



The National Capital Region

The illuminated Parliament Buildings.

It's only 4,662 km², but Ottawa, Hull and the Outaouais Region is crammed with vacation enjoyment.

Ride a bike and picnic along the tree-lined Rideau Canal. (If you're in good voice, rent a canoe and serenade your girl!)

If you're bringing along a family, you'll find more than enough excellent museums to satisfy and stimulate the most curious minds.

Art galleries contain some of the world's finest paintings and sculpture.

Walk around downtown Ottawa. Shop on Rideau and Banks streets and break for lunch amid the trees and boutiques of the Sparks Street Mall. Wander around the open air Byward Market. Sample the atmosphere and take your pick from stands laden with garden-fresh produce, meats and handicrafts.

See the colour and precision of the Changing of the Guard outside the Parliament Buildings. While you're there, go inside and see where your M.P. works.



The fishing's fine in Gatineau Park.

Evenings are for the French restaurants, festive supper clubs and discos that make up a kaleidoscope of night life.

Camping, fishing and canoeing can be enjoyed in Gatineau Park, an 88,000 acre playground.

July is festival month. Opera, ballet, jazz, pop and classical concerts are featured in the National Arts Centre and the Astrolabe in Ottawa, and Camp Fortune in Gatineau Park. Explore Moorside, the summer residence of the late MacKenzie King. Walk through the wooded estate's ruins, picnic on the grounds or take tea in the tea house.

For more information on what to do in the National Capital Region, contact:

Canadian Government Office of Tourism, 240 Sparks Street, Ottawa, Ontario, K1A 0H6