

SÉPAQ

# PARC NATIONAL D'OKA

**Protected territory. The grandeur of Mother Nature.**

**A territory with a  
rich historical and  
natural heritage, just a  
stone's throw from the  
metropolitan area.**

# FAVOURITES



## The Grande-Baie footbridge

Experience the perfect nature immersion on the brand-new Grande-Baie footbridge. Situated in a marsh where exceptional wildlife hide, the footbridge lets you walk on the water while cohabiting with an astonishing natural environment.



## Shine a light on butterflies

In the pine forest at the very heart of the campground, their presence may seem discreet at first glance, but their abundance and diversity are easily revealed to those who know how to observe them. The park warden and naturalist will certainly be able to broker this encounter!



## Lac de la Sauvagine

A little hidden treasure, Lac de la Sauvagine is accessible on foot or by bike. A perfect spot for a family snack while checking out a beaver lodge or the many turtles that frequent it.



## Indigenous winter market

An unprecedented showcase of First Nations art in December. This cultural celebration reflects a new vision of Kaneshatà:ke's economic and tourism development, and the nations desire to tell its story in a spirit of welcome and sharing.



## Ice fishing

Come and try your luck in the park's stunning winter setting. Lac des Deux-Montagnes is a popular spot for ice fishing, where you can reel in many species of fish.



## The ski school

Spark your children's passion for cross-country skiing! The ski school offers the perfect setting for learning different skiing techniques.

# DISCOVER OUR TRAILS

	TRAILS		DISTANCE ROUND TRIP	DIFFICULTY	DEPARTURE POINT
	<b>L'Érablière trail</b>		1.3 km	E	La Grande Baie Registration Centre
	<b>La Grande Baie trail</b>		4 km	E	La Grande Baie Registration Centre
	<b>Calvaire d'Oka trail</b>		4.4 km	E	Calvaire d'Oka Parking
	<b>Sauvagine trail</b>		6 km	E	Le Littoral Visitors Centre
	<b>Sommet trail</b>		6.7 km	H	Calvaire d'Oka Parking Shared trail (mountain bike)
	<b>Park bicycle path</b>		3 km	E	Le Littoral Visitors Centre
	<b>La Route verte</b>		7.8 km	I	La Grande Baie Registration Centre

 Randonnée pédestre  
  Mountain bike  
  Family experience  
  Dogs allowed when on a leash [sepaq.com/animals](http://sepaq.com/animals)

**E:** easy   **I:** intermediate   **H:** hard

\*The times and degrees of difficulty mentioned are approximate and refer to the summer season only.



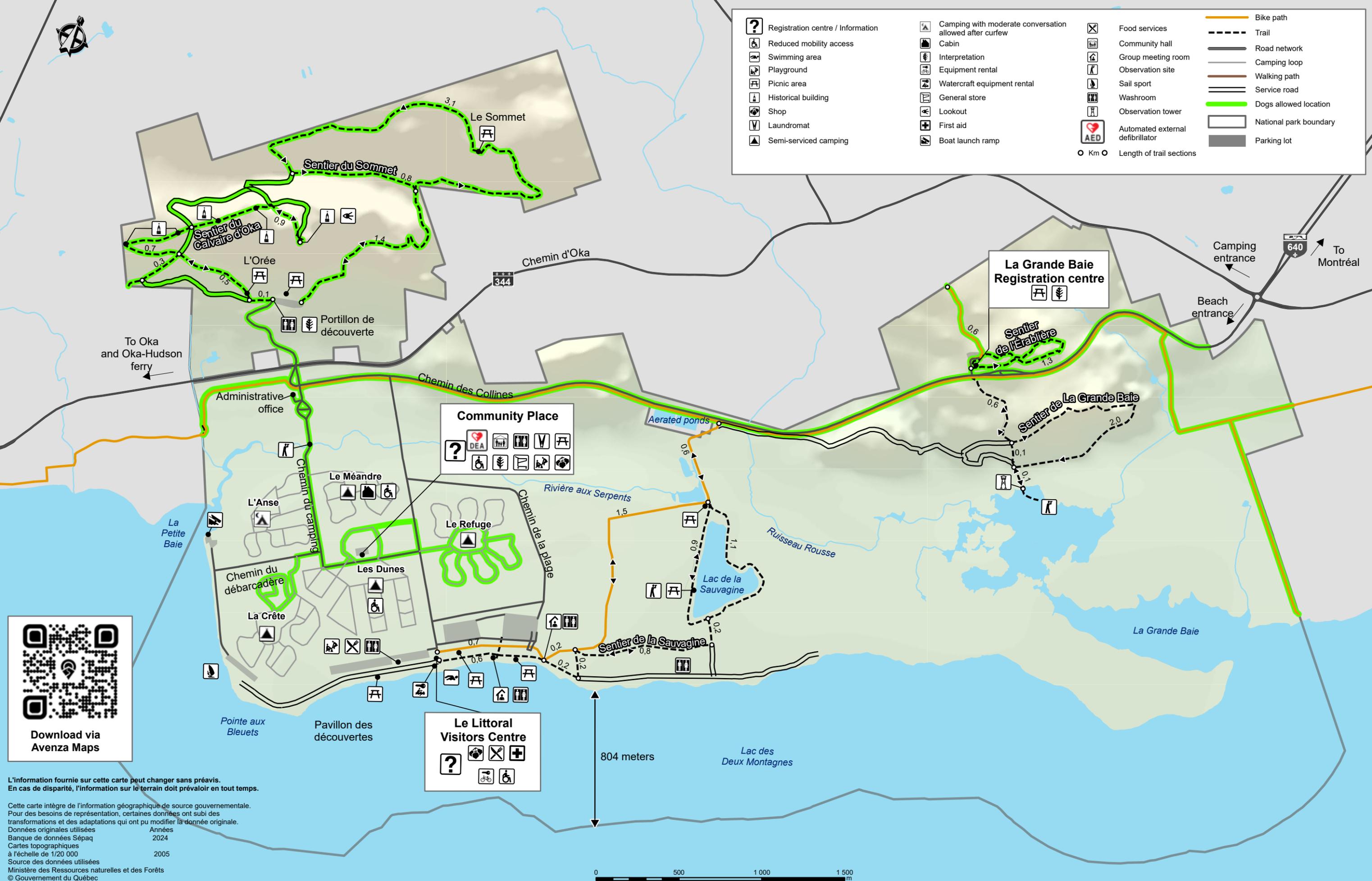
**\$16\***  
CAMPER RATE

[aquazilla.com](http://aquazilla.com) | 514-948-6721

\*PLUS APPLICABLE TAXES. ON PRESENTATION OF A RESERVATION FOR THE CAMPSITE. VALID BETWEEN 10:00 A.M. AND NOON. ADMISSION FOR 1 HOUR. 6 Y.O. AND UP



Registration centre / Information	Camping with moderate conversation allowed after curfew	Food services	Bike path
Reduced mobility access	Cabin	Community hall	Trail
Swimming area	Interpretation	Group meeting room	Road network
Playground	Equipment rental	Observation site	Camping loop
Picnic area	Watercraft equipment rental	Sail sport	Walking path
Historical building	General store	Washroom	Service road
Shop	Lookout	Observation tower	Dogs allowed location
Laundromat	First aid	Automated external defibrillator	National park boundary
Semi-serviced camping	Boat launch ramp	AED	Parking lot
		Km	Length of trail sections



Download via  
Avenza Maps

L'information fournie sur cette carte peut changer sans préavis.  
En cas de disparité, l'information sur le terrain doit prévaloir en tout temps.

Cette carte intègre de l'information géographique de source gouvernementale.  
Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale.  
Données originales utilisées : Années 2024  
Banque de données Sépaq  
Cartes topographiques à l'échelle de 1/20 000 : 2005  
Source des données utilisées : Ministère des Ressources naturelles et des Forêts  
© Gouvernement du Québec



804 meters

To Montréal

To Oka and Oka-Hudson ferry

# DISCOVERY ACTIVITIES



## Athanas' treasure

The first warden of Parc national d'Oka, Athanas, left his fortune hidden in the park. Come and discover the clues he left behind. Can you decipher them and find his century-old treasure? This activity, inspired by escape games, stories, and the park's natural setting, can be enjoyed autonomously, without supervision.

## Awakening on the lake

\*A fee will be charged for this activity

Experience the awakening of nature on a paddleboard and immerse yourself in Lac des Deux-Montagnes, source of life for a whole aquatic world, source of discovery, source of well-being.



## Shedding light on butterflies

Insects of all shapes, colours, and sizes are everywhere. Observing them in the company of a park warden and naturalist will allow you to enter a world that is both tiny and immense. Intimately linked to trees and other vegetation, they are born in the verdant world, feed there, transform into chrysalises, reproduce there, pollinate the surrounding plant life, and sometimes almost entirely devour it!



For the full program of discovery activities, please refer to the Parc national d'Oka web page under the Discovery tab. You can also consult the bulletin boards at the general store and at Le Littoral Visitors Centre.

## A million year ride

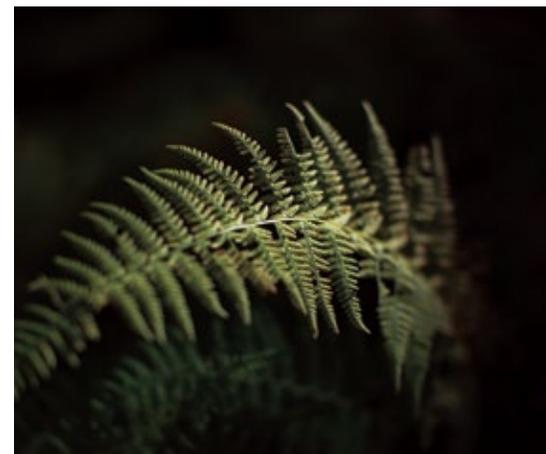
\*A fee will be charged for this activity

Today's landscape is the result of unsuspected natural forces. Cycle through the territory with a park warden to discover the forces of ancient and recent times that have shaped our living environment. This 10-kilometre ride will take you to the heart of the village of Oka and of Lac des Deux-Montagnes. You'll have the chance to contemplate Parc national d'Oka from one of the region's finest observation points.

## Family Experience Yippee, it's absolutely free!

For kids 17 years of age and under, access, accommodations, and certain equipment loans are free of charge.

The offer varies from one establishment to another.





## An exceptional - but little known - heritage



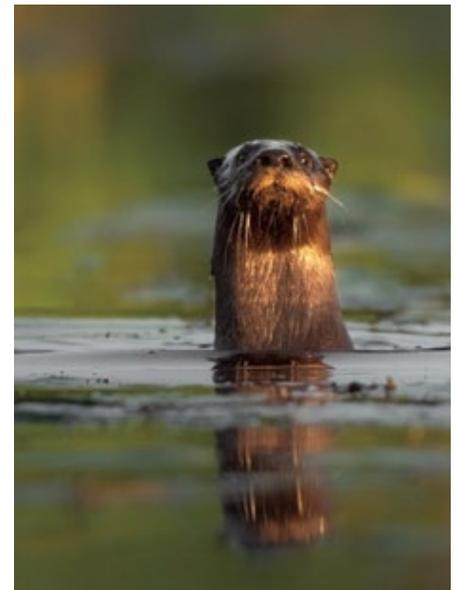
Parc national d'Oka is exceptional in so many ways. Whether it's the pine forest, the beach, the diversity of flora, fauna, or fungi, there's something for everyone. The park is also home to some remarkable historical heritage features. For example, most of the park's buildings were constructed in the 1960s for the Expo 67 world's fair. These edifices all bear the same signature: they are triangular in shape, with a wood finish inside and out.

In 2022 and 2023, the park's natural environment technicians put a great deal of effort into two projects involving animals occupying wetland and water environments in Parc national d'Oka: a project on turtle populations and an inventory of freshwater mullets.

The turtle project entailed nearly 350 turtle sightings, over 120 nests inventoried, and 265 hatchling turtles released. This work revealed that turtle nests, in most nesting sites, were completely wiped out by predators in their natural state. Protecting the nests with screens reduced predation by 80 to 100% in these same sites, a success beyond our expectations.

The mullet inventory, carried out on 900 m<sup>2</sup> of Lac des Deux Montagnes, counted almost 4,500 mullets. A total of 10 species are represented, four of which are likely to be designated threatened or vulnerable, and one invasive exotic species.

Parc national d'Oka features exceptional populations of mussels. Observations have revealed highly variable abundances, depending on the substrate and, above all, the number of park visitors. Mussels play an important role in water filtration. Please contribute to their conservation by leaving them in their natural habitat.



## IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

### Outdoor activities can involve certain risks.

Always be sure to have the skills and abilities required for the activity you choose. It is very important to find out about the risks involved in the activity, to know and respect your own limits and to use appropriate equipment. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

**For more information, visit our website at [sepaq.com/security](https://sepaq.com/security)**

## DISCOVERY ACTIVITIES

**Consult the program to  
enrich your visit.** (in French only)

You will find  
entertaining  
activities to  
explore the  
park from  
every angle.



# CONSERVING FOR TOMORROW



## « Did you know »

In an era of climate change, protected areas are called upon to play an increasingly important role in our adaptation to global change. Protecting biodiversity, preserving water, and ensuring the well-being of local populations are at the heart of the daily activities of Parc national d'Oka.



Through our conservation activities, we are combating the invasion of the Grande Baie forest and marsh by certain exotic plants. We monitor the evolution of rare plant populations such as *Desmodium incanum* (creeping beggarweed or Spanish clover) and *Agastache* (Korean mint or anise hyssop). We offer discovery activities and nature experiences that enable as many people as possible to get to know and love Québec's world of nature, as well as encouraging and participating in a number of local and regional environmental initiatives. Despite all that can be achieved with the park's teams, none of these teams is more important than you. The involvement of park visitors and everyone else can have a much broader and more lasting impact on the quality of our living environment.

We therefore invite you to experience nature, be civic-minded, and do something extra for the environment during your stay. Picking up abandoned garbage, avoiding idling your engine, buying your camping wood locally, walking and cycling to the beach, reducing the time you use the showers in the washroom – these are all important gestures that can make your stay a meaningful experience in every way.

You're making a difference for the environment today, and it's up to you to make it a positive one.

## 5 good practices to adopt in nature

### Our national parks

Given the millions of visits to our national parks annually, harmful behaviors can cause permanent damage to the environment and negatively impact the experience of other visitors. Let's do our part to care for these extraordinary nature sites so we can all enjoy them for years to come.



#### Stay on trails and in designated visitor areas

Taking shortcuts can destroy vegetation.



#### Do not gather dead wood\*

To preserve the natural environment, it is prohibited to remove natural elements, including animals, plants, dead wood, and rocks.



#### Do not feed wildlife\*

Feeding wildlife negatively impacts their natural feeding habits. Keep all food out of reach of animals.



#### Keep your distance when observing wildlife

When animals are repeatedly disturbed, their natural behaviors can change, and they can develop problems to feed, find a mate, and communicate among themselves.



#### Respect the peace and tranquility, and comply with curfews

People come to national parks to relax and enjoy nature. Please respect curfews and avoid playing music at all times.

\*Failure to comply with rules governing parks and authorized activities is considered a violation of the *Parks Act* and *Parks Regulation*.

