

SÉPAQ

PARC NATIONAL DE PLAISANCE

Protected area. Enriching nature experiences.



This national park – the only one in the Outaouais – features rich biodiversity with over 260 species of birds, many amphibians and, of course, turtles! Venture into our wetlands and resplendent forests and connect with nature in these exceptional habitats.

THE TEAM'S FAVORITES

THURSO SECTOR



A

Visit the “nest”: The Perras Tower

Whether walking or cycling, your visit to the Perras tower will amaze you! This nest-shaped observation tower is a tribute to the tremendous diversity of the birds that live and reproduce within the park, such as in the Perras marsh. You will be treated to spectacular views of the marsh and the Ottawa River. Bring your binoculars! Starting point: Maison Galipeau, Thurso sector.



B

Bike the Des Outaouais Trail

Cyclists will fall in love with the Outaouais bike trail. This 21-kilometre round trip follows the Ottawa River and crosses numerous habitats, including marshes, bays and a majestic stand of silver maple. Have a snack at the baie Dubé picnic area before starting back.

PRESQU'ILES SECTOR



C

La Zizanie-des-Marais : Walk on water!

The Zizanie-des-Marais trail is the absolute top must-see of parc national de Plaisance. One kilometre of pathway – including over 400 metres of floating pathway – takes you right to the heart of our marshes teeming with life! You will most certainly spot beaver or muskrat dens along the way if not a great blue heron or red-winged blackbird! The flowering aquatic plants found here in the summer are also a gorgeous spectacle not to be missed.



D

Le Marais-aux-Rubaniers

Are you yearning for a complete change of scene? That's what this trail, which features over 500 metres of raised walkway on stilts – offers you as it crosses a lush forest. Located in a section of the park that floods every spring and is normally inaccessible, this raised walkway also takes you to the heart of the splendid Rubaniers marsh. Come discover a marvellous spot for bird watching!








E

Paddle to the Chutes Du Moulin Falls






With a vertical drop of nearly 60 metres (higher than Niagara Falls), these falls, also called the Plaisance Falls, are definitely worth a visit. Fear not, however. The idea is not to go down them but rather to paddle along the Petite Nation river to view them from below. This beginner level, 10-kilometre trip takes approximately 3.5 hours and can be done by canoe, kayak or paddleboard. The team's friendly suggestion: bring a snack! From the base of the falls, a small path leads to a lookout offering breathtaking views.

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	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	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	2:15	E
	La Zizanie-des-Marais – This path, 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	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	45 min.	F

BIKE TRAILS

		LENGTH AND TIME*		LEVEL
	Des Outaouais – As you follow the majestic Ottawa River, you will take in the nature of the Perras marsh and the Legault peninsula. You will cross different habitats on 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 cliff view. At the halfway point, 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

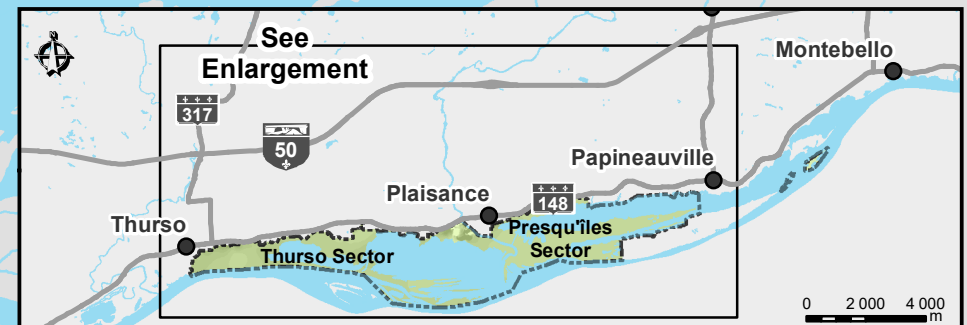
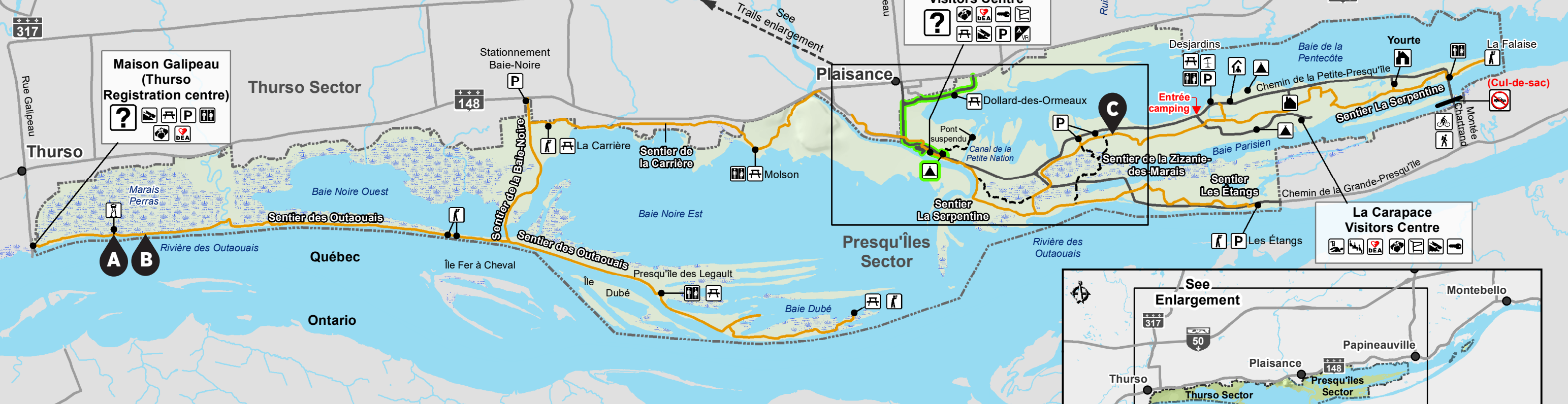
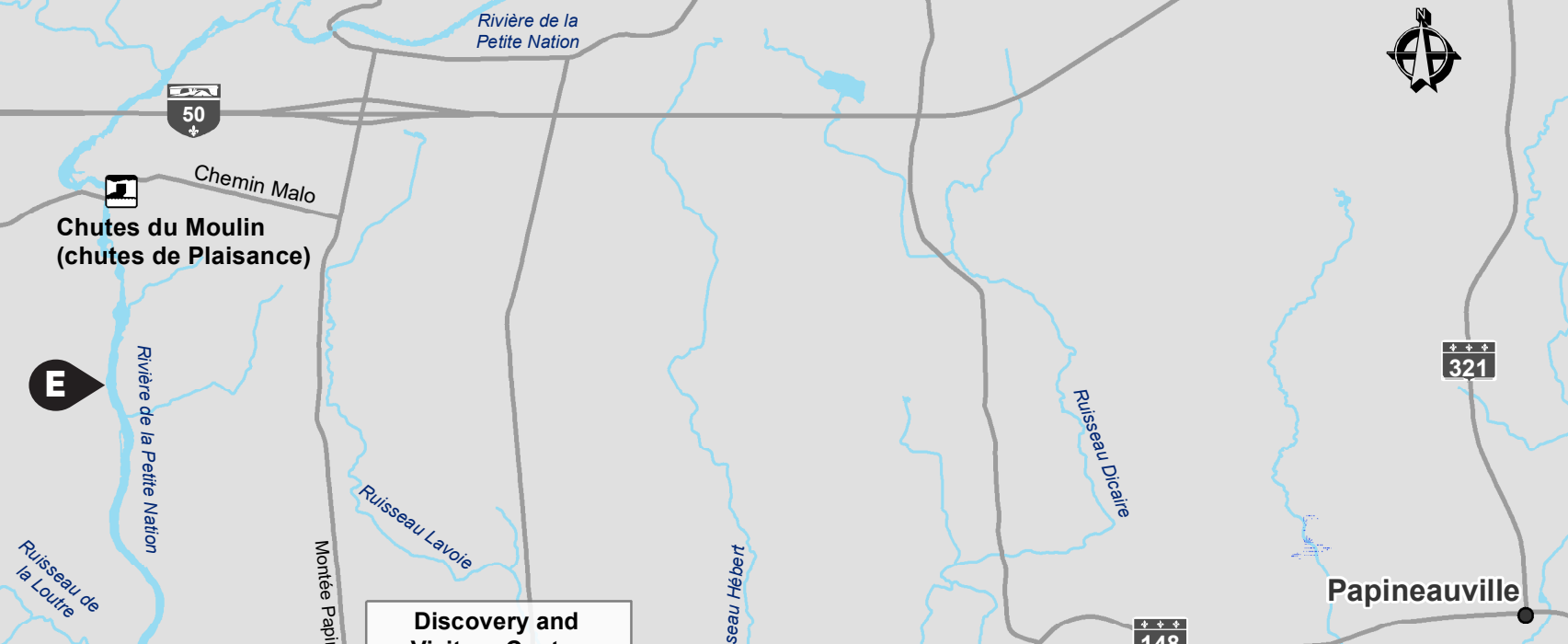
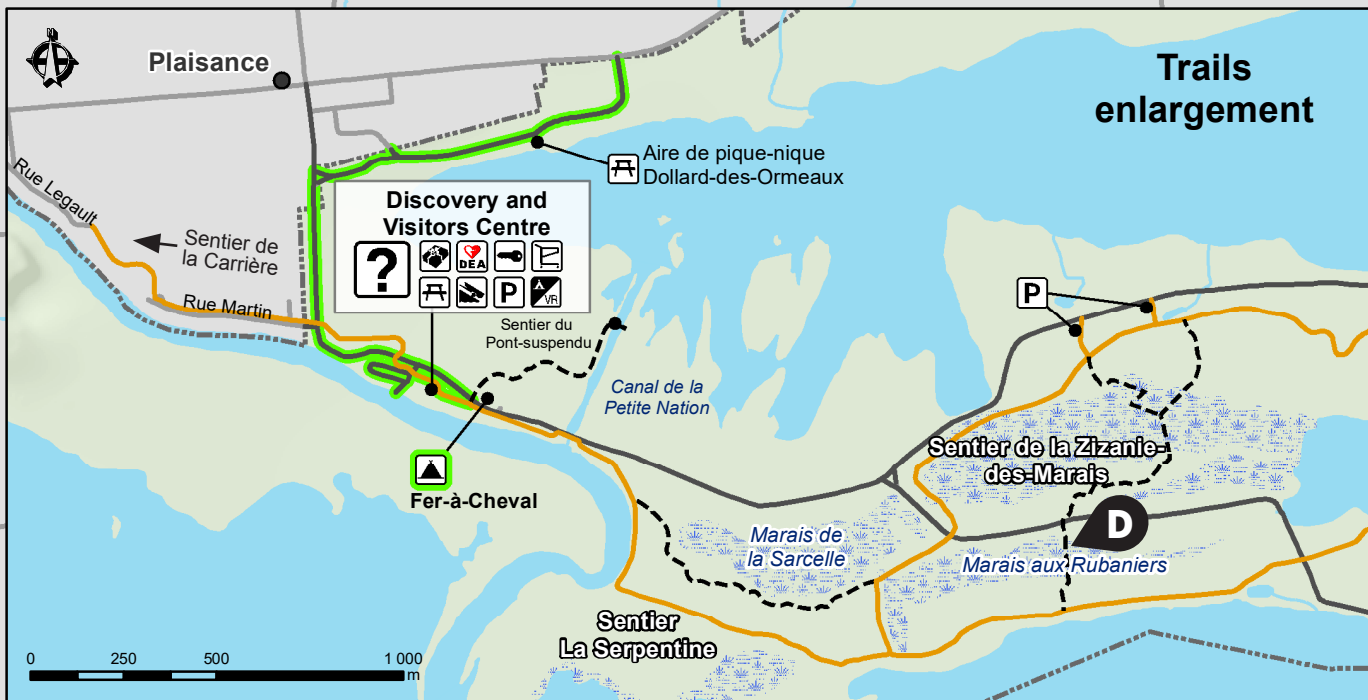
E : easy **I** : intermediate **The durations and levels of difficulty mentioned are indicative and refer to the summer season.

 Note: No dogs are allowed on the trails in parc national de Plaisance.

Map of hiking circuits



La Carrière Trail



**AED of the La Carapace Visitors Centre accessible from May 1 to October 1
Other AED accessible according to the opening hours of service buildings.**

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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 2023
Banque de données Sépaq
Cartes topographiques à l'échelle de 1/20 000
Source des données utilisées : Ministère des Ressources naturelles et des Forêts
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	Registration centre / Information		Convenience store		Parking lot
	Beach activities		RV area		Washroom
	Amphitheatre		Rustic accommodation (Yurt)		Perras Tower
	Picnic area		Equipment rental		Montée Chartrand: 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		Boat launch ramp		Dogs allowed location
	Automated external defibrillator		Observation site		National park boundary
					Wetland

DISCOVERY TIME



A place renowned for birdwatching

Parc national de Plaisance is undoubtedly one of the best places for birdwatching in Québec. The proof is that over 100 species of birds can be seen or heard any given day during migration season. Some of these species nest in the park while other, more rare species such as the American White Pelican are just passing through. You're welcome to report your bird sightings on the Ebird or iNaturalist applications.

**Suggestion from our team for maximum discoveries:
The Migration hiking trail (see page 3).**



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.



Did you know that you can see art inside the park? Nature has inspired a number of artists to create artwork on site. Here are two places where culture and nature come together.

Dollard-des-Ormeaux picnic area

Located at the entrance to the Presqu'îles sector, this site features an exhibition of life-size works by seven professional artists who found inspiration in the Ottawa River and our amazing landscape to create art. Thanks to these works, you can do a "mini-artistic pilgrimage" into the heart of a truly enchanting setting.

La Carrière picnic area

A 60-metre long Canada goose was created by a local artist, Guy-Louis Poncelet. Built from rock from an old quarry, this odd bird can be seen from the Carrière picnic area. Getting there involves a beautiful six-kilometre bike ride from the Discovery and Visitors Centre or a 500-metre ride from the Baie-Noire parking lot (Thurso sector).



La Carrière picnic area



A refreshing break?

A break at the pool or the splash pad is often very welcome after a hike. And, only a few steps from these facilities, the store at the Carapace Services Centre offers a variety of ice cream treats – which make for a doubly refreshing break!

Please note that the schedule for our aquatic facilities can change without notice.

Beach activities

Relax at the Desjardins picnic area, an ideal spot to eat outside, read under the trees or play in the sand! Note that there is no lifeguard on duty, so swimming is at your own risk and the water quality is not checked.

You left your equipment back home?

We've got you covered!

Equipment	Day	4 hours	1 hour
Rowboat	\$45.75	\$32.00	\$16.00
Canoe	\$53.00	\$37.00	\$18.50
Recreational kayak – single	\$48.00	\$34.00	\$17.00
Recreational kayak – double	\$60.50	\$42.50	\$21.25
Sea kayak – single	\$56.50	\$39.50	\$19.75
Stand-up paddleboard	\$48.25	\$34.00	\$18.00
Paddle/oar or individual life jacket	\$8.00	-	-
Bicycle – adult	\$44.25	\$31.00	\$15.50
Bicycle – child	Free for family outings		

Paddle from bay to bay

Whether you're in a canoe, rowboat, or kayak or on a paddleboard, you can choose from a number of destinations. The Petite-Nation canal, an artificial waterway dating from the late 40s, allows you to reach the magnificent marshes in Pentecôte bay (allow one hour to half a day). Also take advantage of the new rental centre at the Carapace Services Centre to rent a canoe or paddleboard (quantities limited). From there, you can reach Parisien bay, a body of water perfect for beginners.



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

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.



CONSERVE FOR TOMORROW



The fight against exotic invasive plants

While walking on the Outaouais trail, have you noticed the large black tarps placed near the water? This is one of the techniques used to eradicate plants threatening the ecological integrity of our ecosystems.

The park's team will continue fighting these invaders by installing additional tarps in coming years. Have no fear, they aren't permanent. Although they're not especially attractive, when used in combination with revegetation techniques, they can eliminate the invaders and re-establish great biodiversity.

To learn more about exotic invasive species, attend the discovery activity "Cabinet de curiosités" (see page 6) (offered in French).

Nearly 1000 animals have died on our roads over the past 10 years

Our park wardens have been keeping statistics on the animals found dead on the park's roads since 2013. They came to a grand total of nearly 1,000 individuals of all species. At the top of this unfortunate list was the common garter snake, with 245 individuals. The victims also included many turtles, squirrels, beavers, mink and other small animals.

The park's team is continually striving to prevent accidents involving fauna. However, success depends first and foremost on driver vigilance. The team has installed roadside signage in the most accident-prone areas to remind people.

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.

5 GOOD PRACTICES TO ADOPT IN NATURE



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*.