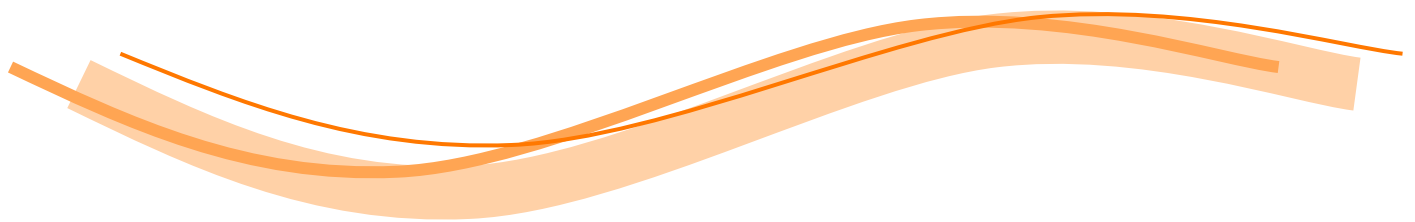




OTTAWA IN THE SUMMER





OTTAWA IN SUMMER - 2016

You know that summer is finally here once Ottawa's patios, outdoor festivals and activities on land and water spring to life. It is a great place for outdoor adventure – coupled with a sophisticated urban vibe. There is no better city for a getaway, a weekend fling, a treat... or a much needed break. And this summer Ottawa has a packed agenda so that whenever you visit you are sure to find lots going on. Ottawa is one of those cities that really knows how to embrace the seasons. So whether it is celebrating winter at the Winterlude festival – or is celebrating the outdoors with summer musical festivals – Ottawa shines. And in summer Ottawa's natural beauty comes to the fore.

Once you arrive in Ottawa you don't necessarily need a car at all, since it is such a walkable city. And there are so many different ways to get about....

There are over 600 kilometres of recreational paths in Canada's Capital Region. And "Sunday Bikedays" in summer mean that 50kms of roadways are reserved for cyclists, in line skaters, runners and walkers. You can rent a bike very easily. Ottawa has a shared CycleHop program similar to Toronto and Montreal. And Harry's bike rental is also located near the Fairmont Chateau Laurier hotel.

Ottawa is blessed with two rivers – the Ottawa and the Rideau rivers – plus the historic Rideau Canal runs through the heart of Ottawa. So there is no shortage of ways to get out on the water. Here are just a few:

Lady Dive Tours - Go a little bit deeper with an amphibious bus tour. Lady Dive offers guided walking tours and step on guided services.
Paul's Boat Lines Limited - Cruises along the historic Rideau Canal.
Gananoque Boat Line Limited - The oldest and largest company operating passenger tours of the 1,000 Islands.

Ontario Waterway Cruises - Five-day voyages on the Rideau Canal (Ottawa-Kingston or Kingston-Ottawa).

Run River Rafting offer full and half-day high adventure whitewater rafting trips

Calypso Water Park –just a short drive outside of the city. Calypso is Canada's biggest theme waterpark on an extensive 100-acre facility. There'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

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	<p>twisted river adventure. Calypso is open for the summer season between June and September.</p> <p>After all that exercise you may want to chill on one of Ottawa's many patios and enjoy its great cuisine, wine, craft beers and more. Wander the quaint ByWard market district for boutique stores and culinary delights.</p> <p>As our Nation's Capital, it falls to Ottawa to throw a wonderful Birthday Party for Canada every July 1st. And what a party! But as our Nation's Capital, Ottawa also has Parliament Hill. Not everyone realizes that you can visit year round.</p> <p>There are guided tours of the Centre Block year round and tours of the East block run July to Early September. Self-guided options can take you to the top of the Peace Tower and to the Memorial Chamber that commemorates Canadians who have lost their life in military service. On a first come, first served basis, members of the public can also watch debates in the Senate and the House of Commons.</p> <p>Every summer morning Parliament Hill is alive with music and colourful drills. The ceremonial Changing The Guard began as a morning routine on the Hill in 1959, and has turned into an annual tradition. This large-scale production includes a regimental band and pipers. Late June through late August the ceremony begins at 10 a.m. each morning - but arrive about 15 minutes early to grab a spot with a great view.</p> <p>For a less formal visit to Parliament Hill – in summertime you can partake in yoga on the lawns at Parliament Hill.</p> <p>And for a nocturnal visit – don't miss the "Northern Lights" sound and light show on Parliament Hill! Northern Lights is a free bilingual show presented nightly from July 9 to September 10, 2016. This experience of sound and light is a thrilling thematic journey through Canada's history presented in spectacular detail against the backdrop of the Parliament Buildings.</p>
<p>Location</p>	<p>Ottawa lies in northeast North America, in the Province of Ontario, Canada. It is bordered by the Ottawa River to the north, while the historic Rideau River and Rideau Canal meander north to south through the city. Directly across the Ottawa River are the City of Gatineau and the picturesque Outaouais region in the Province of Québec, situated 114 metres (374 feet) above sea level.</p>
<p>Geography</p>	<p>These twin cities of Ottawa and Hull are full of unexpected pleasures -- you can watch the debates and pomp of parliamentary proceedings, take</p>

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	in the street scene from a sidewalk terrace, ski or camp or hike in wilderness only 15 minutes away, and then put your feet up before the fireplace of a rustic inn.
Name	Derived from Outaouak, an Algonquin First Nations name
Population	City 883,000 (4 th largest in Canada) 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>There will be a huge celebration in Ottawa next year in 2017</p> <p>It's Canada's big year! Ottawa is where you'll want to be for Canada's 150th birthday. As Ottawa is Canada's Capital – that is where many of the country's biggest celebratory birthday events will happen. 2017 will bring the biggest Canada Day celebration the country has ever seen! But the fun will not be limited to July 1. From new exhibitions at Ottawa's national museums, to special performances and exciting technological installations in Ottawa's downtown core, special events will be taking place all year long.</p> <p>Ottawa 2017 is tasked with creating 12 full months of big, bold, immersive and moving experiences that will complement national celebrations and annual events and festivals. Big Signature Events will animate the entire city, while community celebrations will enliven our neighbourhoods. At the same time, transformative legacy projects will change the Capital's urban landscape. The end result: a special year of national pride with many Signature events:</p> <ul style="list-style-type: none"> • JUNO Week & the 2017 JUNO Awards: Beginning on March 27, 2017, Canada's Capital will come alive with Canadian music. Throughout the week, enjoy various musical performances, workshops and other activities that showcase the diversity of Canada's vibrant music scene. The week will then culminate with a grand celebration of the country's musical elite at the JUNO Awards, which will take place at the Canadian Tire Centre on April 2, 2017. • Interprovincial Picnic: On July 2, 2017 (the day after Canada Day), Ottawa's well-known Alexandra Bridge, which links the provinces of Ontario and Quebec, will be converted to a park with actual grass, inviting families and small groups to enjoy a picnic above the Ottawa River. This event can accommodate 650 people at a time and spaces can be rented for a small fee! Visit the 2017 Celebrations Ottawa website for more details.

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- 2017 Canadian Videogame Awards: Ottawa will be home to the Canadian Videogame Awards in November 2017(exact dates to be announced)! The gala celebration will take place at the Canada Aviation and Space Museum, but the Ottawa 2017 Bureau will host a national championship for gamers as well. And the best part? The competition's semi-finals and finals will be projected onto various buildings across the city. If you're a gamer, Ottawa is where you want to be in 2017!
- It will also be the Lord Elgin Hotel's 75th anniversary

There will also be a lasting legacy for Ottawa from 2017:

- Ottawa Light Rail Transit: Ottawa's new Light Rail Transit Confederation Line could be open for preview visits in 2017.
- Ottawa Art Gallery and Arts Court: The Ottawa Art Gallery will reopen following a \$100 million redevelopment, including a 21-storey mixed-use tower (Le Germain hotel and condominiums), a 250-seat multi-purpose and film-screening room, a 120-seat theatre and more
- NAC: The National Arts Centre will undergo a \$110 million redevelopment that includes the revitalization of the entrance, as well as some of the public and performance spaces.
- Bank of Canada Museum: Formerly known as the Currency Museum of the Bank of Canada, this museum closed to the public just over a year ago to undergo renovations. It will reopen in 2017 in a newly renovated building on Sparks Street. Here, you will find the most comprehensive collection of Canadian coins, tokens and paper money. Official reopening date to be announced.
- Canadian Museum of History: The museum closed a hall about a year ago to renovate and make room for the new Canada History Hall. The history of Canada's First Nations people is expected to be more prominently displayed in this new hall, which will open on Canada's 150th birthday; July 1, 2017.
- Canadian Museum of Nature: If you're interested in animals and nature, this is a museum you don't want to miss. A brand new and permanent Arctic Gallery will open in 2017. The new gallery is part of the museum's five-year initiative to enhance and advance research, collections, education and exhibits focusing on Canada's majestic Arctic. Official opening date to be announced.
- Canada Science and Technology Museum: Home to massive steam powered trains and many other Canadian technological advancements, this museum is currently closed as it is undergoing an \$80 million renovation. The renovation will see new exhibition spaces, fire-suppression systems as well as modern

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	<p>exterior and interior facades put in place, among many other things. The museum will reopen in 2017. Official reopening date to be announced.</p> <ul style="list-style-type: none"> • Bytown Museum: Housed in Ottawa’s oldest stone building – originally used during the construction of the famous Rideau Canal – this museum will celebrate its hundredth anniversary in 2017! Make sure to stop by this quaint attraction for some special activities as it marks this very important milestone.
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CLIMATE	
General climate	The average Temperatures for the region of Ottawa/Gatineau are: summer max + 26C; winter max - 6C
Today’s weather	Plus 24 and sunny breaks (June 11, 2016) – perfect for renting a bike and seeing the sights!
Best time to visit	Any time – there’s always something unique and exciting happening in Ottawa!

GETTING THERE	
Flights (Toronto)	<p>It’s just 55 minutes from Toronto to Ottawa and there are flights with Air Canada, WestJet and Porter Airlines.</p> <p>Porter Airlines www.flyporter.com</p> <p>Porter operates from its base at Toronto Billy Bishop City Centre Airport (TCCA), one of the most convenient urban airports in the world, and serves Ottawa. From its dedicated terminal, all Porter passengers have access to a modern, comfortable and stylish lounge, including wireless Internet access, refreshments, and computer workstations. While on board, passengers enjoy complimentary premium snacks, wine and beer, a spacious cabin environment with leather upholstery and extra legroom. 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

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	abundance of trendy retail outlets, exquisite restaurants, captivating theatres and a hub of cultural activity in Ottawa's Retail, Arts & Theatre District -- 23-blocks surrounding Rideau Street, east of the canal.
Preston Street/Little Italy	Ottawa's Corso Italia offers popular restaurants and specialty stores, and is located between Carling Avenue at Dow's Lake and LeBreton Flats.
Bank Street Promenade	The Bank Street Promenade is located on "Ottawa's original Main Street". With over 250 eclectic shops, services, bars and restaurants stretching 15 blocks from Wellington St. to Gladstone Ave.
Beechwood Village	Bordered by the Rideau River to the west and exclusive Rockcliffe Park to the North, Beechwood Village is a vibrant neighbourhood offering a unique blend of shops, boutiques and stores, fine restaurants, and a relaxed ambiance.
Glebe	The Glebe is a relaxed and historic neighbourhood of shops, restaurants, pubs and services along Bank Street just south of Highway 417, otherwise known as the Queensway.
Quartier Vanier	The village-like downtown east neighbourhood, mostly known for its large Francophone population, is also becoming known for good food, culture and quality of life.
Somerset Village	Located between Bank & O'Connor Streets and only minutes away from Parliament Hill, Somerset Village features beautiful heritage 19th Century buildings that are home to many fine restaurants, businesses and services.
Sparks Street	One block away are the Parliament Buildings, house for the Canadian government. Nearby, are some of the city's finest hotels, shopping, restaurants and historical sites.
Wellington Village	Home to some of the city's most highly ranked restaurants, the Wellington Village/Hintonburg area west of downtown offers a funky blend of dining, unique shopping and theatre.
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</p>

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	<p>picnicking or taking a hayride at the Central Experimental Farm. At the Canada Science and Technology Museum, the hands-on exhibits entertain while learning. Kids also love the tanks and weaponry on display at the Canadian War Museum and the Royal Canadian Mounted Police Musical Ride practices at the Canadian Police College.</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>
<p>Teens</p>	<p>Go white water rafting, or try the Ghost Walk. Here are some more 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. The world's largest escape room has opened at the Diefenbunker, It's a partnership with local company Escape Manor (which runs 2 other escape room locations in downtown Ottawa). "Escape the Diefenbunker" locks teams of up to 12 players inside the museum after it closes for the day. They're given an hour to solve a series of espionage-themed clues that will take them through 25,000 square feet of the bunker.</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</p>

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	<p>and technology affect your everyday life. Located only minutes from downtown Ottawa.</p> <p>Royal Canadian Mint Experience a rush – a gold rush that is! Discover how molten metal is transformed into cherished treasures, hold 99.99% pure gold in your two hands, relive the legends of Canada's past, then stop at the boutique and purchase a treasure for your future. Teens can also explore the evolution of money around the world and through the ages at the Bank of Canada's Currency Museum. A fascinating variety of media of exchange including shells, teeth, and cocoa beans, as well as today's currency, tells us about the societies where they originated.</p>
Romance	<p>Stroll hand in hand – Ottawa is an eminently walkable city. Along the Rideau Canal, past all the magnificent buildings to Parliament Hill, browsing Byward Market, in the beautiful parks or through the grounds of Rideau Hall.</p> <p>Sound & Light Show - For years Canada's history has unfolded in a dazzling display of sound and light against the dramatic backdrop of the Parliament buildings. On summer evenings, a sound and light show called Mosaika explores Canada's physical, historical and cultural landscapes (July to September).</p>
UNIQUES	<p>Changing of the Guard From June until late August, a colorful half-hour ceremony is held daily on the Parliament Hill lawn, weather permitting. Two historic regiments - the Governor-General's Foot Guards and the Canadian Grenadier Guards - compose the Ceremonial Guard. The parade of 125 soldiers in busbies and scarlet jackets (guard, color party, and band) assembles at Cartier Square Drill Hall (by the canal at Laurier Avenue) at 9:30am and marches up Elgin St to reach the hill at 10am.</p> <p>Free Yoga on Parliament Hill – Join Lululemon Wednesdays at noon for a free yoga session on the lawn in front of Parliament – May 4 to September 28, 2016</p>
Surprising	<p>Royal Canadian Mounted Police See the training centre for the famous RCMP musical ride. The Musical Ride, a world-renowned military pageant performed with 32 horses and riders, was first produced publicly in Regina in 1887. The RCMP invites visitors to tour the stables and Visitors' Centre year-round. It is sometimes possible to see the Musical Ride horses and riders practice when they are not away on tour. The Sunset Ceremonies usually occur at the stables at the end of June each year</p>

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History

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

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

In the years following the **War of 1812**, in addition to settling some military regiment families, the government began sponsored immigration schemes which brought over Irish Catholics and Protestants to settle the Ottawa area, which began a steady stream of Irish immigration there in the next few decades. Along with French Canadians who crossed over from Quebec, these two groups provided the bulk of workers involved in the Rideau Canal project and the booming timber trade, both instrumental in putting Ottawa on the map.

The region's population grew significantly when the canal was completed by **Colonel John By in 1832**. It was intended to provide a secure route between Montreal and Kingston on Lake Ontario, by-passing the stretch of the St. Lawrence River bordering New York State (the U.S invasions of Canada in the War of 1812 being a recent memory). Construction of the canal began at the northern end, where Colonel By set up a military barracks on what later became Parliament Hill, and laid out a town site that soon became known as Bytown. Original city leaders of Bytown include a number of Wright's sons, most notably Ruggles Wright. Nicholas Sparks, Braddish Billings and Abraham Dow were the first to settle on the Ontario side of the Ottawa river.

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

Ottawa became a centre for lumber milling and square-cut timber industry in Canada and, in fact, for North America as a whole. From there, it quickly expanded further up (or westward along) the Ottawa River, and logs were boomed by raftsmen great distances down the river to the mills.

Bytown was renamed Ottawa in 1855, when it was incorporated as a

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	city.
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	<p>Winterlude and skating on the Rideau Canal is noted as one of the world's great festivals.</p>
Must Sees	<p>Northern Lights Sound and Light Show – July 9-Sept 10, free, bilingual</p> <p>Northern Lights is a free bilingual show presented nightly from July 9 to September 10, 2016. Show times: in July at 10:00 p.m., in August at 9:30 p.m., and in September at 9:00 p.m.</p> <p>This experience of sound and light is a thrilling thematic journey through Canada's history. Combining bold digital technology with the architectural splendour of the Parliament Buildings, the show illuminates Canadian stories of nation-building, partnership, discovery, valour, pride and vision at the heart of our country.</p> <p>Key figures, events and achievements from Canadian history are brought to life using five distinct artistic styles. All are presented in spectacular detail, with stirring narration and an original score, against the backdrop of the Centre Block and Peace Tower.</p> <p>Northern Lights is the 6th edition of the Sound and Light Show on Parliament since 1984, and runs for the next five consecutive summers (2015-2019).</p>

SPORTS ACTIVITIES	<p>When the NHL is playing it's good to catch an Ottawa Senators hockey game – even if you're from Montreal or Toronto! They play at Scotiabank Place, west of the city centre and tickets mostly cost from \$30 to \$80; call: 877-788-3267</p>
Golf	<p>The Ottawa metro region has over 60 courses, including the one on the premises of the Château Montebello (tel. 819/423-6341) in Québec. Other desirable courses are the Emerald Links Golf & Country Club (tel. 613/822-4653); Canadian Golf and Country Club (tel. 613/253-3290); Le Dome Golf Club (tel. 819/770-5557); and Manderley on the Green (tel. 613/489-2066). Greens fees for these run \$25 to \$40</p>
Skiing	<p>Mont Cascades, just 30 minutes north of Ottawa across the Gatineau River, outside of Cantley on Highway 307, has 13 trails, one triple- and three double-chair lifts, and two T-bars. The longest run is 670m (2,200 ft.). There are two day lodges with a cafeteria and a restaurant/bar at the hill. Night skiing is available. During summer, there are six water slides in the state-of-the-art water park. Mont Ste-Marie, 89km north of Ottawa at Lac Ste-Marie, offers skiing on twin hills, with a 380m (1,250-ft.) drop, and a 3km ski run. There are two quads and a Poma.</p>
Rafting	<p>Owl Rafting, Box 29, Foresters Falls, offers 1- and 2-day white-water</p>

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	<p>rafting trips within 90 minutes of the city, pounding over extensive rapids for the fit and adventurous and floating on gentler stretches for families. Prices start at \$115 per person per day during the week, meals included. http://www.owl-mkc.ca/owl</p>
<p>Hiking</p>	<p>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.</p> <p>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.</p>
<p>Cycling</p>	<p>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.</p> <p>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</p> <p>Bike Rentals If you weren't able to travel to Ottawa with your bicycle, there's no need to worry! Locally owned RentABike is located right downtown, offering bike rentals by the hour or by the day. Choose your ride from a selection of 300 new bikes that come complete with a helmet and bike lock. http://www.rentabike.ca/rentabike/en/files/index.php</p>
<p>Soft Adventure</p>	<p>"The Rock" at Great Canadian Bungee: Located just 20 minutes north of downtown Ottawa, Great Canadian Bungee is home to a 61-metre or 200-foot jump site known as "The Rock." This jumping site is the only place in North America where you can experience a 200-foot drop into a spring-fed lagoon. And the 160-foot rebound from your jump is also higher than the entire bungee height of any other site in the United States and Canada. Strap in and enjoy this scenic freefall into a turquoise, spring-fed lagoon.</p> <p>Parachute GO Skydive: Located just across the Ottawa River in Gatineau, Que., this local company has been specializing in skydiving since 2006. GO Skydive offers "First Jump" tandem and experienced jumper programs. If you've never jumped before, follow a 15-minute training session and then</p>

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	<p>experience a 200-kilometre per hour freefall! Whether you're a beginner or an experienced jumper, once the parachute opens, you can take in beautiful, scenic views of the Ottawa-Gatineau region and the Ottawa River as you float down.</p> <p>Camp Fortune's Explorer Park: Grab your equipment and head out on a zip lining adventure that makes its way through the treetops of the scenic, luscious and expansive Gatineau Park. This two to three-hour adventure combines rope bridges, zip lines and other obstacles that challenge visitors and lead to a fun half day experience.</p>
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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. http://www.historymuseum.ca/</p> <p>Gold Rush! El Dorado in British Columbia (until Jan 15, 2017)</p> <p>Relive the tumultuous days of gold's discovery in British Columbia's Fraser Canyon. Travel back to 1858 and meet some of the tens of thousands of fortune-seeking prospectors who dreamed of astonishing finds — like the huge Turnagain Nugget. Find out how the gold rush attracted thousands of miners and entrepreneurs of various social and ethnic origins and forever transformed this once-remote region of the Pacific North West. More than 280 artifacts tell the fascinating story of gold's timeless allure, including miner's tools and personal belongings, a real stagecoach, an exquisite gold box carved by Bill Reid and iconic contemporary items such as gold records and Olympic medals.</p> <p>Horse Power (until Apr 17, 2017)</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</p>

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

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	<p>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>Ultimate Dinosaurs (June 11 – September 5, 2016)</p> <p>See dinosaurs that you've never seen before. This brand new exhibit features exotic, larger dinosaurs from the Southern Hemisphere (South America, Africa and Madagascar). Discover more than 20 new full-scale and flesh-covered beasts!</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.</p> <p>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 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. For more information and updates on activities at the National Gallery of Canada, watch their website at www.gallery.ca</p> <p>Élisabeth Louise Vigée Le Brun (June 10 – September 11, 2016)</p> <p>Living from 1755 to 1842, this female artist was born in Paris and became Queen Marie-Antoinette's official portraitist. See paintings, pastels and drawings associated with feminine grace and pride. Vigée Le Brun is behind a famous portrait of the Queen surrounded by her children, which was an attempt to separate Marie-Antoinette from her extravagant, libertine-like image. Other than Ottawa, this exhibit is only being shown in Paris and New York.</p> <p>Picasso: Man and Beast. The Vollard Suite of Prints (until 5 Sept 2016)</p>

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	<p>Considered one of Picasso’s printmaking masterworks, The Vollard Suite is a treasure in the national collection. The entire series of 100 prints is now on view in Ottawa for the first time in nearly 60 years. Through his work, Pablo Picasso (1881–1973) was instrumental in shaping the art of the 20th century. Although perhaps best known for his Cubist paintings, the Spanish artist was also a skilled printmaker. He experimented with virtually every known printmaking technique – from intaglio to lithography.</p> <p>Organized by date of production, this exhibition takes you on a journey through the themes Picasso explored in The Vollard Suite – from love and lust, to identity and inspiration. Epitomizing the tension between man and beast that often characterized the artist and his work, The Vollard Suite is both Picasso’s neo-classical masterpiece on the civilizing nature of art, and a provocative representation of his “beast within.”</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>Deadly Skies – Air War 1914-1918 (until Jan 29, 2017)</p> <p>Go beyond the dogfights and immerse yourself in the lives of nine people, from both sides of the conflict, who experienced the first air war. Join them as they train to fly, gather intelligence, fight aerial battles and drop bombs. Their stories — told with more than 80 authentic artifacts woven into an innovative graphic novel presentation — provide insight into the history and consequences of the first air war.</p> <p>Traces of the First World War – Newfoundland and Labrador (until Jan 1, 2017)</p> <p>Newfoundland’s Great War involved far more than the tragic July 1916 disaster at Beaumont Hamel. This photo exhibition will present a dozen dramatic and evocative Newfoundland stories. Each reveals the war’s deep impact on people, communities and ideas, for those at home and those overseas, the traces of which are still seen and felt today.</p>

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Canada Aviation and Space Museum

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. Bring your children every Saturday at 11 a.m. for specially designed kids' tours. Tours take 45 to 60 minutes and are for children ages 4 to 7.

<http://casmuseum.techno-science.ca/en/index.php>

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.

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.

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 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'.

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

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	<p>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>Star Trek – The Starfleet Academy Experience (until Sept 11 2016)</p> <p>Learn the actual science behind the science fiction in this new immersive and interactive exhibit that explains tricorders, warp drive theory, phasers and teleporters. As a Starfleet cadet, you'll be put through a rigorous training program that looks at aspects of science, engineering, medicine and command courses. Then, after graduation, you'll advance to the deck of an active star ship! Ottawa is the first stop on this exhibit's multi-city North American tour.</p> <p>Central Band of the Canadian Armed Forces — Up, Up and Away on Father's Day– July 19, 2pm</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>http://cafmuseum.techno-science.ca/en/</p>
<p>Arts</p>	<p>The Performing Arts - Canadian and international musical, dance, and theater artists - including the resident NAC Orchestra - perform at the elaborate National Arts Centre, 53 Elgin St., at Confederation Square. The building, created by architect Fred Lebensold, is made of three interlocking hexagons beside the Rideau Canal, its terraces tendering views of Parliament Hill and the Ottawa River. There are three auditoriums: the European-style Opera, seating 2,300; the 950-seat Theatre, with its innovative apron stage; and the 350-seat Studio, used for experimental works. The National Arts Centre Orchestra performs in seven or eight main concert series per year.</p> <p>http://www.nac-cna.ca/en</p>
<p>Museums</p>	<p>The capital region is home to 29 museums, including 12 national</p>

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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:

Canada Science and Technology Museum

Energy: Power To Choose

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

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

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. (www.bytownmuseum.com)

Forged in Fire: The Building and Burning of Parliament (until Oct 31, 2016)

This new exhibit highlights the hundredth anniversary of the fire that destroyed Ottawa's original Parliament Buildings on Feb. 3, 1916! All was lost during the fire except for the beautiful Library of Parliament, which was saved by solid iron doors.

Events and Festivals	There's a year round schedule of festivals in Ottawa, bringing you music
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2016

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 summer and to get you outdoors:

Ottawa Fringe Festival June 15-26, 2016

The 20th anniversary! The Fringe Festival is a celebration of the arts and an opportunity for local, national and international artists to showcase their original work.

Franco-Ontarian Festival June 16-18, 2016

The biggest French celebration in Canada's capital region, with concerts, street art and entertainment celebrating Franco Ontarian culture.

Ottawa Ribfest June 22-26, 2016

Sample some of the best BBQ chicken and ribs you'll ever taste while teams from Canada and the United States compete.

Tim Horton's Ottawa Dragonboat Festival June 23 – 26, 2016

This is North America's largest dragon boating event with over 200 teams competing. The festival offers world class entertainment, amusement attractions, extreme sports demonstrations, a variety of artisans, exhibitors, delicious culinary treats, beach side bar, children's area – and non-stop dragon boat racing!

Canada Day July 1st, 2016

Don't miss Canada's 149th birthday in the capital, when the region resonates with pageantry and the sounds of celebration!

TD Ottawa Jazz Festival June 23-July 3, 2016

This year's 36th annual TD Ottawa Jazz Festival takes over Confederation Park and the National Arts Centre with dozens of concerts from one of the most musically diverse lineups ever. Here's a sampling:

- **Brian Wilson's Pet Sounds 50th Anniversary Tour** – Celebrating the golden anniversary of the landmark LP that changed the sound of pop music forever, Beach Boys architect Brian Wilson performs his magnum opus in its entirety for the last time, accompanied by an all-star lineup including special guest fellow Beach Boys Al Jardine and Blondie Chaplin. (July 3)
- **Sarah McLachlan**: One of the most successful Canadian

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singer-songwriters of all time, Sarah McLachlan's catalogue has sold over 40 million units, including her breakthrough Fumbling Toward Ecstasy and the smash hit Surfacing. (June 25)

- **The Jazz at Lincoln Center Orchestra**, led by Wynton Marsalis: Nine-time Grammy Award Winner Wynton Marsalis leads 15 of the world's finest jazz performers in a marquee performance that has drawn raves around the world. (June 29)
- **chick corea brian blade christian mcbride ottawa jazz**: The iconic Return to Forever founder Chick Corea returns to Ottawa Jazz as part of a virtuoso trio featuring superstar bassist Christian McBride (Sting, Pat Metheny, McCoy Tyner) and renowned drummer Brian Blade (Bob Dylan, Joni Mitchell, The Fellowship Band). The trio's epic 2015 collection, Trilogy, took home a Grammy for Best Instrumental Jazz recording. (June 30)

RBC Bluesfest, July 7-17, Lebreton Flats

Some Headliners are: Red hot chilli peppers, Sam Hunt, Brad Paisley, Duran Duran, Billy Idol, Alessia Cara, the Monkees, Nelly. Individual day and multi-day passes available.

Chamberfest, July 21- Aug 23

Women in Music is a focus of Chamberfest 2016: For centuries, classical music has been the exclusive domain of European men. But the balance has lately shifted. One of the main subjects of this year's Chamberfest theme, "Counterpoints," explores and celebrates women's contributions to the art.

The Festival Gala Concerts showcase performing artists at the very pinnacle of their musicianship and creativity. Ticket sales directly support the Ottawa Chamber Music Society's artistic programming for next year's festival. Here are some of the events:

- **Gryphon Trio and Friends**: 125th anniversary of Ukrainian settlement in Canada: Gryphon Trio with guests Russell Braun (baritone), Monica Whicher (soprano), Graham Oppenheimer (viola), and Ewashko Singers celebrate the 125th anniversary of Ukrainian settlement in Canada. Performed this evening are Antonín Dvorák's intensely emotional "Dumky" Trio; a selection of sacred choral works by Ukrainian composer Valentin Silvestrov; and the Ottawa premiere of Larysa Kuzmenko's sumptuous oratorio, Golden Harvest, which was commissioned for the 2016 quasiquicentennial. Presented in collaboration with Capital Ukrainian Festival.

- **Te Amo, Argentina**: Headlined by Grammy-winning cellist Antonio Lysy, with international stars of tango dance Miriam Larici and Leonardo Barrionuevo, Te Amo, Argentina is an exotic fusion of

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	<p>chamber music and original tango choreography. Based on Lysy’s autobiographical experiences, Te Amo, Argentina transports audiences from the Andes peaks to the street cafés of Buenos Aires in this stirring homage to his country, its culture and people.</p> <p>- Janina Fialkowska’s 65th Birthday Tour: Canada’s grande dame of piano playing, Janina Fialkowska, celebrates her 65th birthday with a recital of Chopin’s best-loved works. Tonight’s programme spans the Romantic master’s compositional output, from classic waltzes, preludes, nocturnes, and mazurkas to his glorious Polonaise-Fantaisie, sublimely powerful Fourth Ballade, and ethereal Fourth Scherzo.</p> <p>- Bach’s B Minor Mass: We close our 2016 festival with Bach’s supreme achievement, the Mass in B Minor. Widely regarded as one of the greatest compositions in musical history – “the voice of God, in human form” (Sir John Eliot Gardiner) – this small-forces interpretation renders Bach’s agile lines with breathtaking clarity and exquisite detail. Performed this evening by the Arion Baroque Orchestra and a vocal consort of eight renowned soloists.</p> <p>One concert that is high on my list is: Syrène Saxofoonkwartet. Based in the Netherlands, this all-female classical saxophone quartet marks its Ottawa debut with intriguing performances of Handel (Music for the Royal Fireworks), Rachmaninov (Rhapsody on a Theme of Paganini, Op. 43), and Gershwin (Rhapsody in Blue), interspersed with Pierné variations and Glazunov’s Saxophone Quartet, Op. 109. Of note is an all-saxophone arrangement of Haydn’s String Quartet Op. 33, No. 3 (“The Bird”). As the Syrènes like to say, it’s “fresh and sweet, but with a bite.”!</p>
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<p>ATTRACTIONS</p>	<p>Parliament Hill - Parliament of Canada - Tours Schedules and tours of the Centre Block (the main Parliament Building) vary – sometimes without notice – according to the time and the day on which you choose to visit, especially when Parliament is in session. Tours are shorter and do not go to the Senate and House of Commons chambers when they are in use.</p>
<p>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>

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	<p>Mer Bleue Bog This is a 7,700 year old bog. It is host to many rare species and wildlife populations that are normally typical of northern bogs, which explains why it is designated as an internationally significant wetland and one of the most studied bogs in the world! It's an impressive 3,500-hectare conservation area with more than 20 kilometres of scenic trails, beautiful sand ridges in the summer months and 1.2 kilometres of interpretive boardwalks nearly all year round.</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. http://www.canadacapital.gc.ca/bins/ncc_web_content_page.asp?cid=16297-16299-10170&lang=1</p>
<p>Gardens</p>	<p>As Canada's Capital, Ottawa is well known for its impressive landmarks, sites, and attractions. But equally appealing is the city's beautiful natural setting of rivers, waterways, parks and pathways – and the many marvelous gardens that colour its urban yet unspoiled cityscape. Beginning with the early spring arrival of crocuses on Parliament Hill, then continuing through May's Canadian Tulip Festival and on into summer and early autumn, Ottawa's beds are ablaze with beauty – and welcome visitors to discover their flowering favourites.</p> <p>The National Capital Commission maintains 90 flower beds in 30 different sites, including Parliament Hill. In the spring, over one million tulips bloom in the NCC's flowerbeds, along with thousands of daffodils and spring flowering bulbs. After the spring flowers bloom, they are replaced by annuals and perennials, which keep Canada's Capital Region ablaze with colour into the fall.</p> <p>Home of the Governor General, the Queen's representative in Canada, Rideau Hall sits on 79 acres of beautifully landscaped grounds. The grounds were originally styled as an English country estate, with luxurious lawns surrounded by gardens and walking paths through forests. More than 3,000 trees, an inukshuk, totem pole and the Canadian Heritage Gardens—a sweeping arc of roses that symbolizes</p>

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	<p>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 Rockeries are a favourite spot for picnics and its lookout a preferred point for viewing the Ottawa River and Gatineau Hills beyond. Garden of the Provinces and Territories: This patriotic park, located on Wellington Street near the Supreme Court of Canada and Library and Archives Canada, is decorated with the flower emblem and coat of arms of each of the 10 provinces and three territories. Filled with tulips in the spring, then annuals during the summer, you’ll also find two beautiful fountains representing the five Great Lakes and Canada’s vast forests.</p>
<p>Landmark Buildings</p>	<p>Rideau Hall Rideau Hall has been the residence of every one of Canada’s Governors General (the Queen’s representative in Canada). The current resident is David Johnston who was appointed as the 28th Governor General of Canada in 2010. Visitors can learn more about the history, roles, responsibilities and activities of the Governor General while exploring this beautiful residence and its grounds. In the winter, there’s an amazing outdoor skating rink. In the summer, take a picnic and watch a cricket game or stroll the rose garden. www.gg.ca</p> <p>Laurier House National Historic Site of Canada Home of two Canadian prime ministers, Sir Wilfrid Laurier and William Lyon Mackenzie King, Laurier House provides an intimate glimpse into the lives of these great Canadians who governed Canada for the first half of the twentieth century. From artifacts to personal memorabilia, history comes alive in the splendour of this grand residence.</p>

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OTHER ACTIVITIES	
<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>The Rideau Centre has been transformed recently:</p> <ul style="list-style-type: none"> • Rideau Centre is in its last year of their \$360M redevelopment project. • The new Dining Hall opened last year and features 16 premium branded eateries including 2 new local concepts MLT DWN (gourmet grilled cheese) and Green Rebel (healthy sandwich/salads), 850 seats and reusable dishware. • The new centre interiors reflect a contemporary, urban aesthetic that highlights the retailers. <p>And there are some big names who have recently opened or are about to open:</p> <ul style="list-style-type: none"> • Nordstrom opened a spectacular 2-level store in 2015. The store includes Bazille restaurant on the upper level which has a lovely outdoor patio that connects to Rideau Centre's rooftop terrace. • Tiffany & Co., Kate Spade and Saje Wellness, Stuart Weitzman and Tumi • The 4-level expansion will open in August 2016 and will feature Ottawa's first Simons as well as H&M, a new flagship Zara, Massimo Dutti, a restaurant and more. <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</p>

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

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	<p>The Capital's premier performing arts venue, the National Arts Centre, presents a full lineup of music, dance and theatre, plus popular touring acts and shows. Ottawa also has a thriving local theatre scene, including the Great Canadian Theatre Company, Ottawa Little Theatre, and the Gladstone. And there's always something new on the bill at Scotiabank Place.</p> <p>Bars, Clubs & Discos - Ottawa has an abundance of English and Irish pubs of varying degrees of authenticity. Check out the Brig, 23 York St., in the Byward Market area, and the Elephant and Castle, 50 Rideau Street.</p>
<p>Casinos</p>	<p>Casino du Lac-Leamy: Under 5km from Parliament Hill and open daily 11am to 3am. Both the exterior and the interior are dramatically landscaped with tropical plants, pools, and waterfalls. Poker, baccarat, blackjack, roulette, sic bo, keno, slot machines - the Casino du Lac-Leamy offers a full complement of exciting gaming experiences.</p> <p>The Casino features 64 gaming tables and 1,870 slot machines. The Casino presents an ongoing lineup of entertainment and events in its theatre - Le Théâtre du Casino. The Casino's annual fireworks competition in early August - Casino Sound of Light - is a fabulous spectacle synchronizing fireworks to music that attracts some of the world's best competitive fireworks teams.</p> <p>The Casino's Le Baccara gourmet restaurant is one of only a handful of Canadian restaurants awarded the CAA-AAA Five Diamond distinction.</p> <p>The Casino overlooks Lac Leamy, which is accessible by boat from the Ottawa River. Docking facilities are available. On-site is the Hilton Lac-Leamy hotel, which offers a selection of amenities sure to please the most discerning guest, including spa facilities, an indoor-outdoor swimming pool, beautiful views, a variety of dining and lounge options, and more.</p> <p>www.casinosduquebec.com/lacleamy</p>
<p>Spas</p>	<p>Why not pamper yourself at the Spa? Ottawa has lots to offer.</p> <p>Nordik – Spa Nature</p> <p>This is the largest Scandinavian spa in North America - largest in terms of size (41,500 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.</p> <p>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.</p> <p>Nordik Spa-Nature is only the second spa in the world to offer its visitors</p>

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	<p>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 innovative spa services including uniquely tailored massages, facials, body treatments, manicures and pedicures, as well as the restorative properties of water with Vichy and hydrofusion, which are intrinsic parts of the spa experience. The Brookstreet Hotel Ottawa 525 Legget Drive, Ottawa, ON K2K 2W2 Toll free 888.826.2220 Website: http://www.brookstreet.ca</p>
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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. Located in the historic Sandy Hill neighbourhood in downtown Ottawa, Le Cordon Bleu Ottawa Culinary Arts Institute has been a driving force</p>
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	<p>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 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>
<p>Beer</p>	<p>A really vibrant Craft Beer scene is developing in Ottawa. From emerging breweries, to beer festivals and special events, Ottawa’s craft beer scene continues to thrive and grow, offering a vast array of brews and interesting places to enjoy them such as brew pubs and breweries.</p> <p>Winter Fantasies on Brewery Creek and the Gatineau Winter Beerfest are part of Winterlude this year.</p>

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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</p> <p>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</p> <p>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!) <p>Allium (Tapas, French cuisine)</p> <p>Westboro</p> <p>The Village's shopping district offers a unique mix of boutiques, restaurants and many other delightful stops along the way.</p> <ul style="list-style-type: none">• Gezellig: 337 Richmond Rd. - Global cuisine - Executive Chef: Michael Moffatt <p>Beechwood</p> <p>Bordered by the Rideau River to the west and exclusive Rockcliffe Park to the North, Beechwood Village is a vibrant neighbourhood offering a unique blend of shops, boutiques and stores, fine restaurants, and a relaxed ambiance.</p>
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	<ul style="list-style-type: none"> • Beechwood GastroPub - International cuisine • Fraser Café - Seasonal and local <p>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.</p> <ul style="list-style-type: none"> • Black Cat Bistro - International cuisine • Salt (International cuisine)
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MORE INFO	<p>Getaway Packages For inquiries or to book your hotel room or Getaway package, contact Ottawa Tourism's Reservation Centre (operated by Capital Tickets). By Phone: 1.888.OTTAWA-8 (1-888-688-2928) Reservation agents are on duty from Monday through Sunday, 10 a.m. until 8 p.m., and Sundays/holidays 12 p.m. until 4 p.m. (all hours EST).</p> <p>Tourist Information You can reach Ottawa Tourism by phone (open Monday thru Friday, from 9 a.m. until 5 p.m. Eastern Time) by calling (613) 237-5150 or 1 (800) 363-4465.</p> <p>Visitor Information: The Capital Infocentre at 90 Wellington Street, across from Parliament Hill, offers a chance to learn more about Canada's Capital Region with its dynamic exhibits and multimedia show. The Centre is open daily and has a stunning view of Parliament Hill.</p>
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Brochures	Visitor Guide online at www.ottawatourism.ca
Websites	Website: www.ottawatourism.ca Facebook: https://www.facebook.com/visitottawa Pinterest: https://www.pinterest.com/visitottawa/ Instagram: https://www.instagram.com/ottawatourism/ Twitter: https://twitter.com/Ottawa_Tourism

CURRENT DEALS June 2016	<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 or phone 1-888-OTTAWA-8 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</p>
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packages at Ottawa Tourism's website. Get great deals and a wide range of hotel choices as you create your own escape to Ottawa.

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.

You can create your own Ottawa Getaway thanks to Ottawa Tourism's upgraded website that brings you an enhanced ability to book flexible packages online. Get great deals and a wide range of hotel choices as you create your own escape to Ottawa. As at June 1st, 2016 there are 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 & Unwind

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

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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!

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

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.

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,

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	<p>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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<p>PERSONAL EXPERIENCES</p>	<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 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</p>	<p>I often include a specific a-ha moment from my trips to the destinations</p>

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Moments in Ottawa

we feature on the show. Here are a few Travel Show Magic Moments from my past visits to Ottawa:

“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 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

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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. 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."

"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..."

"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

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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..."

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