment deposits, and more. No less than 410 marine invertebrates and 59 fish species, including the Greenland shark, are at home in the Fjord. During summer heat waves, the soothing waters of the Fjord's coves and bays are an oasis for visitors looking to cool off. Finally, that same body of water is the mirror of the Spirit of the Fjord, who watches over his Realm. A mirror which, to the delight of ice-fishing and sliding-sport enthusiasts, turns to ice during the cold season.



SNOWSHOEING ON THE FJORD

Petit-Saguenay

The Fjord route



On the road from Saint-Siméon, Petit-Saguenay is one of the doorways to the Fjord Route – as seductive a village as any.

You will find tourist information at the *Caisse populaire* building or, why not, while enjoying the warm atmosphere of the *Léz'Arts* cafe-bistro.

What do holidays mean to you – lazy days, reflection, but also a little action? Then make your way to the Petit-Saguenay pier where you will get an unforgettable preview of the Fjord. Inquire at the booth next to the pier, the *Saguenois* will be happy to share with you the attachment they have for their beautiful natural environment. They will surely tell you about the *Site récréopatrimonial de la rivière Petit-Saguenay* (recreational heritage site) and *Les Caps* hiking path which links three south-shore villages – Petit-Saguenay, L'Anse-Saint-Jean and Rivière-Eternité; seize the natural splendour of the Saguenay Fjord from a front-row seat.

If you are of those parents who have a frantic lifestyle and are not keen on trying to keep up with the brood in summer, the *Village Vacances (VV) de Petit-Saguenay* has thought of EVERYTHING for you, all in one spot, on the banks of the Saguenay River.



VIEW OF THE FJORD

Petit-Saguenay, is one of the doorways to the Fjord Route – as seductive a village as any.

Your "management issues" will be of a totally different order than those you normally face at home. For example, it could very well be that at VV Petit-Saguenay, hoping to catch a sea trout, dad will have the difficult task of deciding between a Black Ghost and a Brown Hackle no. 16. It could also happen that, sitting peacefully on the sandy Saint-Étienne beach, mom will have to select adequate suntan lotion for perfect results. As for the young ones, they could either spend the afternoon in the swimming pool, or form a monster volleyball team with their new friends. And then, sitting by the campfire in the evening, they may have to choose between roasted marshmallows and tasty grilled sausages.

A few days before you return home, you parents may have become totally "Zen", while your brood has turned totally "cool". Do not be surprised if, a few months later in the city, you start dreaming of campfires, oxygen, and starry nights.

There is only one known treatment to soften the blow of such melancholy – go back to VV Petit-Saguenay as soon as possible.

Reserve early as more and more visitors flock to this idyllic world. A family warned is worth two... blended or not.



SEA KAYAKING ON THE FJORD

Here is where past and present coexist. The church, the covered bridge, the cemetery, and the centennial homes are all architectural treasures, and take us back to the times when the village was the first settlement site in the region. A heritage tour takes visitors through the true gems of this building heritage.

To get the most of your stay, we suggest stopping at the tourist information bureau on route 170 as soon as you arrive. You will thus be in a better position to make judicious choices among the many tourist and recreational attractions.

You are not one to waste time reading pamphlets and brochures? You would much rather let your eyes embrace the landscapes? Then drive up to *Anse de Tabatière* (200 m), it overlooks the Fjord and the village. Better yet, hike up to *Montagne Blanche*, which peaks at 565 m. The panoramic view from the top is simply breath-ta-king!

But there is danger at L'Anse-Saint-Jean, the danger of being forever smitten by the beauty of the location. But really!



L'ANSE-SAINT-JEAN VILLAGE

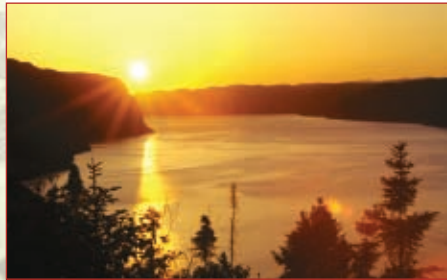
During spring, sit on the end of the pier and watch as the ice dances along the river, to the rhythm of the tides. Nature awakens from its winter slumber and compels photographers and nature lovers to adjust their eyes, and those of their cameras, to capture the extreme beauty of the surrounding landscapes.

In summer, the municipal campground is a welcoming place near the cove. Or you can stay in a bed & breakfast or small inn. If you are looking for leisure activities, L'Anse-Saint-Jean will spoil you: mini-golf, tennis, fishing, kayaking, boat cruises on the Fjord, etc. You can also visit the neighbouring arts & crafts boutiques.

One good way to discover the village and its residents is cycling through town, or riding a horse from the *des Plateaux* equestrian centre. What great ways to get around at your own pace and visit all the interesting sites.

When fall descends on L'Anse-Saint-Jean and Petit-Saguenay, it is a celebration of colours. Artists and nature lovers abound at the *Symposium provincial des villages en couleurs* and feast their eyes on a symphony of tones and middle tones.

And then winter arrives and the slopes at the *Mont-Édouard* ski resort (650 m) are an ideal meeting place for board-sport enthusiasts of all kinds. Ice fishing on the Fjord and thrilling dogsled rides are also on the menu.



VIEW OF THE FJORD FROM L'ANSE DE TABATIÈRE

One good way to discover the village is cycling through town, or riding a horse from the "des Plateaux" equestrian centre.



The name alone is dreamy, "Eternity River". The residents of this village are lucky enough to regularly rub shoulders with characters from legends. They invite you to share with them the fabulous attractions of their natural and religious heritage.

First, make your way to the amazing cliffs that are *capés Éternité* (350 m) and *Trinité* (330 m). You will see the impressive statue of *Notre-Dame du Saguenay*, which stands tall on the bottom landing of the cape Trinité. A travelling salesman had it erected to thank the Virgin Mary for saving him from the freezing waters of the Saguenay River.

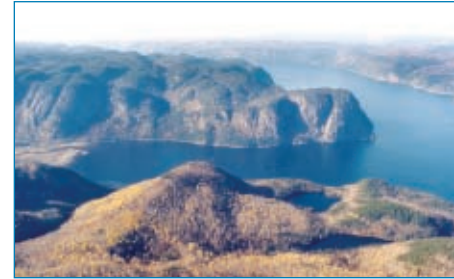
As if giving tribute to so much beauty, the high cliffs surrounding baie Éternité seem to form the walls of an immense stone cathedral, of which the arch is often azure blue, or sprinkled with stars. On some days, one can even hear the redolent chanting of the Ave Maria, coming up from the nave of the natural cathedral. Needless to say, everyone stops to listen with rapt attention to this homage, which rises high, very high... into the Firmament!

Inspired by the spectacular scenery, Rivière-Éternité resident Eugénie Bouchard and her exemplary benevolent friend Jean-Marie Couët created a first public exhibition of the Holy Family. The "bright" idea has since become the Village des crèches, a stunning Nativity Scene exhibition.

Year after year, the entire population gets involved in the collective project. When the time comes, everyone tries to find some ingenious way to exhibit, in front of their homes, the saintly effigies of Jesus, Mary, Joseph, as well as the Three Wise Men and the shepherds. During the cold season, the entire village lights up and is transformed into a veritable snow-covered Bethlehem.

Other larger-than-life characters border the Fjord Route at key points along the village, reminding visitors that they are in a Realm where poetry, imagination, and spirituality are alive, always.

Extravagant, Rivière-Éternité? Without a doubt. And to give everyone a chance to better comprehend its riches, an interpretative centre at the *parc national du Saguenay* explains how the Fjord was formed.



THE FJORD AT RIVIÈRE-ÉTERNITÉ



NATIVITY SCENE WITH LARGER THAN LIFE CHARACTERS

At the Centre, interactive games lead to the *in situ* discovery of some of the many secrets of the Fjord's habitat, including the land and marine flora and fauna. During the high season, naturalist guides are on location to inform visitors about boat cruises, fishing, kayaking, long and short hiking excursions, mountain climbing, campgrounds, picnic sites, etc. In the middle of winter, on baie Éternité, snowmobiling, skiing, snowshoeing, and ice fishing are the activities of preference in an absolutely splendid natural decor.

Nature lovers, photographers, and painters, among others, can let loose their creativity at all times. The rest is pure calm, 7th Heaven... or almost.



Saint-Félix d'Otis

The Fjord route

Located on the south shore of the Fjord, this village is a place of repute for vacationing, camping (200 sites) and enjoying water sports. At grand lac Otis, families can take advantage of a number of recreational activities. The hinterland is also a favourite of anglers.

Saint-Félix is first of all a tourist attraction on the Fjord called *Site de la Nouvelle-France*, accessed by the Vieux Chemin, or chemin de la Batture, from route 170.



SITE DE LA NOUVELLE-FRANCE

If your antennas are sharp, you will feel the historical force of the location, as soon as you set foot on the Site. For centuries, the downstream part of the Fjord was the meeting place of countless First-Nation peoples and explorers navigating the Saguenay River.

In summer, archaeologists search the ground right there in front of you. Over the past ten years or so, no less than 100,000 artefacts have been unearthed: arrow points, pottery, and various tools. Some of the choice artefacts are on display at the reception lodge.

Initially a shooting location for movies, the *Site de la Nouvelle-France* has become, over the years, the historical reconstitution site *par excellence* of 17th Century Quebec City and its residents.

As you make your way along the paths, you may be surprised to find a Jesuit Priest, bible in hand, a Huron woman making sagamité*, a barber-surgeon with a hazardous concern for your well-being, or even a verbose of Samuel de Champlain expounding his vast knowledge of First-Nation and European peoples.

On board the cruise-boat which brings you from La Baie to New France, Sieur de Champlain himself may be on hand to tell the tale of his many exploits. You will know him by his stature and his discourse on the importance of developing the first permanent colony at "Kébec".

After having conversed with these characters, you will be surprised by how much you have learned on the ways and customs of New France, 400 years ago.

You are fascinated by the 17th Century, but not your progeny? Not to worry, the spectacular equestrian show presented at the Site will be sure to captivate them. And you, understanding parents that you are, will discover why, without the Canadian horse, the fate of our ancestors on North-American soil would have been quite different.

Once the show has started, your children will only have eyes for the spectacular jumps, caprioles, and cavalcades of the Lusitanian horses brilliantly led by experienced riders.



EQUESTRIAN SHOW RIDING TRICK

Saint-Félix is first of all a tourist attraction on the Fjord called Site de la Nouvelle-France.

Saguenay, La Baie District

The Fjord route



You are now arriving in the City of Saguenay (La Baie District). Upon your arrival, the majestic baie des Ha! Ha! unfolds in front of your eyes, a bay which, for centuries, was the scene of major events of regional proportions

Note that this is where the members of the *Société des vingt-et-un* landed and opened the way to colonization for the Saguenay-Lac-Saint-Jean region as early as 1840; where, at the mouth of the Ha! Ha! River, the July 1996 floods caused heavy damage in the very heart of the district; and where a seaport for all types of ships has been in operation for many years. Nowadays, stylish cruise ships set anchor in the bay.

La Baie also comprises several parks, an outdoor activity centre, a salmon observatory, two workshop museums – *Verrerie d'art Touverre* (glass blowing) and *Savonnerie Olivier* (hand-crafted soaps) – a bike/pedestrian path, a heritage circuit, summer and winter fishing, and much more. In winter, ice-anglers, skiers, snowmobilers, and outdoor enthusiasts meet on the frozen surface of the bay.

The District also has bragging rights on the first reflecting aluminium pyramid in North-America; a collective work born out of the unbridled imagination of La Baie artist Jean-Jules Soucy.

Another collective work of art, *La Nouvelle Fabuleuse*, is a major theatrical production presented at the Théâtre du Palais municipal.

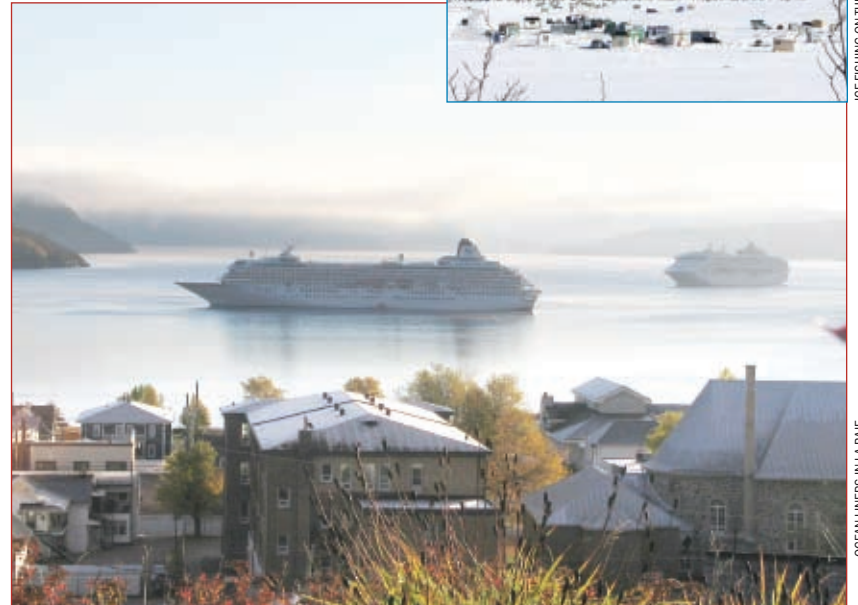
There is one stop you need to make before you leave the District – the *Musée du Fjord*, where you will learn all about the unique ecosystem of the Saguenay River Fjord. Its deepest secrets will be revealed!



MUSÉE DU FJORD



ICE FISHING ON THE FJORD



OCEAN LINERS IN LA BAIÉ



Saguenay, Chicoutimi District

Le Fjord route

You will not be totally like a fish out of water in the City of Saguenay (Chicoutimi District); there is an acceptable minimum of street noise and urban activity. The regional capital is a major pole with its many hotels, inns, bed & breakfasts, and restaurants. You will find every type of institution you may wish, including those cathedrals of modern times that are shopping malls.

Shows, entertainment, and recreational activities abound. Major productions like *Ecce Mundo* and such events as the *Festival International des Rythmes du Monde* are great examples.

The Pulperie de Chicoutimi, Petite Maison Blanche, Centre historique des Sœurs du Bon-Conseil, Vieux Port de Chicoutimi, and Village de la Sécurité routière are all great places to visit, as are the agricultural tourism sites in the surrounding area.



VIEUX PORT DE CHICOUTIMI

Go ahead, visit, explore, and discover! Or if you are inclined to finding out more about the Saguenay Fjord, get on board the *Marjolaine II* cruise-boat, among others, for a discovery tour.

At the end of your visit, head east and you will soon reach the *Vallée de la biodiversité* (route 172). Your nomad-explorer inner self will flourish. Beautiful villages like Saint-Fulgence, Sainte-Rose-du-Nord, and Sacré-Coeur, and highly picturesque locations are all waiting for you.



THE LITTLE WHITE HOUSE

The regional capital is a major pole with its many hotels, inns, bed & breakfasts, and restaurants.

Biodiversity Valley



Biodiversity Valley? What on earth can that be? What can one see or do in that vast territory stretching from Saint-Fulgence all the way to Tadoussac? Well, if you look up, you could for example notice that a bald eagle or a vulture is keeping an eye on you from above, way up above.



SNOW GEESE



BELUGA WHALES

If you stop along the road and take a look in one of the many pools in the Sainte-Marguerite River, you could spy the king of fish, the salmon, basking in the sun. At the mouth of the same river you will find baie Sainte-Marguerite, where you may catch sight of a group of beluga whales splashing about at your feet, or almost. Ruffed grouse, lynxes, bears, and moose may be watching you from the edge of the forest. It is very likely that, less than 30 metres from you, tens of bird species are jumping from branch to branch and dragonflies are zooming by at top speed. If you take a look at the ground around your feet, you may discover such savoury mushrooms as morels, boletus, chanterelles, and others. Your stroll through the woods could also lead you to delicious wild fruit like strawberries, blueberries, hawthorn berries, and cherries. At twilight, you could even spot a boreal owl as it watches you from its hiding place, eyes wide open.

You have perpetual bad luck; you maintain that despite your every effort nothing interesting ever happens to you, except for mosquitoes? In fact, those bugs are one of the 57 species of insects that make up an integral part of this ecosystem and, it follows, biodiversity.

Your luck gets even worse and the wind blows away the mosquitoes? Your last hope lies in a teaspoonful of soil – put it under a microscope and 10 million bacteria will suddenly appear before your eyes!

But, you say, how can I efficiently observe all that vegetation and wildlife which, at first glance, seem absent? Follow these instructions:

- First, find some binoculars;
- Get the *Vallée de la biodiversité* map (route 172 between Tadoussac and Saint-Fulgence);
- Make your way to the observatories, lookouts, and interpretative centres shown on the map;
- Give priority to the sites around baie Sainte-Marguerite (km 22), Bardville (km 47), and the Saint-Fulgence riverwash (CIBRO);
- Be patient. And, quiet!!! Nature has something to tell you.



St-Fulgence-de-l'Anse-aux-Foins

The Fjord route

Well known as a superb bird-watching destination in the Saguenay region, Saint-Fulgence is also a village to discover for its history, recreational and tourist activities, and exceptional natural setting.

When in Saint-Fulgence, you must visit the CIBRO, a huge bird sanctuary where theory and practice go hand in hand. Avifauna experts are there to answer your questions. It is an ideal place to observe the hundreds of feathered friends nesting or making a stop in the nearby wetlands. Up to 118 bird species go through the area, depending on the season. In the river-wash only, some 256 species yearly have been identified.

From a historical point of view, Saint-Fulgence was a hub of maritime transport in the 19th Century and at the beginning of the 20th Century. Sea-going vessels dropped anchor right in front of the agglomeration, filled with a variety of supplies (pulp & paper for example). Barges and schooners were at one time the means of communication between the Chicoutimi and La Baie areas.

Saint-Fulgence can boast a few geological and marine (polynya*) phenomena as well. The littoral spit, 650 m in length and 2.5 m high relative to the intertidal zone*, and which is the extension of cap des Roches, is one of them. As opposed to other phenomena of the same type, this rocky "comet tail" is perpendicular to the axis of the Fjord



LITTORAL SPIT AT LOW TIDE

In summer, even the beluga whales make the run from the St. Lawrence River to take a look at this odd spit.

Conscious of the great ecotourism potential of a territory which stretches from the Valin River to cap de Roches, the town of Saint-Fulgence is doing everything in its power to ease visitor access to the major points of interest, be it walking, boating, flying (paragliding) and soon, cycling.

Wildlife observation is fine as far as you're concerned, but what you really want are strong sensations, right? And your young ones are fidgety; they need to burn off a few calories! Then drive up to km 96 on the Fjord Route, near Saint-Fulgence, take the Cap-Jaseux road, which leads to the Fjord.

How can you resist the challenge of climbing cliffs overlooking the Saguenay River; climbing to the tops of the capes or trees, dangling in space, and rappelling will become child's play. And if you feel like it, the whole gang can stay longer... in the treetops!



TREE HOUSE AT THE CAP JASEUX ADVENTURE PARK

You're calling for more action still? You can always go kayaking and leave the world in your wake. Or another possibility is a sailing excursion with your family along the seaway of an ancient glacial valley, accompanied by an experienced guide of course.

When evening falls, sitting around the campfire, you will have one final task to accomplish; that of recounting your exploits of the day while fighting off sleep, waiting to make your way to your tent, or your "eagle's nest"... yes, way up in the trees. Sweet dreams!

Sainte-Rose-du-Nord

The Fjord route



"Painters' and poets' museum", "Postcard of the Saguenay", or "Pearl of the North" are so many terms used to best describe this village nestled in the mountains. It is not just a twist of fate either that in 1938, a photographer from the world-famous National Geographic Society turned his camera to numerous scenes of everyday life in Sainte-Rose-du-Nord.

Evidently, the place seems to inspire visitors and passers by; be they photographers, painters, or movie producers, one and all agree that Sainte-Rose is an extremely charming village with many picturesque viewpoints.

You have just turned off route 172 and are not sure where to get information on how to get around in the village? Stop in at the *Pavillon de la Montagne* in the centre of town, where the attendants will be pleased to give you all the information you may need regarding the main attractions in the area.

You will discover that there is an outstanding place nearby (cap au Leste) where you can peacefully taste the wild beauty of the Fjord and take part in a wide range of stimulating outdoor activities, at your own pace. Lodgings are available year-round in square-log cabins overlooking the Saguenay River and the meals are served in the reception lodge, the meeting place for all holiday makers.

You will also find out that, during the high season, Sainte-Rose artisans exhibit the fruit of their creativity, and that other crafts people are there to explain the traditional trades that are carpentry, woodworking, stone cutting, masonry, and more.

Before or after a cruise on *La Marjolaine II*, take time to visit the *Musée de la nature*, a place where surprising, original and finely-wrought pieces are exhibited. You will even see 3.5-metre sharks that were dragged up from the depths of the Saguenay River.

You are an incorrigible romantic; you need to feel the soul of unusual secret nooks and crannies? Ask someone to direct you toward the lovely coves - "Anse d'en haut", "Anse d'en bas", and "Anse à Tableau", the neighbouring hamlet.

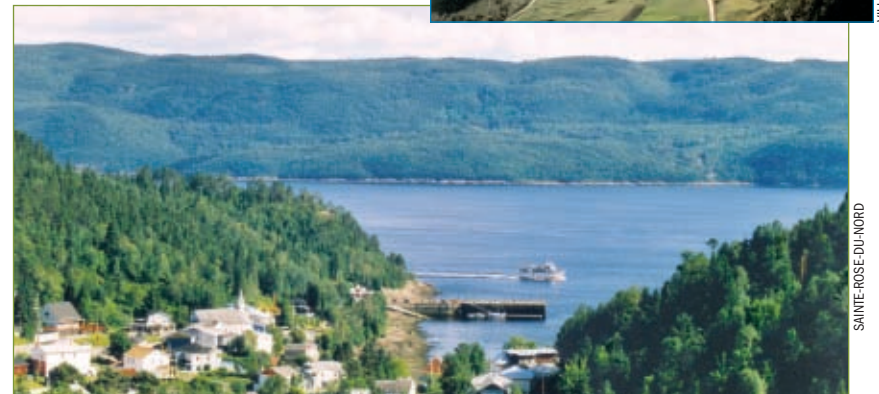
You have a Nordic disposition and the warm season is not quite your cup of tea? Sainte-Rose can accommodate you with winter ice fishing. You won't be alone on the ice however; the hardcore enthusiasts even make their ice-fishing huts temporary homes. In Rivière-Éternité, L'Anse-Saint Jean, Saint-Fulgence and La Baie, ice fishing in the Saguenay region is passion... pure passion!



VILLAGE AERIAL VIEW



www.beauxvillages.qc.ca



SAINTE-ROSE-DU-NORD



Sacré-Coeur sur le Fjord

The Fjord route

You have reached the second doorway to the Fjord Route; you are about to head west. But not so fast, you could miss two fabulous sites: the exceptional nautical rest area at “anse de Roche” and the *Ferme 5 étoiles* agricultural/recreational tourist site.

The first is just past the centre of town going west (km 16), turn onto rang Saint-Jean-Baptiste, which leads to the Fjord. You will find there one of the most spectacular windows on the Saguenay River, where you can go sailing, kayaking, fishing, and from where you can feel the powerful breath of the Spirit of the Fjord. The sailor or poet in you will be enthralled.



THE PIER

At the edge of town (km 17), you will find the *Ferme 5 étoiles*. Such varied and alive places are hard to find. It is home to as many wild as domesticated animals, 32 species in all, including deer, a moose, bison, and wolves. Children and adults alike can feed and pet the domestic animals (calf, cow, pig, and others), but be careful, only some of the wild ones. Over and above this contact with nature, the young, and the young at heart, can take part in a wide range of activities like recreational games, excursions, and all kinds of outdoor excursions. Guides are available upon request for certain activities which require minimal travel.

This site however has a down side, and it's a major one – most children simply refuse to leave the farm.



L'ANSE DE ROCHE

Aboriginal presence

You are a true Doubting Thomas? You refuse to believe who the original occupants of the territory were unless you have absolute proof? In that case, make your way to the *Centre de découverte et de services Le Béluga* at baie Sainte-Marguerite. Take route 172 and, at km 22, turn onto the road that runs along the Sainte-Marguerite River and leads to the Centre. What you will find there are stone artefacts and bone fragments unearthed by archaeologists at the mouth of baie Sainte-Marguerite. Or, if you are on the south shore of the Fjord (route 170), make your way to the *Site de la Nouvelle-France* reception lodge, in Saint-Félix-d'Otis, where artefacts found on raised beaches and dating back several thousands of years are on display.

These remains demonstrate that the area was occupied by nomad aboriginal peoples, particularly the Montagnais (Innu) nation. For thousands of years, First-Nation peoples navigated the Saguenay River and its tributaries while carrying on their traditional lifestyle (hunting, fishing, and trapping).

Still sceptical regarding the presence of First-Nation people on Quebec soil? Take a geographical map of the province of Quebec or the Saguenay-Lac-Saint-Jean region and count all the locations that have a name of Amerindian origin.

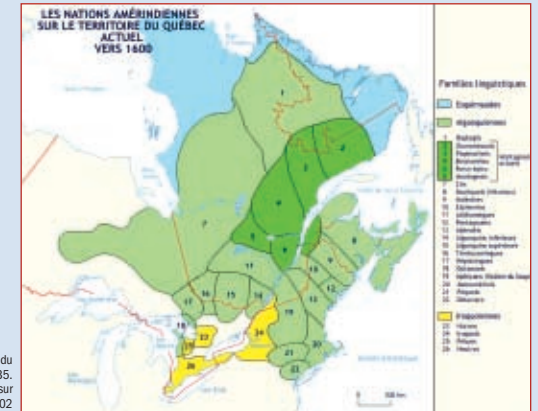
Aboriginal presence

River names such as Metabetchouane, Ashuapmushuan, Peribonka, Mistassini, and Quiatchouane are numerous, as are the names of agglomerations like Mashteuiatsh, Saguenay, Chicoutimi, Tadoussac and Quebec.

In fact, there are considerably more Amerindian denominations than the maps show, considering that around 80% of aboriginal geographic names were removed from the official list of names last century. Thankfully, the *Commission de toponymie du Québec* is making efforts to reverse the process.

Long before the arrival of Europeans, the Amerindians had invented thousands of names to designate their territorial locations. This knowledge helps us understand why First-Nation peoples like the Montagnais are trying to have their rights recognized.

Amerindian culture, dating back thousands of years, is fascinating, but largely neglected and misunderstood. Here is an opportunity for you, during your holidays in the “Realm of the Fjord”, to find out more about the history, culture, and knowledge of these first occupants – we must learn to share!



Source: Hamelin, Jean (under direction), Histoire du Québec, Montréal, Éditions France-Amérique, 1981, page 35.
Map re-edition: Carl BRISSON, Groupe de recherche sur l'histoire, Université du Québec à Chicoutimi, 2002

GLOSSARY

BATHYMETRY : Measurement of underwater depth.

FJORD : Ancient glacial valley immersed by the sea.

GRABEN : The result of a block of land being downthrown, producing a valley with a distinct scarp on each side.

INLANDSIS : Ice sheet which hides the underlying relief.

POLYNYA : A semi-permanent area of open water in sea ice.

SAGAMITÉ : A kind of soup or stew made from Amerindian corn to which meat or fish is added.

INTERTIDAL ZONE: The area of the foreshore and seabed that is exposed to the air at low tide and submerged at high tide, i.e., the area between tide marks.

Fjord Route Guide

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