



Parliament Hill

# Community Profile

# OTTAWA

ONTARIO

www.ottawa.ca

## *the Region:* National Capital

### Ontario's Adventure Playground

The area surrounding Canada's capital, known as the Ottawa Region, encompasses 4,662 square kilometres (1,800 square miles) of an enchanting mix of urban and rural landscape. The area is served by three rivers (the Ottawa, Rideau and Gatineau), feeding hundreds of lakes, surrounded by acres of nature. Hiking, fishing, golfing and skiing are mere minutes from any of the ten towns in the region.

**Location:** Eastern edge of Ontario, bordering on the province of Québec

**Outdoor Sports:** Boating • Canoeing • Cross-Country Skiing • Cycling • Fishing • Golfing • Hiking • Horesback Riding • Kayaking • Mountain Biking • Roller-blading • Skating • Skiing • Snowboarding • White Water Rafting

#### Recreation for students:

• Aboriginal Heritage • Art Galleries • Coffee shops • Festivals • Libraries • Music concerts • Movies • Museums • Parks • Restaurants (formal and fast food) • Ski Resorts • Shopping malls & centres • Sports • Theatre • Youth recreational centres

#### Why Ontario East?

- Ottawa is Canada's national capital city
- Bilingual region (English/French)
- Option for a bilingual school or host family
- Outdoor adventure lies just outside the city, and over the border in Québec

#### COMMUNITIES IN THIS REGION:

- Greater Ottawa

www.ottawatourism.ca

#### Urban Centre

## "Canada's National Capital"

Ottawa is Canada's national capital, the seat of Canada's Federal Government and home to many museums, galleries, parks and theatres. Ottawa as a city is small compared to other large metropolis centres, and as such it has the unique charm of being modern and vibrant while retaining many of the charms generally found in smaller cities. Very pedestrian-friendly, Ottawa offers cycling paths throughout the city, as well as one of the largest outdoor markets in Canada.

- Located on the Ottawa River
- Population: City 830,000 / Greater Ottawa 1,150,000
- Across Ottawa River lies province of Quebec

**Sister Cities:**  
Beijing (China)  
Catania (Italy)

#### Notable features:

- Canada's National Capital city
- Parliament Hill is open to the public, and the houses of parliament offer daily tours
- Bilingual (French/English) city with most people speaking both languages
- City is surrounded by many parks and protected areas offering outdoor adventures within a short drive
- NHL Hockey (Ottawa Senators), CFL Football (Ottawa Renagades), National Lacrosse (Ottawa Rebels), Can-Am Baseball (Ottawa Rapids) + many minor leagues
- 90 kilometres of hiking and mountain-biking or hiking trails in Gatineau Park

#### Main Attractions:

- Houses of Parliament: [www.parliamenthill.gc.ca](http://www.parliamenthill.gc.ca)
- Rideau Canal: [www.rideau-info.com/canal](http://www.rideau-info.com/canal)
- ByWard Market: [www.byward-market.com](http://www.byward-market.com)
- Royal Canadian Mint: [www.mint.ca](http://www.mint.ca)
- The National Gallery of Canada: [www.gallery.ca](http://www.gallery.ca)
- Canadian Museum of Civilization: [www.civilization.ca](http://www.civilization.ca)
- The Canadian War Museum: [www.warmuseum.ca](http://www.warmuseum.ca)
- Rideau Hall: [www.gg.ca](http://www.gg.ca)
- Winterlude (Winter festival): [www.canadascapital.gc.ca/winterlude](http://www.canadascapital.gc.ca/winterlude)

**Libraries:** 33 public library branches serving many neighbourhoods

**Shopping Malls:** 3 major malls including clothing and music stores and fast food eateries

**Movie Theatres:** 5 multiplex

**Public Transit:** Public transit bus and light rail system servicing all Ottawa

**Transit to school may include:** Public bus / School Bus / Walking

#### Average Temperatures: [ ° c ]

Ave	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
High	-7	-5	2	11	18	23	26	24	19	13	4	-4
Low	-16	-14	-7	1	7	12	15	14	9	3	-2	-11