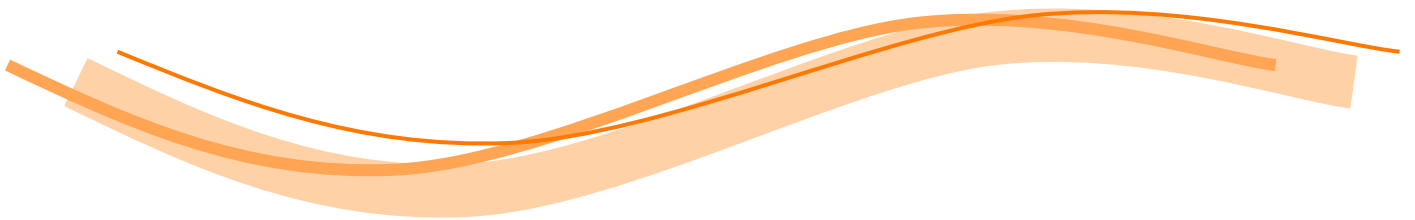




OTTAWA IN THE SPRING





OTTAWA IN SPRING

Ottawa is a beautiful city with lots of green spaces and springtime is a wonderful season to enjoy them. You really can experience the great outdoors right in the heart of the city. There are some lovely gardens to discover – including the gardens at Rideau Hall, which is the Governor General's residence, and the Mackenzie King Estate in Gatineau Park. Right downtown, Major's Hill Park offers a welcomed respite from the hustle and bustle of the city. It overlooks the Rideau Canal as it empties into the Ottawa River and Parliament Hill is mere steps away from this lush, quiet park.

Ottawa is a very walkable city with several distinct and fascinating neighbourhoods. From the ByWard Market area to the Glebe and beyond you can find boutique stores, antique shops and fabulous chef owned and operated restaurants. A terrific way to explore the city is on a gourmet walking tour with C'est Bon Epicurean Adventures. Casual, informative and with lots of chances to taste and shop along the way – these tours are a real treat

With the arrival of warm spring weather comes the promise of beautiful flowers during the Canadian Tulip Festival – and Easter and Mother's Day are both great times to take a weekend break in Ottawa. Visit www.OttawaTourism.ca for some great short break ideas. All the available packages offer discounted rates on attraction tickets, so not only are they easy to book – they represent great value.

The Canadian Tulip Festival May 12-22, 2017

Each year, the Canadian Tulip Festival celebrates the return of spring by showcasing over a million tulips across Canada's capital region. The festival is the largest of its kind in the world and attracts hundreds of thousands of visitors from around the globe.

In 2017, the festival is celebrating its 65th edition as well as Canada's 150th anniversary of confederation under the theme One Tulip, One Canada. Beyond the tulips, there are family activities, live entertainment, fireworks, and more. Here are some highlights:

Commissioners Park is home to the highest concentration of tulips – over 300,000 of 60 different varieties – along one kilometer of flower beds and pathways. The park is located along the picturesque Dows Lake section of the Rideau Canal, a UNESCO World Heritage Site that winds its way through downtown Ottawa. During the festival, Commissioners Park also features family-friendly live entertainment, interpretive signage as well as guided tours.

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	<p>You'll find more colourful tulip beds in Major's Hill Park, near the Fairmont Château Laurier and the ByWard Market neighbourhood, and at many other sites across the city, including in front of Parliament Hill!</p> <p>In honour of Canada's 150th birthday in 2017, over 200,000 specimens of a special red and white tulip called the Canada 150 tulip will bloom in public places throughout Ottawa.</p> <p>In addition to Commissioners Park, festival programming is taking place at additional sites, including:</p> <p>Lansdowne and Glebe neighbourhood: As the primary festival venue this year, this area located between downtown Ottawa and Commissioners Park will feature indoor and outdoor spaces with photography exhibits, workshops with artisans, family-friendly and international live performances, a café and special events (don't miss the fireworks on Sunday, May 21)</p> <p>ByWard Market area: This bustling neighbourhood will feature tulip-inspired art installations, workshops and animation.</p> <p>Garden Promenade: New in 2017, the festival and the Canadian Garden Council are collaborating to offer visitors a self-guided or escorted tour of public gardens. Sites include Rideau Hall (home of the Governor General of Canada), the Central Experimental Farm, Parliament Hill, as well as gardens in Gatineau, Quebec. Enhance your experience by participating in special activities such as yoga in the tulips!</p> <p>For detailed programming info and updates, visit the Canadian Tulip Festival website: http://www.tulipfestival.ca/</p>
Location	<p>Ottawa lies in northeast North America, in the Province of Ontario, Canada. It is bordered by the Ottawa River to the north, while the historic Rideau River and Rideau Canal meander north to south through the city. Directly across the Ottawa River are the City of Gatineau and the picturesque Outaouais region in the Province of Québec, situated 114 metres (374 feet) above sea level.</p>
Geography	<p>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.</p>
Name	<p>Derived from Outaouak, an Algonquin First Nations name</p>
Population	<p>City 883,000 (Ranked 4th in Canada)</p>

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	Metro Ottawa has a population of 1,236,000 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.
Twin Cities	Beijing, China; Buenos Aires, Argentina; Catania, Sicily, Italy
2017 – Our 150th Birthday!	<p>2017 Canada will mark 150 years since Confederation – and where better to celebrate this moment of national pride than in our Nation's Capital? Canadians will gather in Ottawa to join local residents in a year of celebration. Throughout the year, branded as "Ottawa 2017", there will be big Signature Events that will animate the entire city as well as community celebrations enlivening Ottawa's neighbourhoods.</p> <p>Some events will be happening all year long – so you can catch them no matter what time you visit. "Ignite 150" is a series of EPIC stunts, gatherings and happenings that will be presented in surprising locations. And "Ottawa Welcomes the World" as Embassies mark their country's national celebration at the Horticulture Building at Lansdowne Park with food, music and more.</p> <p>Of course – there will only be one Canada Day like the one in 2017! Ottawa 2017 and CIBC are celebrating in style, at the Shaw Centre – Canada's Meeting Place. You will be able to enjoy some incredible Canadian cuisine prepared by some of our nation's top chefs while experiencing a surprising and eclectic array of live musical and theatrical performances. And everyone will be looking forward to the splendour of the Canada Day fireworks.</p> <p>The day after Canada Day an Interprovincial Picnic will take place on Ottawa's well-known Alexandra Bridge, which links the provinces of Ontario and Quebec. The bridge will be converted to a park with actual grass, inviting families and small groups to enjoy a picnic above the Ottawa River.</p> <p>There are also some fantastic events scheduled over the course of the year that celebrate sports, music and the arts, and many of them are free. For all the details check out www.ottawatourism.ca .</p> <p>Canadian Tulip Festival May 12-22, 2017 This annual world-famous festival centres around Ottawa's love affair with the tulip, with a million tulips blooming in public areas. 300,000 Canada 150 tulips – the official tulip of Canada's 150th anniversary – bloom in parks throughout Ottawa and more bloom in residential areas.</p>

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Join us for the Canadian Tulip Festival.

Inspiration Village May 20-September 4, 2017

Inspiration Village, located on York Street in Ottawa's historic ByWard Market, will house a succession of special exhibits and performing arts events, each one showcasing Canada's provinces and territories. In an unusual twist, Inspiration Village will be built out of sea containers transformed into an aesthetic artistic installation.

Tamarack Ottawa Race Weekend May 27-28, 2017

Join thousands of runners from around the world during Tamarack Ottawa Race Weekend. Children, youth, and veteran runners take over Ottawa during this weekend for a number of events, including a kid's marathon and two- and five-kilometre runs. The centrepiece of the weekend, though, is the Ottawa Marathon. As the largest marathon in the country, and cited as one of the must-run routes, some of the best runners from all corners of the world enter for a chance to win this prestigious event. If watching is more your sport, the marathon passes many of Ottawa's major landmarks, so there are plenty of great spots to watch these athletes.

Canadian and Indigenous Galleries opens at the National Gallery of Canada June 15, 2017

The National Gallery of Canada unveils Canada's Masterpieces: Our Stories, including the transformation of the Canadian and Indigenous Galleries as part of its 2017 celebrations. The re-visioned 45,000 square foot gallery will tell the story of art in Canada, interweaving Indigenous history and art.

Red Bull Global Rallycross June 17- 18, 2017

For the first time in its seven-year history, Red Bull Global Rallycross will head to Canada for two rounds of action – and it's happening right here, in Ottawa, at the Canada Aviation and Space Museum! The double header event utilizing portions of the Rockcliffe Airport. The course will feature long straightaways and wide-open corners, allowing the 600-horsepower Supercars to reach top speed. The paved main course and Joker Lap will merge leading into the dirt section, just before cars fly over the finish line on the series' signature 70-foot jump. With grandstands set throughout the dirt section and up to the finish, fans will be up close to some of the most exciting moments of the 2017 season.

2017 Ottawa International Triathlon June 17- 18, 2017

Canada's top triathletes will be swimming, biking and running into Ottawa

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for the Canadian Sprint and Standard Distance Triathlon Championships and the CAMTRI American Cup.

Canada Scene | National Arts Centre June 15-July 23, 2017

The National Arts Centre hosts a cultural festival called Canada Scene with 1000 artists from across Canada participating in 100 events in the National Capital Region.

Arctic Gallery opens at the Canadian Museum of Nature June 21, 2017

A new permanent Arctic Gallery opens at the Canadian Museum of Nature.

TD Ottawa Jazz Festival June 22-July 2, 2017

Each summer the TD Ottawa Jazz Festival features some of the jazz world's most renowned and cutting-edge musicians. The Festival provides audiences with a unique opportunity to enjoy performances day and night throughout the festival in the most idyllic indoor and outdoor settings.

Global Relay Canadian Road Championships June 24-28, 2017

Global Relay Canadian Road Championships: A series of cycling trials and races for various divisions.

MosaïCanada 150 June 30-October 15, 2017

MosaïCanada 150 is an impressive free horticulture event in Jacques Cartier Park, Gatineau, featuring sculptures, paintings and a one-kilometre stroll through fantastic plants. A Gatineau 2017 event.

Kontinuum End of June – September 2017

Kontinuum is an underground multimedia experience, that brings a free interactive sound and light fantasy voyage into an unfinished underground light rail transit tunnel—a world first!

Canada Day Celebrations July 1, 2017

Canada Day celebrations on Parliament Hill and throughout downtown.

Canadian History Hall opens at the Canadian Museum of History July 1, 2017

The new Canadian History Hall opens at the Canadian Museum of History.

Interprovincial Picnic on the Bridge July 2, 2017

The Interprovincial Picnic on the Bridge offers picnic spots overlooking

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Parliament Hill and the Ottawa River. Stretching between Ottawa and Gatineau, the Alexandra Bridge walkway will be covered with sod to create the picnic spots!

Canadian Track and Field Championships July 6-9, 2017

Canadian Track and Field Championships: A competition for the nation's best Olympic and Paralympic athletes that also serves as selection trials for the national team.

RBC Bluesfest July 6-16, 2017

Five stages sit around the bank of the river and inside the museum, creating one of the most unique and beautiful settings to witness some of the world's biggest and most innovative artists during Bluesfest's two-week reign. 2017 performers to be announced.

La Machine July 27-30, 2017

A North American first, La Machine will feature a giant dragon and spider roaming the streets of Ottawa. Free for spectators, the exact location of their Ottawa performance will be announced in the coming months.

Ottawa Chamberfest July 22-Aug 4, 2017

The largest chamber music festival in the world, Ottawa Chamberfest presents more than 100 performances from renowned artists at incredible venues across downtown Ottawa. 2017 performers to be announced.

VOLTA | Cirque du Soleil August 3-27, 2017

Cirque du Soleil presents a new show called VOLTA on the Zibi development site near the Portage Bridge, overlooking the Ottawa River. A Gatineau 2017 event.

Canadian Pacific Women's Open August 21-27, 2017

For the fourth time, the stars of the LPGA Tour will light up the nation's capital as Golf Canada and Canadian Pacific announced the 2017 Canadian Pacific Women's Open will return to Ottawa Hunt and Golf Club August 21-27, 2017 to coincide with Canada's 150 year celebration.

YOWttawa Concert Summer 2017

YOWttawa is a large-scale, outdoor, ticketed musical event, features national and international artists. Headliners to be announced.

The magnificence of the Chaudière Falls Late September – Early November 2017

Magnificence of Chaudière Falls highlights local First Nations culture

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through a vivid display of colourful lights and a rich soundscape, elevating the natural beauty of this important landmark.

Canadian Videogame Awards November 2017

Ottawa will be the place to be for gamers in 2017. The Canadian Videogame Awards will be coming to Ottawa in November 2017. In addition to the gala celebrations at the Canada Aviation and Space Museum, the Ottawa 2017 Bureau will host a national championship for gamers. Semi-finals and final matches will be projected in monumental proportions onto buildings across the city.

Canada Science and Technology Museum reopening November 17, 2017

The Canada Science and Technology Museum celebrates its 50th anniversary, and reopens after \$80.5 million in building repairs and upgrades.

105th Grey Cup November 20-26, 2017

Enjoy a week of celebrations prior to the 105th Grey Cup—the annual championship game of the Canadian Football League!

Tim Hortons Roar of the Rings December 2-10, 2017

The Tim Hortons Roar of the Rings will feature nine men's and nine women's teams battling for the right to represent Canada at the 2018 Winter Games.

At the same time as these special events are enlivening Ottawa - transformative legacy projects will come to fruition and launch the Capital into the future. The new Confederation Line Light Rail is just one of the exciting projects that will bring so much to the city. In addition there will be community gardens created, new galleries and museum enhancements completed, a renewal of Main Street, the redevelopment of the National Arts Centre and Ottawa Art Gallery - plus two new initiatives opening with the Ottawa Innovation Centre and The Global Centre for Pluralism.

2017 Legacy Projects will particularly focus on enhancing the already World Class Cultural Attractions in Ottawa:

To celebrate Canada's 150th anniversary, the **National Gallery of Canada** is embarking on a major transformation. The Canadian Galleries will close as of 2 August 2016 and will reopen 17 May 2017 as the Canadian and Indigenous Galleries as a wonderful backdrop to this section of the Gallery's extensive permanent collection.

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	<p>The National Arts Centre is the home of the NAC Orchestra, French and English Theatre as well as dance. Renovation is underway and when the 2016-2017 season begins, the National Arts Centre will have a beautifully updated Southam Hall with better seats, better sound and better access.</p> <p>The largest and most ambitious exhibition project ever undertaken by the Canadian Museum of History - the Canadian History Hall - is a gift to the people of Canada as we celebrate the 150th anniversary of Confederation. Opening July 1 with 40,000 sq ft in 3 galleries containing 18 chapters and 1,500 artifacts – the Canadian History Hall will tell the story of 15,000 years of Canadian history</p> <p>The Canadian Museum of Nature is also being enhanced. The Arctic's rich natural diversity and its important connections to humans are the focus of a new permanent gallery to open June 21, 2017. The goal of the New Canada Goose Arctic Gallery is to enhance and transform people's understanding of the Arctic and its importance to Canada in the 21st century. Visitors will immerse themselves in the Arctic's natural history and human connections through four broad themes: climate, geography, sustainability and ecosystems.</p> <p>The Canada Science and Technology Museum will reopen in Fall 2017 after a complete refurbishment. The Museum's exhibitions space will be upgraded to enhance the visitor experience and inspire the next generation of scientists, engineers, and innovators. There will be five main galleries, including a special Children's Gallery, and four other themed spaces; Creating and Using Knowledge; Moving and Connecting, which will include the beloved locomotives; Technology in our Lives; Transforming Resources.</p>

CLIMATE	
General climate	The average Temperatures for the region of Ottawa/Gatineau are: summer max + 26C; winter max - 6C
Today's weather	Plus 10 and sunny breaks (April 15 th , 2017) – those tulips are on the way!
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 and there are flights with Air Canada, WestJet and Porter Airlines.

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	<p>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 on Porter's website, www.flyporter.com through its call centre at 1-888-619-8622 or 416-619-8622, or with registered travel agents.</p>
Flying time	Just 55 minutes from Toronto to Ottawa
Distances	Distance from Toronto is 450 km or 5 hours driving time; Ottawa to Montreal is 213 km or 2.5 hours.
Ferries	In summertime, Paul's Cruise on the Ottawa River - there's no better way to see some of Canada's major national landmarks, including the Parliament Buildings, from a new perspective. Or for something really unique, you can take a tour on the Lady Dive , Ottawa's own amphibious bus.
Trains	VIA rail from Montreal is just 1hr 55 mins and from Toronto is 4.5 hours – check out www.viarail.ca
Buses	Ottawa's main mass transit service is OC Transpo (provided by the City of Ottawa). The Ottawa rapid transit system includes the transitway (a network of mostly grade-separated, extremely high-frequency, and reserved bus rapid transit lanes with full stations instead of stops) and a light rail system called the O-Train.
Passes	<p>If you want to get General Admission to several museums at a great price - consider a Canada's Capital Museums Passport. For \$30 plus applicable taxes (2017) you can visit 3 uniquely Canadian museums in Ottawa–Gatineau over 3 consecutive days. Each accompanying child receives 30% discount off children/student admission at each Museum. All of the national museums located in Ottawa–Gatineau, are part of Canada's Capital Museums Passport:</p> <p>Canada Agriculture and Food Museum Canada Aviation and Space Museum Canadian Museum of History Canadian Museum of Nature Canadian War Museum National Gallery of Canada www.museumspassport.ca</p>

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	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.
Westboro Village	The Village's shopping district offers a unique mix of boutiques, restaurants and many other delightful stops along the way.

TARGET GROUPS	
Kids	<p>In winter, try to time your visit to Winterlude in February when there is an amazing array of children's activities available.</p> <p>In summer, 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.</p> <p>The perennial favorites at the Canadian Museum of Nature are the dinosaurs, the animals, and the Discovery Den, especially created for children.</p> <p>Extra-special attractions at the Canadian History Museum are the Children's Museum and Cineplus for IMAX movies. Kids enjoy picnicking or taking a hayride at the Central Experimental Farm. At the Canada Science and Technology Museum, the hands-on exhibits entertain while learning.</p> <p>Kids also love the tanks and weaponry on display at the Canadian War Museum and the Royal Canadian Mounted Police Musical Ride practices at the Canadian Police College.</p> <p>Calypso Water Park (Open June – September). Calypso Water Park is just a short drive outside of Ottawa. Calypso is Canada's biggest theme waterpark on an extensive 100-acre facility. There's water fun for everyone from toddlers to teens, from party dudes to grandparents. There are more than 35 waterslides and 100 water games, Canada's largest wave pool and the highest free-standing waterslide tower in North America. Plus Jungle Run, a 750 m wild and twisted river adventure. Calypso is located in Prescott-Russell, under a half hour drive from downtown Ottawa. MSN Travel published its top ten list of the best waterparks and put Calypso in the top spot, above Disneyworld's Typhoon Lagoon and the World Waterpark at the West Edmonton Mall.</p>
Teens	Go white water rafting , or try the Ghost Walk . Here are some more

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	<p>suggestions:</p> <p>The Diefenbunker 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.</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>
<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. On summer evenings, a sound and light show called Mosaika explores Canada's physical, historical and cultural landscapes (July to September).</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 -</p>

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	<p>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>
<p>History</p>	<p>The Ottawa region was long home to the Odawa or Odaawaa First Nations people. The Odawa are an Algonquin people who called the river the Kichi Sibi or Kichissippi, meaning "Great River". The first European settlement in the region was that of Philemon Wright who started a community on the Quebec side of the river in 1800. Wright discovered that transporting timber by river from the Ottawa Valley to Montreal was possible, and the area was soon booming based almost exclusively upon the timber trade. Liked by many European nations for its extremely straight and strong trunk, the White Pine was found throughout the valley. In the years following the War of 1812, in addition to settling some military regiment families, the government began sponsored immigration schemes which brought over Irish Catholics and Protestants to settle the Ottawa area, which began a steady stream of Irish immigration there in the next few decades. Along with French Canadians who crossed over from Quebec, these two groups provided the bulk of workers involved in the Rideau Canal project and the booming timber trade, both instrumental in putting Ottawa on the map. The region's population grew significantly when the canal was completed by Colonel John By in 1832. It was intended to provide a secure route between Montreal and Kingston on Lake Ontario, by-passing the stretch of the St. Lawrence River bordering New York State (the U.S invasions of Canada in the War of 1812 being a recent memory). Construction of the canal began at the northern end, where Colonel By set up a military barracks on what later became Parliament Hill, and laid out a town site that soon became known as Bytown. Original city leaders of Bytown include a number of Wright's sons, most notably Ruggles Wright. Nicholas Sparks, Braddish Billings and Abraham Dow were the first to settle on the Ontario side of the Ottawa</p>

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	<p>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 river to the mills.</p> <p>Bytown was renamed Ottawa in 1855, when it was incorporated as a city.</p>
Books	<p>Lonely Planet's "Canada" guide is my go-to guide book for all places Canadian!</p> <p>Secret Ottawa by Laura Byrne Paquet is an eclectic compendium of little known nooks and crannies in Ottawa.</p>
1000 Places to see before you die	Winterlude and skating on the Rideau Canal is noted as one of the world's great festivals.
Must Sees	The view to Parliament Hill from almost any angle!

SPORTS ACTIVITIES	When the NHL is playing it's good to catch an Ottawa Senators hockey game – even if you're from Montreal or Toronto! They play at Scotiabank Place, west of the city centre and tickets mostly cost from \$30 to \$80; call: 877-788-3267
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 \$25 to \$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.

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	Prices start at \$115 per person per day during the week, meals included. http://www.owl-mkc.ca/owl
Hiking	A band of protected wetlands and woodlands surrounds the capital on the Ontario side of the Ottawa River, and here you can find ideal hiking areas. At Stony Swamp Conservation Area (tel. 613/239-5000) in the region's west end are 39km of trails, including the Old Quarry Trail, the Jack Pine Nature Trail, and the Sasparilla Trail. It's also good for cross-country skiing and snowshoeing. The Rideau Trail is a 387km network of trails along the Rideau River and canal between Ottawa and Kingston via many of the pretty towns and villages along the way.
Cycling	Ottawa is a cyclist's paradise. Use your bike or inline skates or just hoof it and explore hundreds of kilometres of paved pathways; winding along rivers and the Rideau Canal; flat and easy or mountainous and challenging—the choice is yours. Sunday Bikedays actually closes 52 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	
Canadian Museum of History	<p>Located on the shores of the Ottawa River in Gatineau, Quebec, the Canadian Museum of History (formerly the Canadian Museum of Civilization) is Canada's largest and most popular cultural institution, attracting over 1.2 million visitors each year. The Museum's principal role is to enhance Canadians' knowledge, understanding and appreciation of the events, experiences, people and objects that have shaped Canada's history and identity, as well as to enhance Canadians' awareness of world history and culture.</p> <p>The Canadian Museum of History's IMAX Theatre has become CINÉ+ after acquiring a 4k laser projector, the latest in projection technology, making it one of only four cinemas in Canada with this type of projector.</p> <p>NEW! The Canadian History Hall is a gift to the people of Canada as we celebrate the 150th anniversary of Confederation. Opening July 1 with 40,000 sq ft in 3 galleries containing 18 chapters and 1,500 artifacts – the Canadian History Hall will tell the story of 15,000 years of Canadian history</p> <p>The Canadian History Hall presents Canada's story as you've never seen it before. Explore Canada's history through the diverse experiences and perspectives of the real people who lived it. Discover our collective story of conflict, struggle and loss, as well as success, achievement and hope.</p>

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	<p>http://www.historymuseum.ca/</p> <p>Hockey (until October 9, 2017)</p> <p>Share our magnificent obsession with our national sport of Hockey with one-of-a-kind artifacts (including Jacques Plante’s famous hockey mask), video clips of historic highlights, and personal memorabilia. Explore Canada’s historic love of the sport of hockey, and its impact on Canadian identity.</p> <p>Horse Power (until Jan 7, 2018)</p> <p>Exquisite craftsmanship combines with the romance of bygone days in this sumptuous exhibition of 18 horse-drawn sleighs and carriages. Handcrafted between 1770 and 1950, these elegant conveyances once transported Catholic cardinals, Montréal millionaires and governors general. Today, the artistry of the carriage makers lives on in the graceful lines of these lovingly restored antiques. Phaeton, coach, hansom cab or brougham sleigh, each one showcases a different regional style and demonstrates how climate and geography influenced design in the era of horse-powered transportation. On loan from Québec’s Musées de la civilisation Paul-Bienvenu Carriage Collection, these pieces belong to the finest collection of horse-drawn vehicles in North America — a collection nationally recognized as a Canadian cultural treasure.</p>
<p>Canadian Museum of Nature</p>	<p>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. In 1916 the Victoria Memorial Museum Building served as the interim home for the Canadian government while the Parliament Buildings were rebuilt after a major fire that destroyed everything but the Parliamentary Library.</p> <p>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.</p>

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	<p>Animalium offers a bright and cheerful place to examine some unusual museum “occupants”. Get nose to nose with an awe-inspiring collection of insects, arachnids, and even slimy banana slugs, housed in attractive terraria.</p> <p>The Talisman Fossil Gallery is a favourite with kids, with life-like dioramas and an Extinction Theatre. The gallery shows the end of the dinosaurs’ reign on Earth and the rise of mammals, from 65 to 35 million years ago.</p> <p>The Mammal Gallery features the wildlife of Canada, from polar bears to white Arctic hares, moose, bison, caribou and cougars. 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.</p> <p>The Discovery Zone features fun and discovery for kids, including close-up examination of unusual and spectacular specimens, crafts and a trading post where kids can check out fossils, minerals, animal skulls and more.</p> <p>NEW! Canada Goose Arctic Gallery The Arctic’s rich natural diversity and its important connections to humans are the focus of a new permanent gallery to open June 21, 2017. The Arctic comprises 40% of our country, with an amazing history and a future of uncertainties and possibilities. The goal of the New Canada Goose Arctic Gallery is to enhance and transform people’s understanding of the Arctic and its importance to Canada in the 21st century. Visitors will immerse themselves in the Arctic’s natural history and human connections through four broad themes: climate, geography, sustainability and ecosystems.</p>
<p>National Gallery of Canada</p>	<p>The story of the National Gallery of Canada began in the late 19th-century with a simple dream: that Canadians should have a national gallery to call their own. It would be a place to showcase Canadian art; to preserve, study and teach about this vast nation’s cultural heritage; and to acquire magnificent works from around the world. It would expose us to great art from all periods and in all its manifestations: paintings, photographs, sculptures and more. Today, the National Gallery of Canada is one of the world’s most respected art institutions, revered for its scholarship, applauded for its ability to engage audiences of all ages and all levels of artistic</p>

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	<p>knowledge, and renowned for its exceptional collection of approximately 65,000 works of art. It makes its home in a grand, light-filled structure of glass and granite, in which visitors can find a cloistered garden courtyard, a glass-bottomed pool, and a reconstructed 19th-century chapel.</p> <p>The Canadian Galleries will reopen 15 June 2017 as the Canadian and Indigenous Galleries as a wonderful backdrop to this section of the Gallery's extensive permanent collection.</p> <p>The new gallery will cover art from Time Immemorial to 1967. It tells the story of Indigenous art as it evolves through time: the effects of the settler cultures on Indigenous cultures, both the good and the very bad effects – and the effects of Indigenous culture on Canadian art, which has been extraordinarily important.</p> <p>The Contemporary galleries at the National gallery will also reopen this spring, on May 3, featuring Canadian and indigenous art from 1968 to the present.</p> <p>For more information and updates on activities at the National Gallery of Canada, watch their website at www.gallery.ca</p> <p>Photography in Canada: 1960–2000 (until September 17, 2017)</p> <p>The variety, width and breadth of photographic culture in Canada is extraordinary, and Canadian photographers are among the most prominent and influential in the world today.</p> <p>This exhibition brings together more than 100 works by 71 artists around themes such as conceptual, documentary, urban landscape and portrait and covers classic street photography, documentary images and landscape imagery, to experimental abstractions and conceptual work.</p>
<p>Canadian War Museum</p>	<p>The first thing you'll notice as you drive toward the Canadian War Museum, on the western edge of downtown Ottawa beside the Ottawa River, is the building itself. Its magnificent design — with its low-lying body that suddenly sweeps upward to create a peak that reaches 80 feet into the air — speaks to the theme of regeneration. Inside you'll find incredible exhibitions that reveal Canada's involvement in conflicts from the beginning of time until now. Tanks, artillery, combat gear, art and so many more artifacts and collections, bring an added level of realism to the country's war history. http://www.warmuseum.ca/home</p> <p>Vimy – Beyond the Battle (until January 7, 2018)</p> <p>Remembered as a victory, the Battle of Vimy Ridge (April 9–12, 1917) in</p>

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	<p>France was also one of Canada’s costliest engagements during the First World War. Over the past century, Canadians have remembered and commemorated this battle in many different ways and for many different reasons. Vimy – Beyond the Battle sheds light on how and why we commemorate by exploring private and collective memories of the Battle of Vimy Ridge, the First World War and more recent conflicts. The exhibition is a potent reminder that acts of commemoration help us construct our past and shape our present.</p> <p>In 2017, the War Museum will present a multi-faceted exhibition and programming schedule exploring the Battle of Vimy Ridge and its meaning, 100 years later. The special exhibition focused on commemoration and memory, upgrades to the presentation of the Battle of Vimy Ridge in the Museum and highly interactive programming will enable visitors to understand how this iconic event has shaped our perception of history.</p>
<p>Canada Aviation and Space Museum</p>	<p>The Museum offers two flight simulators, open to the public at an additional cost. Climb aboard a replica of an F-16 cockpit and test your flight skills! Or, try the Redbird full-motion platform simulator, used to train pilots around the world.</p> <p>The Reserve Hangar houses many of Canada’s national aviation icons not currently on display on the Museum floor. Visitors can get a behind-the-scenes tour that includes the de Havilland D.H. 98 Mosquito B XX, the Bristol Bolingbroke IVT and the wing tips of the Avro CF-105 Arrow 2.</p> <p>Hawker Typhoon: Visitors to the Canada Aviation and Space Museum (CASM) have the rare privilege of admiring a legendary Second World War aircraft – the last remaining of its kind – exactly 70 years after the D-Day beginning of the Normandy landings, on loan from The Royal Air Force Museum (RAFM) of London, U.K. Hawker Typhoons saw active service during the Second World War, notably during operations leading to the Liberation of Normandy, and were flown by several Royal Canadian Air Force squadrons during the War, including the City of Ottawa 440 Squadron.</p> <p>FWW App: This new mobile app, available at the app store and on Google Play, showcases Canadian innovation in aviation history and technology and commemorates involvement in the First World War and engages Canadian youth to develop an interest in aviation and the history of the First World War. The app was developed to provide a dynamic experience on a platform able to engage with Canadians beyond the Museum’s four walls. Based on the Museum’s stunning collection of First World War aircraft, small artifacts and historical</p>

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	<p>images the App provides an insight into a widely recognized collection and rich period in Canadian and early aviation history. To this end the app also offers an immersive hands-on engagement permitting the user to learn the basics of flight, putting themselves in the virtual cockpit and 'at-the-controls'.</p> <p>Canadarm: The Canadarm, one of the country's most famous technological achievements, made its space debut on November 13, 1981. Designed to deploy and retrieve objects in space, the robotic arm marked the beginning of Canada's role in the Space Shuttle Program and positioned the country as a key partner in the International Space Station. After nearly 30 years of faithful service in space, the arm completed its operations on July 21, 2011. It travelled 624 million kilometres and logged a total of 944 workdays in space aboard the Space Shuttle Endeavour. The interactive exhibition allows visitors to navigate through the history of the robotic arm, including: its greatest achievements and how its legacy continues to live on today in medical robots used in neurological and pediatric surgery.</p> <p>Life In Orbit: The International Space Station</p> <p>What is it like to live in space? This exhibition tells the story of daily life aboard the marvel of technology that is the International Space Station (ISS). Find out how the space station stays up in space. Learn how the ISS works - through the eyes of the astronauts who've lived there - and see some of the items from the Space station like a space toilet and exercise equipment.</p>
<p>Canada Agriculture and Food Museum</p>	<p>Food Preservation: The Science You Eat</p> <p>- If "we are what we eat," then we are all consumers of food science — even if we may not be aware of it. With a pinch of history and a dash of myth busting, Food Preservation: The Science You Eat highlights the role science plays in delaying food decay and keeping food nutritious and safe from farm to fork. In this interactive museum experience, explore the fascinating world of food preservation both at home and in larger scale operations. Learn the scientific reason why long-used methods of food preservation continue today and discover new innovations that will affect our food choices into the future. You'll find something to feed your mind and imagination on the menu!</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</p>

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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.

<http://www.nac-cna.ca/en>

Canada Scene

Canada Scene will bring together 1000 artists appearing at the National Arts Centre venues but also other venues in Ottawa such as the ByWard Market.

The festival shines a spotlight on iconic artists who inspire us, dynamic artists who challenge us, and the diverse cultures that bring us together. Here are a few examples of what visitors to Ottawa can enjoy as part of Canada Scene:

Free Scene@6 concerts – just come by! Each evening at 6:00 pm, July 2–23, in the NAC’s dazzling new Atrium, there is an opportunity to celebrate top roots, world, jazz, and blues musicians from all corners of Canada. Scene@6 will feature artists like Newfoundland’s acclaimed Fortunate Ones; PEI’s The East Pointers and their feisty instrumental jigs; Yellowknife’s Quantum Tangle, fusing traditional and contemporary sounds; and Ottawa’s master jazz pianist Miguel de Armas!

Northern Crafters – discover traditional skills using completely natural and recycled materials like stone, mammoth ivory, and animal hides. Art ranges from stone-carving to print-making to jewellery-making, beadwork, doll-making, and caribou tufting. For four exciting days, Canada Scene’s Northern Craft Workshops will offer a unique opportunity to work alongside Northern visual artists, learning in a series of half-day or full-day workshops.

Or visit the Northern Artists Craft Market from July 19-22 in the NAC Le Salon with distinctive creations of seven superb artists from the Northwest Territories.

Free – Canada Scene Housewarming event on July 2 in the new NAC entrance.

On July 2, Canada Scene throws open its doors for a free, all-day housewarming celebrating Canada’s artistic diversity with an exciting mix of music, dance, and so much more. Fun for the entire family in the NAC’s beautiful new space!

Start the day with original and traditional French songs with beloved children’s singer, songwriter, and teacher Carmen Campagne.

Ottawa’s Deepti Gupta brings Sufi parables and stories to life in an

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	<p>exquisite, interactive performance of Kathak dance featuring tales and poetry from Iraq, Turkey, Afghanistan, Pakistan, and India. The Dakhá Khwáan Dancers, an Inland Tlingit dance group based in Whitehorse, perform three shows of traditional drumming, dance, and storytelling to share their culture and art.</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 some of my favourites from the less well-known museums:</p> <p>Canada Science and Technology Museum The Canada Space and Technology Museum is set to reopen in November 2017 and will include a special Children's Gallery. http://www.sciencetech.technomuses.ca</p> <p>Bank of Canada Museum This museum is set to open in the Summer. The museum will features the largest, most complete collection of Canadian bank notes, coins, and money-related artifacts in the world.</p> <p>Bytown Museum Nestled beside the Rideau Canal locks below Parliament Hill and adjacent to the Ottawa River, the Bytown Museum traces the early history of Ottawa, with a special focus on the construction of the Rideau Canal - a UNESCO World Heritage Site. The Museum is housed in the oldest stone building in Ottawa, beside a series of 8 dramatic stepped locks that connect the Rideau Canal to the Ottawa River. The Museum building served as a treasury and storehouse during the construction of the Rideau Canal in the early 1830s. The three-story museum displays artifacts and items chronicling not only the construction of the Rideau Canal, but also the early days of Bytown as a rough and tumble lumber town and its transformation into the nation's capital. Audio tours of the Bytown Museum are available in 6 languages - English, French, Spanish, German, Mandarin and Japanese - and are included with the price of admission. In 2017, the museum celebrates its 100th anniversary in conjunction with Canada's 150th. This year the museum will showcase objects from its permanent collection in "A century of Community". www.bytownmuseum.com)</p>
<p>Events and Festivals</p>	<p>There's a year round schedule of festivals in Ottawa, bringing you music</p>

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2017

of all genres, street celebrations, multi-cultural events and more! So no matter what time you visit - there is sure to be something going on. You can always check out the events calendar at www.ottawatourism.ca for the up to date information.

Ottawa also has a packed season of festivals to celebrate the arrival of spring and to get you outdoors:

Canadian Tulip Festival May 12-22, 2017

This annual world-famous festival centres around Ottawa's love affair with the tulip, with a million tulips blooming in public areas. 300,000 Canada 150 tulips – the official tulip of Canada's 150th anniversary – bloom in parks throughout Ottawa and more bloom in residential areas. Join us for the Canadian Tulip Festival.

Inspiration Village May 20-September 4, 2017

Inspiration Village, located on York Street in Ottawa's historic ByWard Market, will house a succession of special exhibits and performing arts events, each one showcasing Canada's provinces and territories. In an unusual twist, Inspiration Village will be built out of sea containers transformed into an aesthetic artistic installation.

Tamarack Ottawa Race Weekend May 27-28, 2017

Join thousands of runners from around the world during Tamarack Ottawa Race Weekend. Children, youth, and veteran runners take over Ottawa during this weekend for a number of events, including a kid's marathon and two- and five-kilometre runs. The centrepiece of the weekend, though, is the Ottawa Marathon. As the largest marathon in the country, and cited as one of the must-run routes, some of the best runners from all corners of the world enter for a chance to win this prestigious event. If watching is more your sport, the marathon passes many of Ottawa's major landmarks, so there are plenty of great spots to watch these athletes.

Canadian and Indigenous Galleries opens at the National Gallery of Canada June 15, 2017

The National Gallery of Canada unveils Canada's Masterpieces: Our Stories, including the transformation of the Canadian and Indigenous Galleries as part of its 2017 celebrations. The re-visioned 45,000 square foot gallery will tell the story of art in Canada, interweaving Indigenous history and art.

Red Bull Global Rallycross June 17- 18, 2017

For the first time in its seven-year history, Red Bull Global Rallycross

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will head to Canada for two rounds of action – and it's happening right here, in Ottawa, at the Canada Aviation and Space Museum! The double header event utilizing portions of the Rockcliffe Airport. The course will feature long straightaways and wide-open corners, allowing the 600-horsepower Supercars to reach top speed. The paved main course and Joker Lap will merge leading into the dirt section, just before cars fly over the finish line on the series' signature 70-foot jump. With grandstands set throughout the dirt section and up to the finish, fans will be up close to some of the most exciting moments of the 2017 season.

2017 Ottawa International Triathlon June 17- 18, 2017

Canada's top triathletes will be swimming, biking and running into Ottawa for the Canadian Sprint and Standard Distance Triathlon Championships and the CAMTRI American Cup.

Canada Scene | National Arts Centre June 15-July 23, 2017

The National Arts Centre hosts a cultural festival called Canada Scene with 1000 artists from across Canada participating in 100 events in the National Capital Region.

Arctic Gallery opens at the Canadian Museum of Nature June 21, 2017

A new permanent Arctic Gallery opens at the Canadian Museum of Nature.

Tim Hortons Ottawa Dragon Boat Festival June 22-25, 2017

A four-day celebration of the arts, sports, culture and heritage that attracts over 75,000 visitors late June each year. The Festival, which now boasts 200 teams in competitive, corporate and community categories, is one of the hottest sporting and entertainment events in the Nation's Capital.

Recognized as North America's largest dragon boating festival the four-day celebration offers free admission to multiple stages with world class entertainment, marquee concerts, amusement attractions, sports demonstrations, a variety of artisans, exhibitors, delicious culinary treats, beach-side bar, children's area and non-stop racing. This festival takes place at beautiful Mooney's Bay Park on the Rideau River.

TD Ottawa Jazz Festival June 22-July 2, 2017

Each summer the TD Ottawa Jazz Festival features some of the jazz world's most renowned and cutting-edge musicians. The Festival provides audiences with a unique opportunity to enjoy performances day and night throughout the festival in the most idyllic indoor and outdoor settings.

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Global Relay Canadian Road Championships June 24-28, 2017
Global Relay Canadian Road Championships: A series of cycling trials and races for various divisions.

MosaïCanada 150 June 30-October 15, 2017
MosaïCanada 150 is an impressive free horticulture event in Jacques Cartier Park, Gatineau, featuring sculptures, paintings and a one-kilometre stroll through fantastic plants. A Gatineau 2017 event.

Kontinuum End of June – September 2017
Kontinuum is an underground multimedia experience, that brings a free interactive sound and light fantasy voyage into an unfinished underground light rail transit tunnel—a world first!

Canada Day Celebrations July 1, 2017
Canada Day celebrations on Parliament Hill and throughout downtown.

Ottawa International Children’s Festival (May10-14, 2017) - LeBreton Flats
A celebration of the performing arts for young audiences and their families, featuring the finest in theatre, dance, arts and music from highly acclaimed international and local artists.

Ottawa Comiccon (May 12 to 14, 2017) – EY Centre
A celebration of pop culture and entertainment featuring celebrities, personalities, fans and exhibitors from the worlds of comic books, sci-fi, fantasy, movies, TV, toys, anime, gaming and more. Panels, photo ops, collectables, masquerade and shopping! Guests include actor Peter Capaldi, who is the current Dr Who.

CANADA ROARS – A Musical Taste of Our Canadian Heritage (May 16-28, 2017) Algonquin College Commons Theatre
Over 50 performers come together into one integrated, historical narrative showcasing the roots and development of our Canadian musical heritage in this unique and exciting musical production.

WESTfest (June 2-4, 2017) Laroche Park
A festival of music, art and life. The biggest free street party in Canada! Headliners MonkeyJunk and Lemon Cash.
Franco Ontarien Festival (June 15 – 17, 2017) - Majors Hill Park.
The biggest French celebration in Canada’s capital region, with concerts, street art and entertainment celebrating Franco Ontarian culture.

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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>Wildlife</p>	<p>Open all year, Parc Oméga, Route 323 nord, Montebello, a nearby wildlife park, is distinctive by season, barely recognizable in both fauna and vegetation in summer as compared to winter. At the entrance, elk wait for one of the carrots purchased with your tickets, only a foreshadowing of the animals to be spotted on the drive, most of which stroll up to your car to take their snacks from your hand. Among the most visible are whitetail deer, wapiti, bison, fallow deer, raccoons, and wild boar, all of which roam free. Kept in large enclosures are black bears, timber wolves, and raptors, including bald eagles. With luck, you may see a reclusive moose.</p>
<p>Parks</p>	<p>Gatineau Park Managed by the NCC, Gatineau Park is a superb nature reserve just 15 minutes from Parliament Hill. It serves as a reminder that environmental protection is a cherished Canadian value, and its objective is to ensure the permanent preservation of a vast natural territory for the enjoyment of all Canadians.</p> <p>The Park is endowed with hundreds of kilometres of trails, forests containing more than fifty species of trees, abundant wildlife and numerous crystal-clear lakes typical of the hills of the Canadian Shield. Summer and winter, visitors can participate in outdoor activities or simply enjoy the tranquility of a protected natural environment.</p> <p>http://www.canadacapital.gc.ca/bins/ncc_web_content_page.asp?cid=16297-16299-10170&lang=1</p>
<p>Gardens</p>	<p>As Canada’s Capital, Ottawa is well known for its impressive landmarks, sites, and attractions. But equally appealing is the city’s beautiful natural setting of rivers, waterways, parks and pathways – and the many marvelous gardens that colour its urban yet unspoiled cityscape. 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</p>

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	<p>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 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 Rokeries are a favourite spot for picnics and its lookout a preferred point for viewing the Ottawa River and Gatineau Hills beyond. Garden of the Provinces and Territories: This patriotic park, located on Wellington Street near the Supreme Court of Canada 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</p>

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	<p>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>
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<p>OTHER ACTIVITIES</p> <p>Shopping</p>	<p>From large shopping centres to exclusive local boutiques and unique souvenir stores, shopping in Ottawa is a favoured activity of visitors and residents alike. Downtown Ottawa shopping provides a host of shopping opportunities, from the 160-store Rideau Centre to the boutiques and craft shops of the ByWard Market and Sparks Street – the country's first and oldest pedestrian mall. West Ottawa includes great outdoor stores and a major shopping centre – Bayshore – while east Ottawa is home to two popular regional shopping centres – St. Laurent and Place d'Orleans.</p> <p>After \$360M of renovations and expansion over the last few years - the CF Rideau Centre has been transformed! The new centre interiors reflect a contemporary, urban aesthetic that highlights the retailers. A Nordstrom store opened in 2015. Other new stores include Tiffany & Co., Kate Spade and Saje Wellness, Stuart Weitzman and Tumi.</p> <p>The Rideau Centre's final new expansion added 230,000sq. ft of shopping over 4 levels in August 2016. The new extensions is now open and home to 21 new stores that are spread out across four floors, including Simon's department store, H&M Flagship Store, Zara Flagship Store, Anthropologie, Massimo Dutti and more.</p> <p>There are 180 leading international and local retailers with the big names in fashion, beauty and entertainment.</p> <p>There is now an APP: CF SHOP! It's your personal mall guide and you can get it at the App Store or on Google Play.</p> <p>There are some wonderful new facilities like restaurants: Nordstrom is a spectacular 2-level store that includes Bazille restaurant on the upper level which has a lovely outdoor patio that connects to Rideau Centre's rooftop terrace.</p> <p>The new Dining Hall was created by top Canadian designers to provide a one-of-a-kind dining experience for Ottawa shoppers. There are 16 premium branded eating establishments offering an incredible variety of menu items - including 2 new local concepts MLT DWN (gourmet grilled</p>
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	<p>cheese) and Green Rebel (healthy sandwich/salads).</p> <p>The Lansdowne area has also been redeveloped with shopping, dining and entertainment options:</p> <ul style="list-style-type: none"> • The first store to open was the The Lindt chocolate outlet – ideal for the Holidays! • Stores including Winners, Sporting Life, Whole Foods Market, LCBO, and the REDBLACKS/67's/Fury FC Team Store. • Restaurants include Milestones, Jack Astors, JOEYS, LOCAL , • Entertainment includes Cineplex Cinemas Lansdowne and VIP - a 10-screen, state-of-the-art theatre complex <p>The new Tanger Outlets Store in Ottawa's West End features 75 designer outlet stores including brands such as: Michael Kors, Calvin Klein, Coach, Adidas, Polo Ralph Lauren factory Store, Nine West Outlet, Brooks Brothers Factory Store, Town Shoes, Under Armour, Fossil, Banana Republic Factory Store and Levi's Outlet.</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>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</p>

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	<p>dining at such trendy restaurants as the Empire Grill, have a drink at the Hard Rock Café, or enjoy the duelling pianos at Fat Tuesday's. There's also lots of action along Elgin Street, with its pubs and restaurants. And in Gatineau, explore the area around La Promenade du Portage—the live performances at Le Petit Chicago, or the Café aux 4 jeudis, with its outdoor cinema in the summer.</p> <p>Ottawa nightlife has something for everyone. The Casino du Lac-Leamy has gambling, dinner and shows. If you're looking for young and edgy in the music scene, try Zaphod Beeblebrox in the ByWard Market or Barrymore's Music Hall on Bank Street. Or you might venture out to The Blacksheep Inn in nearby Wakefield, Québec, a self-described “juke joint divebar cabaret.” If opera is what you're after, our local opera company, Opera Lyra, has a regular round of performances.</p> <p>The Capital's premier performing arts venue, the National Arts Centre, presents a full lineup of music, dance and theatre, plus popular touring acts and shows. Ottawa also has a thriving local theatre scene, including the Great Canadian Theatre Company, Ottawa Little Theatre, and the Gladstone. And there's always something new on the bill at Scotiabank Place.</p> <p>Bars, Clubs & Discos - Ottawa has an abundance of English and Irish pubs of varying degrees of authenticity. Check out the Brig, 23 York St., in the Byward Market area, and the Elephant and Castle, 50 Rideau St</p>
<p>Casinos</p>	<p>Casino du Lac-Leamy: Under 5km from Parliament Hill and open daily 11am to 3am. Both the exterior and the interior are dramatically landscaped with tropical plants, pools, and waterfalls. 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>

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	www.casinosduquebec.com/lacleamy
Spas	<p>Why not pamper yourself at the Spa? Ottawa has lots to offer.</p> <p>Nordik – Spa Nature This is the largest Scandinavian spa in North America - largest in terms of size (41,500 sq ft of interior space and more than 100,000 sq ft 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. Nordik Spa-Nature offers a new concept with more relaxation and unique facilities including three new saunas, a floating bath, an infinity pool and a European style Lounge with an outdoor terrace. 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 will float on the water's surface and experience benefits that are highly praised by health and relaxation professionals. Its unique properties are due to its high concentration of magnesium and 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</p> <p>The luxurious Holtz Spa is right in the centre of the city, conveniently located nearby the Fairmont Chateau Laurier and the Westin Hotels. It offers total health and wellness with holistic treatments designed to create harmony of body, mind and spirit. The decor and ambiance provide a quiet sanctuary to relax and rejuvenate. Ancient healing therapies from the East meet contemporary services from the West where highly trained estheticians and body therapists use only the purest botanical products and innovative spa technology to guarantee the Holtz standard of excellence. Holtz Spa, 45 Rideau St. Ottawa, Ontario K1N 5W8 Toll Free: 1 877 241-8889 Web Site: www.holtzspa.com</p> <p>The Au Naturel Spa Experience the ultimate in wellness at one of the most unique spas in Ottawa. At Brookstreet's Au Naturel Spa, enter into a welcome sense of calm and be captivated by smell, sight, sound and touch, in an intimate environment of soft-spoken luxury and understated elegance. Relax and revitalize with a variety of therapies designed to meet the diverse needs of both men and women. Au Naturel Spa offers a range of</p>

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	<p>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.</p> <p>The Brookstreet Hotel Ottawa 525 Legget Drive, Ottawa, ON K2K 2W2 Toll free 888.826.2220 Website: http://www.brookstreet.ca</p>
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<p>CUISINE</p>	<p>The culinary scene in Ottawa has come alive in recent years, with a thriving community of Ottawa chefs and Ottawa restaurants making names for themselves both at home and abroad.</p> <p>Located in the historic Sandy Hill neighbourhood in downtown Ottawa, Le Cordon Bleu Ottawa Culinary Arts Institute has been a driving force behind this culinary resurgence. It is the only Canadian campus of this world renowned culinary training school – and includes Signatures Restaurant where anyone can sample the delights of exceptional French cuisine.</p> <p>As well as Ottawa’s restaurants – here are two rather different ways to enjoy the foodie scene in Ottawa. Both of these activities can be booked at weekends so you can plan them as part of a short break in the Capital.</p> <p>C’est Bon Gourmet Food Tours allow you to explore Ottawa’s neighbourhood food markets, discover local produce and dishes, and meet area chefs and food artisans. Find the hidden treasures with the help of expert and insightful guides.- current tours explore Ottawa’s ByWard Market, Preston Street, Chinatown, Wellington West and the Glebe neighbourhoods, as well as Eddy Street in old Gatineau. These delightful epicurean outings last an hour and a half to two and a half hours each. They’re casual walking tours, so be sure to dress comfortably and allow for the weather.</p> <p>Le Cordon Bleu Ottawa Culinary Arts Institute offers short cooking courses to the public ranging from half day to four days in length. Some are offered at the weekend – so this is something that a visitor to Ottawa could easily fit in as part of their stay. Though the courses are taught by the same teachers who educate the budding chefs at the Le Cordon Bleu Ottawa Culinary Arts Institute - everyday cooks should not be intimidated. These really are courses for everyone. Course topics include Cake decorating, Healthy Cuisine, Knife Skills, Potatoes and Oh Chocolat amongst many others.</p>
<p>Food</p>	<p>Beavertails Pastry This delicious, fresh, hot pastry treat is shaped like the water-slapping</p>

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	<p>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>
Beer	<p>Ottawa has a vibrant and growing craft beer culture.</p> <p>Kichissippi Brewing Company’s “Heller Highwater” received a Gold Medal at the 2017 World Beer Championships in Chicago, with a score of 91 points (out of 100), and was rated as Exceptional.</p> <p>Beau’s All Natural Brewing Company, the official brewery of Ottawa 2017, continues its collaborative ways. Each month of 2017, the brewery partners with a different Canadian place or brewery to produce a special beer.</p>
Restaurants	<p>The Culinary scene just goes from strength to strength in Ottawa. Let’s go on a tour and eat our way around Ottawa, starting in the ByWard Market area...</p> <p>Established by Lt-Col. John By in 1826, the ByWard Market is one of Canada's oldest and largest public markets. Within an area roughly four blocks square, you'll find museums, cafés, specialty food shops, boutiques, galleries, restaurants, pubs and more!</p> <ul style="list-style-type: none"> - E18hteen (newest transformation) 'Cutting edge' French-based cuisine; 2014 CAA Four Diamond Award Recipient - The Albion Rooms (Gastropub, Canadian cuisine) <p>The Elgin Street area Elgin Street is a great nightlife area with million-dollar views of the National War Memorial, Fairmont Château Laurier, National Arts Centre and more.</p> <ul style="list-style-type: none"> • Beckta Dining & Wine - International Cuisine - Owner: Stephen Beckta; Exec Chef: Michael Moffatt • El Camino - Tacos, Tequila, Rawbar - Executive Chef: Matthew Carmichael • Oz Café - Asian shared plated with a twist of Mexican <p>Wellington West 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.</p> <ul style="list-style-type: none"> • Supply and Demand - Seafood and pasta • The Elmsdale Oyster House & Tavern - Seafood, sustainably sourced • Absinthe - Contemporary comfort food (and fondue Mondays!)

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Allium (Tapas, French cuisine)

Westboro

The Village's shopping district offers a unique mix of boutiques, restaurants and many other delightful stops along the way.

- Gezellig: 337 Richmond Rd. - Global cuisine - Executive Chef: Michael Moffatt

Beechwood

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.

- Beechwood GastroPub - International cuisine
- Fraser Café - Seasonal and local

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.

- Black Cat Bistro - International cuisine
- Salt (International cuisine)

There also always seem to be new restaurants opening...

New! Sur Lie, an unpretentious French bistro, opened in the ByWard Market neighbourhood in early 2017.

New! The Feline Café plans a spring 2017 opening in the hip Wellington West neighbourhood, providing a place to enjoy the company of feline friends (rescue cats up for adoption!), while enjoying vegan food and drinks. They also plan fun events like cat-yoga and movie nights.

New! Two new openings are happening in spring 2017 on opposite corners of Nicholas and Rideau Streets near CF Rideau Centre: **JOEY Restaurant** and the local brewpub chain, the **Clocktower**.

New! In spring 2017, Ottawa's classic Zak's Diner opens **Zak's Cantina**, a social-family restaurant serving Mexican street food in a laid back ambiance with urban décor. Bonus: patrons will be able to see and eat inside a chicken bus (a colourful, modified and decorated bus that transports goods and people between communities in Latin

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	<p>America).</p> <p>New! The owners of small-but-mighty Italian-themed town on Elgin Street have launched a second venture around the corner called Citizen. Citizen has a Nordic feel to it with small plates, sandwiches, bar snacks and a killer cocktail list.</p>
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<p>MORE INFO</p>	<p>Visitor Information: The Capital Information Kiosk 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. The Capital Information Kiosk’s hours are: 9 am to 5 pm (7 days a week) 1-844-878-8333</p>
<p>Brochures</p>	<p>Visitor Guide online at www.ottawatourism.ca</p>
<p>Contacts</p>	<p>Website: www.ottawatourism.ca Facebook: https://www.facebook.com/visitottawa Pinterest: https://www.pinterest.com/visitottawa/ YouTube: https://www.youtube.com/user/ottawatourism Twitter: https://twitter.com/Ottawa_Tourism</p>

<p>CURRENT DEALS April 2017</p>	<p>Of course Ottawa is an easy getaway from both Toronto and Montreal. It’s not far by car - and VIA Rail is a great option as well. Plus Porter Airlines have frequent service to Ottawa from Billy Bishop Toronto City Airport. To plan a trip to Ottawa visit www.OttawaTourism.ca for some great short break ideas. All the available packages offer discounted rates on attraction admissions, passes and tickets, so not only are they easy to book – they represent great value.</p> <p>You can create your own Ottawa Getaway thanks to the flexible packages at Ottawa Tourism’s website. Get great deals and a wide range of hotel choices as you create your own escape to Ottawa.</p> <p>Plus you can book a whole range of attraction admission tickets right on the website. Book in advance for museum entrance, spas like Holtz Spa and Le Nordik-Spa Nature, sports such as Ottawa REDBLACKS CFL tickets and culinary delights such as a meal at Signatures Restaurant at Le Cordon Bleu and C’est Bon Epicurean Adventures gourmet walking tours.</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 April 4th, 2017 there are</p>
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six different packages to suit your needs:

1. 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.

2. Shop, Dine & Unwine

Ottawa is a unique mix of urban chic, culture and joie de vivre. Come immerse yourself in arts and culture at the fantastic national museums, tour historic sites, and shop, dine & unwind in unique neighbourhoods across the city. Whatever you're craving, plan to get lost for a day wandering the ByWard Market, one of Canada's oldest and largest public markets. Then try a little retail therapy at CF Rideau Centre, the region's premiere shopping centre. Ottawa is home to three culinary schools, including Le Cordon Bleu and their exquisite Signatures Restaurant. They bring a modern twist to the fine dining experience by combining world class modern French cuisine with old world charm and simple elegance. If you're looking for an active culinary experience, look no further than C'est Bon Epicurean Adventures – who offer delightful epicurean outings in the various neighbourhoods across the Capital. Then, rejuvenate your mind & body and pamper yourself with this getaway to Canada's Capital. Treat yourself to a relaxing treatment at Holtz – one of Ottawa's most luxurious spas or indulge in a full day spa experience at Nordik Spa-Nature which features their Thermal Experience.

3. 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!

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	<p>4. 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</p> <p>5. 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.</p> <p>6. 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 (available Thurs to Sat).</p>
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PERSONAL EXPERIENCES	<p>Here are some of the many highlights of my own trips to Ottawa:</p> <p>Canadian History Museum - An architectural masterpiece, Canada's largest and most visited museum offers you a thousand years of Canadian history, the world's largest indoor collection of totem poles and the magnificent First Peoples Hall.</p> <p>Canadian War Museum - A stunning must-see attraction opened in</p>
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	<p>2005. This new world-class museum presents exhibits on military history and reveals how the nation's involvement in conflict and peacekeeping has shaped the country.</p> <p>Canadian Museum of Nature - Canada's foremost natural history museum offers comprehensive exhibits about the natural world, from grizzly bears to gems, from insects to dinosaurs.</p> <p>Canadian Aviation Museum - Canada's rich aviation heritage is revealed through exhibits of vintage aircraft from the museum's permanent collection. Interactive activities, films, demonstrations, and guided tours offer visitors a chance to explore the story of flight.</p> <p>Haunted Walks Inc - Evening and daytime tours reveal Ottawa's darker past and include visits with ghosts, graveyards, hangings, and haunts. Private group tours available. Various tours available 7 days a week. 90 minute tour (I went on the Ghosts and the Gallows tour)</p> <p>The Diefenbunker: Canada's Cold War Museum - This vestige of Cold War history is a unique reminder of Ottawa's position in global politics. www.diefenbunker.ca</p> <p>Byward Market – fun to visit at any time of the year</p> <p>Amphibus Lady Dive – 60 sightseeing tour on land and river, 48 pax, under and over Alexander Bridge</p> <p>National Gallery of Canada – always stunning</p> <p>Changing the Guard Ceremony @ 10.00 on Parliament Hill</p> <p>Le Cordon Bleu Culinary Arts Institute and Signatures Restaurant</p> <p>Casino du Lac Leamy and its restaurants Arome and Le Baccara</p> <p>Scotia Bank Place for a Senators hockey game</p> <p>Zak's Diner – in Byward Market</p> <p>Some of the hotels that I have enjoyed staying at include: The Westin Ottawa Hotel, Fairmont Chateau Laurier, Indigo Hotel.</p>
<p>Travel Show Magic Moments in Ottawa</p>	<p>I often include a specific a-ha moment from my trips to the destinations we feature on the show. Here are a few Travel Show Magic Moments from my past visits to Ottawa:</p> <p><i>“Among the kaleidoscope of tulips and the many other spring festivals in Ottawa, there is one dear to my heart – and that is the Ottawa Race Weekend. This is the largest multi-day running event in Canada and attracts over forty thousand participants over a weekend in May each year. A few years ago I ran the Ottawa Marathon as part of this event. We started off on a beautiful spring morning from one of the many downtown parks in the city and ran past the throngs of cheering supporters through the streets of Ottawa and over the Chaudiere Bridge into Gatineau on the other side of the Ottawa River. I was trying to qualify for the Boston Marathon, so I was pushing myself hard as we turned south past the Museum of Civilisation (now the Museum of History) and onto the Alexandra Bridge over the Ottawa River. And</i></p>

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that is where I had my Magic Moment. Half way across the bridge, I looked up to my right and there, illuminated in the spring sunshine like an ethereal palace from a children's fairy tale, was Parliament Hill in all its very Canadian glory. I stopped dead in my tracks. Literally. In the middle of my race. A small group of other runners also stopped beside me. And one by one, we panted: "Wow"! And then we got going again, but with that image to spur me on, I managed to cross the line just inside my qualifying time. And now on every visit to Ottawa I try to return to that breath-taking vantage point."

"It's high summer in Ottawa and I am broadcasting an on-location Travel Show from the most beautiful patio in Ottawa! The broadcast equipment is piled on a table at La Terrasse, the open air window on Ottawa at the capital's iconic hotel, Fairmont Chateau Laurier. As we come to a break in the show, a glass of chilled white wine appears beside me and I feel a gentle breeze coming off the Ottawa River, tempering the summertime heat. The view from the Terrasse epitomizes Ottawa: immediately below me is the Rideau Canal with its locks allowing entry to the Ottawa River. On the other side, a classic view of Parliament Hill, brightly illuminated in the sunshine under a cloudless sky. I am so much at one with the moment that I almost miss my cue back into the broadcast..."

"I am standing on a balcony overlooking a vast hangar full of flying machines. Stephen Quick, the Director of the Aviation and Space Museum in Ottawa is guiding me around this collection of more than 130 aircraft and artifacts - such as propellers and engines - from right across the military and civilian worlds. The Museum aims to engage visitors with the wonder of flight through this spectacular collection and its educational programming – and I am suitably engaged! It's the most extensive aviation collection in Canada and one of the finest in the world. My father was in the Royal Air Force for five years during the Second World War, so I am particularly drawn to this section of the museum. However, when I fly the museum's simulator and try to land my plane, I end up in the nearby woods rather than the runway, so I clearly have not inherited his flight talents!"

"Wars are obscene. I dislike everything about them. The thought that after all our other advances of civilization, we still sometimes resort to war to sort out our differences appalls me. So I generally do not like War Museums, which tend to glorify warfare. The relatively new Canadian War Museum is very different. Yes, there's lots of military hardware here, but nowhere is warfare itself eulogized and considerable space is given to Canada's honourable tradition of peace-keeping. And the highlight here for me is a space with but one exhibit – the Memorial Hall."

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	<p><i>It's a quiet public space for rest and reflection where I spend a quiet moment of remembrance. The concrete walls, grooved with large, offset rectangles, are reminiscent of the rows of white grave markers in Allied war cemeteries. And that lone artifact is the headstone from the grave of Canada's Unknown Soldier. On Remembrance Day, at exactly 11:00 a.m., sunlight shines through a single window to frame perfectly the headstone, lest we forget."</i></p> <p><i>"It's the holiday season in Ottawa and I am in our nation's capital for some precious reconnecting time with my family. It's cold but crisply sunny and our trip plan is based on the choosing game: each of us chooses something to do or see and we all enthusiastically participate. There's certainly no shortage of choices in Ottawa, just a shortage of daylight hours to do it all at this time of year! Tim, our youngest son, takes us to the Canadian Museum of Nature to stand in awe of the dinosaurs. Pip, our eldest son, opts for the Haunted Walk of Ottawa which is a clever mix of history and the macabre. I take the family to explore the shopping, restaurants and seasonal ambience of the Byward Market. And Dara, my wife, treats us to a memorable meal at Signatures Restaurant. As the snow falls softly outside and a devilish dessert arrives, I reflect that Ottawa really is a wonderful place to spend some quality family time in all four seasons..."</i></p> <p><i>"It was our first winter as New Canadians and so naturally we came to Ottawa to experience the delights of the world-famous Winterlude festival, which we'd heard so much about in Europe. Our boys were very young: six months and five years old...and they loved the snow playgrounds, all the fun kids' activities and characters and the bright sunny skies in Ottawa that weekend. And of course we had to try skating on the World's largest skating rink – the Rideau Canal. With our baby wrapped up in blankets in a push-sledge and our skates rented on site, we set off. And I discovered that my wife and five years old were skaters...and I was not! Despite my ineptitude on blades, it was still a perfect family afternoon of memories, as we made our erratic way along the canal, me holding myself upright by pushing the sled, just drinking in the champagne air with sparkling snow crystals dancing and the iconic Ottawa views of the canal and Parliament Hill forever imprinted on our memory banks..."</i></p>
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<p>TULIP FESTIVAL</p> <p>May 12 – 22, 2017</p>	<p>The Canadian Tulip Festival May 12-22, 2017</p> <p>Each year, the Canadian Tulip Festival celebrates the return of spring by showcasing over a million tulips across Canada's capital region. The festival is the largest of its kind in the world and attracts hundreds of</p>
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thousands of visitors from around the globe.

In 2017, the festival is celebrating its 65th edition as well as Canada's 150th anniversary of confederation under the theme One Tulip, One Canada. Beyond the tulips, there are family activities, live entertainment, fireworks, and more. Here are some highlights:

Commissioners Park is home to the highest concentration of tulips – over 300,000 of 60 different varieties – along one kilometer of flower beds and pathways. The park is located along the picturesque Dows Lake section of the Rideau Canal, a UNESCO World Heritage Site that winds its way through downtown Ottawa. During the festival, Commissioners Park also features family-friendly live entertainment, interpretive signage as well as guided tours.

You'll find more colourful tulip beds in **Major's Hill Park**, near the Fairmont Château Laurier and the ByWard Market neighbourhood, and at many other sites across the city, including in front of Parliament Hill!

In honour of Canada's 150th birthday in 2017, over 200,000 specimens of a special red and white tulip called the Canada 150 tulip will bloom in public places throughout Ottawa.

In addition to Commissioners Park, festival programming is taking place at additional sites, including:

Lansdowne and Glebe neighbourhood: As the primary festival venue this year, this area located between downtown Ottawa and Commissioners Park will feature indoor and outdoor spaces with photography exhibits, workshops with artisans, family-friendly and international live performances, a café and special events (don't miss the fireworks on Sunday, May 21)

ByWard Market area: This bustling neighbourhood will feature tulip-inspired art installations, workshops and animation.

Garden Promenade: New in 2017, the festival and the Canadian Garden Council are collaborating to offer visitors a self-guided or escorted tour of public gardens. Sites include Rideau Hall (home of the Governor General of Canada), the Central Experimental Farm, Parliament Hill, as well as gardens in Gatineau, Quebec. Enhance your experience by participating in special activities such as yoga in the tulips!

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	For detailed programming info and updates, visit the Canadian Tulip Festival website: http://www.tulipfestival.ca/
2017 Festival Programme	For the full line-up of all the activities and events in the 65 th edition of this festival, see the website at: http://tulipfestival.ca
History of the Festival	<p>The Canadian Tulip Festival has grown into the largest Tulip Festival in the world from a gift of International Friendship given six decades ago. In the fall of 1945, Princess Juliana of the Netherlands presented Ottawa with 100,000 tulip bulbs. The gift was given in appreciation of the safe haven that members of Holland's exiled royal family received during the Second World War in Ottawa and in recognition of the role which Canadian troops played in the liberation of the Netherlands.</p> <p>The tulips have become an important symbol of international friendship and the beauty of spring. They also have special meaning to people of Canada's Capital Region. During the war, the Dutch royal family was hosted at Government House in Ottawa. Princess Margriet was born at the Ottawa Civic Hospital; her hospital room declared "Dutch soil" and the flag of the Netherlands flew on Parliament's Peace Tower. A few years after the Dutch tulips arrived in 1945, they became a strong attraction. Stunning pictures appeared in newspapers nationwide. More and more events began to centre around the annual bloom of tulips.</p> <p>The first Canadian Tulip Festival was held in 1953. The Ottawa Board of Trade, at the suggestion of world-renowned photographer Malak Karsh whose photographs have immortalized the tulip, formalized the Canadian Tulip Festival to coincide with the tulip's annual bloom. In the next 10 years the Festival grew in size, with a staggering display of over two million flowers.</p> <p>Over the decades the Festival has been opened by Governors General, Prime Ministers and Royalty, including several return visits from Queen Juliana and Princess Margriet. In addition, international superstars - Liberace in 1972 - and Canadian superstars have performed at the Canadian Tulip Festival. Singer Alanis Morissette made her debut on the Tulip stage at the age of 12 in 1987.</p> <p>Through the 1990s and into the new millennium, the Canadian Tulip Festival celebrated the Tulip as a symbol of Peace and Friendship creating an annual international bond by twinning with Friendship Countries including the Netherlands, Turkey, France, Japan, the United States, Great Britain and Australia. In 2002, the Festival celebrated its 50th Anniversary dedicated to its founder, Malak Karsh, having expanded to an event showcasing over 3 million tulips throughout</p>

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	<p>Canada's Capital Region.</p> <p>Each spring over 600,000 people from all over North America, Europe and Asia make over a million visits to the Canadian Tulip Festival. Studies show it has a \$50 million economic impact annually on the Ottawa region. The event, which grew from the Dutch gift of friendship, has become the world's largest Tulip Festival and Ottawa has become the Tulip Capital of the North America.</p>								
<p>Ways of Seeing the Tulips</p>	<p>You can take a guided tour if you aren't sure where to go to see the tulips at their best:</p> <p>Ottawa Walking Tours provide a 2 to 2.5 hour guided historical walk from \$15.00 (\$45 for a family of 4). This guided walk includes stops at Parliament Hill, The National War Memorial, Major's Hill Park, and much more!</p> <p>Escape Bicycle Tours provide Tulip Bike Tours (1.5-2 hours) Leaving from 65 Sparks Street. Daily at 10:00 am and 1:30 pm May 12th – 22nd</p> <table border="0"> <tr> <td>Adult:</td> <td>\$49</td> </tr> <tr> <td>Child (6-12 years):</td> <td>\$39</td> </tr> <tr> <td>Child (1-15 years):</td> <td>\$25</td> </tr> <tr> <td>Family or Group of 4:</td> <td>\$170</td> </tr> </table> <p>Price also includes bicycle, helmet, water bottle as well as the services of a local guide leading each tour.</p> <p>Grayline offers "Hop-on Hop-off" bus tours. Hop on a bilingual guided bus tour with open or close top Double Decker buses or new half buses for a guided city tour or tour at your own pace by "hopping off" at the sites you want to explore and "hop back on" as many times through the day to resume your adventure tour. Visit all the important sites including museums, parks, galleries, the Byward Market, the Canadian Parliament buildings, Lansdowne Park, Dow's Lake and lots more during this fun, historical, educational 90 minute tour. For the whole festival season you will be transported along the flower route where you will be able to step off to see them or stay on and enjoy these floral beauties. Information and Booking: 855-562-9090</p> <p>Culinary Tulip Tour Taste your way through the National Capital Region's most intriguing culinary neighbourhoods on a gourmet food tour. Expert guides will lead you on epicurean excursions to meet the merchants, discover outstanding ethnic and fine food shops, and sample award-winning dishes. ByWard Market and Glebe/Lansdowne tour tickets available via</p>	Adult:	\$49	Child (6-12 years):	\$39	Child (1-15 years):	\$25	Family or Group of 4:	\$170
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