

Traduction - Version originale en français

# Parc national d'Oka

**Protected territory. The grandeur of Mother Nature.**

**A natural oasis where rich biodiversity and historical heritage come together for an experience in the heart of nature, just a stone's throw from the city.**

 **Sépaq**  
human nature

# Highlights



A

## Calvaire d'Oka

The highest point in Parc national d'Oka, historic Calvaire trail is accessible year-round. History is ever-present here, and the beauty of the landscape once you reach the summit is breathtaking. For an even more memorable experience, wait for the fall colours and admire the view!



B

## Experience the Étoile ready-to-camp option

Comfortable, accessible, and perfectly integrated into the surroundings, these ready-to-camp units let you enjoy the forest, the beach, and the trails without a care in the world. Whether with family, friends, or as a couple, these fully equipped accommodations are perfect for a hassle-free getaway in nature.



C

## Lac des Deux Montagnes

Did you know that Lac des Deux Montagnes is the subject of a charter of commitment aimed at recognizing it as an invaluable common good for all living beings? Easily accessible from Parc national d'Oka, you can swim, boat, or simply walk along its shores for miles.



D

## Grande Baie footbridge

Experience the perfect immersion in nature by exploring the brand-new Grande-Baie footbridge. Located in a marsh that's home to exceptional wildlife, the footbridge allows you to walk on the water while surrounded by stunning natural beauty.



E

## Cross-country skiing

The park offers an extensive network of cross-country ski trails, groomed for both classic and skate skiing. With varied routes ranging from beginner trails to more challenging runs, there's something for everyone. The trails let you fully enjoy the winter scenery while engaging in a sport pleasant for all skill levels.



F

## The Community Square

Located in the heart of the campground, the general store is a bustling hub on weekends and the perfect place to gather, featuring a playground, discovery activities, a community hall, a communal fire pit, and the general store itself. You'll also find all the answers to your questions about your camping stay right here.
















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# Trail map

		DISTANCE	DIFFICULTY	DEPARTURE POINT
	<b>L'Érablière trail</b>	1.3 km	E	La Grande Baie Registration Centre
	<b>La Grande Baie trail</b>	4 km	E	La Grande Baie Registration Centre
	<b>La Route verte</b>	7.8 km	I	La Grande Baie Registration Centre
	<b>La Serpentine trail</b>	1.5 km	E	Le Littoral Visitors Centre
	<b>La Sauvagine trail</b>	6 km	E	Le Littoral Visitors Centre
	<b>Park bicycle path</b>	3 km	E	Le Littoral Visitors Centre
	<b>Le Calvaire d'Oka trail</b>	4.4 km	E	Calvaire d'Oka Parking
	<b>Les Sommets trail</b>	7.1 km	H	Calvaire d'Oka Parking
	<b>La Grive trail</b>	6.7 km	H	Calvaire d'Oka Parking
	<b>L'Orée trail</b>	5.4 km	I	Calvaire d'Oka Parking

 Hiking  
  Mountain bike  
  Family experience  
  Dogs allowed when on a leash [sepaq.com/animals](https://sepaq.com/animals)

**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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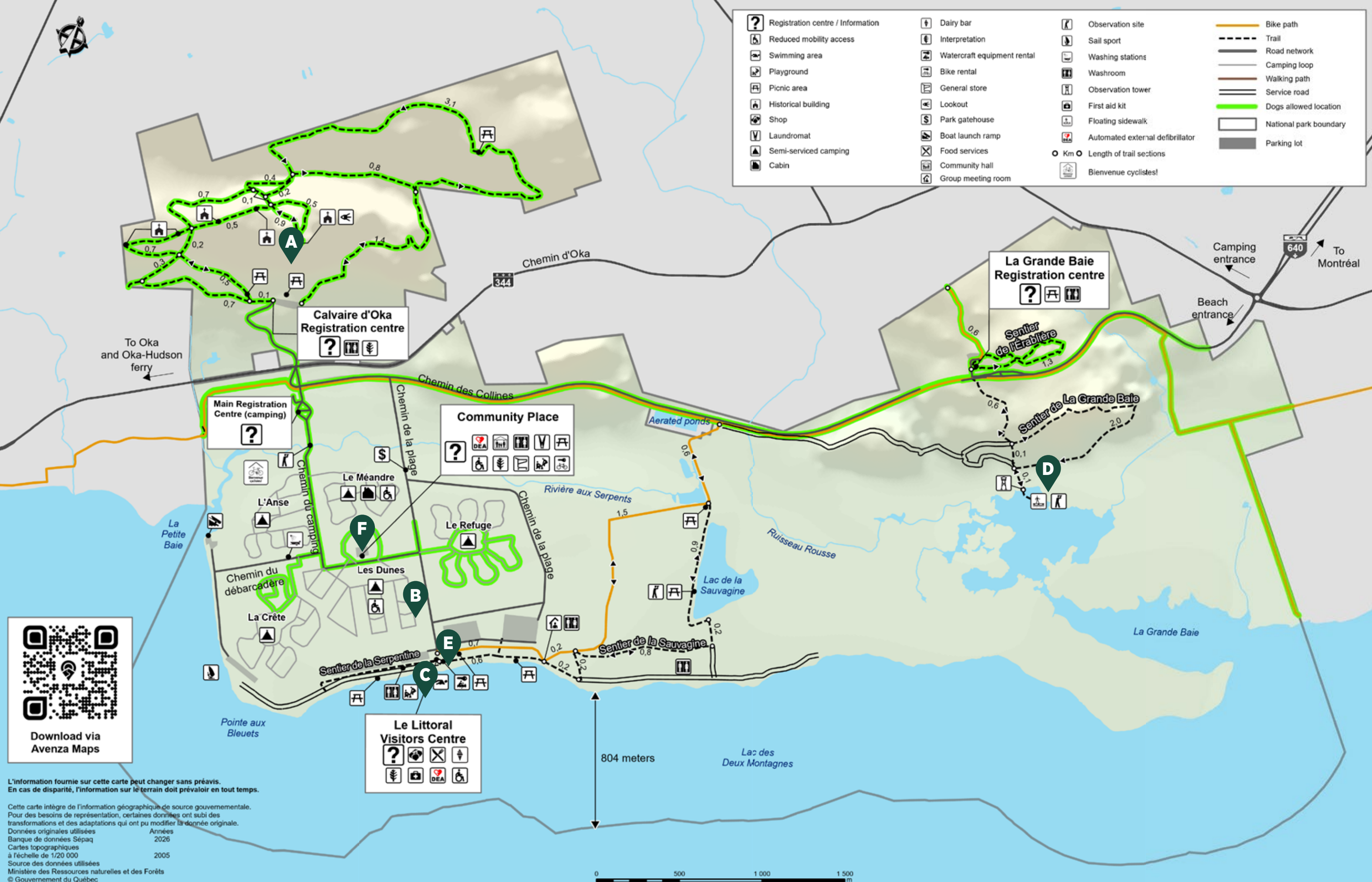
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Registration centre / Information	Dairy bar	Observation site	Bike path
Reduced mobility access	Interpretation	Sail sport	Trail
Swimming area	Watercraft equipment rental	Washing stations	Road network
Playground	Bike rental	Washroom	Camping loop
Picnic area	General store	Observation tower	Walking path
Historical building	Lookout	First aid kit	Service road
Shop	Park gatehouse	Floating sidewalk	Dogs allowed location
Laundromat	Boat launch ramp	Automated external defibrillator	National park boundary
Semi-serviced camping	Food services	Bienvenue cyclistes!	Parking lot
Cabin	Community hall		
	Group meeting room		



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 : 2005  
Source des données utilisées : Ministère des Ressources naturelles et des Forêts  
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804 meters

# A Date with Discovery



For the full program of discovery activities, please refer to the Parc national d’Oka web page under the Discovery tab. You can also consult the bulletin boards at the General store and at Le Littoral Visitors Centre.

## La Serpentine boardwalk

Located near the supervised beach, a wooden walkway winds through the woods for nearly a kilometre. A survey of park staff earned it the name La Serpentine boardwalk, in honour of the most commonly encountered turtle in the park. Along the walkway, you can learn about the different stages of these turtles’ lives.

## Shine a light on butterflies

These insects, with their varied shapes, colours, and sizes, are everywhere. Observing them with a park warden and naturalist will allow you to enter a world that is at once small and immense. Closely tied to trees and other plants, they’re born there, feed on them, transform into chrysalises, reproduce there, pollinate them, and, sometimes, devour them almost entirely!

## Discovery area at Le Littoral

A new observation deck overlooking exceptional de la Grande Baie marsh is now located on the terrace of Le Littoral Visitors Centre. Young and old alike can discover the park’s rich flora and fauna and play our big “Snakes and Stilt-walkers” game during a day of swimming.

## Monarch butterfly islands

Cruise along the bike paths of Parc national d’Oka and discover the incredible journey of the monarch butterflies, this iconic species, whose future is in jeopardy. Throughout this ride, you’ll have the chance to observe them and contribute to their conservation. A route with six stops, to explore on your own—in part or in full—at your own pace. Meet on La Serpentine boardwalk near the beach to begin the adventure.

## School activities and guided hikes

Did you know that park wardens and naturalists offer educational activities in elementary and high schools? These activities are part of the Québec school curriculum and cover topics such as the creation of protected areas, ornithology, astronomy, and even paleontology. Educational tools and access to science communicators help enrich the learning experiences of young Quebecers. Additionally, customized guided hikes are available upon request at Parc national d’Oka.

### 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.



## Activities galore!

Athanase’s Treasure, Kayaking at Dusk, Keep Your Eyes Peeled in the Marsh, In Action on Turtle Territory, SOS Bats, and Mushrooms: A World to Discover are just some of the activities led by our passionate naturalist park wardens and open to everyone. Find out the times and meeting locations!

### Bulletin de conservation

## Dans notre nature



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



## Investments that combine conservation and accessibility

In line with the mission of Québec's national parks, investments made at Parc national d'Oka aim to protect its natural heritage while making it more accessible to the people of Québec.

In recent years, major infrastructure projects have been undertaken to ensure the sustainability of the park's offerings and reduce its environmental footprint.

Did you know that much of Parc national d'Oka's infrastructure was built for Expo '67? These facilities have allowed millions of visitors to enjoy outdoor activities and the benefits of direct contact with nature for several decades. The ongoing upgrades to this infrastructure will help preserve these unique experiences and maintain the quality of services for generations to come.

### Modernization of campsites

The campground, whose facilities have changed little since the late 1960s, features approximately 900 sites, 301 of which are equipped with three services. Over the past

three years, several sites have been resized to accommodate larger recreational vehicles. Reusing the old sites has made it possible to preserve many trees and reduce the area of land disturbed by construction. The project has also improved water and electricity supply and extended services to more than 200 additional sites.

The conversion of more than 70 semi-serviced sites into ready-to-camp accommodations and Compact cabins promotes accessibility to the campground. This process will continue in 2026 with the renewal of approximately twenty ready-to-camp units and the modernization of more than fifty-three service sites.

### Network upgrades

Replacing the power line with sheathed conductors – which are less vulnerable to contact with branches – as well as lining work, relocating pipes, and closing certain sections of the wastewater network in wetlands help reduce infiltration and exfiltration into the environment. All of these improvements enhance the climate resilience of the park's infrastructure.

### Streamlining of the built environment

The construction of a new washroom facility made it possible to demolish six old washroom facilities that had reached the end of their useful life. Other obsolete structures – old washroom facilities in flood-prone areas, a historic cistern, an old drinking water plant, and aerated ponds – were also removed to give the space back to nature.

### Relocation of Pointe-aux-Bleuets trail (scheduled for fall 2027)

This project will remove the road from the floodplain while maintaining access for sailing enthusiasts. It will improve the connection between the forest and Lac des Deux-Montagnes, thereby enhancing the habitat for certain rare species such as the map turtle and the two-coloured oak (swamp white oak).

While these investments do not proportionally increase the services offered, they are essential to maintaining a high-quality experience at Parc national d'Oka for decades to come.



## 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](https://sepaq.com/security)**

## DISCOVERY ACTIVITIES

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

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



# Conserving for tomorrow



## A Newcomer to Québec

Alain Mochon, a retired biologist from Sépaq, continues his visits to national parks in search of dragonflies. In July 2025, an excursion to Grande Baie in Parc national d'Oka allowed him to photograph a species never before recorded in Québec: the striped damselfly. A remarkable discovery, considering that this species is rarely observed north of Texas!



## Trail use and nest predation by the wood thrush

In Parc national d'Oka, a five-year monitoring study of 159 wood thrush nests revealed that the breeding success of this threatened bird declined sharply with the level of use on the nearest trails. This phenomenon may be attributable to a higher abundance of nest predators along the trail edges. Indeed, 160 listening stations recorded a higher abundance of squirrels near the trails. Squirrels likely take advantage of the fact that their own predators avoid human presence. These data will help develop measures to mitigate human pressure on this bird.

## Our knowledge of fungal diversity is growing

Mycologists Yves Lamoureux and Chantal Gauthier have been surveying Parc national d'Oka for several years to catalog its fungi. In 2025, they submitted a list of 363 species recorded over the years to the park, 108 of which form mycorrhizae with trees. Several recently discovered species are new to Québec, including the Brown Gyromitra esculenta, the Golden-veiled Amanita, the Cup-shaped Agaric, Psathyrella jilinensis, and the Blue-capped Polypore.

# 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.