

SÉPAQ

PARC NATIONAL D'OKA

Protected territory. The grandeur of Mother Nature.

At the foot of ancestral
hills, 11 km of shores
and 7 km of sand
ending in the vicinity
of the big city.



Sépaq

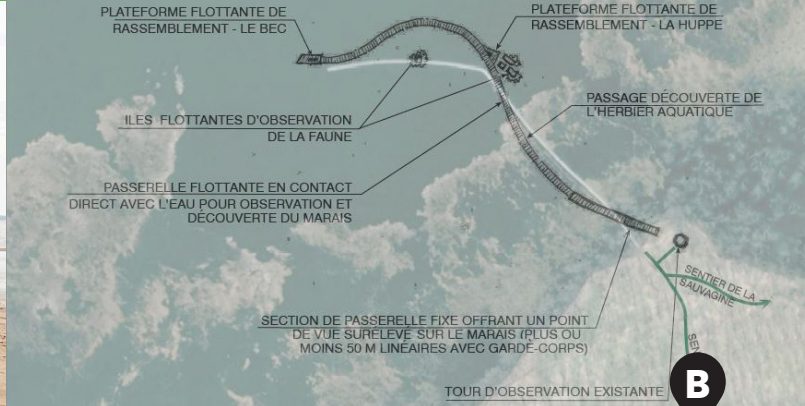
THE MUST-SEES



A

Beauty in all seasons

Whatever the season, the beach with its breathtaking scenery remains a destination of choice. It may be renowned, but hundreds of visitors discover it for the first time every year, and not surprisingly they always want to come back for more!



Grande-Baie footbridge

A new footbridge will soon be up and ready; it will honour the park's emblematic animal, the Wood Duck. The project was designed to showcase the exceptional flora and fauna of the sector. In the event that the walkway cannot be delivered by the summer, it will be unveiled next year.



C

On the move through the ages

In the park, you can walk on rocks that are almost a billion years old, or on Quebec's most recent stony terrain, "only" 130 million years young. The Du Calvaire and Grande-Baie hills offer a golden opportunity to wend your way through exceptional forest ecosystems and millions of years of history!



D

Getting away from it all!

Enjoy the benefits of nature and recharge your batteries at Parc national d'Oka. Accessible all year round, for a stay or for a day, the park is among the most accessible of all Sépaq territories for residents of the greater metropolitan Montreal area.



Nature watching

National parks are a refuge for flora and fauna. Come and admire these rich life forms in their protected habitat. Spend a day in the park and watch wildlife in action. Whether you're discovering thrushes in the morning at the campground; deer on the hillside pathway; or the song of frogs near the lake, you'll be treated to a vast array of Nature's sights and sounds! You only have to open your eyes and ears.



Various pleasures

For a change of scenery, why not come and experience the park in winter? You can explore the different trails ... by ski, on foot, by snowshoe, by bike, or by sled. What will you choose? A pleasure trove for all tastes!



To Oka
and Oka-Hudson
ferry

Community Place

- DEA
- Accessibility icons: wheelchair, stroller, baby carriage, etc.

**Le Littoral
Visitors Centre**

- Accessibility icons: wheelchair, stroller, baby carriage, etc.

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 utilisés Années
Banque de données Sépaq 2021
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



- Registration centre / Information
- Reduced mobility access
- Swimming area
- Playground
- Picnic area
- Historical building
- Self registration post
- 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
- Km
- 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

DISCOVER OUR TRAILS

	TRAILS		DISTANCE ROUND TRIP	DIFFICULTY	DEPARTURE 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
  Family experience
  Dogs allowed when on a leash
sepaq.com/animaux

E : easy **I** : intermediate **H** : hard

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



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\$12*
CAMPER DISCOUNT

A DISCOVERY ENCOUNTER



Kayaking at dusk *Fee-based activity

On board a kayak, set out for a day on the waves of Lac des Deux-Montagnes, to return only at nightfall. Along a 2 km circuit, you'll discover the immensity of Rivière des Outaouais, the importance of the lake's wildlife, and many of the customs and traditions of our predecessors. A memorable and intimate guided excursion in the company of a passionate park warden. Book your outing at 450-479-8365.

A park warden always on duty

Seek out a park warden; they can be found practically anywhere, making new and original discoveries. Whether you're interested in insects, flowers, trees, mushrooms, animals, history, or practically anything else, our passionate park wardens will deliver the goods and help you discover the national park.

A monarch-friendly park!

Stopover sites have been set up along the edge of the of the bike path, near the some of the flowering meadows that are essential for the reproduction of the monarch butterfly. The park team takes great pride in doing its part to conserve this beautiful butterfly in collaboration with the David Suzuki Foundation. Time to hop on your bikes and explore!



Family Experience

Free!

Access and equipment loans for youngsters 17 and under

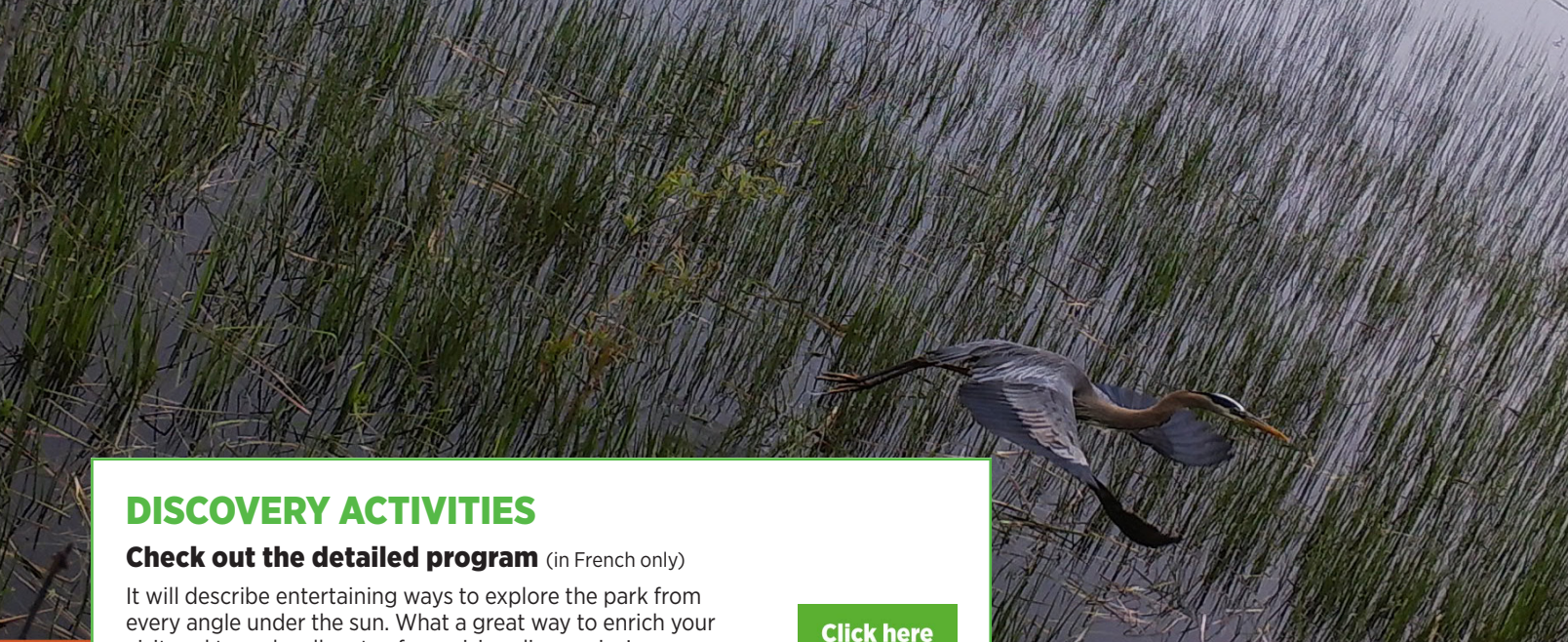


Congregate at the very place where the Calvaire d'Oka pilgrims once docked... You can see the park from the lake.

Oka Saint-Hilaire bike and hiking trail

Recently restored along the section crossing the park from east to west, this trail offers miles of exploration in natural and urban environments, as it connects the three national parks of the Montreal region and much more territory besides.





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](#)

Three sculptures to visit: Brassées d'éclisses (Armfuls of splinters)

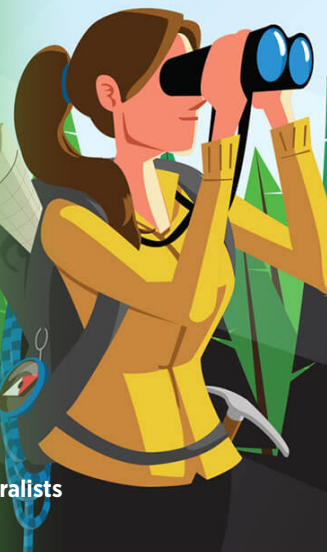
ARTIST MATHIEU PARENT EXHIBITS A TRIPTYCH CREATED WITH THE SPLINTERED FIBRE OF A SHATTERED MAPLE TREE. Located at the beginning of Du Sommet trail, the work is in dialogue with the landscape. It invites us to question the state of the forests of southern Quebec and to reweave their healing, nourishing, and protective web. <https://tisselaforet.art>



Exclusively this summer

Parc Explo

Explore the park, enjoying some of its curiosities, challenges, and amazing discoveries along the way. Parc Explo is a digital app designed especially for young people from 9 to 13 years of age, who'll certainly be able to test the knowledge of their parents! Download the app before your stay and live this experience at your own pace.



Ask the park wardens/naturalists at the community square!

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

CONSERVATION FOR TOMORROW



A citizen science park

National parks are great places for education and for science. Over a long period, nature lovers have been able to explore and extol their respective fields of interest to their heart's content. Take for example M. Vigneault who identified, in the course of many years of research at the park, several hundred species of beetles; Mr. Kersmackers, who had a passion for spiders;

Ms. Bergeron who identified and explored wetlands of interest for dragonflies for her dragonfly atlas; or Mr. Legault, who single-handedly put together a very impressive list of the park's butterflies over the years. These four citizens have shown unflagging interest and have provided an enviable portrait of invertebrates from all the territories covered by our conservation mission. Park management can also benefit from the discoveries of many other observers

via platforms like ebird or inaturalist, for purposes of improving conservation projects and land use planning.

We would like to thank all our collaborators and encourage other enthusiasts to contact us if you wish to submit a project. Who knows where it might lead you!

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](#)

Protection of forest ecosystems and precarious status species... a project for the future!

In 2020, a project for maintaining forest refuges and the quality of the Grande-Baie marsh obtained funding from the Fondation de la faune and Sépaq, making it possible to combat certain invasive alien plant species in order to reduce their progression in certain habitats of the park. With this goal in mind, all trails of the Calvaire d'Oka and Grande-Baie sectors were scoured to identify the presence of invasive species, including the buckthorn and the common reed. Project initiatives have helped detect other species such as garlic mustard and Japanese knotweed that could be controlled everywhere they were spotted. Buckthorn has been removed along more than 4 km of trails and access roads, and reed control in Grande-Baie marsh has been completed



in an area extending over 2,000 square metres. The challenges of invasive alien species propagation are clear for all to see, particularly in our region.

We strongly believe that the strategy of focusing our efforts on controlling new species and on our exceptional habitats occupied by rare species will help us maintain these species and facilitate their displacement in the context of climate change.

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



Photos: Parc national d'Oka, Sépaq; Mathieu Dupuis, Stéphane Audet, Sébastien Larose, Pier-Luc Legault,

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Parc national d'Oka

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