

# PARC NATIONAL D'OKA

DISCOVERY GUIDE



Sépaq

# WELCOME TO THE PARK



**At the foot of ancestral hills, a mere stone's throw from the big city, you'll discover 11 kilometers of shoreline and 7 kilometers of fine sand.**

Created in 1967 to welcome visitors to Expo 67, Parc national d'Oka, formerly known as Parc Paul-Sauvé, showcases an exceptional cultural heritage for nearly 800,000 visitors each and every year.

The park offers 23.7 km<sup>2</sup> of nature and discovery, including a majestic beach, rich wetlands, an historic trail, and a floating footbridge. An enthusiastic team is on hand to welcome you throughout the year and to help you discover these little-known treasures.

Find out more at [sepaq.com/oka](http://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](http://sepaq.com/parkscard)

# THE MUST-SEES



A

## LA SAUVAGINE

Lac de la Sauvagine is a hidden treasure of Parc national d'Oka. Accessible year-round via De la Sauvagine trail, this is an ideal location for a quiet picnic. In addition, those who are very attentive can spot signs of beaver on the scene. Not to mention that during spring and fall, ducks dive to their heart's content in this beautiful stretch of water.



B

## LA PIONNIÈRE

A seven km winter trail, specially dedicated to fatbiking, that criss-crosses an exceptional forest. Whether you're a beginner or an intermediate level fatbiker, the curves and gradients of this trail will provide a nature experience that's second to none.



C

## LE CALVAIRE

A way of the cross laid out from 1740 to 1742 by the Sulpicians for the evangelization of the Indigenous population. Throughout your climb, you can observe four oratories featuring reproductions of famous religious scenes. Three Romanesque-inspired chapels stand proudly at the peak.



D

## PROLONGING THE PLEASURE

20 Étoile ready-to-camps have been established in Dunes sector so that glamping enthusiasts can extend their stay at Parc national d'Oka. All you have to do is bring your own food and bedding to create the perfect nature break.



E

## BEACH

It's impossible not to succumb to its charm! Parc national d'Oka beach offers over 7km of shoreline where you can bask during every season. A short walk along the shore in the fall allows you to store up sunshine for the winter.



F

## AQUAZILLA

Smiles are contagious along this aquatic circuit where agility and speed are the order of the day. Perfect for cooling off on hot summer days or challenging friends with a dare.



**Community Place**

- AED
- Wheelchair
- Stroller
- Service dog
- Service animal
- Service animal
- Service animal
- Service animal
- Service animal
- Service animal

**Camping Registration centre**

- ?

**Le Littoral Visitors Centre**

- ?
- Stroller
- Wheelchair
- Service dog
- Service animal
- Service animal

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







- |                                   |   |                                  |                        |
|-----------------------------------|---|----------------------------------|------------------------|
| 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  | Km                               | Parking lot            |
| Semi-serviced camping             |   | Length of trail sections         |                        |



# DISCOVER OUR TRAILS

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



# AN ENCOUNTER WITH DISCOVERY



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



## MUSHROOMS

This will be your introduction to the realm of mushrooms! No matter where you are in Parc national d'Oka, you'll find these fascinating fungi. Mushrooms are a valuable partner of trees and forests. Without them, forests would be much less lush. They often go unnoticed, yet their ramifications are constantly under our feet!

## APPRENTICE ARCHEOLOGIST

An archeological site, an archeologist, and you... Take part in a real dig into the past and discover signs of Indigenous presence buried in unsuspected places.

## THE APPLE FESTIVAL

Come back for this event with nearly 30 years under its belt and check out the park as it shows off the colours and flavours of fall. Walk the oldest way of the cross in North America, a witness to history for almost 300 years. A day to remember. Thanksgiving Sunday.





## **STONES AND MYSTERIES EVENING**

An investigation dating back to the Ice Age is underway to discover the mysterious elements that have created the park's terrain. Experiment, uncover clues, and solve the mystery, all in the company of a park warden and naturalist! A fun activity for young and old alike!

## **NIGHT KAYAKING**

Immerse yourself in a special atmosphere and see Oka beach like you've never seen it before. In the company of park wardens and naturalists, you'll discover a world of nature and history that makes this landscape unique.

### **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!**





## **A MONARCH FRIENDLY PARK**

Protected areas are exceptional places that allow biodiversity to spread throughout their region. Today everyone is joining forces to save monarch butterflies, but Parc national d'Oka has always been their realm and safe haven.

In order to highlight the important contribution of protected areas for biodiversity, stops have been set up along the bike path allowing all its users to immerse themselves in nature, surrounded by flowers, butterflies, and much more besides!

## **OKA ST-HILAIRE BIKE PATH**

Explore the path in every possible way, on foot, on a bike, on roller skates, on a scooter, on a skateboard... even an electric one... why not? The Oka St-Hilaire bike path, inaugurated in 2017, incorporates the principles of sustainable mobility, active living, collaboration, and environmental protection. Go ahead... How far will you go?



# 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 2021 SEASON

### Cabin, rustic shelter, and yurt

April 18 2020 for the summer and September 15 2020 for fall/winter

**Camping and ready-to-camp** October 24, 2020

1 800 665-6527 | [sepaq.com](http://sepaq.com)



### Free of charge!

Admission and equipment loan offered to children 17 and under.

Offers varies from one establishment to another. First come, first served.



## Our favorite offers at the park 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.

# CONSERVING FOR TOMORROW



## **Regional issues, a call for collaboration!**

Several conservation issues identified in Quebec's national parks extend well beyond the limits of the protected area. Examples include habitat connectivity and water and air quality protection for Parc national d'Oka. Although efforts are being made at the park concerning these issues, meaningful and lasting results will only be achieved through their appropriation and through collective action. This is why Sépaq is committed to working with various local partners in the area peripheral to the park (municipality, RCM, watershed association, non-profit organizations, etc.) in order to multiply the benefits of everyone's efforts. It is by acting together on issues that concern us that we will preserve our quality of life!

## **Cohabitation with wildlife**

National parks are protected areas for flora and fauna in the wild, offering adaptations and facilities that make the territory accessible to residents and tourists alike. In this context, encounters between visitors and wildlife are inevitable. In the vast majority of cases, these encounters represent a special moment with nature. Indeed, our Parc national d'Oka campers have every chance to observe white-tailed deer, raccoons, squirrels, frogs, turkeys, geese, and many other creatures during their stay. In order to ensure that as often as possible these contacts remain pleasant and environmentally friendly, it is important to adopt good habits and understand their impacts. Animals must be able to feed in the wild. Human-fed creatures cannot develop survival skills in their natural environment. Feeding by visitors creates an overpopulation of opportunistic animals at the expense of other local populations while fostering the risk of creatures losing the fear of humans, thus inducing more aggressive behavior toward them. The national park invites you to keep your location free of food leftovers, to dispose of your waste regularly in the rolling bins located at the entrance to your campsite, and to keep your food inside your vehicle. Have a wonderful stay and a great encounter with the great outdoors!

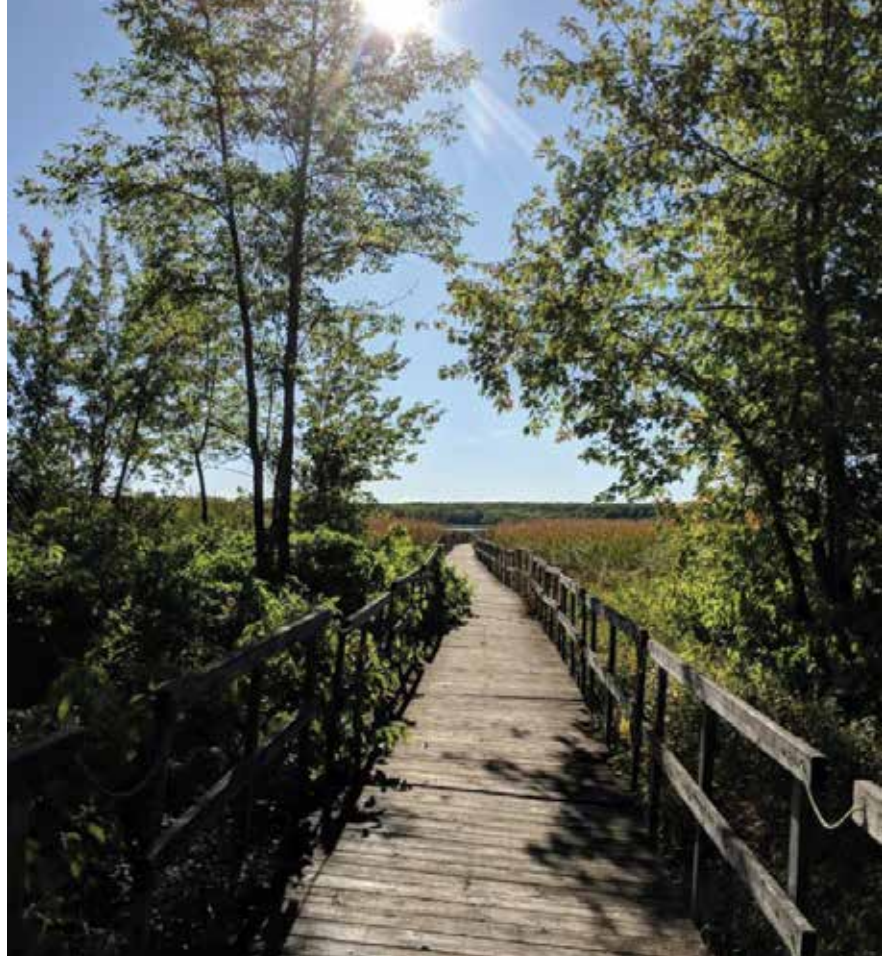


## GRANDE BAIE

Grande Baie marsh, a worthy representation of the wetlands of the St. Lawrence plain and a refuge for rare species, is rich in biodiversity. Did you know that more than three-quarters of the wetlands that existed at the beginning of colonization have now disappeared? Swamps and wetlands have long been viewed negatively by the general public, a perception that may have accelerated their disappearance. The public perception of this issue is changing as wetlands now enjoy increasing consideration and special protection in Quebec. For example, following a public consultation process conducted by the Thousand Islands River Watershed Association, participants selected among their priorities the issue of wetland and waterfront degradation or loss. In order to gauge the state of Grande Baie, Parc national d'Oka has introduced two new knowledge-acquisition projects in 2019: an inventory of the common reed and the installation of water quality stations on streams that discharge into Grande Baie. These projects have confirmed two looming threats to the marsh: poor water quality in its feeder waterways and pressure from invasive alien species on the environment.

In view of such facts, Sépaq has set up a project to control certain colonies of common reeds. We invite you to come and see this exceptional marsh that combines the roles of heron sanctuary, migratory bird concentration area, muskrat habitat, fish habitat, and exceptional forest ecosystem.

In order to highlight this jewel of biodiversity, this sector of the park is set to be showcased in particular through the replacement of the observation bridge and the development of interpretive content for the new version.



### ROADKILL

**When circulating on roadways, watch out for animals attempting an often-perilous crossing!**

**If you want to learn more about the initiatives undertaken and conservation issues in Québec's national parks, please visit [parcsquebec.com/blogue](https://parcsquebec.com/blogue)**

**(in French only).**

# PLAY <sup>IT</sup> 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](https://sepaq.com/security). You will also find a list of organizations that can help you plan your activities safely.

[sepaq.com/security](https://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](mailto:parc.oka@sepaq.com)  
[sepaq.com/oka](https://sepaq.com/oka)

Legal Deposit: 2020  
Bibliothèque et Archives nationales du Québec  
Graphic design: Simplement Concept | Printing: Solisco  
English translation: ABACA traduction  
French linguistic revision: Ginette Bédard  
Images: Parc national d'Oka, Sépaq: Mathieu Dupuis,  
Stéphane Audet, Sébastien Larose, Pier-Luc Legault,  
Dominic Boudreault, Hugo Lacroix, Gabriel Trahan



# WINTER AT PARC NATIONAL D'OKA



## DISCOVERING WINTER

Winter is meant for having fun outside! Discover our snowy territory on foot, snowshoes, skis, or a fatbike to better appreciate the cold season. The variety of our winter activities will keep you entertained. What could be better than finishing the day around a fireplace with a delicious hot drink? Our cross-country ski school is ideal for children who want to learn a new sport. They'll learn skiing techniques while having fun in an enchanting setting.



## Outdoors accessible to all

Accessibility for our reduced-mobility clientele has been a priority for the Parc national d'Oka team for a number of years. Offering the joys of a fresh-air outing, a beautiful one-km walkway runs along the riverbank and offers stunning views of the lake. To enjoy this magnificent setting for a longer stretch of time, two Compact cabins and two traditional ready-to-camps have been adapted for reduced-mobility guests, for a low-stress peaceful stay. We also offer free equipment, including two hippocampe recreational wheelchairs, a ski-vel, and an access ramp for non-adapted ready-to-camps.





ATMOSPHERE

# YOUR PARTNER IN OUTDOOR ADVENTURES



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in our 44 Atmosphere in Quebec

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