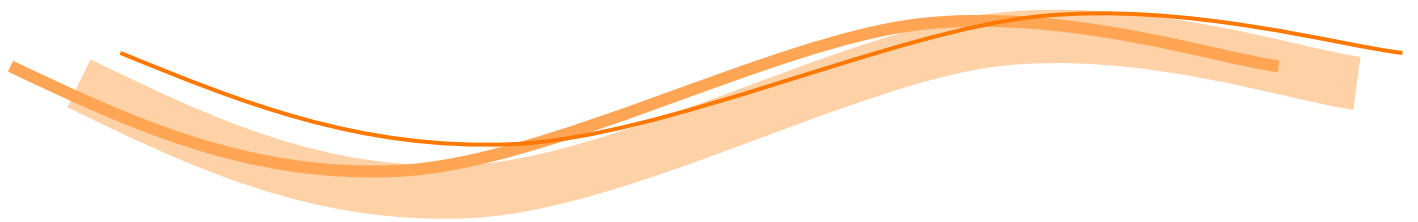




# OTTAWA - SUMMER





## OTTAWA – SUMMER 2012

**Ottawa is buzzing this summer 2012** – with music, arts and culture! To keep you hopping there's festivals galore like the TD Jazz Festival and Bluesfest, the Canada Day Celebrations and blockbuster exhibitions like "Whales Tohorā" at the Canadian Museum of Nature and "Van Gogh: Up Close" at the National Gallery of Canada.

Get outside at the many festivals and open air concerts that pack Ottawa's summer calendar. Take in the Mosaika Sound and Light Show on Parliament Hill. Or have a gourmet meal at one of Ottawa's exceptional patio restaurants. And enjoy the outdoors on Ottawa's bike trails, on the Rideau Canal and at Calypso – Canada's largest theme waterpark.

Visit [www.OttawaTourism.ca](http://www.OttawaTourism.ca) or phone 1-888-OTTAWA-8 for some great short break ideas. The "Van Gogh Experience", for example, includes the "Van Gogh: Up Close" exhibition at the National Gallery of Canada and the Van Gogh IMAX movie at the Canadian Museum of Civilization. All this, plus two nights' hotel, from only \$144 per person.

You can create your own Ottawa Getaway thanks to Ottawa Tourism's website that brings you the ability to book flexible packages online. Get great deals and a wide range of hotel choices as you create your own escape to Ottawa. And look for the special BONUS button for bookings that will include additional FREE items during your stay – participating hotels are offering bonuses like free parking, free internet or food and beverage vouchers.

Come discover the great entertainment and culture Ottawa has to offer this summer! It starts with some outstanding musical festivals and events.

### **TD Jazz Festival**

Summer nights in the capital are full of warm breezes and cool Jazz from June 21-July 1, 2012. The TD Ottawa Jazz Festival brings more than 900 artists to Confederation Park in the heart of downtown and other satellite stages around town. Acts on the main stage include 2011 Grammy Award Winner for Best New Artist, Esperanza Spalding, who proves that jazz continues to reinvent itself with timeless popularity. Another high energy new young act is American R&B artist, Janelle Monáe. Her stunning vocal prowess and smooth dance moves are sure to delight the audience. With catchy songs like "Tightrope" you're sure to grooving along with her.

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### **RBC Royal Bank Bluesfest**

This year Bluesfest (July 4-15, 2012) is electro-fied with fantastic electronic acts like Skrillex. And with four stages there is something for everyone at this outdoor music festival. Other highlights include Norah Jones, John Mellencamp, City and Colour, The Sheepdogs, Snoop Dog, Iron Madder and Alice Cooper. As well as a Just for Laughs Comedy Festival that runs simultaneously. And the best part of any music festival is discovering new bands including Aboriginal DJ talent, A Tribe Called Red, whose electric sound is made up of a wide variety of styles ranging from Hip-Hop, Dance, Electronic and Pow Wow music.

### **Chamberfest**

Ottawa International Chamberfest running from July 26-August 9, 2012 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. Join Canadian legend Gordon Pinsent as he narrates The Carnival of Animals with James Parker on the piano or the Gryphon Trio with CBC favourite Julie Nesrallah. The festival's main stage is at the beautiful Dominion-Chalmers United Church but also holds alfresco concerts and a series of shows for children.

### **Canada Day**

Canada Day on July 01, 2012 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 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**

Get a sneak peak of the Mosaika Sound and Light show June 5-7, 2012 and June 11-13, 2012 when the Parliament buildings come alive with colour and the history of Canada. It is a spectacular show that encompasses Canada's unique culture and the major historical events that shaped our great nation. The free show begins nightly in early July

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and runs throughout the summer.

**“Van Gogh: Up Close” at the National Gallery of Canada**

The National Gallery of Canada has “Van Gogh: Up Close” – a blockbuster exhibition on its only Canadian stop in Ottawa from May 25 to September 3, 2012. The first major Canadian exhibition of works by the famous Dutch artist in over 25 years – this exhibition explores Van Gogh's close-up views of nature and features more than 45 of his paintings. The artist depicts nature in very particular ways: he experiments with depth of field and focus, zooms in on a verdant tuft of grass or a single iris and provides shifting perspectives of a farmer's field or the corner of a garden.

**“Van Gogh: Brush with Genius” IMAX at the Canadian Museum of Civilization**

To complete your Van Gogh experience take in the “Van Gogh: Brush with Genius” IMAX Movie before your visit to the museum. The film playing at the Canadian Museum of Civilization takes you through his life and works in panoramic view showing you his place of inspiration and how he developed as an artist to create the priceless works of art you will see at the exhibit.

**“MAYA: Secrets of their Ancient World” at the Canadian Museum of Civilization**

Explore the life and times of the Mayan elite: what was the basis for their power and authority; how they maintained their social position and control; and ultimately what caused the collapse of their elaborate world. “MAYA: Secrets of their Ancient World” runs from May 18-October 28, 2012 at the Canadian Museum of Civilization.

**National Arts Centre (NAC) – Lord of the Rings and Wicked**

Journey into the breathtaking and imaginative world of J.R.R. Tolkien's The Lord of the Rings as never before! July 5-7, 2012 you can experience the first installment of Peter Jackson's 2001 cinematic tour de force, The Lord of the Rings: The Fellowship of the Ring projected on a 60-foot screen while over 200 musicians of the NAC Orchestra perform the blockbuster's Academy Award - and Grammy Award - winning score.

Wicked, the Grammy and Tony Award winning Broadway musical,

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	<p>returns to Ottawa July 11-29, 2012 to the NAC. Experience the celebrated musical again, or for the first time, as you follow the musical journey of good and evil as Elphaba and Glinda transform into famous characters from the Wizard of Oz - the Wicked Witch of the West and the Good Witch of the North.</p> <p><b>“Whales Tohorā” at the Canadian Museum of Nature</b></p> <p>Highly interactive and theatrical, this special exhibition will draw you into the underwater world of whales. Explore their amazing biology and ways of life, and discover how people (especially the Māori) connect with them. See a sperm whale hunt giant squid, hear astonishing whale voices, crawl through a model blue whale heart, and be amazed by giant skeletons! March 2-September 3, 2012 at the Canadian Museum of Nature.</p> <p><b>Outdoor adventure and family fun</b></p> <p>As the summer days warm up - the patios roll out and you can have a wonderful meal in one of the many outdoor patios in the lively ByWard Market. Ottawa is a great venue for the great outdoors, right in the heart of the city! Spend the whole day outside, walking or biking along the canal. Take to the water on a river cruise or hop on board an open top bus tour. And the more adventurous will want to try Kayaking or River Rafting on the Ottawa River.</p> <p>Ottawa is a great place to bring the kids all year long with great national museums, outdoor activities and festivals. But in summer it is especially kid friendly thanks to Calypso Water Park, just a short drive outside of Ottawa.</p> <p><b>Calypso</b> 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 will launch its summer season on June 7, 2012.</p>
<p><b>Location</b></p>	<p>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.</p>
<p><b>Geography</b></p>	<p>Ottawa is situated on the south bank of the Ottawa River, and contains</p>

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	the mouths of the Rideau River and Rideau Canal. The older part of the city (including what remains of Bytown) is known as Lower Town, and occupies an area between the canal and the rivers. Across the canal to the west lies Centretown and Downtown Ottawa, which is the city's financial and commercial hub.
<b>Name</b>	<b>Ottawa</b> is derived from Outauoak, an Algonquin First Nations name, meaning "to trade". <b>Rideau</b> is a French word that means 'Curtain' in English, and the Rideau Falls resemble a curtain, named by the early French explorers.
<b>Population</b>	City - 883,000 (Ranked 4 <sup>th</sup> in Canada) Metro - 1,236,000
<b>Language</b>	English and French
<b>Government</b>	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. The current Mayor is Jim Watson.
<b>Twin Cities</b>	Beijing, China; Buenos Aires, Argentina; Catania, Sicily, Italy

<b>CLIMATE</b>	
<b>General climate</b>	The average Temperatures for the region of Ottawa/Gatineau are: summer max = + 26C; winter max = - 6C
<b>Today's weather</b>	Plus 24C and sunny (May 26, 2012) – a gorgeous summer day!
<b>Best time to visit</b>	Any time – there's always something unique and exciting happening in Ottawa!

<b>GETTING THERE</b>	
<b>Flights (Toronto)</b>	It's just 55 minutes from Toronto to Ottawa. <b>Porter Airlines</b> <a href="http://www.flyporter.com">www.flyporter.com</a> Porter operates from its base at <b>Toronto Billy Bishop City Centre Airport</b> (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. <b>Up to 16 flights a day between Toronto Billy Bishop City Centre Airport and Ottawa.</b> Reservations can be made on Porter's website, <a href="http://www.flyporter.com">www.flyporter.com</a> through its call centre at 1-888-619-8622 or 416-619-8622, or with registered travel agents.
<b>Flying time</b>	55 minutes from Toronto to Ottawa
<b>Distances</b>	Distance from Toronto is 450 km or 5 hours driving time;

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	Ottawa to Montreal is 213 km or 2.5 hours
<b>Ferries</b>	In summertime, take a <b>Capital Cruises Historic River Cruise</b> aboard the Empress of Ottawa. The tour captures unique and spectacular views of some of the city's attractions such as the Parliament Buildings, Museum of Civilization, Rideau Falls, and the Prime Minister's residence. It's a great way to discover the story of Ottawa. Or for something really unique, you can take a tour on the <b>Lady Dive</b> , Ottawa's own amphibious bus.
<b>Trains</b>	VIA rail from Montreal is just 1hr 55 mins and from Toronto is 4.5 hours – check out <a href="http://www.viarail.ca">www.viarail.ca</a> and see the separate section below.
<b>Buses</b>	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.
<b>Passes</b>	Ottawa's <b>Capital Museums Passport</b> is making it easy for visitors to enjoy the sights and sounds of Canada's capital city in 2012. 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. 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

<b>ACCOMMODATION TYPES</b>	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.
<b>OTTAWA TOURISM GETAWAY PACKAGES</b>	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.

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<b>OTTAWA'S NEIGHBOURHOODS</b>	Unique Ottawa neighbourhoods offer distinctive shopping, dining and nightlife experiences across the Capital.
<b>ByWard Market</b>	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.
<b>Chinatown</b>	Located moments away from downtown, Ottawa's Chinatown is a multicultural village offering local dining, shopping and entertainment experiences with a unique Asian flavour.
<b>Downtown Rideau</b>	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.
<b>Preston Street/Little Italy</b>	Ottawa's Corso Italia offers popular restaurants and specialty stores, and is located between Carling Avenue at Dow's Lake and LeBreton Flats.
<b>Bank Street Promenade</b>	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.
<b>Beechwood Village</b>	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.
<b>Glebe</b>	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.
<b>Quartier Vanier</b>	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.
<b>Somerset Village</b>	Located between Bank & O'Connor Streets and only minutes away from Parliament Hill, Somerset Village features beautiful heritage 19th Century buildings that are home to many fine restaurants, businesses and services.
<b>Sparks Street</b>	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.
<b>Wellington Village</b>	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.
<b>Westboro Village</b>	The Village's shopping district offers a unique mix of boutiques, restaurants and many other delightful stops along the way.

<b>LIFESTYLES</b>	
<b>Kids</b>	Kids love the bands, rifles, and uniforms of the <b>Changing of the</b>

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	<p><b>Guard</b> on Parliament Hill. The <b>Canada Aviation Museum</b> is a fantasyland for many, especially the mock-ups of cockpits where they can pretend to be pilots. The perennial favorites at the <b>Canadian Museum of Nature</b> are the dinosaurs, the animals, and the Discovery Den, especially created for children. Extra-special attractions at the <b>Canadian Museum of Civilization</b> are the Children's Museum and Cineplus for IMAX movies. Kids enjoy picnicking or taking a hayride at the <b>Central Experimental Farm</b>. At the Canada Science and Technology Museum, the hands-on exhibits entertain while learning. Kids also love the tanks and weaponry on display at the <b>Canadian War Museum</b> and the <b>Royal Canadian Mounted Police Musical Ride</b> practices at the Canadian Police College.</p> <p><b>Calypso</b> When the weather heats up in Ottawa, head 20 minutes east of the Capital to <b>Calypso</b>, the biggest theme waterpark in Canada, with attractions, slides, rides and a wave pool beyond compare. An international travel website has named Calypso waterpark in Limoges, Ont. as the best waterpark in the world. 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>Calypso is located in Prescott-Russell, under a half hour drive from downtown Ottawa. All pools are heated, and the park <b>opens in early June and remains open through early September</b>.</p> <p>The park features 35 waterslides and 100 water games – some more gentle, others more exciting.</p> <p><b>Summit Tower</b>, the park's gigantic multi-slide attraction, is the highest freestanding waterslide tower in Canada</p> <p><b>Calypso Palace</b>, the park's wave pool, is the biggest in Canada and is surrounded by a white sand beach</p> <p><b>Jungle Run</b> is the park's kilometre-long river adventure featuring twists, turbulence and turns.</p> <p>The park features six restaurants, beach bar, a VIP zone, boutique and other services. Calypso's innovative 'Money at Your Fingertips' service lets you use your fingerprint to pay for anything you purchase while at the park – no need to wet your wallet.</p>
<p><b>Teens</b></p>	<p>Visit the <b>Diefenbunker</b>, go white water <b>rafting</b>, experience the <b>Ghost Walk</b>, the Hull-Chelsea-Wakefield <b>Steam Train</b></p> <p><b>Canada Science and Technology Museum</b> 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</p>

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	<p>science and technology affect your everyday life. Located only minutes from downtown Ottawa.</p> <p><b>Royal Canadian Mint</b> 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. Teens can also explore the evolution of money around the world and through the ages at the <b>Bank of Canada's Currency Museum</b>. 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>
<p><b>Romance</b></p>	<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><b>Sound &amp; Light Show</b> - For years Canada's history has unfolded in a dazzling display of sound and light against the dramatic backdrop of the Parliament buildings. This year (2012) on summer evenings, a sound and light show called <b>Mosaika</b> explores Canada's physical, historical and cultural landscapes (Presented nightly from July 6 through September 3, 2012).</p>

<p><b>UNIQUES</b></p>	
<p><b>Surprising</b></p>	<p><b>Royal Canadian Mounted Police</b> Ottawa is 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><b>History</b></p>	<p>The Ottawa region was long home to the <b>Odawa or Odaawaa</b> 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 <b>Philemon Wright</b> 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.</p>

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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.

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.

Bytown was renamed Ottawa in 1855, when it was incorporated as a city. On **December 31, 1857**, Queen Victoria was asked to choose a common capital for the Province of Canada and chose Ottawa. The Queen's advisers suggested she pick Ottawa for several reasons: Ottawa's position in the back country made it more defensible, while still allowing easy transportation over the Ottawa River. Ottawa was at a point nearly exactly midway between Toronto and Quebec City (500 kilometres), and that the smaller size of the town made it less likely that politically motivated mobs could go on a rampage and destroy government buildings, as had happened in the previous Canadian capitals.

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	In <b>1867</b> Ottawa became the capital of the new Dominion of Canada and has grown to become the 4 <sup>th</sup> largest city in the country.
<b>Books</b>	<b>Frommer's Ottawa</b> ; Ottawa has been named one of the most underrated cities in the world according to the editors of Frommer's. <b>Secret Ottawa</b> by Laura Byrne Paquet is an eclectic compendium of little known nooks and crannies in Ottawa.
<b>1000 Places to see before you die</b>	<b>Winterlude</b> and skating on the Rideau Canal
<b>UNESCO</b>	Ottawa is home to part of Ontario's only UNESCO World Heritage Site: the <b>Rideau Canal</b>
<b>Must Sees</b>	<p><b>The Changing of the Guard</b> Held each morning on Parliament Hill in Ottawa from late June through late August, the Changing the Guard Ceremony is a colourful spectacle of pomp, pageantry and music. The ceremony begins on Parliament Hill at 10 am sharp each morning, rain or shine, following a march by the Guard from its Cartier Square Drill Hall just south of Parliament Hill and up Elgin Street. The Ceremonial Guard is assembled from two regiments - the Governor General's Footguards and the Canadian Grenadier Guards - and also has its own regimental band and pipers who perform in the ceremony. Performances are free of charge; for best viewing, arrive on Parliament Hill at 9:45 a.m.</p> <p><b>Most visited attractions in Ottawa:</b> Parliament Hill, the Museum of Civilisation and the Casino.</p>

<b>SPORTS ACTIVITIES</b>	<p>It's always good to catch an <b>Ottawa Senators</b> 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> <p><b>Ottawa Race Weekend:</b> Lace up your sneakers as over 40,000 runners take to the street of Ottawa to compete in a variety of challenging races, including Canada's largest marathon on May 26-27, 2012.</p>
<b>Golf</b>	The Ottawa metro region has <b>over 60 courses</b> , 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
<b>Skiing</b>	<b>Mont Cascades</b> , 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

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	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.
<b>Rafting</b>	<b>Owl Rafting</b> , 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. Prices start at C\$115 per person per day during the week, meals included. (2012) <a href="http://www.owl-mkc.ca/owl">http://www.owl-mkc.ca/owl</a>
<b>Hiking</b>	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 <b>Stony Swamp Conservation Area</b> (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 <b>Rideau Trail</b> 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.
<b>Cycling</b>	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. <b>Sunday Bikedays</b> 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. In May 2011, The NCC introduced the Bixi Bike rental program. More info: <a href="http://www.canadascapital.gc.ca/biking">www.canadascapital.gc.ca/biking</a>

<b>CULTURE</b>	<p>There is always so much going on in Ottawa – here are just a few of the events coming up:</p> <p><b>Canadian Museum of Civilization</b></p> <p><b>God(s): A User's Guide</b> To September 3, 2012 Explore universal religious themes such as the belief in a higher power, a world beyond our own, the use of spiritual intermediaries (such as priests, shamans and prophets), sacred rituals, spiritual holidays and rites of passage.</p> <p><b>Canadian Postal Museum celebrates Her Majesty the Queen's Diamond Jubilee with 60 years of tiny portraits</b></p>
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March 19 – October 8, 2012

The Canadian Postal Museum at the Canadian Museum of Civilization is honouring Queen Elizabeth II's Diamond Jubilee with a remarkable exhibition of Commonwealth countries and British Overseas Territories stamps issued since she ascended the throne in 1952. **Designed for a Queen: Celebrating the 60-year Reign of Queen Elizabeth II through Stamps**, features 645 postal portraits illustrating her life as Monarch. As head of the Commonwealth and Monarch of many of its member countries, Queen Elizabeth II's image has appeared on numerous postage stamps over the years. This tradition dates back to the first stamp ever produced, the 1840 Penny Black depicting Queen Victoria. The Queen, who has her own extraordinary personal philatelic collection, approves every stamp with her likeness on it.

Designed for a Queen includes some of the most interesting of these stamps, which are remarkable for their quality, diversity and the choice of portraits on which they are based. They come from some 40 countries and territories, including Tuvalu, Swaziland, Sierra Leone, Papua New Guinea, Mauritius, Jamaica, Gibraltar, Belize and the Falkland Islands. Highlights include a 1993 souvenir sheet from Anguilla celebrating the 40th anniversary of the Queen's coronation, and a 1986 British stamp issued on the occasion of her 60th birthday. A 10-cent stamp, produced by the Barbados Postal Service to commemorate the Queen's Golden Jubilee in 2002, shows a young

Princess Elizabeth in an informal pose.

Every item in the exhibition is from the Canadian Postal Museum's own holdings of more than half a million stamps. This philatelic collection chronicles the history of countries, along with their social and economic development, through depictions of heads of state, art and architecture, pop culture, science and technology, national symbols, animals, plants and other subjects.

### **Museum of Nature**

#### **"Whales Tohorā"**

March 2 – Sept 3, 2012

Highly interactive and theatrical, this special exhibition will draw you into the underwater world of whales. Explore their amazing biology and ways of life, and discover how people (especially the Māori) connect with them. See a sperm whale hunt giant squid, hear astonishing whale voices, crawl through a model blue whale heart, and be amazed by giant skeletons!

<http://nature.ca/en/home>

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	<p><b>Canadian War Museum</b>  <b>“1812”</b> from June 12          Opening June 12, 2012 the exhibition “1812” examines the history behind the War of 1812 - a conflict that helped shape Canada into the nation it is today. The exhibition explores the perspectives of the four central participants: Canada, the United States, Great Britain and Native Americans.</p> <p><b>Canada Science and Technology Museum</b>  <b>Energy: Power To Choose</b>          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.  <a href="http://www.sciencetech.technomuses.ca/english/index.cfm">http://www.sciencetech.technomuses.ca/english/index.cfm</a></p> <p><b>Canadian Aviation Museum</b>  <b>“Green Skies Ahead”</b>          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.  <b>“Green Skies Ahead”</b> takes you on a tour of the innovative carbon-friendly technology that will shape commercial aviation over the next 50 years. And <b>“Living in Space”</b> is a highly interactive exhibit that is fun for “wannabe” astronauts of all ages. It incorporates multimedia with various objects, replicas and components used daily by astronauts during a mission to present the technical, psychological and physical challenges of life in space.          Admission is \$6 adults, \$5 for students, \$5 for seniors, and \$3 for children 4-15, free for children under 4. A family pass is \$14. Free parking. OC Transpo bus #129 Rockcliffe also goes to the Museum.  <a href="http://www.aviation.technomuses.ca">http://www.aviation.technomuses.ca</a></p>
<p><b>National Gallery of Canada</b></p>	<p>The National Gallery of Canada is home to the most important collections of historical and contemporary Canadian art, including the extensive collection of the Canadian Museum of Contemporary Photography. The Gallery also maintains Canada's premier collection of European Art from the 14th to the 21st century, as well as important works of American, Asian and Indigenous Art and renowned</p>

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international collections of prints, drawings and photographs.

Created in 1880, the National Gallery of Canada has played a key role in Canadian culture for well over a century. Among its principal missions is to increase access to excellent works of art for all Canadians. To do so, it maintains the largest touring art exhibition programme in the world. For more information: [www.gallery.ca](http://www.gallery.ca)

### **Van Gogh: Up Close**

May 25 to September 3, 2012

Discover the true nature of Van Gogh this summer at the National Gallery of Canada, the only Canadian venue for this unique exhibition. Van Gogh: Up Close is the first major exhibition in Canada in over 25 years of works by this famous Dutch artist. It brings together more than 40 of Van Gogh's paintings from private and public collections around the world, as well as a selection of Japanese woodblock prints, nineteenth century photographs, and works on paper from the sixteenth to the nineteenth centuries.

This exhibition explores Van Gogh's love for nature and his gift for representing the world around him, from landscapes down to the smallest blade of grass.

For example, the show includes Iris (1889), from the National Gallery of Canada's collection, as well as paintings that depict another corner of the garden where Van Gogh painted Iris, but from a wider angle. Van Gogh: Up Close will demonstrate how these paintings became the most radical and innovative in the artist's body of work.

#### **Public programs**

To complement the exhibition, an outstanding range of educational programs covering its different aspects, as well as related special events, will be presented, including a one-day symposium Saturday, May 26 featuring a group of international Van Gogh scholars, a series of lectures, a play, concerts and films. Visitors will also be able to rent a Bell audioguide (\$6), and take part in guided tours for small groups outside of peak periods. As well, after that, visitors can take part in interpretation and hands-on activities in the Exhibition Studio, including writing letters to Van Gogh, or even sharpening their sense of observation by putting together the pieces of a large-scale puzzle or creating digital works using Van Gogh's colour combinations. Finally, throughout July and August, from 11 am to 4 pm, families can enjoy exhibition inspired interpretation and hands-on activities, and impressionist and post-impressionist works from the permanent collection, at the Artissimo kiosk. Visit [www.gallery.ca/vangogh](http://www.gallery.ca/vangogh).

Admission (timed tickets) and NGC opening hours

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	<p>Admission to Van Gogh: Up Close: adults \$25, seniors \$22, students (card required) \$15, youths 12 to 19 years \$10, families (2 adults and 3 youths) \$50. Free admission for Members of the Gallery and children under 12. Tickets include admission to the permanent collection. Tickets are for a specific date and time, based on availability. No exchange or refunds. Service charges apply to phone and online orders. All prices include tax. Order by phone at 613-998-8888 or toll-free at 1-888-541-8888, and at <a href="http://www.shopngc.ca">www.shopngc.ca</a>. Van Gogh: Up Close is open daily from 10 am until 6 pm (until 8 pm on Thursdays). Tickets are issued up until 90 minutes before closing time. Collection galleries close at 5 pm (8 pm on Thursdays).</p> <p><b>Van Gogh's paintings at the Museum of Civilization's IMAX Theatre</b></p> <p>The Museum of Civilization's IMAX Theatre invites the public to dive into the breathtaking landscapes and extraordinary colours of Vincent Van Gogh's most famous works, seen on a giant-screen, Van Gogh: Brush with Genius. Told through the eyes of Van Gogh and based on more than 900 personal letters, the film transforms the work of the world's most popular artist into a completely new entertainment experience. A \$2 rebate on an adult admission for Van Gogh: Up Close is offered on presentation of Van Gogh: Brush with Genius film ticket to the Box Office at the National Gallery. Some conditions apply. For film schedules, visit <a href="http://www.civilization.ca/imax">www.civilization.ca/imax</a> or call 819-776-7010.</p>
<p><b>Arts</b></p>	<p>The Performing Arts - Canadian and international musical, dance, and theater artists - including the resident NAC Orchestra - perform at the elaborate <b>National Arts Centre</b>, 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><a href="http://www.nac-cna.ca/en">http://www.nac-cna.ca/en</a></p>
<p><b>Museums</b></p>	<p>The capital region is home to <b>29 museums</b>, 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><b>Bytown Museum:</b></p>

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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 - English, French, Spanish, German, Mandarin and Japanese - and are included with the price of admission. ([www.bytownmuseum.com](http://www.bytownmuseum.com) )

### **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.

**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!

**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.

**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.

**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.

**The Mammal Gallery** features the wildlife of Canada, from polar bears to white Arctic hares, moose, bison, caribou and cougars.

**The Bird Gallery** features an impressive collection of 500 specimens of Canada's finest feathered friends.

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	<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><b>The Discovery Zone</b> 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><a href="http://www.nature.ca">www.nature.ca</a></p>
<p><b>Festivals and Events</b></p>	<p><b>Ottawa Race Weekend</b> May 26 - 27, 2012. 40,000 runners take to the street of Ottawa to compete in a variety of challenging races, including Canada's largest marathon</p> <p><b>Dragon Boat Festival</b> 22 – 24 June, 2012 The Tim Hortons Ottawa Dragon Boat Festival is North America's largest Dragon Boat Festival. It is held at Mooney's Bay Park on Riverside Drive on the Rideau River. As well as the exciting Dragon boat races there is entertainment on multiple stages, multicultural performances, a lively beer garden, children's area, food vendors, exhibitions and shopping.</p> <p><b>TD Jazz Festival</b> June 21 – July 1, 2012 The TD Ottawa Jazz Festival brings more than 900 artists to Confederation Park in the heart of downtown and other satellite stages around town. Acts on the main stage include 2011 Grammy Award Winner for Best New Artist, Esperanza Spalding. Another high energy new young act is American R&amp;B artist, Janelle Monáe.</p> <p><b>RBC Royal Bank Bluesfest</b> July 4 – 15, 2012 This year Bluesfest (July 4-15, 2012) is electro-fied with fantastic electronic acts like Skrillex. And with four stages there is something for everyone at this outdoor music festival. Other highlights include Norah Jones, John Mellencamp, City and Colour, The Sheepdogs, Snoop Dog, Iron Maiden and Alice Cooper.</p> <p><b>Chamberfest</b> July 26-August 9, 2012 Ottawa International 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 shows</p>

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	<p>for children.</p> <p><b>Canada Day</b> July 01, 2012 On July 1 – the Jazz Festival programming is free! It falls on a long weekend this year. 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!</p> <p><b>Mosaika Sound and Light show</b> Get a sneak peak of the Mosaika Sound and Light show June 5-7, 2012 and June 11-13 The free show begins nightly in early July and runs throughout the summer. The Parliament buildings come alive with colour and the history of Canada. It is a spectacular show that encompasses Canada's unique culture and the major historical events that shaped our great nation.</p> <p><b>Festival franco-ontarien</b> June 14 -16, 2012 An un-missable event for Francophones and Francophiles, the Festival is a showcase for a host of French-speaking artists, both local and from further afield, who come to lead a musical celebration of all things French in a warm and friendly atmosphere.</p>
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<b>ATTRACTIONS</b>	<p><b>Parliament Hill - Parliament of Canada - Tours</b> Visiting the buildings and grounds of Parliament Hill is rewarding. As a site of architectural beauty, historical significance and federal decision-making, the Hill belongs not only to those who work there, but to all Canadians. All tours are free and last between 20 and 60 minutes, but are subject to changes depending upon Parliament activities. There are separate tours of Centre Block and the East Block.</p> <p><b>Where you should go when you arrive</b> Until May 13, 2012: Go to the Visitor Welcome Centre for detailed information on program availability and to obtain tour tickets. The entrance is located under the Peace Tower and to the right of the main doors at the Centre Block. From May 14 to September 3, 2012: Between 9:00 a.m. to 5:00 p.m. go to the Info-Tent (a large white tent between the Centre and East Blocks) for detailed information on program availability and to obtain tour tickets. Between 5:00 p.m. and 7:30 p.m., go to the Visitor Welcome Centre for detailed information on program availability and to obtain tour tickets. The entrance is located under the Peace Tower and to the right of the main doors at the Centre Block.</p> <p><a href="http://www.parl.gc.ca/Visitors/planning-e.asp">http://www.parl.gc.ca/Visitors/planning-e.asp</a></p>
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<p><b>Wildlife</b></p>	<p>Open all year, <b>Parc Oméga</b>, Route 323 nord, Montebello, a nearby wildlife park, is distinctive by seasons, 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><b>Parks</b></p>	<p><b>Gatineau Park</b>          Located just minutes from Parliament Hill across the Ottawa River in Gatineau, Gatineau Park is 361 square kilometres of natural wilderness crisscrossed with cycling and nature trails, forest, lakes and lookouts.          The Park features hundreds of kilometres of trails and hundreds of species of birds and mammals. In warm months, the Park is ideal for cycling, hiking, picnics, canoeing, swimming and camping. In winter, the park features cross-country and downhill skiing. In autumn, the Park is the setting for Fall Rhapsody, when the leaves turn into a sea of vibrant colours.          Four lookouts offer spectacular views, including Champlain Lookout atop the Eardely Escarpment, with amazing views of two major Canadian geological formations - the Canadian Shield and the St. Lawrence Lowlands.          The Park is home to Mackenzie King Estate, the beautiful country home of Canada's 10th Prime Minister, William Lyon Mckenzie King. Pink Lake, near the south entrance to the park is a meromictic lake. For more information on and interpretation of Gatineau Park, stop by the Visitor Centre at 33 Scott Road in Chelsea, Quebec.          Admission to the Park is free.</p>
<p><b>Gardens</b></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. 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 abloom with beauty – and welcome visitors to discover their flowering favourites.</p> <p><b>The National Capital Commission</b> 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</p>

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	<p>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.</p> <p>Home of the Governor General, the Queen’s representative in Canada, <b>Rideau Hall</b> 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</p> <p>Ottawa is the only world capital with a working farm at its centre. The <b>Central Experimental Farm’s Ornamental Gardens and Dominion Arboretum</b> 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 <b>Canada Agriculture Museum</b> presents the sights and sounds of typical farm life and explores Canada’s agricultural heritage.</p> <p>Filled with sunny daffodils and flowering trees in May, <b>Rockcliffe Park and the Rokeries</b> are a favourite spot for picnics and its lookout a preferred point for viewing the Ottawa River and Gatineau Hills beyond.</p> <p><b>Garden of the Provinces and Territories:</b> This patriotic park, located on Wellington Street near the Supreme Court of Canada and Library and Archives 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.</p>
<p><b>Landmark Buildings</b></p>	<p><b>Rideau Hall</b>  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</p>

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	<p>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. <a href="http://www.gg.ca">www.gg.ca</a></p> <p><b>Laurier House National Historic Site of Canada</b> 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>
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<b>OTHER ACTIVITIES</b>	
<b>Shopping</b>	<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 <b>Rideau Centre</b> 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 – <b>Bayshore</b> – while east Ottawa is home to two popular regional shopping centres – <b>St. Laurent and Place d'Orleans</b>.</p>
<b>Markets</b>	<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"> <li>•Established in 1830, the <b>Ottawa ByWard Market</b> is the best known farmers' market in the city, with 200 vendors selling fresh local and imported products daily, the year 'round.</li> <li>•The <b>Ottawa Parkdale Market</b> on Parkdale Avenue at Wellington was established in 1927 and is open daily with 20 vendors from April through late December.</li> <li>•The <b>Ottawa Farmers' Market</b> at Lansdowne Park in the Glebe is open Thursdays, Saturdays and Sundays, depending on the time of the year.</li> <li>•The <b>Main Farmers' Market</b> at St. Paul's University on Main Street is open Saturdays from mid-May through the end of September.</li> <li>•The <b>Ottawa Organic Farmers' Market</b> is open Saturdays year 'round at the Canada Care Building, Bank Street at Heron Road.</li> <li>•The <b>Metcalfe Farmers' Market</b> is open Saturdays early-May through mid-October at the Metcalfe Agricultural Society Fairgrounds.</li> <li>•The <b>North Gower Farmers' Market</b> is open Saturdays from late-May through October on Roger Stevens Drive in North Gower.</li> <li>•The <b>Stittsville Farmers' Market</b> is open daily from early June through October at the Ottawa Waldorf School in Stittsville.</li> </ul>

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	<p>•The <b>Carp Farmers' Market</b> is open Saturdays from mid-May through late-October at the Carp Fairgrounds.</p>
<p><b>Nightlife</b></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 <b>ByWard Market</b>. 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 <b>Casino du Lac-Leamy</b> 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 <b>National Arts Centre</b>, 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><b>Bars, Clubs &amp; Discos</b> - Ottawa has an abundance of English and Irish pubs of varying degrees of authenticity. Check out the <b>Brig</b>, 23 York St., in the Byward Market area, and the <b>Elephant and Castle</b>, 50 Rideau Street.</p>
<p><b>Casinos</b></p>	<p><b>Casino du Lac-Leamy:</b> 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 theatre - <b>Le Théâtre du Casino</b>. 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 <b>Le Baccara gourmet restaurant</b> is one of only a handful of Canadian restaurants awarded the CAA-AAA Five Diamond</p>

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	<p>distinction.          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.  <a href="http://www.casinosduquebec.com/lacleamy">www.casinosduquebec.com/lacleamy</a></p>
<p><b>Spas</b></p>	<p>Why not pamper yourself at the Spa? Ottawa has lots to offer. The luxurious <b>Holtz Spa</b> for instance, 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 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: <a href="http://www.holtzspa.com">www.holtzspa.com</a></p> <p><b>The Au Naturel Spa</b>          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: <a href="http://www.brookstreet.ca">http://www.brookstreet.ca</a></p>

<p><b>CUISINE</b></p>	
<p><b>Food</b></p>	<p><b>Beavertails Pastry</b>          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>

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	<p><b>Obama Cookies</b>          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>
<p><b>Restaurants</b></p>	<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.</p> <p>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.</p> <p>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 Gatineau.</p> <p>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.</p> <p><a href="http://www.ottawatourism.ca/savourottawa">http://www.ottawatourism.ca/savourottawa</a></p> <p>Here are two personally recommended restaurants in Ottawa:</p> <p><b>le café (@ the National Arts Centre)</b></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. <a href="http://www.nac-cna.ca/en/lecafe/lecafe">http://www.nac-cna.ca/en/lecafe/lecafe</a></p> <p><b>Le Cordon Bleu Bistro @ Signatures</b></p> <p>The inspiration of their new “Bistro” style restaurant is in recognition of</p>

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the successful "bistroCordonBleu" operation and the highly acclaimed 5 diamond restaurant "Le Cordon Bleu Signatures". "BistroCordonBleu" offered clients a casual dining atmosphere with high quality food at a great price. This operation was one that was heavily contributed to by culinary arts students both in the kitchen and serving clients. It was developed as a testament to the standard of culinary education and the talent of students that they train in their internationally renowned culinary arts institute.

In contrast, the Signatures restaurant presented a formal fine dining atmosphere that celebrated the history and tradition of French cuisine and culture. Fine service, elaborate menu options, an extensive wine list and a truly French ambience were at the premise of this operation. It was proudly nominated as a 5-diamond restaurant by the CAA for a few years. After the success of 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><b>MORE INFO</b></p>	<p><b>Getaway Packages</b>          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: <a href="mailto:ottawagetaways@capitaltickets.ca">ottawagetaways@capitaltickets.ca</a></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><b>Tourist Information</b>          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><b>Visitor Information:</b> 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><b>Brochures</b></p>	<p>Visitor Guide online at <a href="http://www.ottawatourism.ca">www.ottawatourism.ca</a></p>
<p><b>Website</b></p>	<p><a href="http://www.ottawatourism.ca">www.ottawatourism.ca</a> for Ottawa Tourism</p>

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## CURRENT DEALS Summer 2012

**There's a great deal this month** (May 2012). Book a 2-night Ottawa Getaway Package deal on the [www.ottawatourism.ca](http://www.ottawatourism.ca) website and you receive a 3rd night half price at participating hotels.  
[www.ottawatourism.ca/en/visitors/ottawa-getaways-and-special-offers](http://www.ottawatourism.ca/en/visitors/ottawa-getaways-and-special-offers)

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. As at May 25<sup>th</sup> 2012 there are 9 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.

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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 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 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](http://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.

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	<p><b>8. Urban Adventure</b>          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. Cool off in the wave pool or over 35 waterslides at Calypso, Canada’s largest themed waterpark. 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 delicious meal and cocktails in the dynamic ByWard Market neighbourhood. This experience is designed to take you on a wild ride through Canada’s Capital region.</p> <p><b>9. Van Gogh Experience</b>          Start your Van Gogh Experience with a visit to the Canadian Museum of Civilization IMAX Theatre for the Van Gogh IMAX movie that will take you through the artist’s life and into his paintings. Then visit the National Gallery of Canada to see up close the artist’s brushstrokes. Over 45 paintings from private and public collections from around the world will be shown some rarely, if ever, shown. Finish your Van Gogh experience at Le Cordon Bleu @ Signatures bistro to tantalize your taste buds with a menu inspired by the famous artist and his works. This package includes hotel accommodation; National Gallery of Canada - Van Gogh: Up Close – Adult Pass; IMAX Movie - Van Gogh: Brush with Genius at the Canadian Museum of Civilization; Certificate to receive Rideau Centre Savings Directory; Additional option: Le Cordon Bleu Bistro @ Signatures: Van Gogh Inspiration four course dining experience.</p>
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<p><b>HOTEL PRIZE PARTNER – Newstalk 1010</b></p>	<p><b>Bostonian Executive Suites</b>          341 MacLaren Street, Ottawa, Ontario K2P 2E2          Tel: 866 320 4567          Website: <a href="http://www.thebostonian.ca/en">http://www.thebostonian.ca/en</a></p> <p>A boutique hotel combining comfortable apartment-style suites with exceptional five-star luxury hotel service. The Bostonian exudes style, confidence, and value. It is an independent hotel, with an independent attitude. Of all the downtown Ottawa hotels, only The Bostonian boasts modern, contemporary designed hotel suites, affordable room rates with a quiet location, in the heart of the city. There’s free wireless internet, a 24-hour fitness centre and free continental breakfast.</p>
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<p><b>HOTEL PRIZE PARTNER - CJAD</b></p>	<p><b>The Four Points by Sheraton</b>          35 Rue Laurier , Gatineau, QC J8X 4E9          Phone: (819) 778-6111</p>
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	<p>Website: <a href="http://www.fourpointsgatineau.com/english">http://www.fourpointsgatineau.com/english</a></p> <p>This hotel has a fantastic location in Gatineau, right across the street from the Canadian Museum of Civilization and the IMAX Theatre, and across the river from downtown Ottawa, Parliament Hill, and the ByWard Market. They have a great selection of services and recreational opportunities—from a fitness facility to an indoor heated pool. Enjoy hearty breakfasts, delicious regional cuisine, and friendly service in the casual, fresh setting of L'Ardoise. Its new menu has been inspired by the slow-food movement, featuring classics such as gourmet burgers, sandwiches, salads, and mouth-watering ribs—with simple flavours and seasonal ingredients. Specialties such as ossobuco, pistachio-crust sea bass, and a long list of tantalizing tapas round out the restaurant's offerings. If you're in the mood for a beer, the lobby lounge boasts an impressive list of Best Brews from around the world and around the corner. Or retreat to your room to order in comfort food from their complete room service menu.</p>
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<b>RAIL TRAVEL PRIZE PARTNER</b>	<b>VIA Rail</b> <a href="http://www.viarail.ca">www.viarail.ca</a> or phone 1 888 VIA-RAIL
<b>Details</b>	<p>VIA Rail Canada runs more than <b>480 trains</b> 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!</p> <ul style="list-style-type: none"> <li>- Connected - <b>Wireless Internet</b> service available in-stations and on select trains lets you email, chat with loved ones or do some research. Get 24 hours of service for as little as \$8.95!</li> <li>- Convenient - Priority boarding, a delicious <b>meal included</b> in the price of your ticket and complimentary newspapers create stress-free travel.</li> <li>- Choice - <b>Facing seats</b>, at-your-seat power outlets for your portable computer and premium lighting create a fine ambience before - and after - your vacation.</li> </ul>
<b>CURRENT DEALS</b>	<p>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.</p> <p><b>Currently, (May 25<sup>th</sup> 2012) you can travel to Ottawa from Montreal from just \$33 and from Toronto for \$69.</b></p> <p>For all current deals see <a href="http://www.viarail.ca/en/deals">http://www.viarail.ca/en/deals</a></p>

<b>PERSONAL EXPERIENCES</b>	<p><b>Canadian Museum of Civilisation</b> - 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. It also houses the IMAX Theatre, the Canadian Children's Museum and special exhibitions.</p> <p><b>Canadian War Museum</b> - A stunning must-see attraction opened in</p>
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May 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. Open daily from May to mid October; closed Mondays from mid October to April.

**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.

**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.

**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 (Margo – guide on Ghosts and the Gallows) \$12

**The Diefenbunker:** Canada's Cold War Museum - This vestige of Cold War history is a unique reminder of Ottawa's position in global politics. Built in the small town of Carp just west of Ottawa between 1959 and 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.

[www.diefenbunker.ca](http://www.diefenbunker.ca)

**Byward Market** – fun to visit at any time of the year

**Canada and the World Pavilion** – free, 50 Sussex Drive, in Rideau Falls Park, displays on Canadians who are making a difference: music and sport to science and humanitarianism. Be proud to be Canadian!

**Amphibus Lady Dive** – 60 sightseeing tour on land and river, 48 pax, under and over Alexander Bridge

**National Gallery of Canada** – always stunning

**Changing the Guard Ceremony** @ 10.00 on Parliament Hill

**Le Cordon Bleu Culinary Arts Institute and Signatures Restaurant**

**Casino du Lac Leamy** and its restaurants **Arome** and **Le Baccara**

**Scotia Bank Place for a Senators hockey game**

**Zak's Diner** – in Byward Market, Canada's oldest continuously operating farmers' market

**The Westin Ottawa Hotel, Fairmont Chateau Laurier, Indigo Hotel**

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