

Traduction - Version originale en français

SÉPAQ

PARC NATIONAL DU MONT-TREMBLANT

Protected area. Enriching nature experiences.

With its endless rolling hills, its 400 lakes, 6 rivers, and 1510 km² of dense forest, Parc national du Mont-Tremblant is an open invitation to escape into one of southern Québec's largest protected areas. Recently certified as an International Dark Sky Park, it offers a unique setting for stargazing and discovering the park's rich natural treasures. Whether you seek a summer adventure or a winter getaway, this exceptional destination offers a wide range of activities for all nature lovers.

 **Sépaq**
human nature

OUR TEAM'S FAVORITES



Lac-Provost campground, Pimbina-Saint-Donat sector



La Diable river, La Diable sector

Lac-Provost campground and beach

Major upgrades were completed in 2024 to modernize the Lac-Provost Campground, located in the Pimbina-Saint-Donat sector. Most campsites are now equipped with electrical service and can accommodate small RVs, ensuring greater comfort for campers. Additionally, both main sanitary blocks have been completely renovated.

The Lac-Provost beach also got a makeover last year! This summer, enjoy an even more welcoming environment with a brand-new building housing the rental center and a sanitary block, as well as an expanded parking area for better access.

Reg. #: 199791

Les Méandres de la Diable

Let yourself drift along the winding course of the Rivière du Diable on a half-day canoe or kayak excursion. Whether you're solo, with a partner, or with family, this journey offers a privileged view of wildlife in its natural habitat. Take your time and enjoy the stunning sandy riverbanks, vibrant ecosystems teeming with life.

NEW! Park Ranger guided excursions Méandres de la Diable. **Details on page 7.**

Reservations required. Inquire at visitor centers, the Lac-Monroe Service Center, or the Discovery Center.



Chute-du-Diable, La Diable sector

The Magic of waterfalls

Chute-du-Diable and Chutes-Croches (La Diable sector) – accessible via trails leading to scenic lookouts.

Chute-aux-Rats (Pimbina-Saint-Donat sector) – over 17 meters high, featuring a picnic area and rest stop.

Chute-aux-Mûres (La Cachée sector) – enhanced with a charming wooden footbridge.



Via ferrata du Diable, La Diable sector

Vertical adventures

Take on the challenge of the Vache Noire mountain, following a route along its rocky cliffs, featuring monkey bridges, suspended walkways, and cascading waterfalls along the way. At over 200 meters of altitude, be amazed by breathtaking panoramic views.

Guided by an experienced professional, embark on an unforgettable adventure where adrenaline and freedom merge with the park's spectacular landscapes. Thrills guaranteed! **Details on page 6.**



Les Grandes-Vallée trail, L'Assomption sector

Autumn's vibrant colors

The park's vast network of trails offers front-row seats to nature's most stunning display: autumn in full splendor. Four trails lead to breathtaking scenic lookouts: La Roche & La Corniche (La Diable sector), L'Envol (Pimbina-Saint-Donat sector), Les Grandes-Vallées (L'Assomption sector). Other trails lead to day-use shelters, perfect for a break surrounded by nature. **Check the trail map on page 3 for more details.**



Cross-country skiing, La Diable sector


























A grand winter in the park

With nearly 50 km of trails dedicated to classic cross-country skiing, snowshoe trails and winter hiking, plus over 100 km of nordic skiing trails winding through spruce and fir forests, the park is a true winter paradise.


Step into a magical setting where snow-capped mountains, frozen cliffs, and frost-covered landscapes create a fairytale-like atmosphere. Don't forget your thermos of hot chocolate!


NEW! Starlit Walks – A guided nighttime hike showcasing a breathtaking celestial canopy (in french only).

Trails name


			Length & duration	Diff.	Uphill climb (m)	Departure point	
1		LA CHUTE-DU-DIABLE - An unforgettable 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 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	
13		LE LAC-AUX-ATOCAS - The park is brimming 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 - 1h30 loop	I	282	Discovery Centre or Lac-Monroe Visitors Centre	
23		LA PISTE-DU-LOUP - This 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 magnificent 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 is 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 glorious hemlocks. A huge rock 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	
15		LA RIVIÈRE CACHÉE - A stunning hike showcasing the beauty of Rivière Cachée and Petit lac Caché. Take a break at the Cache shelter for a peaceful moment in nature.	4,2 km / 2 h loop	E	182	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 - 1h15 round trip	I	274	Pimbina-Saint-Donat Registration Centre	
17		L'ENVOL - 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.	4.3 km / 1 h 50 round trip	I	266	L'Envol 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 1h45 to 2h 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	
18		LE LAC-DE-L'ASSOMPTION - A delta brimming 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	

E Easy
I Intermediate
D Difficult
VD Very difficult


 Family experience

 H-Hiking

 Dogs allowed from May 1 to October 31

 B-Bike

 Discovery Trails

 Mountain biking

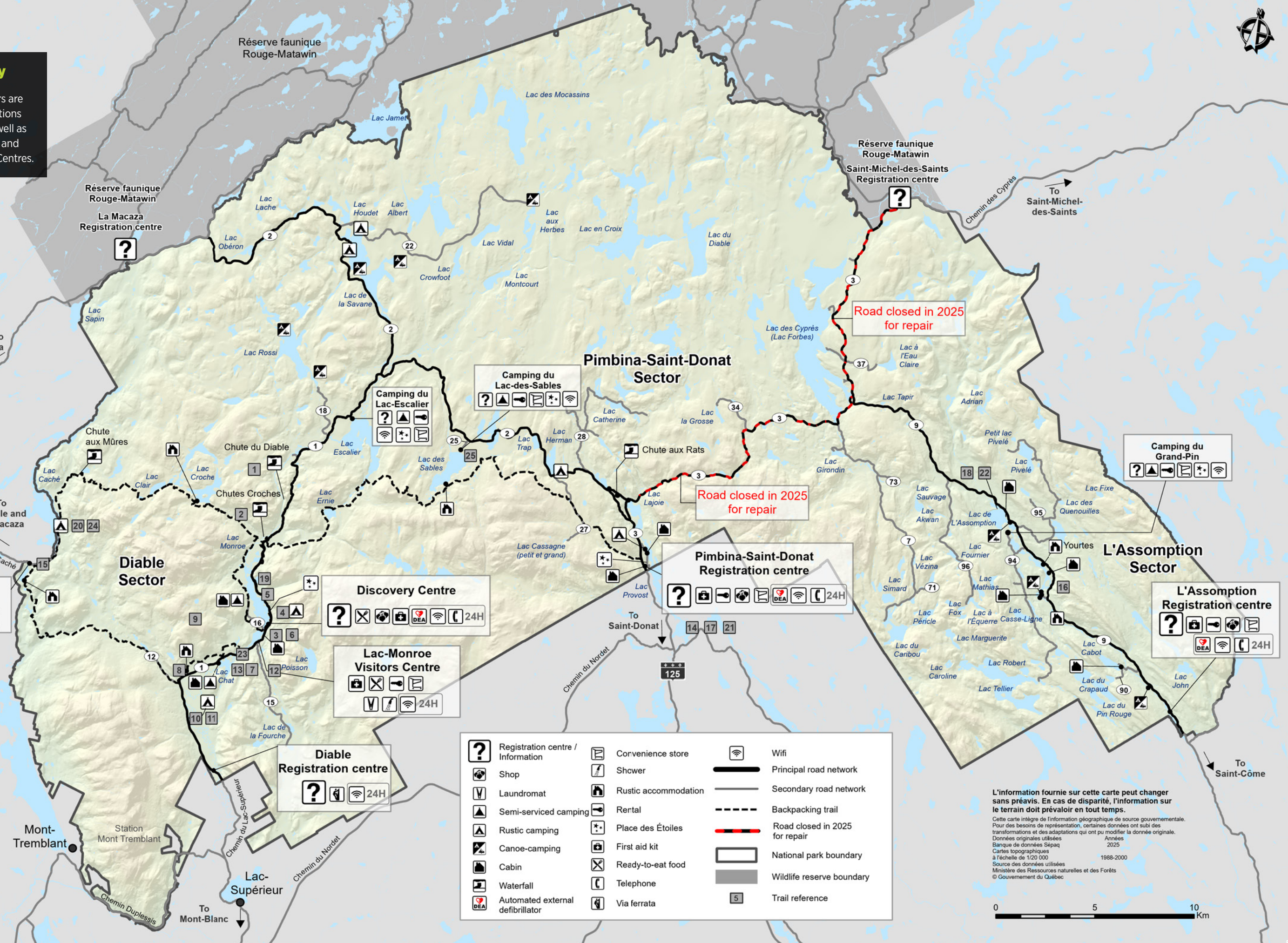


In case of emergency

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



Download via
Avenza Maps



- | | | | | | |
|--|-----------------------------------|--|----------------------|--|--------------------------------|
| | Registration centre / Information | | Convenience store | | Wifi |
| | Shop | | Shower | | Principal road network |
| | Laundromat | | Rustic accommodation | | Secondary road network |
| | Semi-serviced camping | | Rental | | Backpacking trail |
| | Rustic camping | | Place des Étoiles | | Road closed in 2025 for repair |
| | Canoe-camping | | First aid kit | | National park boundary |
| | Cabin | | Ready-to-eat food | | Wildlife reserve boundary |
| | Waterfall | | Telephone | | Trail reference |
| | Automated external defibrillator | | Via ferrata | | |

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 2025

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

Source des données utilisées
Ministère des Ressources naturelles et des Forêts
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DISCOVERY TIME



Via ferrata du Diable, La Diable sector



Lac-Provost beach, Pimbina-Saint-Donat sector



L'Assomption lake, L'Assomption sector

The via ferrata du Diable

Circuits

Excursion (beginner): 3,5 h

Intermédiaire: 5 h

Grande Virée (advanced): 5,5 h

Coucher de soleil (advanced): 5 h

Sunset outings are offered on Fridays and Saturdays from July 25 to August 2, and on Saturdays August 9 and 16.

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). Reservations required.

Explore our lakes and trails

Nautical and bike rental is possible throughout the park.

La Diable sector:

Lac-Monroe Visitors Centre, La Crémaillère beach and Lac-Escalier Campground

Pimbina-Saint-Donat sector:

Lac-des-Sables Campground and Lac-Provost beach

L'Assomption sector: Grand-Pin Campground



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 : 7.8 km

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

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

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.

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.





DarkSky

Dark Sky International Park: A Nocturnal Treasure to Protect

A certified Dark Sky International Park is a protected area recognized for its exceptional night skies and preserved nocturnal environment, valued for its scientific, natural, and educational significance. Parc national du Mont-Tremblant perfectly embodies this definition. Located less than two hours from Montréal, it offers a rare opportunity to admire the Milky Way and even spot the Andromeda Galaxy with the naked eye. With over 3,000 visible stars, this sky is a true natural wonder. However, this celestial richness is threatened by light pollution and increasing urbanization in surrounding areas. To maintain its certification, it is crucial to preserve sky purity, combat light pollution, raise public awareness of this invaluable heritage and promote astronomy. Can you find one of our Place des étoiles tonight?

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!



Guided Méandres de la Diable Excursions - NEW!

Paddle through a serene and winding section of Rivière du Diable, the park's largest river. Throughout the journey, a Park Ranger will guide your observations and share fascinating insights. Reservations required.

Pêche en herbe - NEW!

Discover the basics of fishing, from fish biology to responsible angling practices. All youth ages 6 to 17 will receive their *Pêche en herbe* certificate, which serves as a valid fishing permit until the age of 18. Some participants will even get a chance to experience a fishing excursion during their stay at the park, with a boat rental awarded by lottery.



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. Reservations required.

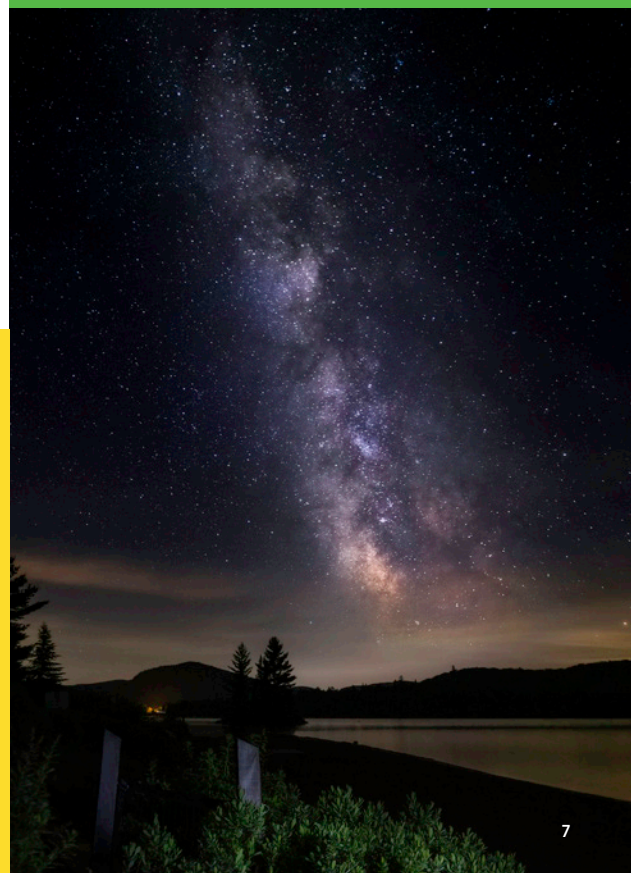


IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

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

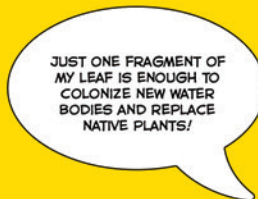




INVADER ALERT

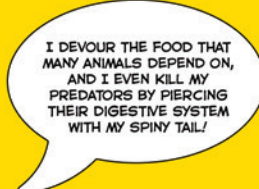
Help us protect the park's biodiversity !

The introduction of invasive exotic species threatens our waterbodies. Once established, these organisms multiply rapidly, negatively impacting local flora and fauna. They become very difficult to eradicate, causing irreversible damage to aquatic environments.



Eurasian Water-Milfoil
⇅ up to 10 m

Spiny Waterflea
⇅ 1-1.5 cm



© Drawings: Pierre Briquet

MANDATORY FOR ALL WATERCRAFTS AND FOR AQUATIC AND FISHING EQUIPMENT (Before and after launching your boat)



1 INSPECT

Carefully remove any residue (plants, mud, organisms).

2 CLEAN

Use the washing stations where available, or clean your equipment at least 15 metres from the shore.

3 DRY

Take the time to drain all spaces where water can accumulate.

5 ground rules to follow in nature



Our national parks

get millions of visits each year. Harmful behaviors can cause permanent damage to the environment and hinder other visitors' experience. Let's do our part to protect nature so we can all enjoy it for years to come.



Stay on trails and in designated visitor areas

Don't step off the trails or walk in the undergrowth to avoid trampling plants and compacting the soil.



Do not gather dead wood

Help preserve the undergrowth by leaving dead wood in place. It serves as shelter for wildlife and enriches the soil after decomposing.



Do not feed wildlife

Allow animals to feed themselves so they can follow their natural instincts. Keep all foods out of their reach.



Keep your distance when observing animals

Repeated disturbances can alter their behavior and affect their ability to find food, mate, and communicate with each other.



Be mindful of the peace and quiet and adhere to curfews

Noise frightens wildlife, and people visit national parks to enjoy nature. Please follow curfews and refrain from making noise at all times.



PCF



Photos: Vahid Moezzi (Ahmadreza), MALAD Communications, Charles Boutin, Laurence Gaudy, Steve Deschênes and Mathieu Dupuis