

PARC NATIONAL D'OKA



Parc national d'Oka was created to protect the biodiversity of a sample of the St. Lawrence Lowlands. The abundance of plant life – which includes 30 or so protected species – makes it one of Québec's most botanically rich parks. Furthermore, the park's different heritage sites have a certain cachet and importance reflecting the region's rich historical and archaeological past. Parc national d'Oka is also covered by both tourists and locals for its wide range of original activities that take place on its 23.7 km² of land, which has been protected since 1990. Be it on land or in the water, the park is yours to enjoy in novel ways! You will be enchanted!



NEW

CAMPING WITH 2 SERVICES

New this year: 2-service campsites in the popular Dunes sector. Areas in the second Dunes camping loop were developed to meet the growing demand for campsites that accommodate large vehicles. Located near the beach and community place, this wooded and tranquil sector is equipped with water and electric services to ensure your comfort!



AN ACCESSIBLE OUTDOOR EXPERIENCE !

For many years, making Parc national d'Oka accessible to individuals with limited mobility has been a priority. This summer, a newly developed boardwalk along the beach provides a breathtaking view of Lac des Deux Montagnes and easy access to the water. When the weather is nice, little ones will enjoy playing in the adapted playground!



FATBIKE

Those who love biking should try our new fatbike! Cycle along our bike paths, forest trail or even the beach on this bike with oversized tires. Make our 11 km of sandy shores your playground! Remember that the supervised beach area is off limits. These bikes can also be rented in winter to cycle along hiking and snowshoeing trails in complete safety.





A FEW REMINDERS FOR A BETTER OUTDOOR EXPERIENCE

BEFORE YOU LEAVE HOME

- Plan on going with at least one other person.
- Check the weather report.
- Pack water and food, even if the activity is only for a few hours.
- See that you have appropriate footwear.
- Pack extra clothing (raincoat, warmer clothes, etc.).
- Make sure that the equipment you will be using during the activity is in good condition.
- Bring a whistle, a flashlight, a first-aid kit, etc.
- Let somebody know the exact location of your destination and the date you plan to return home, with instructions to contact emergency services (911) if you do not return.
- Inform the persons accompanying you of the inherent risks of the chosen activity.

ONCE YOU ARE ON SITE

- Do not count on your cell phone: in most areas, you will be unable to get a signal.
- Obtain a map of the area.
- Check how much time it will take to complete your activity.
- Follow the instructions that apply to each activity.
- Obey signs and notices, including bans on open fires.
- Never leave children unsupervised.
- Boil or treat (filter, chlorine or iodine) water from rivers and streams before drinking.
- When camping, pack your food in airtight containers and keep it out of reach of animals.
- Should you find that a piece of equipment or an accessory is missing or defective, stop using it and inform the staff on site of the situation as soon as possible.

WHEN YOU GET BACK

- Once you have completed your activity, make sure that you report to our staff anything wrong or any damage or problems you encountered.

PLAY IT SAFE

YOUR SAFETY: YOUR RESPONSIBILITY

Outdoor activities may entail certain risks. You must always make sure that you have the ability and special skills required for your chosen activity. It is very important to know your physical ability and limits.

For several years now, Sépaq has ensured the greatest possible access to Québec's most beautiful natural treasures. An essential part of this mission is our concern for visitor safety.

Sépaq hopes that your outdoor experience will be memorable and urges you to *Play it Safe!*

All visitors remain responsible for their own safety, with risk management being an integral part of the outdoor experience. Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities.

We invite you to consult our safety guides for Sépaq activities on our Web site sepaq.com/security.

The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.

sepaq.com/security

REMINDER

Sépaq would like to remind you that some of the activities offered in the network require that you be physically fit and have specific skills as well as specialized equipment. There are a number of organizations that can help you plan your activities safely. Do not hesitate to contact them.

AirMédic
airmedic.net | 1-877-999-3322

Aventure Écotourisme Québec
aventure-ecotourisme.qc.ca | 1-866-278-5923

Bureau de la sécurité nautique
tc.gc.ca | 1-800-267-6687

Camping Québec
campingquebec.com | 1-800-363-0457

Fédération québécoise des chasseurs et pêcheurs
fedecp.qc.ca | 1-888-523-2863

Fédération québécoise de la marche
fqmarche.qc.ca | 1-866-252-2065

Fédération québécoise de la montagne et de l'escalade
fqme.qc.ca | 1-866-204-3763

Fédération québécoise du canot et du kayak
canot-kayak.qc.ca | 514-252-3001

Ski de fond Québec
skidefondquebec.ca | 450-744-0858

Sopfeu
sopfeu.qc.ca | 1-800-463-3389

Vélo Québec
velo.qc.ca | 1-800-567-8356

IN CASE OF EMERGENCY 911

SÛRETÉ DU QUÉBEC

310-4141 (general number) / *4141 (for cell phones)

Where cell phone networks are available.

MUST-DOS

THE BEACH AREA

Parc national d'Oka's 11-km-long sandy beach is very popular with visitors to the region. Lac des Deux Montagnes reveals its charms with every season. Whether gazing at the serenity of the snow and ice in winter or dipping your feet in the effervescent waves and warm sand in summer, you will immediately be relaxed by the tranquil surroundings!

THE HERONRY

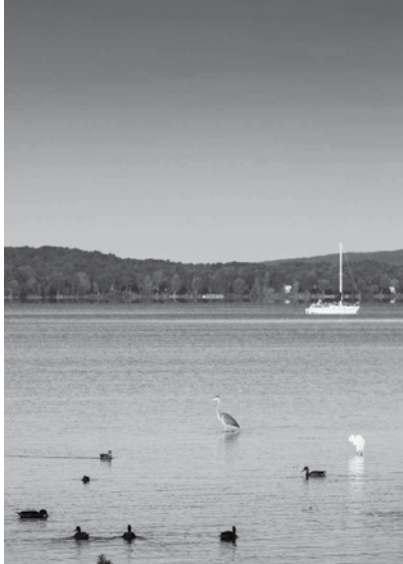
In the middle of La Grande Baie, you'll find a colony of Great Blue Herons, which nest in a restricted conservation area that can only be accessed by authorized personnel for scientific or maintenance purposes. The colony numbers up to 200 nests, which are a sight to behold in springtime before they become covered by vegetation.

THE CALVAIRE D'OKA LOOKOUT

After climbing up the Calvaire d'Oka and admiring its chapels and oratories along the way, you will be rewarded by one of the most stunning views! Admire Oka village and its picturesque historic church, contemplate Lac des Deux Montagnes or even make out the Adirondack mountains in the distance. Now try to picture this same landscape back when the chapels you passed on your hike were built, over 270 years ago!

PUT ON YOUR HIKING BOOTS

Hike along our trails and discover the park's many wondrous hidden gems! In winter like in summer, you can enjoy numerous trails ranging in difficulty from novice to expert! You can see spectacular views from the Calvaire d'Oka, test your birdwatching knowledge in the forest or try to spot a Great Blue Heron in the marsh of La Grande Baie – the choice is yours!



REGULATIONS



To contribute to improving the quality of the national park experience, an entry fee was established by the government. You must always carry your receipt or your annual card during your visit.



To preserve the natural riches for future generations, it is prohibited to remove natural elements (animals, plants, dead wood, rocks, etc.).

Also, the flora is sensitive to being trampled. It is therefore mandatory to stay on the hiking trails.



Nature exhibits exemplary equilibrium, and for this reason the feeding of wildlife is prohibited. In this respect, it is also prohibited to leave food or garbage unsupervised. Keep them in your car.



Domestic animals are prohibited in Québec's national parks. But guide dogs and service dogs accompanied by their foster families are admitted. However, these dogs must be easily identifiable, wearing the Mira scarf or harness. Those in charge of the animal must carry the foundation's letter of accreditation.



It's great to enjoy an authentic natural environment that is clean and healthy! Carry out your garbage, leave it in the containers provided, and take home any harmful substances, such as soap, oil, combustibles or pesticides.



2020, chemin d'Oka, Oka (Québec) J0N 1E0
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The masculine is used without discrimination.
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THE APPRENTICE ARCHAEOLOGIST: EXCAVATING THE PAST

Go back 4,500 years in time, to the period of the first inhabitants of Oka beach. These nomadic Amerindians occupied the area around the Ottawa River and the St. Lawrence River, where they practised fishing, hunting and gathering. Towards 1000 A.D., they began creating pottery for storing and cooking food. Depending on the era, the women would use shell edges or turtle's shells to decorate these vases with motifs and characteristic undulating decorations. Today these designs help researchers trace the age of the ceramics and reconstitute the way of life of the Amerindian people throughout the different periods of the park's human occupation.



L'Apprenti archéo : Une fouille dans le passé gives YOU the opportunity to take part in an archaeological excavation on the site, which began 80 years ago and has unearthed thousands of artifacts that attest to the Amerindian presence. During your search, you might even uncover arrowheads, bone tools or decorated pieces of pottery dating back over 2,000 years!

Team up with our professional archaeologist for a one-hour session, participate in a real and official

excavation and contribute to the preservation of the park's prehistoric archaeological sites! You'll also learn why it's so important to preserve this cultural heritage and help us unlock some of the many mysteries of Amerindian presence in this area.

Rates (taxes included): \$11/adult; \$5.50/child (5 to 17 years). Free for children accompanied by an adult.

Reservation required. Limited number of participants.

STAR ACTIVITY: STAND-UP PADDLEBOARDING!

Discover the hidden corners of Parc national d'Oka by renting different equipment including stand-up paddleboards! Invented in Hawaii, paddleboarding is an activity that combines surfing and kayaking. The paddleboard was designed for calmer waters and is much bigger (longer, wider and thicker) and therefore more stable than a traditional ocean surfboard. Test your balance by standing on the surfboard with a paddle in your hand. This activity is quick, easy and fun to learn!

BOAT RENTALS:

Every day of the week from June 20 to September 7. Weekends only from early May to June 19, and from September 8 to mid-October. Remember, business hours depend on weather conditions.

DISCOVER: FATBIKES

Try a fatbike for an energetic and original activity! Available for rental at Le Littoral Visitors Centre, these bikes with oversized tires are perfect for cycling along trails or on the beach (except for swimming areas). Guaranteed fun! Given the growing popularity of this activity, we recommend that you reserve your bike.

BIKE RENTALS: From April to November (fatbike available year-round). At Le Littoral Visitors Centre's boutique.



EQUIPMENT RENTAL

	Day	4 hrs.	1 hr.
Canoe	\$46.25	\$32.50	\$16.25
Pedal boat 2 seater		\$32.00	\$16.00
Pedal boat 4 seater		\$38.00	\$19.00
Solo kayak	\$42.00	\$29.50	\$14.75
Tandem kayak	\$50.50	\$35.50	\$17.75
Stand-up paddle board	\$40.50	\$28.50	\$14.50
Life jacket	\$6.25		
Bicycle (child)	\$19.00	\$13.25	\$6.75
Bicycle (adult)	\$38.50	\$27.00	\$13.50
Fatbike bicycle	\$54.25	\$38.00	\$19.00

* taxes not included

AVENTURE ÉCOTOURISME QUÉBEC AT PARC NATIONAL D'OKA



Photo: Mathieu Dupuis

Aventure Écotourisme Québec certified outfitters, in collaboration with the Sépaq, offer you several stays and guided activities specially designed for the discovery of exceptional natural spaces. Boost your sense of adventure in Québec!

PLAN YOUR NEXT GUIDED OUTING WITH :

**AÉROSPORT
CARREFOUR
D'AVENTURES**
Snowkite
1-866-986-6677

VOILOKA
Windsurfing
and kitesurfing
514-833-0350

**ÉCOLE DE VOILE
SANSOUCY**
Catamaran
450-472-8042



quebecadventure.ca

TRAILS



DISCOVER

TRAILS

DISTANCE

ROUND TRIP

DIFFICULTY

DEPARTURE POINT

Icon	Trail Name	Distance	Round Trip	Difficulty	Departure Point
	L'Érablière trail	1.3 km	X	E	La Grande Baie Registration Centre
	La Grande Baie trail	4.0 km	X	E	La Grande Baie Registration Centre
	Calvaire d'Oka trail	4.4 km	X	E	Calvaire d'Oka Parking
	La Sauvagine trail	11.6 km	X	I	Le Littoral Visitors Centre
	La Sauvagine trail	11.8 km	X	I	La Grande Baie Registration Centre
	Sommet trail	6.7 km	X	H	Calvaire d'Oka Parking Shared trail (mountain bike)
	Park bicycle path	3.0 km	X	E	Le Littoral Visitors Centre
	La Route verte: La Vagabonde – (section inside the park)	7.8 km	X	I	La Grande Baie Registration Centre

Bicycle Hiking

E – Easy I – Intermediate H – Hard

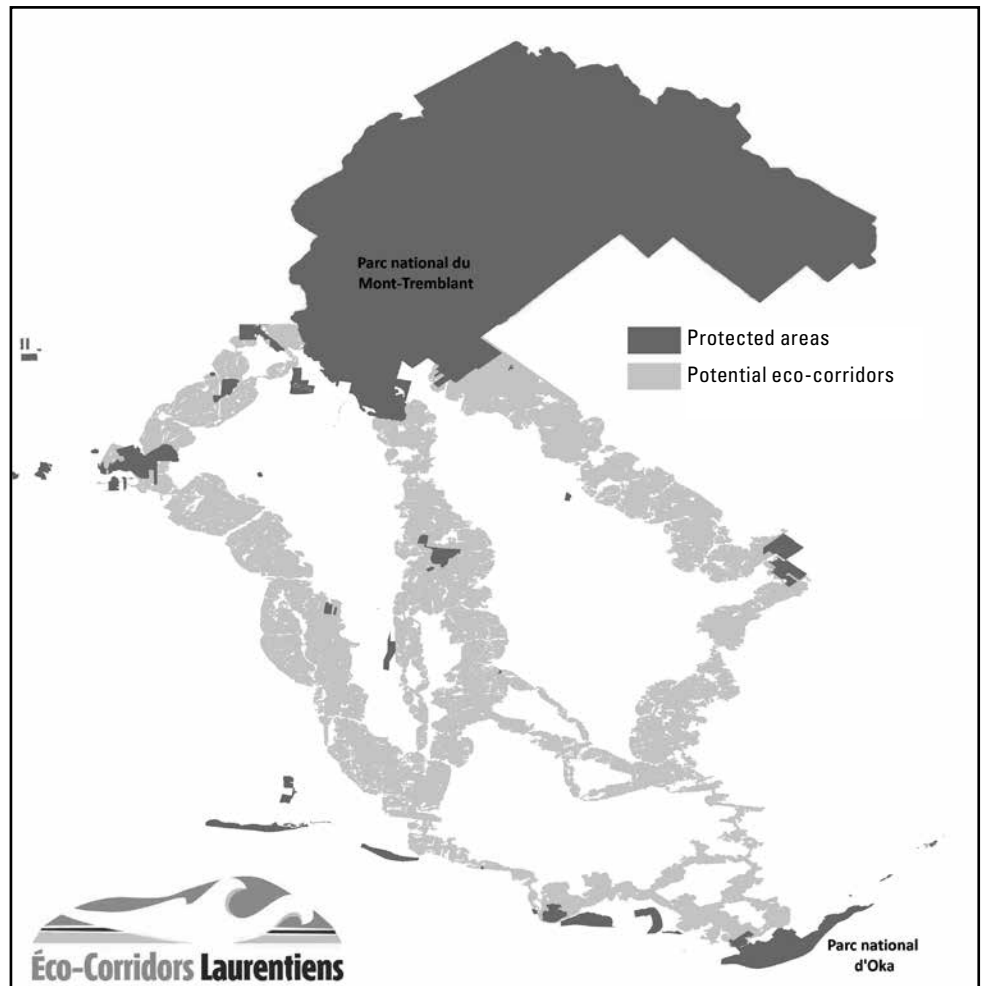
AN AMBITIOUS AND VISIONARY INITIATIVE!

Parc national d'Oka is proud to be associated with Éco-Corridors Laurentiens in its initiative to connect Oka and Mont-Tremblant national parks via a network of eco-corridors linking protected areas and fragile habitats in the Laurentians.

Éco-Corridors Laurentiens is a non-profit organization whose mission is to protect the Laurentians' natural environment. An eco-corridor is defined as a natural link between two or more conservation points along which animals travel, vegetation propagates and genetic exchanges are possible. The park will do all it can to ensure the success of this initiative!

For more information, go to www.ecocorridorslaurentiens.org

Photo: PNMT-PNO map, by Éco-Corridors Laurentiens



DISCOVERY AND SPECIAL ACTIVITIES 2015












































Spring / April 25 to June 14

Day	Date	Okasion	Activity	Time	Meeting Place
Saturday	April 25 - May 16		Au marais, ouvrez l'oeil	1:30 p.m. to 3 p.m.	La Grande Baie tower
	May 2		Karaoke	8 p.m. to 9 p.m.	Community hall
	May 16		PNO bingo	6:30 p.m. / 7 p.m.	Community hall
			Outdoor movie	7:30 p.m. to 8:45 p.m.	Community hall
Sunday	April 26 - May 17		Zoom sur une saison	1:30 p.m. to 3 p.m.	3rd oratory (Calvaire d'Oka)
	May 10		Mother's Day festivities	1:30 p.m. to 4 p.m.	Le Littoral Visitors Centre terrace
	May 17		Et que ça saute	6:30 p.m. to 7:45 p.m.	Community hall
			Course des gens brillants	8 p.m. to 9:15 p.m.	East parking lot (near Le Littoral)
Monday	May 18		En bref, des siècles d'histoire au Calvaire d'Oka	1:30 p.m. to 3 p.m.	Calvaire d'Oka
Saturday	May 23 - June 13		Démasquons le raton	10:30 a.m. / 11:15 a.m.	Community hall
	May 30, June 13		PNO bingo	7 p.m. / 7:30 p.m.	Community hall
			Outdoor movie	8 p.m. to 9:15 p.m.	Community hall
	June 6		Outdoor movie	7:30 p.m. to 8:45 p.m.	Community hall
	June 6, June 13		Karaoke	8:45 p.m. to 9:45 p.m.	Community hall
Sunday	May 24 to June 14		Et que ça saute	10:30 a.m. to 11:45 a.m.	Community hall
			En bref, des siècles d'histoire au Calvaire d'Oka	1:30 p.m. to 3 p.m.	Calvaire d'Oka

Summer / June 20 to August 23

Saturday			L'apprenti archéo: une fouille dans le passé (\$)	9:30 a.m. / 11 a.m. / 1 p.m. / 2:30 p.m.	Le Littoral Visitors Centre boutique
			Démasquons le raton	10:30 a.m. / 11:15 a.m.	Community hall
			Lumière sur les étoiles	June/July: 9 p.m. to 10 p.m. August: 8:45 p.m. to 9:45 p.m.	Community hall
	June 20		Stand-up paddleboarding yoga	9 a.m. to 10 a.m.	Water sports equipment rental centre
			Contes, légendes et relève musicale	8 p.m. to 10 p.m.	Beach near Le Littoral Visitors Centre
	June 27, August 15		Camping sur les berges, contes et légendes	7 p.m.	Beach near Le Littoral Visitors Centre
	June 27, July 11 & 18, August 1, 8, 15 & 22		Outdoor movie	7:30 p.m. to 8:45 p.m.	Community hall
	July 4		Art workshop (sculpting 101)	9:30 a.m. to 10:30 a.m.	Community hall
	July 4 & 18		Up-and-coming artists performing on the beach	8 p.m. to 9:30 p.m.	Beach
	July 11, August 8		Inflatable structures	9:30 a.m. to 8 p.m.	Beach
	July 25		Rock climbing day	9:30 a.m. to 5 p.m.	Beach
			Show for the kids	7 p.m. to 8:30 p.m.	Community hall
	August 1		Circus day	10 a.m. to 5 p.m.	Beach
	August 15 & 22		Corn roast	11 a.m. to 4 p.m.	Le Littoral Visitors Centre terrace
	Sunday			Go... top chrono!	10:30 a.m. to 11:30 a.m.
			Les chauves-souris: un monde à l'envers	June/July: 8:30 p.m. to 9:30 p.m. August: 8 p.m. to 9 p.m.	Community hall
June 21			Father's Day festivities	1:30 p.m. to 4 p.m.	Le Littoral Visitors Centre terrace
June 28 & Aug. 16			Yoga on the beach	9 a.m. to 10 a.m.	Pointe aux Bleuets beach
July 5			Photo workshop (photography 101)	9:30 a.m. to 10:30 a.m.	Community hall
July 12, Aug. 9			Inflatable structures	9:30 a.m. to 5 p.m.	Beach
July 26			Stand-up paddleboarding yoga	9 a.m. to 10 a.m.	Water sports equipment rental centre
August 2			Marionnette workshop	9:30 a.m. to 10:30 a.m.	Community hall
August 16			Corn roast	11 a.m. to 4 p.m.	Le Littoral Visitors Centre terrace
August 23			Zumba morning	9:30 a.m. to 10:30 a.m.	Beach

THE "OKASIONS"

Monday			En un tour d'horizon	10:30 a.m. to 11:30 a.m.	Community hall
			Histoires de famille	7 p.m. to 8 p.m.	Community hall
	July 20		Hot dog dinner	5 p.m. to 7 p.m.	Community place
			Outdoor movie	8 p.m. to 9:15 p.m.	Community hall
	July 27		Family chess tournament	10 a.m. to 3 p.m.	Le Littoral Visitors Centre terrace
Tuesday			La flore: un peu, beaucoup, à la folie!	10 a.m. to 11:15 a.m.	Community hall
	July 21		Soirée pierres et mystères	6:30 p.m. to 7:45 p.m.	Community hall
			Craft workshop for kids	10:45 a.m. to 11:45 a.m.	Community hall
	July 28		Hot dog dinner	5 p.m. to 7:30 p.m.	Community place
		Outdoor movie	8 p.m. to 9:15 p.m.	Community hall	
Wednesday			Joignez le reptile à l'agréable	10:30 a.m. to 11:45 a.m.	Community hall
			PNO bingo	7 p.m. / 7:30 p.m.	Community hall
	June 24 / July 1		À vos vélos, prêts... Rallye!	1:30 p.m. to 4:30 p.m.	General store (Community place)
	July 22		Relay race on the water	6:30 p.m. to 7:45 p.m.	Water sports equipment rental centre
	July 29		Karaoke	8 p.m. to 9 p.m.	Community hall
Thursday			Et que ça saute	10:30 a.m. to 11:45 a.m.	Community hall
	Except August 20		La nuit, au Calvaire d'Oka	June/July: 8:30 p.m. to 9:30 p.m. August: 8 p.m. to 9 p.m.	Calvaire d'Oka parking lot
	August 20		Les chauves-souris: un monde à l'envers	June/July: 8:30 p.m. to 9:30 p.m. August: 8 p.m. to 9 p.m.	Community hall
	July 23		Zumba morning	9:30 a.m. to 10:30 a.m.	Beach
	July 30		Musical workshop for kids	9:30 a.m. to 10:30 a.m.	Community hall
Friday			Les détectives... sur la piste des animaux!	10 a.m. to 11:15 a.m.	Community hall
			Vivre en l'an zéro	7:30 p.m. to 8:30 p.m.	On the beach
			Kayak de nuit (\$)	9:30 p.m. to 10:30 p.m.	Water sports equipment rental centre
	July 10 & 24, August 7 & 21		Latin dance night	6 p.m.	Le Littoral Visitors Centre
	July 24		Cooking workshop	11 a.m. to 12 noon	Community hall
	July 31		Camping on the riverbank	7 p.m.	Beach near Le Littoral Visitors Centre
	August 14		Soirée Perséides	9 p.m. to 11 p.m.	Beach
Fall / August 29 to October 12					
Saturday			Démasquons le raton	10:30 a.m. / 11:15 a.m.	Community hall
			Au marais, ouvrez l'œil	1:30 p.m. to 3 p.m.	La Grande Baie tower
	August 29, Sept. 5		Corn roast	11 a.m. to 4 p.m.	Le Littoral Visitors Centre terrace
	August 29		Outdoor movie	7:30 p.m. to 8:45 p.m.	Community hall
	September 5		Tasty local delights	9:30 a.m. to 5 p.m.	Beach
			Hot dog dinner	5 p.m. to 7:30 p.m.	Community place
	Sept. 5 / Oct. 10		Contes et légendes	6:30 p.m. to 7:30 p.m.	Community hall
September 5		Show for the kids	7:30 to 8:45 p.m.	Community hall	
Sunday	Except October 11		Joignez le reptile à l'agréable	10:30 a.m. to 11:45 a.m.	Community hall
	August 30, Sept. 6		En bref, des siècles d'histoire au Calvaire d'Oka	1:30 p.m. to 3 p.m.	Calvaire d'Oka
			Corn roast	11 a.m. to 4 p.m.	Le Littoral Visitors Centre terrace
	September 6		Tasty local delights	9:30 a.m. to 5 p.m.	Beach
			Season wrap-up show	1 p.m. to 3 p.m.	Beach
			PNO bingo	7 p.m. / 7:30 p.m.	Community hall
October 11		Fête de la pomme, du fromage et de l'histoire	10 a.m. to 3 p.m.	Calvaire d'Oka	
Monday	Sept. 7, Oct. 12		Les détectives... sur la piste des animaux!	10:30 a.m. to 11:45 a.m.	Community hall

Okasions legend  Explore  Family  Young and energetic  Leisure  Outdoors and sports

Registration centre / Information	Camping with moderate conversation allowed after curfew	Food services	Main road / Highway
Reduced mobility access	Cabin	Community hall	Secondary road
Swimming area	Interpretation	Group meeting room	Camping loop
Playground	Equipment rental	Observation site	Walking path
Picnic area	Watercraft equipment rental	Sail sport	Service road
Historical building	General store	Telephone	National park boundary
Self registration post	Lookout	Washroom	Extreme conservation zone
Boutique Nature shop	First aid	Observation tower	Parking lot
Semi-serviced camping	Boat launch ramp	Bike path	Length of trail sections
	Rest stops	Trail	



DISCOVERY ACTIVITIES

2015 PROGRAM

ANIMATED HIKES

ET QUE ÇA SAUTE!

All about amphibians, batrachians, anurans... a hop, skip and a jump away!

À VOS VÉLOS, PRÊTS... RALLYE!

Breathtaking landscapes, fun and fascinating facts and unbelievable stories await you on the trails! Rental available.

JOIGNEZ LE REPTILE À L'AGRÉABLE

Curioussss to know all about reptiles? Slither on by!

LES DÉTECTIVES... SUR LA PISTE DES ANIMAUX!

Follow along with a park warden and become as clever as a fox!

KAYAK DE NUIT \$ (R)

Take an excursion on the lake come nightfall with our park warden and observe nature as you have never seen it before!

Rates (taxes included): \$9.50/adult, \$4.75/child (ages 5 to 17). Free for children accompanied by an adult. Equipment provided.

LEARN AND PLAY

L'APPRENTI ARCHÉO : UNE FOUILLE DANS LE PASSÉ \$ (R)

Participate in a one-hour archaeological excavation led by an archaeologist and contribute to the preservation of arrowheads, bone tools or pieces of pottery dating back over 2,000 years!

Rates (taxes included): \$11/adult; \$5.50/child (ages 5 to 17). Free for children accompanied by an adult. Equipment provided.

SOIRÉE PIERRES ET MYSTÈRES

An investigation has begun to discover who is responsible for shaping the landform of the park during the Ice Age. Simple experiments will reveal the clues to solve the mystery.

GO... TOP CHRONO!

Put your knowledge of the park to the test in this fast, furious and fun-filled adventure, featuring games, riddles and more!

MEET WITH A PARK WARDEN

AU MARAIS, OUVREZ L'ŒIL!

With our powerful telescope, you can spy on the waterfowl and herons that call the park home!



ZOOM SUR UNE SAISON

The awakening of nature and the enchantment of life in the undergrowth of Calvaire d'Oka!

DÉMASQUONS LE RATON

The raccoon will share its home with you – and raid your cooler in no time flat! Come listen to us explain how the two species can peacefully coexist!

EN BREF, DES SIÈCLES D'HISTOIRE AU CALVAIRE D'OKA

Stop for a few minutes and listen to the park warden recount the stunning history of those 270-year-old stations of the Cross!

LA FLORE : UN PEU, BEAUCOUP, À LA FOLIE!

Come learn about the various forms of flora all around us, with a close-up look at some common, rare or even invasive species of plant life!

EN UN TOUR D'HORIZON

This game will let you decide which route you want to take in order to travel from one environment to the next. Let yourself be taken by new discoveries!

EVENING ACTIVITIES

LE BINGO DU PNO

Test your knowledge of the flora and fauna in Parc national d'Oka! You might just win the grand prize.

LES CHAUVES-SOURIS, UN MONDE À L'ENVERS

Come get a close-up look at these fascinating nocturnal creatures as they hunt for food. Do not forget your mosquito repellent and your flashlight!

HISTOIRES DE FAMILLES

Examine this protected territory, past and present, through our storyteller's eyes and recollections.

CONTES ET LÉGENDES AU COIN DU FEU

Fantastic tales and legends that recount the history of the park, in the warm ambiance around a campfire.

LA NUIT, AU CALVAIRE D'OKA

Open your eyes and ears and be on the lookout: discover the forest on a beautiful summer night.

LUMIÈRE SUR LES ÉTOILES

In this International Year of Light, join us to celebrate the starry skies and take part in a star-filled astronomy activity. Come rain or shine!

VIVRE EN L'AN ZÉRO...

Take part in the life of the camp, simulate hunting with a spear and, near the campfire, fashion clay to make your own pottery.

SPECIAL ACTIVITIES

LA FÊTE DE LA POMME, DU FROMAGE ET DE L'HISTOIRE

Learn about the history of the 270-year-old stations of the Cross! You can also sample the famous Oka cheese and apples from the region.

A TEN-YEAR ASSESSMENT

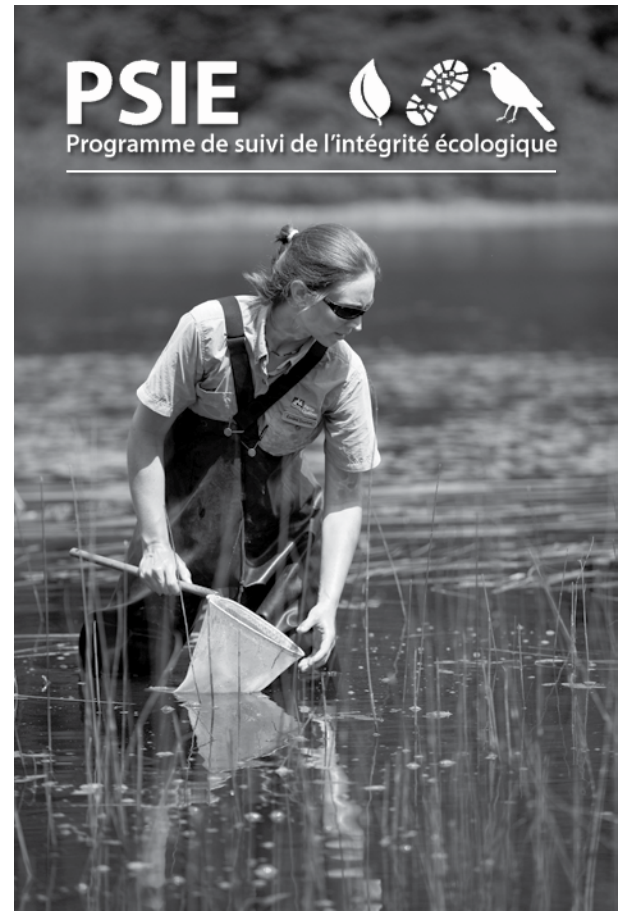
OUR NATIONAL PARKS ARE IN GOOD HEALTH!

The daily challenge for the managers who run a national park is to get the balance right between public access and conservation. To accomplish this, Parcs Québec developed a forward-thinking program in 2003 to implement ongoing health check-ups for its national parks – the ecological integrity monitoring program (EIMP). The results of the 370 monitorings carried out over the last 10 years are encouraging: the overall level of ecological integrity of the national parks has been maintained or improved throughout the network, despite an increasing public access.

Full details at parcsquebec.com/ecologicalintegrity

A few highlights about Parc national d'Oka:

- The overall ecological integrity change index indicates that the park's performance has remained stable from 2003 to 2012, meaning that despite the great number of visitors and various development projects carried out in recent years, ecological processes and the natural environment have remained practically intact!
- Unfortunately, monitoring indicates that the bat population has deteriorated significantly, producing a negative impact on the park's ecological integrity. The situation can be explained by an increase in the prevalence of white-nose syndrome, a fungal disease that has been decimating bat populations in eastern North America since 2006.
- The numerous environmental restoration initiatives deployed in various areas throughout the park have contributed to improving its ecological integrity, a boost that is mainly attributable to riverbank stabilization efforts carried out to guard against the strong erosion effects of Lac des Deux Montagnes and the reforestation of several highly-frequented sectors where vegetation tends to be trampled.



PSIE
Programme de suivi de l'intégrité écologique

PARCS QUÉBEC

CONSERVATION BLOG - IN FRENCH ONLY

Did you know that Parcs Québec posts a weekly article on its blog about Québec national park conservation initiatives and issues? To stay in the loop, sign up for our monthly newsletter.

Full details at parcsquebec.com/blogue



PARCS QUÉBEC FUND

GIVE... AND NATURE WILL GIVE BACK

The Parcs Québec Fund is dedicated exclusively to supporting conservation projects in national parks. Aerial censuses of white-tailed deer, shoreline restoration, archeological studies, and bald eagle population monitoring are just a few examples of projects that help safeguard our heritage and were made possible thanks to public donations.

Full details at fondsparcsquebec.com



FAMILY TIME!

The Sépaq network has many must-see nature destinations you can explore as a family, so why not...

- Take a well-earned break from the daily grind.
- Create lifelong memories together.
- See the world through a child's eyes once again – it's so much fun!
- Soak up the wonder... and reconnect with what really matters.

For accommodations, activities and services, go to sepaq.com/family to see what our family destinations have in store for you.

Once you're there, just relax and let nature work its magic...

Here are some examples of the family-friendly features available in Parc national d'Oka:

- Outdoor movies, plays, inflatable structures on the beach – the choices are endless. A team of counsellors is available to make your visit unforgettable. A playground has been added on the beach near the picnic area. Pirates aged 2 to 4 years old and 5 to 12-year old acrobats will be thrilled!
- New this year: Children accompanied by an adult may now use rental bikes from Le Littoral Visitors Centre free of charge.
- A really original way to discover the Parc national d'Oka! L'apprenti-archéo and Kayak de nuit activities are now free of charge for children accompanied by an adult.
- An indoor climbing wall, foosball soccer tables, ping-pong, lots of board games and much more are available at the community hall.

sepaq.com/family



Photo: Mathieu Dupuis



ACCOMMODATIONS



ACCOMMODATIONS AND CAMPING AVAILABLE YEAR-ROUND



CAMPING



TENT-TRAILER



COMPACT CABIN

CAMPING

- Campsite with 0, 1, 2 or 3 services during the summer season
- *Bienvenue cyclistes!*^{MD} program for cyclists
- Camping with 2 services available in fall and spring, depending on snow conditions
- Winter camping in the Dunes sector

READY-TO-CAMP

Ready-to-camp in a Huttopia tents or in a tent-trailer: the ideal solution to enjoy camping hassle-free.

- Two Huttopia tent have been adapted for persons with reduced mobility (separated adapted bathroom facilities nearby)
- Equipped with everything required to prepare meals
- Huttopia tents are available from early May until mid-October
- Maximum of 6 people, or 4 adults
- Tent-trailers are available from mid-June until the beginning of September. Huttopia tents are available from early May until mid-October.

COMPACT CABINS

Our cabins provide comfortable accommodations during an outdoor stay.

- In the Méandre sector
- Equipped with everything necessary to prepare meals, as well as with a bathroom and a shower
- Maximum 4 people
- 2 cabins adapted for persons with reduced mobility

GÎTE SOUS LES PINS

Rustic-style lodging ideal for groups.

- 12 rooms with 3 single beds (possibility of an additional mattress)
- Shared bathrooms
- If you rent a minimum of 5 rooms, the inn is reserved exclusively for your group
- Individual room rental also possible



Morning on water discount

50%

off water sports and bicycle rentals.

All equipment must be returned by noon.
Applicable to hourly rentals only. Camping permit required.

NATIONAL PARK ENTRY FEE

100% REINVESTED IN QUÉBEC'S NATURAL HERITAGE

It's a real privilege to visit or stay in a national park and experience remarkable landscapes that are protected and their value enhanced by passionate people who ask only that you come discover their best-kept secrets.

The entry fee you're required to pay is your contribution to the upkeep and conservation of a national park. With its affordable fee and array of exclusive benefits, the Annual Parcs Québec Network Card is another appealing option!

	Adult
Day Pass	\$ 8.50
Annual Park Card	\$ 42.50
Annual Network Card	\$ 76.50

Rates valid until March 31, 2016, taxes included
See complete fee schedule at parcsquebec.com/card

ANNUAL NETWORK CARD

EXCLUSIVE ADVANTAGES

As well as allowing entry to all national parks in the Parcs Québec network for 12 months, the Annual Network Card comes with many advantages:

- One free night of camping in the Parcs Québec network (rustic or semi-serviced, on weekdays only)
- Free entry for a one-day visit for a friend
- 15% off in Boutique Nature shops
- 15% off a day ticket at Sépaq's 7 cross-country ski centres
- 15% off daily admission at the Aquarium du Québec
- 15% off admission to the ASTROLab in Parc national du Mont-Mégantic
- 15% off admission to the Natural History Museum in Parc national de Miguasha

Details at parcsquebec.com/card



CONTEST

DESTINATION PARCS NUNAVIK

Between April 1 and September 1, 2015, when you purchase or renew your Annual Network Card, you could win a stay for 2 in a national park of Nunavik.

A \$10,000 VALUE!

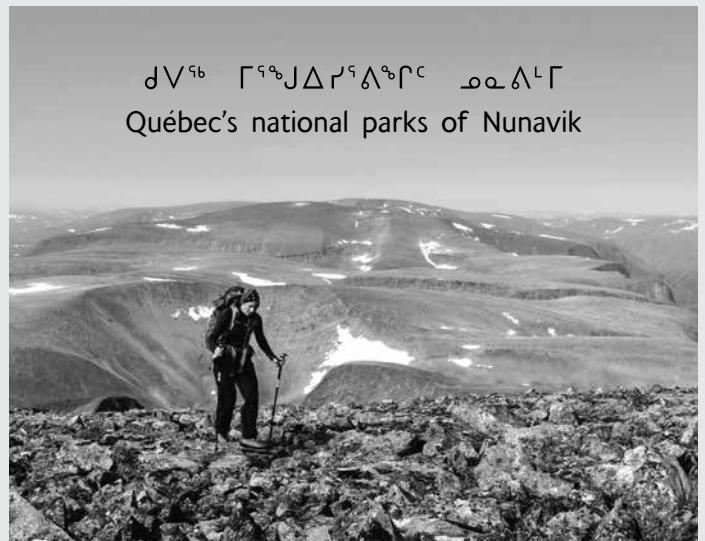
A choice among 3 destinations to explore at parcsnunavik.ca

- Parc national des Pingualuit
- Parc national Tursujuq
- Parc national Kuururjuaq

Details and contest rules at parcsquebec.com/contest

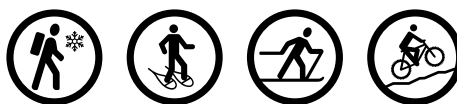


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Québec's national parks of Nunavik



Brian Friedrich

WINTER ACTIVITIES



DISCOVERY	TRAILS	DISTANCE	ROUND TRIP	DIFFICULTY	DEPARTURE POINT
	Le Rivage Ouest (A)	2.2 km	X	E	Le Littoral Visitors Centre
	Le Rivage Est (A)	3.0 km	X	E	Le Littoral Visitors Centre
	Les Dunes (B)	4.0 km	X	E	Le Littoral Visitors Centre
	Le Calvaire d'Oka (F)	12.6 km	X	H	Le Littoral Visitors Centre
	Le Calvaire d'Oka (F)	6.2 km	X	H	Self Registration Post
	L'Écureuil	3.4 km	X	E	Le Littoral Visitors Centre
	La Montée – Secteur Le Sommet	14.5 km	X	H	Le Littoral Visitors Centre
	La Montée – Secteur Le Sommet	7.9 km	X	H	Self Registration Post
	La Montée – Secteur Les Chapelles	10.5 km	X	H	Le Littoral Visitors Centre
	La Montée – Secteur Les Chapelles	3.9 km	X	H	Self Registration Post
	Le Marais	15.1 km	X	H	Le Littoral Visitors Centre
	Le Centenaire (1)	4.0 km	X	E	Le Littoral Visitors Centre
	La Pinède (2)	4.0 km	X	E	Le Littoral Visitors Centre
	La Grande Baie (3)	14.6 km	X	H	Le Littoral Visitors Centre
	La Colline (5) – Nordic skiing	10.7 km	X	H	Self Registration Post
	Le Louis Hébert (6)	7.2 km	X	E	Le Littoral Visitors Centre
	La Poursuite (8)	14.4 km	X	H	Le Littoral Visitors Centre

Snow walking Snowshoeing Cross country skiing

E – Easy I – Intermediate H – Hard



LEARN TO ENJOY THE PLEASURE OF WINTER

- Fatbike bicycle rentals
- Four-lane ice sliding (crazy carpets are provided)
- Snow walking
- Snowshoeing
- Cross country skiing
- Over 35 linear km, including 29 for classic skiing, 23 for ski skating and 8 for Nordic skiing.

CROSS COUNTRY SKI SCHOOL

- 8 weeks of fun for kids 4 to 13 years old. Classic skiing and ski skating techniques. Register at ecoledeski.oka@sepaq.com

EXTEND YOUR STAY!

- Rustic camping
- Gîte sous les pins: a rustic inn
- Compact cabins



Looking for a souvenir to take home?
Make your way to our **BOUTIQUE NATURE** shops!

- Souvenirs for kids and grown-ups
- Personalized clothing made in Canada
- All profits reinvested in national parks

**BOUTIQUE
NATURE**
Parcs Québec

99 OTHER MODELS IN STORE



 Pelican

BELOEIL - BROSSARD - BURLINGTON - CAMBRIDGE - ETOBICOKE - LAVAL - OSHAWA
OTTAWA - QUEBEC - VAUGHAN

SAIL
THE OUTDOORS SUPERSTORE