

Traduction - Version originale en français

Parc national du Mont-Tremblant

Protected area. Enriching nature experiences.

Among rolling hills, shimmering lakes and vast forests, Parc national du Mont-Tremblant reveals over 1500 km² of protected land. A true year-round haven, it invites adventure, discovery and contemplation, offering a wide range of activities in the heart of southern Québec's magnificent landscapes.



 **Sépaq**
human nature

Our team's favorites



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

Places des Étoiles

The Place des Étoiles in Mont-Tremblant National Park are specially designed areas for night sky observation, set in some of the park's most scenic locations, including La Crémaillère, Lac-Provost and Lac-des-Sables beaches. They feature two to five large reclining wooden chairs, along with interpretive panels about celestial bodies and the protection of the night sky. Accessible to all, they are open until midnight. Mini Place des Étoiles have also been set up for campers in several campgrounds throughout the park. **Refer to the park map on pages 4 and 5 to find their locations.**

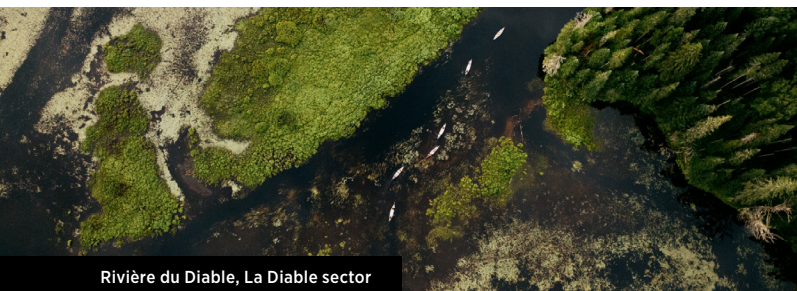


Via ferrata du Diable, La Diable sector

Vertical adventures

Take on the challenge of the Vache Noire mountain, following a route along its rocky cliffs, featuring monkey bridges, suspended walkways, and cascading waterfalls along the way. At over 200 meters of altitude, be amazed by breathtaking panoramic views.

Guided by an experienced professional, embark on an unforgettable adventure where adrenaline and freedom merge with the park's spectacular landscapes. Thrills guaranteed! **Details on page 6.**

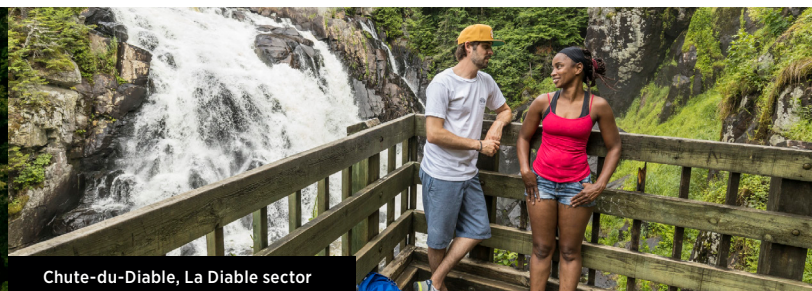


Rivière du Diable, La Diable sector

Les Méandres de la Diable

Let yourself drift along the winding course of the Rivière du Diable on a half-day canoe or kayak excursion. Whether you're solo, with a partner, or with family, this journey offers a privileged view of wildlife in its natural habitat. Take your time and enjoy the stunning sandy riverbanks, vibrant ecosystems teeming with life.

Les Méandres de la Diable are also offered as a guided experience led by a park ranger. Reservations are required. Information is available at the park's Registration Centres, the Lac-Monroe Service Centre or the Discovery Centre. **Details on page 6.**



Chute-du-Diable, La Diable sector

The Magic of waterfalls

Chute-du-Diable and Chutes-Croches (La Diable sector) – accessible via trails leading to scenic lookouts.

Chute-aux-Rats (Pimbina-Saint-Donat sector) – over 17 meters high, featuring a picnic area and rest stop. Please check access conditions at the Registration Centre.

Chute-aux-Mûres (La Cachée sector) – enhanced with a charming wooden footbridge. **Check the trail map on page 3 for more details.**



Sentier du Lac-des-femmes, La Diable sector

Autumn's vibrant colors

The park's vast network of trails offers front-row seats to nature's most stunning display: autumn in full splendor. Four trails lead to breathtaking scenic lookouts: La Roche & La Corniche (La Diable sector), L'Envol (Pimbina-Saint-Donat sector), Les Grandes-Vallées (L'Assomption sector). Other trails lead to day-use shelters, perfect for a break surrounded by nature. **Check the trail map on page 3 for more details.**



Chalets Nature, Pimbina-Saint-Donat sector

Winter, the Great Outdoors

During the colder months, the park transforms into a true winter wonderland. To extend the experience, you can also lengthen your stay and take the time to fully enjoy the season.

Starlit Walk. Experience winter in a new way with a guided hike beneath a starry sky, surrounded by the calm and beauty of the winter landscape. For more information, please inquire at the Discovery Centre or the park's Registration Centres. Cabins: 176536, 296367, 612780

Trails name

Length
& duration

Diff.

Uphill
climb
(m)

Departure point

1		LA CHUTE-DU-DIABLE - An unforgettable sight of Rivière du Diable: A mighty 15 meter waterfall.	1.4 km / 40 min round trip	E	96	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 / 20 min round trip	E	25	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 / 2 h 25 round trip	I	340	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	8.3 km / 3 h 30 loop	I	482	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 / 1 h 30 round trip	I	223	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. To discover!	7.4 km / 3 h 40 round trip	I	392	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.	8.7 km / 3 h 30 loop	I	277	Pointe-aux-Bouleaux parking lot, 2.3 km south of the Discovery Centre
8		LA OUACHE - After a challenging climb, have a snack at La Ouache cabin. A succession of sustained climbs and false flats to La Ouache refuge.	7.1 km / 3 h 15 round trip	I	361	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.	5.9 km / 2 h 40 round trip	I	305	Discovery Centre; via La Renardière Hut
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.	15.6 km / 7 h 35 round trip	D	960	La Sablonnière parking lot, 7 km south of the Discovery Centre
11		LE CENTENAIRE - True gem created for the park's 100th anniversary. This trail offers a string of panoramic views of the meandering Diable River and the Boulé forests. Experienced hikers can extend the hike by completing the obligatory round trip on the Vache Noire trail, from the Centenaire summit.	9.5 km / 3 to 5 h loop 14.5 km / 5 to 8 h round trip	D VD	634 1151	La Sablonnière parking lot, 7.5 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. A walk in a magnificent forest where the presence of beavers are clearly felt.	2.8 km duration depends on stops loop	E	120	Near the Lac-Monroe Visitors Centre, toward the totems of Place du Centenaire
13		LE LAC-AUX-ATOCAS - The park is brimming with fresh water: hundreds of lakes as well as rivers, streams and bogs. The path will tell you the history of some of these waterways.	1.5 km duration depends on stops loop	E	42	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 H - 4 h 30 / B - 1 h 30 loop	I	282	Discovery Centre or Lac-Monroe Visitors Centre
23		LA PISTE-DU-LOUP - This 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 magnificent view of a mature maple stand as well as to the small cascades of the Rivière du Diable.	6.9 km H - 2 h 25 / B - 30 min round trip	E	182	Chevreuil campground (Lac-Monroe Visitors Centre parking lot)
20		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 is also possible, less than 600 metres away.	7.2 km H - 2 h 20 / B - 40 min round trip	E	125	La Cachée Registration Centre
24		LE CERF - Overlooking Lac Caché, this path crosses a mountain of maple stands with glorious hemlocks. A huge rock left by the passing of the glaciers is a nice stop during a climb.	2 km / 1 h round trip	E	168	La Cachée Registration Centre
15		LA RIVIÈRE CACHÉE - A stunning hike showcasing the beauty of Rivière Cachée and Petit lac Caché. Take a break at the Cache shelter for a peaceful moment in nature.	4.2 km / 2 h loop	E	182	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 H - 3 h / B - 1 h 15 round trip	I	274	Pimbina-Saint-Donat Registration Centre
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.	4.3 km / 1 h 50 round trip	I	266	L'Envol parking lot, 400 m north of the Pimbina-Saint-Donat Registration Centre
21		LE LAC-CASSAGNE - A beautiful bike ride that leads to Lac Cassagne and to the Geai-Bleu and Lariou shelters.	17.8 km 1h45 to 2 h loop	I	521	Pimbina-Saint-Donat Registration Centre
25		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.	3.2 km / 1 h round trip	E	76	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 / 2 h round trip	I	268	Grandes-Vallées parking lot, located 9.4 km north of the L'Assomption Registration Centre
18		LE LAC-DE-L'ASSOMPTION - A delta brimming 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 / 1 h 15 loop	E	138	Lac-de-L'Assomption picnic area, 15 km north of the L'Assomption Registration Centre
22		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 H - 2 h 35 / B - 45 min loop	E	216	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

E Easy
I Intermediate
D Difficult
VD Very difficult

 Family experience
 H-Hiking

 Dogs allowed
from May 1 to October 31
 B-Bike

 Discovery Trails
 Mountain biking

In case of emergency

Telephones and defibrillator are available in the 24-hour section of the Discovery Centre as well as at the Pimbina-Saint-Donat Registration Centre.



Bulletin de conservation

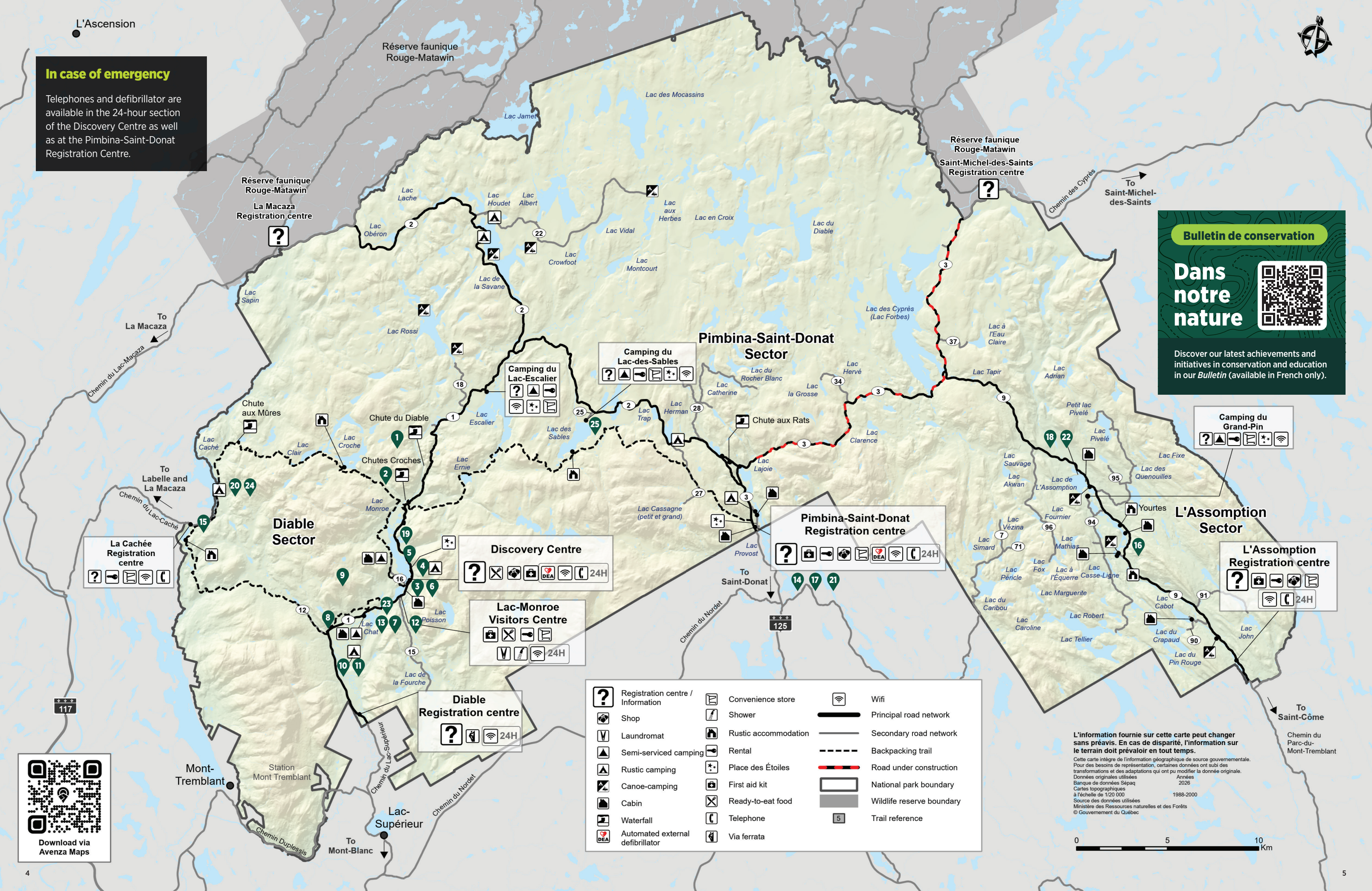
Dans notre nature



Discover our latest achievements and initiatives in conservation and education in our *Bulletin* (available in French only).



Download via Avenza Maps



Discovery time



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



Via ferrata du Diable, La Diable sector



Méandres de la Diable

Explore the Rivière du Diable and its living treasures unfolding before your eyes.

The via ferrata du Diable

Circuits

Excursion (beginner): 3.5h

Intermédiaire: 5h

Grande Virée (advanced): 5.5h

Coucher de soleil (advanced): 5h

Sunset outings are offered on Fridays and Saturdays from July 24 to August 1st, and on Saturdays August 8 and 15.

Meet up: La Diable registration centre (La Diable sector). Reservations 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. 8 people per departure

Méandres de la Diable – Guided Canoe Experience

By canoe, explore a peaceful, winding stretch of the Rivière du Diable, the park's largest river. The park rangers will guide your observations and share their knowledge. Reservations required.

June 22 to August 28, 2026

Monday to Friday at 10 a.m.

Duration: 3h

Reservations required at the park's Registration Centres or the Discovery Centre.

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.



Explore our lakes and trails

Canoes, kayaks, pedal boats and bicycles are available for rent at various locations across the park:

La Diable sector:

Lac-Monroe Visitors Centre,
La Crémaillère beach
and Lac-Escalier Campground

Pimbina-Saint-Donat sector:

Lac-des-Sables Campground
and Lac-Provost beach

L'Assomption sector: Grand-Pin Campground

Equipment rentals:

- Canoe
- Single kayak | Double kayak
- Stand-up paddleboard
- Pedal boat
- Rowboat
- Bike | Child trailer

Visit sepaq.com for rates.





Place du Centenaire, la Diable sector

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!



Junior Park Rangers at Lac-Escalier - NEW!

A unique opportunity for children aged 7 to 12 to discover the role of a park ranger and take part in a campground patrol! A minimum of one adult per family is required.

Pêche en herbe

Discover the basics of fishing, from fish biology to responsible angling practices. All youth ages 6 to 17 will receive their Pêche en herbe certificate, which serves as a valid fishing permit until the age of 18. Some participants will even get a chance to experience a fishing excursion during their stay at the park, with a boat rental awarded by lottery.



Discovering lac de L'Assomption

This canoe trip on one of the Park's most beautiful lakes is sure to be an unforgettable experience! The boating excursion is guided by a Park Ranger in the L'Assomption sector. Reservations required.



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



DarkSky

International Starry Sky Park: Protecting a Celestial Heritage

As night falls over Mont-Tremblant National Park, the sky comes alive in all its splendour. Thousands of stars shine to the naked eye, the Milky Way stretches above the forest, and now and then, a shooting star crosses the darkness. This rare spectacle remains possible thanks to a strong commitment to protecting the night.

Light pollution—gradually erasing the night sky while disrupting ecosystems, human health and astronomy—is a growing concern. In response, the park has implemented measures to reduce lighting, monitor sky quality and raise awareness among visitors and surrounding communities.

In August 2023, these efforts were recognized with the designation of an International Dark Sky Park by DarkSky International—a first in Québec. Today, more than 95% of lighting has been adapted, and visitors are invited to experience the park's Place des Étoiles and help preserve this precious night sky.





INVADER ALERT

Help us protect the park's biodiversity !

The introduction of invasive exotic species threatens our waterbodies. Once established, these organisms multiply rapidly, negatively impacting local flora and fauna. They become very difficult to eradicate, causing irreversible damage to aquatic environments.

JUST ONE FRAGMENT OF MY LEAF IS ENOUGH TO COLONIZE NEW WATER BODIES AND REPLACE NATIVE PLANTS!



Eurasian Water-Milfoil

↑↓ up to 10 m

Spiny Waterflea

↑↓ 1 - 1.5 cm



I DEVOUR THE FOOD THAT MANY ANIMALS DEPEND ON, AND I EVEN KILL MY PREDATORS BY PIERCING THEIR DIGESTIVE SYSTEM WITH MY SPINY TAIL!

© Drawings: Pierre Brignaud

MANDATORY FOR ALL WATERCRAFTS AND FOR AQUATIC AND FISHING EQUIPMENT (Before and after launching your boat)



1 INSPECT

Carefully remove any residue (plants, mud, organisms).

2 CLEAN

Use the washing stations where available, or clean your equipment at least 15 metres from the shore.

3 DRY

Take the time to drain all spaces where water can accumulate.

5 ground rules to follow in nature

Our national parks

get millions of visits each year. Harmful behaviors can cause permanent damage to the environment and hinder other visitors' experience. Let's do our part to protect nature so we can all enjoy it for years to come.



Stay on trails and in designated visitor areas

Don't step off the trails or walk in the undergrowth to avoid trampling plants and compacting the soil.



Do not gather dead wood

Help preserve the undergrowth by leaving dead wood in place. It serves as shelter for wildlife and enriches the soil after decomposing.



Do not feed wildlife

Allow animals to feed themselves so they can follow their natural instincts. Keep all foods out of their reach.



Keep your distance when observing animals

Repeated disturbances can alter their behavior and affect their ability to find food, mate, and communicate with each other.



Be mindful of the peace and quiet and adhere to curfews

Noise frightens wildlife, and people visit national parks to enjoy nature. Please follow curfews and refrain from making noise at all times.



PCF



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Photos : MALAD Communications, Charles Boutin, Laurence Gaudy, Steve Deschênes and Mathieu Dupuis