

SÉPAQ

# PARC NATIONAL D'OKA

Protected territory. The grandeur of Mother Nature.

A territory that stands out for its rich historical and natural heritage, just a stone's throw from the metropolitan Montréal region.

 **Sépaq**  
human nature

# THE MUST-SEES



A

## The Grande-Baie footbridge

Experience the perfect nature immersion while walking along the brand new Grande-Baie footbridge. Located in a marsh where exceptional wildlife tends to hide out, the footbridge will allow you to walk on the water while cohabiting with our amazing world of nature.



B

## La pointe aux bleuets (Blueberry point)

A discreet and magical beach sector. On windy days, you can admire the acrobatics of sailing enthusiasts. It's also the perfect place for quiet sunbathing.



C

## Awakening on the lake

Experience the awakening of nature on a paddleboard while being immersed in the beauty of Lac des Deux-Montagnes.



D

## Lac de la Sauvagine

A little hidden treasure, Lac de la Sauvagine is accessible by foot or by bicycle. This is the perfect place for a family snack while checking out a beaver lodge or the longnose gar, a fish that lived during the dinosaur era.



E

## Winter pleasures

Did you know? Parc national d'Okla is open year-round! From classic activities to playful ones, the team calls on a wealth of imagination to make you love the chilly days of winter.



















F

## Spell

Let us cast a spell that will get you hooked on winter evenings. During a guided hike in an enchanting setting, winter magic will work its wonders and charm young and old alike.

# DISCOVER OUR TRAILS

	TRAILS		DISTANCE ROUND TRIP	DIFFICULTY	DEPARTURE POINT
	<b>L'Érablière trail</b>		1.3 km	E	La Grande Baie Registration Centre
	<b>La Grande Baie trail</b>		4 km	E	La Grande Baie Registration Centre
	<b>Calvaire d'Oka trail</b>		4.4 km	E	Calvaire d'Oka Parking
	<b>Sauvagine trail</b>		6 km	E	Le Littoral Visitors Centre
	<b>Sommet trail</b>		6.7 km	H	Calvaire d'Oka Parking Shared trail (mountain bike)
	<b>Park bicycle path</b>		3 km	E	Le Littoral Visitors Centre
	<b>La Route verte</b>		7.8 km	I	La Grande Baie Registration Centre

 Hiking  
  Mountain bike  
  Family experience  
  Dogs allowed when on a leash  
[sepaq.com/animals](http://sepaq.com/animals)

E: easy   I: intermediate   H: hard

\*The times and degrees of difficulty mentioned are approximate and refer to the summer season only.



**\$15\***  
CAMPING DISCOUNT

[WWW.AQUAZILLA.COM](http://WWW.AQUAZILLA.COM) | 514-948-6721

PLUS APPLICABLE TAXES. ON PRESENTATION OF A VALID RESERVATION FOR THE CAMPSITE. VALID ONLY BETWEEN 10:00 A.M. AND NOON. ADMISSION FOR 1 HOUR. 6 YEARS OLD AND UP



**Community Place**

- DEA
- Public buildings
- Restrooms
- Accessibility icons (wheelchair, stroller, etc.)
- Other facility icons

**Le Littoral Visitors Centre**

- Accessibility icons (wheelchair, stroller, etc.)
- Other facility icons

Download via Avenza Maps

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 : 2005  
Source des données utilisées : Ministère des Ressources naturelles et des Forêts  
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- Registration centre / Information
- Reduced mobility access
- Swimming area
- Playground
- Picnic area
- Historical building
- Shop
- Laundromat
- Semi-serviced camping

- Camping with moderate conversation allowed after curfew
- Cabin
- Interpretation
- Equipment rental
- Watercraft equipment rental
- General store
- Lookout
- First aid
- Boat launch ramp

- Food services
- Community hall
- Group meeting room
- Observation site
- Sail sport
- Washroom
- Observation tower
- Automated external defibrillator
- Length of trail sections

- Bike path
- Trail
- Road network
- Camping loop
- Walking path
- Service road
- Dogs allowed location
- National park boundary
- Parking lot



1 000 1 500 m

# RENDEZ-VOUS WITH DISCOVERY!



## The treasure of Athanas

Athanas, the first warden of Parc national d'Oka, left his fortune hidden here. Come and discover the clues he left behind. Will you be able to decipher them and find his century-old treasure? Inspired by escape games, stories, and the natural world of the park, this treasure hunt can be pursued at your leisure.

## Awakening on the lake

\*Additional charge

Experience the awakening of nature on a paddleboard and immerse yourself in the water world of Lac des Deux-Montagnes, a source of discovery, of well-being, and of life for a whole aquatic world.



## Light up the butterflies

These insects of various shapes, colours, and sizes are everywhere. Watching them in the company of a park warden and naturalist will allow you to enter a world that's both small and immense. Intimately linked to trees and other plants, they're born in them; feed on them; transform into chrysalises and reproduce in them; pollinate them; and sometimes even devour them almost entirely!



For the entire program of discovery activities, please refer to the Parc national d'Oka web page under the discovery tab. You can also consult the bulletin boards at the general store and at Le Littoral Visitors Centre.

## Ride on fire, ice, and water

\*Additional charge

Today's landscape is the result of unsuspected natural forces. Criss-cross the territory with a park warden to discover how these forces of time immemorial have shaped our environment. This ten-kilometre excursion will take you to the heart of the village of Oka and to Lac des Deux-Montagnes. You'll be able to contemplate Parc national d'Oka from one of the most beautiful observation points of the region

## 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.





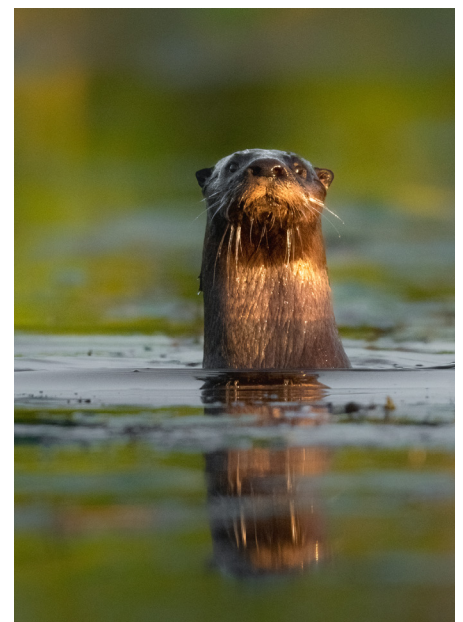
**An exceptional but little known heritage**

Parc national d'Oka is exceptional in so many ways. Whether you're seeking the pine forest, the beach, or a vast range of fauna, flora, or fungi, there's something for everyone. The park is also home to historical heritage elements that are quite remarkable indeed. For example, most of the buildings in the park were built in the 1960s for the Expo 67 World Fair. These structures all have the same signature triangular shape with a wood finish inside and out.

Another set of much older buildings will grab the visitor's attention at Calvaire d'Oka: four oratories and the three chapels erected during the 1740s under the direction of Séminaire Saint-Sulpice in order to offer the very first Way of the Cross in the Americas. This site, classified as a heritage jewel by the Ministère de la Culture, bears witness to its era in terms of architecture, culture, and history. Indeed, the stones constituting the masonry walls and the cedar shingle roof correspond to the construction techniques imported from Europe. The cultural importance occupied by religion and devotion to the Way of the Cross typical of the Christian West in the 18th century is represented by a unique assemblage. The territory

of parc national d'Oka preserves the memory of the presence of the First Nations centuries before it was colonized by the peoples of the old continent.

This unique historical heritage is accessible to all. Thank you for respecting the integrity of the site.



 **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](https://sepaq.com/security)**

**DISCOVERY ACTIVITIES**

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

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



# CONSERVE FOR TOMORROW



## « Did you know »

Located for the most part within the flood plains of Lac des Deux-Montagnes, Parc national d'Oka is rich in wetlands and aquatic environments, making it an important site for amphibians and reptiles. Over the past 15 years, the presence of seven species of anurans, six species of salamanders, five species of snakes, and four species of turtles has been confirmed in the park. Among these, we find the spotted snake, the water snake, the map turtle, and the wood turtle.

In 2022 and 2023, the park's conservation team has been working hard on a turtle population preservation project. Tasks include preventing and documenting turtle collisions with road vehicles, surveying species present at predetermined display sites,

monitoring use of nesting sites, releasing hatchling turtles, and of course, reaching out to visitors!

Efforts that pay off! In 2022, nearly 200 turtle sightings were recorded, including 27 nests. In total, 18 nests were protected and 158 baby turtles were released. A lot of energy has also been put into protecting turtles on the roadside. Road kill remains a major concern. Turtles cross the road slowly to lay their eggs, so let's be vigilant and slow down!

Come and participate in conservation initiatives! In May and June, ride your bike through the park, look for the mobile kiosk labeled Par ici les découvertes to meet the park warden and naturalist in action, and most importantly, keep a car's distance between you and these prehistoric-looking reptiles.

To find out more about Parc national d'Oka, we invite you to visit our website: [www.sepaq.com/pq/oka](http://www.sepaq.com/pq/oka) in the discovery section! Or simply follow us on [www.facebook.com/parcnationaldoka/](https://www.facebook.com/parcnationaldoka/)



## 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*.