

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 **Albion Rooms**, serving up true North hospitality with a hand crafted story.

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.

