

Parc national de Plaisance

Protected area. Enriching nature experiences.

This national park – the only one in the Outaouais – features rich biodiversity with over 270 species of birds, many amphibians and, of course, turtles! Venture into our wetlands and resplendent forests and connect with nature in these exceptional habitats.

The team's favorites



The Zizanie-des-Marais: walk on water

A definite “must see” of parc national de Plaisance, this one-kilometre trail includes a 400-metre floating section that takes you directly to the heart of the wetlands. Along the way, you’ll see beaver and muskrat huts – not to mention the occasional great blue heron or red-winged blackbird. And in summer, the wetland’s flowering aquatic plants make for a magnificent spectacle not to be missed!

Starting point: Zizanie-des-Marais parking lot.



Trail to the Rubaniers marsh

This hidden treasure of a trail to the splendid Rubaniers marsh in a previously inaccessible area that floods in the spring includes a raised walkway and a section on stilts through a swampy forest. This marvellous location is perfect for birdwatching—and even catching sight of the odd muskrat!

Starting point: Zizanie-des-Marais parking lot.



Visit the nest-shaped Perras tower

Whether walking or biking, you’re in for a wonderful surprise when you get to this spot. The observation tower in the form of a nest pays tribute to the tremendous variety of birds that live and breed in the various areas of the park around you, like the Thurso Marsh. You’ll also enjoy breathtaking views of both the marsh and the Ottawa River. Don’t forget your binoculars!

Starting point: Maison Galipeau, Thurso Sector.



Bike from one peninsula to the next

The park has more than 30 km of bike trails! In the Thurso sector, you can enjoy a leisurely ride along the banks of the magnificent Ottawa River. In the Presqu’îles sector, you can bike through several habitats as you take the La Serpentine and Les Étangs trails. And if you’re up for a longer ride, you can take La Carrière trail, which links the two sectors.

New this year! Bike rentals are now available at La Carapace Visitors Centre.



River outing to the Chutes du Moulin waterfall

With a vertical drop of over 35 metres, this waterfall is well worth a visit! We suggest you take a canoe or a kayak on the Petite-Nation River to the foot of the falls. Once there, follow the short path to the breathtaking view from the observation deck. *Timeframe: 3 hours (11- km round trip)*

New: Access to the Chutes du Moulin site is included for all holders of a valid day or annual pass for the park.

Please note that the Chutes du Moulin territory is part of reserved land to be added to the Parc national de Plaisance. Management of the site has been assigned to Sepaq by the ministère du Développement durable, de l’Environnement et de la Lutte contre les changements climatiques (MDDELCC).








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Photos by: C. Laboré, D. Bouffard, M-E. Boisvenu, S. Deschênes, N. Dupuis, J-M Vallières.

Discover our trails

Hiking Trails

Presqu'îles Sector		LENGTH AND TIME*		LEVEL
	Le Pont-Suspendu – In an almost enchanted decor, this trail takes you to a suspension bridge and a beautiful view of the Petite-Nation canal. Starting point: Discovery and Visitors Centre (cross the Fer-à-Cheval campground).	1 km round trip	20 min.	E
	La Sarcelle – This trail runs by an exquisite marsh where turtles and waterfowl abound. Starting point: Discovery and Visitors Centre	3,5 km loop	1:15	E
	La Migration – A must-do! This circuit, which combines the La Serpentine, La Sarcelle, La Zizanie-des-Marais, Le Marais-aux-Rubaniens and Les Étangs trails is the best way of experiencing the park's various habitats and appreciating its fauna. Starting point: Discovery and Visitors Centre	6 km loop	2:15	E
	La Zizanie-des-Marais – This trail, which includes a 400-metre floating section, takes you directly to the heart of the marsh and its ecosystem teeming with life! There is no shortage of things to see, including numerous beaver and muskrat dens. Starting point: La Zizanie-des-Marais trail parking lot	1 km loop	20 min.	E
	Le Marais-aux-Rubaniens – After starting off on the La Zizanie-des-Marais trail, you will come to a section of over 500 metres of raised walkway. A sublime forest and the Rubaniens marsh await you. Turtles, ducks, beavers and birds are generally very active! Starting point: La Zizanie-des-Marais trail parking lot	2.5 km loop	45 min.	E

Bike Trails

Thurso Sector		LENGTH AND TIME*		LEVEL
	Des Outaouais – As you follow the majestic Ottawa River, you'll take in the natural worlds of the Perras Marsh and the Legault peninsula. You'll cross different habitats along the way. Starting point: Maison Galipeau, Thurso sector	21 km round trip	2 hrs.	E
	De la Baie-Noire – This little shortcut will take you to the heart of the Outaouais trail as well as the Carrière trail. Starting point: Baie-Noire parking lot, Highway 148 between Thurso and Plaisance.	3 km round trip	15 min.	E
	La Carrière – This forest trail connects the Presqu'îles sector to the Thurso sector (Baie-Noire trail). You'll find two picnic areas along the way, one with a splendid view of the old quarry and the other located on Baie Noire-Est. To take this trail: Go to the end of Martin Street (Plaisance) or through the Baie-Noire parking lot (Thurso sector).	+ 5.5 km		I
Presqu'îles Sector		LENGTH AND TIME*		LEVEL
	La Serpentine – Access all the services in the Presqu'îles sector and enjoy a scenic cliff-top view. At halfway, take a break at the Desjardins picnic area. Starting point: Discovery and Visitors Centre	17 km round trip	1:45	E
	Les Étangs – From the second kilometre of the Serpentine trail, this 4-kilometre trail leads to the Grande-Presqu'îles peninsula at the Les Étangs observation point.	+ 4 km		E



Hiking



Biking

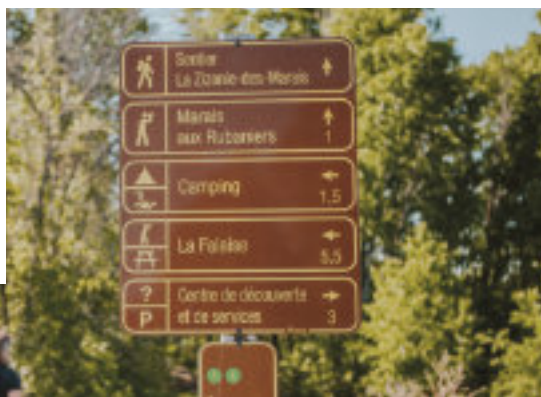


No dogs allowed on park trails.

E: easy **I:** intermediate **D:** difficult

*The durations and levels of difficulty mentioned are indicative and refer to the summer season.

Map of hiking circuits

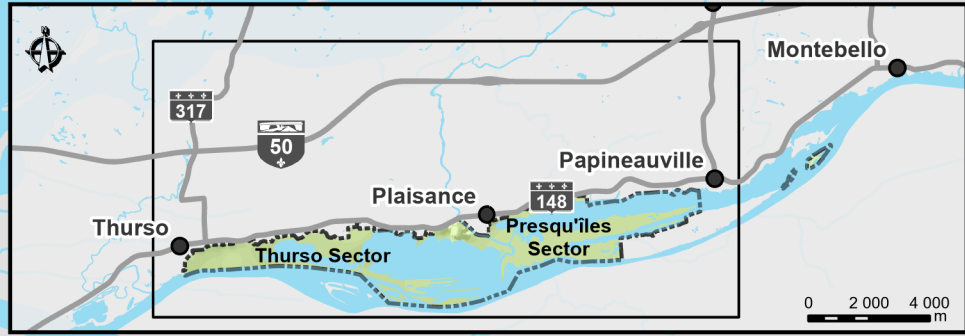
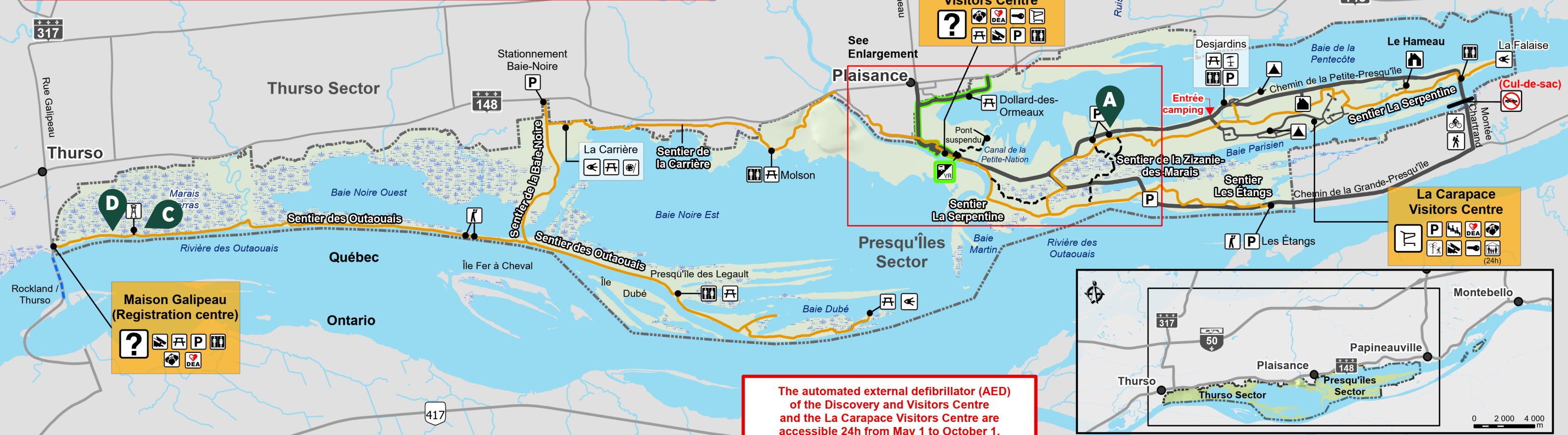
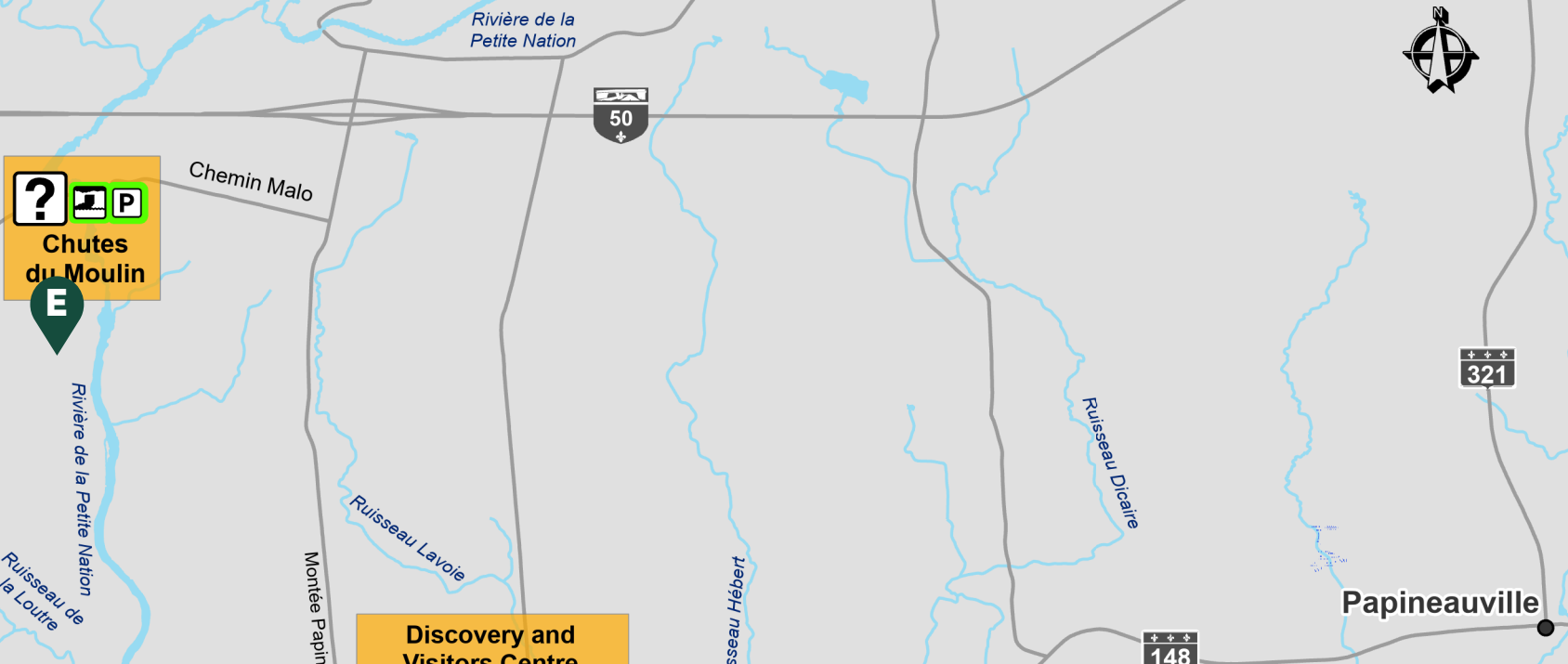
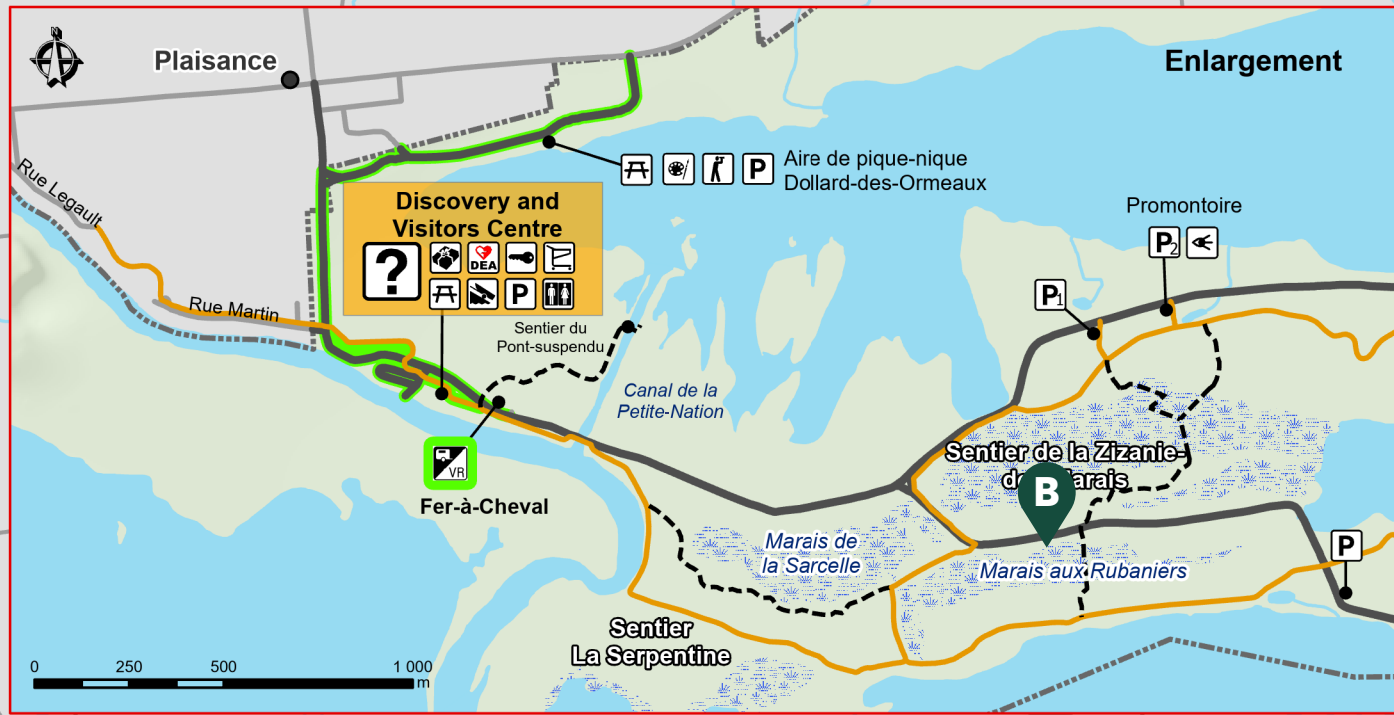


IN THE WILD, YOUR SAFETY IS YOUR RESPONSIBILITY

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



The automated external defibrillator (AED) of the Discovery and Visitors Centre and the La Carapace Visitors Centre are accessible 24h from May 1 to October 1. The AED at Maison Galipeau is accessible during the building's opening hours.



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 2026, Banque de données Sépaq, Cartes topographiques à l'échelle de 1/20 000, 2000. Source des données utilisées : Ministère des Ressources naturelles et des Forêts © Gouvernement du Québec

	Registration centre / Information		RV area		Parking lot
	Beach activities		Water games		Washroom
	Amphitheatre		Rustic accommodation (Yurt)		Perras Tower
	Picnic area		Equipment rental		Montée Chartrand: Accessible for hikers and cyclists only
	Shop		Work of art		Bike path
	Semi-serviced camping		Passageway not accessible by car		Trail
	Cabin		Pavillon Ménard		Road network
	Waterfall		Lookout		Ferry
	Automated external defibrillator		Boat launch ramp		Dogs allowed location
	Convenience store		Community hall		National park boundary
			Observation site		Wetland



Discovery time



DISCOVERY ACTIVITIES

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

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



Down by the water

The park offers ways to fill your day on the water, whether canoeing, kayaking or paddleboarding!

Departing from the Discovery and Visitors Centre

Option 1: Discover the magnificent marshes of Baie de la Pentecôte by way of the Petite-Nation Canal. This outing can last as little as one hour or as long as half a day. Note: This circuit may not be accessible in 2026 due to bridge repairs. Please check with us before setting out.

Option 2: For a particularly spectacular outing, travel at sunset to Baie-Noire Est, an enormous bay where the Petite-Nation River empties into the Ottawa River!

Option 3: Visit the Chutes du Moulin waterfall on a half-day round trip along the Petite-Nation River.

Departing from La Carapace Visitors Centre

Rent a watercraft (canoe, kayak, paddleboard or rowboat) and head for Parisien bay, an ideal stretch of the Ottawa River for those who love being on the water.

Picnicking and enjoying the splash pad

There are plenty of places where the family can eat together, including, naturally, the picnic areas. For example, you can enjoy playing on the beach at the Desjardins picnic area or take in magnificent sunsets at the Promontoire lookout site.

The aquatic facilities are also a perfect place for the whole family to cool off. For double the refreshment, you can treat yourself to ice-cold treats at the shop in La Carapace Visitors Centre!

**Please note that swimming is not supervised. Unsupervised swimming is at your own risk, and no water quality tests are performed. Aquatic facility schedules are subject to change without notice.*

RENTAL EQUIPMENT

This equipment is available from the Discovery and Visitors Centre and the Carapace Services Centre. Quantities limited, first-come first-served.

Equipment	Day	4 hours	1 hour
Rowboat	\$ 48.75	\$ 34.50	\$ 17.25
Canoe	\$ 55.50	\$ 39.00	\$ 19.75
Single recreational kayak	\$ 51.00	\$ 36.50	\$ 18.00
Double recreational kayak	\$ 65.00	\$ 45.50	\$ 22.75
Stand-up paddleboard	\$ 52.00	\$ 36.50	\$ 19.50
Bicycle for adult	\$ 46.75	\$ 32.50	\$ 16.50
Bicycle for child	Free for family outings		
Paddle/oar/individual lifejacket/bike helmet	\$ 8.25 (included in the rental of a boat or bicycle)		

Discover amazing wildlife

Whether you are an experienced nature observer or simply enjoy spending time outdoors, Parc national de Plaisance offers outstanding wildlife viewing opportunities. The park is a remarkable place for discovery.

Visitors can observe a wide variety of species, including some that are rarely seen. Notable animals include beavers, muskrats, salamanders, wild turkeys, snapping turtles, leopard frogs, tree frogs, brown bats, white-tailed deer, and great blue herons.

The park is also home to exceptional biodiversity: more than 750 plant species, 963 insect species, 62 fish species, 13 amphibian species, and 270 bird species.

During migration season, visitors may see or hear close to 100 bird species in a single day. Some birds stop briefly during migration, while others remain to nest. One such species is the black tern, the park's official mascot, which nests in the only known black tern colony in this part of the Outaouais region.



Discover nature's secrets with a naturalist park warden

Are you curious by nature? Our talks, workshops and guided walks and aquatic excursions highlight the park's gems. The schedule of our activities is updated weekly, with the information posted on our bulletin boards and at the washrooms facility.



At the heart of protecting wetlands

The mission of our national parks is to conserve and enhance land representing our natural regions and to make these tracts accessible for educational and recreational purposes. The protected status of land is determined by the International Union for Conservation of Nature (IUCN). For example, category II protected areas are classified as national parks and considered essential to the conservation of biodiversity.

Parc national de Plaisance is known, in particular, for protecting the wetlands making up 65 percent of the park's area. Along with tropical forests, wetlands are considered the richest and most diverse ecosystems on the planet. They play an important role in maintaining water quality. They are, however, extremely fragile.

To make these generally inaccessible ecosystems better known, environmentally friendly improvements have been made allowing visitors to experience this fascinating universe. While you're at the Zizanie des Marais or Marais-aux-Rubanières, contemplate these preserved natural riches. You may see mammals or amphibians – or even a technician at work. We are busy every day monitoring and strengthening the park's health. For more information on the park's conservation projects, attend one of our discovery activities.

Conserving biodiversity: the core of our educational activities

Fishing to advance science

In partnership with the Quebec Ministère de l'Environnement, de la Lutte contre les changements climatiques, de la Faune et des Parcs (MELCCFP), the park conducts scientific fishing activities to identify invasive alien species in its aquatic environments.


These activities support the preservation of biodiversity and the ecological integrity of waterways. Through interactive and accessible demonstrations, visitors are introduced to scientific methods used to study fish. They learn how species are identified and how the health of aquatic environments is assessed.

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.

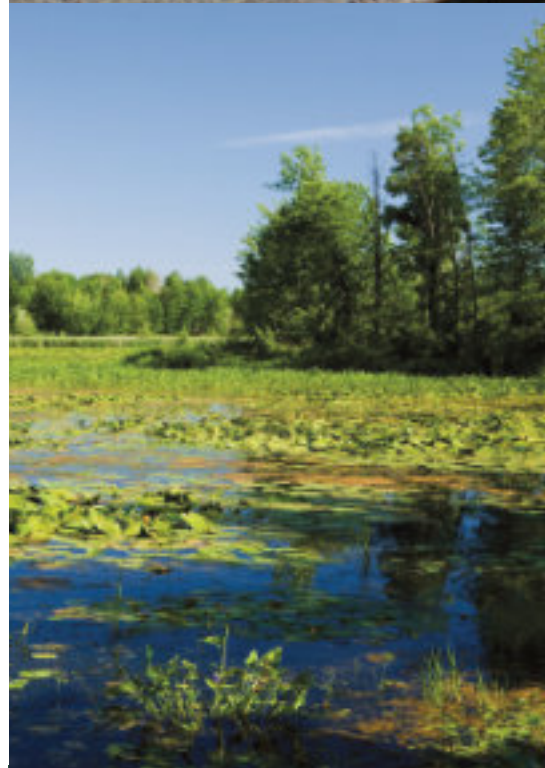


Observing moths at night

Protecting a national park begins with knowledge. While much is known about birds, mammals, fish, amphibians, and reptiles, insects remain less familiar to many visitors.

For nearly three years, the park team has been studying moths and butterflies. So far, 631 species have been recorded, including two species never previously in Province of Québec.

Visitors are invited to take part in a special evening dedicated to moths. Using a light trap that gently attracts them, participants can observe these insects up close. With guidance from enthusiasts, they learn how to identify different species and understand the important role moths play in ecosystems. This activity offers a hands-on introduction to scientific observation and a rare glimpse into nocturnal biodiversity.



Bulletin de conservation

**Dans
notre
nature**



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

Conserve for tomorrow

Preserving human heritage

Quebec's national parks are well known for protecting natural environments, but they also play an important role in preserving human heritage. Thanks to its unique geographical location, Parc national de Plaisance is rich in human history that spans more than 8,000 years.

To help preserve and share this history, five interpretive stations have been installed along the park's historical trails:

1. La Maison Galipeau
2. La tour Perras
3. Le pont Legault
4. Sentier des Outaouais, km 7
5. La Falaise



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.

