

PARC NATIONAL D'OKA

DISCOVERY GUIDE

2018



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.

An essential part of any visit to the Basses-Laurentides tourist region, Parc national d'Oka is a privileged place of relaxation a mere stone's throw from Québec's biggest city.

Created to protect the biodiversity of a representative sample of the St. Lawrence Lowlands, it stands out for its rich flora and its historical and archeological past. No matter the season, the activities on tap will provide experiences you'll never forget.

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

MUST-DOS



A

BEACH

The seven km sandy shoreline is a huge hit with visitors to the region. Whether for a leisurely stroll, to enjoy the sun, or to indulge in any one of the many sporting activities at your disposal, the beach offers moments of well-appreciated recreation.



B

DU CALVAIRE HISTORIC TRAIL

A high point at Parc national d'Oka, Du Calvaire historic trail is user friendly in every season. History is all around you, and the beauty of the landscape from the peak will take your breath away. For an even bigger thrill, come back for the autumn colours and admire the view!



C

CAMPING

Among the best-known campgrounds in all of Québec, Camping du Parc national d'Oka offers sites for all types of campers. Whether you need numerous services or just a place to pitch your tent, you'll find an enchanting landscape for camping at its best!



D

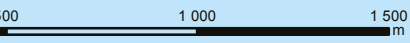
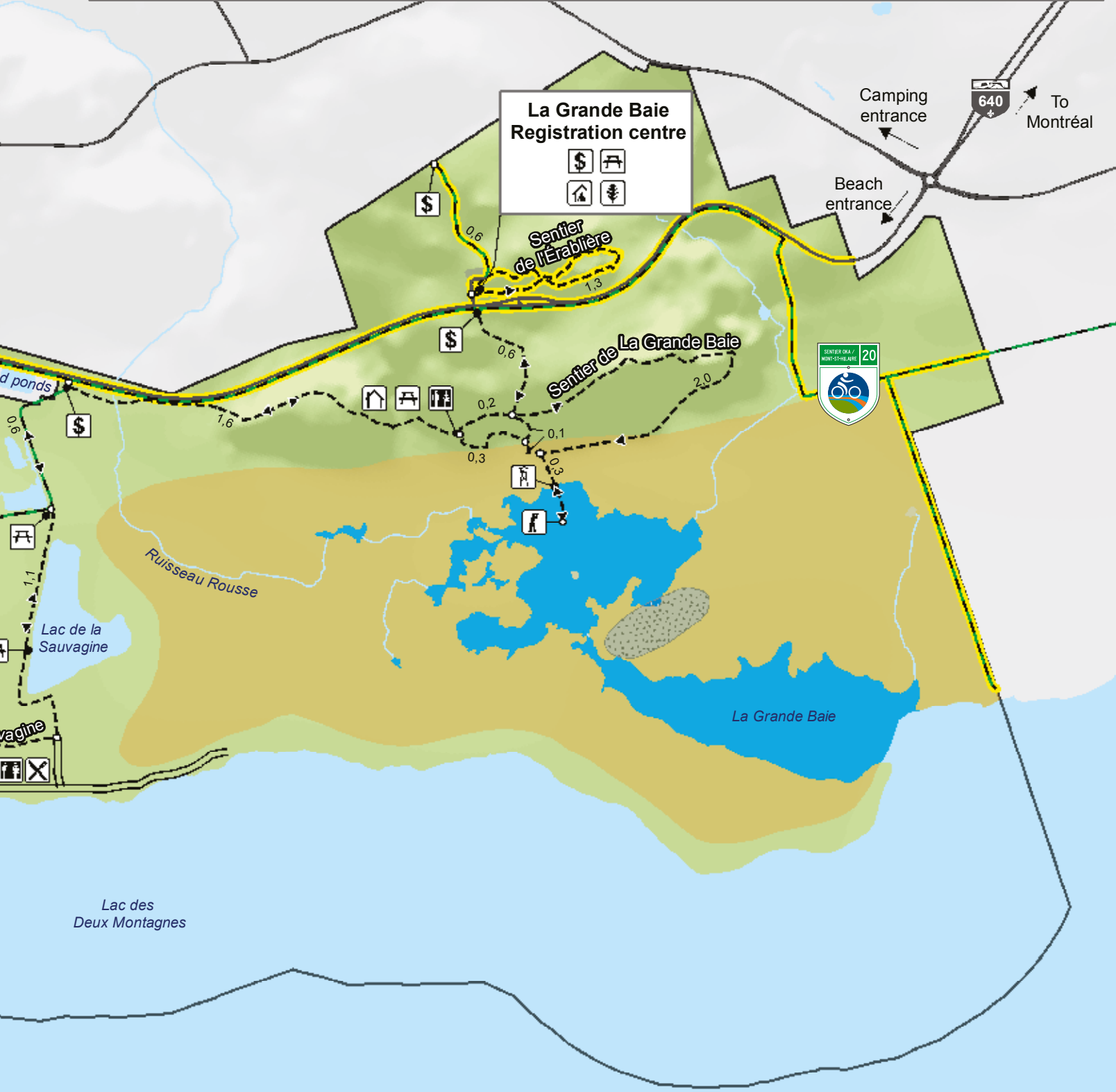
STAND-UP PADDLE SURFING

Of Hawaiian origin, paddle surfing is an activity that combines surfing and kayaking. The board, designed for calm waters, is bigger in every way (longer, wider, and thicker) and therefore more stable than the traditional surfboard designed for waves.






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 2018
 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 (pilot project)
Boutique Nature shop	First aid	Automated external defibrillator	National park boundary
Laundromat	Boat launch ramp	Km	Conservation zone
Semi-serviced camping	Rest stops	Length of trail sections	Extreme conservation zone
			Parking lot



DISCOVER OUR TRAILS

TRAILS		DISTANCE AND ROUND TRIP		DIFFICULTY	DEPARTURE POINT
	L'Érablière trail	1.3 km	X	E	La Grande Baie Registration Centre
	La Grande Baie trail	4 km	X	E	La Grande Baie Registration Centre
	Calvaire d'Oka trail	4.4 km	X	E	Calvaire d'Oka Parking
	La Sauvagine trail	11.6 km	X	I	Le Littoral Visitors Centre
	La Sauvagine trail	11.8 km	X	I	La Grande Baie Registration Centre
	Sommet trail	6.7 km	X	H	Calvaire d'Oka Parking Shared trail (mountain bike)
	Park bicycle path	3 km	X	E	Le Littoral Visitors Centre
	La Route verte	7.8 km	X	I	La Grande Baie Registration Centre

 Hiking  Mountain bike  Bicycle

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

PILOT PROJECT AUTHORIZING DOGS



A pilot project is in its third year authorizing the presence of dogs in five national parks, including Parc national d'Oka. Sépaq is conducting this project subject to conditions in order to measure how visits and the natural environment might be affected.

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 and dispose of it in a hygienic manner.
- 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 rules is the key to success of the pilot project. Consult all the rules at sepaq.com/animals.

AUTHORIZED PLACES AT PARC NATIONAL D'OKA

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

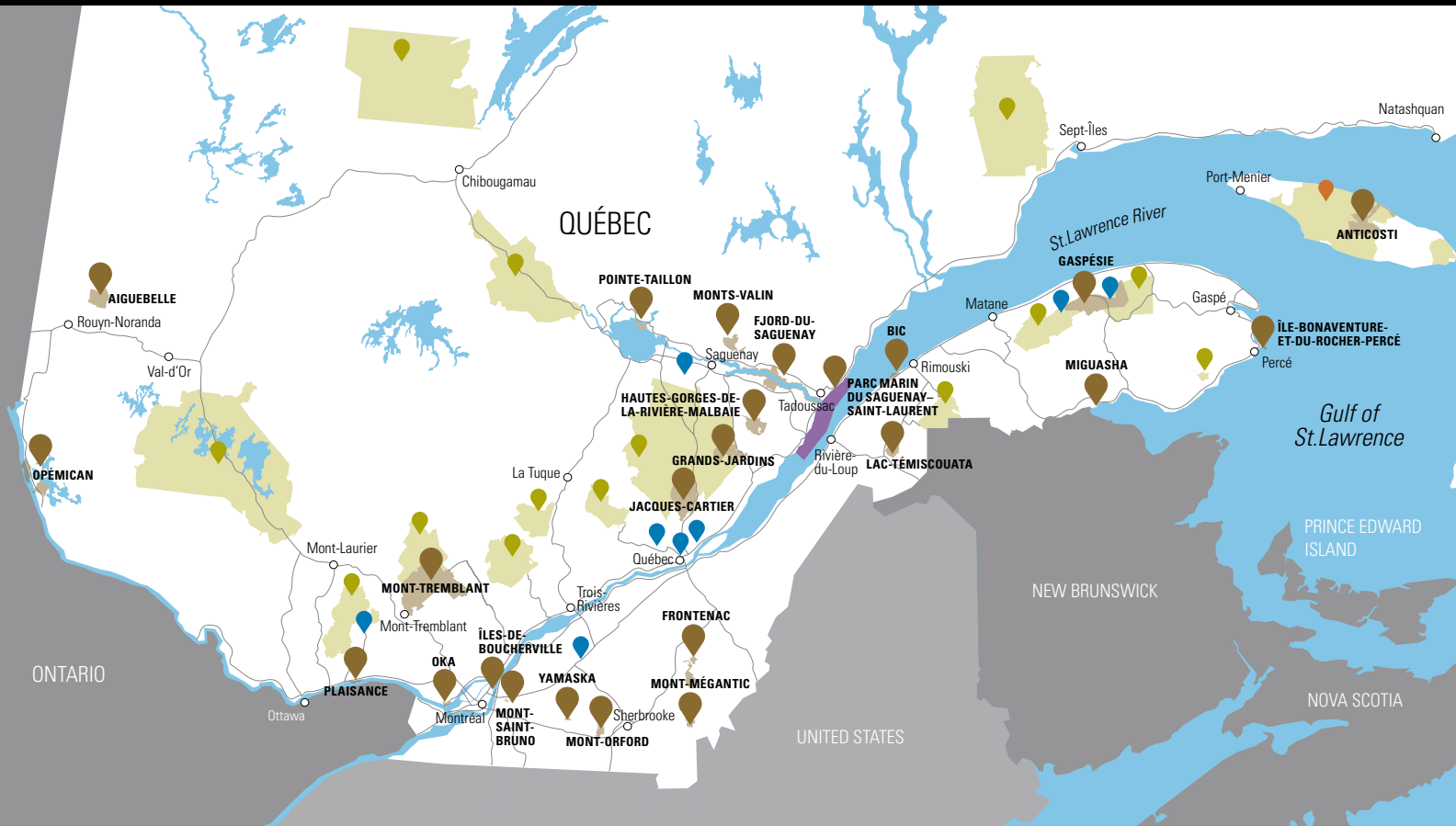
SUMMER TRAIL	L'Érablière
	Le Calvaire d'Oka
	La Route verte
	Le Sommet
CAMPING	Le Refuge campground : campsites 100 to 156 (loop 3)
	La Crête campground : campsites 1 to 41 (loop 1)
PICNIC AREA	Calvaire d'Oka picnic area
	Grande-Baie Registration Centre picnic area
NAUTICAL ACCESS POINT	No authorized access
WINTER TRAIL	Le Calvaire d'Oka
	La Montée (Le Sommet and Les Chapelles)
	Le Marais (north of Route des Collines)

THE LARGEST NATURE AND OUTDOOR NETWORK IN QUÉBEC

The exceptional territories of Sépaq, including 24 national parks, are privileged destinations where you can enjoy all the benefits of an intimate contact with nature. Here's a special invitation from us to you: come relax at the heart of an authentic natural world that's the pride and joy of Quebecers!

24 NATIONAL PARKS | 14 WILDLIFE RESERVES | 8 TOURIST ESTABLISHMENTS | SÉPAQ ANTICOSTI

Discover all our destinations at sepaq.com



QUÉBEC NATIONAL PARKS DAY
September 8, 2018

SÉPAQ WINTER DAY
January 26, 2019



BOUTIQUES

Don't forget to visit our boutiques for a souvenir!

Profits are fully reinvested in Québec's national parks

DISCOVERY TIME



SLAKING A HIKE

Is the snake a reptile? What does it have in common with the turtle?

How, when, and where can we check it out? If you're curious and eager for new insights into reptiles, then this hike is sure to fascinate you!

BATS

They've long captured people's imagination and, wrongly, aroused their fears. Unfortunately, they're now facing a great threat; many formerly abundant species are now rather rare. Discover some of the mysteries of bats in the company of a park warden and naturalist.

APPRENTICE ARCHEOLOGIST

Our First Nations have left traces of their passage in the form of remnants of fires, bone tools, and fragments of pottery. These artifacts have been preserved for more than 2,000 years, buried in the soil of Parc national d'Oka.

Come and discover these objects under the supervision of an archaeologist and help us preserve them.

HOP ON YOUR BIKE

Hop on your bike and take a ride on La Vagabonde, an over 40-km-long cycling corridor linking Parc d'Oka to nearby municipalities. From this corridor, the cycling path is paved all the way to the lake.

Mountain bike enthusiasts will adore the Sentier du Sommet trail, a rugged 6.7 km path.



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



MUSHROOMS ... A WORLD TO DISCOVER

Come and learn all about the mushroom kingdom! These fungi are everywhere you look in Parc national d'Oka.

Mushrooms are valuable partners for trees and forests that would otherwise be less lush.

They often go unnoticed, yet their tentacles are constantly under our feet!

NIGHT KAYAKING

Peacefully paddling on the calm waters of Lac des Deux Montagnes at night, you'll suddenly see your surroundings in an entirely different way.

A park warden and naturalist will be happy to help you discover this enchanting environment.





CALVAIRE D'OKA

The Calvaire d'Oka historic site is, in fact, one of the oldest Ways of the Cross in North America. The rustic layout of the walking path, the Romanesque-inspired architecture of the buildings along the route, and the representation of the Way of the Cross of Jesus Christ through the bas-reliefs are an invitation to meditation.

THE APPLE FESTIVAL

Now a Thanksgiving tradition at Parc national d'Oka, the Fête de la pomme (apple festival) will tantalize your senses by featuring the flamboyant colours of the foliage of our trees, the last sounds of nature before the cold season, the typical smell of our woods in the fall, and a tasting of cheese and apples from the region.

EVENING OF STONES AND MYSTERIES

An ice age survey is underway to discover the factors that determined the park's terrain. Conduct experiments, discover clues, and solve the mystery, all in the company of a park warden and naturalist. A captivating activity for young and old alike!



Additional activities and information (times and locations) available at the Visitors Centres.

SLEEPING UNDER THE STARS



In order to take full advantage of Parc national d'Oka and the range of activities held there, several accommodation options are available to you. Whether you bring your own camping equipment or prefer the comfort of a ready-to-camp, you'll find the option that suits you best. Here are the types of accommodations on offer:

- Semi-serviced camping; camping with 1 service, 2 services, or 3 services
- Traditional ready-to-camp
- Ready-to-camp Étoile
- Compact cabins

BEGINNING OF BOOKINGS 2019 SEASON

Cabin, rustic shelter, and yurt
April 28, 2018 (summer) and
September 18, 2018 (fall/winter)

Camping and ready-to-camp
October 27, 2018

1 800 665-6527 | sepaq.com



Photo: Mathieu Dupuis

HERE ARE A FEW EXTRAS WE HAVE IN PLACE FOR YOU TO SIMPLIFY YOUR LIFE AND TO HELP YOU SAVE MONEY.

For your children 17 years of age and under

FREE ACCESS
to national parks

EQUIPMENT LOAN*
for the outdoors

ACTIVITIES
varied and rewarding

ACCESSORIES*
on loan for young children

*Limited quantities available



Look out for this marker which identifies the ideal family experiences.

Discover all our family destinations at sepaq.com/family

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.



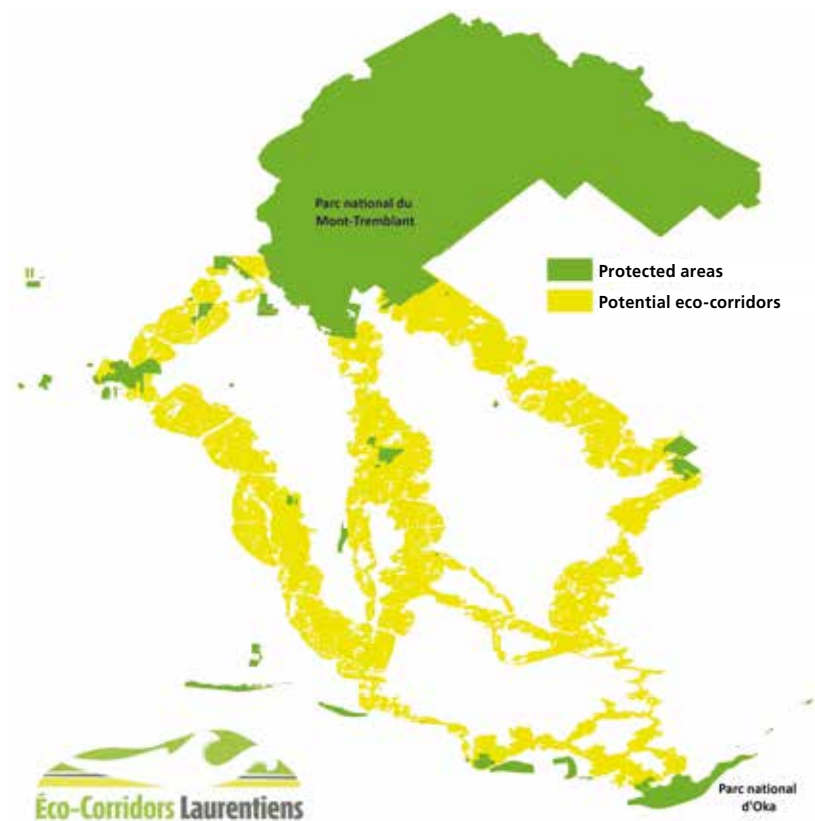
CONSERVE FOR TOMORROW



EROSION

Shoreline erosion in Parc national d'Oka generates two sorts of conservation issues: first, as regards the preservation of artifacts buried in the ground of an archaeological site (BiFm-1) increasingly denuded by the action of waves, and second, concerning the four-kilometre pullback of the park's forest edge made up, among other things, of three exceptional forest ecosystems and rare plants. In addition, the replacement of the current stabilization infrastructure must, as much as possible, blend with the Parc national d'Oka landscape and align with the mission of Québec's national parks.

Despite its desert appearance, 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.



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.

The Parc national d'Oka beach provides the park with its unique character and is a very rare habitat in the greater Montréal area.

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



In the wild, your **safety**
is your **responsibility**



Photo: Steve Deschênes, Parc national des Grands-Jardins

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. There are a number of organizations that can help you plan your activities safely. Do not hesitate to contact them. We also invite you to consult our safety guides for Sépaq activities on our website at

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.
-  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.
-  Animals find all they need to eat in nature. Feeding wildlife can be very damaging. Keep food or garbage out of reach of animals.
-  We ask you to carry out all your garbage.
-  Domestic animals are not accepted in Québec's national parks. However, guide dogs and service dogs are admitted.

PILOT PROJECT AUTHORIZING DOGS

A pilot project is in place authorizing the presence of dogs in FRONTENAC, JACQUES-CARTIER and OKA national parks. As of May 18, 2018, the project will be expanded to include AIGUEBELLE and LAC-TÉMISCOUATA national parks. Please read the applicable rules and authorized places at sepaq.com/animals.

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

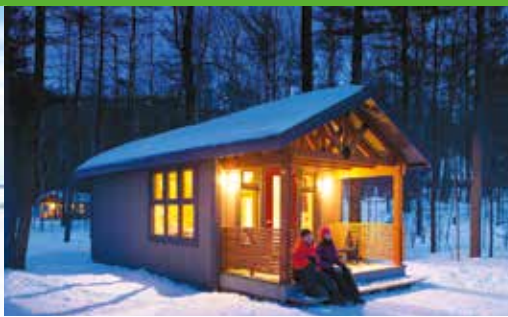
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Oka (Québec) J0N 1E0
Information: 450 479-8365
Reservations: 1 800 665-6527
Email: parc.oka@sepaq.com
www.sepaq.com/oka

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des feux
intactes®

WINTER ACTIVITIES



DISCOVERY

TRAILS

DISTANCE

ROUND TRIP

DIFFICULTY

DEARTURE POINT

DISCOVERY	TRAILS	DISTANCE	ROUND TRIP	DIFFICULTY	DEARTURE POINT
	Le Rivage Ouest (A)	2.6 km	X	E	Le Littoral Visitors Centre
	Le Rivage Est (A)	3.2 km	X	E	Le Littoral Visitors Centre
	Les Dunes (B)	3.8 km	X	E	Le Littoral Visitors Centre
	Le Calvaire d'Oka (F)	12.4 km	X	H	Le Littoral Visitors Centre
	Le Calvaire d'Oka (F)	6 km	X	H	Self Registration Post
	L'Écureuil	3.5 km	X	E	Le Littoral Visitors Centre
	Le Sommet	16.2 km	X	H	Le Littoral Visitors Centre
	Le Sommet	9.2 km	X	H	Self Registration Post
	Le Calvaire d'Oka	10.8 km	X	H	Le Littoral Visitors Centre
	Le Calvaire d'Oka	3.8 km	X	H	Self Registration Post
	Le Marais	14 km	X	H	Le Littoral Visitors Centre
	Le Centenaire (1)	4 km	X	E	Le Littoral Visitors Centre
	La Pinède (2)	4 km	X	E	Le Littoral Visitors Centre
	La Grande Baie (3)	13.9 km	X	H	Le Littoral Visitors Centre
	Le Calvaire d'Oka et Le Sommet – Nordic skiing	8 km	X	H	Self Registration Post
	Le Louis Hébert (6)	7.2 km	X	E	Le Littoral Visitors Centre
	La Poursuite (8)	14.5 km	X	H	Le Littoral Visitors Centre

LEARN TO ENJOY THE PLEASURE OF WINTER

- Themed activities on weekends
- Fatbike bicycle rentals
- Snow walking
- Snowshoeing
- Cross country skiing
- Over 35 linear km, including 29 for classic skiing, 23 for ski skating and 8 for Nordic skiing.

ÉCOLE DE SKI DE FOND

- 8 weeks of fun for kids 4 to 13 years old. Classic skiing and ski skating techniques. Register at ecoledeski.oka@sepaq.com

EXTEND YOUR STAY!

- Rustic camping
- Compact cabins



Snow walking

Snowshoeing

Fatbike cycling

Cross country skiing

E – Easy I – Intermediate H – Hard

YOUR ADVENTURE AWAITS

Explore the waters

NRS

VAPOR ►

The NRS Vapor PFD gives you the look, feel and performance of a high-end life jacket for a budget-friendly price. The soft foam flotation molds to your body for all-day comfort, and you'll love the hand warmer pouch and big front pocket.



Pelican

UNISON 136T ►

The Pelican UNISON 136T blends polished design with outstanding overall performance. Built on a multichine flat bottom hull platform, this sit-in tandem kayak provides a high level of stability, great manoeuvrability, tracking, and superior capacity.



sail.ca

BELOEIL | BROSSARD | LAVAL | QUEBEC | VAUDREUIL-DORION
BURLINGTON | CAMBRIDGE | ETOBICOKE | OSHAWA | OTTAWA | VAUGHAN

SAIL