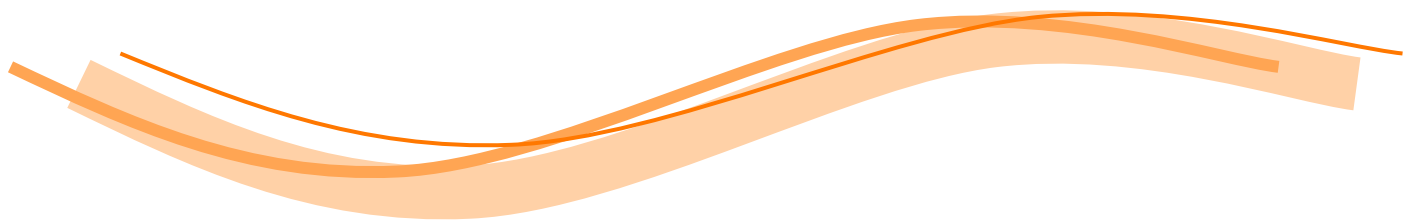




OTTAWA - SUMMER 2011





OTTAWA

It's official! The Royal Couple – **Kate and William** - will visit Canada this summer and will be front and centre as hundreds of thousands gather in Ottawa to celebrate Canada Day this July 1st 2011. The Duke and Duchess of Cambridge will be welcomed to the Capital by The Right Honourable David Johnston, Governor General of Canada.

Already one of the most popular times to visit Ottawa, **Canada Day** this year promises to be filled with more pageantry and a heightened sense of excitement and celebration as the Royal Couple kick off their first foreign visit as a married couple. Ottawa will mount a celebration fit for a future king, with a full day of activities and entertainment showcasing the best of Canadian traditions and culture.

Ottawa hotels are already booking up fast! Canada Day this year falls on a Friday, allowing visitors to extend their stay and make the best of the long weekend. Visit www.OttawaTourism.ca or phone 1-888-OTTAWA-8 for some great short break ideas. For example - the new “**Get to know your Canada**” package. Discover Canadian history, culture and achievement with admission to one cultural attraction plus two nights’ hotel from only \$117 dollars per person.

And for some additional fun - for its 15th anniversary the **Casino du Lac-Leamy** offers you \$15 in slot machine promotional credits for a when you book your hotel or getaway package with Ottawa Tourism. Offer valid until October 31, 2011, some conditions apply. The Casino also presents an ongoing lineup of entertainment and events in its theatre - Le Théâtre du Casino.

Hot off the press - the new **VIA Rail Bike Train** with twice daily service from both Montreal and Toronto to Ottawa. Ottawa boasts 220 km of bike paths, now you can experience them with your own bike! This is a great opportunity to see the capital in a new way.

There is music in the air in Ottawa this summer as world class **festivals** bring fantastic headliners to the city to perform in various venues – from outside under the stars, to intimate shows in bars and nightclubs, to stunning churches and cathedrals.

Ottawa Jazzfest (June 23 – July 3, 2011) features the finest jazz musicians from Canada and around the world. Concerts take place outdoors at Confederation Park in the heart of downtown Ottawa next to the Rideau Canal, the National Arts Centre and various other locations; club venues are also part of the mix. This year it features: Robert Plant and the Band of Joy, Elvis Costello & the Imposters, James Cotton,

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k.d. lang, Lucky Peterson, Matt Anderson, Pink Martini, Daniel Lanois to name a few.

Cisco Ottawa Bluesfest (July 5 – 17, 2011) is held this year on the grounds of the Canadian War Museum. It is one of Canada's largest outdoor music festivals and is ranked as one of North America's most important music events. The festival features hundreds of acts on five different stages. Some highlights from this year are: Billy Talent, Buck 65, Blue Rodeo, The Flaming Lips, Jennifer Hudson, Joe Satriani, Peter Frampton, Soundgarden, Steve Miller Band, The Tragically Hip, Bedouin Soundclash, Buddy Guy, Cheap Trick, Huey Lewis and the News, Tegan & Sara, Theory of a Deadman, Three Days Grace, The Black Keys and more!

Chamberfest (July 23 – August 5, 2011) showcases an eclectic repertoire of traditional and contemporary arrangements in various venues all over town including outdoor concerts and shows in stunning churches and Cathedrals. The festival includes 90 concerts, with performances ranging from American pianist Simone Dinnerstein, to a late-night performance with retired ballerina Evelyn Hart. And it is not just for adults - Chamberfest offers family programming. Sounds of the String Quartet (ages 3 to 8), is a delightfully interactive romp with the Cecilia String Quartet. And True North Brass presents Brass Magic, a participatory fun-filled hour of rhythm and sound for audiences of all ages.

There is always something new going on at Ottawa's many museums and cultural attractions.

At the **National Gallery of Canada** (June 17 – September 11, 2011) you can see the exhibition “**Caravaggio and His Followers in Rome**”. Not since Michelangelo or Raphael has one artist in Europe affected so many of his contemporaries over such a broad geography and irrevocably changed the course of painting in Italy's major cultural centre. Presented exclusively in Canada at the National Gallery of Canada, this ambitious exhibition explores the profound impact of the work of Caravaggio on a wide range of painters of Italian, French, Dutch, Flemish and Spanish origin who resided in Rome either during his lifetime or immediately afterwards. Approximately 60 paintings by some of the most important artists of the Baroque period will be included in this exhibition together with other major artists who were inspired by Caravaggio's example. And art lovers – watch for news of the Canadian exclusive **Van Gogh** exhibit coming next year from May 25 – September 23, 2012.

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At the **Museum of Civilization** is “**JAPAN: Tradition. Innovation**” (May 20 – October 10, 2011). This exhibition explores the relationship between tradition and innovation, creativity and necessity, culture and design. And Canada's most visited museum is innovating with a “first of its kind” iPhone and Blackberry app to give you tours of the museum.

The **Canadian Museum of Nature** is a great family destination with learning based fun for all ages. At the “**Extreme Mammal**” Exhibition - June 3 to November 6 , 2011 – discover the largest land mammal, to the smallest, to the just plain weird, Extreme Mammals explores the extraordinary world of extinct and living mammals. Find out what makes a mammal "extreme". Learn why some species died out while others thrived. And discover what you have in common with all other mammals.

The **RBC Blue Water Gallery** is all about the amazing diversity of life found in our marine and fresh waters, and the critical role that water plays in sustaining all living things—including us! Observe live specimens and participate in hands-on activities. Ask questions... and get answers! Learn all about tides, what it's like to live and work aboard a special Arctic research vessel, why some mysterious deep-sea creatures glow in the dark, and much more. Interactive displays, models and videos will educate and delight visitors young and old. You can also see a real skeleton of a blue whale—the largest animal ever to live on our great blue planet.

And the **Talisman Energy Fossil Gallery** is a “must see”. Visitors can see more than 30 complete skeletons from the end of the dinosaur era (85 to 65 million years ago), as well as vivid diorama scenes with 15 fleshed-out, life-sized models produced by some of the world’s top model makers. The Talisman Energy Fossil Gallery presents a unique look at the dramatic events that led to the extinction of dinosaurs and the rise of mammals approximately 85 to 35 million years ago.

And the “**The EverGreening of Energy: A Canadian Opportunity**“ exhibits at the Canada Museum of Science and Technology, Canada Museum of Aviation and Space, and Canada Agricultural Museum will comprise three energy-themed exhibitions at three sister museums with themes of consumption, production, and conservation of energy. This will be a six year project spanning June 2011 – June 2017. And while you are checking out the Canada Museum of Aviation and Space – it is offering biplane and helicopter tours starting at just \$60!

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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 812,129 (Ranked 4th) Metro 1,168,788 National Capital Region is 1,451,415
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	20 Centigrade and sunny/showers mix (June 11, 2011)
Best time to visit	Any time – there's always something unique and exciting happening in Ottawa...Check out the other Destination files for Ottawa on our website for ideas in all four seasons.

GETTING THERE	
Flying time	It's just 55 minutes from Toronto to Ottawa. Porter Airlines www.flyporter.com 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. Up to ten flights a day between Toronto Billy

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	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.
Distances	Distance from Toronto is 450 km or 5 hours; Ottawa to Montreal is 213 km or 2.5 hours
Ferries	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 fare \$50 one way and \$69 one way from Toronto 4 to 5 hours (as at June 2011) – 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, reserved bus rapid transit lanes with full stations instead of stops) and a light rail system called the O-Train.
Bus/Boat	Lady Dive Lady Dive started their Ottawa-Gatineau city tours in 1999 with its very popular and unique Amphibus vehicle. In 2002 they purchased Oak Road and their Double Decker buses and in 2009 they purchased Bytown Trolley and Canuck tours. This makes them the one stop destination in Ottawa for all kind of tours. The 2011 Season adult prices for 2011 are \$30.40 Website: http://www.ladydive.com
Passes	Ottawa's Capital Museums Passport is making it easy for visitors to enjoy the sights and sounds of Canada's capital city. In 2011, for only \$35 per person or \$85 for family of five (maximum two adults), passport holders can visit 9 of Ottawa's diverse museums in 7 days from the Canadian Museum of Civilization to the Canada Science and Technology Museum. http://www.museumspassport.ca/museum_passport/index.asp?lang=1 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

ACCOMMODATION TYPES	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
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<p>OTTAWA TOURISM GETAWAY PACKAGES</p>	<p>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>Now you can create your own Ottawa Getaway thanks to Ottawa Tourism's new 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 at http://www.ottawatourism.ca/en/visitors/getaways-and-special-offers</p>
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<p>TARGET GROUPS</p>	
<p>Kids</p>	<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. 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 The Canadian Museum of Civilization also has the IMAX Theatre, now playing: "Everest"</p>
<p>Teens</p>	<p>Visit the Diefenbunker, go white water rafting, experience the Ghost Walk, the Hull-Chelsea-Wakefield Steam Train. 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</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</p>

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	<p>minute tour \$15 – “Ghosts and Gallows”. http://www.hauntedwalk.com/ottawatours.php</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. 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. This year (2011) on summer evenings, a sound and light show called Mosaika explores Canada’s physical, historical and cultural landscapes (Until September 2011).</p>
UNIQUES	<p>Changing of the Guard 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>
Surprising	<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</p>

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	<p>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".</p> <p>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.</p> <p>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 townsite 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.</p> <p>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> <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</p>

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	river to the mills. Bytown was renamed Ottawa in 1855, when it was incorporated as a city.
Books	Frommer's Ottawa 5th Edition ; Ottawa has been named one of the most underrated cities in the world according to the editors of Frommer's. Secret Ottawa by Laura Byrne Paquet
1000 Places to see before you die	Winterlude and skating on the Rideau Canal
Must Sees	Most visited attractions in Ottawa: 1. Casino; 2. Museum of Civilisation; 3. Parliament Hill

SPORTS ACTIVITIES	It's always 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.
Golf	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 C\$25 to C\$40
Skiing	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.
Rafting	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. Prices start at C\$115 per person per day during the week, meals included. (2011) 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.

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Cycling	Ottawa is a cyclist's paradise. Use your bike or inline skates or just hoof it and explore hundreds of kilometers 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 kilometers 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.canadascapital.gc.ca/biking
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CULTURE	
National Gallery of Canada	<p>This year (2011) there is a real blockbuster reason to visit to this world class gallery:</p> <p>Caravaggio and his Circle in Rome 10 June – 11 September 2011</p> <p>The National Gallery of Canada and the Kimbell Art Museum in Fort Worth, Texas, are organizing a major exhibition for the summer of 2011 on the theme of Caravaggio and his Roman followers. Not since Michelangelo or Raphael had one artist in Europe affected so many of his contemporaries over such a broad geography and irrevocably changed the course of painting in a major center. This ambitious exhibition intends to explore the profound impact of Caravaggio's work on a wide range of painters of Italian, French, Dutch, Flemish and Spanish origin who resided in Rome either during his lifetime or immediately afterwards. Approximately sixty paintings by some of the most important artists of the Baroque period will be included in this show.</p> <p>Remember to visit the Gallery's website www.gallery.ca You'll get lots of information right up front that will help you plan your visit in advance. There are also some great micro sites dedicated to key exhibitions.</p>
Arts	<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>
Museums	<p>The capital region is home to 29 museums, including 12 national museums that appeal to all interests and age groups. Many of these</p>

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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 some suggestions:

Canadian Museum of Civilization

A cultural experience you won't want to miss! Explore 1,000 years of Canadian history as you travel through life-sized townscapes and environments from across the country, and as you meet some of Canada's most remarkable figures. Discover a traditional West Coast aboriginal village and take in the world's largest indoor collection of totem poles. The Museum also features outstanding international exhibitions and is home to the Canadian Children's Museum, the Canadian Postal Museum and an IMAX® Theatre.

<http://www.civilization.ca>

Expedition: Arctic

April 21, 2011 to April 15, 2012

Expedition: Arctic, the most diverse discoveries, the most ships used and the most territory covered in an unforgettable expedition of success and tragedy. Walk in the boots of the scientists, explorers, Inuit guides and the many others who took part in this first major Canadian scientific expedition to the Arctic. The exhibition revives the goals, human drama and achievements of the Expedition, exploring its impacts on the local people and landscape of Canada's Far North. Ultimately, it redrew the map of the Arctic and expanded our understanding of its environment and cultures.

Japan: Tradition and Innovation

May 20, 2011 to Oct 10, 2011

Recognized and admired throughout the world, Japanese design is both groundbreaking and rooted in history. From fashion to robots, today's cutting-edge achievements are mirrored in an earlier time. Creativity and innovation flourished in both the Edo period (1603–1867) and contemporary Japan (1945–2011). These times are similar in Japan because of their lack of armed conflict, greater political autonomy, shifting social hierarchies, and increasing wealth and leisure time. By exploring five key areas — travel, robotics, social status, consumer culture and entertainment — Japan: Tradition. Innovation. demonstrates the parallels between these two important periods.

Canadian Aviation Museum

The Canada Aviation Museum has reopened its doors to the public after

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months of extensive renovation work. A monumental movement of artifacts involving over 75% of the collection was completed in preparation of the exciting new exhibition Canadian Wings: A Remarkable Century of Flight. 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 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.

<http://www.aviation.technomuses.ca>

Living in Space (2011) at the Canada Aviation and Space Museum takes you aboard the International Space Station with a new exhibition from the Canadian Space Agency. Be part of the adventure and learn how to adapt to the rigours of daily life in space for months at a time on board the International Space Station (ISS). Discover how astronauts in the weightless environment work, entertain themselves and tackle such basics as personal hygiene, eating and sleeping among the stars. Become inspired by the engineering of this space station that sustains life and Canadian scientific experiments that reap a myriad of benefits. This modular, highly interactive exhibit 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. Experience the extreme conditions on board the ISS-an incredible ecosystem in itself.

Canadian War Museum - A stunning must-see attraction opened in 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. It's a magnificently moving and informative museum, and one which I personally strongly recommend. Open daily from May to mid October; closed Mondays from mid October to April. <http://www.civilization.ca/cwm/home>

A major new exhibition in 2011 at the Canadian War Museum examines paradox of **War and Medicine**. War inflicts terrible physical and mental injuries. Medical practitioners try to save lives, manage disease and rehabilitate the wounded. War and Medicine, presented by Rx&D and invites visitors to discover the uneasy relationship between warfare and the medical profession over the past 150 years, from the Crimean War (1854–1856) to contemporary conflicts in Afghanistan and Iraq. The exhibition was originally developed by the Wellcome Collection in London, United Kingdom, and the Deutsches Hygiene Museum in

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	<p>Dresden, Germany. The Canadian War Museum has adapted this presentation of War and Medicine to include more than 100 Canadian artifacts, images and stories from the War Museum’s own collections. Visitors will see scientific specimens, medical devices, photographs, letters, paintings and other objects that illustrate how injury, infection and psychological trauma devastate those on the front lines. They also will see how resourceful medical practitioners have devised adaptations in medical treatment, disease prevention, physical rehabilitation and psychological healing.</p> <p>The exhibition is divided into three main thematic sections:</p> <ul style="list-style-type: none"> • “The System” looks at the transition from early medical practices to organized care in the mid-1800s and beyond. • “The Body” concerns the physical effects of war, from bullets, bombs and shrapnel to disease, infection and malnutrition. • “The Mind” considers the less visible but no less devastating psychological injuries of combat, including the long struggle to recognize post-traumatic stress disorder as a legitimate illness. <p>The intriguing science and history on display in War and Medicine are woven through with the personal stories of soldiers who have faced the horrors of war, and those who have dedicated themselves to saving lives, managing disease and rehabilitating the injured.</p> <p>War and Medicine is presented until November 13, 2011 at the Canadian War Museum, the only North American venue for this exhibition.</p> <p>Bytown Museum: Located in the heart downtown Ottawa, the Bytown Museum explores the stories of an evolving city and its residents from its early days as Bytown to present day Ottawa. Housed in Ottawa’s oldest stone building, the Museum is located at the Rideau Canal locks between Parliament Hill and the Château Laurier—one of the most picturesque sites in the city.</p>
<p>Canadian Museum of Nature</p>	<p>After more than five years of renovations, the Canadian Museum of Nature fully re-opened again in the summer of 2010. It’s a great family destination with learning based fun for all ages. At the “Extreme Mammal” Exhibition - June 3 to November 6 , 2011 – discover the largest land mammal, to the smallest, to the just plain weird, Extreme Mammals explores the extraordinary world of extinct and living mammals. Find out what makes a mammal "extreme". Learn why some species died out while others thrived. And discover what you have in common with all other mammals.</p> <p>The RBC Blue Water Gallery is all about the amazing diversity of life found in our marine and fresh waters, and the critical role that water</p>

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	<p>plays in sustaining all living things—including us! Observe live specimens and participate in hands-on activities. Ask questions... and get answers! Learn all about tides, what it's like to live and work aboard a special Arctic research vessel, why some mysterious deep-sea creatures glow in the dark, and much more. Interactive displays, models and videos will educate and delight visitors young and old. You can also see a real skeleton of a blue whale—the largest animal ever to live on our great blue planet.</p> <p>And the Talisman Energy Fossil Gallery is a “must see”. Visitors can see more than 30 complete skeletons from the end of the dinosaur era (85 to 65 million years ago), as well as vivid diorama scenes with 15 fleshed-out, life-sized models produced by some of the world’s top model makers. The Talisman Energy Fossil Gallery presents a unique look at the dramatic events that led to the extinction of dinosaurs and the rise of mammals approximately 85 to 35 million years ago. www.nature.ca</p>
<p>Festivals and Events</p>	<p>There is music in the air in Ottawa this summer as world class festivals bring fantastic headliners to the city to perform in various venues – from outside under the stars, to intimate shows in bars and nightclubs, to stunning churches and cathedrals.</p> <p>Capital Hoedown (Aug 11-13, 2011) Located at LeBreton Flats in Ottawa, Capital Hoedown 2011 is the largest country music festival in North America. The star-studded line-up includes: Kenny Chesney, Carrie Underwood, Rascal Flatts, Miranda Lambert & many others. The star-studded line up includes Kenny Chesney, Carrie Underwood, Miranda Lambert, Rascal Flatts, Doc Walker, Sara Evans, Billy Currington, Easton Corbin, Tara Oram, Justin Moore, The Keats and others. 3-day passes, 3-day VIP passes and a limited number of single day tickets are available for purchase online through www.capitaltickets.ca , or by phone Toll free (877) 788-3267. For more festival info visit www.capitalhoedown.net</p> <p>Ottawa Jazzfest (June 23 – July 3, 2011) features the finest jazz musicians from Canada and around the world. Concerts take place outdoors at Confederation Park in the heart of downtown Ottawa next to the Rideau Canal, the National Arts Centre and various other locations; club venues are also part of the mix. This year it features: Robert Plant and the Band of Joy, Elvis Costello & the Imposters, James Cotton, k.d. lang, Lucky Peterson, Matt Anderson, Pink Martini, Daniel Lanois to name a few.</p>

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	<p>Cisco Ottawa Bluesfest (July 5 – 17, 2011) is held this year on the grounds of the Canadian War Museum. It is one of Canada's largest outdoor music festivals and is ranked as one of North America's most important music events. The festival features hundreds of acts on five different stages. Some highlights from this year are: Billy Talent, Buck 65, Blue Rodeo, The Flaming Lips, Jennifer Hudson, Joe Satriani, Peter Frampton, Soundgarden, Steve Miller Band, The Tragically Hip, Bedouin Soundclash, Buddy Guy, Cheap Trick, Huey Lewis and the News, Tegan & Sara, Theory of a Deadman, Three Days Grace, The Black Keys and more!</p> <p>Chamberfest (July 23 – August 5, 2011) showcases an eclectic repertoire of traditional and contemporary arrangements in various venues all over town including outdoor concerts and shows in stunning churches and Cathedrals. The festival includes 90 concerts, with performances ranging from American pianist Simone Dinnerstein, to a late-night performance with retired ballerina Evelyn Hart. And it is not just for adults - Chamberfest offers family programming. Sounds of the String Quartet (ages 3 to 8), is a delightfully interactive romp with the Cecilia String Quartet. And True North Brass presents Brass Magic, a participatory fun-filled hour of rhythm and sound for audiences of all ages.</p>
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<p>ATTRACTIONS</p>	<p>Parliament Hill - Parliament of Canada - Tours 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>From May 21 to September 5, 2011: 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>http://www.parliamenthill.gc.ca/index-eng.html</p>
<p>Wildlife</p>	<p>Open all year, Parc Oméga, 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</p>

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	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.
Parks	<p>Gatineau Park 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 kilometers 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.canadascapital.gc.ca/bins/ncc_web_content_page.asp?cid=16297-16299-10170&lang=1</p>
Gardens	<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>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.</p> <p>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</p>

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	<p>Ottawa is the only world capital with a working farm at its centre. The Central Experimental Farm's Ornamental Gardens and Dominion Arboretum are 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.</p> <p>Filled with sunny daffodils and flowering trees in May, Rockcliffe Park and the Rokeries are a favourite spot for picnics and its lookout a preferred point for viewing the Ottawa River and Gatineau Hills beyond.</p> <p>Garden of the Provinces and Territories: 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>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 His Excellency the Right Honourable David Lloyd Johnston . 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.qg.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 –</p>

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	<p>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>
Markets	<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. •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.
Nightlife	<p>Bars, Clubs & Discos - Ottawa has an abundance of English and Irish pubs of varying degrees of authenticity. In addition to those places listed, check out the Brig, 23 York St., in the Byward Market area, and the Elephant and Castle, 50 Rideau St.</p>
Casinos	<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. There are over 1,800 slot machines and more than 60 gambling tables, including blackjack, roulette, baccarat, and stud poker. A variety of attractions in the Théâtre du Casino, with headliners such as Engelbert Humperdinck and Joe Cocker as well as dance-and music revues, provide respite from losing. The complex also has two lounges and three restaurants - fine dining in Le Baccara, a buffet in Banco, and a snack bar. 2011 is also the Casino du Lac-Leamy's 15th Anniversary, so there's even more to celebrate.</p> <p>www.casinosduquebec.com/lacleamy</p>

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<p>Spas</p>	<p>Why not pamper yourself at the Spa? Ottawa has lots to offer. The luxurious Holtz Spa 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.</p> <p>Contact: Holtz Spa, 45 Rideau St. Ottawa, Ontario K1N 5W8 Toll Free: 1 877 241-8889 Email: info@holtzspa.com Web Site: www.holtzspa.com</p>
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<p>CUISINE</p>	
<p>Food</p>	<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. Even President Obama had to try these!</p>
<p>Restaurants</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>Savour Ottawa 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>http://www.ottawatourism.ca/savourottawa</p>

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Here are two personally recommended restaurants in Ottawa:

le café (@ the National Arts Centre)

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>

Le Cordon Bleu Bistro @ Signatures

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".

"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>

MORE INFO

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

Online: www.ottawatourism.ca/en/visitors/getaways-and-special-offers

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	<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>
Brochures	2011 Visitor Guide online at www.ottawatourism.ca
Website	www.ottawatourism.ca for Ottawa Tourism

<p>CURRENT DEALS June 2011</p>	<p>There's a great deal currently (June 2011). Book a 2-night Ottawa Getaway Package deal on the www.ottawatourism.ca website, and you can stay at a participating Ottawa hotel for a third night at half price. It's an affordable way to extend your stay and enjoy even more of all that Ottawa has to offer. To take advantage of this offer, select the Getaway Package that appeals to you most, then select the 3rd Night 1/2 Price option when checking rates/availability.</p> <p>http://www.ottawatourism.ca/en/getaways-and-special-offers</p> <p>Now 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 June 11th 2011, there are 8 different packages to suit your needs:</p> <p>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</p>
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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 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. 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

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scene for a night out on the town with your friends.

6. 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.

7. 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, 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).

8. Urban Adventure

Thrill-seeker? Outdoor enthusiast? Nightlifer? Ottawa's got the kind of urban adventures you're looking for – just outside your hotel room and a little further afield. Rent a bike or bring your own and check out the Capital's extensive cycling pathways. Canoe or kayak along the Rideau Canal, or travel up the Ottawa River for some of the most thrilling whitewater rafting anywhere. Back in the city, take in one of the great summer music festivals. Then, after a day of adventure and exploration, retreat back to the urban setting and relive your adventure over a great meal and cocktails in the funky ByWard Market district filled with restaurants, pubs and nightlife. This package includes hotel accommodation and a choice of activities from: Classic Theatre Festival, Casino du Lac-Leamy, Gananoque Boat Line, Hull-Chelsea-Wakefield Steam Train, LadyDive Guided Amphibus Tour, RiverRun Rafting Family Raft Trips on the Ottawa River, Saunders Farm, TD Ottawa International Jazz Festival Two Day Visitor Pass

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HOTEL PRIZE PARTNERS

Westin Hotel (Newstalk 1010 prize)

11 Colonel By Drive, Ottawa, Ontario K1N 9H4

Phone Toll Free: 1-800-463-7705

Website: <http://www.thewestinottawa.com>

The Westin Ottawa offers an ideal haven for renewal and relaxation in the heart of Canada's capital. Heighten your senses with panoramic views of Parliament Hill, the scenic Rideau Canal, or inspire yourself with historic sites and world-class shopping at the adjoining Rideau Centre Shopping mall. All guestrooms have been recently renovated and feature a fresh new look with a modern design and include new linens, contemporary furniture, new flooring, LCD TVs, and more.

Westin becomes a haven for the body, mind and soul when guests enjoy the luxury of the WestinWORKOUT Gym, a state-of-the-art fitness facility boasting a spectacular view of the capital via floor-to-ceiling windows. The heated, indoor salt water pool provides a healthier alternative, unique amongst the city's hotels. In partnership with Executive Fitness Leaders, Ottawa's premiere fitness experts, The Westin Ottawa responds to guests' needs in maintaining a healthy lifestyle. Renewal also awaits in Daly's and Daly's Express. Relax over delicious selections prepared by The Westin Ottawa's culinary professionals. The Westin Ottawa's 496 spacious guest rooms and suites provide guests with an elevated sense of comfort and tranquility. The Westin's renowned Heavenly Bed provides the ultimate vantage point for spectacular views of the Rideau Canal and Byward Market from floor-to-ceiling guest room windows.

Four Points by Sheraton (CJAD prize)

Address: 35 Rue Laurier, Gatineau, Quebec J8X 4E9

Phone: (819) 778-6111

Website: www.starwoodhotels.com/fourpoints

Leave your worries at the door once you arrive at the Four Points by Sheraton & Conference Centre Gatineau-Ottawa. Once you meet the friendly and helpful staff and kick back in the hotel's relaxed atmosphere you'll know you made a great choice. Its location is great: just across the Ottawa River from Parliament Hill. It has a fitness facility, pool, and gift shop. Relax in the Café Laurier restaurant and lounge after a busy day of exploring the city. With 194 guest rooms and seven suites, all featuring the Four Points by Sheraton Four Comfort Bed, you're sure you get a good night's sleep.

The Hotel Association of Canada (HAC) has awarded the hotel a 3

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	Green Key Rating. That means it has taken significant steps to protect the environment through management practices, training programs, and engineering solutions designed to keep the planet and local community healthy and beautiful.
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RAIL TRAVEL PRIZE PARTNER	VIA Rail www.viarail.ca or phone 1 888 VIA-RAIL
Details	VIA Rail Canada run 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. Get 24 hours of service for as little as \$8.95! - 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	VIA rail from Montreal is just \$50 one way and \$69 one way from Toronto (as at June 2011) 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. For all current deals see http://www.viarail.ca/en/deals

PERSONAL EXPERIENCES	<p>Canadian Museum of Civilisation</p> <p>Canadian War Museum</p> <p>Canadian Museum of Nature</p> <p>Canadian Aviation Museum</p> <p>Haunted Walks of Ottawa</p> <p>The Diefenbunker: Canada's Cold War Museum</p> <p>Byward Market – fun to visit at any time of the year</p> <p>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!</p> <p>Amphibus Lady Dive</p> <p>National Gallery of Canada – always stunning</p>
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	<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 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>
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