

# The Nature Itinerary

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

## Day 1

### 9:00 am:

Enjoy the scenery along the [Rideau Canal](#) on the way to the 400 hectares of the Experimental Farm. At the [Canada Agriculture Museum](#) within the farm, take a tour of a modern dairy barn, check out the tractors or wander through the spectacular ornamental gardens. Kids love the giant Clydesdale horses.



**Tip:** Ottawa has an incredible amount of greenspace, making it an ideal destination for the nature lover. It's the only capital city in the world with a working farm at its heart!

### 12:00 noon:

Stop in at the Dow's Lake Pavilion for lunch, where you can choose from several restaurants on site – Lago Bar and Grill, Mexicali Rosa's and Malone's Lakeside Grill.

### 2:00 pm:

A 'Nature' tour of Ottawa would not be complete without seeing the wildlife dioramas at the [Canadian Museum of Nature](#). You'll find plenty of fascinating natural artifacts, including seven rebuilt, full-sized dinosaur skeletons and a Bird Gallery with over 500 specimens.

### 5:30 pm:

Ottawa's happening Elgin Street offers a wide variety of eateries, from fast food chains, to pubs, to pizza, to steak and seafood, to delis and more.

### 7:30 pm:

Wander down Elgin Street and over to Major's Hill Park for a fabulous view of the [Canadian Museum of Civilization](#) across the Ottawa River. In the summer months, head back to Parliament Hill after dark for the free nightly [Sound and Light Show](#) performance.

## Day 2

### **9:00 am:**

A 15-minute drive to [Gatineau Park](#) is a must for the nature lover, as it offers hundreds of kilometres of hiking paths and ski trails that are accessible in all four seasons.



### **11:30 am:**

Take a break at [Le Nordik – Nature Spa](#) in Chelsea. Grab a bite then enjoy nature from the comfort of a whirlpool and their Scandinavian baths. This is an outdoor activity that includes alternating hot, cold and relaxation periods with the Finnish sauna and Nordic waterfalls in a gorgeous setting.

**Youth/family-friendly Group option:** Groups of all kinds (spring, summer and fall) can pre-arrange box lunches at [Camp Fortune](#).

**Youth/family-friendly option:** Only 20 minutes east of Ottawa, [Calypso Waterpark](#) is the summer place to be with state-of-the-art water rides, a huge wave pool, a river run, slides galore, a white water experience and Zoo Lagoon – a safe haven for toddlers. Stop by with 2,000 of your friends, enjoy the fun, food, souvenirs, storage lockers and more.

### **2:30 pm:**

Looking for a great team-building exercise? Located nearby is [Camp Fortune Aerial Experience](#), featuring a course of 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.

### **7:00 pm:**

Reserve your seats with [Scarlett's Dinner Theatre](#). As the longest running producer of murder mystery dinner entertainment in Canada, Eddie May Murder Mysteries will present you with not only a thrilling murder plot, but a great meal and dancing after the show as well.

**Youth/family-friendly option:** Pre-arrange to have your group spend the evening at Camp Fortune too (spring, summer and fall) for a special BBQ dinner or delicious buffet. Then stay and dance the night away!

## Day 3

### 7:00 am:

A river-rafting expedition will satisfy anyone's craving for adventure. Several companies, including [Wilderness Tours](#), [OWL Rafting](#), [Esprit Rafting Adventures](#) and [RiverRun Rafting](#), offer guided trips down the region's rapids. For the less-than-adventurous types, a day on the greens will hit the spot with more than 100 golf courses within the greater region, including [The Marshes at Brookstreet](#).



**If you don't want to leave town for the day**, hundreds of kilometres of [recreational pathways](#) beckon the walker or the cyclist, so begin the day at [RentABike](#) and cycle along the [Rideau Canal](#) to Dows Lake (35 minutes). Pedal through the Arboretum and explore the flora and fauna in the Fletcher Wildlife Garden. Other recommended routes include the Colonel By bike path to Hog's Back Falls or the Ottawa River Parkway to Kitchissippi Lookout. Plan to dedicate at least a half-day to any cycling excursion.

### 1:30 pm:

Recharge your batteries with a great Italian meal on Preston Street, [Ottawa's Little Italy](#). There are plenty of restaurants from which to choose. Don't forget an espresso and gelato for dessert!

**Youth/family-friendly option:** Head to [Richtree Market Restaurant](#) – an open market-style restaurant offering tons of tasty options on the ground floor of [Rideau Centre](#). After lunch stay onsite to enjoy some shopping at downtown Ottawa's biggest shopping destination.

### 6:30 pm:

Pick the restaurant to suit your mood at the [Casino du Lac-Leamy](#) in Gatineau: Le Baccara (the best in five-diamond dining) or the more casual Banco Buffet.

**Youth/family-friendly option:** Reserve ahead to get your seats at [Scarlett's Dinner Theatre](#). As the longest running producer of murder mystery dinner entertainment in Canada, Eddie May Murder Mysteries will present you with not only a thrilling murder plot, but a great meal and dancing after the show as well.

**8:00 pm:**

The [Casino du Lac-Leamy](#) offers slot machines, blackjack, and a variety of poker games, among many other options. If gaming isn't for you, there is always great entertainment at the [Théâtre du Casino](#).