

EXPLORE ONTARIO

Ottawa: A capital romance

Get your groove on in the Capital Region with 11 summer activities to move and soothe

1 Make it modern

Take in the Tate Modern show at the **National Gallery** and you can be guaranteed you'll have plenty to keep the conversation flowing over dinner. This is the only North American stop for **Pop Life: Art in a Material World**, featuring works by high profile personalities, from Andy Warhol to Damien Hirst, known for their iconic brands as much as their art. Some graphically sexual artworks are suitable for adults only. Plan this one for late afternoon so you can wander outdoors to Nepean Point for Ottawa's most spectacular sunset, with views of the Ottawa River and Parliament Hill. www.gallery.ca/poplife

2 Go for a beer

Take a scenic drive some 80 kms. south of the city to the sleepy Victorian village of **Vankleek Hill**. Walk the historic streets where some 250 red brick houses elaborately adorned with gingerbread trim create a serene setting, then sample a bottle of organic ale at **Beau's All Natural Brewing Co. Lug Tread Lager**—named after tractor tracks—is their specialty, a lager-ale with a pale colour but a vibrant taste. www.vankleekhill.ca

3 Stir it up

a tandem, racing or touring bike. \$45 for four hours, helmets and maps included. www.rentabike.ca

5 Wing it

Share a biplane ride over the Gatineau Hills, downtown Ottawa and Parliament Hill in avintage aircraft. Just two passengers fit into the front seat of the 1939 Waco UPF-7 biplane flying out of the **Canadian Aviation and Space Museum**. Helmet and goggles provided. www.aviation.technomuses.ca



6 Jazz it up

From June 24 to July 4, the 30th annual **Ottawa Jazz Festival** brings acclaimed performers including Dave Brubeck and the NAC Orchestra to the Confederation Park Main Stage. www.ottawajazzfestival.com

9 Sip champagne

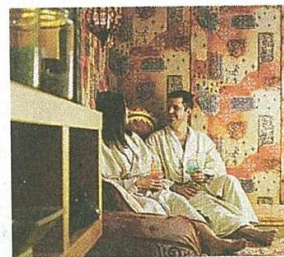
Share a platter of Malpeque oysters while soaking in the atmosphere of belle époque Paris at **Métropolitain Brasserie** on Sussex Drive. Eight different champagne cocktails help kick off the celebration. Weekdays from 4 to 7 p.m., \$1 oysters are a special feature of the Métropolitain's Hill Hour. www.metropolitainbrasserie.com

10 Get a room

Hotel Indigo, Ottawa's newest boutique hotel, promises to create a memorable setting with its Intimate package (starting at \$199 per couple) with rose petals strewn on the bed, sparkling wine and strawberries, breakfast in bed and a late checkout. With so much to see and do you'll be glad Ottawa Tourism's **Rendezvous for Two** package includes a third night at half price. www.ottawadowntownhotel.com www.ottawatourism.ca

11 Soothe stress

At **Holtz Spa**, the romance package begins with an aroma body polish for two using Dead Sea Salt scented with tangerine, sweet orange and bergamot essential oils. After a double shower, a couples massage is performed on side-by-side tables, then a pedicure in the privacy of the Turkish-themed Hammam Lounge. www.holtzspa.com



COMING THIS SUMMER

Zip, Zorb and Slide

Horseshoe Resort Adventure Park opens July 1 in Barrie, boasting the longest zipline in Ontario and the province's first zorb ride. Described as being akin to rolling downhill in a hamster ball, this activity entails being harnessed into a rubberized sphere with air cushioning. The new 649-metre-long zipline boasts increased speeds to 45 kms per hour. Other attractions include two golf courses, tree-top trekking, off-road Segway riding, motorcycling and ATVs. www.horseshoeresort.com

Resorts of Ontario Photo Contest

This summer, resort guests snap their way to a \$300 gift certificate by submitting an image for Resorts of Ontario's use. The contest closes August 1. www.resortsofontario.com

Classic Boat Show in Muskoka

Gravenhurst's Muskoka Wharf, is home to the newly expanded **Antique and Classic Boat Show**, July 10 to 11. See the magnificent wooden boats of old Muskoka on July 10, fiberglass boats and classic cars on July 11. www.acbs.ca/events.cfm

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