



PARC NATIONAL D'OKA

HIGHLIGHTS

CAMPING

You can now enjoy a peaceful forested sector, equipped with water and electricity (30 amps) needed for your comfort!



WATER ACTIVITIES

Lac des Deux Montagnes is the ideal waterway for a vast array of water activities.



CALVAIRE D'OKA

After climbing up the Calvaire d'Oka, you will be rewarded by one of the most stunning views!



WELCOME

QUÉBEC
NATIONAL PARKS DAY

SEPTEMBER 9,
2017

EXPLORE NATURE AT ITS FINEST

Québec national parks provide a unique opportunity to enjoy nature at its finest.

The entry fee you're required to pay is your contribution to the development and conservation of these territories.

FREE ADMISSION FOR CHILDREN 17 YEARS AND UNDER

Daily entry fee - Adults 18 years and over	\$8.50
Annual Network Card	\$76.50
Annual Park Card	\$42.50

Rates valid until December 31, 2017, taxes included. See complete fee schedule at sepaq.com/parkscard

ANNUAL PARCS QUÉBEC NETWORK CARD

Unlimited access to all of Québec's national parks for 12 months and an array of exclusive benefits:

- ONE FREE NIGHT OF CAMPING on a weekday, in any Sépaq destination (value of free night is for a semi-serviced site)
- ONE DAY PASS for a friend
- BOUTIQUES 15% off regular-priced items* in all Sépaq boutiques
- CROSS-COUNTRY SKIING 15% off a day ticket
- AQUARIUM DU QUÉBEC 15% off daily admission
- PARC NATIONAL DU MONT-MÉGANTIC 15% off admission to the ASTROLab
- PARC NATIONAL DE MIGUASHA Free admission to exhibits

Certain conditions apply.
*Excluding convenience store products and ski products.
Details at sepaq.com/parkscard

CONTEST DESTINATION PARCS NUNAVIK

Between April 1 and September 1, 2017, when you purchase or renew your Annual Network Card, you could win a stay for 2 in a national park of Nunavik.

A \$10,000 VALUE!

Experience the journey of a lifetime. A choice among 3 destinations to explore at parcsnunavik.ca:

- Parc national des Pingualuit
- Parc national Kuururjuaq
- Parc national Tursujuq

Details and contest rules at sepaq.com/contest



MUST-DOS

WELCOME TO THE PARK!

Parc national d'Oka, tourist jewel of the Basses-Laurentides region, is a preferred place for relaxation just a stone's throw from the vibrant metropolis of Montréal. Created to protect the biodiversity of a sample area of the St. Lawrence lowlands, our park stands out due to its wealth of flora and its historic and archeological past. Whatever the season, you'll have a wonderful time given all the activities at your disposal. Now it's your turn to discover the park!

THE BEACH AREA

Parc national d'Oka's 11-km-long sandy beach is very popular with visitors to the region. Lac des Deux Montagnes reveals its charms with every season.



THE HERONRY

In the middle of La Grande Baie, you'll find a colony of Great Blue Herons, which nest in a restricted conservation area.



FATBIKES

Make our 11 km of sandy shores your playground with this bike with oversized tires!



HIKING

Hike along our trails and discover the park's many wondrous hidden gems!



ACTIVITIES AND EQUIPMENT RENTAL

THE APPRENTICE ARCHAEOLOGIST: EXCAVATING THE PAST

Go back 4,500 years in time, to the period of the first inhabitants of Oka beach. These nomadic Amerindians occupied the area around the Ottawa River and the St. Lawrence River, where they practised fishing, hunting and gathering. Towards 1000 A.D., they began creating pottery for storing and cooking food. Depending on the era, the women would use shell edges or turtle's shells to decorate these vases with motifs and characteristic undulating decorations. Today these designs help researchers trace the age of the ceramics and reconstitute the way of life of the Amerindian people throughout the different periods of the park's human occupation.



L'Apprenti archéo : Une fouille dans le passé gives YOU the opportunity to take part in an archaeological excavation on the site, which began 80 years ago and has unearthed thousands of artifacts that attest to the Amerindian presence.

During your search, you might even uncover arrowheads, bone tools or decorated pieces of pottery dating back over 2,000 years!

Team up with our professional archaeologist for a one-hour session, participate in a real and official excavation and contribute to the preservation of the park's prehistoric archaeological sites! You'll also learn why it's so important to preserve this cultural heritage and help us unlock some of the many mysteries of Amerindian presence in this area.

Rates (taxes included):

\$11/adult; \$5.50/child (5 to 17 years).

Free for children accompanied by an adult.

EQUIPMENT RENTAL

EQUIPMENT	DAY	4 hrs.	1 hr.
Canoe	\$48.00	\$33.75	\$16.75
Pedal boat 2 seater		\$33.00	\$16.50
Pedal boat 4 seater		\$39.50	\$19.75
Solo kayak	\$44.00	\$30.50	\$15.25
Tandem kayak	\$52.50	\$37.00	\$18.50
Stand-up paddle board	\$42.00	\$29.50	\$17.00
Life jacket	\$6.75		
Bicycle (child)	\$20.00	\$14.00	\$7.00
Bicycle (adult)	\$40.00	\$28.00	\$14.00
Fatbike bicycle	\$56.25	\$39.50	\$19.75

* taxes not included

WATER ACTIVITIES

STAR ACTIVITY: STAND-UP PADDLEBOARDING!

Discover the hidden corners of Parc national d'Oka by renting different equipment including stand-up paddleboards! Invented in Hawaii, paddleboarding is an activity that combines surfing and kayaking. The paddleboard was designed for calmer waters and is much bigger (longer, wider and thicker) and therefore more stable than a traditional ocean surfboard. Test your balance by standing on the surfboard with a paddle in your hand. This activity is quick, easy and fun to learn!



BOAT RENTALS:

Every day of the week from May 20 to September 4.

Remember, business hours depend on weather conditions.

DISCOVER: FATBIKES

Try a fatbike for an energetic and original activity! Available for rental at Le Littoral Visitors Centre, these bikes with oversized tires are perfect for cycling along trails or on the beach (except for swimming areas). Guaranteed fun! Given the growing popularity of this activity, we recommend that you reserve your bike.

BIKE RENTALS:

From April to November (fatbike available year-round).

At Le Littoral Visitors Centre's boutique.



HIKING TRAILS



DISCOVER	TRAILS	DISTANCE	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: La Vagabonde – (section inside the park)	7.8 km	X	I	La Grande Baie Registration Centre

Bicycle Hiking

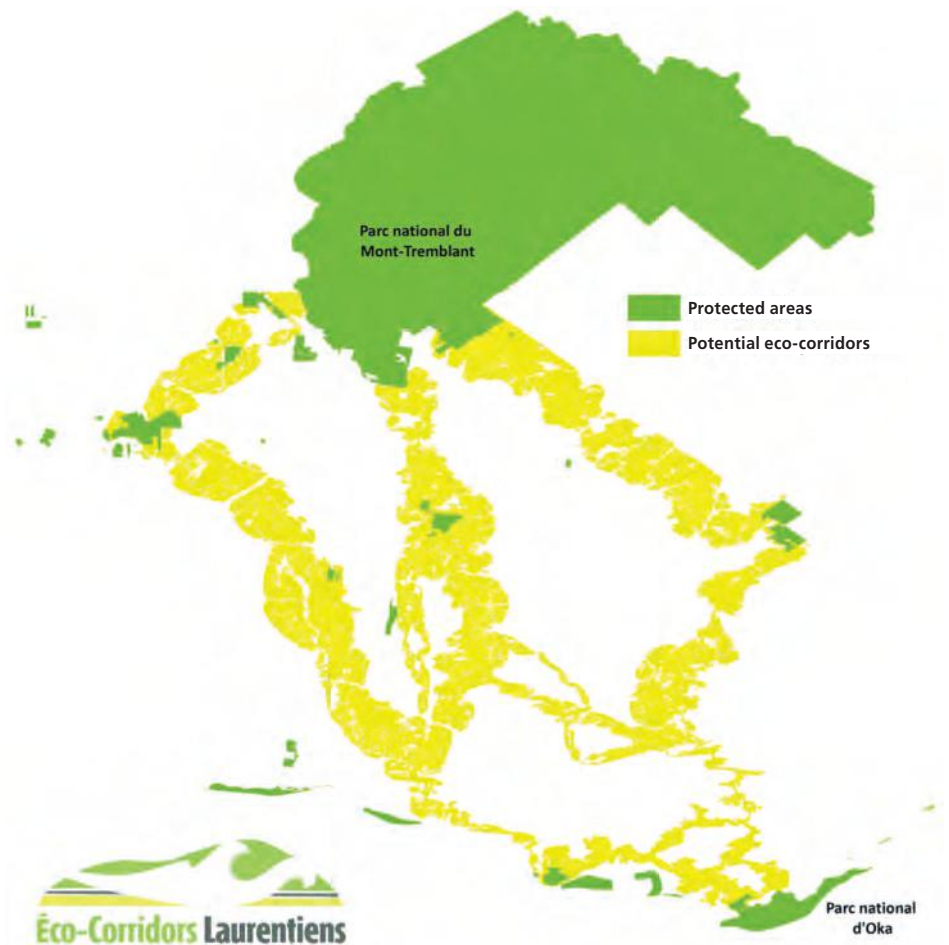
E – Easy I – Intermediate H – Hard

AN AMBITIOUS AND VISIONARY INITIATIVE!

Parc national d'Oka is proud to be associated with Éco-Corridors Laurentiens in its initiative to connect Oka and Mont-Tremblant national parks via a network of eco-corridors linking protected areas and fragile habitats in the Laurentians. Éco-Corridors Laurentiens is a non-profit organization whose mission is to protect the Laurentians' natural environment. An eco-corridor is defined as a natural link between two or more conservation points along which animals travel, vegetation propagates and genetic exchanges are possible. The park will do all it can to ensure the success of this initiative!

For more information, go to www.ecocorridorslaurentiens.org

Photo: PNMT-PNO map, by Éco-Corridors Laurentiens



DISCOVERY ACTIVITIES 2017

SPRING / APRIL 29 TO JUNE 18







Day	Date	Okasion	Activity	Time	Meeting place
Saturday	April 29 - May 20		Au marais, ouvrez l'oeil	1:30 p.m. to 3 p.m.	La Grande Baie tower*
	May 20		PNO bingo	7:30 p.m. to 8:15 p.m.	La Grande Baie Registration Centre*
Sunday	April 30 - May 21		Zoom sur une saison	1:30 p.m. to 3 p.m.	3rd oratory (Calvaire d'Oka)
	May 21		Et que ça saute	7:30 p.m. to 8:45 p.m.	La Grande Baie Registration Centre*
Monday	May 22		En bref, des siècles d'histoire au Calvaire d'Oka	1:30 p.m. to 3 p.m.	Calvaire d'Oka
Saturday	May 27 - June 17		Démasquons le raton	10 a.m. / 11 a.m. (2 times)	Community Hall
	June 3 & June 17		Le Grand Jeu Parcs Québec	7:30 p.m. to 8:15 p.m.	Community Hall
Sunday	May 28 - June 18		Et que ça saute	10:30 a.m. to 11:45 a.m.	La Grande Baie Registration Centre*
			En bref, des siècles d'histoire au Calvaire d'Oka	1:30 p.m. to 3 p.m.	Calvaire d'Oka

SUMMER / JUNE 24 TO AUGUST 20

Day	Date	Okasion	Activity	Time	Meeting place
Saturday	June 24, July 1, Aug. 5		L'apprenti archéo : une fouille dans le passé (\$)	9:30 a.m. / 11 a.m. / 1 p.m. / 2:30 p.m.	Le Littoral Visitors Centre boutique
			Démasquons le raton	10 a.m. / 11 a.m. (2 times)	Community Hall
			Lumière sur les étoiles	June/July: 9 p.m. to 10 p.m. August: 8:45 p.m. to 9:45 p.m.	Community Hall
			Le Grand Jeu Parcs Québec	7:30 p.m. to 8:15 p.m.	Community Hall
Sunday			Go... top chrono !	10:30 a.m. to 11:30 a.m.	Community Hall
			Les chauves-souris : un monde à l'envers	June/July: 8:30 p.m. to 9:30 p.m. August: 8 p.m. to 9 p.m.	La Grande Baie Registration Centre*
Monday			Les détectives... sur la piste des animaux !	10:30 a.m. to 11:45 a.m.	Community Hall
			Histoires de famille	7:30 p.m. to 8:30 p.m.	Community Hall
Tuesday			Un peu, beaucoup, à la folie !	10:30 a.m. to 11:45 a.m.	La Grande Baie Registration Centre*
			Soirée pierres et mystères	7:30 p.m. to 8:45 p.m.	Community Hall
Wednesday			Joignez le reptile à l'agréable	10:30 a.m. to 11:45 a.m.	La Grande Baie Registration Centre*
			PNO bingo	7:30 p.m. to 8:15 p.m.	La Grande Baie Registration Centre*
Thursday			Et que ça saute	10:30 a.m. to 11:45 a.m.	La Grande Baie Registration Centre*
			La nuit, au Calvaire d'Oka	June/July: 8:30 p.m. to 9:30 p.m. August: 8 p.m. to 9 p.m.	Calvaire d'Oka parking lot
Friday			Le Grand Jeu Parcs Québec	10:30 a.m. to 11:45 a.m.	Community Hall
			Vivre en l'an zéro	7 p.m. to 8 p.m.	On the beach (Pavillon des découvertes)
			Kayak de nuit (\$)	9:30 p.m. to 10:30 p.m.	Water sports equipment rental centre
	August 11		Perseids evening	9 p.m. to 11 p.m.	Beach

THE "OKASIONS"

FALL / AUGUST 26 TO OCTOBER 9

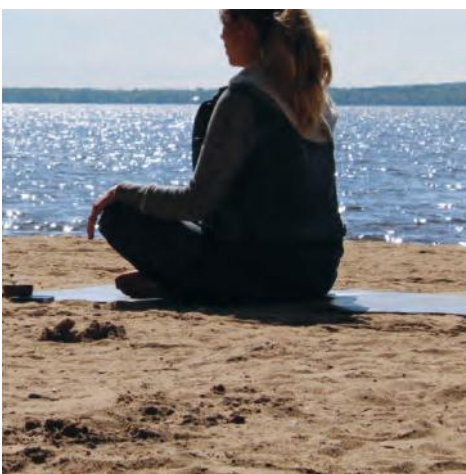
Day	Date	Okasion	Activity	Time	Meeting place
Saturday	Sept. 2 & Oct. 7		Démasquons le raton	10:30 a.m. to 11:15 a.m.	Community Hall
			Au marais, ouvrez l'oeil	1:30 p.m. to 3 p.m.	La Grande Baie tower*
			Le Grand Jeu Parcs Québec	7 p.m. to 7:45 p.m.	Community Hall
Sunday	Except October 8		Joignez le reptile à l'agréable	10:30 a.m. to 11:45 a.m.	La Grande Baie Registration Centre*
	Except October 8		En bref, des siècles d'histoire au Calvaire d'Oka	1:30 p.m. to 3 p.m.	Calvaire d'Oka
	September 3		PNO bingo	7 p.m. to 7:45 p.m.	La Grande Baie Registration Centre*
	October 8		Fête de la pomme	10 a.m. to 3 p.m.	Calvaire d'Oka
Monday	Sept. 4 & Oct. 9		Les détectives... sur la piste des animaux!	10:30 a.m. to 11:45 a.m.	Community Hall

* Allow 10 minutes of travel by car

Okasions legend:

Explore  | Family  | Young and energetic  | Leisure  | Outdoors and sports 

CELEBRATE SUMMER
WITH FUN UNDER THE SUN
AT THE BEACH IN
PARC NATIONAL D'OKA!

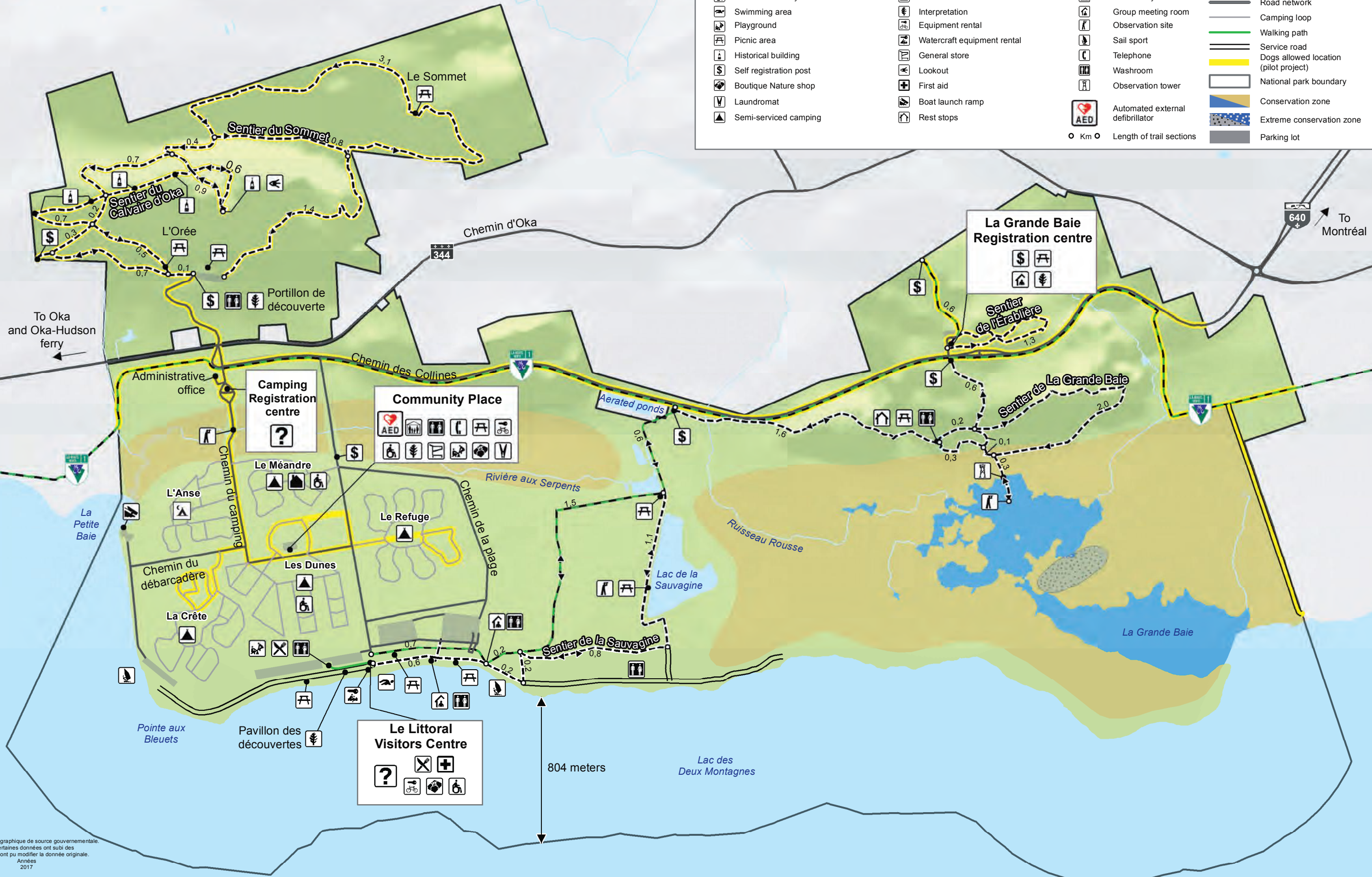


ENJOY OUR SCHEDULE
OF SPECIAL ACTIVITIES
TO KEEP YOU ENTERTAINED
ALL SEASON LONG!





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	Telephone	Service road
Self registration post	Lookout	Washroom	Dogs allowed location (pilot project)
Boutique Nature shop	First aid	Observation tower	National park boundary
Laundromat	Boat launch ramp	Automated external defibrillator	Conservation zone
Semi-serviced camping	Rest stops	AED	Extreme conservation zone
		Km	Length of trail sections
			Parking lot



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 2017
 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

DISCOVERY ACTIVITIES

2017 PROGRAM

ANIMATED HIKES

ET QUE ÇA SAUTE !

All about amphibians, batrachians, anurans... a hop, skip and a jump away!

JOIGNEZ LE REPTILE À L'AGRÉABLE

Curioussss to know all about reptiles? Slither on by!

LES DÉTECTIVES... SUR LA PISTE DES ANIMAUX !

Follow along with a park warden and become as clever as a fox!

KAYAK DE NUIT \$ (R)

Take an excursion on the lake come nightfall with our park warden and observe nature as you have never seen it before!

Rates (taxes included):

\$9.50/adult; \$4.75/child (ages 5 to 17).

Free for children accompanied by an adult.

Equipment provided.

LEARN AND PLAY

L'APPRENTI ARCHÉO : UNE FOUILLE DANS LE PASSÉ \$ (R)

Participate in a one-hour archaeological excavation led by an archaeologist and contribute to the preservation of arrowheads, bone tools or pieces of pottery dating back over 2,000 years!

Rates (taxes included):

\$11/adult; \$5.50/child (ages 5 to 17).

Free for children accompanied by an adult.

LE GRAND JEU PARCS QUÉBEC

National parks intrigue you? Curious to discover their secrets? Take part in this great family game in the company of Pat l'original and friends of Parcs Québec.



SOIRÉE PIERRES ET MYSTÈRES

An investigation has begun to discover who is responsible for shaping the landform of the park during the Ice Age. Simple experiments will reveal the clues to solve the mystery.

GO... TOP CHRONO !

Put your knowledge of the park to the test in this fast, furious and fun-filled adventure, featuring games, riddles and more!

MEET WITH A PARK WARDEN

AU MARAIS, OUVREZ L'ŒIL !

With our powerful telescope, you can spy on the waterfowl and herons that call the park home!

ZOOM SUR UNE SAISON

The awakening of nature and the enchantment of life in the undergrowth of Calvaire d'Oka!

DÉMASQUONS LE RATON

The raccoon will share its home with you – and raid your cooler in no time flat! Come listen to us explain how the two species can peacefully coexist!

EN BREF, DES SIÈCLES D'HISTOIRE AU CALVAIRE D'OKA

Stop for a few minutes and listen to the park warden recount the stunning history of those 270-year-old stations of the Cross!

UN PEU, BEAUCOUP, À LA FOLIE !

Come learn about the various forms of flora all around us, with a close-up look at some common, rare or even invasive species of plant life!

EVENING ACTIVITIES

PNO BINGO

Test your knowledge of the flora and fauna in Parc National d'Oka! You might just win the grand prize!

LES CHAUVES-SOURIS, UN MONDE À L'ENVERS

Come get a close-up look at these fascinating nocturnal creatures as they hunt for food. Do not forget your mosquito repellent and your flashlight!

HISTOIRES DE FAMILLES

Examine this protected territory, past and present, through our storyteller's eyes and recollections.

LA NUIT, AU CALVAIRE D'OKA

Open your eyes and ears and be on the lookout : discover the forest on a beautiful summer night.

VIVRE EN L'AN ZÉRO...

Take part in the life of the camp, simulate hunting with a spear and, near the campfire, fashion clay to make your own pottery.

LUMIÈRE SUR LES ÉTOILES

Join us to celebrate the starry skies and take part in a star-filled astronomy activity. Come rain or shine!

SPECIAL ACTIVITIES

PERSEIDS EVENING

Exceptionally for this evening, you're invited to stroll along the beach and admire the memorable spectacle of the shooting stars! But make sure you're back at your campsite before curfew!

LA FÊTE DE LA POMME, DU FROMAGE ET DE L'HISTOIRE

Learn about the history of the 270-year-old stations of the Cross! You can also sample the famous Oka cheese and apples from the region.

CONSERVATION

WOULD YOU KNOW HOW TO SORT YOUR WASTE? RISE TO THE CHALLENGE!

Whether you're a camper, a swimmer or a hiker, it's up to you to correctly sort your waste and make that little bit of extra effort to help preserve this protected area!

This sign has been put up in all the camping loops and near the main service points to make your task easier.



TO HELP YOU RISE TO THE CHALLENGE, HERE ARE A FEW VERY SIMPLE SUGGESTIONS:

- As soon as you arrive at your campsite, use three different garbage bags, one for each category of waste: garbage, recycling and composting
- Ideally, use one plastic trash bag for garbage and another for composting, and a paper bag from the supermarket for recycling; you'll be able to throw it directly into the appropriate bin
- Plastic garbage bags are better for gathering the compost because the items are often soggy and they soak the paper bags. When a plastic bag is closed properly, it also blocks odors that attract nearby raccoons. When you leave, all you need to do is to empty the composting bag into the bin and throw the bag itself into the garbage bin
- Follow the instructions provided below for sorting garbage

THE THREE WAYS: RECYCLING, COMPOSTING AND GARBAGE... HOW TO FIGURE IT ALL OUT? HERE ARE THE MAIN ITEMS TO BE SORTED IN EACH WAYS.

Recycling:

- Clean paper and cardboard (including milk containers that are plasticized on the inside)
- Glass, metal (e.g., clean cans) and aluminum

- Recyclable plastic containers with a recycling symbol (Mobius strip) numbered from 1 to 7 (except for number 6, which needs to be put in the garbage): water/soft drink bottles, plastic milk containers, yogurt containers and containers from bottled sauces such as ketchup and the like



- Plastic grocery and ziplock bags

Composting:

- Food scraps: fruits and vegetables, egg shells, cheese, butter, bread, pasta and rice, meat (including bones and fat), fish (including bones) and seafood
- Other waste: coffee filters and tea bags, paper towels, napkins and tissues
- To be avoided: liquid items

Garbage:

- Everything not found on the recycling and composting list above: wax paper, cereal and chip bags, toothpaste tubes, diapers, sanitary napkins, dishes, glass, etc.
- Everything without a recycling symbol
- Containers with the number 6 recycling symbol (in Québec, we do not have the facilities to recycle this type of plastic/polystyrene)
- Everything that can normally be recycled, but is too soiled (e.g., paper plates with soggy leftovers (sauces, etc.))
- * NOTE: one-litre propane bottles can be taken to the ecocentre in your region, or placed on the ground next to the garbage bins. We collect them.

Thank you for helping us preserve this environment for future generations!

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).

To find out how you can help protect our national parks, please visit fondsparcsquebec.com.



FAMILY FUN IS HERE!

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

Varied and rewarding **ACTIVITIES**

Outdoor **EQUIPMENT LOAN***

ACCESSORIES* on loan for young children

*Limited quantities available



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

Discover our top 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!
- Children accompanied by an adult may use rental bikes from Le Littoral Visitors Centre free of charge.
- A really original way to discover Parc national d'Oka! L'apprenti-archéo and Kayak de nuit activities are free of charge for children accompanied by an adult.
- An indoor climbing wall, foosball soccer tables, ping-pong, lots of board games and much more are available at the community hall.



PILOT PROJECT AUTHORIZING DOGS



A pilot project is in place, authorizing the presence of dogs in three national parks, including Parc national d'Oka, and will continue into its second year. 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 Vagabonde (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

ACCOMMODATIONS



ACCOMMODATIONS AND CAMPING AVAILABLE YEAR-ROUND



COMPACT CABINS



HUTTOPIA TENTS

CAMPING

- Campsites with 0, 1, 2 or 3 services during the summer season
- *Bienvenue cyclistes!* ^{MD}
- Camping with 2 services available in fall and spring, depending on snow conditions
- Winter camping in the Dunes sector

READY-TO-CAMP

Ready-to-camp in a Huttopia tent: the ideal solution to enjoy camping hassle-free.

- 42 Huttopia tents including 2 adapted for people with reduced mobility (separated adapted bathroom facilities nearby)
- Equipped with everything required to prepare meals
- Huttopia tents are available from early May until mid-October
- Maximum of 6 people, or 4 adults

COMPACT CABINS

Our cabins provide comfortable accommodations during an outdoor stay.

- 10 Compact cabins including 2 adapted for people with reduced mobility, in the Méandre sector
- Equipped with everything necessary to prepare meals, as well as with a bathroom and a shower
- Compact cabins are available year-round
- Maximum 4 people



MORNING ON WATER DISCOUNT

All equipment must be returned by noon.
Applicable to hourly rentals only.
Camping permit required.

50% OFF

water sports and bicycle rentals

PLAY IT SAFE



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

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 (Saint-Daniel sector), JACQUES-CARTIER and OKA national parks, and will continue into its second year. 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

2020, chemin d'Oka
Oka (Québec) J0N 1E0
Informations: 450 479-8365
Reservations: 1 800 665-6527
Email: parc.oka@sepaq.com
www.sepaq.com/oka

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WINTER ACTIVITIES



DISCOVERY

TRAILS

DISTANCE

ROUND TRIP

DIFFICULTY

DEPARTURE POINT

DISCOVERY	TRAILS	DISTANCE	ROUND TRIP	DIFFICULTY	DEPARTURE POINT
*	Le Rivage Ouest (A)	2.2 km	X	E	Le Littoral Visitors Centre
*	Le Rivage Est (A)	3.0 km	X	E	Le Littoral Visitors Centre
*	Les Dunes (B)	4.0 km	X	E	Le Littoral Visitors Centre
*	Le Calvaire d'Oka (F)	12.6 km	X	H	Le Littoral Visitors Centre
*	Le Calvaire d'Oka (F)	6.2 km	X	H	Self Registration Post
	L'Écureuil	3.4 km	X	E	Le Littoral Visitors Centre
	Le Sommet	13.9 km	X	H	Le Littoral Visitors Centre
	Le Sommet	7.3 km	X	H	Self Registration Post
	Le Calvaire d'Oka	11.6 km	X	H	Le Littoral Visitors Centre
	Le Calvaire d'Oka	5 km	X	H	Self Registration Post
	Le Marais	15.1 km	X	H	Le Littoral Visitors Centre
	Le Centenaire (1)	4.0 km	X	E	Le Littoral Visitors Centre
	La Pinède (2)	4.0 km	X	E	Le Littoral Visitors Centre
	La Grande Baie (3)	14.6 km	X	H	Le Littoral Visitors Centre
	Le Calvaire d'Oka and Le Sommet – Nordic skiing	11.7 km	X	H	Self Registration Post
	Le Louis Hébert (6)	7.2 km	X	E	Le Littoral Visitors Centre
	La Poursuite (8)	14.4 km	X	H	Le Littoral Visitors Centre

* Snow walking

Snowshoeing

Fatbike cycling

Cross country skiing

E – Easy I – Intermediate H – Hard

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

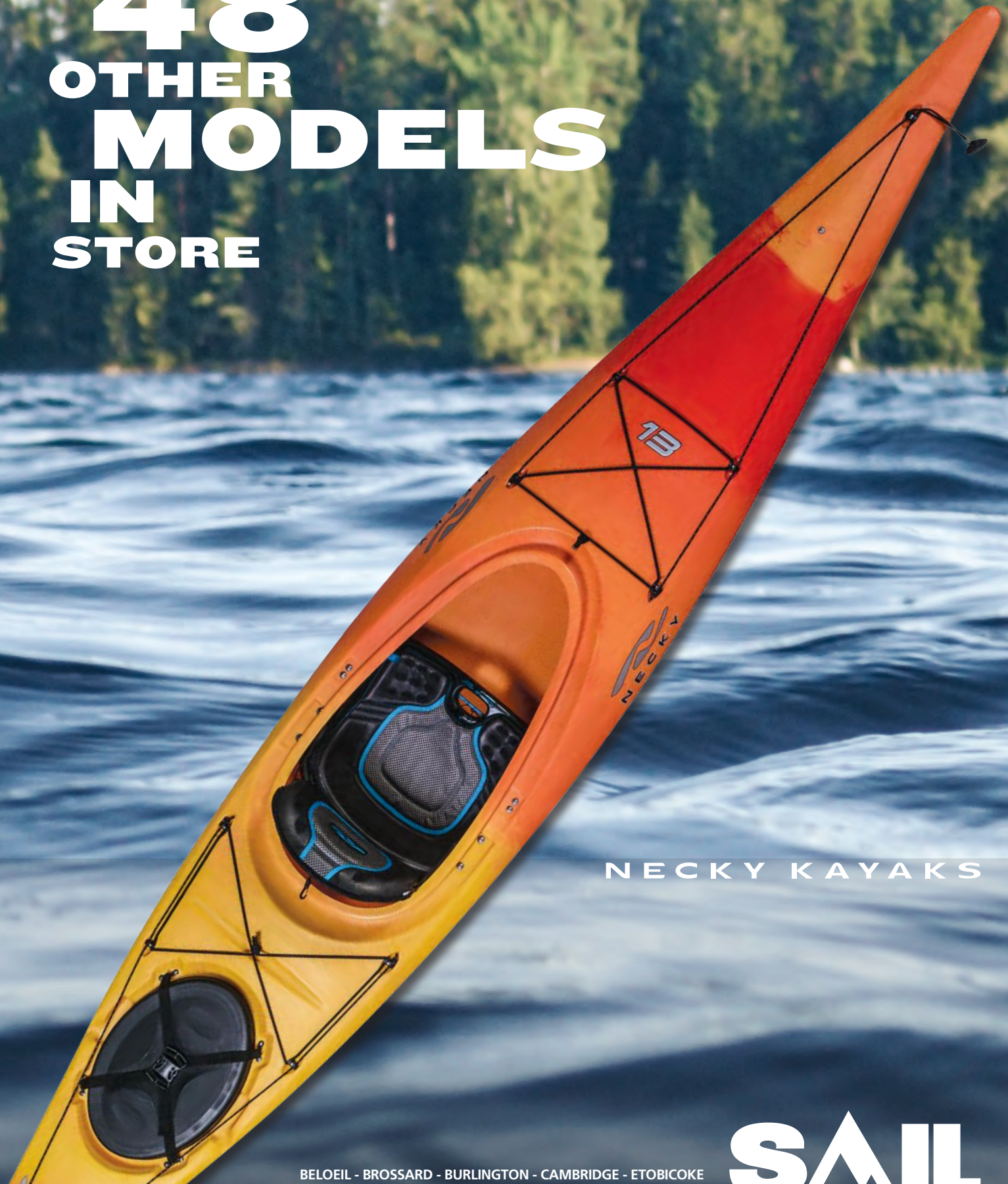
- 8 weeks of fun for kids 4 to 13 years old. Classic skiing and ski skating techniques. Register at ecoledeski.oka@sepaq.com

EXTEND YOUR STAY!

- Rustic camping
- Compact cabins



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