



SÉPAQ

PARC NATIONAL DU MONT-TREMBLANT

Protected area. Enriching nature experiences.

With its hills as far as the eye can see, its 400 lakes, 6 rivers and 1510 km² of rich, abundant forest, Parc national du Mont-Tremblant offers you a complete change of scenery year-round in one of the most beautiful protected natural areas in southern Quebec. Recently certified as an International Dark Sky Park, it's the perfect place to sleep under the stars and fully enjoy a multitude of natural wonders and diverse activities.

OUR TEAM'S FAVORITES



Lac-Provost campground, Pimbina-Saint-Donat sector

Lac-Provost campground - **NEW!**

Major work has been completed to bring you a revamped campground in the Pimbina-Saint-Donat sector: the Lac-Provost campground. For the pleasure and comfort of our campers, almost all sites offer 1 service (electricity) and accommodate small motorhomes. Moreover, the two main sanitary blocks have been renovated from top to bottom and at Lac-Provost beach, a newly established rental center awaits your visit. Well worth the detour!

Enr: 199791



La Crémaillère beach, La Diable sector

Marvel at the infinitely large

On August 30, 2023, the park was certified as an International Dark Sky Park by **DarkSky International**, whose mission is to “preserve and protect the nocturnal environment and our dark sky heritage through quality outdoor lighting”. A first in Quebec!

TOUR OF THE COSMOS - GUIDED DISCOVERY ACTIVITY

With the help of powerful telescopes, set off in search of celestial bodies while deepening your knowledge of astronomy. **See the Discovery Activity schedule for details.**



Chute-aux-Rats, Pimbina-Saint-Donat sector

Natural waterfalls to amaze you

Come and marvel at the park's four major waterfalls, all unique: Chute-du-Diable and Chutes-Croches (La Diable sector), located on accessible hiking trails and leading to observation lookouts; Chute-aux-Rats (Pimbina-Saint-Donat sector), over 17 metres high and featuring a picnic area and rest area; and Chute-aux-Mûres (La Cachée sector), with its charming little wooden footbridge.



Via ferrata du Diable, La Diable sector

Discover the park vertically

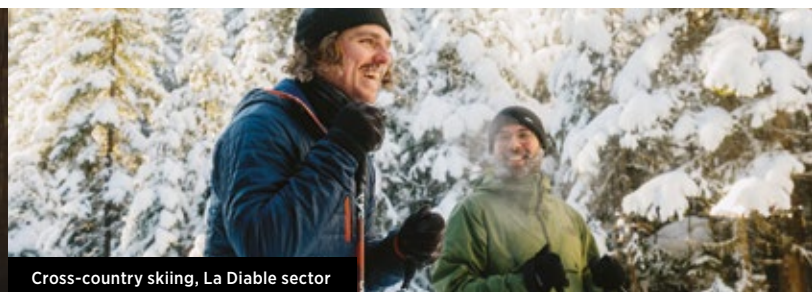
On a route along the rock wall of the Vache Noire mountain with breathtaking landscapes, rope bridges, footbridges and waterfalls, come and quench your thirst for freedom on these impressive heights of the park. A professional guide will accompany you on this ascent at more than 200 meters of altitude where landscapes of great beauty reign. **Details on page 6.**



Les Grandes-Vallée trail, L'Assomption sector

Hiking through autumn colors

The park's impressive network of trails gives you a front-row seat to the powerful scene of autumn colors. Four trails lead to lookouts offering exceptional panoramic views. La Roche and la Corniche (La Diable sector), l'Envol (Pimbina-Saint-Donat sector) and les Grandes-Vallées (L'Assomption sector) will seduce you. Some trails even lead to daytime huts. Perfect for a break or a snack! **See the trail chart on page 3 for more details.**



Cross-country skiing, La Diable sector

On the move in winter time

With nearly 50 kilometers of classic cross-country skiing, nordic skiing and snowshoe trails, the park is a **MUST** in the winter season. Let yourself be transported by the beauty of the decor where snow-capped mountains, icy cliffs and crystals from the cold paint a magical portrait of Quebec winters. Don't forget the hot chocolate.


























Trails name

Length
& duration


Diff.


Uphill
climb (m)


Departure point


1		LA CHUTE-DU-DIABLE - An unforgivable sight of Rivière du Diable: A mighty 15 meter waterfall.	1.4 km / 40 min round trip	E	96	Chute du Diable parking lot, 7 km north of the Discovery Centre	La Diable sector
2		LES CHUTES-CROCHES - With its cascades and whirlpool, this is just one of Rivière du Diable's many moods.	720 m / 20 min round trip	E	25	Chutes-Croches parking lot, 5 km north of the Discovery Centre	
3		LA ROCHE - A panoramic view of the glacial valley of Lac Monroe and the Mont Tremblant highlands.	5.4 km / 2 h 25 round trip	I	340	Discovery Centre	
4		LA COULÉE - The observation decks of La Corniche and La Roche are linked by the La Coulée trail. This trail is accessed via the La Roche or La Corniche trails. Return via the Boucle-des-Chutes-Croches	8.3 km / 3 h 30 loop	I	482	Discovery Centre, via the La Roche trail or at the La Corniche parking lot	
5		LA CORNICHE - Like the one at La Roche, this observation deck also offers a superb view of the Lac Monroe valley and the Mont Tremblant highlands.	3.4 km / 1 h 30 round trip	I	223	La Corniche parking lot, 1.7 km north of the Discovery Centre	
6		LE LAC-POISSON - Maples and yellow birches, rock faces, a solitary lake and a crystal-clear cascade. To discover!	7.4 km / 3 h 40 round trip	I	392	Discovery Centre, via the La Roche trail	
7		LE BOIS-FRANC - A magnificent forest, a gently undulating landscape, the La Hutte hut and a lakeside rest stop.	8.7 km / 3 h 30 loop	I	277	Pointe-aux-Bouleaux parking lot, 2,3 km south of the Discovery Centre	
8		LA OUACHE - After a challenging climb, have a snack at La Ouache cabin. A succession of sustained climbs and false flats to La Ouache refuge.	7.1 km / 3 h 15 round trip	I	361	La Ouache parking lot, 5 km south of the Discovery Centre	
9		L'OURS - A beautiful climb up to Lac à l'Ours and then a return via La Renardière.	5.9 km / 2 h 40 round trip	I	305	Discovery Centre; via La Renardière Hut	
10		LE TOIT-DES-LAURENTIDES - From the cascades of Ruisseau des Pruches to Johannsen Peak, the highest peak in the Laurentians, discover the hidden face of Mont Tremblant. For the less adventurous, we suggest the 3 km round-trip to the Ruisseau des Pruches waterfall.	15.6 km / 7 h 35 round trip	D	960	La Sablonnière parking lot, 7 km south of the Discovery Centre	
11		LE CENTENAIRE - True gem created for the park's 100th anniversary. This trail offers a string of panoramic views of the meandering Diable River and the Boulé forests. Experienced hikers can extend the hike by completing the obligatory round trip on the Vache Noire trail.	9.5 km / 3 to 5 h loop 14.5 km / 5 to 8 h round trip	D VD	634 1151	La Sablonnière parking lot, 7.5 km south of the Discovery Centre	
12		LE LAC-DES-FEMMES - A short, family-friendly loop that's perfect for beginners. You'll walk through a magnificent forest and be able to take in the views of the Lac des Femmes. A walk in a magnificent forest where signs of the presence of beavers are clearly felt.	2.8 km duration depends on stops loop	E	120	Near the Lac-Monroe Visitors Centre, toward the totems of Place du Centenaire	Pimbinia-Saint-Donat sector
13		LE LAC-AUX-ATOCAS - The park is brimming over with fresh water: hundreds of lakes as well as rivers, streams and bogs. The path will tell you the history of some of these waterways.	1.5 km duration depends on stops loop	E	42	Lac Chat parking lot, 3 km south of the Discovery Centre	
19		LA BOUCLE-DES-CHUTES-CROCHES - On foot or by bike, take this path around Lac Monroe and enjoy the Chutes-Croches observation deck.	13.4 km H - 4 h 30 / B - 1 h 30 loop	I	282	Discovery Centre or Lac-Monroe Visitors Centre	
23		LA PISTE-DU-LOUP - This new trail now links the Lac-Monroe Service Centre to the Lac-Chat sector. Bordering a small section of the Petit-Lac-Monroe, it takes you to a resplendent view of a mature maple stand as well as to the small cascades of the Rivière du Diable.	6.9 km H - 2 h 25 / B - 30 min round trip	E	182	Chevreuil campground (Lac-Monroe Visitors Centre parking lot)	
20		LE RUISSEAU-AUX-MÛRES - Add something special to your bike ride by continuing on foot to Chute-aux-Mûres, a little-known park attraction. Departure from the campground also possible.	7.2 km H - 2 h 20 / B - 40 min round trip	E	125	La Cachée Registration Centre	
24		LE CERF - Overlooking Lac Caché, this path crosses a mountain of maple stands with threatened hemlocks. A huge stone left by the passing of the glaciers is a nice stop during a climb.	2 km / 1 h round trip	E	168	La Cachée Registration Centre	
14		LA CHUTE-AUX-RATS - On foot or by bike, discover this trail leading to one of the La Pimbina-Saint-Donat's main attractions: a 17.4-metre waterfall.	9.4 km H - 3 h / B - 1 h 15 round trip	I	274	Pimbina-Saint-Donat Registration Centre	L'Assomption sector
15		LE CARCAN - This trail leads to one of the highest peaks in the park (883 m), on a route that passes several waterfalls.	14.4 km / 4 h 30 to 7 h round trip	D	827	Carcan parking lot, 13 km from the Pimbina-Saint-Donat Registration Centre (Route 3 toward Lac des Cypres)	
17		L'ENVOI - Get to know the maple and yellow birch forest, which is characteristic of Parc national du Mont-Tremblant, and gaze down at the La Pimbina valley from the observation deck. A walk, a climb and a flight of fancy!	4.3 km / 1 h 50 round trip	I	266	L'Envoi parking lot, 400 m north of the Pimbina-Saint-Donat Registration Centre	
21		LE LAC-CASSAGNE - A beautiful bike ride that leads to Lac Cassagne and to the Geai-Bleu and Lariou shelters.	17.8 km 1 h 45 to 2 h loop	I	521	Pimbina-Saint-Donat Registration Centre	
25		LE RENARD - This little trail along an ancient forest path joins the Lac-des-Sables hut. It also crosses through a spruce forest with a mossy floor. The forests are young and filled with chokecherry.	3.2 km / 1 h round trip	E	76	Lac-des-Sables Camping	
16		LES GRANDES-VALLÉES - A pleasant climb through a mature maple stand is rewarded with a view of the Lac de L'Assomption valley.	4.6 km / 2 h round trip	I	268	Grandes-Vallées parking lot, located 9.4 km north of the L'Assomption Registration Centre	L'Assomption sector
18		LE LAC-DE-L'ASSOMPTION - A delta teeming with life, the changing face of a stream, and a shelter on stilts where you can observe great blue herons, loons and other timid bay inhabitants.	3 km / 1 h 15 loop	E	138	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre	
22		LA BOUCLE-DU-LAC-DE-L'ASSOMPTION - Discover the beauty of Lac-de-L'Assomption and stop for a peaceful picnic at Baie Ronde.	7 km H - 2 h 35 / B - 45 min loop	E	216	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre	


F Easy
I Intermediate
D Difficult
VD Very difficult


 Family experience

 H-Hiking

 Dogs allowed
from May 1 to October 31

 B-Bike

 Discovery Trails

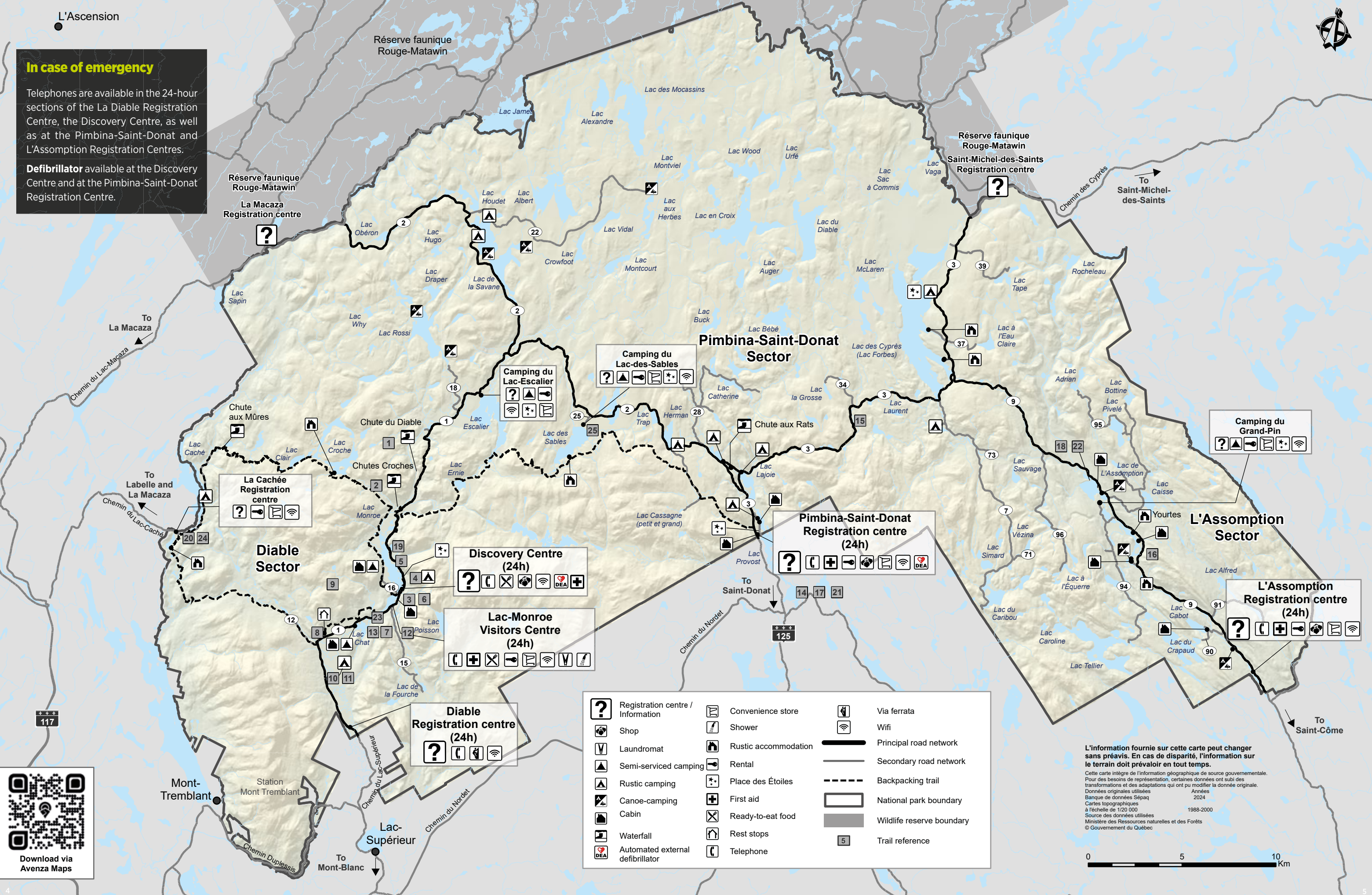
 MB-Mountain biking



In case of emergency

Telephones are available in the 24-hour sections of the La Diable Registration Centre, the Discovery Centre, as well as at the Pimbina-Saint-Donat and L'Assomption Registration Centres.

Defibrillator available at the Discovery Centre and at the Pimbina-Saint-Donat Registration Centre.



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
Banque de données Sépaq	1988-2000
Cartes topographiques à l'échelle de 1/20 000	2024

Source des données utilisées
Ministère des Ressources naturelles et des Forêts
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Download via Avenza Maps

DISCOVERY TIME



The via ferrata du Diable

Circuits and rates

Excursion (beginner): 3 ½ h

Intermédiaire: 5 h

Grande Virée (advanced): 5 ½ h

Coucher de soleil (advanced): 5 h

Sunset outings are offered on Fridays and Saturdays from July 26 to August 3, and on Saturdays August 10 and 17

Important

- Min. height: 1.4 metres (4' 6")
- Min. ages: 11 for the Excursion and 14 for other circuits
- Max. weight: 110 kg (242 lbs)
- Max. 8 people per departure

Meet up:

La Diable registration centre (La Diable sector). Reservation required

Let the car sleep and discover the park

Everything is easily accessible without a car. Get on your bike on one of our four multifunctional trails, specially designed for the whole family:

Diable: La Boucle-des-Chutes-Croches: 13.4 km | La Piste-du-Loup : 6.8 km

Pimbina-Saint-Donat: La Chute-aux-Rats: 9.4 km

L'Assomption : La Boucle-du-Lac-de-L'Assomption: 7 km

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.



Bicycles are available for rent at one of our rental centres. Quantities are limited.

Les Méandres de la Diable

Let yourself be intoxicated by this winding half-day journey by canoe or kayak. Whether you're alone, a couple or a family, you'll have a front-row seat to wildlife in its natural habitat. Take a moment to stroll and bask on the magnificent sandy shores of the Rivière du Diable, teeming with life. Reservations required. Find out more at our various registration centers, the Lac-Monroe visitors Centre and at the Discovery Centre. Departures from Lac-Monroe visitors Centre from May 17 to October 12.



Take a break on the sandy shores

Abundant, unique and suitable for picnics, the many sandy shores of the various lakes and rivers allow you to relax and enjoy the moment with your feet in the water.

NEW! Lac-Provost beach gets a makeover!

This summer, we invite you to come and discover an “improved” beach with a brand new building housing the rental center and sanitary block, as well as an enlarged parking area.



Nautical and bike rental is possible throughout the park.
Visit one of our rental centers:

La Diable sector:

Lac-Monroe Visitors Centre and Lac-Escalier Campground

Pimbina-Saint-Donat sector:

Lac-des-Sables and Lac-Provost Campgrounds

L'Assomption sector:

Grand-Pin Campground

Equipment rentals:

Canoe | Single kayak | Double kayak | Stand-up
paddleboard | Pedal boat 2 and 4 places | Rowboat
Bike | Child trailer

Visit sepaq.com for rates.

Park Ranger Apprentices

A unique opportunity for young people aged 7 to 12 to learn what Park Rangers do and be part of a camping patrol! Minimum one accompanying adult per family.

Discovery activities

Check out the detailed program

(in french only)

It will describe entertaining ways to explore the park from every angle under the sun. What a great way to enrich your visit and to make all sorts of surprising discoveries!



Sea kayaking with the loons

Enjoy a unique sea kayaking experience on Lac Monroe and let the song of the common loon enchant you. The boating excursion is guided by a Park Ranger in the La Diable sector. Reservation required.

Discovering lac de L'Assomption

This canoe trip on one of the Park's most beautiful lakes is sure to be an unforgettable experience! The boating excursion is guided by a Park Ranger in the L'Assomption sector. Reservation required.



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

L'Assomption lake, L'Assomption sector



CONSERVATION FOR TOMORROW



Certified by *DarkSky International*

A certified Dark Sky International Park is a territory with an exceptional or distinctive quality of starry nights and a nocturnal environment specifically protected for its scientific, natural or educational value, its cultural heritage and/or public enjoyment. Parc national du Mont-Tremblant is almost all of the above. Just a few kilometers from Montreal, you can observe the Milky Way and see the Andromeda galaxy. There are over 3,000 stars. However, this richness is threatened by light pollution and development in neighbouring regions. To obtain this certification, it is essential not only to protect the sky and combat light pollution, but also to raise visitors' awareness of the richness of this heritage and promote astronomy. Will you find one of our starlit squares tonight?

Discover what's happening behind the scenes

Stars in your eyes, birds songs in your ears... Dive into the fascinating world of initiatives to protect our natural treasures. (in French only)

sepaq.com/lenversdudecor

Browse the L'envers du décor newsletter

For captivating articles highlighting the mission of our national parks (in French only).



PCF



Photos: Etienne Boisvert, Mathieu Charland, Steve Deschênes, Mathieu Dupuis, Eric Lamothe, Alexandre Lavoie, Mickaël Rondeau, Kam Vachon

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.

Living with wild animals: give them space

When you visit a national park dedicated to conservation and accessibility, you are in a place that belongs to the wildlife. Thousands of visitors try to approach or feed the park's animals so that they can get a closer look at them. Did you know that that changes their behaviour dramatically? They become more habituated, dependent and vulnerable. All too often, they are also victims of road accidents. A wild animal must remain wild to live a healthy life. Stay back the recommended distance when viewing wild animals. Do not offer them food, and do not attempt to be friendly with them.



When taking pictures of an animal, do not surround it, invade its space or follow it. Use a telephoto lens, or photograph it in its natural setting and enlarge the image later.

Stay this far away

