



## Help us protect this habitat

As you hike the Samuel trail, you will see a **salt marsh**. This kind of **habitat** is somewhat exceptional on the north shore of the Gulf.

Salt marshes are one of the most productive habitats on land. Their most vital component is vegetation. Plants filter pollutants in the water, and provide food and shelter to a multitude of animal species, including fish, crustaceans and birds.

Even if it appears shorter to cross through the marsh, take the bypass path as it is better for the ecosystem and for your shoes!

- Use the **designated trails** and stay in the **vegetation-free zone** when walking on the seashore.
- 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.



## Need more information?

Havre-Saint-Pierre Reception Centre  
418-538-3285

Longue-Pointe-de-Mingan Reception Centre  
418-949-2126

## Did you know that...

- The island has an innu name, which means ***the waiting-for-ducks island***. It used to be called ***île à Samuel*** in honour of Samuel Doyle, who cut his hay there. People also cut wood, grazed animals and picked wild berries on the island.
- The island is home to a famous monolith called ***Madame de Niapisca*** by Roland Jomphe, a poet from Havre-Saint-Pierre..
- Variations in the sea level caused by the retreat of the great glaciers about 10,000 years ago coupled with repeated action of **waves, wind, freezing** and **thawing** have created these huge rock sculptures.
- The limestone contains an abundance and diversity of **fossils** that tell us about the island life over **450 million years** ago.

## Want to know more?

Parks Canada heritage presenters offer interpretation activities every day on the ***Poète Jomphe Trail***.



May 2019



Mingan Archipelago  
National Park Reserve

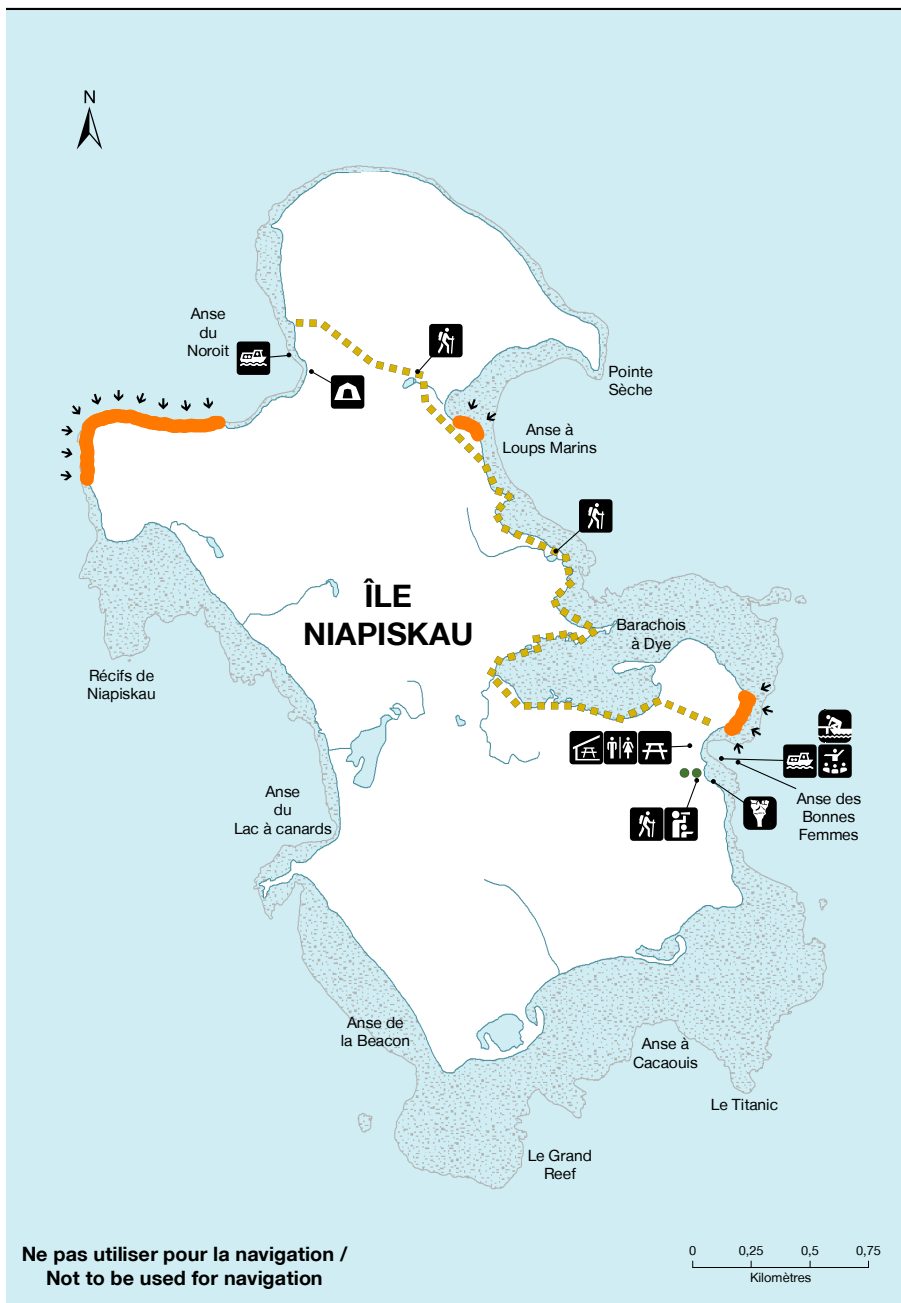
## ÎLE NIAPISKAU



Parks  
Canada

Parcs  
Canada

Canada



## Attractions and services

-  Emergency shelter
-  Interpretation activities
-  Picnic area
-  Lookout
-  Wilderness camping
-  Wharf
-  Tour boat stopover
-  Monolith
-  Toilet
-  Hiking
-  Poète Jomphe Trail (0.3 km)
-  Samuel Trail (4.4 km)
-  Area known to be inaccessible at high tide

## 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.

Perimetre: 16.9 km

## In case of emergency

# 1 888 762-1422

## Checklist

Allow **1 1/2 to 2 hours** to complete the *Samuel Trail*. Hiking boots are recommended, as there are some wet and muddy areas.

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)

