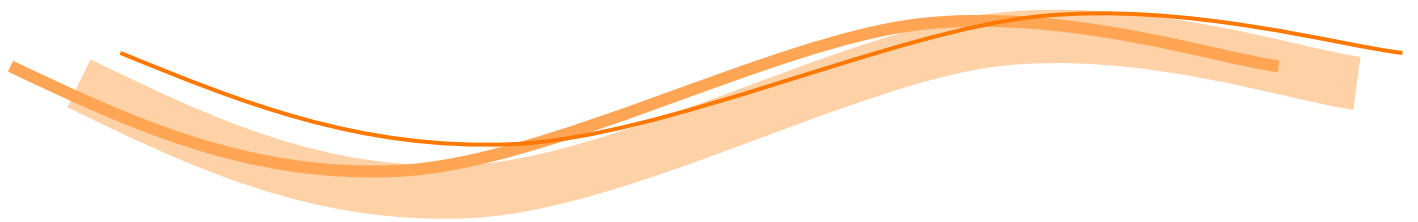




OTTAWA – SUMMER 2013





OTTAWA IN THE SUMMER

Ottawa in the Summer

Summer is here and it is time to get outdoors in Ottawa! Enjoy the outdoor music festivals, al fresco concerts, outdoor patios in the ByWard Market, Canada day celebrations, Mosaika sound and light show.....and more!

Ottawa is a great destination for outdoor adventure and fun for the whole family – even right in the heart of the city. Enjoy the outdoors on Ottawa’s extensive bike trails, on the Rideau Canal (whether you kayak or take a cruise) and at Calypso – Canada’s largest theme waterpark.

Visit www.OttawaTourism.ca or phone 1-888-OTTAWA-8 for some great short break ideas. The “Urban Adventure”, for example, includes a choice of outdoor adventure - plus two nights’ hotel accommodation. All this from only \$117 per person. Get great deals and a wide range of hotel choices as you create your own escape to Ottawa. **And all summer long book 2 nights and get the 3rd night FREE at participating hotels.**

There are many adventurous activities to get your adrenaline pumping – together with great entertainment and culture all summer long.

Outdoors and Adventure

Ottawa is a great choice for an outdoors adventure - both in the city itself, and within a short drive, you will find activities for all levels, ages and abilities.

C’est Bon Gourmet Walking Tours

Celebrity Chef and alumnus of Le Cordon Blue Ottawa - Andrée Riffou – runs [C'est Bon Gourmet Walking Tours](#) that are an ideal introduction to the national capital region’s vibrant food scene. Meet the bright lights and find the hidden treasures with the help of expert and insightful guides. Get out and walk around Ottawa’s neighbourhoods!

Biking

There are over 300 kilometres of [bike paths](#) in Canada’s Capital Region. And “Sunday Bikedays” in summer mean that 50kms of trails are reserved for cyclists, in line skaters, runners and walkers. Don’t forget the [VIA Rail bike train](#) runs from Toronto and Montreal to Ottawa, allowing you to bring your own bike – or you can rent a bike very easily. Plus Ottawa has a shared [BIXI bike program](#) similar to Toronto and Montreal.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Get out on the Water

There are lots of ways to take to the water this summer in Ottawa – from exciting high adrenaline challenges to gentle family oriented trips. Explore the Ottawa River, Rideau Canal and the 1000 Islands.

Capital Cruises

[Capital Cruises](#) have daily sightseeing cruise May until October offering visitors great views of the city with an educational and enthralling commentary. Summer evenings provide a magnificent setting for dinner cruises with an elegant meal and live music.

Gananoque Boat Line

[Gananoque Boat Line](#) started, in the early 50's, as a local mail run that began carrying a few passengers for scenic cruises of the beautiful 1000 Islands. Now it has become one of the world's most famous tour boat companies. Cruises include the "Boldt Castle Stopover" or "Lost Ships of the 1000 Islands".

Lady Dive Amphibus

Take a one hour city tour in the unique [Lady Dive Amphibus](#) that travels on both land and water. It's a spectacular way to visit Ottawa and view more than 75 different attractions sites.

Run River Rafting

[Run River Rafting](#) offer full and half-day high adventure whitewater rafting trips – or, if you prefer, gentle family trips for all ages. Try the 4.5-hour Historical River Tour on the "Rocher Fendu", a gentle paddle on a 12km stretch on the Ottawa River boasting seven rapids, spectacular falls and over 30 islands. Each raft trip includes certified guides, lunch, and all equipment. No experience necessary.

Kayaking

You can rent a kayak for a gentle paddle on the Rideau Canal. Right in the heart of downtown you can learn to white water paddle with MKC in the City. [Madawaska Kanu Centre](#) offer workshops at the foot of Rideau falls in view of the parliament buildings. After your lesson, dry off at the Mill Street Brew Pub, a 140 beautifully converted mill with great microbrews and tasty dishes.

Family Attractions

Amongst a host of options, here are some family oriented ideas for places to visit in Ottawa this summer.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Calypso Water Park

In summer Ottawa is especially kid friendly thanks to [Calypso Water Park](#), just a short drive outside of the city. Calypso is Canada's biggest theme waterpark on an extensive 100-acre facility. There are more than 35 waterslides and 100 water games, Canada's largest wave pool and the highest free-standing waterslide tower in North America. Plus Jungle Run, a 750 m wild and twisted river adventure.

Canadian Agriculture and Food Museum

The [Canadian Agriculture Museum](#) has great summer programs for children. This summer take part in "A Piece of Cake" - baking an apple cake seems simple, but what if you had to produce all of the ingredients yourself? The production of flour, eggs, maple syrup, apples, milk, and butter takes a lot of hard work as well as the right tools. See artifacts in action, and you may even see newly-hatched chicks in the incubator.

Valleyview Little Animal Farm Children and adults alike will enjoy seeing a wide variety of animals and birds up close, from alpacas to zebus, goats to geese. Ride the Valleyview Express train through fields of corn, soybeans, wheat, pumpkins, sunflowers and hay. Children of all ages are sure to enjoy the creative farm playground. And explore Bill's Old Farm Museum to learn about our agricultural past. The [Valleyview Little Animal Farm](#) is open for the summer until October 2013.

"The Adventures of Mr. Potato Head" at the Canadian Childrens Museum, part of the Canadian Museum of Civilization (June 8, 2013 - January 5, 2014)

MR. POTATO HEAD, everyone's favourite transforming tater character, needs your help on his exciting, educational expeditions. When you visit the exhibition "[The Adventures of Mr. Potato Head](#)" you will join him for a series of action-packed activities as he transforms himself to suit different occupations. Spudtaacular fun for the whole family!

Festivals and Events

Stay outdoors and enjoy music and more at many of Ottawa's outdoor festivals and events. Plus there are some not to be missed exhibitions in Ottawa this summer.

Canada Day on July 01, 2013 is a day of [celebration in the Capital](#) that is not to be missed. And on July 1 – the Jazz Festival programming is free! Falling on a long weekend this year, the day of national pride in Ottawa is also a day of all out fun! Streets in the downtown core are closed to traffic and hundreds of thousands of people come out for a

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



fantastic afternoon and evening of celebration. The festivities take place on Parliament Hill, in downtown parks and on the streets with ceremonies, musical talent from across the country, fireworks — and more!

RBC Royal Bank Bluesfest (July 4 - 14, 2013)

True to form, [Bluesfest 2013](#) has a little something for everyone from B.B. King to the Wu-Tang Clan. A taster of the bands that will rock this five stage music festival are Bjork, Dixie Chicks, Animal Collective, Fun, Great Big Sea, Hannah Georgas, Jimmy Eat World, Rush, Serena Ryder, Stars, The Tragically Hip, and Weezer.

Ottawa International Chamber Music Festival (July 25 to Aug 8 2013)

[Chamberfest](#) fills the city with the refined sound of chamber music. This festival also covers a variety of music types from classic Baroque to contemporary, jazz, vocal and choral, and spoken word. The festival's main stage is at the beautiful Dominion-Chalmers United Church but also holds alfresco concerts and a series of "Bring the Kids!" shows for children.

Mosaika Sound and Light show (July 10-September 7, 2013)

The [Mosaika Sound and Light](#) show is a must see in Ottawa this summer. The Parliament buildings come alive with colour and the history of Canada. It is a spectacular, free show that encompasses Canada's unique culture and major historical events that shaped our great nation. Mosaika begins nightly on July 10, 2013.

"Sakahàn: Indigenous Art" at the National Gallery of Canada (May 17 – September 2, 2013)

"[Sakahàn](#)", meaning "to light a fire" in the language of the Algonquin, is the National Gallery of Canada's largest survey of recent Indigenous art. It will highlight over 150 works by more than 75 artists from around the world, including impressive installations created specifically for this exhibition. Poetic, unexpected and challenging, the artworks document and interrogate distinct cultural, political and social issues. One of the Gallery's most ambitious contemporary art exhibitions to date, this is part of a five year project to spotlight Indigenous art.

"Edward Burtynsky: Oil" at the Canadian Museum of Nature (May 31 to September 2, 2013)

At the Canadian Museum of Nature "[Edward Burtynsky: Oil](#)" includes over 50 large-scale colour photographs that together present a glimpse into the lifecycle of an energy source that has shaped our modern world.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Burtynsky's masterful prints show—in superb detail—scenes of oil fields, refineries, automobiles, aircraft, other vehicles, high-speed motorway networks, and disposed and recycled materials.</p> <p>STAR WARS™ Identities at the Canada Aviation and Space Museum</p> <p>This exhibit takes visitors on an interactive quest to explore the science of identity. Using an extensive collection of over 200 objects from the Lucas Cultural Arts Museum, STAR WARS™ Identities follows the dramatic journeys of Luke and Anakin Skywalker, cinema's most famous father and son duo, exploring what makes these characters who they are.</p>
Location	Ottawa lies in northeast North America, in the Province of Ontario, Canada. It is bordered by the Ottawa River to the north, while the historic Rideau River and Rideau Canal meander north to south through the city. Directly across the Ottawa River are the City of Gatineau and the picturesque Outaouais region in the Province of Québec, situated 114 metres (374 feet) above sea level.
Geography	These twin cities of Ottawa and Hull are full of unexpected pleasures -- you can watch the debates and pomp of parliamentary proceedings, take in the street scene from a sidewalk terrace, ski or camp or hike in wilderness only 15 minutes away, and then put your feet up before the fireplace of a rustic inn.
Name	Derived from Outaouak, an Algonquin First Nations name
Population	City 812,000 (Ranked 4 th in Canada) Metro 1,169,000 National Capital Region is 1,451,000
Language	English and French
Government	Ottawa's municipal government consists of a 22 –member council, composed of a Mayor, and 21 councilors (representing the 21 wards of the City. Each councilor is elected, and sits for a three year term. City Hall is located at 110 Laurier Avenue West.
Twin Cities	Beijing, China; Buenos Aires, Argentina; Catania, Sicily, Italy

CLIMATE	
General climate	The average Temperatures for the region of Ottawa/Gatineau are: summer max + 26C; winter max - 6C
Today's weather	26C and sunny (June 21, 2013) – perfect for getting out and enjoying the first week of summer!
Best time to visit	Any time – there's always something unique and exciting happening in Ottawa!

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



GETTING THERE	
Flights (Toronto)	<p>Porter Airlines www.flyporter.com</p> <p>Porter operates from its base at Toronto Billy Bishop City Centre Airport (TCCA), one of the most convenient urban airports in the world, and serves Ottawa. From its dedicated terminal, all Porter passengers have access to a modern, comfortable and stylish lounge, including wireless Internet access, refreshments, and computer workstations. While on board, passengers enjoy complimentary premium snacks, wine and beer, a spacious cabin environment with leather upholstery and extra legroom. Over a dozen flights a day between Toronto Billy Bishop City Centre Airport and Ottawa. Reservations can be made on Porter's website, www.flyporter.com through its call centre at 1-888-619-8622 or 416-619-8622, or with registered travel agents.</p>
Flying time	55 minutes from Toronto to Ottawa
Distances	Distance from Toronto is 450 km or 5 hours driving time; Ottawa to Montreal is 213 km or 2.5 hours
Ferries	In summertime, Paul's Cruise on the Ottawa River - there's no better way to see some of Canada's major national landmarks, including the Parliament Buildings, from a new perspective. Or for something really unique, you can take a tour on the Lady Dive , Ottawa's own amphibious bus.
Trains	VIA rail from Montreal is just 1hr 55 mins and from Toronto is 4.5 hours – check out www.viarail.ca
Buses	Ottawa's main mass transit service is OC Transpo (provided by the City of Ottawa). The Ottawa rapid transit system includes the transitway (a network of mostly grade-separated, extremely high-frequency, and reserved bus rapid transit lanes with full stations instead of stops) and a light rail system called the O-Train.
Passes	<p>Ottawa's Capital Museums Passport is making it easy for visitors to enjoy the sights and sounds of Canada's capital city in 2013. For only \$35 per person or \$85 for family of five (maximum two adults), passport holders can visit 9 of Ottawa's diverse museums from the Canadian Museum of Civilization to the Canada Science and Technology Museum.</p> <ul style="list-style-type: none"> Canadian Museum of Civilization Canadian War Museum National Gallery of Canada Canadian Museum of Nature Canada Science and Technology Museum Canada Agriculture Museum Canada Aviation Museum Royal Canadian Mint Laurier House

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



<p>ACCOMMODATION TYPES</p> <p>OTTAWA TOURISM GETAWAY PACKAGES</p>	<p>While reasonably priced doubles are available at a few B&B inns, you'll have to look to the outer districts for truly inexpensive lodgings, primarily in motels. There are ample choices for mid-priced to first-class rooms, however. There are an unusually large number of suite hotels, intended primarily for businesspeople on long stays in the capital, but ideal for families, with kitchens and beds for four or more. And there are of course some splendid top end hotels in downtown Ottawa too.</p> <p>You can create your own Ottawa Getaway thanks to Ottawa Tourism's upgraded website that brings you an enhanced ability to book flexible packages online. Get great deals and a wide range of hotel choices as you create your own escape to Ottawa.</p>
---	---

<p>OTTAWA'S NEIGHBOURHOODS</p>	<p>Unique Ottawa neighbourhoods offer distinctive shopping, dining and nightlife experiences across the Capital.</p>
<p>ByWard Market</p>	<p>Founded in the 1820's, the Market houses unique stores, restaurants and nightclubs, surrounding outdoor stalls that sell fresh flowers, fruits and vegetables, and the work of local artisans.</p>
<p>Chinatown</p>	<p>Located moments away from downtown, Ottawa's Chinatown is a multicultural village offering local dining, shopping and entertainment experiences with a unique Asian flavour.</p>
<p>Downtown Rideau</p>	<p>Shopping lovers and arts enthusiasts head to Downtown Rideau for an abundance of trendy retail outlets, exquisite restaurants, captivating theatres and a hub of cultural activity in Ottawa's Retail, Arts & Theatre District -- 23-blocks surrounding Rideau Street, east of the canal.</p>
<p>Preston Street/Little Italy</p>	<p>Ottawa's Corso Italia offers popular restaurants and specialty stores, and is located between Carling Avenue at Dow's Lake and LeBreton Flats.</p>
<p>Bank Street Promenade</p>	<p>The Bank Street Promenade is located on "Ottawa's original Main Street". With over 250 eclectic shops, services, bars and restaurants stretching 15 blocks from Wellington St. to Gladstone Ave.</p>
<p>Beechwood Village</p>	<p>Bordered by the Rideau River to the west and exclusive Rockcliffe Park to the North, Beechwood Village is a vibrant neighbourhood offering a unique blend of shops, boutiques and stores, fine restaurants, and a relaxed ambiance.</p>
<p>Glebe</p>	<p>The Glebe is a relaxed and historic neighbourhood of shops, restaurants, pubs and services along Bank Street just south of Highway 417, otherwise known as the Queensway.</p>
<p>Quartier Vanier</p>	<p>The village-like downtown east neighbourhood, mostly known for its large Francophone population, is also becoming known for good food, culture and quality of life.</p>
<p>Somerset Village</p>	<p>Located between Bank & O'Connor Streets and only minutes away from Parliament Hill, Somerset Village features beautiful heritage 19th</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	Century buildings that are home to many fine restaurants, businesses and services.
Sparks Street	One block away are the Parliament Buildings, house for the Canadian government. Nearby, are some of the city's finest hotels, shopping, restaurants and historical sites.
Wellington Village	Home to some of the city's most highly ranked restaurants, the Wellington Village/Hintonburg area west of downtown offers a funky blend of dining, unique shopping and theatre.
Westboro Village	The Village's shopping district offers a unique mix of boutiques, restaurants and many other delightful stops along the way.

TARGET GROUPS	
Kids	<p>Kids love the bands, rifles, and uniforms of the Changing of the Guard on Parliament Hill. The Canada Aviation Museum is a fantasyland for many, especially the mock-ups of cockpits where they can pretend to be pilots. The perennial favorites at the Canadian Museum of Nature are the dinosaurs, the animals, and the Discovery Den, especially created for children. Extra-special attractions at the Canadian Museum of Civilization are the Children's Museum and Cineplus for IMAX movies. Kids enjoy picnicking or taking a hayride at the Central Experimental Farm. At the Canada Science and Technology Museum, the hands-on exhibits entertain while learning.</p> <p>Kids also love the tanks and weaponry on display at the Canadian War Museum and the Royal Canadian Mounted Police Musical Ride practices at the Canadian Police College.</p> <p>Calypso Water Park (Open June 6 – September 2, 2013). Calypso Water Park is just a short drive outside of Ottawa. Calypso is Canada's biggest theme waterpark on an extensive 100-acre facility. There's water fun for everyone from toddlers to teens, from party dudes to grandparents. There are more than 35 waterslides and 100 water games, Canada's largest wave pool and the highest free-standing waterslide tower in North America. Plus Jungle Run, a 750 m wild and twisted river adventure. Calypso is located in Prescott-Russell, under a half hour drive from downtown Ottawa. MSN Travel published its top ten list of the best waterparks and put Calypso in the top spot, above Disneyworld's Typhoon Lagoon and the World Waterpark at the West Edmonton Mall.</p> <p>The "STAR WARS™ Identities" exhibition on at the Canadian Aviation and Space Museum this summer will wow the kids for sure. It includes the Millennium Falcon and Luke Skywalker's racer!</p> <p>"The Adventures of Mr. Potato Head" at the Canadian Childrens</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Museum, part of the Canadian Museum of Civilization (June 8, 2013 - January 5, 2014) MR. POTATO HEAD, everyone's favourite transforming tater character, needs your help on his exciting, educational expeditions. When you visit the exhibition "The Adventures of Mr. Potato Head" you will join him for a series of action-packed activities as he transforms himself to suit different occupations. Spudtacular fun for the whole family!</p> <p>Canadian Agriculture Museum</p> <p>A Piece of Cake Baking an apple cake seems simple, but what if you had to produce all of the ingredients yourself? The production of flour, eggs, maple syrup, apples, milk, and butter takes a lot of hard work as well as the right tools. See artifacts in action, and you may even see newly-hatched chicks in the incubator.</p> <p>Taking Care of Beesness Taking Care of Beesness demonstrates the important role that bees play in pollination and informs visitors as to how beekeeping is essential to the production of numerous Canadian crops, as well as to the production of honey and many other by-products.</p> <p>Tractors Tractors is an exciting look at the "farmer's office in the field". This exhibition shows how the tractor has evolved from an unfamiliar oddity on Canadian farms to a commonplace tool in less than 100 years.</p> <p>"Farmers, Warriors, Builders - The hidden life of ants" opens July 26, 2013 at the Museum of Nature and runs through to January 5, 2014. Amazing large-scale colour photographs reveal the hidden life of ants, in this special travelling exhibition from the Smithsonian's National Museum of Natural History.</p> <p>Valleyview Little Animal Farm (Until October 31, 2013) Children and adults alike will enjoy seeing a wide variety of animals and birds up close, from alpacas to zebus, goats to geese. Ride the Valleyview Express train through fields of corn, soybeans, wheat, pumpkins, sunflowers and hay. Children of all ages are sure to enjoy the creative farm playground. Explore Bill's Old Farm Museum to learn about our agricultural past.</p>
<p>Teens</p>	<p>Visit the Diefenbunker, go white water rafting, or try the Ghost Walk</p> <p>The Diefenbunker Built in the small town of Carp just west of Ottawa between 1959 and</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>1961, and meant to house key government and military officials in case of a nuclear attack, this four-storey underground bunker offers tours and unique events to catch glimpses of behind-the-scenes artifacts. Don't miss the decontamination room, the emergency exit hatch, the CBC broadcast studio, the Prime Minister's suite and the Bank of Canada vault. The bunker is named after John Diefenbaker who was prime minister during its construction, but who never visited the site.</p> <p>Canada Science and Technology Museum Canada's largest science and technology museum is a great hands-on experience for visitors of all ages. Discover some of the most important scientific and technological objects in Canada. Climb aboard real trains. Try your hand at fascinating experiments. See for yourself how science and technology affect your everyday life. Located only minutes from downtown Ottawa.</p> <p>Royal Canadian Mint Experience a rush – a gold rush that is! Discover how molten metal is transformed into cherished treasures, hold 99.99% pure gold in your two hands, relive the legends of Canada's past, then stop at the boutique and purchase a treasure for your future.</p> <p>Teens can also explore the evolution of money around the world and through the ages at the Bank of Canada's Currency Museum. A fascinating variety of media of exchange including shells, teeth, and cocoa beans, as well as today's currency, tells us about the societies where they originated.</p>
Romance	<p>Stroll hand in hand – Ottawa is an eminently walkable city. Along the Rideau Canal, past all the magnificent buildings to Parliament Hill, browsing Byward Market, in the beautiful parks or through the grounds of Rideau Hall.</p> <p>Sound & Light Show - For years Canada's history has unfolded in a dazzling display of sound and light against the dramatic backdrop of the Parliament buildings. On summer evenings, a sound and light show called Mosaika explores Canada's physical, historical and cultural landscapes (July to September 2013).</p>
UNIQUES	<p>Changing of the Guard From June until late August, a colorful half-hour ceremony is held daily on the Parliament Hill lawn, weather permitting. Two historic regiments - the Governor-General's Foot Guards and the Canadian Grenadier Guards - compose the Ceremonial Guard. The parade of 125 soldiers in busbies and scarlet jackets (guard, color party, and band) assembles at Cartier Square Drill Hall (by the canal at Laurier Avenue) at 9:30am and marches up Elgin St to reach the hill at 10am.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



<p>Surprising</p>	<p>Royal Canadian Mounted Police See the training centre for the famous RCMP musical ride. The Musical Ride, a world-renowned military pageant performed with 32 horses and riders, was first produced publicly in Regina in 1887. The RCMP invites visitors to tour the stables and Visitors' Centre year-round. It is sometimes possible to see the Musical Ride horses and riders practice when they are not away on tour. The Sunset Ceremonies usually occur at the stables at the end of June each year</p>
<p>History</p>	<p>The Ottawa region was long home to the Odawa or Odaawaa First Nations people. The Odawa are an Algonquin people who called the river the Kichi Sibi or Kichissippi, meaning "Great River". The first European settlement in the region was that of Philemon Wright who started a community on the Quebec side of the river in 1800. Wright discovered that transporting timber by river from the Ottawa Valley to Montreal was possible, and the area was soon booming based almost exclusively upon the timber trade. Liked by many European nations for its extremely straight and strong trunk, the White Pine was found throughout the valley. In the years following the War of 1812, in addition to settling some military regiment families, the government began sponsored immigration schemes which brought over Irish Catholics and Protestants to settle the Ottawa area, which began a steady stream of Irish immigration there in the next few decades. Along with French Canadians who crossed over from Quebec, these two groups provided the bulk of workers involved in the Rideau Canal project and the booming timber trade, both instrumental in putting Ottawa on the map. The region's population grew significantly when the canal was completed by Colonel John By in 1832. It was intended to provide a secure route between Montreal and Kingston on Lake Ontario, by-passing the stretch of the St. Lawrence River bordering New York State (the U.S invasions of Canada in the War of 1812 being a recent memory). Construction of the canal began at the northern end, where Colonel By set up a military barracks on what later became Parliament Hill, and laid out a town site that soon became known as Bytown. Original city leaders of Bytown include a number of Wright's sons, most notably Ruggles Wright. Nicholas Sparks, Braddish Billings and Abraham Dow were the first to settle on the Ontario side of the Ottawa river. The west side of the canal became known as "Uppertown" where the Parliament buildings are located, while the east side of the canal (wedged between the canal and Rideau River) was known as the "Lowertown". At that time, Lowertown was a crowded, boisterous shanty town, frequently receiving the worst of disease epidemics, such as the Cholera outbreak in 1832, and typhus in 1847.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Ottawa became a centre for lumber milling and square-cut timber industry in Canada and, in fact, for North America as a whole. From there, it quickly expanded further up (or westward along) the Ottawa River, and logs were boomed by raftsmen great distances down the river to the mills.</p> <p>Bytown was renamed Ottawa in 1855, when it was incorporated as a city.</p>
Books	<p>Frommer's Ottawa; Ottawa has been named one of the most underrated cities in the world according to the editors of Frommer's.</p> <p>Secret Ottawa by Laura Byrne Paquet is an eclectic compendium of little known nooks and crannies in Ottawa.</p>
1000 Places to see before you die	<p>Winterlude and skating on the Rideau Canal</p>
Must Sees	<p>Most visited attractions in Ottawa: 1. Casino; 2. Museum of Civilisation; 3. Parliament Hill</p>

SPORTS ACTIVITIES	<p>When the NHL is playing it's good to catch an Ottawa Senators hockey game – even if you're from Montreal or Toronto! They play at Scotiabank Place, west of the city centre and tickets mostly cost from \$30 to \$80; call: 877-788-3267 or 613/599-3267.</p>
Golf	<p>The Ottawa metro region has over 60 courses, including the one on the premises of the Château Montebello (tel. 819/423-6341) in Québec. Other desirable courses are the Emerald Links Golf & Country Club (tel. 613/822-4653); Canadian Golf and Country Club (tel. 613/253-3290); Le Dome Golf Club (tel. 819/770-5557); and Manderley on the Green (tel. 613/489-2066). Greens fees for these run \$25 to \$40</p>
Skiing	<p>Mont Cascades, just 30 minutes north of Ottawa across the Gatineau River, outside of Cantley on Highway 307, has 13 trails, one triple- and three double-chair lifts, and two T-bars. The longest run is 670m (2,200 ft.). There are two day lodges with a cafeteria and a restaurant/bar at the hill. Night skiing is available. During summer, there are six water slides in the state-of-the-art water park. Mont Ste-Marie, 89km north of Ottawa at Lac Ste-Marie, offers skiing on twin hills, with a 380m (1,250-ft.) drop, and a 3km ski run. There are two quads and a Poma.</p>
Rafting	<p>Run River Rafting Full and half-day high adventure whitewater rafting trips or gentle family trips for all ages. Or try the 4.5-hour Historical River Tour on the "Rocher Fendu", a gentle paddle on a 12km stretch on the Ottawa River boasting seven rapids, spectacular falls and over 30 islands. Each raft includes certified guides, lunch, and all equipment. No experience necessary.</p> <p>Owl Rafting, Box 29, Foresters Falls, offers 1- and 2-day white-water rafting trips within 90 minutes of the city, pounding over extensive rapids for the fit and adventurous and floating on gentler stretches for families.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	Prices start at \$115 per person per day during the week, meals included. (2013) http://www.owl-mkc.ca/owl
Hiking	A band of protected wetlands and woodlands surrounds the capital on the Ontario side of the Ottawa River, and here you can find ideal hiking areas. At Stony Swamp Conservation Area (tel. 613/239-5000) in the region's west end are 39km of trails, including the Old Quarry Trail, the Jack Pine Nature Trail, and the Sasparilla Trail. It's also good for cross-country skiing and snowshoeing. The Rideau Trail is a 387km network of trails along the Rideau River and canal between Ottawa and Kingston via many of the pretty towns and villages along the way.
Cycling	Ottawa is a cyclist's paradise. Use your bike or inline skates or just hoof it and explore hundreds of kilometres of paved pathways; winding along rivers and the Rideau Canal; flat and easy or mountainous and challenging—the choice is yours. Sunday Bikedays actually closes 52 kms of the most picturesque rides to motorized vehicles and let cyclists, inline skaters and runners rule from 9:00 a.m. to 1:00 p.m. Sunday Bikedays run from Victoria Day weekend in May to Labour Day weekend in September. More info: www.canadacapital.gc.ca/biking

CULTURE	<p>There is always so much going on in the cultural capital – here are just a few of the events this Spring:</p> <p>Canadian Museum of Nature “Edward Burtynsky: Oil” at the Canadian Museum of Nature (May 31 to September 2, 2013) At the Canadian Museum of Nature “Edward Burtynsky: Oil” includes over 50 large-scale colour photographs that together present a glimpse into the lifecycle of an energy source that has shaped our modern world. Burtynsky's masterful prints show—in superb detail—scenes of oil fields, refineries, automobiles, aircraft, other vehicles, high-speed motorway networks, and disposed and recycled materials.</p> <p>“Farmers, Warriors, Builders - The hidden life of ants” opens July 26, 2013 and runs through to January 5, 2014.</p> <p>“Frogs – A Chorus of Colours” will bring fascinating, colourful exhibits with lovingly recreated habitats – opening September 21, 2013 to May 11, 2014.</p> <p>National Gallery of Canada “Sakahàn” May 17 – September 2, 2013 Sakahàn, meaning “to light a fire” in the language of the Algonquin, is</p>
----------------	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



the National Gallery of Canada's largest survey of recent Indigenous art. It will highlight over 150 works by more than 75 artists from around the world, including impressive installations created specifically for this exhibition. Poetic, unexpected and challenging, the artworks document and interrogate distinct cultural, political and social issues. One of the Gallery's most ambitious contemporary art exhibitions to date, this is part of a five year project to spotlight Indigenous art. Sakahan starts May 17 – so it's a great thing to combine with the Canadian Tulip Festival.

“Clash: Conflict and its Consequences” - Feb 1-May 31, 2013

This exhibition draws upon works in the collection to present war and conflict as complex phenomena, ones that have far reaching consequences for both those directly engaged in it, and those at various points removed.

Canadian Museum of Civilization

“Vodou: A Way of Life” - To Feb 23, 2014

This fascinating exhibition allows you to travel through this exhibition showcasing over 300 Haitian cult objects, all witness to the power of belief over destiny. This is not the Hollywood version, with its zombies and pins stuck in dolls! This exhibition is a rare opportunity to better understand a complex spiritual tradition, its beliefs and rituals, from the viewpoint of the people who practice it.

Canadian Museum of War

“Peace – The Exhibition” (May 31, 2013 - January 5, 2014)

This exhibition explores the events and issues that have propelled Canadians to act for peace. Featuring more than 300 unique artifacts, this is the first major exhibition to explore the many ways Canadians have acted for peace as skilled negotiators, providing humanitarian and demonstrating against war.

Canada Science and Technology Museum

Energy: Power To Choose

The production and consumption of energy have social, economic, and environmental implications that are influenced by available resources and the choices we make. In this interactive new exhibition, plug in to practical tips to reduce energy consumption, and pledge your action to better conserve energy. Produce your own electricity with the Museum's human hamster wheel. Interact with a map of Canada that identifies locations where energy is produced and where distribution of major sources of energy takes place. You'll be shocked to discover that one producer of energy is the Museum's electric eel.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>http://www.sciencetech.technomuses.ca/english/whatson/2011-exhibiti-on-energy-power-to-choose.cfm</p> <p>Canadian Aviation and Space Museum The Canada Aviation Museum is Canada's finest aviation museum with an internationally renowned aeronautical collection. The Museum is located at the intersection of the Aviation and Rockcliffe Parkways. Admission (2013) is \$13 adults, \$10 for students, \$10 for seniors, and \$8 for children 4-15, free for children under 4. A family pass is \$30. Free parking. OC Transpo bus #129 Rockcliffe also goes to the Museum. http://www.aviation.technomuses.ca</p> <p>"STAR WARS™ Identities" (May 10 – Sept 2, 2013) Explore the remarkable characters and storylines from the STAR WARS™ films that have touched so many generations. Breathtaking face-to-face encounters with dozens of character costumes and props, as well as original artwork and models, will take you behind the scenes in the movie-making process. An insightful investigation into the science of identity sheds light on what can make fictional characters who they are – and what makes you who you are. - 200 original items from the Star Wars films on display – rare opportunity to see them. Allows you to understand the development of the characters through the choices they make over the 6 films. You can create your own character as you follow through the exhibition (will you choose the dark side?). You have a headset and a wrist band. Full audio experience cues into where you are in the exhibit. Make your choices by touch screen or waving your wristband and email your character home at the end. - Admission to the full Canada Space and Aviation Museum is free with your Star Wars ticket. The real Canadarm will be on display. New simulators – Red Bird FMX experience - full motion simulator (as per pilot training) with an instructor. BiPlane rides from \$60. Helicopter rides. Veterans on the floor and hear their stories on film. "Green Skies Ahead" exhibition on the carbon friendly future of aviation and "Living in Space" exhibition to find out what it is like living in the International Space Station. Tickets cost \$24 for adults 18-64; \$20 for Seniors and Teens; and \$13.25 for children 3-12.</p>
<p>National Gallery of Canada</p>	<p>"Sakahàn" May 17 – September 2, 2013 Sakahàn, meaning "to light a fire" in the language of the Algonquin, is the National Gallery of Canada's largest survey of recent Indigenous art. It will highlight over 150 works by more than 75 artists from around the world, including impressive installations created specifically for this exhibition. Poetic, unexpected and challenging, the artworks document and interrogate distinct cultural, political and social issues. One of the</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Gallery's most ambitious contemporary art exhibitions to date, this is part of a five year project to spotlight Indigenous art. Sakahan starts May 17 – so it's a great thing to combine with the Canadian Tulip Festival.</p> <p>For more information and updates on Winterlude activities at the National Gallery of Canada, watch their website at www.gallery.ca</p>
<p>Arts</p>	<p>The Performing Arts - Canadian and international musical, dance, and theater artists - including the resident NAC Orchestra - perform at the elaborate National Arts Centre, 53 Elgin St., at Confederation Square. The building, created by architect Fred Lebensold, is made of three interlocking hexagons beside the Rideau Canal, its terraces tendering views of Parliament Hill and the Ottawa River. There are three auditoriums: the European-style Opera, seating 2,300; the 950-seat Theatre, with its innovative apron stage; and the 350-seat Studio, used for experimental works. The National Arts Centre Orchestra performs in seven or eight main concert series per year.</p> <p>http://www.nac-cna.ca/en</p> <p>Jersey Boys June 26 - July7, 2013, feel the rhythm as the story of Frankie Valley of the Four Season unfolds at the National Arts Centre when Jersey Boys takes to the stage.</p>
<p>Museums</p>	<p>The capital region is home to 29 museums, including 12 national museums that appeal to all interests and age groups. Many of these attractions line Confederation Boulevard, "Canada's Discovery Route," which is the site of a variety of events which animate the capital throughout the year. The architecture of Ottawa's museums, the copper roofs and the Gothic towers of Canada's national symbols will provide a long-remembered sight. Here are two of my favourites:</p> <p>Bytown Museum: Nestled beside the Rideau Canal locks below Parliament Hill and adjacent to the Ottawa River, the Bytown Museum traces the early history of Ottawa, with a special focus on the construction of the Rideau Canal - a UNESCO World Heritage Site. The Museum is housed in the oldest stone building in Ottawa, beside a series of 8 dramatic stepped locks that connect the Rideau Canal to the Ottawa River. The Museum building served as a treasury and storehouse during the construction of the Rideau Canal in the early 1830s. The three-story museum displays artifacts and items chronicling not only the construction of the Rideau Canal, but also the early days of Bytown as a rough and tumble lumber town and its transformation into the nation's capital. Audio tours of the Bytown Museum are available in 6 languages -</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>English, French, Spanish, German, Mandarin and Japanese - and are included with the price of admission. (www.bytownmuseum.com)</p> <p>Canadian Museum of Nature Located in the castle-like Victoria Memorial Museum Building a pleasant stroll south of Parliament Hill, the Canadian Museum of Nature brings our natural heritage indoors for a close-up and fascinating look. Housed inside a beautiful heritage building, the Museum has undergone a massive renovation. Now open are beautiful, modern galleries, amenities, rental spaces, and a new HD Theatre.</p> <p>The RBC Blue Water Gallery is filled with fascinating things to see and learn – all exploring the vital role that water plays in sustaining all living things. Peer into a 4,550-litre river aquarium, play in an Arctic research ship and say hello to an impressive 19-metre blue whale!</p> <p>The Vale Earth Gallery showcases more than 1,000 dazzling minerals and rocks. Visitors will learn about the powerful forces that have shaped our planet, and how geology and mineralogy connect with everyday life.</p> <p>Animalium offers a bright and cheerful place to examine some unusual museum “occupants”. Get nose to nose with an awe-inspiring collection of insects, arachnids, and even slimy banana slugs, housed in attractive terraria.</p> <p>The Talisman Fossil Gallery is a favourite with kids, with life-like dioramas and an Extinction Theatre. The gallery shows the end of the dinosaurs’ reign on Earth and the rise of mammals, from 65 to 35 million years ago.</p> <p>The Mammal Gallery features the wildlife of Canada, from polar bears to white Arctic hares, moose, bison, caribou and cougars.</p> <p>The Bird Gallery features an impressive collection of 500 specimens of Canada's finest feathered friends.</p> <p>Step outside the Museum and see a cast of a 112-million-year-old dinosaur footprint, then take your picture with life-like dinosaur and woolly mammoth models.</p> <p>The Discovery Zone features fun and discovery for kids, including close-up examination of unusual and spectacular specimens, crafts and a trading post where kids can check out fossils, minerals, animal skulls and more.</p> <p>In 1916 the Victoria Memorial Museum Building served as the interim home for the Canadian government while the Parliament Buildings were rebuilt after a major fire that destroyed everything but the Parliamentary Library.</p> <p>www.nature.ca</p>
<p>Festivals and Events</p>	<p>Canada Day on July 01, 2013 Canada’s day of celebration in the Capital that is not to be missed. And on July 1 – the Jazz Festival programming is free! Falling on a long</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



weekend this year, this day of national pride in Ottawa is also a day of all out fun! Streets in the downtown core are closed to traffic and hundreds of thousands of people come out for a fantastic afternoon and evening of celebration. The festivities take place on Parliament Hill, in downtown parks and on the streets with ceremonies, musical talent from across the country, fireworks — and more!

Mosaika Sound and Light show (July 10-September 7, 2013)

The Mosaika Sound and Light show is a must see in Ottawa this summer. The Parliament buildings come alive with colour and the history of Canada. It is a spectacular, free show that encompasses Canada's unique culture and major historical events that shaped our great nation. Mosaika begins nightly in on July 10, 2013.

TD Ottawa Jazz Festival (June 20 - July 1, 2013)

Summer nights in the capital are full of warm breezes and cool Jazz as the TD Ottawa Jazz Festival brings more than 900 artists to Confederation Park in the heart of downtown and other satellite stages around town. This year at the the Queen of Soul herself, Aretha Franklin, will grace the festival stage on June 26, 2013. Other fantastic festival performances between will include Willie Nelson, Dr. John, David Byrne and St. Vincent, and Macy Gray and David Murray Big Band, as well as jazz heavyweights Chucho Valdés, Jazz at Lincoln Center Orchestra with Wynton Marsalis, Wayne Shorter Quartet and many more.

RBC Royal Bank Bluesfest (July 4 - 14, 2013)

True to form, Bluesfest 2013 has a little something for everyone from B.B. King to the Wu-Tang Clan. A taster of the bands that will rock this five stage music festival are Bjork, Dixie Chicks, Animal Collective, Fun, Great Big Sea, Hannah Georgas, Jimmy Eat World, Rush, Serena Ryder, Stars, The Tragically Hip, and Weezer.

Ottawa International Chamberfest (July 25 to August 8, 2013)

fills the city with the refined sound of chamber music.

This festival also covers a variety of music types from classic Baroque to contemporary, jazz, vocal and choral, and spoken word. The festivals main stage is at the beautiful Dominion-Chalmers United Church but also holds alfresco concerts and a series of "Bring the Kids!" shows for children. This summer there will be over 350 artists hosting more than 100 performances. Festival highlights will be the five gala concerts, one featuring The Gryphon Trio and soprano superstar Measha Brueggergosman. There will also be concerts by the New York Polyphony, pianist Gabriela Montero, The Swingle Singers and many, many more scintillating performances.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>TOTEM by Cirque du Soleil (July 11-31, 2013)</p> <p>The enchantment of Cirque du Soleil will take over Ottawa this July. The cast of this spectacular show will explore the evolution of mankind in a way only Cirque du Soleil can in TOTEM. TOTEM traces the fascinating journey of the human species from its original amphibian state to its ultimate desire to fly. The characters evolve on a stage evoking a giant turtle, the symbol of origin for many ancient civilizations. Inspired by many founding myths, TOTEM illustrates, through a visual and acrobatic language, the evolutionary progress of species.</p>
<p>ATTRACTIONS</p>	<p>Parliament Hill - Parliament of Canada - Tours</p> <p>Schedules and tours of the Centre Block (the main Parliament Building) vary – sometimes without notice – according to the time and the day on which you choose to visit, especially when Parliament is in session. Tours are shorter and do not go to the Senate and House of Commons chambers when they are in use.</p>
<p>Wildlife</p>	<p>Open all year, Parc Oméga, Route 323 nord, Montebello, a nearby wildlife park, is distinctive by season, barely recognizable in both fauna and vegetation in summer as compared to winter. At the entrance, elk wait for one of the carrots purchased with your tickets, only a foreshadowing of the animals to be spotted on the drive, most of which stroll up to your car to take their snacks from your hand. Among the most visible are whitetail deer, wapiti, bison, fallow deer, raccoons, and wild boar, all of which roam free. Kept in large enclosures are black bears, timber wolves, and raptors, including bald eagles. With luck, you may see a reclusive moose.</p>
<p>Parks</p>	<p>Gatineau Park</p> <p>Managed by the NCC, Gatineau Park is a superb nature reserve just 15 minutes from Parliament Hill. It serves as a reminder that environmental protection is a cherished Canadian value, and its objective is to ensure the permanent preservation of a vast natural territory for the enjoyment of all Canadians.</p> <p>The Park is endowed with hundreds of kilometres of trails, forests containing more than fifty species of trees, abundant wildlife and numerous crystal-clear lakes typical of the hills of the Canadian Shield. Summer and winter, visitors can participate in outdoor activities or simply enjoy the tranquility of a protected natural environment.</p> <p>http://www.canadacapital.gc.ca/bins/ncc_web_content_page.asp?cid=16297-16299-10170&lang=1</p>
<p>Gardens</p>	<p>As Canada’s Capital, Ottawa is well known for its impressive landmarks, sites, and attractions. But equally appealing is the city’s beautiful natural setting of rivers, waterways, parks and pathways – and the many marvelous gardens that colour its urban yet unspoiled cityscape.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Beginning with the early spring arrival of crocuses on Parliament Hill, then continuing through May's Canadian Tulip Festival and on into summer and early autumn, Ottawa's beds are ablaze with beauty – and welcome visitors to discover their flowering favourites.

The National Capital Commission maintains 90 flower beds in 30 different sites, including Parliament Hill. In the spring, over one million tulips bloom in the NCC's flowerbeds, along with thousands of daffodils and spring flowering bulbs. After the spring flowers bloom, they are replaced by annuals and perennials, which keep Canada's Capital Region ablaze with colour into the fall.

Home of the Governor General, the Queen's representative in Canada, **Rideau Hall** sits on 79 acres of beautifully landscaped grounds. The grounds were originally styled as an English country estate, with luxurious lawns surrounded by gardens and walking paths through forests. More than 3,000 trees, an inukshuk, totem pole and the Canadian Heritage Gardens—a sweeping arc of roses that symbolizes Canada's cultural mosaic—await you. Many of the trees were planted by visiting Heads of State—look for the small plaques that explain who planted the tree and when. Guided and self-guided walking tours (including ones led by a horticultural expert) are available, and on-site experts are happy to provide tips on everything from rose and organic gardening to landscaping

Ottawa is the only world capital with a working farm at its centre. The **Central Experimental Farm's Ornamental Gardens and Dominion Arboretum** is a piece of paradise in the heart of the city. While strolling the grounds, one can find lilacs, roses, peonies, over 90 hedges, rose and rock gardens and the Macoun sunken garden, as well as magnolias, crab apples, hostas gardens and shrubs, both rare and familiar. The **Canada Agriculture Museum** presents the sights and sounds of typical farm life and explores Canada's agricultural heritage.

Filled with sunny daffodils and flowering trees in May, **Rockcliffe Park and the Rockeries** are a favourite spot for picnics and its lookout a preferred point for viewing the Ottawa River and Gatineau Hills beyond.

Garden of the Provinces and Territories: This patriotic park, located on Wellington Street near the Supreme Court of Canada is decorated with the flower emblem and coat of arms of each of the 10 provinces and three territories. Filled with tulips in the spring, then annuals during the summer, you'll also find two beautiful fountains representing the five Great Lakes and Canada's vast forests.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



<p>Landmark Buildings</p>	<p>Rideau Hall Rideau Hall has been the residence of every one of Canada's Governors General (the Queen's representative in Canada). The current resident is David Johnston who was appointed as the 28th Governor General of Canada in 2010. Visitors can learn more about the history, roles, responsibilities and activities of the Governor General while exploring this beautiful residence and its grounds. In the winter, there's an amazing outdoor skating rink. In the summer, take a picnic and watch a cricket game or stroll the rose garden. www.gg.ca</p> <p>Laurier House National Historic Site of Canada Home of two Canadian prime ministers, Sir Wilfrid Laurier and William Lyon Mackenzie King, Laurier House provides an intimate glimpse into the lives of these great Canadians who governed Canada for the first half of the twentieth century. From artifacts to personal memorabilia, history comes alive in the splendour of this grand residence.</p>
----------------------------------	---

<p>OTHER ACTIVITIES</p>	
<p>Shopping</p>	<p>From large shopping centres to exclusive local boutiques and unique souvenir stores, shopping in Ottawa is a favoured activity of visitors and residents alike. Downtown Ottawa shopping provides a host of shopping opportunities, from the 160-store Rideau Centre to the boutiques and craft shops of the ByWard Market and Sparks Street – the country's first and oldest pedestrian mall. West Ottawa includes great outdoor stores and a major shopping centre – Bayshore – while east Ottawa is home to two popular regional shopping centres – St. Laurent and Place d'Orleans.</p>
<p>Markets</p>	<p>Ottawa includes more actively-farmed agricultural land within its limits than any city in Canada. Local produce and products can be bought at a number of farmers' markets in and near the city.</p> <ul style="list-style-type: none"> - Established in 1830, the Ottawa ByWard Market is the best known farmers' market in the city, with 200 vendors selling fresh local and imported products daily, the year 'round. - The Ottawa Parkdale Market on Parkdale Avenue at Wellington was established in 1927 and is open daily with 20 vendors from April through late December. - The Ottawa Farmers' Market at Lansdowne Park in the Glebe is open Thursdays, Saturdays and Sundays, depending on the time of the year. - The Main Farmers' Market at St. Paul's University on Main Street is open Saturdays from mid-May through the end of September. - The Ottawa Organic Farmers' Market is open Saturdays year 'round at the Canada Care Building, Bank Street at Heron Road.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<ul style="list-style-type: none"> - The Metcalfe Farmers' Market is open Saturdays early-May through mid-October at the Metcalfe Agricultural Society Fairgrounds. - The North Gower Farmers' Market is open Saturdays from late-May through October on Roger Stevens Drive in North Gower. - The Stittsville Farmers' Market is open daily from early June through October at the Ottawa Waldorf School in Stittsville. - The Carp Farmers' Market is open Saturdays from mid-May through late-October at the Carp Fairgrounds.
<p>Nightlife</p>	<p>Ottawa by night? The question is how to choose. From quiet and intimate to busy and happening, there's something for everyone, with lots of options for evening entertainment.</p> <p>The heart of the action is the ByWard Market. You can sample fine dining at such trendy restaurants as the Empire Grill, have a drink at the Hard Rock Café, or enjoy the duelling pianos at Fat Tuesday's. There's also lots of action along Elgin Street, with its pubs and restaurants. And in Gatineau, explore the area around La Promenade du Portage—the live performances at Le Petit Chicago, or the Café aux 4 jeudis, with its outdoor cinema in the summer.</p> <p>Ottawa nightlife has something for everyone. The Casino du Lac-Leamy has gambling, dinner and shows. If you're looking for young and edgy in the music scene, try Zaphod Beeblebrox in the ByWard Market or Barrymore's Music Hall on Bank Street. Or you might venture out to The Blacksheep Inn in nearby Wakefield, Québec, a self-described "juke joint divebar cabaret." If opera is what you're after, our local opera company, Opera Lyra, has a regular round of performances.</p> <p>The Capital's premier performing arts venue, the National Arts Centre, presents a full lineup of music, dance and theatre, plus popular touring acts and shows. Ottawa also has a thriving local theatre scene, including the Great Canadian Theatre Company, Ottawa Little Theatre, and the Gladstone. And there's always something new on the bill at Scotiabank Place.</p> <p>Bars, Clubs & Discos - Ottawa has an abundance of English and Irish pubs of varying degrees of authenticity. Check out the Brig, 23 York St., in the Byward Market area, and the Elephant and Castle, 50 Rideau Street.</p>
<p>Casinos</p>	<p>Casino du Lac-Leamy: Under 5km from Parliament Hill and open daily 11am to 3am. Both the exterior and the interior are dramatically landscaped with tropical plants, pools, and waterfalls.</p> <p>Poker, baccarat, blackjack, roulette, sic bo, keno, slot machines - the Casino du Lac-Leamy offers a full complement of exciting gaming experiences.</p> <p>The Casino features 64 gaming tables and 1,870 slot machines. The Casino presents an ongoing lineup of entertainment and events in its</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>theatre - Le Théâtre du Casino. The Casino's annual fireworks competition in early August - Casino Sound of Light - is a fabulous spectacle synchronizing fireworks to music that attracts some of the world's best competitive fireworks teams.</p> <p>The Casino's Le Baccara gourmet restaurant is one of only a handful of Canadian restaurants awarded the CAA-AAA Five Diamond distinction.</p> <p>The Casino overlooks Lac Leamy, which is accessible by boat from the Ottawa River. Docking facilities are available. On-site is the Hilton Lac-Leamy hotel, which offers a selection of amenities sure to please the most discerning guest, including spa facilities, an indoor-outdoor swimming pool, beautiful views, a variety of dining and lounge options, and more.</p> <p>www.casinosduquebec.com/lacleamy</p>
<p>Spas</p>	<p>Why not pamper yourself at the Spa? Ottawa has lots to offer.</p> <p>Nordik – Spa Nature</p> <p>This is the largest Scandinavian spa in North America - largest in terms of size (41 500 ft2 of interior space and more than 100,000 ft2 of outside space), but also the spa offers the most impressive variety of services in relaxation, enjoyment and wellbeing. And it is an absolutely beautiful, relaxing facility.</p> <p>Nordik Spa-Nature offers a new concept to its customers with more relaxation and unique facilities including three new saunas, a floating bath, an infinity pool and a European style Lounge with an outdoor terrace.</p> <p>Nordik Spa-Nature will be only the second spa in the world to offer its visitors an incomparable experience through Källa, a floating bath replicating the same advantages as the Dead Sea. Users will float on the water's surface and experience benefits that are highly praised by health and relaxation professionals. Its unique properties are due to its high concentration of magnesium and sulphate salts which allow the body to float, and which purify the body, and promote restful sleep, improve circulation, relax muscles, stimulate creativity and reduce stress.</p> <p>Nordik Spa-Nature, 16 chemin Nordik, Chelsea Québec J9B 2P7 Toll Free: 1 866 575-3700 http://www.lenordik.com/en/welcome</p> <p>The luxurious Holtz Spa is right in the centre of the city, conveniently located nearby the Fairmont Chateau Laurier and the Westin Hotels. It offers total health and wellness with holistic treatments designed to create harmony of body, mind and spirit. The decor and ambiance provide a quiet sanctuary to relax and rejuvenate. Ancient healing therapies from the East meet contemporary services from the West</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>where highly trained estheticians and body therapists use only the purest botanical products and innovative spa technology to guarantee the Holtz standard of excellence. Holtz Spa, 45 Rideau St. Ottawa, Ontario K1N 5W8 Toll Free: 1 877 241-8889 Web Site: www.holtzspa.com</p> <p>The Au Naturel Spa Experience the ultimate in wellness at one of the most unique spas in Ottawa. At Brookstreet's Au Naturel Spa, enter into a welcome sense of calm and be captivated by smell, sight, sound and touch, in an intimate environment of soft-spoken luxury and understated elegance. Relax and revitalize with a variety of therapies designed to meet the diverse needs of both men and women. Au Naturel Spa offers a range of innovative spa services including uniquely tailored massages, facials, body treatments, manicures and pedicures, as well as the restorative properties of water with Vichy and hydrofusion, which are intrinsic parts of the spa experience. The Brookstreet Hotel Ottawa 525 Legget Drive, Ottawa, ON K2K 2W2 Toll free 888.826.2220 Website: http://www.brookstreet.ca</p>
--	---

CUISINE	
Food	<p>Beavertails Pastry This delicious, fresh, hot pastry treat is shaped like the water-slapping end of a beaver. These wildly delicious pastry treats were first introduced to Ottawa in 1978 and can be sampled at the first permanent BeaverTails store in Ottawa's historic ByWard Market neighbourhood.</p> <p>Obama Cookies Since US President Obama's visit in 2009, these maple leaf shaped cookies have been a roaring success! Try some at the ByWard Market.</p>
Restaurants	<p>5-Diamond dining, a vast selection of international cuisines, relaxed, casual fare – Ottawa offers restaurants and culinary experiences to suit every palate, with a thriving local culinary scene and local chefs making names for themselves at home and abroad. Dining districts include the courtyards and outdoor cafés of the historic ByWard Market, great Asian dining along Somerset Street West, Italian along Preston Street, and a mix of culinary treats along Elgin Street, Bank Street and surrounding neighbourhoods. You'll find fine dining in Ottawa and across the Ottawa River in Gatineau alike: Ottawa is home to Le Cordon Bleu Ottawa Culinary Arts Institute including the 5-Diamond Signatures restaurant on the premises. That same distinction is shared by the Casino du Lac-Leamy's Le Bacarra in</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Gatineau. As one of Ontario’s designated culinary tourism destinations, the city, its restaurants and its local food producers are all working together to bring locally-grown and prepared foods to tables across the region through an initiative called Savour Ottawa. Special culinary events with a local flavour are held throughout the year, including the Ottawa Wine and Food Show in autumn, and Taste of Winterlude leading up to the popular February winter festival. http://www.ottawatourism.ca/savourottawa</p> <p>Here are two personally recommended restaurants in Ottawa:</p> <p>le café (@ the National Arts Centre)</p> <p>Put yourself in the charismatic hands of Chef Michael Blackie! Fine Dining along the Historic Rideau Canal. Situated in Canada's National Arts Centre, le café offers the perfect blend of fine dining and artistic ambience in the heart of downtown Ottawa. The picturesque setting and inspired menu make le café ideal for a relaxed luncheon or a night on the town. Savour the best in contemporary Canadian Cuisine and internationally-inspired dishes. le café is also proud to offer a varied selection of Canadian wines. Reservations recommended. Open Monday to Friday for lunch and dinner, Saturday dinners only and Sunday brunch. http://www.nac-cna.ca/en/lecafe/lecafe</p> <p>Le Cordon Bleu Bistro @ Signatures</p> <p>The inspiration of their new “Bistro” style restaurant is in recognition of the successful "bistroCordonBleu" operation and the highly acclaimed 5 diamond restaurant "Le Cordon Bleu Signatures". After the success of those two restaurant ventures they now present Le Cordon Bleu Bistro @ Signatures. They have taken the best from both operations and merged them into a service offering that is the talk of Ottawa. Every week they feature a new original menu showcasing the talents of their dedicated team. http://www.bistroatsignatures.com</p>
<p>C'est Bon Gourmet Food Tours</p>	<p>Celebrity Chef and alumnus of Le Cordon Blue Ottawa - Andrée Riffou – runs gourmet walking tours that are an ideal introduction to the national capital region’s vibrant food scene. Meet the bright lights and find the hidden treasures with the help of expert and insightful guides. Get out and walk around Ottawa’s neighbourhoods! Tours include: TASTES OF THE BYWARD MARKET Meet the chefs, producers and food artisans and experience the Market the way the locals do. TASTES OF WELLINGTON WEST & HINTONBURG</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Wellington West and Hintonburg are gaining a reputation as the finest sections of the city to discover up and coming stars in the culinary world.</p> <p>TASTES OF PRESTON STREET Ottawa's Little Italy has never been so decadent!</p> <p>TASTE OF RUE EDDY Across the river in Gatineau, a budding food revolution is beginning to take shape, rooted in the deep traditions of French Canadian cuisine</p> <p>TASTE OF THE GLEBE Explore one of Ottawa's oldest and most beautiful neighbourhoods while discovering the foodie delights the locals love!</p>
--	---

<p>MORE INFO</p>	<p>Getaway Packages For inquiries or to book your hotel room or Getaway package, contact Ottawa Tourism's Reservation Centre (operated by Capital Tickets). By Phone: 1.888.OTTAWA8 (1-888-688-2928) By E-Mail: ottawagetaways@capitaltickets.ca</p> <p>Reservation agents are on duty from Monday through Sunday, 10 a.m. until 8 p.m., and Sundays/holidays 12 p.m. until 4 p.m. (all hours EST).</p> <p>Tourist Information You can reach Ottawa Tourism by phone (open Monday thru Friday, from 9 a.m. until 5 p.m. Eastern Time) by calling (613) 237-5150 or 1 (800) 363-4465.</p> <p>For general information on events and attractions in Canada's Capital Region contact the National Capital Commission at (613) 239-5000 or 1-800-465-1867.</p> <p>Visitor Information: The Capital Infocentre (staffed by the National Capital Commission) at 90 Wellington Street, across from Parliament Hill, offers a chance to learn more about Canada's Capital Region with its dynamic exhibits and multimedia show. The Centre is open daily and has a stunning view of Parliament Hill.</p>
<p>Brochures</p>	<p>Visitor Guide online at www.ottawatourism.ca</p>
<p>Website</p>	<p>www.ottawatourism.ca for Ottawa Tourism</p>

<p>CURRENT DEALS June 2013</p>	<p>There's a great deal all summer long – book two nights hotel in Ottawa and your third night can be FREE at participating hotels. www.ottawatourism.ca/en/visitors/ottawa-getaways-and-special-offers</p> <p>You can create your own Ottawa Getaway thanks to Ottawa Tourism's upgraded website that brings you an enhanced ability to book flexible</p>
--	--

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



packages online. Get great deals and a wide range of hotel choices as you create your own escape to Ottawa. As at 22 June 2013 there are nine different packages to suit your needs:

1. Celebration Vacation

If you've got an anniversary, birthday or other special occasion coming up, come to Ottawa for a Celebration Vacation. This 2-night getaway package is the perfect way to mark that special day in a very special destination. Come reconnect with those near and dear to you and make new memories with two carefree days of fun, discovery, relaxation and of course, celebration. This package includes: 2 nights' accommodation for 2 people; Certificate to receive Rideau Centre Savings Directory; Dinner for 2 at Le Cordon Bleu Bistro @ Signatures; A Le Cordon Bleu Home Collection Cookbook is also included in this package; and admission to one of the major museums or a \$50 gift card for services at Holtz Spa, or Ottawa Senators Hockey Tickets.

2. Get to Know Your Canada

Every country has a city where its stories are told...This is Canada's. If you're new to Canada or simply in need of a pleasant refresher course on our great country, this two-night Ottawa getaway package is the perfect choice. Immerse yourself in Canadian history, culture and achievement at national museums and galleries. Fill with pride as you tour the Capital's famous national sites and landmark attractions. And join in the celebration at seasonal festivals and national events the year round. It's all about getting to know your Canada – and doing it all in one quintessentially Canadian place! This package includes: Hotel accommodation for your dates of stay; a Certificate to receive Rideau Centre Savings Directory; and admission to one of the museums.

3. Sip, Savour & Spa

Pamper yourself with this 2-night getaway to the Capital for 2. Start off with a relaxing treatment at one of Ottawa's most luxurious spas. Then try a little retail therapy at Rideau Centre, the region's premiere shopping centre. Follow it up with a visit to one of the city's great cultural attractions.

And cap off this indulgent visit to Ottawa with a fantastic meal at Le Cordon Bleu's 5-diamond Signatures Restaurant—what a treat!

4. Family Discovery

All family members are sure to discover something new and exciting about the Capital, the country and the world beyond with the affordable Family Discovery 2-night getaway. What better way to reconnect than sharing, learning and exploring together? This package features family

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



admission to some of the Capital's best museums and galleries, or hands-on experiences at our most popular attractions. And there are always lots of new shops to discover at Rideau Centre and in the ByWard Market area!

5. Casino Du Lac-Leamy Getaway

Visit Canada's Capital Region and be enthralled with entertainment at its best. Surrounded by fountains and lakes, the Casino du Lac-Leamy in Gatineau features more than 1800 slot machines and 64 gaming tables in a smoke-free environment. During your visit, enroll in the Casino du Lac-Leamy free Casino Privileges rewards Program and receive 1500 bonus points. A fabulous location, stunning architecture and a whole new world of excitement. Includes 2 nights' accommodation for 2 people, \$50 in Casino Chips, 2 for the price of 1 buffet at the Banco Restaurant and free entrance to one of the major museums in Ottawa. See www.casinosduquebec.com/lacleamy

6. Girlfriends Getaway

This one's for the girls! Calling all girlfriends to retreat to Canada's Capital - a city bursting with vibrant culture and surrounded by an oasis of natural beauty. This package caters to all types and budgets by providing the ability to pick and choose. Spend a couple days shopping, visiting museums and galleries, dining, indulge in a spa treatment or take in a show! Don't forget to check out the funky ByWard Market district, where there's always something happening. It's the perfect scene for a night out on the town with your friends.

7. Rendez-Vous for Two

Sneak away to the Capital with that special someone for a getaway to remember. Stroll along the Rideau Canal. Visit one of the city's great cultural attractions, take a unique tour of the nation's capital, or take in a show at the National Arts Centre. For a touch of luxury, top it all off with a 5-diamond dinner at Le Cordon Bleus Signatures Restaurant. Here's your chance to get away from the ordinary and plan a romantic escape for two in Ottawa.

8. Taste of Canada

Looking for an escape with a distinctly Canadian flavour? Then come sample some of the best of Canada with this two-night getaway package in the Capital. If you're into the great Canadian outdoors, just step outside your Ottawa hotel and go – from skating and skiing in winter to great golf, cycling, running, hiking, and water sports in summer. If your tastes tend more toward arts and culture, Ottawa's got you covered with the country's biggest lineup of national museums,

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



galleries and performing arts. And if what you're really looking forward to is a taste of Canadian culinary excellence, Ottawa's community of renowned chefs will be only too happy to oblige. This package includes hotel accommodation; certificate to receive Rideau Centre Savings Directory and Le Cordon Bleu Bistro @ Signatures - Dinner for Two; a gift from Le Cordon Bleu is also included (only available Thursday to Saturday).

9. Urban Adventure

Looking for outdoor adventure on your trip to Ottawa? Book the Urban Adventure package for a little something extra. Hold on tight and feel the excitement as you ride the waves down the Ottawa River on a whitewater raft. Bring your bikes or rent some here and cycle over 180 kilometres of recreational pathways linking natural areas, parks, gardens and national sites. At night, relive the adventure over a great meal and cocktails in the dynamic ByWard Market district. This experience is designed to take you on a wild ride through Canada's Capital region.

HOTEL PRIZE	<p>Novotel Ottawa 33 Nicholas Street, Ottawa, Ontario K1N 9M7 Tel: (613) 230-3033 Toll Free: 1-855-677-3033 Fax: (613) 760-4765 novotelottawa@novotelottawa.com</p> <p>Stay at the Novotel Ottawa in Downtown Ottawa, just minutes to the Rideau Canal, Parliament Hill and the Byward Market, among many other attractions. It offers comfortable hotel rooms and numerous amenities in a quiet environment, with complimentary WiFi, relaxing onsite restaurant "Trio", a refreshing indoor saltwater pool, exercise room and more.</p>
--------------------	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



RAIL PRIZE	VIA Rail www.viarail.ca or phone 1 888 VIA-RAIL
Details	VIA Rail Canada runs more than 480 trains per week over a 14,000-kilometre network linking more than 450 locations in Canada - that adds up to about four million passengers per year on VIA trains! - Connected - Wireless Internet service available in-stations and on select trains lets you email, chat with loved ones or do some research. - Convenient - Priority boarding, a delicious meal included in the price of your ticket and complimentary newspapers create stress-free travel. - Choice - Facing seats , at-your-seat power outlets for your portable computer and premium lighting create a fine ambience before - and after - your vacation.
CURRENT DEALS	Seniors: As a traveller 60 years of age or over, you can save year round on the adult regular fare in Economy class. Simply choose the 60+ fare when booking online. Currently, (June 2013) there is a very special deal: Get 50% off the adult Regular fare in Economy (Economy Plus) Sleeper, Sleeper Plus and Touring classes for travel across Canada until September 30, 2013 inclusive. Advance purchase is not required, but this offer ends June 26, 2013. For all current deals see http://www.viarail.ca

PERSONAL EXPERIENCES	<p>Canadian Museum of Civilisation - An architectural masterpiece, Canada's largest and most visited museum offers you a thousand years of Canadian history, the world's largest indoor collection of totem poles and the magnificent First Peoples Hall.</p> <p>Canadian War Museum - A stunning must-see attraction opened in 2005. This new world-class museum presents exhibits on military history and reveals how the nation's involvement in conflict and peacekeeping has shaped the country.</p> <p>Canadian Museum of Nature - Canada's foremost natural history museum offers comprehensive exhibits about the natural world, from grizzly bears to gems, from insects to dinosaurs.</p> <p>Canadian Aviation Museum - Canada's rich aviation heritage is revealed through exhibits of vintage aircraft from the museum's permanent collection. Interactive activities, films, demonstrations, and guided tours offer visitors a chance to explore the story of flight.</p> <p>Haunted Walks Inc - Evening and daytime tours reveal Ottawa's darker past and include visits with ghosts, graveyards, hangings, and haunts. Private group tours available. Various tours available 7 days a week. 90 minute tour (I went on the Ghosts and the Gallows tour) \$12</p> <p>The Diefenbunker: Canada's Cold War Museum - This vestige of Cold War history is a unique reminder of Ottawa's position in global politics. www.diefenbunker.ca</p> <p>Byward Market – fun to visit at any time of the year</p>
-----------------------------	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Amphibus Lady Dive – 60 sightseeing tour on land and river, 48 pax, under and over Alexander Bridge</p> <p>National Gallery of Canada – always stunning</p> <p>Changing the Guard Ceremony @ 10.00 on Parliament Hill</p> <p>Le Cordon Bleu Culinary Arts Institute and Signatures Restaurant</p> <p>Casino du Lac Leamy and its restaurants Arome and Le Baccara</p> <p>Scotia Bank Place for a Senators hockey game</p> <p>Zak's Diner – in Byward Market, Canada's oldest continuously operating farmers' market</p> <p>The Westin Ottawa Hotel, Fairmont Chateau Laurier, Indigo Hotel</p>
--	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.