

PARC NATIONAL D'OKA

DISCOVERY GUIDE

2019

WELCOME TO THE PARK



At the foot of ancestral hills, you'll find eleven kilometres of shoreline and seven kilometres of fine sand right near the big city.

Parc national d'Oka offers a wide range of colourful activities for every season. A beach as far as the eye can see, hiking trails where you'll discover secrets of colonial history or a waterside walk, a campsite that offers all the services needed to please any holidaymaker, and much more besides.

Whether you're skiing, cycling, walking, or boating, the rich flora of Parc national d'Oka and its history are sure to charm you.

It's yours to discover!

Find out more at sepaq.com/oka/



Huppi

THE MALE WOOD DUCK THE ANIMAL EMBLEM

Adorned with dazzling multicolored plumage, the male wood duck is certainly one of the most beautiful duck species in Québec. This bird searches wetlands and flooded forests for nesting places and tracks down food-rich, plant-covered marshes to raise its offspring. In the park, the wood duck is found mainly in the silver maple grove bordering the Grande Baie wetlands and along the Rivière aux Serpents, where it nests in the cavities of trees.

ANNUAL QUÉBEC NATIONAL PARKS CARD

Québec's national parks offer a one-of-a-kind experience. Explore this exceptional world of nature with the Annual Québec National Parks Card, featuring:

- Unlimited access to ALL national parks for 12 full months
- Many exclusive benefits, including a free night of camping

Details at sepaq.com/parkscard

THE ESSENTIALS



DISCOVERING WINTER

The park will make you fall in love with winter. On the agenda, fatbiking, cross-country skiing, hiking, snowshoeing, and a special activity every weekend. There'll be a team on hand to answer all your questions and to share their passion for winter.



A NIGHT UNDER THE STARS!

Our Étoile ready-to-camps will guarantee you an amazing glamping experience. A brand-new concept, accommodating up to six people, where you'll find all the amenities needed for a most pleasant stay. Treat yourself to luxury accommodation at the heart of nature.



THE ULTIMATE AQUATIC PLAYGROUND

Be ready to make a splash in a water course where agility and speed are the order of the day. A family activity that will guarantee plenty of stories to share around the campfire!



ON WHEELS IN EVERY SEASON

At Parc national d'Oka, you can cycle all year long, even during the chilly season, by renting a fatbike. During summer, you'll pedal along 11 km of sandy shores, and in winter, you'll discover the beauty of our snowy territory, featuring more than 56 km of trails.



A FAMILY STROLL

Calvaire historical trail is accessible all year long, but features its most glorious finery during fall, offering an incredibly colourful view! When the weather's good, you can even see the Adirondack Mountains in the distance.

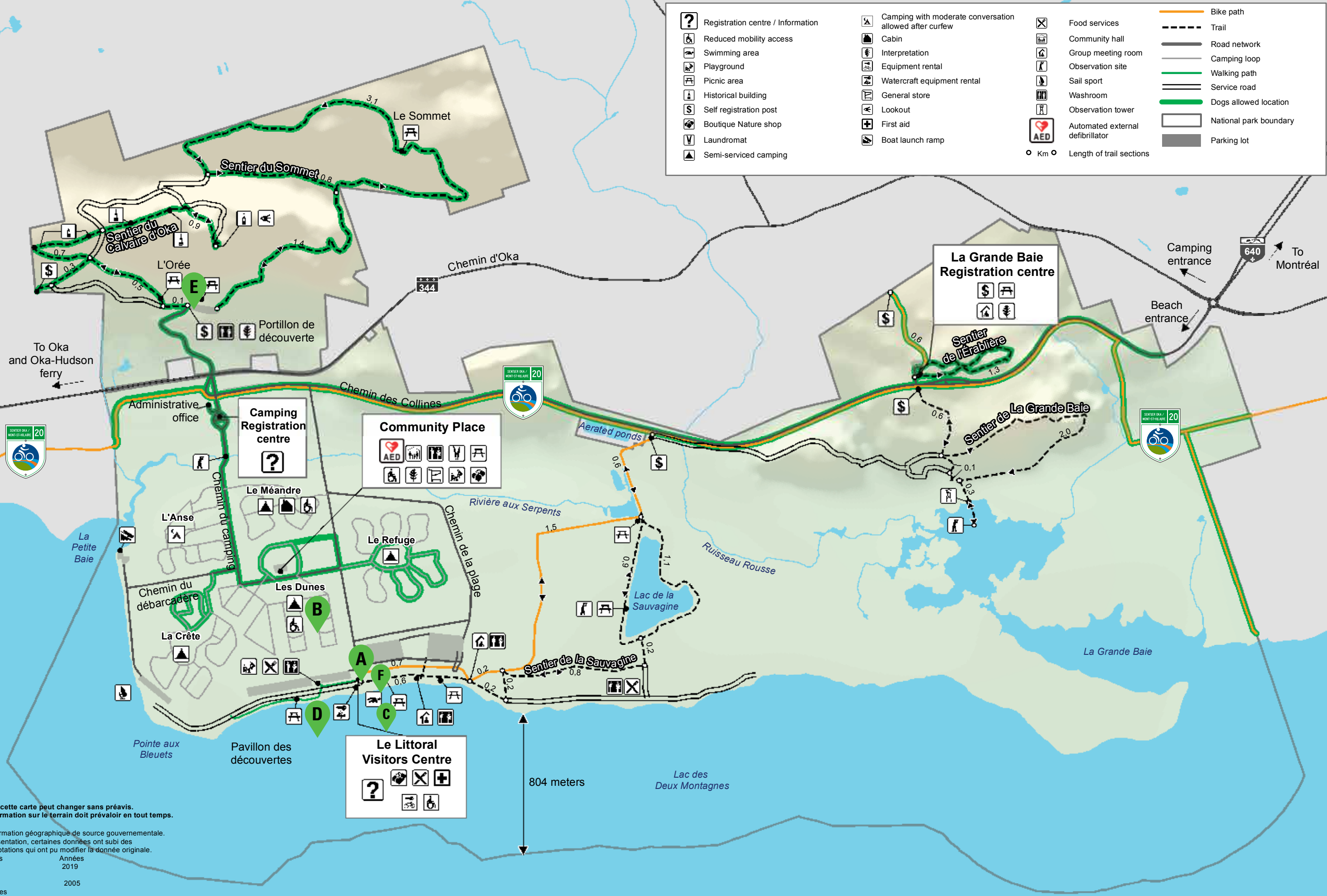


SUMMER AT ITS BEST

On hot summer days, nothing is more pleasant than a day at the beach. And 7 km of sandy shores await you at Parc national D'Oka, one of the largest natural beaches in Québec. Everything is in place to make your day unforgettable: dairy bar, playground, bistro, nautical equipment rental, and much more.



Registration centre / Information	Camping with moderate conversation allowed after curfew	Food services	Bike path
Reduced mobility access	Cabin	Community hall	Trail
Swimming area	Interpretation	Group meeting room	Road network
Playground	Equipment rental	Observation site	Camping loop
Picnic area	Watercraft equipment rental	Sail sport	Walking path
Historical building	General store	Washroom	Service road
Self registration post	Lookout	Observation tower	Dogs allowed location
Boutique Nature shop	First aid	Automated external defibrillator	National park boundary
Laundromat	Boat launch ramp	AED	Parking lot
Semi-serviced camping		Km	Length of trail sections














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 2019
Banque de données Sépaq
Cartes topographiques à l'échelle de 1/20 000 : 2005
Source des données utilisées : Ministère de l'Énergie et des Ressources naturelles
© Gouvernement du Québec



DISCOVER OUR TRAILS

	TRAILS	DISTANCE ROUND TRIP	DIFFICULTY	DEAPRTURE 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

 Hiking
  Mountain bike
  Bicycle
  Dogs allowed when on a leash
E : easy **I** : intermediate **H** : hard

SUPERVISED ACCESS FOR DOGS



Dogs are allowed at Parc national d'Oka, in certain designated areas.

All details at sepaq.com/animals

MAIN RULES*

- Dogs must remain in the places where they are authorized at all times.
- Dogs must be kept on a leash no more than three (3) metres in length and under surveillance at all times.
- The person in charge of the dog must pick up the animal's excrement without delay.
- Barking or howling dogs as well as dogs affecting the tranquility and safety of other visitors are not allowed.

*Individuals who fail to comply with any of the rules stated above may be required to leave the area and/or issued a statement of offence, where appropriate.

Compliance with the regulations is essential, and the offer could be reviewed if non-compliance is noted.

AUTHORIZED PLACES

Dogs are allowed mainly north of Route des Collines and on the camping loops on the south side.

Summer trail

L'Érablière, Le Calvaire d'Oka, Le Sommet, La Vagabonde (Route verte)

Camping

Le Refuge campsites: 51 to 99 (loop 2) and 100 to 156 (loop 3), La Crête campsites: 1 to 41 (loop 1)

Picnic area

Calvaire d'Oka picnic area, Grande-Baie registration centre picnic area

Nautical access point **No authorized access**

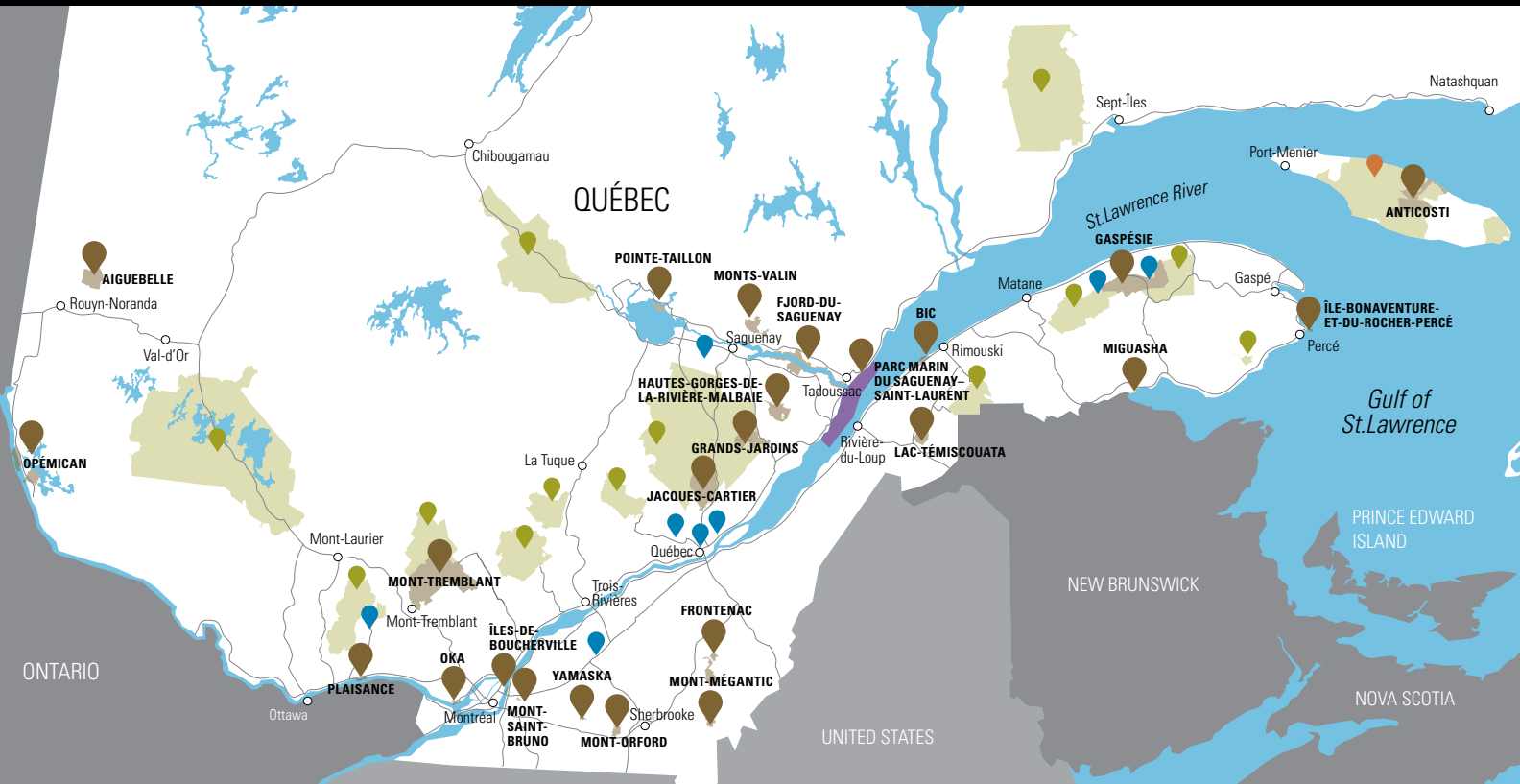
Winter trail

Le Calvaire d'Oka, Le Sommet, Le Marais (north section)

THE LARGEST NATURE AND OUTDOOR NETWORK IN QUÉBEC

Sépaq has the privilege of developing territories of incredible richness. Among them, 24 national parks stand out as unique. These are protected areas that belong to all Quebecers and that provide lasting memories for visitors who proudly make such exceptional destinations their own.

Discover all our destinations at sepaq.com



NATIONAL PARKS |
 WILDLIFE RESERVES |
 TOURIST ESTABLISHMENTS |
 SÉPAQ ANTICOSTI

QUÉBEC NATIONAL PARKS DAY September 7, 2019

FREE ADMISSION

SÉPAQ WINTER DAY JANUARY 25, 2020

FREE ADMISSION



Come and see us at our shop

A number of exclusive products to discover!

Take a little bit of nature home with you when you visit our gift shop. **All profits from the sale of our products are reinvested in Québec's national parks.** A great way to contribute to the protection of our natural heritage!

YOUR DATE WITH DISCOVERY



BATS

They've long captivated our imagination and mistakenly triggered our fears. Unfortunately, they're now under great threat; once abundant, many species are now rather rare. Come and unlock some of the mysteries of Chiroptera in the company of a park warden and naturalist.

MUSHROOMS... A WORLD TO BE DISCOVERED

Introducing the realm of mushrooms! You'll find these fungi everywhere in Parc national d'Oka. Mushrooms are valuable partners of trees and forests, which would be significantly less luxuriant without them. They often go unnoticed, and yet their offshoots are constantly under our feet!

**Bicycle rentals
available at
Le Littoral
Visitors Centre**

THE APPLE AND CHEESE FESTIVAL

Now a Thanksgiving tradition at Parc national d'Oka, the Apple and Cheese Festival is sure to tantalize all your senses with the flamboyant colours of the foliage of our trees, the last sounds of nature before the cold season, the typical smell of our woods during fall, and the chance to sample cheeses and apples from the region.



AN OUTDOOR WORLD THAT'S ACCESSIBLE TO ALL

Making the outdoors fully accessible is very important to the Parc national d'Oka team. We therefore make sure to be innovative in this respect and to offer an array of possibilities to our reduced mobility clientele. Adapted and at your disposal, you'll find two hippocampe wheelchairs, a ski-vel, Compact cabins, and traditional ready-to-camps. Not to mention a magnificent one-km footbridge running along Lac des Deux-Montagnes, offering a breathtaking view of this scenic destination.





NIGHT KAYAKING

Paddle on the calm waters of Lac des Deux-Montagnes undisturbed at night and, suddenly, you'll have a new perspective on what's around you. A park warden and naturalist will be happy to help you discover this enchanting environment.



PEDALING TO THE PEAK

You're seeking thrills, breathtaking scenery, and nature at its purest?

Sommet trail is the perfect place to expend your energy on your mountain bike.

Take advantage of this 6.7 km trail which will lead you out of your comfort zone!



SEEING THE PARK IN A WHOLE NEW LIGHT

During the dog days of summer, don't hesitate to discover the park from a whole new perspective. The view is magnificent on the calm waters of Lac des Deux-Montagnes, whether from a canoe, a stand-up paddleboard, a pedal boat, or a kayak. There's something for everyone here! See you on the main beach where you'll make all sorts of discoveries while cooling off.

DISCOVERING WINTER

No more need to be afraid of getting cold. The variety of activities at the park is so great that you're sure to find a sport to make you love winter. There are more than 50 km of cross-country ski, snowshoe, and hiking trails, around 60 km of fatbike-accessible trails, and special programming every weekend.

BECOMING ONE WITH NATURE

Come and discover our flora and fauna by exploring our nine-station circuit that will give your brain a workout... and sometimes even your heart too! An ideal family activity for everyone to laugh and learn. Don't forget your camera. You'll want to make this moment last!



Complete programming available at all visitors centres.

A park warden and naturalist will also answer all your questions on Fridays and Saturdays from 4:30 p.m. to 6:30 p.m. at the general store

Come and meet this friendly guide!

SLEEPING UNDER THE STARS



Come and stay the night at Parc national d'Oka. What a great way to enjoy all our activities to the fullest! The wide range of accommodation enables everyone to extend the pleasure of being in nature and to have front-row seats from which to observe the fauna and flora in peace.

- Single-service, two-service, three-service, or semi-serviced camping
- Étoile ready-to-camp (6 pers.)
- Traditional ready-to-camp (4 pers.)
- Compact cabin (4 pers.)

START OF BOOKINGS 2020 SEASON

Cabin, rustic shelter, and yurt
April 27, 2019 for the summer
and September 17, 2019 for
fall/winter

Camping and ready-to-camp
May 11, 2019

1 800 665-6527 | sepaq.com

FAMILY FUN IS HERE!



Free! For your children 17 years of age and under

In all seasons, your children can come with you absolutely without charge.

ACCESS TO NATIONAL PARKS

OUTDOOR EQUIPMENT LOAN*

A VAST ARRAY OF ADAPTED ACTIVITIES for the whole family

ACCESSORIES* ON LOAN for young children

*Certain conditions apply.

OUR TOP PICKS

AT PARC NATIONAL D'OKA

Take a look at our not-to-be-missed offers: popular activities, trails to discover with your family, and cosy spots for a stay.

- 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!
- An indoor climbing wall, foosball soccer tables, ping-pong, lots of board games and much more are available at the community hall.
- Outdoor movies at the community hall.

CONSERVE FOR TOMORROW



Did you know?

The Great Lakes/St. Lawrence River waterway is the largest freshwater system on the surface of the Earth.

Nearly 80% of the St. Lawrence wetlands that existed at the beginning of colonization have now disappeared.

The Ottawa River watershed is the largest in Québec.

Marsh-bird populations are declining throughout their natural habitat, i.e. in the area where such species may be found.



Nearly one-third of Canada's species at risk live in or near wetlands, and about half of the bird species at risk rely on wetlands for breeding.



At the Grande Baie wetlands, you can still see the typical native vegetation of a marsh dominated by cattails, cephalanthi, common water nymphs, and water lilies. In 2010, no fewer than 148 plant species were inventoried in the flooded areas of Grande-Baie.

During the May 2017 floods, the wetlands of Parc national d'Oka retained over 10 million more litres of water than in normal times.

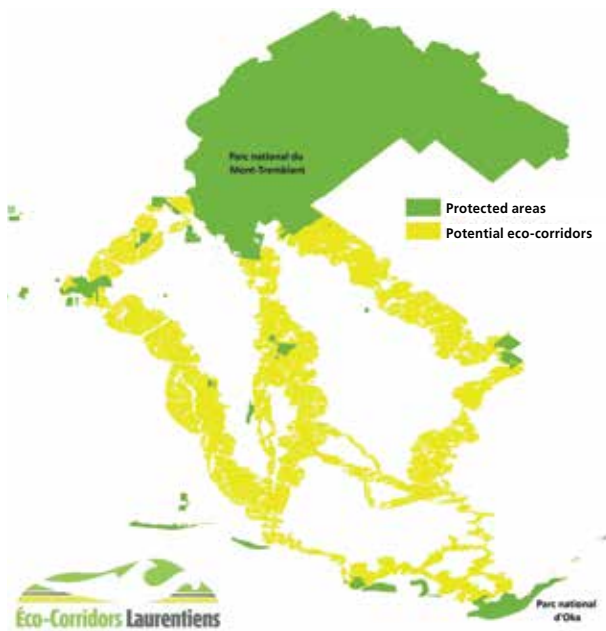
The beach is the second largest habitat in terms of numbers of plant species in Parc national d'Oka.

HABITAT CONNECTIVITY

The entire flora and fauna of Parc national d'Oka is constantly seeking to conquer new habitats on the periphery of the park; thus, the biological wealth of the park radiates throughout the Oka region.

The adjacent territory is, however, otherwise occupied and sometimes prevents this flora and fauna from finding new spaces to put down roots. The role of ecological corridors in the movement of species, mainly in the context of global warming, is well known.

That's why an initiative to connect with the other two national parks in our region, Parc national du Mont-Tremblant and Parc national de Plaisance, is being implemented.



Despite its desert appearance, the beach is the second largest habitat in terms of numbers of plant species in Parc national d'Oka.



LA GRANDE BAIE

Protected by Parc national d'Oka, the Grande-Baie wetlands significantly contribute to regional biodiversity by providing a 1.5 km² habitat for the needs of regional species frequenting wetlands at some stage of their life.

In addition to rendering many ecological services, such as absorbing spontaneous floods and improving water quality, this is the favourite place of the wood duck, the animal emblem of Parc national d'Oka.



If you want to learn more about the initiatives undertaken and conservation issues in Québec's national parks, please visit parcsquebec.com/blogue

(in French only).

PLAY ^{IT} SAFE



Photo: Steve Deschênes, Parc national des Grands-Jardins

IN THE WILD, YOUR SAFETY IS YOUR RESPONSABILITY

Sépaq's mission is to ensure the widest possible access to Québec's most beautiful natural treasures. Sépaq is committed to the safety of its visitors and urges you to play it safe!

Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities. **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY** and risk management is an integral part of your experience.

Before leaving for an excursion, **MAKE SURE YOU HAVE THE SKILLS AND ABILITIES REQUIRED** to practice your chosen activity **AND RESPECT YOUR PHYSICAL LIMITS**. Your outing should leave you with nothing but pleasant memories. We invite you to consult our safety guides for Sépaq activities, available at sepaq.com/security. You will also find a list of organizations that can help you plan your activities safely.

sepaq.com/security

CHECKLIST

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 clothing and footwear for anticipated weather conditions.
- Let somebody know the exact location of your destination and the time you plan to return home.


ONCE YOU ARE ON SITE


- Do not rely on your cellphone.
- Check how much time it will take to complete your activity.
- Obey signs and notices, including bans on open fires.


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.

REMINDERS

 During your visit to a national park, you must always carry your entry fee receipt or your annual entry card.

 Remember that animals are in their natural habitat and that you are a visitor. To ensure both your safety and theirs, feeding them is prohibited; otherwise they may lose their natural fear of human beings and become aggressive.

 To preserve our natural riches, you are not allowed to remove any natural elements (animals, plants, dead wood, rocks, etc.). Please also keep to established hiking trails to avoid trampling flora.

IN CASE OF EMERGENCY: 911

SÛRETÉ DU QUÉBEC: 310-4141 (general number) / *4141 (for cellphones)

*Where cellphone networks are available. 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.

Parc national d'Oka

2020, chemin d'Oka
Oka (Québec) J0N 1E0
Information: 450 479-8365
Reservations: 1 800 665-6527
parc.oka@sepaq.com
sepaq.com/oka

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WINTER ACTIVITIES



CROSS-COUNTRY SKIING SCHOOL

A cross-country skiing school for children 4 to 13 where they can discover the different techniques of this sport, supervised by a motivated and dynamic team.

- Register at ecoledeski.oka@sepaq.com

LEARN TO ENJOY THE PLEASURE OF WINTER

No matter the season, the park is accessible and offers a vast array of activities for discovering an exceptional territory. Whether you're gazing from Calvaire lookout, cycling on snowy shores, winter hiking, or exploring vast stretches of cross-country ski trails in a natural paradise, you'll succumb to the charms of winter at Oka.

EXTEND YOUR STAY!

10 Compact Cabins

Rustic Camping





**NATURE IS CALLING.
PUT DOWN YOUR
PHONE TO ANSWER.**

