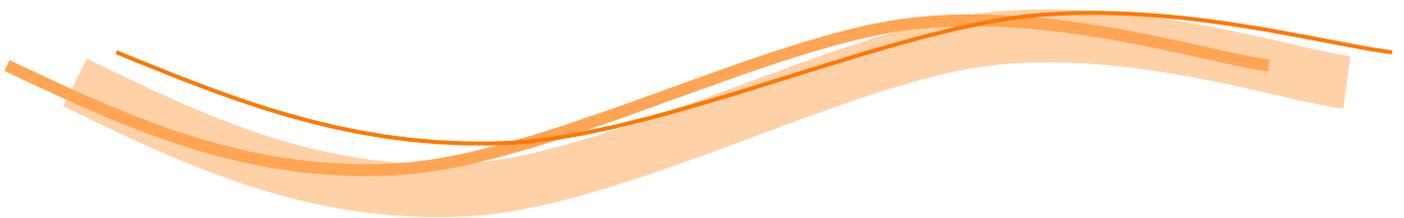




OTTAWA - WINTERLUDE 2014





OTTAWA - WINTERLUDE

Ottawa's relaxed urban vibe makes it a great winter short break destination. Relax, reconnect and explore Ottawa during Winterlude in the first three weeks of February. Lace up your skates on the Rideau Canal Skateway, the world's largest rink. Admire ice and snow sculptures brought to life with colourful lighting. And have fun on giant snow slides in the largest snow playground on the continent!

Visit www.OttawaTourism.ca or phone 1-888-OTTAWA-8 for some great short break ideas that are easy to book - and great value! Right now until January 31, 2014 - **if you book two nights with participating hotels, the third night is FREE!** Plus if you book and travel by January 31, 2014 with any packages (excluding Hockey Night in The Capital) - receive a FREE gift from Roots and a coupon for \$20 off when you spend \$100 or more.

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. For instance the **The Winterlude Amour** package gives you two night's hotel and your choice of a cultural attraction, a spa experience or dinner for two at Le Cordon Bleu Bistro @ Signatures. All this, from only \$125 per night.

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.

Ottawa's premier winter festival is **Winterlude** – taking place this year on weekends between **January 31- February 17, 2014**. There's fun for the entire family, and all sites are open on Ontario Family Day.

During Winterlude's three fun-filled weekends you can skate on the world's largest skating rink, check out the ice sculpture competitions in the Crystal Garden at Confederation Park. Or play at North America's largest snow playground in Jacques-Cartier Park.

At Confederation Park there is also a spectacular photo exhibition that explores the Arctic through the work of scientists in Canada's Great North. Join them on board a sailing ship in the Arctic Ocean and discover how they study sea birds, orcas, and other wildlife. Plus other Winterlude activities include the Great Canadian Beaver Cup Pond Hockey Classic, skating demonstrations, culinary activities and more.

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The annual **Winterlude Triathlon** will take place on Saturday February 1 at 8:00AM. This great event is one of the oldest Winterlude activities and exemplifies what winter in the Nation's Capital is all about. It comprises skating on the Rideau Canal, coupled with cross-country skiing and running. Distances include an 8-km skate, 5-km ski and 5-km run. Entry fee is \$75 before midnight on Jan 15, 2014.

Winterlude isn't the only time to get out and enjoy winter. In Ottawa the whole season is filled with favourite winter activities. In winter, weather permitting, 7.8 km of the Rideau Canal transforms into the world's largest outdoor skating rink, as designated by Guinness World Records. Stop for a famous Beavertail and hot chocolate at the huts on the side of the canal.

And of course nearby in Gatineau Park you can enjoy 200 km of groomed cross-country ski trails, snowshoeing, and overnight camping in a winter wilderness oasis just 15 minutes from downtown Ottawa.

When you want to get indoors and leave the snow behind - immerse yourself in Ottawa's arts, culture and history, plus shop, dine and unwind. Here are a few ideas of what to do during your winter urban escape in Ottawa.

Canadian Museum of Nature

Frogs: A Chorus of Colours – Until May 11, 2014

Frogs are among the most visually-stunning, vocally-pleasing, and remarkable life forms on Earth. If you've never thought of frogs as beautiful, this exhibition will change your mind! Live frogs will be presented in re-created native habitats complete with plants, rock ledges and waterfalls. You will get to try out the hands-on activities, including frog calls, origami, frog drawing, crafts and more.

National Gallery of Canada

Artists, Architects and Artisans: Canadian Art 1890–1918 – Until February 17, 2014 (last chance to see!)

The exhibition will explore how architecture, monumental sculpture, urban planning, mural and decorative painting, graphic design, decorative arts and photography came together in Canada during these prosperous decades. Deriving their goals from both the Beaux-Arts and Arts and Crafts movements, practitioners of the various arts encouraged an aesthetic that saw art manifest in all aspects of daily life; an aesthetic that was both stimulated by and enhanced the many international currents of art.

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Canadian Museum of Civilization

Snow - December 6, 2013 - September 28, 2014

Snow has always influenced the way Canadians live and our ability to adapt—look no further than our constantly evolving winter sports. With more than 250 artifacts, come discover a new exhibition that presents a cultural history of snow.

National Arts Centre

Kim's Convenience: January 22 – February 8, 2014

Winner of the 'Best Canadian Play' at the 2012 Toronto Theatre Critics' Awards, this play reveals the personal experience about intergenerational clashes in a Korean-Canadian family that's both funny and engaging.

Casino du Lac-Leamy

Elvis Experience: February 5-9, 2014

Elvis Experience is a brand new production entirely devoted to Elvis' Las Vegas years. Martin Fontaine will be accompanied by 24 musicians and eight backup singers portraying Elvis at the peak of his popularity in the 1970s.

Nordik Spa-Nature

Thermal Experience – open all year round

Located at the entrance of Gatineau Park, only 10 minutes from downtown Ottawa, Nordik Spa-Nature is the largest Scandinavian spa in North America. Winter is a beautiful time of the year to be outside in the forest enjoying the Nordic baths and waterfalls, steam bath, Finnish sauna, and relaxation areas. Take the time to unwind and re-energize and take advantage of unique installations: 7 outdoor baths, 7 unique saunas, infinity pool, restaurant and lounge. Treat yourself to a massage, a body treatment or the new Källa treatment, the second salt-water floating pool in the world!

Cordon Bleu - open all year round

Immerse yourself in a mouth-watering, gastronomic experience. For more than a century Le Cordon Bleu has developed a reputation of attracting the world's top chefs of today to teach the next great chefs of tomorrow. Now an international network of schools, Le Cordon Bleu set up a world-class facility in Canada's capital — the only location in the country. The school's teaching chefs offer one-day classes throughout the year for visitors, allowing you the opportunity to learn from the best. And their on-site restaurant, Le Cordon Bleu Bistro @ Signatures, dishes some of the finest cuisine in the city.

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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 812,000 (Ranked 4 th in Canada) Metro 1,169,000 National Capital Region is 1,451,000
Language	English and French
Government	Ottawa's municipal government consists of a 22 –member council, composed of a Mayor, and 21 councilors (representing the 21 wards of the City. Each councilor is elected, and sits for a three year term. City Hall is located at 110 Laurier Avenue West.
Twin Cities	Beijing, China; Buenos Aires, Argentina; Catania, Sicily, Italy

CLIMATE	
General climate	The average Temperatures for the region of Ottawa/Gatineau are: summer max + 26C; winter max - 6C
Today's weather	Minus 7 and sunny (January 4, 2014) – perfect for freezing the Rideau Canal solid!
Best time to visit	Any time – there's always something unique and exciting happening in Ottawa!

GETTING THERE	
Flights (Toronto)	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 16 flights a day between Toronto Billy Bishop City Centre Airport and Ottawa. Reservations can be made

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	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.
Flying time	55 minutes from Toronto to Ottawa
Distances	Distance from Toronto is 450 km or 5 hours driving time; Ottawa to Montreal is 213 km or 2.5 hours
Ferries	In summertime, Paul's Cruise on the Ottawa River - there's no better way to see some of Canada's major national landmarks, including the Parliament Buildings, from a new perspective. Or for something really unique, you can take a tour on the Lady Dive, Ottawa's own amphibious bus.
Trains	VIA rail from Montreal is just 1hr 55 mins and from Toronto is 4.5 hours – check out www.viarail.ca
Buses	Ottawa's main mass transit service is OC Transpo (provided by the City of Ottawa). The Ottawa rapid transit system includes the transitway (a network of mostly grade-separated, extremely high-frequency, and reserved bus rapid transit lanes with full stations instead of stops) and a light rail system called the O-Train.
Passes	Ottawa's Capital Museums Passport is making it easy for visitors to enjoy the sights and sounds of Canada's capital city in 2014. For only \$45 per person or \$99 for family of five (maximum two adults), passport holders can visit 11 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 Virtual Museum of Canada Rideau Hall http://www.museumspassport.ca

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 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.
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OTTAWA TOURISM GETAWAY PACKAGES	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.
OTTAWA'S NEIGHBOURHOODS	Unique Ottawa neighbourhoods offer distinctive shopping, dining and nightlife experiences across the Capital.
ByWard Market	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.
Chinatown	Located moments away from downtown, Ottawa's Chinatown is a multicultural village offering local dining, shopping and entertainment experiences with a unique Asian flavour.
Downtown Rideau	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.
Preston Street/Little Italy	Ottawa's Corso Italia offers popular restaurants and specialty stores, and is located between Carling Avenue at Dow's Lake and LeBreton Flats.
Bank Street Promenade	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.
Beechwood Village	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.
Glebe	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.
Quartier Vanier	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.
Somerset Village	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.
Sparks Street	One block away are the Parliament Buildings, house for the Canadian government. Nearby, are some of the city's finest hotels, shopping, restaurants and historical sites.
Wellington Village	Home to some of the city's most highly ranked restaurants, the Wellington Village/Hintonburg area west of downtown offers a funky blend of dining, unique shopping and theatre.

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Westboro Village	The Village's shopping district offers a unique mix of boutiques, restaurants and many other delightful stops along the way.
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Age Groups	
Kids	<p>Kids love the bands, rifles, and uniforms of the Changing of the Guard on Parliament Hill. The Canada Aviation Museum is a fantasyland for many, especially the mock-ups of cockpits where they can pretend to be pilots. The perennial favorites at the Canadian Museum of Nature are the dinosaurs, the animals, and the Discovery Den, especially created for children. Extra-special attractions at the Canadian Museum of Civilization are the Children's Museum and Cineplus for IMAX movies. Kids enjoy picnicking or taking a hayride at the Central Experimental Farm. At the Canada Science and Technology Museum, the hands-on exhibits entertain while learning.</p> <p>Kids also love the tanks and weaponry on display at the Canadian War Museum and the Royal Canadian Mounted Police Musical Ride practices at the Canadian Police College.</p> <p>Calypso When the weather heats up in Ottawa, head 20 minutes east of the Capital to Calypso, 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 opens in early June and remains open through early September.</p> <p>The park features 35 waterslides and 100 water games – some more gentle, others more exciting.</p> <p>Summit Tower, the park's gigantic multi-slide attraction, is the highest freestanding waterslide tower in Canada</p> <p>Calypso Palace, the park's wave pool, is the biggest in Canada and is surrounded by a white sand beach</p> <p>Jungle Run 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>
Teens	Visit the Diefenbunker , go white water rafting , experience the Ghost Walk , the Hull-Chelsea-Wakefield Steam Train

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	<p>Canada Science and Technology Museum Canada's largest science and technology museum is a great hands-on experience for visitors of all ages. Discover some of the most important scientific and technological objects in Canada. Climb aboard real trains. Try your hand at fascinating experiments. See for yourself how science and technology affect your everyday life. Located only minutes from downtown Ottawa.</p> <p>Royal Canadian Mint Experience a rush – a gold rush that is! Discover how molten metal is transformed into cherished treasures, hold 99.99% pure gold in your two hands, relive the legends of Canada's past, then stop at the boutique and purchase a treasure for your future.</p> <p>Teens can also explore the evolution of money around the world and through the ages at the Bank of Canada's Currency Museum. A fascinating variety of media of exchange including shells, teeth, and cocoa beans, as well as today's currency, tells us about the societies where they originated.</p>
<p>Romance</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>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 (2014) on summer evenings, a sound and light show called Mosaika explores Canada's physical, historical and cultural landscapes (July to September 2014).</p>
<p>UNIQUES</p>	<p>Changing of the Guard From June until late August, a colorful half-hour ceremony is held daily on the Parliament Hill lawn, weather permitting. Two historic regiments - the Governor-General's Foot Guards and the Canadian Grenadier Guards - compose the Ceremonial Guard. The parade of 125 soldiers in busbies and scarlet jackets (guard, color party, and band) assembles at Cartier Square Drill Hall (by the canal at Laurier Avenue) at 9:30am and marches up Elgin St to reach the hill at 10am.</p>
<p>Surprising</p>	<p>Royal Canadian Mounted Police See the training centre for the famous RCMP musical ride. The Musical Ride, a world-renowned military pageant performed with 32 horses and riders, was first produced publicly in Regina in 1887. The RCMP invites visitors to tour the stables and Visitors' Centre year-round. It is sometimes possible to see the Musical Ride horses and riders practice when they are not away on tour. The Sunset Ceremonies usually occur at the stables at the end of June each year</p>

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History

The Ottawa region was long home to the **Odawa or Odaawaa** First Nations people. The Odawa are an Algonquin people who called the river the Kichi Sibi or Kichissippi, meaning "Great River".

The first European settlement in the region was that of **Philemon Wright** who started a community on the Quebec side of the river in 1800. Wright discovered that transporting timber by river from the Ottawa Valley to Montreal was possible, and the area was soon booming based almost exclusively upon the timber trade. Liked by many European nations for its extremely straight and strong trunk, the White Pine was found throughout the valley.

In the years following the **War of 1812**, in addition to settling some military regiment families, the government began sponsored immigration schemes which brought over Irish Catholics and Protestants to settle the Ottawa area, which began a steady stream of Irish immigration there in the next few decades. Along with French Canadians who crossed over from Quebec, these two groups provided the bulk of workers involved in the Rideau Canal project and the booming timber trade, both instrumental in putting Ottawa on the map. The region's population grew significantly when the canal was completed by **Colonel John By in 1832**. It was intended to provide a secure route between Montreal and Kingston on Lake Ontario, by-passing the stretch of the St. Lawrence River bordering New York State (the U.S invasions of Canada in the War of 1812 being a recent memory). Construction of the canal began at the northern end, where Colonel By set up a military barracks on what later became Parliament Hill, and laid out a town site that soon became known as Bytown. Original city leaders of Bytown include a number of Wright's sons, most notably Ruggles Wright. Nicholas Sparks, Braddish Billings and Abraham Dow were the first to settle on the Ontario side of the Ottawa river.

The west side of the canal became known as "Uppertown" where the Parliament buildings are located, while the east side of the canal (wedged between the canal and Rideau River) was known as the "Lowertown". At that time, Lowertown was a crowded, boisterous shanty town, frequently receiving the worst of disease epidemics, such as the Cholera outbreak in 1832, and typhus in 1847.

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.

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Books	Frommer's Ottawa; 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 is an eclectic compendium of little known nooks and crannies in Ottawa.
1000 Places to see before you die	Winterlude and skating on the Rideau Canal is rated as one of the best festivals and events in the world.
Must Sees	Most visited attractions in Ottawa: 1. Casino; 2. Museum of Civilisation; 3. Parliament Hill

SPORTS ACTIVITIES	When the NHL is actually playing...it's good to catch an Ottawa Senators hockey game – even if you're from Montreal or Toronto! They play at Scotiabank Place, west of the city centre and tickets mostly cost from \$30 to \$80; call: 877-788-3267 or 613/599-3267.
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 \$80 per person per day during the week. (2014) http://www.owl-mkc.ca/owl
Hiking	A band of protected wetlands and woodlands surrounds the capital on the Ontario side of the Ottawa River, and here you can find ideal hiking areas. At Stony Swamp Conservation Area (tel. 613/239-5000) in the region's west end are 39km of trails, including the Old Quarry Trail, the Jack Pine Nature Trail, and the Sasparilla Trail. It's also good for cross-country skiing and snowshoeing. The Rideau Trail is a 387km network of trails along the Rideau River and canal between Ottawa and Kingston via many of the pretty towns and villages along the way.
Cycling	Ottawa is a cyclist's paradise. Use your bike or inline skates or just hoof it and explore hundreds of kilometres of paved pathways; winding along rivers and the Rideau Canal; flat and easy or mountainous and

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challenging—the choice is yours. **Sunday Bikedays** actually closes 52 kilometres 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

CULTURE	<p>There is always so much going on in our cultural capital – here are just a few of the events this winter:</p> <p>Canadian Museum of Nature Frogs: A Chorus of Colours – Until May 11, 2014 Frogs are among the most visually-stunning, vocally-pleasing, and remarkable life forms on Earth. If you’ve never thought of frogs as beautiful, this exhibition will change your mind! Live frogs will be presented in re-created native habitats complete with plants, rock ledges and waterfalls. You will get to try out the hands-on activities, including frog calls, origami, frog drawing, crafts and more. There’s a link to Winterlude in a new photo exhibition “Exploring our Amazing Arctic”, January 31 to February 17, 2014 installed at Confederation Park. Stunning photos taken on educational and research expeditions. A new exhibition is opening Jan 11, 2013 – “X-rays of Arctic Fishes”. Fish have the most complex bone structures of all vertebrates. This fascinating exhibition has 16 beautiful backlit x-rays Nature Nocturne – last Friday of every month. Party at the museum with an adults-only, free and easy evening with music, food, drink and the galleries open. January’s theme is “Horsing Around” to celebrate the Chinese new year of the horse.</p> <p>National Gallery of Canada Artists, Architects and Artisans: Canadian Art 1890–1918 – Until February 17, 2014 (last chance to see!) The exhibition will explore how architecture, monumental sculpture, urban planning, mural and decorative painting, graphic design, decorative arts and photography came together in Canada during these prosperous decades. Deriving their goals from both the Beaux-Arts and Arts and Crafts movements, practitioners of the various arts encouraged an aesthetic that saw art manifest in all aspects of daily life; an aesthetic that was both stimulated by and enhanced the many international currents of art.</p> <p>Canadian Museum of Civilization Snow - December 6, 2013 - September 28, 2014 Snow has always influenced the way Canadians live and our ability to</p>
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	<p>adapt—look no further than our constantly evolving winter sports. With more than 250 artifacts, come discover a new exhibition that presents a cultural history of snow.</p> <p>National Arts Centre Kim’s Convenience: January 22 – February 8, 2014 Winner of the ‘Best Canadian Play’ at the 2012 Toronto Theatre Critics’ Awards, this play reveals the personal experience about intergenerational clashes in a Korean-Canadian family that’s both funny and engaging.</p> <p>And don’t forget the Winterlude Festival – full details below.</p>
<p>National Gallery of Canada 2014</p>	<p>“Artists, Architects and Artisans: Canadian Art 1890–1918” is on at the National Gallery of Canada until 17 Feb 2014 - so you can visit at the same time as Winterlude. Last chance to see – this exhibition ends 17 Feb, 2014. This exhibition celebrates the incredible production at the turn of the 20th century in Canada. Architects, painters, sculptors and artisans working in stained glass and wrought iron all came together. They created stunning public buildings, ships and homes where the building structure and its decoration and furnishings became a holistic expression of art in everyday life.</p> <p>Celebrate Winterlude at the National Gallery of Canada January 31 to February 17, 2014. Storytelling comprises contemporary video-based works by four Canadian artists as they explore new angles on literature, folktales, legends and family stories.</p> <p>The Way Things Go is a highly acclaimed 30-minute recording of a spectacular chain reaction of household and industrial objects created by the Swiss artists Peter Fischli and the late David Weiss.</p> <p>Forty-Part Motet is a brilliant sound sculpture by Canadian artist Janet Cardiff. It is a reworking of “Spem in Alium” by Thomas Tallis, a 16th-century English composer. Forty separately-recorded choir voices are played back through 40 speakers positioned inside the Gallery’s Rideau Chapel.</p> <p>Artissimo - Fun family activities - takes place on Saturdays and Sundays, and on Ontario Family Day, Monday, February 17, 2014. Join in making a massive fabric copy of Lawren Harris’s painting “North Shore, Baffin Island II”. Get creative and make a person, animal, building or tree to add to the giant collaborative mural “A Wintry World”. Go on an adventure with an Art Buddy – a soft figure that is a detailed</p>

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	<p>replica of people in a painting. Find the painting in the Gallery that your Buddy lives in.</p> <p>The self-guided tour “Not Just Another Winter Tour” explores the Gallery’s collection, focusing on winter landscapes and animals of the ice and snow.</p> <p>For more information and updates on Winterlude activities at the National Gallery of Canada, watch their website at www.gallery.ca</p>
<p>Arts</p>	<p>The Performing Arts - Canadian and international musical, dance, and theater artists - including the resident NAC Orchestra - perform at the elaborate National Arts Centre, 53 Elgin St., at Confederation Square. The building, created by architect Fred Lebensold, is made of three interlocking hexagons beside the Rideau Canal, its terraces tendering views of Parliament Hill and the Ottawa River. There are three auditoriums: the European-style Opera, seating 2,300; the 950-seat Theatre, with its innovative apron stage; and the 350-seat Studio, used for experimental works. The National Arts Centre Orchestra performs in seven or eight main concert series per year.</p> <p>http://www.nac-cna.ca/en</p> <p>Casino du Lac-Leamy Elvis Experience: February 5-9, 2014 Elvis Experience is a brand new production entirely devoted to Elvis’ Las Vegas years. Martin Fontaine will be accompanied by 24 musicians and eight backup singers portraying Elvis at the peak of his popularity in the 1970s.</p>
<p>Museums</p>	<p>The capital region is home to 29 museums, including 12 national museums that appeal to all interests and age groups. Many of these attractions line Confederation Boulevard, "Canada's Discovery Route," which is the site of a variety of events which animate the capital throughout the year. The architecture of Ottawa's museums, the copper roofs and the Gothic towers of Canada's national symbols will provide a long-remembered sight. Here are two of my favourites:</p> <p>Bytown Museum: Nestled beside the Rideau Canal locks below Parliament Hill and adjacent to the Ottawa River, the Bytown Museum traces the early history of Ottawa, with a special focus on the construction of the Rideau Canal - a UNESCO World Heritage Site. The Museum is housed in the oldest stone building in Ottawa, beside a series of 8 dramatic stepped locks that connect the Rideau Canal to the Ottawa River. The Museum building served as a treasury and storehouse during the construction of the Rideau Canal in the early 1830s. The three-story museum displays artifacts and items chronicling not only the construction of the Rideau</p>

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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)

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.

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.

The Discovery Zone features fun and discovery for kids, including close-up examination of unusual and spectacular specimens, crafts and a trading post where kids can check out fossils, minerals, animal skulls and more.

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.

www.nature.ca

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	<p>Canadian Aviation Museum The Canada Aviation Museum has reopened its doors to the public after 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</p>
<p>Festivals and Events</p>	<p>Winterlude – of course! See separate section below.</p> <p>Winter Jazz Festival National Arts Centre and other venues Feb 14 – 16, 2014 This event is piled with jazz artists of international acclaim as well a showcase of the best local talent on offer. http://ottawajazzfestival.com</p> <p>Ottawa Irish Festival March Produced annually by the Irish Society of the National Capital Region to celebrate Irish and Irish-Canadian heritage.</p> <p>Maple SugarFest, Richelieu Park, Vanier Quartier March Sugarfest features maple syrup-themed activities for all ages.</p>
<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>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 wild boar, all of which roam free. Kept in large enclosures are black bears, timber wolves, and raptors, including bald eagles. With luck, you</p>

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	<p>may see a reclusive moose.</p>
<p>Parks</p>	<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. The Park is endowed with hundreds of kilometres of trails, forests containing more than fifty species of trees, abundant wildlife and numerous crystal-clear lakes typical of the hills of the Canadian Shield. Summer and winter, visitors can participate in outdoor activities or simply enjoy the tranquility of a protected natural environment. http://www.canadacapital.gc.ca/bins/ncc_web_content_page.asp?cid=16297-16299-10170&lang=1</p>
<p>Gardens</p>	<p>As Canada’s Capital, Ottawa is well known for its impressive landmarks, sites, and attractions. But equally appealing is the city’s beautiful natural setting of rivers, waterways, parks and pathways – and the many marvelous gardens that colour its urban yet unspoiled cityscape. Beginning with the early spring arrival of crocuses on Parliament Hill, then continuing through May’s Canadian Tulip Festival and on into summer and early autumn, Ottawa’s beds are ablaze with beauty – and welcome visitors to discover their flowering favourites.</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> <p>Ottawa is the only world capital with a working farm at its centre. The</p>

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	<p>Central Experimental Farm’s Ornamental Gardens and Dominion Arboretum is a piece of paradise in the heart of the city. While strolling the grounds, one can find lilacs, roses, peonies, over 90 hedges, rose and rock gardens and the Macoun sunken garden, as well as magnolias, crab apples, hostas gardens and shrubs, both rare and familiar. The Canada Agriculture Museum presents the sights and sounds of typical farm life and explores Canada’s agricultural heritage.</p> <p>Filled with sunny daffodils and flowering trees in May, Rockcliffe Park and the Rockeries are a favourite spot for picnics and its lookout a preferred point for viewing the Ottawa River and Gatineau Hills beyond.</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 David Johnston who was appointed as the 28th Governor General of Canada in 2010. Visitors can learn more about the history, roles, responsibilities and activities of the Governor General while exploring this beautiful residence and its grounds. In the winter, there’s an amazing outdoor skating rink. In the summer, take a picnic and watch a cricket game or stroll the rose garden. www.gg.ca</p> <p>Laurier House National Historic Site of Canada Home of two Canadian prime ministers, Sir Wilfrid Laurier and William Lyon Mackenzie King, Laurier House provides an intimate glimpse into the lives of these great Canadians who governed Canada for the first half of the twentieth century. From artifacts to personal memorabilia, history comes alive in the splendour of this grand residence.</p>

<p>OTHER ACTIVITIES</p>	
<p>Shopping</p>	<p>From large shopping centres to exclusive local boutiques and unique souvenir stores, shopping in Ottawa is a favoured activity of visitors and residents alike. Downtown Ottawa shopping provides a host of shopping opportunities, from the 160-store Rideau Centre to the boutiques and craft shops of the ByWard Market and Sparks Street –</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>
<p>Markets</p>	<p>Ottawa includes more actively-farmed agricultural land within its limits than any city in Canada. Local produce and products can be bought at a number of farmers' markets in and near the city.</p> <ul style="list-style-type: none"> •Established in 1830, the Ottawa ByWard Market is the best known farmers' market in the city, with 200 vendors selling fresh local and imported products daily, the year 'round. •The Ottawa Parkdale Market on Parkdale Avenue at Wellington was established in 1927 and is open daily with 20 vendors from April through late December. •The Ottawa Farmers' Market at Lansdowne Park in the Glebe is open Thursdays, Saturdays and Sundays, depending on the time of the year. •The Main Farmers' Market at St. Paul's University on Main Street is open Saturdays from mid-May through the end of September. •The Ottawa Organic Farmers' Market is open Saturdays year 'round at the Canada Care Building, Bank Street at Heron Road. •The Metcalfe Farmers' Market is open Saturdays early-May through mid-October at the Metcalfe Agricultural Society Fairgrounds. •The North Gower Farmers' Market is open Saturdays from late-May through October on Roger Stevens Drive in North Gower. •The Stittsville Farmers' Market is open daily from early June through October at the Ottawa Waldorf School in Stittsville. •The Carp Farmers' Market is open Saturdays from mid-May through late-October at the Carp Fairgrounds.
<p>Nightlife</p>	<p>Ottawa by night? The question is how to choose. From quiet and intimate to busy and happening, there's something for everyone, with lots of options for evening entertainment.</p> <p>The heart of the action is the ByWard Market. You can sample fine dining at such trendy restaurants as the Empire Grill, have a drink at the Hard Rock Café, or enjoy the duelling pianos at Fat Tuesday's. There's also lots of action along Elgin Street, with its pubs and restaurants. And in Gatineau, explore the area around La Promenade du Portage—the live performances at Le Petit Chicago, or the Café aux 4 jeudis, with its outdoor cinema in the summer.</p> <p>Ottawa nightlife has something for everyone. The Casino du Lac-Leamy has gambling, dinner and shows. If you're looking for young and edgy in the music scene, try Zaphod Beeblebrox in the ByWard Market or Barrymore's Music Hall on Bank Street. Or you might venture out to The Blacksheep Inn in nearby Wakefield, Québec, a self-described “juke joint divebar cabaret.” If opera is what you're after,</p>

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	<p>our local opera company, Opera Lyra, has a regular round of performances.</p> <p>The Capital's premier performing arts venue, the National Arts Centre, presents a full lineup of music, dance and theatre, plus popular touring acts and shows. Ottawa also has a thriving local theatre scene, including the Great Canadian Theatre Company, Ottawa Little Theatre, and the Gladstone. And there's always something new on the bill at Scotiabank Place.</p> <p>Bars, Clubs & Discos - Ottawa has an abundance of English and Irish pubs of varying degrees of authenticity. Check out the Brig, 23 York St., in the Byward Market area, and the Elephant and Castle, 50 Rideau Street.</p>
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.</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 - Le Théâtre du Casino. The Casino's annual fireworks competition in early August - Casino Sound of Light - is a fabulous spectacle synchronizing fireworks to music that attracts some of the world's best competitive fireworks teams.</p> <p>The Casino's Le Baccara gourmet restaurant is one of only a handful of Canadian restaurants awarded the CAA-AAA Five Diamond distinction.</p> <p>The Casino overlooks Lac Leamy, which is accessible by boat from the Ottawa River. Docking facilities are available. On-site is the Hilton Lac-Leamy hotel, which offers a selection of amenities sure to please the most discerning guest, including spa facilities, an indoor-outdoor swimming pool, beautiful views, a variety of dining and lounge options, and more.</p> <p>www.casinosduquebec.com/lacleamy</p>
Spas	<p>Why not pamper yourself at the Spa? Ottawa has lots to offer.</p> <p>Nordik – Spa Nature</p> <p>This is the largest Scandinavian spa in North America - largest in terms of size (41 500 ft² of interior space and more than 100,000 ft² of outside space), but also the spa offers the most impressive variety of services in relaxation, enjoyment and wellbeing. And it is an absolutely beautiful, relaxing facility.</p> <p>Nordik Spa-Nature offers even more relaxation and unique facilities including three new saunas, a floating bath, an infinity pool and a</p>

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European style Lounge with an outdoor terrace.
Nordik Spa-Nature is only the second spa in the world to offer its visitors an incomparable experience through Källa, a floating bath replicating the same advantages as the Dead Sea. Users float on the water's surface and experience benefits that are highly praised by health and relaxation professionals. Its unique properties are due to its high concentration of magnesium and sulfate salts which allow the body to float, and which purify the body, and promote restful sleep, improve circulation, relax muscles, stimulate creativity and reduce stress.
Nordik Spa-Nature, 16 chemin Nordik, Chelsea Québec J9B 2P7
Toll Free: 1 866 575-3700 info@lenordik.ca
Website: <http://www.lenordik.com/en/welcome>

The luxurious **Holtz Spa** is right in the centre of the city, conveniently located nearby the Fairmont Chateau Laurier and the Westin Hotels. It offers total health and wellness with holistic treatments designed to create harmony of body, mind and spirit. The decor and ambiance provide a quiet sanctuary to relax and rejuvenate. Ancient healing therapies from the East meet contemporary services from the West where highly trained estheticians and body therapists use only the purest botanical products and innovative spa technology to guarantee the Holtz standard of excellence.
Holtz Spa, 45 Rideau St. Ottawa, Ontario K1N 5W8
Toll Free: 1 877 241-8889
Web Site: www.holtzspa.com

The Au Naturel Spa

Experience the ultimate in wellness at one of the most unique spas in Ottawa. At Brookstreet's Au Naturel Spa, enter into a welcome sense of calm and be captivated by smell, sight, sound and touch, in an intimate environment of soft-spoken luxury and understated elegance. Relax and revitalize with a variety of therapies designed to meet the diverse needs of both men and women. Au Naturel Spa offers a range of innovative spa services including uniquely tailored massages, facials, body treatments, manicures and pedicures, as well as the restorative properties of water with Vichy and hydrofusion, which are intrinsic parts of the spa experience.
The Brookstreet Hotel Ottawa
525 Legget Drive, Ottawa, ON K2K 2W2
Toll free 888.826.2220
Website: <http://www.brookstreet.ca>

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CUISINE	
Food	<p>Beavertails Pastry This delicious, fresh, hot pastry treat is shaped like the water-slapping end of a beaver. These wildly delicious pastry treats were first introduced to Ottawa in 1978 and can be sampled at the first permanent BeaverTails store in Ottawa’s historic ByWard Market neighbourhood.</p> <p>Obama Cookies Since US President Obama’s visit in 2009, these maple leaf shaped cookies have been a roaring success! Try some at the ByWard Market.</p>
Maple Sugar	<p>Maple Sugar Fun – it doesn’t get any more Canadian! Sleigh rides, maple taffy on snow, interpretive walking trails and hearty maple meals are available Feb – April at: Fulton’s Pancake House and Sugar Bush, Stanley Old Maple Lane Farm</p>
Restaurants	<p>5-Diamond dining, a vast selection of international cuisines, relaxed, casual fare – Ottawa offers restaurants and culinary experiences to suit every palate, with a thriving local culinary scene and local chefs making names for themselves at home and abroad.</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>http://www.ottawatourism.ca/savourottawa</p> <p>Here are two personally recommended restaurants in Ottawa:</p> <p>le café (@ the National Arts Centre)</p> <p>Put yourself in the charismatic hands of Chef Michael Blackie! Fine Dining along the Historic Rideau Canal. Situated in Canada’s National Arts Centre, le café offers the perfect blend of fine dining and artistic ambience in the heart of downtown Ottawa. The picturesque setting</p>

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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

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).

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.

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

<p>CURRENT DEALS Jan 2014</p>	<p>There's a great deal this month (Jan 2014). Right now if you book two nights with participating hotels, the third night is free! And if you book any of the packages (excluding Hockey Night in The Capital) you receive a FREE leather wristlet from Roots. Plus, receive a \$20 off coupon when you spend \$100 or more. Must book and travel before by January 31, 2014 to be eligible for the gift. www.ottawatourism.ca/en/visitors/ottawa-getaways-and-special-offers</p> <p>You can create your own Ottawa Getaway thanks to Ottawa Tourism's upgraded website that brings you an enhanced ability to book flexible packages online. Get great deals and a wide range of hotel choices as you create your own escape to Ottawa. As at January 2014 there are 12 different packages to suit your needs:</p> <p>1. Winterlude Family Getaway Festive family fun is what Winterlude's all about! There are tons of outdoor activities, great performances at the Snowbowl outdoor amphitheatre including a new Sound and Light Show, and of course skating on the world's largest ice rink, the Rideau Canal skateway. This package includes all of these free activities plus your accommodations, family admission to one of our world-class cultural institutions, such as the Children's Museum at the Canadian Museum of Civilization, as well as shopping discounts at the Rideau Centre.</p> <p>2. Winterlude Amour Winter weekends in February are filled with excitement and romance as the Capital celebrates Winterlude. Come lace up your skates and glide through Ottawa on the world's largest rink, the Rideau Canal Skateway. Enjoy artistic and athletic performances at the Snowbowl outdoor amphitheatre, including a new Sound and Light Show. Admire the beauty of ice and snow sculptures at night when colourful lighting brings them to life. This package includes all of these plus your</p>
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accommodations, Casino du Lac-Leamy cash certificates worth up to \$20, admission to one of the world-class cultural institutions and great shopping discounts. It's also recommended that you take advantage of exclusive prix-fixe menus taking place at participating restaurants during Taste of Winterlude. The rest is up to you!

3. 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.

4. 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.

5. 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!

6. 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

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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!

7. Casino Du Lac-Leamy Getaway

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

8. 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.

9. 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.

10. 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

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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).

11. Festive Delights

Spend your afternoon at the spa to relax and unwind and top it off with a night at the theatre. Take a stroll downtown to see the winter landscape glow with over 300,000 multicoloured lights during the holiday season. The festivities begin with an illumination ceremony in early December and continue until early January. Ottawa will surely give you a warm bright welcome this holiday season. This package includes: Hotel accommodation for your dates of stay; Certificate to receive Rideau Centre Savings Directory; a free leather wristlet from Roots. Plus, receive \$20 off coupon when you spend \$100 or more.

12. Hockey Night in the Capital

This is hockey country and your ticket to an exciting action-packed evening! Here's your chance to see the Ottawa Senators in action this season. Your Hockey Night in the Capital Package includes tickets (best available) to a Sens game (including Montreal Canadiens, Toronto Maple Leafs, Boston Bruins and other great teams) and one night accommodation in a hotel of your choice. Check out one of these exhilarating games and cheer on Ottawa with other die-hard fans!

2014 HOTEL PRIZE PARTNER - 1010

Ottawa Westin Hotel

11 Colonel By Drive, Ottawa, ON K1N 9H4

Phone: 613-560-7000 · Hotel Reservations: 888-627-8528

The newly rejuvenated Ottawa Westin Hotel is situated on the famous Rideau Canal with stunning views of Parliament Hill and steps from the Byward Market. Rooms offer contemporary furnishings, soothing neutral colors and floor-to-ceiling windows that reveal an idyllic backdrop. Hotel facilities include the fully equipped WestinWORKOUT® Fitness Studio and an indoor saltwater pool. Dine at The Shore Club – serving fresh seafood and succulent Alberta steaks in a vibrant setting reminiscent of an art-deco ocean liner.

<http://www.thewestinottawa.com>

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2014 HOTEL PRIZE PARTNER - CJAD	<p>Ottawa Marriott Hotel 100 Kent Street, Ottawa, Ontario K1P 5R7 Phone: 1-613-238-1122</p> <p>The Ottawa Marriott Hotel is now offering Free WIFI in guest rooms. A great location in the heart of the city, The Ottawa Marriott Hotel is just a short stroll from Canada's Parliament Hill, Rideau Canal, Ottawa Convention Centre and the National Gallery of Canada. The hotel features an indoor pool, sauna and exercise facility. Children of all ages enjoy the Kids' Zone with an activity centre, video games, foosball and pool table. "spin Kitchen and Bar" provides fresh, wholesome comfort food for breakfast, lunch and dinner.</p>
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RAIL TRAVEL PRIZE PARTNER	VIA Rail www.viarail.ca or phone 1 888 VIA-RAIL
Details	<p>VIA Rail Canada runs more than 480 trains per week over a 14,000-kilometre network linking more than 450 locations in Canada - that adds up to about four million passengers per year on VIA trains!</p> <ul style="list-style-type: none"> - Connected - Wireless Internet service available in-stations and on select trains lets you email, chat with loved ones or do some research. - Convenient - Priority boarding, a delicious meal included in the price of your ticket and complimentary newspapers create stress-free travel. - Choice - Facing seats, at-your-seat power outlets for your portable computer and premium lighting create a fine ambience before - and after - your vacation.
CURRENT DEALS	<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>Currently, (Jan 2014) there are some special Escape Fare deals so you can travel to Ottawa from Montreal from just \$29 and from Toronto for \$39 one way.</p> <p>For all current deals see http://www.viarail.ca</p>

PERSONAL EXPERIENCES	<p>Canadian Museum of Civilisation - An architectural masterpiece, Canada's largest and most visited museum offers you a thousand years of Canadian history, the world's largest indoor collection of totem poles and the magnificent First Peoples Hall. It also houses the IMAX Theatre, the Canadian Children's Museum and special exhibitions.</p>
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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. 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

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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<p>WINTERLUDE 2014</p> <p>Jan 31 – Feb 17</p>	<p>Ottawa’s premier winter festival is Winterlude – taking place this year on weekends between January 31- February 17, 2014. There’s fun for the entire family, and all sites are open on Ontario Family Day.</p> <p>During Winterlude’s three fun-filled weekends you can skate on the world’s largest skating rink, check out the ice sculpture competitions in the Crystal Garden at Confederation Park. Or play at North America’s largest snow playground in Jacques-Cartier Park.</p> <p>At Confederation Park there is also a spectacular photo exhibition that explores the Arctic through the work of scientists in Canada’s Great North. Join them on board a sailing ship in the Arctic Ocean and discover how they study sea birds, orcas, and other wildlife. Plus other Winterlude activities include the Great Canadian Beaver Cup Pond Hockey Classic, skating demonstrations, culinary activities and more.</p> <p>The annual Winterlude Triathlon will take place on Saturday February 1 at 8:00AM. This great event is one of the oldest Winterlude activities and exemplifies what winter in the Nation’s Capital is all about. It comprises skating on the Rideau Canal, coupled with cross-country skiing and running. Distances include an 8-km skate, 5-km ski and 5-km run. Entry fee is \$75 before midnight on Jan 15, 2014.</p> <p>Most activities are held on the weekends—learn-to-skate clinics, a hockey tournament, a winter triathlon, children’s entertainment—but the ice sculptures, skating on the Rideau Canal and the Snowflake Kingdom children’s snow playground are offered during the week (except Tues and Wed for Snowflake Kingdom).</p> <p>Foodies will love unique culinary events created by some of the capital’s best local restaurants — wine and food pairings, chef demonstrations, walkabout winter feasts.</p> <p>For the full line up of events check out the official Winterlude website here: http://www.pch.gc.ca/eng/1379706275276</p>
<p>Rideau Canal Skateway 2014</p>	<p>This winter kicks off the 44th skating season of the Rideau Canal Skateway. Throughout the years, people of all ages have enjoyed the Rideau Canal Skateway — on sled, on foot, and of course, on skates! In winter, this historic navigable waterway becomes the world’s largest skating rink and a magical 7.8-kilometre skateway of ice, in the very heart of Canada’s Capital. During Winterlude, the Rideau Canal Skateway is the site of the Winterlude Triathlon, the Bedzzz Annual Bed Race, skating demonstrations, workshops and much more.</p>

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	<p>For current ice conditions on the canal, go to this update: http://www.canadacapital.gc.ca/places-to-visit/rideau-canal-skateway/ice-conditions As at Jan 2, 2014 a 4-kilometre section of the Rideau Canal Skateway is already open between the Mackenzie King Bridge and the Bank Street Bridge.</p>
<p>Crystal Garden at Confederation Park 2014</p>	<p>Crystal Lounge at Confederation Park on Fridays, Saturdays and Sundays Open daily, 9 a.m. to 11 p.m. and on February 17, 9 a.m. to 6 p.m. Discover a world of memories! Come admire dazzling masterpieces at the Crystal Garden and witness a fusion of art, ice, and light. Be sure to stop by at night, when special lighting turns ice-carving masterpieces and other works of art into a breathtaking and mystical sight.</p>
<p>Snowflake Kingdom at Gatineau's Jacques Cartier Park 2014</p>	<p>Jacques Cartier Park is located along the Ottawa River next to the Canadian Museum of Civilization in Gatineau, Quebec. It is easily accessible from Ottawa via the historic Alexandra Bridge. Equipped with 30 larger-than-life snow slides, the Sun Life Snowflake Kingdom at Jacques-Cartier Park is North America's biggest snow playground. It is also the location during Winterlude of a variety of shows, performances and cooperative games. Enjoy this enchanting setting in the company of those favourite mascots, the Ice Hog family. The biggest snow playground on the continent celebrates Canada's winter fun with activities inspired by our winter and Northern traditions! With the approach of the Olympic Winter Games in Sochi, the Snowflake Kingdom will feature winter sports and games. The young and the young at heart will be invited to try their luck at the winter obstacle course, learn to downhill ski, be photographed in a bobsled, celebrate the 50th anniversary of ringette in Canada, and meet with former members of the Canadian Luge Team.</p>
<p>2014 Winterlude Activities</p>	<p>There are so many events and activities on offer at the 2014 Winterlude – take a look at just some of them at http://www.pch.gc.ca/eng/1385062033147</p>

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