

SEPAQ

PARC NATIONAL DU MONT-TREMBLANT

Protected area. Enriching nature experiences.

Officially created on January 12, 1895, this immense 1510-sq. km. provincial park was the first of its kind in Quebec, the third in Canada, and the sixth in North America.

The Parc national du Mont-Tremblant aims to preserve and protect a sample of the natural landscape that is found in Quebec's southern Laurentians region. With its 400 lakes, six rivers, rolling hills, myriad sandy shorelines, and its wide-open skies perfect for stargazing, there's something for everyone.

MUST-DOS



La Corniche trail, La Diable sector



Lac-de-L'Assomption trail, L'Assomption sector

Access the most beautiful lookout points

Four trails are surmounted by observation decks looking out over breathtaking views of the park's huge valleys. La Roche and La Corniche in the La Diable sector, L'Envol in the Pimbina-Saint-Donat sector and Les Grandes-Vallées in the L'Assomption sector will charm you with their extraordinary beauty. For a truly memorable day, many other trails feature breathtaking lookout points.

More than 200 km of trails

Our impressive selection of trails offers something for everyone. Whether you prefer an easy hike or something more challenging, and whether or not you are bringing the kids along, you're sure to enjoy stunning views. Some trails even lead to huts, so bring a snack! See the trail chart on page 3 for more details.



Lac-des-Sables, Pimbina-Saint-Donat sector



Chute-du-Diable trail, La Diable sector

Bury your toes in a unique type of sand

The unique and abundantly sandy shores are perfect for picnics and a good place for water activities. Rent a watercraft from one of our rental locations, such as Lac des Sables or Lac Provost in the Pimbina-Saint-Donat sector at Lac Assomption in the L'Assomption sector, and at Lac Escalier, Lac Caché or Lac Monroe in the La Diable sector.

Take in the natural waterfalls

Discover the park's four unique waterfalls: Chute-du-Diable and Chutes-Croches (La Diable sector) feature accessible hiking trails and observation decks; the spectacular waterfall at Chute-aux-Rats (Pimbina-Saint-Donat sector), is over 17 metres high and has a picnic area; and Chute-aux-Mûres offers a charming little footbridge (La Cachée sector).



Lac-Escalier, La Diable sector



Activities with a naturalist park warden

Much more than stars on display

Once the sun sets, the sky above the park darkens and begins to sparkle. Because there are low levels of light pollution in the area, the park is one of Quebec's most beloved stargazing destinations. In fact, you can even see the Milky Way. Head to the Places des étoiles, get comfortable in a reclining chair, and enjoy one of nature's most beautiful scenes. See pages 4 and 5 for more information.

Discover nature's secrets with a naturalist park warden

Wild about nature? The naturalist park wardens will definitely blow you away with the range of available activities! Games, talks and guided activities will make you appreciate the park in a whole new way. For a memorable stay, don't miss the animated discovery activities. Guaranteed fun! *The schedule of activities will be displayed at the Discovery Center and at the registration centres in every sector. Use the QR code on page 7.*


Trail name and description		Length & duration*		Diff	Elevation	Departure point
1	  La Chute-du-Diable – An unforgettable sight of Rivière du Diable's: a 15-metre waterfall.	1.6 km round trip	30 min	E	15 m	Chute du Diable parking lot, 7 km north of the Discovery Centre
2	  Les Chutes-Croches – With its cascades and whirlpool, this is just one of Rivière du Diable's many moods.	720 m round trip	20 min	E	25 m	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 round trip	2 hrs	I	250 m	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	8,2 km loop	2 h 45	I	255 m	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 round trip	1 h 30	I	150 m	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.	7.4 km round trip	2 h 30	I	180 m	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.	12.2 km loop	4 hrs	I	90 m	500 m south of the Lac Monroe Services Centre, take the Le Boulé trail.
8	 Le Malard – After a sustained effort uphill, have a snack at the La Ouache shelter. On your way back, enjoy a view of Lac Malard	17.6 km loop	4 h 30	D	280 m	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.	17.1 km loop	4 h 30	D	220 m	Discovery Centre; via Boucle-des-Chutes-Croches trail
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	14.6 km round trip	6 to 7 hrs	D	595 m	La Sablonnière parking lot, 7 km south of the Discovery Centre
11	 La boucle du Centenaire – A jewel of the park created to celebrate its 100 th anniversary. This trail offers myriad panoramic views on Méandres la Diable and Boulé forest.	9.6 km loop	3 to 4 hrs	D	430 m	La Sablonnière parking lot, 7 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.	3.1 km loop	1 h	E	50 m	Near the Lac-Monroe Visitors Centre, toward the totems of Place du Centenaire
13	   Le Lac-aux-Atocas – The park is brimming over with fresh water: hundreds of lakes as well as rivers, streams and bogs. The path and the brochure will tell you the history of some of these waterways	1.5 km loop	duration depends on stops	E	10 m	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 loop	H - 4 hrs B - 1 h 30	E	25 m	Discovery Centre or Lac Monroe Visitors Centre
20	 La Renardière – A short bike ride lets you access the La Renardière hut.	6.2 km loop	45 min	E	20 m	Discovery Centre
21	 Le Lac-Brochet – Path leading to the La Cache shelter and Petit-Lac-Caché, by way of Lac Brochet.	33.2 km round trip	2 h 45	I	165 m	La Ouache parking lot, 5 km south of the Discovery Centre
22	 Le Boulé – Discover the beauty of the Rivière Boulé valley and the hidden face of Mont de la Vache Noire.	26.8 km round trip	2 h 30	I	65 m	Lac-Monroe Visitors Centre, south from Route 1 via the Du Boulé trail (Route 15)
27	    La piste du Loup – This new 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 resplendent view of a mature maple stand as well as to the small cascades of the Rivière du Diable	6.8 km round trip	H - 1 h B - 30 min	E	25 m	Lac-Monroe Service Centre or the Lac-Chat parking lot
23	  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 also possible.	12.6 km round trip	1 h 30	I	55 m	La Cachée Registration Centre
28	  Le Cerf – Overlooking Lac Caché, this path crosses a mountain of maple stands with threatened hemlocks. A huge stone left by the passing of the glaciers is a nice stop during a climb.	1 km round trip	15 min	E	15 m	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 round trip	H - 3 h B - 1 h 15	E	25 m	Pimbina-Saint-Donat Registration Centre
15	 Le Carcan – This trail leads to one of the highest peaks in the park (883 m), on a route that passes several waterfalls.	14 km round trip	5 to 6 hrs	D	435 m	Carcan parking lot, 13 km from the Pimbina-Saint-Donat Registration Centre (Route 3 toward Lac des Cyprès)
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. A walk, a climb and a flight of fancy!	4 km round trip	1 h 45	I	200 m	L'Envol parking lot, 400 m north of the Pimbina-Saint-Donat Registration Centre
24	 Le Lac-Cassagne – A beautiful bike ride that leads to Lac Cassagne and to the Geai-Bleu and Lariou shelters.	16 km loop	1 h 45 to 2 hrs	I	195 m	Pimbina-Saint-Donat Registration Centre
25	 La Descente – Stop off at the Geai-Bleu shelter to test your brakes before you begin your descent.	8.5 km loop	45 min	I	135 m	Pimbina-Saint-Donat Registration Centre
29	  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.	1.3 km round trip	15 min	E	25 m	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 round trip	2 hrs	I	215 m	Grandes-Vallées parking lot, located 9.4 km north of the L'Assomption Information Kiosk
18	   Le Lac-de-L'Assomption – A delta teeming 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 loop	2 hrs	E	10 m	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre
26	   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 loop	H - 2 hrs B - 45 min	I	10 m	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre

La Diable sector

Pimbina-Saint-Donat sector

L'Assomption sector


 H - Hiking


 B - Biking

E: easy **I**: Intermediate **D**: difficult

 MB - Mountain biking

 Brochure (Not available for the 2021 season)

 Family experience

 Dogs allowed

*Durations and difficulty levels are provided as a guideline only and refer to summer use. The trails that allow dogs may differ in winter.

L'Ascension

In case of emergency

Telephones are available in the 24-hour sections of the La Diable Registration Centre, the Lac-Monroe Visitors Centre, the Discovery Centre, as well as at the Pimbina-Saint-Donat and L'Assomption Registration Centres.

Defibrillator available at the Discovery Centre and at the Pimbina-Saint-Donat Registration Centre.

Réserve faunique Rouge-Matawin

Réserve faunique Rouge-Matawin

Accueil La Macaza



To La Macaza

Chemin du Lac-Macaza

To Labelle and La Macaza

Chemin du Lac-Caché

Cachée Registration centre

Diable Sector

Camping du Lac-Escalier

Camping du Lac-des-Sables

Discovery Centre

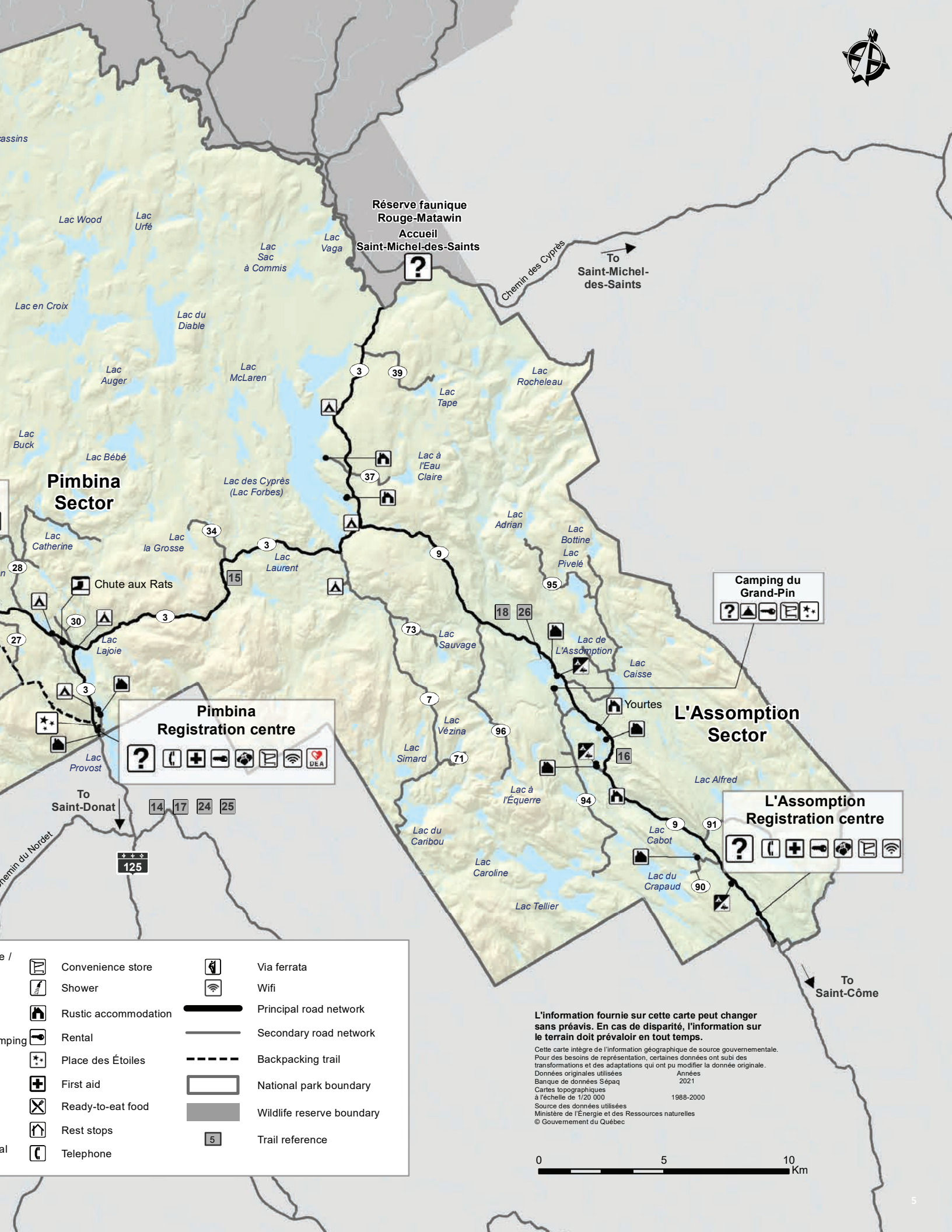
Lac-Monroe Visitors Centre

Diable Registration centre

	Registration centre Information
	Shop
	Laundromat
	Semi-serviced car
	Rustic camping
	Canoe-camping
	Cabin
	Waterfall
	Automated external defibrillator



Download via Avenza Maps



Réserve faunique
Rouge-Matawin
Accueil
Saint-Michel-des-Saints



To
Saint-Michel-
des-Saints

Pimina
Sector

L'Assomption
Sector

**Pimina
Registration centre**

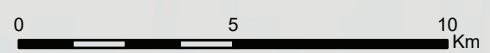
**Camping du
Grand-Pin**

**L'Assomption
Registration centre**

	Convenience store		Via ferrata
	Shower		Wifi
	Rustic accommodation		Principal road network
	Rental		Secondary road network
	Place des Étoiles		Backpacking trail
	First aid		National park boundary
	Ready-to-eat food		Wildlife reserve boundary
	Rest stops		Trail reference
	Telephone		

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 2021 Banque de données Sépaq Cartes topographiques à l'échelle de 1/20 000 1988-2000 Source des données utilisées : Ministère de l'Énergie et des Ressources naturelles © Gouvernement du Québec



DISCOVERY TIME



Via ferrata, La Diable sector

Via Ferrata

This excursion along the rock face of Vache Noire Mountain includes climbing and walking along beams, footbridges and a suspension bridge, with views of the park from on high. You'll be accompanied by a professional guide on this 200-metre ascent. Enjoy breathtaking views of the mountains and the meandered Diable River.

Circuits and rates

Excursion : 3.5 hrs

Intermédiaire : 5 hrs

Grande Virée : 5.5 hrs

Meet up: Head to the La Diable registration centre (La Diable sector). Reservation required

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. 6 people per departure



Chute-aux-Rats trail, Pimbina-Saint-Donat sector

Two-wheeling

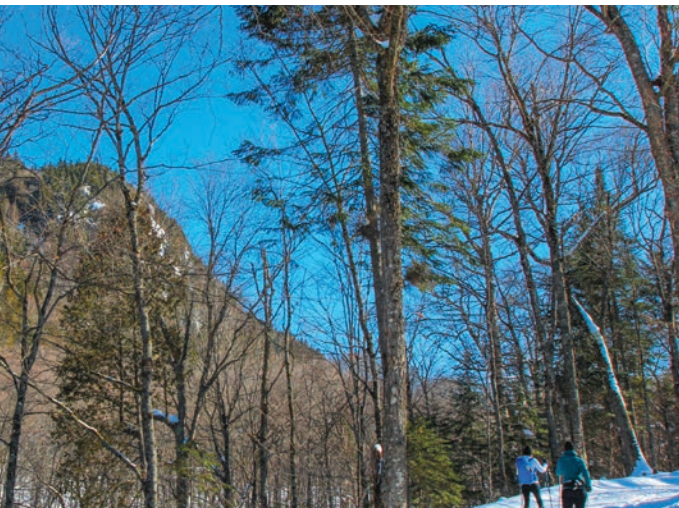
Go on a biking adventure on our four multipurpose trails that are appropriate for the whole family. Stay busy this summer or fall and go car-free during your stay thanks to the Boucle-des-Chutes-Croches loop trail and the Loup trail in the La Diable sector; the Chute-aux-Rats trail in the Pimbina-Saint-Donat sector; and the Boucle-du-Lac-de-L'Assomption loop trail in the L'Assomption sector.

Family Experience

Free!
Access and equipment loans for youngsters 17 and under



Bicycles are available for rent at one of our rental centres. Quantities are limited.



6 De la Poète trail, La Diable sector

The snowball effect

With nearly 50 km of cross-country skiing and snowshoeing trails and more than 100 km dedicated to Nordic skiing, this immense territory is heaven on earth for those who love the winter months. Take part in your favourite outdoor activity amid the beautiful snowy mountains, icy cliffs, and bare trees that make Quebec's winters so enchanting!

Family Experience

Free!
Access and equipment loans for youngsters 17 and under



Cross-country skis and snowshoes are available for rent at the Discovery Center and the Pimbina-Saint-Donat sector registration centre. Quantities are limited. Cross-country ski ticket not included.



La Diable river meanders: unguided!

Take a canoe, kayak or SUP, on one of park's largest river. You'll be enchanted by the scenery on this half-day excursion. And you can take a break along the way on one of the magnificent sandy shores.

Meet-up: Lac-Monroe Visitors Centre
Reservation required.

La vie la nuit

Is light pollution as bad for wildlife as it is for astronomy? Take part in this family-friendly game on the park's nocturnal animals to find out! Activity available in every sector.

Go with the flow

Rent a kayak, canoe, SUP or pedal boat to explore one of our 400 lakes and 6 rivers. Our rental centres, located across the park, will have the perfect craft for you to wander or relax in.

Equipment rentals: Canoe | Single kayak | Double kayak | Stand-up paddleboard | Pedal boat 2 and 4 places | Rowboat

Visit sepaq.com for rates.

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!

[Click here](#)



Lac de L'Assomption, L'Assomption sector

Discover Lac de L'Assomption


There's so much to discover during this guided canoe excursion on one of the park's most beautiful lakes. Activity available in the L'Assomption sector with a naturalist park warden.

Sea kayaking with the loons

Enjoy a unique sea kayak experience on Lac Monroe and listen to the mesmerizing call of the common loon. Activity available in the La Diable sector with a naturalist park warden.

Marais Safari

Explore one of the park's most diverse habitats during a guided canoe excursion at dawn. You'll see plenty of wildlife! Activity available in the La Diable sector.

 **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



CONSERVATION FOR TOMORROW



DANS NOTRE NATURE

Parcs nationaux du Québec
Édition 2021



Browse the Dans notre nature newsletter

For captivating articles highlighting the mission of our national parks (in French only).

[Click here](#)



Photos: Mathieu Dupuis, Michaël Rondeau, Steeve Deschênes, Stéphane Audet and François Couillard



Parc national
du Mont-Tremblant

sepaq.com/mont-tremblant

Preserving our starry sky

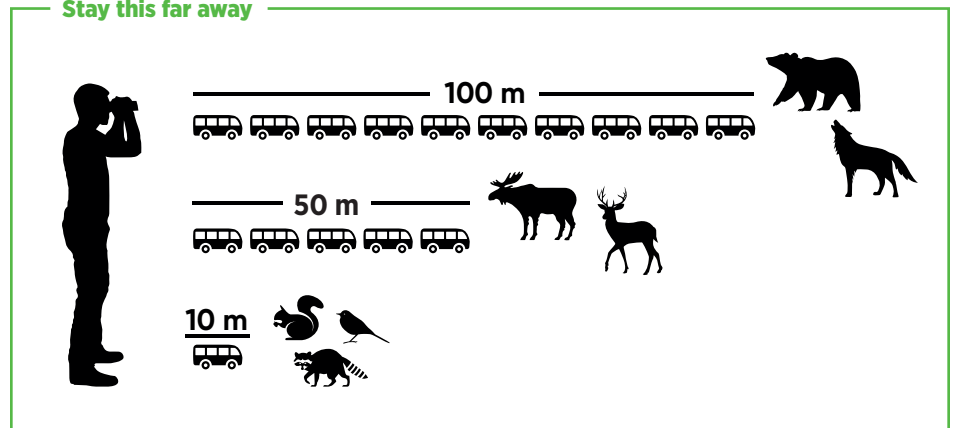
The Milky Way can be seen from several vantage points in the park, but how can we make sure it remains visible for future generations?

Conservation efforts also mean keeping light pollution at bay. For the past two years, parc national du Mont-Tremblant has been implementing ways to preserve the integrity of the nocturnal environment in order to guarantee visitors can continue stargazing. In fact, this year we're inaugurating observation sites called La Place des étoiles which will be available in every sector. Our ultimate goal is to become Quebec's first International Dark Sky Park. Observation sites are listed on pages 4 and 5.

Living with wild animals: give them space

In parks dedicated to conservation and accessibility, people share living space with wildlife. Thousands of visitors try to get a better look at animals by approaching them as if they were pets or by using food. But did you know that human actions cause a big change in how wild animals behave? They become less shy and they become more dependant and vulnerable. And they are involved in road accidents far too often. A wild animal must remain wild in order to be healthy. Please help them survive by respecting the recommended distances for observing wild animals, by not offering them food and by not acting friendly with them.

Stay this far away



Be part of the solution

Our national parks are places of inestimable richness. How fortunate we are to be able to explore them, stay in them, and enjoy the benefits of nature! **But did you know that their mission is also to protect these magnificent territories and the flora and fauna found therein?**

This heritage belongs to each and every one of us and to future generations too. With several million visits every year, each harmful practice can result in permanent damage to the **environment, in addition to affecting the quality of the experience** of other visitors. We must remain custodians of this exceptional world of nature so it can be enjoyed for a long time to come.

5 good practices to adopt

Refrain from feeding the animals

Keep your distance when animal watching

Stay on the trails

Don't collect natural elements (plants, dead wood...)

Keep your right of access on hand at all times