

Traduction - Version originale en français

SÉPAQ

PARC NATIONAL DE PLAISANCE

Protected area. Enriching nature experiences.

This national park - the only one in the Outaouais - features rich biodiversity with over 265 species of birds, many amphibians and, of course, turtles! Venture into our wetlands and resplendent forests and connect with nature in these exceptional habitats.

 **Sépaq**
human nature

THE TEAM'S FAVORITES



The Zizanie-des-Marais: walk on water

A definite “must see” of parc national de Plaisance, this one-kilometre trail includes a 400-metre floating section that takes you directly to the heart of the wetlands. Along the way, you’ll see beaver and muskrat huts – not to mention the occasional great blue heron or red-winged blackbird. And in summer, the wetland’s flowering aquatic plants make for a magnificent spectacle not to be missed!

Starting point: Zizanie-des-Marais parking lot.



Trail to the Rubaniers marsh

This hidden treasure of a trail to the splendid Rubaniers marsh in a previously inaccessible area that floods in the spring includes a raised walkway and a section on stilts through a swampy forest. This marvellous location is perfect for birdwatching—and even catching sight of the odd muskrat!

Starting point: Zizanie-des-Marais parking lot.



Visit the nest-shaped Perras tower

Whether walking or biking, you’re in for a wonderful surprise when you get to this spot. The observation tower in the form of a nest pays tribute to the tremendous variety of birds that live and breed in the various areas of the park around you, like the Thurso Marsh. You’ll also enjoy breathtaking views of both the marsh and the Ottawa River. Don’t forget your binoculars!

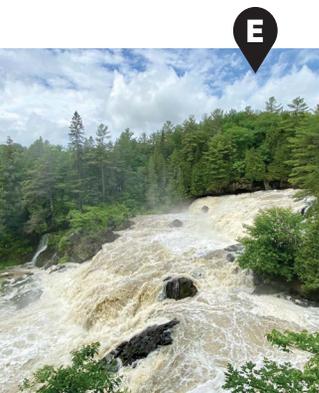
Starting point: Maison Galipeau, Thurso Sector



Bike from one peninsula to the next

The park has more than 30 km of bike trails! In the Thurso sector, you can enjoy a leisurely ride along the banks of the magnificent Ottawa River. In the Presqu’îles sector, you can bike through several habitats as you take the La Serpentine and Les Étangs trails. And if you’re up for a longer ride, you can take La Carrière trail, which links the two sectors.

New this year! Bike rentals are now available at La Carapace Visitors Centre.



River outing to the Chutes du Moulin waterfall

With a vertical drop of over 35 metres, this waterfall is well worth a visit! We suggest you take a canoe or a kayak on the Petite-Nation River to the foot of the falls. Once there, follow the short path to the breathtaking view from the observation deck.

Timeframe: 3 hours (11- km round trip)

New: Access to the Chutes du Moulin site is included for all holders of a valid day or annual pass for the park.

Please note that the Chutes du Moulin territory is part of reserved land to be added to the Parc national de Plaisance. Management of the site has been assigned to Sepaq by the ministère du Développement durable, de l’Environnement et de la Lutte contre les changements climatiques (MDDELCC).

DISCOVER OUR TRAILS

HIKING TRAILS		LENGTH AND TIME*		LEVEL
	Le Pont-Suspendu – In an almost enchanted decor, this trail takes you to a suspension bridge and a beautiful view of the Petite-Nation canal. Starting point: Discovery and Visitors Centre (cross the Fer-à-Cheval campground).	1 km round trip	20 min.	E
	La Sarcelle – This trail runs by an exquisite marsh where turtles and waterfowl abound. Starting point: Discovery and Visitors Centre	3,5 km loop	1:15	E
	La Migration – A must-do! This circuit, which combines the La Serpentine, La Sarcelle, La Zizanie-des-Marais, Le Marais-aux-Rubaniers and Les Étangs trails is the best way of experiencing the park's various habitats and appreciating its fauna. Starting point: Discovery and Visitors Centre	6 km loop	2:15	E
	La Zizanie-des-Marais – This trail, which includes a 400-metre floating section, takes you directly to the heart of the marsh and its ecosystem teeming with life! There is no shortage of things to see, including numerous beaver and muskrat dens. Starting point: La Zizanie-des-Marais trail parking lot	1 km loop	20 min.	E
	Le Marais-aux-Rubaniers – After starting off on the La Zizanie-des-Marais trail, you will come to a section of over 500 metres of raised walkway. A sublime forest and the Rubaniers marsh await you. Turtles, ducks, beavers and birds are generally very active! Starting point: La Zizanie-des-Marais trail parking lot	2,5 km loop	45 min.	F
BIKE TRAILS		LENGTH AND TIME*		LEVEL
	Des Outaouais – As you follow the majestic Ottawa River, you'll take in the natural worlds of the Perras Marsh and the Legault peninsula. You'll cross different habitats along the way. Starting point: Maison Galipeau, Thurso sector	21 km round trip	2 hrs.	E
	De la Baie-Noire – This little shortcut will take you to the heart of the Outaouais trail as well as the Carrière trail. Starting point: Baie-Noire parking lot, Highway 148 between Thurso and Plaisance.	2 km round trip	15 min.	E
	La Serpentine – Access all the services in the Presqu'îles sector and enjoy a scenic clifftop view. At halfway, take a break at the Desjardins picnic area. Starting point: Discovery and Visitors Centre	17 km round trip	1:45	E
Value added: These linking trails below give you a number of ways to combine our trails:				
	Les Étangs – From the second kilometre of the Serpentine trail, this 4-kilometre trail leads to the Grande-Presqu'îles peninsula at the Les Étangs observation point.	+ 4 km		E
	La Carrière – This forest trail connects the Presqu'îles sector to the Thurso sector (Baie-Noire trail). You'll find two picnic areas along the way, one with a splendid view of the old quarry and the other located on Baie Noire-Est.	+ 5,5 km		I
To take this trail: Go to the end of Martin Street (Plaisance) or though the Baie-Noire parking lot (Thurso sector).				

E : easy I : intermediate **The durations and levels of difficulty mentioned are indicative and refer to the summer season.

 Note: No dogs allowed on park trails.

Map of hiking circuits

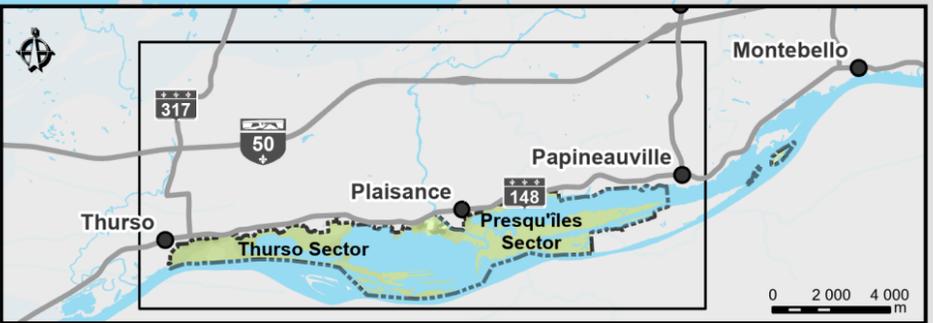
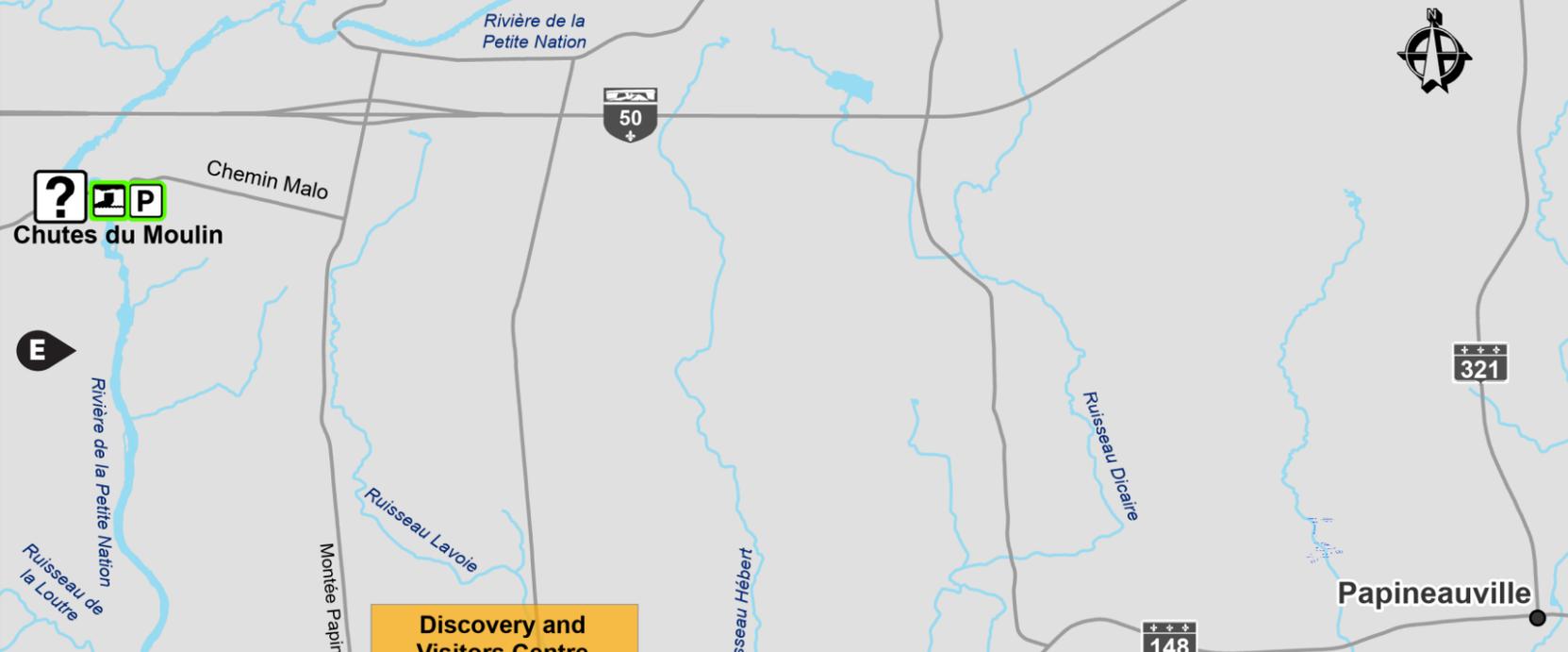
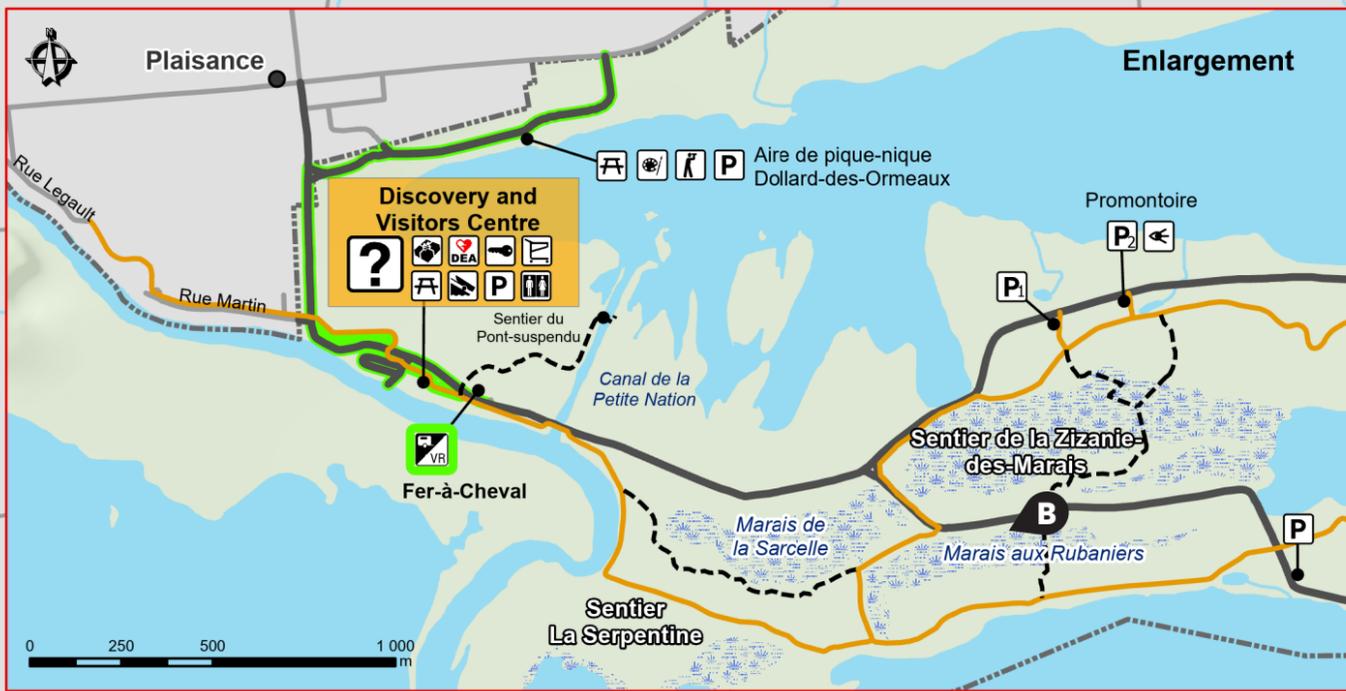


IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

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



The automated external defibrillators (AEDs) at the Discovery and Visitors Centre and the La Carapace Visitors Centre are accessible 24/7 from May 1 to October 15. The AED at Maison Galipeau is accessible during the building's opening hours



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 Sépaq
 Cartes topographiques à l'échelle de 1:20 000
 2000
 Source des données utilisées :
 Ministère des Ressources naturelles et des Forêts
 © Gouvernement du Québec



	Registration centre / Information		RV area		Parking lot
	Beach activities		Rustic accommodation (Yurt)		Washroom
	Amphitheatre		Equipment rental		Perras Tower
	Picnic area		Work of art		Accessible for hikers and cyclists only
	Shop		Passageway not accessible by car		Bike path
	Semi-serviced camping		Pavillon Ménard		Trail
	Cabin		Swimming pool / Water games		Road network
	Waterfall		Lookout		Ferry
	Automated external defibrillator		Boat launch ramp		Dogs allowed location
	Convenience store		Observation site		National park boundary
			Community hall		Wetland

DISCOVERY TIME



Sleep to the sound of frogs singing

With more than 150 campsites, plus cabins and ready-to-camp sites, there's everything you need for a unique stay in nature... especially to the sound of frogs singing!

Several types of accommodation are available:

- Camping and bikepacking sites*
- Traditional cabins*
- Traditional ready-to-camp and Étoile ready-to-camp (new!)*
- Yurts*

Picnicking and enjoying the splash pad

There are plenty of places where the family can eat together, including, naturally, the picnic areas. For example, you can enjoy playing on the beach at the Desjardins picnic area or take in magnificent sunsets at the Promontoire lookout site.

The aquatic facilities are also a perfect place for the whole family to cool off. For double the refreshment, you can treat yourself to ice-cold treats at the shop in La Carapace Visitors Centre!

*Please note that swimming is not supervised. Unsupervised swimming is at your own risk, and no water quality tests are performed. *Aquatic facility schedules are subject to change without notice.*

Venture from one bay to the next!

The park offers ways to fill your day on the water, whether canoeing, kayaking or paddleboarding!

Departing from the Discovery and Visitors Centre:

Option 1 : Take the Petite-Nation canal to experience the magnificent Baie de la Pentecôte marshes (for one hour to half a day).

Option 2 : For a particularly spectacular outing, travel at sunset to Baie-Noire Est, an enormous bay where the Petite-Nation River empties into the Ottawa River!

Option 3 : Visit the Chutes du Moulin waterfall on a half-day round trip along the Petite-Nation River.

Departing from La Carapace Visitors Centre:

Rent a watercraft (canoe, kayak, paddleboard or rowboat) and head for Parisien bay, an ideal stretch of the Ottawa River for those who love being on the water..

Discover the park from a different perspective!

This equipment is available from the Discovery and Visitors Centre and the Carapace Services Centre.

Quantities limited, first-come first-served.

Equipment	Day	4 hours	1 hour
Rowboat	\$47.75	\$33.50	\$16.75
Canoe	\$54.75	\$38.50	\$19.50
Single recreational kayak	\$50.00	\$35.75	\$17.75
Double recreational kayak	\$63.50	\$44.50	\$22.25
Stand-up paddleboard	\$50.75	\$35.50	\$19.00
Paddle/oar or individual lifejacket	\$8.25	-	-
Bicycle for adult	\$45.50	\$32.00	\$16.00
Bicycle for child	Free for family outings		

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.





Plaisance: a birdwatching trip like no other!

Whether you're an experienced ornithologist or simply a nature lover, the park is a birdwatching paradise that promises you an unforgettable close-up experience with birdlife. Over 100 species can be seen or heard in a single day during the migratory period. Some of these birds are just passing through, while others are nesting in the area.

What's more, the park is now home to the only known colony of black terns in the Outaouais region. This aquatic bird lives in the marshes where it feeds on small fish and aquatic insects. Unfortunately, black terns face a number of threats, including the proliferation of common reed, an invasive plant that is drying out the marshes. Did you know that each of Québec's national parks has its own mascot bird? Ours is the black tern, of course! But do you also know what our mascot animal is? Come and find out!

During or after your visit, share your bird sightings on the eBird or iNaturalist apps. For the best birdwatching experience, we suggest you take the Migration walking trail.



Discover nature's secrets with a naturalist park warden

Are you curious by nature? Our talks, workshops and guided walks and aquatic excursions highlight the park's gems. The schedule of our activities is updated weekly, with the information posted on our bulletin boards and at the washrooms facility.

DISCOVERY ACTIVITIES

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

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



At the heart of protecting wetlands

The mission of our national parks is to conserve and enhance land representing our natural regions and to make these tracts accessible for educational and recreational purposes. The protected status of land is determined by the International Union for Conservation of Nature (IUCN). For example, category II protected areas are classified as national parks and considered essential to the conservation of biodiversity.

Parc national de Plaisance is known, in particular, for protecting the wetlands making up 65 percent of the park's area. Along with tropical forests, wetlands are considered the richest and most diverse ecosystems on the planet. They play an important role in maintaining water quality. They are, however, extremely fragile.

To make these generally inaccessible ecosystems better known, environmentally friendly improvements have been made allowing visitors to experience this fascinating universe. While you're at the Zizanie-des-Marais or Marais-aux-Rubaniers, contemplate these preserved natural riches. You may see mammals or amphibians – or even a technician at work. We are busy every day monitoring and strengthening the park's health. For more information on the park's conservation projects, attend one of our discovery activities.



CONSERVE FOR TOMORROW



Ottawa Beach House circa 1890, BAC.
Today, Maison Galipeau.

2025—a historical year

The core mission of Québec's national parks to protect the natural environment is well known, but the public is not as aware that their mission is also to protect our human heritage. Thanks to its geographical location, the park's territory lies in the heart of a stretch of human history dating back more than 8,000 years. Since the park was established in 2002, its conservation team has carried out considerable historical research, which will gradually be revealed to visitors. The sharing of this history will begin this year with a historical circuit consisting of five interpretation sites. Other historical research and potential archaeological studies are also being pursued in preparation for the park's expansion. There'll be lots more to share in the future!

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.