

SÉPAQ

PARC NATIONAL D'OKA

Protected territory. The grandeur of Mother Nature.



A natural oasis where rich biodiversity and historical heritage join hands to offer an extraordinary experience at the heart of nature, just a stone's throw from the city.

FAVOURITES



Calvaire d'Oka

The high point of Parc national d'Oka, historic Du Calvaire trail is accessible in all seasons. The trail is steeped in history, and the beauty of the landscape at the summit is breathtaking to behold. For an even greater thrill, wait for the autumn colours to appear and come to admire the view!



Lac des Deux Montagnes

Did you know that Lac des Deux Montagnes has been the focus of a commitment charter aimed at recognizing this renowned waterway as an invaluable common good for all living beings? Easily accessible from Parc national d'Oka, the lake is a perfect spot for swimming and sailing, or if you'd simply like to stroll for kilometres along the shore.



The Grande Baie footbridge

Experience the ultimate nature immersion and discover the brand-new Grande Baie Footbridge. Located in a marshland, home of exceptional wildlife, the footbridge allows you to walk on water while exploring stunning natural surroundings.



Winter hiking

You can head out on foot in all winter conditions, which makes hiking just the ticket when piles of snow get in the way of other pursuits. Summer visitors, come and experience our Nordic winter vibe. A vast array of breathtaking surprises are yours to discover!

Community square

The pine forest at the very heart of the campground is a lively place to gather on weekends, with its playground, discovery activities, community hall, communal fire ring, and general store. Any questions about your camping stay are sure to be answered right here.

DISCOVER OUR TRAILS

TRAILS	DISTANCE ROUND TRIP	DIFFICULTY	DEPARTURE POINT
 L'Érablière trail 	1.3 km	E	La Grande Baie Registration Centre
 La Grande Baie trail 	4 km	E	La Grande Baie Registration Centre
 Calvaire d'Oka trail	4.4 km	E	Calvaire d'Oka Parking
 Sauvagine trail 	6 km	E	Le Littoral Visitors Centre
 Sommet trail	6.7 km	H	Calvaire d'Oka Parking Shared trail (mountain bike)
 Park bicycle path 	3 km	E	Le Littoral Visitors Centre
 La Route verte 	7.8 km	I	La Grande Baie Registration Centre
 La Serpentine trail 	1.5 km	E	Le Littoral Visitors Centre



Hiking



Mountain bike



Family experience



Dogs allowed when on a leash

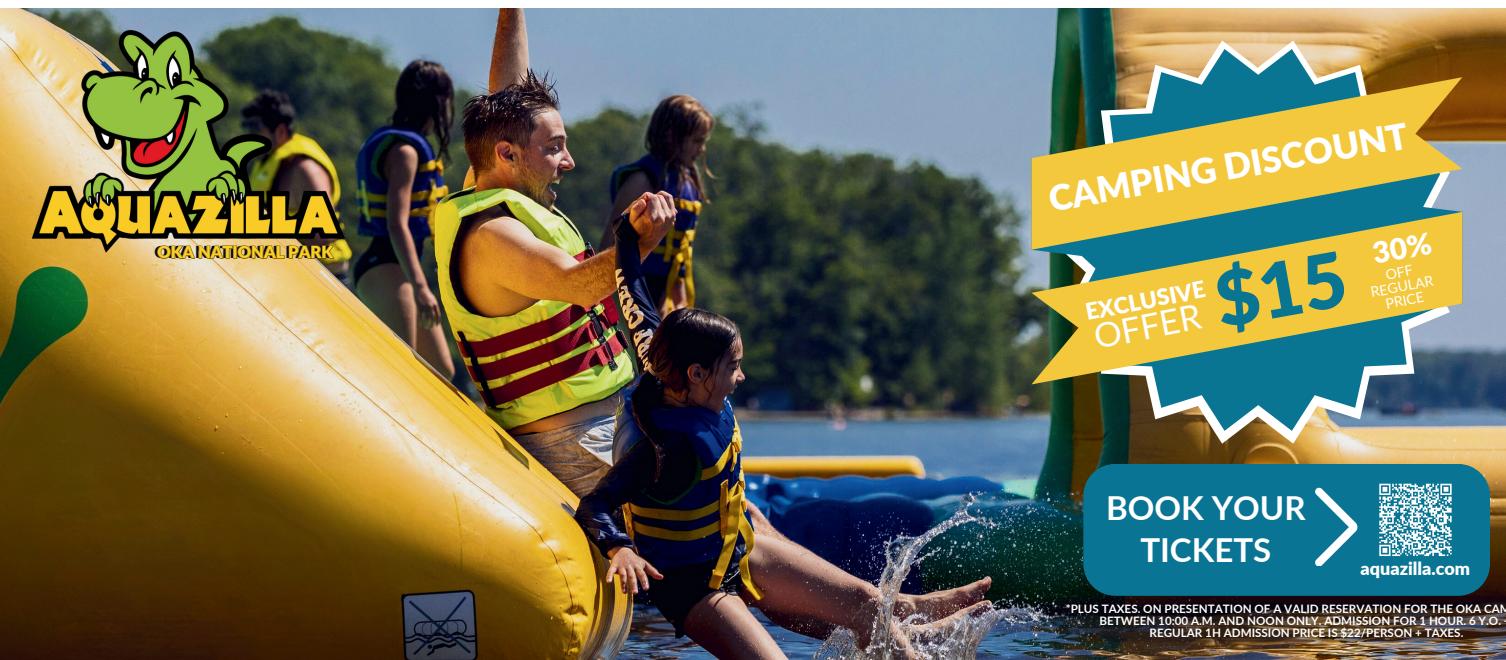
sepaq.com/animals

E: easy

I: intermediate

H: hard

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



CAMPING DISCOUNT

EXCLUSIVE OFFER \$15

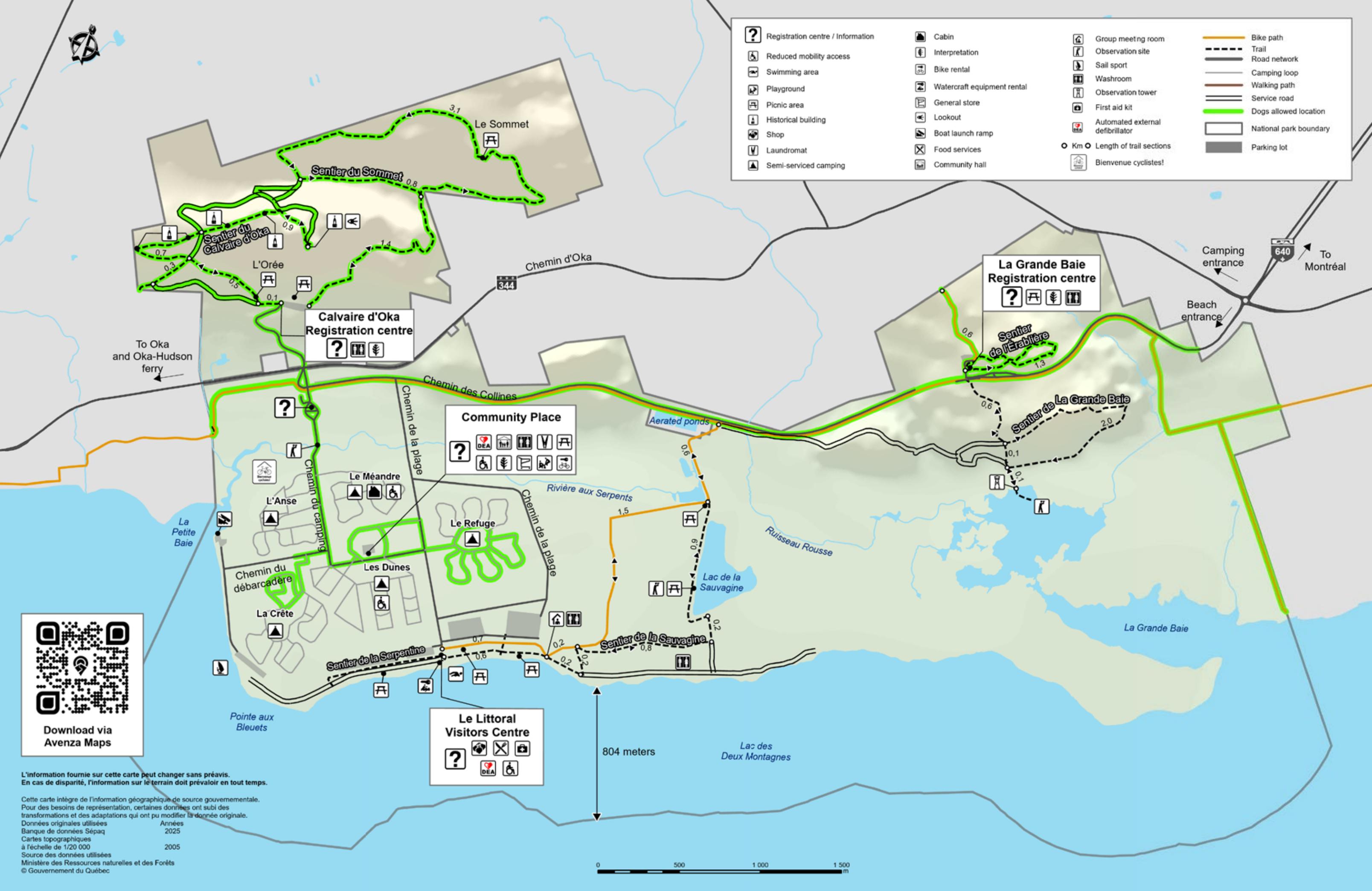
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IT'S DISCOVERY TIME



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



The treasure of Athanas

Athanas, the first warden of Parc national d'Oká, left his fortune hidden here. Come and discover the clues he left behind. Can you decipher them and uncover his century-old treasure? You can undertake this fun-filled activity, inspired by escape games, stories, and the park's natural environment, whenever and however you like.

Shedding light on butterflies

These insects of various shapes, colours, and sizes are everywhere. Checking them out in the company of a park warden and naturalist becomes the gateway to a world that is both tiny and immense. Closely linked to trees and other plants, they're born on them, feed on them, morph into chrysalises in their midst, reproduce on them, pollinate them, and sometimes devour them almost entirely!

Focus on a season!

Mature forests provide shelter and sustenance for a good many animals. In these forests, under the shade of the deciduous trees, creatures seem few and far between, but actually they're ubiquitous. However, to catch a glimpse of them, you have to be in the right place at the right time, in spring...

School activities and guided hikes

Did you know that park wardens and naturalists offer educational activities in primary and secondary schools? These activities are part of the Québec school curriculum and cover subjects such as the creation of protected areas, ornithology, astronomy, and even paleontology. Pedagogical tools and access to science communicators enrich the learning experience of Québec students. In addition, customized guided hikes are also available on request at Parc national d'Oká. For more information, scan QR SEPAQ scolaire.



Monarch butterfly islets circuit

Crisscrossing Parc national d'Oká by bike will pave the way to discovering the incredible journey of monarch butterflies. This emblematic species is in danger of extinction. While exploring the bike paths, you'll have the chance to check out the monarchs and help protect them. Each circuit includes six rest stop areas, all or part of which you can explore to your heart's content, at your very own pace. See you at the starting point of La Serpentine circuit near the beach, where the adventure will get underway.



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.





De la Grande Baie marsh



Located in a national park, De la Grande Baie marsh is one of the largest wetland and water environment complexes in the metropolitan Montréal region. The marsh is now protected from direct threats such as urban sprawl and the exploitation of its natural resources. Since its designation as a protected area, park employees have been hard at work, striving to maintain its exceptional state of conservation.

Over the decades, they've pushed to abolish a private hunting club, to establish and maintain a network of wood duck nesting boxes, and to have an oil pipeline relocated outside the wetland.

More recently, their concerns have focused on the aging of Grande-Baie. Over time, vegetation has infiltrated and clogged formerly open water spaces used by typical marsh fauna such as the least bittern, a bird designated as a threatened species in Canada. Inventories carried out in the park have documented its nesting practices over a period of many years.

Two hypotheses are being explored as possible causes of the aging phenomenon: encroachment by invasive exotic plants and the poor quality of the water flowing into De la Grande Baie marsh.

As regards invasive exotic species, the common reed and the water chestnut are at the top of the list of concerns. Park wardens first began inventorying the presence of the common reed in Grande Baie in 2018. Then, with financial support from the Fondation de la faune, nearly 8,000 square metres of these reed beds were covered over in 2023. The project is scheduled to continue in 2025-2026, with a view to doubling the controlled reed area.

Certain other data, also derived from monitoring carried out by park employees and other partners, demonstrate the poor water quality of various tributaries upstream of the park. This finding, which led to the funding of two research projects in 2024, serves to explain the hydrology of a segment of the watershed, perpetuate water quality monitoring, and identify its impact on the living species residing in the preservation zone. As this overview shows, the management of our national parks

must take into account the complexity of interactions in ecosystems so that future generations can enjoy, as we do today, the priceless treasure that is Parc national d'Oka.

The key to this treasure trove remains the dedication and unwavering commitment of park staff tasked with its protection.



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

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



Taking care of the animals

Iceboxes, food, empty bottles, and garbage attract wildlife. A wild animal that discovers food of human origin may:

- become dependent on it and possibly more vulnerable to predators.
- become ill or even die from its consumption.
- end up the victim of a road collision.
- injure you or become a disease vector by becoming reckless and attacking you.

Taking care of the forest

Dead wood is essential to forest regeneration. In this living environment for wildlife, many insects, amphibians, reptiles, and mammals use dead wood for shelter and food.

Trampling vegetation outside maintained areas compacts the soil, preventing plants from growing, and destroys the undergrowth while forming vegetation screens between campsites.

Taking care of your neighbours

The national park's mission is to provide a high-quality natural environment for the pursuit of outdoor activities. Excessive noise disturbs not only your neighbours but also wildlife.



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.