

OTTAWA CANADA'S CAPITAL

This 2-day Capital itinerary will take you to the must-see Ottawa attractions, landmarks and sights, with stops in between for delicious food, drink and entertainment.

DAY 1 The Royal Treatment

9:00 am: Take the awe-inspiring walk into the marbled Grand Entrance Hall of the **Supreme Court of Canada**. If the time is right, you may be able to sit in on a hearing.

9:45 am: The **Changing of the Guard Ceremony** is held each morning on Parliament Hill in Ottawa from late June through late August.

10:30 am: Visit **Parliament Hill** — Canada's seat of government. Book group tours in advance (remember that the activities of Parliament sometimes have an effect on tours). Jump into the elevator and land on the observation deck of the Peace Tower for a bird's-eye view of Ottawa. And don't forget to capture the fantastic stonework — including over 370 gargoyles, grotesques and friezes — located on the Peace Tower.



12:30 pm: Stop for lunch at **D'Arcy McGee's Irish Pub** where they offer fresh takes on traditional Irish fare. Good food, friendly service, and a vast selection of beer, wine, cocktails, and premium whiskies all make for a relaxed and fun dining experience.

1:30 pm: After lunch stop at **Rideau Hall**, the residence and workplace of the Governor General of Canada. In the spring and summer the gardens are spectacular.

4:00 pm: It's time for 'Hill Hour' at **Métropolitain Brasserie!** Located in the heart of Ottawa, this French Brasserie has something for everyone — it boasts the city's largest fresh oyster bar and daily creations from their award-winning chef are always a hit. Go Monday through Friday from 4 p.m. to 7 p.m. to enjoy specials on oysters, jumbo shrimp, and mussels!

Youth/family-friendly option: Test your knowledge of Ottawa on a scavenger hunt with **UrbanQuest**. You can run it as a race against your friends, a tour of the city, a new way to have dinner on the town, or just a fun way to spend an evening.

8:00 pm: Jazz, blues, and folk are just a few of Ottawa's fantastic music festivals in the summer months. Classical music fans will love the world-renowned **Ottawa International Chamber Music Festival** (see page 11 of the Calendar of Events for dates). For something more eclectic, the **RBC Royal Bank Bluesfest** has something for everyone, featuring blues, rock, urban, pop, and electro.



PHOTO: CANADIAN HERITAGE

Or, if you need a winter sports fix, the **Ottawa Senators**, Ottawa's National Hockey League (NHL) team, are the hottest ticket in town!

Youth/family-friendly option: In the summer months, head back to Parliament Hill after dark for the **Sound and Light Show**, **Northern Lights** the free nightly performance. (Early July to early September; July show starts at 10 p.m., August-September show starts at 9:30 p.m.)

DAY 2 Touring the Capital

9:00 am: The **Canadian War Museum** is a must for a 'Capital' tour. Plan to spend a few hours as you explore the six different galleries and special exhibits suitable for all ages.

12:30 pm: Head back downtown and have lunch at the **Empire** restaurant in the **ByWard Market** neighbourhood. You won't be able to resist popping into the one-of-a-kind shops and stalls in the market, so schedule a good two hours for the lunch break.

2:30 pm: For groups travelling in the summer months, **Aboriginal Experiences** (groups only) is the world's only urban-based Aboriginal cultural attraction and a worthwhile visit. Located minutes from downtown on Victoria Island, Aboriginal Experiences recreates the traditions, food, and dancing of First Nations Peoples from across North America.

Alternatively, head east to the **Canada Aviation and Space Museum** and marvel at more than 130 aircraft on display — a collection that rivals many in the world. While there, take a ride in a historic **biplane** or **helicopter** for a fantastic view of the city.

5:30 pm: Enjoy dinner at **Restaurant e18hteen**. Named after its unique location in an 18th century heritage building in the ByWard Market, Restaurant e18hteen has established itself as one of Canada's premier upscale dining experiences.



8:00 pm: After dinner explore the spooky side of Ottawa with **Haunted Walk of Ottawa**. Locals and newcomers alike are fascinated by these glimpses into the dark history and haunting past of Canada's Capital.

OTTAWA ENJOY NATURE

The Nature itinerary combines outdoor adventure in Ottawa's beautiful natural setting with discovery and excitement indoors.

DAY 1 City and Colour

9:00 am: Enjoy the scenery along the **Rideau Canal**, Ontario's only UNESCO World Heritage Site, on the way to exploring the **Experimental Farm's** 400 hectares. Discover the **Canada Agriculture and Food Museum**, found within the farm: take a tour of a modern dairy barn, say hi to the farm animals, and wander through the spectacular ornamental gardens.

12:00 noon: Head to the **Fish Market Restaurant** in the heart of the **ByWard Market** neighbourhood for a lively lunch the whole family will enjoy.



2:00 pm: Dinosaurs! Birds! Whales! A 'Nature' tour of Ottawa would not be complete without visiting the **Canadian Museum of Nature**. Ready your camera to capture the plethora of natural artifacts, including seven rebuilt, full-sized dinosaur skeletons, a Bird Gallery with over 500 specimens, and a 19.8-metre whale skeleton! In 2017, the Museum will open a new permanent gallery devoted to the Arctic.

5:00 pm: Wander down Elgin Street to the **National War Memorial** near **Confederation Square**. Afterwards, stroll over to **Major's Hill Park** for a fabulous view of the **Canadian Museum of History** across the Ottawa River. Make your way down the hill to the Rideau Canal locks and board **World Famous Paul's Boat Lines** for an enlightening boat tour on the Ottawa River.

7:30 pm: Enjoy a lovely dinner at **Steak & Sushi** before landing on **Parliament Hill** for the **Sound and Light Show**, **Northern Lights** the free nightly performance that brings the Hill to life. (Early July to early September)



DAY 2 Wild, and Wonderful

9:00 am: Hike, snowshoe or ski in the breathtaking beauty of **Gatineau Park**, a nature reserve with hundreds of kilometres of trails, just 15 minutes from Ottawa.

11:30 am: Defy gravity at **Camp Fortune Aerial Experience**. The course features suspended walkways, rope bridges and net gangways. Set aside at least three hours for this exhilarating adventure that finishes with a thrilling zip-line ride guaranteed to get your heart rate up! Or choose to face your fears at **Great Canadian Bungee**, the highest jump (200 feet) in North America.

Youth/family-friendly option: Splish and splash at **Calypso Waterpark**. Only 20 minutes east of Ottawa, the waterpark is *the* summer spot with state-of-the-art water rides, a huge wave pool, a river run, slides galore, a whitewater experience and Zoo Lagoon — a safe haven for toddlers.

2:30 pm: Relax your mind and rejuvenate your body at **Nordik Spa-Nature**, North America's largest spa, in Chelsea. Grab a bite then enjoy nature from the comfort of a whirlpool and their Scandinavian baths.

7:00 pm: Reserve your seats at the **Empire Restaurant**, a downtown hotspot that's popular with any crowd.

Evening option: **Vineyards Wine Bar Bistro's** relaxed atmosphere invites you to linger and unwind. Their outstanding selection of wines, malt whisky, and imported beers allow your taste buds to dance the night away.



OTTAWA RELAX

This 2-day Relaxed itinerary is all about chilling out in Ottawa's friendly, relaxed urban atmosphere – and sneak away to the countryside and casino!

DAY 1 Go Downtown

8:30 am: Discover Canada's Capital region with **Lady Dive** as the only amphibus in Ottawa takes you on a guided tour by land and by water. Or, if you prefer to keep both feet on solid ground, **Ottawa Walking Tours** offers bilingual guides to show you the city's highlights and hotspots.

10:30 am: Tour **Parliament Hill** or shop at the boutiques one block away at **Sparks Street**, Ottawa's historic pedestrian outdoor mall.

12:30 pm: **Metropolitan Brasserie** offers a cosmopolitan yet casual lunch with a fabulous view of Ottawa's famous Rideau and Sussex streetscapes, or try **Patty Boland's** in the heart of the **ByWard Market** for genuine Irish hospitality.



2:00 pm: Enjoy a relaxing afternoon at **Holtz Spa**, next door to **Santé Restaurant**, or make your way to the **ByWard Market** district to peruse the market stalls filled with fresh produce and the one-of-a-kind crafts available in the shops. Then savour one of Ottawa's sweetest traditions

and a purely Canadian treat — a **BeaverTail** pastry.

6:30 pm: For dinner, choose your own adventure at the **Casino du Lac-Leamy** in Gatineau: go upscale at **Le Baccara**, or opt for the casual **Banco Buffet**.

8:00 pm: Hit the slots, play some blackjack, and practice your poker face at the card table — the **Casino du Lac-Leamy** offers it all. If gaming isn't for you, head to **Théâtre du Casino** for exceptional live entertainment.

DAY 2 Elegant and Lively



9:00 am: Hike, snowshoe or ski in the breathtaking beauty of **Gatineau Park**, a nature reserve with hundreds of kilometres of trails, just 15 minutes from Ottawa.

Or stay downtown and join **C'est Bon Epicurean Adventures** for a tasty food tour of the **ByWard Market** neighbourhood and see Ottawa's culinary scene come to life.

12:00 pm: Next head to the haven that is **Nordik Spa-Nature** for some R&R. The largest outdoor spa in North America features an incredible array of Nordic baths in the heart of nature (only 10 minutes from downtown Gatineau-Ottawa). Enjoy Nordik's fine dining before relaxing in the blissful tranquility of nature, saunas and baths.

Youth/family-friendly option: The **ByWard Market** area offers a variety of casual food and shopping options. Following lunch, visit the **National Gallery of Canada**, one of Canada's premier art galleries. Or follow the money and end up at the **Royal Canadian Mint**, where they produce handcrafted collector and commemorative coins, gold bullion coins, medals, and medallions.

6:30 pm: Pick a delicious dish from the **Blue Cactus Bar & Grill**. Blue Cactus offers a blend of a modern uptown atmosphere and contemporary cuisine.

Jazz, blues, and folk are just a few of Ottawa's fantastic music festivals during the summer months. Music fans will love the world-renowned Ottawa **RBC Royal Bank Bluesfest**, an 11-day festival that has boasted such headliners as KISS, Bob Dylan, The Black Keys, the Dixie Chicks and many more (see the Calendar of Events for dates). Need a winter sports fix? The **Ottawa Senators**, Ottawa's National Hockey League (NHL) team, are the hottest ticket in town!



OTTAWA A CULTURAL OASIS

This 2-day Culture itinerary is all about discovering Ottawa's cultural attractions, including museums, theatres, and galleries, punctuated by uniquely Canadian experiences.



DAY 1

A Civilized Affair

10:00 am: Begin this tour with a broad cultural overview of Canada at the **Canadian Museum of History** (formerly known as the *Canadian Museum of Civilization*), the most visited museum in the country. The building itself is spectacular, with its curving forms and breathtaking interiors such as in the Grand Hall. In 2017, the Museum will open its all-new Canadian History Hall.

FUN TIP: The museum also houses the **Canadian Children's Museum**—one of the most fun places in the region—so there's plenty for your little ones to see and do!

1:00 pm: Take a break and have lunch at the museum's **Bistro Boréal** or the more casual **Voyageurs Cafeteria**.

2:00 pm: Catch the latest **IMAX** flick. Sit back in a reclining seat to get the full effect of the seven-storey screen and curved dome.

3:30 pm: Discover the Capital with a **Gray Line City Tour**. Experience Ottawa's original and most comprehensive Hop-On Hop-Off tour. Choose from Parliament Hill, museums, parks, embassies and more on this fun, historical, educational, and bilingual city tour.



6:00 pm: Spend a lovely dinner at **Grill 41**, on the main level of the **Lord Elgin Hotel**. The restaurant features a modern environment and classic menu that is a perfect match for connecting with new and familiar faces.

Youth/family-friendly option: Stop in for an Italian treat at **The Grand Pizzeria**, a great hotspot with authentic Neapolitan pizza.

8:00 pm: Theatre? Dance? Broadway? The symphony? The **National Arts Centre** is home to the NAC Orchestra (under the musical direction of Pinchas Zukerman) as well as English and French theatre presenting the best artistry from across the country. In 2017, the NAC will unveil its spectacular new \$110 million addition.

DAY 2

Out and About

10:00 am: You can't leave town without a tour through the largest visual arts museum in the country, the **National Gallery of Canada**. Its giant bronze spider, *Maman*, greets you on the plaza entranceway providing a taste of what to expect inside. The Gallery boasts the world's most comprehensive collection of Canadian (including Inuit) art, plus permanent exhibits include major works from European, American, and Canadian masters among many others. In 2017, the Gallery will reopen its rejuvenated Canada Gallery.

1:00 pm: Just steps away in the **ByWard Market** neighbourhood is the **SIDEDOOR-Contemporary Kitchen & Bar** — the perfect spot for lunch.

3:00 pm: Spend the afternoon at the **Mackenzie King Estate** in **Gatineau Park**. Roam around the romantic gardens and picturesque ruins, or take one of the many trails through the woods before stopping for tea at the **Mackenzie King Tearoom**. *Travel time is approx. 20 minutes from downtown.*

6:30 pm: For dinner, indulge at the **Courtyard Restaurant**. A favourite destination for relaxed fine dining, the restaurant specializes in Canadian cuisine using fresh, seasonal ingredients from local suppliers or try the **Lieutenants Pump**, offering pub grub, diverse beers and an outdoor patio.

Youth/family-friendly option: Always popular with a younger crowd, stop in for supper where the **Lone Star Texas Grill** first opened its doors. Great food and a playful rodeo atmosphere make for a fun evening.

8:30 pm: No need to wait for Halloween to enjoy a really good scare. Take a lantern-guided walking tour of the city's 'dark side' with the **Haunted Walk of Ottawa**.

