

OTTAWA  
2022



ONTARIO  
SUMMER  
INDIGENOUS  
GAMES

JULY 28-31, 2022

# ATHLETE PACKAGE

#JOURNEYFORWARD

Hosted By



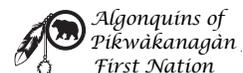
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**OTTAWA  
2022**



**ONTARIO  
SUMMER  
INDIGENOUS  
GAMES**

## **Welcome to the 2022 Ontario Summer Indigenous Games!**

Welcome/Aaniin/Kwey.

On behalf of the 2022 Ontario Summer Indigenous Games (OSIG) Organizing Committee, it is our privilege to welcome you to the City of Ottawa, the unceded traditional territory and ancestral homeland of the Algonquin peoples.



# GAMES GENERAL INFORMATION

The 2022 OSIG will run from Thursday, July 28 to Sunday, July 31 and will feature five of the 14 NAIG sports, including:



**The Games will kick-off with an Opening Ceremony on  
Thursday, July 28 at 6:30 p.m.,  
taking place at University Square located at the University of Ottawa.**

All athletes, chaperones, family members of athletes, and volunteers are welcome to attend. Tickets are not required to attend. This is an outdoor event, with standing room only; in the event of inclement weather the Opening Ceremonies may be moved to an indoor location on campus. Please ensure to check your emails, follow ISWO on social media, or visit <https://osig.iswo.ca/>, for the most up-to-date information.

**Competition will begin on Friday morning.**

Sport schedules can be found on the OSIG website; please note that sport schedules are subject to change, so it's important to always check the online schedule for any updates or changes.

**A community feast will be held on Sunday, July 31 starting at 1:00 p.m.,  
at University Square located at the University of Ottawa.**

Athletes, chaperones, family members, volunteers and OSIG special guests are invited to take part.

**The 2022 OSIG Closing Ceremony will take place on Sunday, July 31 at 2:00 p.m.,  
at University Square located at the University of Ottawa.**

Everyone is welcome to attend.

We look forward to welcoming each of you to the Games, for a weekend full of sport competition, friendship and fun!

We've provided some additional information on everything you need to know, to ensure you have a great experience, while staying safe. Please ensure to read through the following information prior to arriving at the Games.

# ACCOMMODATIONS

## 90U - 90 University Private Ottawa, ON K1N 6N5 Canada

Participants who have registered with an accommodations package will be staying at the 90U Residence at the University of Ottawa, for the duration of the games. All 90U suites are air-conditioned, and include two separate bedrooms with a double bed in each, a kitchenette equipped with microwave, fridge (kitchenware is not included), and a shared private washroom with shower. Units can house a maximum of four people, and include complimentary Wi-Fi, linen and housekeeping services. Floors will be separated by gender and overnight security will be present from 9pm to 9am.

- **Security for 90U Residence includes:**
- **24/7 reception**
- **Key Card access**
- **Guest registry**

You can find more information about the 90U residence building, here: [Residence Website](#).

## Check-in

All athletes are required to check-in, regardless of the package they have purchased. Athlete and chaperone check-in will take place on Thursday starting at 2:00 p.m. and Friday starting at 9:00 a.m. until 9:00 p.m.; check-in will be located at the lobby of 90U on the University of Ottawa campus. For check-in, individuals will need to present one (1) piece of Identification.

Upon check-in, athletes will receive their accreditation badges and swag bags. Athletes who selected the accommodations package, will also receive their meal card (which will need to be shown and punched at every meal by the University of Ottawa dining staff), and room keys. Chaperones who purchased the accommodations plan will also be required to check-in to receive their accreditations, room keys and meals card.

For check out, please go to the front desk and drop off your access card/room key in the key return slot located to the right of the desk.

**Check in: Thursday, July 28 beginning at: 2:00 pm**

**Check out: Sunday, July 31 by 12:00 pm\***

*\*A space will be available to store the luggage of the participants travelling by bus.*

# CHAPERONES

All 2022 OSIG participants under the age of 18, are required to have an adult chaperone accompanying them at all times, when at the 2022 Ontario Summer Indigenous Games. The chaperone may be a parent, guardian or any other adult, that the participants' parent/guardian gives consent to be responsible for their child/ward. Please note that the maximum permissible ratio for youth participants to adult chaperones is 6 to 1.

Chaperones are entirely responsible for the welfare of the youth participants assigned to them. That means that chaperones must accompany youth participants at all times, during competition, on campus and for off-campus events, activities and excursions.

Chaperones who purchased the accommodations package, are required to check-in (in the lobby of 90U) to receive their accreditation, room key and meal card.

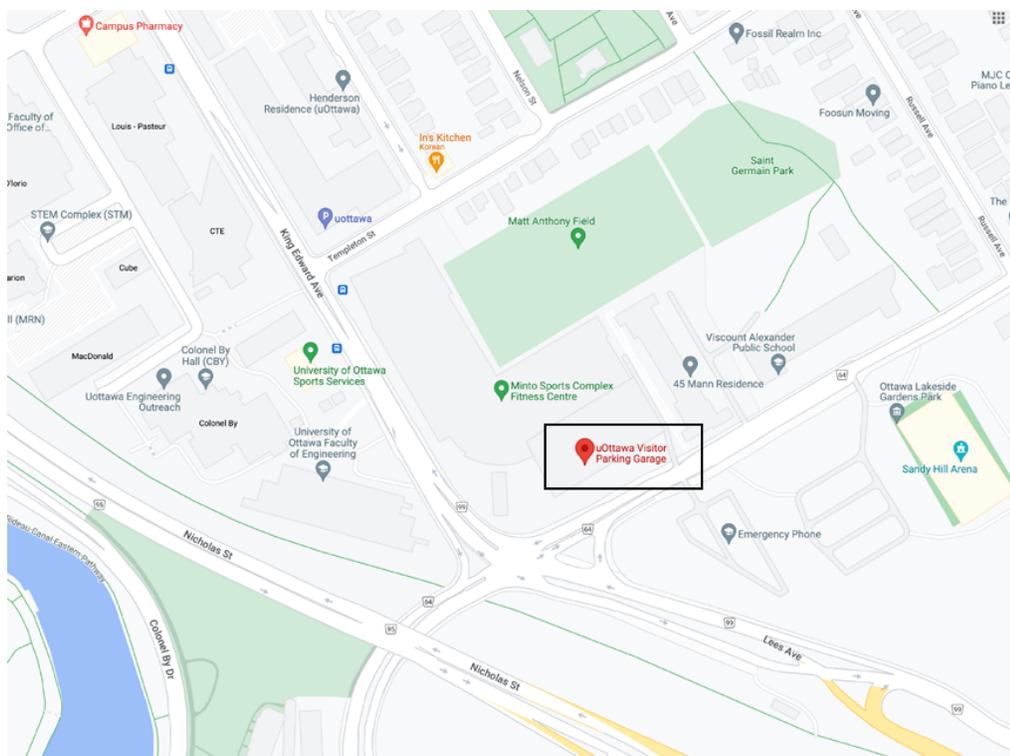
# PARKING

If you are staying on campus at 90U Residence, there is guest parking overnight from 4pm to 10:59am. Individual guests can purchase daily parking in the 90u lobby. Guests can purchase multiple days in advance. If the 90u parking (Lot K) is full, please park at Brooks Garage.

Guests are welcome to park at Brooks Garage located at 100 Thomas More Private. There is an hourly and daily rate for this parking garage. You can pay through the Hotspot app or by credit card.

**Brooks Garage (100 Thomas More Private), HotSpot # 4001**

**Pay & Display available (credit card only), \$5.50/hour with \$17.50 Daily Max**



# ACCREDITATION

While on campus it is essential to carry your accreditation badge identifying you as an athlete or chaperone. When you arrive and check-in, you will receive a badge with your name and photo, which will indicate whether you have access to on-site accommodations, food and transportation.



# MEALS

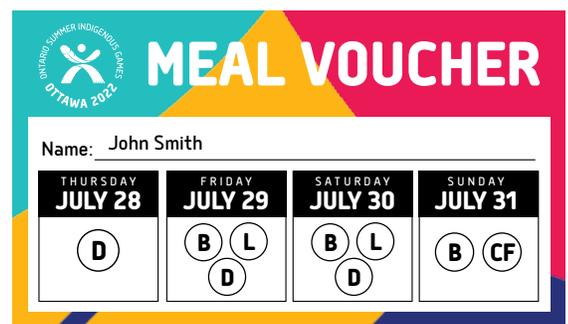
Participants who have registered for the Games with an accommodation and meals package will receive the following meals, at the dining hall at the University of Ottawa:

- **Thursday, July 28 - Dinner**
- **Friday, July 29 - Breakfast, Lunch and Dinner**
- **Saturday, July 30 - Breakfast, Lunch and Dinner**
- **Sunday, July 31 - Breakfast and Community Feast (served in the University Square), for lunch**

Athletes and chaperones will be required to show their meal card to dining hall staff for each meal; dining hall staff will punch the card for the selected meal. Please note that meal cards are not transferable. If you lose your meal card, please come to the OSIG athlete services desk (located in the lobby of 90U), for a replacement card.

Guests are free to visit the Dining Hall at any time during the following hours:

- **Breakfast: 7:00 am to 10:00 am**
- **Lunch: 12 pm to 3pm**
- **Dinner: 6pm to 9pm**



# Dietary Restrictions and Food Allergies

Participants who have indicated food allergies or dietary restrictions will have special meals prepared for them. Meals will be available for pick-up in a designated special foods section of the dining hall.

Athletes and chaperones who have paid for the accommodations and meals package and will be off-site at another venue for lunch will receive a boxed meal to be taken to-go.

**The dining hall can be found in the University Center (UCU) Level 1.**

All diners within the Dining Hall must comply with the following rules:

- ✓ All guests must use hand sanitizer upon entering the Dining Hall.
- ✓ All guests must wear a mask or face covering that covers the nose, mouth, and chin while in the Dining Hall, unless sitting at a table.
- ✓ It's unlimited IN the Dining Hall; we will not tolerate theft of food, dishware, or cutlery.
- ✓ Do not waste. Take what you can eat. Ask for small portions. Taste first. You can always go back for seconds.
- ✓ Please choose either dine-in or takeout using your reusable container, not both. If you fail to comply you will be subject to sanctions.
- ✓ Bring your reusable container if you would like takeout.
- ✓ Emergency exits are for emergencies only.
- ✓ Bring your dishes to the compost station when you are done, and sort your waste
- ✓ No vaping or cannabis products allowed in the Dining Hall.
- ✓ You will not be allowed in the Dining Hall if you are intoxicated.
- ✓ If you feel like eating in your pajamas, that's ok, as long as you are wearing something.
- ✓ Our employees want to give you the best service, give them your respect in return.
- ✓ Keep an eye out for your personal belongings at all times.
- ✓ No outside food, beverages, opened cans/containers are permitted inside the Dining Hall.

Individuals who fail to comply with these Terms and Conditions, or with the general rules, regulations, or directives that apply to entry to and use of the Dining Hall, may be denied entry to the Dining Hall or will be asked to leave. Depending on the severity of the circumstances, such individuals may be subject to further measures or loss of privileges.

# ADDITIONAL EVENTS

## Makerspace

**3D Printing Workshop is available on Friday at 1:00-2:00pm, 2:00-3:00pm, and 3:00pm-4:00pm.**

You must sign up to attend and the Workshops are first come first serve. 30 youth per session.

**The workshops will take place at STEM 117 on the first floor.**

Sign up will take place at the registration/accreditation desk on Thursday, July 28.

## Campus Tours

Explore campus from top to bottom! These 90-minute tours led by student ambassadors will feature some favourite campus locations, including classrooms, study spaces, sports facilities and so much more. You will also be able to ask questions about our programs and life on campus. Tours will take place on Friday and a schedule will be shared with Games participants closer to the event. **Sign up will take place at the registration/accreditation desk on Thursday, July 28.**

## **Mashkawazìwogamig: Indigenous Resource Centre , 145 Séraphin-Marion Private**

Open Thursday, Friday and Saturday from 9 am to 4 pm. Sunday the Centre will be closed.

The Indigenous Resource Centre (IRC) is a culturally safe space which offers a variety of programs and supports designed with First Nations, Inuit and Métis learners in mind. It is a place where youth and their families can take a break from the games, meet your peers or learn from our staff and visiting elders and traditional knowledge keepers.

## **Beach Volleyball Night at Mooney's Bay**

All athletes, chaperones and family members are invited to attend a fun, recreational beach volleyball event at Mooney's Bay Beach on Saturday, July 30 from 6:00 to 8:00 pm. Transportation to and from the event will be provided. Please check the transportation schedule for more details. Alternatively, for families or athletes with their own transportation, parking is available on-site.

Food will be available for purchase on-site.

# SPORTS SCHEDULES

## Thursday July 28, 2022

**Please note:** All athletes (including people not staying on uOttawa campus) will need to check in at the lobby of 90U residence on Thursday between 2-8 PM or Friday between 9 AM - 9 PM.

### Check-in and Opening Ceremonies, University of Ottawa

2:00 PM	Athlete check-in at lobby of 90U Residence on the University of Ottawa campus
6:00 PM	Guests start arriving for Opening Ceremonies at University Square, 136 University Private, Ottawa
6:30 PM	Opening Ceremonies Begin

Indigenous Resource Centre, at 145 Séraphin-Marion Private, University of Ottawa Campus will be open from 9:00 AM to 4:00 PM.



Athletics



Volleyball



Softball



Soccer



Basketball

## Friday July 29, 2022

### Basketball

Montpetit Hall Gymnasium, University of Ottawa, 125 University Private, University of Ottawa

	Court #1	Court #2
8:30-10:00 AM		MU19 Round #1 - Kenhtè:ke Wolves vs. SwishNish
10:15 AM	Bus pickup at uOttawa - Lot K	
10:30-11:30 AM	All Basketball athletes attend Ottawa BlackJacks Practice at TD Place	
11:30 AM	Bus pickup at TD Place	
12:00-1:30 PM		MU19 Round #1 - ISWO #5 vs Martens
1:30-3:00 PM		Female Round #1 - Kenhtè:ke Wolves #1 vs. Swish Nish
3:00-4:30 PM		Female Round #1 - ISWO #7 vs ISWO #8
4:30-6:00 PM	MU16 Round #1 - JPD vs. ISWO #6	MU16 Round #1 - Kenhtè:ke Wolves vs. Swish Nish
6:00-7:30 PM	Female Round #2 - ISWO #8 vs Kenhtè:ke Wolves #2	Female Round #2 - ISWO #7 vs. Swish Nish
7:30-9:00 PM	MU19 Round #2 - SwishNish vs. Martens	MU16 Round #2 - JPD vs. Swish Nish

# Friday July 29, 2022

Soccer	
Matt Anthony Field/Minto Sports Complex, 75 Laurier Ave. E, University of Ottawa	
9:00-10:30 AM	Skill Development with NAIG Staff and Ontario Soccer's Chris Loucks
1:00-2:30 PM	Skill Development with NAIG Staff and Ontario Soccer's Chris Loucks

Softball	
Carlington Park Diamonds, 5A6, 1482 Raven Ave, Ottawa	
12:00 PM	Bus pickup at uOttawa
1:00-2:00 PM	Skill Development with NAIG coaches
2:00-3:00 PM	
3:00-4:00 PM	
4:15 PM	Bus pickup at venue, return to uOttawa

Volleyball		
Montpetit Hall Gymnasium, University of Ottawa, 125 University Private, University of Ottawa		
	Court #1	Court #2
9:00-10:30 AM	U16F Round #1 ISWO #1 vs. ISWO #2	U16F Round #1 Treaty #3 Titans vs. RRFN Thunderbirds
10:30 AM-12:00 PM	U19F Round #1 ISWO #3 vs. Treaty Three Titans	U16M Round #1 Treaty Three Titans vs. Manitou Thunderbirds
12:00-1:30 PM	U19M Round #1 Raiders/ISWO #4 vs. Treaty Three Titans	U16F Round #2 ISWO #1 vs. Treaty Three Titans
1:30-3:00 PM	U16F Round #2 ISWO #2 vs. RRFN Thunderbirds	U19F Round #2 Thundercats vs. Treaty Three Titans
3:00-4:30 PM	U16M Round #2 Manitou Thunderbirds vs. Treaty Three Titans	U19M Round #2 Raiders/ISWO #4 vs. Treaty Three Titans
4:30-6:00 PM	U16F Round #3 ISWO #1 vs. RRFN Thunderbirds	U16F Round #3 ISWO #2 vs. Treaty #3 Titans
6:00-7:30 PM	U19F Round #3 ISWO #3 vs. Thundercats	U16M Round #3 (if needed) Treaty Three Titans vs. Manitou Thunderbirds
7:30-9:00 PM	U19M Round #3 Raiders/ISWO #4 vs. Treaty Three Titans	

Indigenous Resource Centre, at 145 Séraphin-Marion Private, University of Ottawa Campus will be open from 9:00 AM to 4:00 PM

Visit the [Dining Hall](#) at any time during the following hours:

Breakfast: 7 to 10 AM | Lunch: 12 to 3 PM | Dinner: 6 to 9 PM

# Saturday July 30, 2022

## Athletics

**Terry Fox Athletic Complex, 2960 Riverside Drive, Ottawa**

Time	U16 Male	U16 Female	U 19 Male	U 19 Female
7:30	Bus pickup at uOttawa (All athletes)			
8:30-9:00 AM	1500m (Run together)			
9:00-9:45 AM	100m	100m	100m	100m
9:45-10:30 AM	Long Jump x3	High Jump x3	Shot Put x3	Break
10:30-11:15 AM	400m	400m	400m	400m
11:15 AM-12:00 PM		Long Jump	High Jump	Shot Put
12:00-1:00 PM	Lunch			
1:00-1:45 PM	200m	200m	200m	200m
1:45-2:30 PM	Shot Put	Break	Long Jump	High Jump
2:30-3:15 PM	800m	800m	800m	800m
3:15-4:00 PM	High Jump	Shot Put	Break	Long Jump
4:45 PM	Bus pickup at venue, return to uOttawa (All athletes)			

## Basketball

	Court #1	Court #2
9:00-10:30 AM	Female Round #3 - ISWO #7 vs Kenhtè:ke Wolves #2	Female Round #3 -ISWO #8 vs Kenhtè:ke Wolves #1
10:30 AM - 12:00 PM	MU19 Round #2 - Kenhtè:ke Wolves vs. ISWO #5	MU16 Round #2 - Kenhtè:ke Wolves vs. ISWO #6
12:00-1:30 PM	Female Round #4 - ISWO #7 vs Kenhtè:ke Wolves #1	Female Round #4 - Swish Nish vs Kenhtè:ke Wolves #2
1:30-2:30 PM	Ottawa BlackJacks FU16	Ottawa BlackJacks FU16/19
2:30-3:30 PM	Ottawa Blackjacks MU16	Ottawa Blackjacks MU19
3:30-5:00 PM	MU16 Round #3 - ISWO #6 vs. Swish Nish	MU16 Round #3 - Kenhtè:ke Wolves vs. JPD
5:00-6:30 PM	Female Round #5 - Kenhtè:ke Wolves #1 vs. Kenhtè:ke Wolves #2	Female Round #5 - ISWO #8 vs Swish Nish
6:30-8:00	MU19 Round #3 - ISWO #5 vs. SwishNish	MU19 Round #3 Kenhtè:ke Wolves vs Martens

**Indigenous Resource Centre, at 145 Séraphin-Marion Private, University of Ottawa Campus will be open from 9:00 am to 4:00 pm**

Visit the [Dining Hall](#) at any time during the following hours:

Breakfast: [7:00 am to 10:00 am](#) | Lunch: 12 pm to 3pm | Dinner: 6pm to 9pm

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# Saturday July 30, 2022

## Soccer

**Matt Anthony Field/Minto Sports Complex,  
75 Laurier Ave. E, University of Ottawa**

9:00-10:30 AM	Skill Development with NAIG Staff and Ontario Soccer's Chris Loucks
11:00 AM-12:30 PM	Game #1 Team Keir vs Team Vic
Lunch	
1:30-3:00 PM	Game #2 Team Keir vs Team Vic
3:30-5:00 PM	Game #3 Team Keir vs Team Vic

## Softball

**Carlington Park Diamonds,  
5A6, 1482 Raven Ave, Ottawa**

9:30 AM	Bus pickup at uOttawa
10:00-11:30 AM	Game #1 GOATs vs Trappers
12:00-1:30 PM	Game #2 GOATs vs Trappers
2:00-3:30 PM	Game #3 GOATs vs Trappers
4:15 PM	Bus pickup at venue, return to uOttawa

## Volleyball

**Montpetit Hall Gymnasium, University of Ottawa, 125 University Private, University of Ottawa**

	Court #1	Court #2
9:00-10:30 AM	U16F Consolation Game Third vs. Fourth	U19F Championship Game First vs. Second
10:30 AM-12:00 PM	U16F Championship Game First vs. Second	U19M Championship Game First vs. Second
12:00-1:30 PM	U16/19M NAIG Coach Skill Development	
1:30-3:00 PM	U16/19F NAIG Coach Skill Development	
3:00-4:30 PM	Female Championship Round #1.1 U19F 3rd vs. U16F 2nd	Female Championship Round #1.2 U16F Champion vs. U16F 4th
4:30-6:00 PM	Female Championship Round #1.3 U16F 3rd vs U19F 2nd	Male Championship Round #1.1 U19M Champion vs. U16M 2nd
6:00-7:30 PM	Male Championship Round #1.2 U19M 2nd vs. U16M Champion	Female Championship Round #2 Winner G1.1 vs. U19F Champion
7:30-9:00 PM	Female Championship Round #2 Winner G1.2 vs. Winner G1.3	

## Recreational Volleyball Game at Mooney's Bay

5:30 PM	Shuttle Bus pickup from uOttawa
6:00 - 8:00 PM	Recreational - athletes, chaperones and family members invited for a fun game of volleyball at Mooney's Bay
8:30 PM	Shuttle Bus pickup from Mooney's Bay back to uOttawa

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# Sunday July 31, 2022

## Athletics

Terry Fox Athletic Complex, 2960 Riverside Drive, Ottawa

Time	Division	Race
7:30 AM	Bus pickup at uOttawa (All athletes)	
8:00-9:00 AM	Female and Male 19U	5km
9:00-10:00 AM	Female and Male 16U	3km
11:15 AM	Bus pickup at venue, return to uOttawa (All athletes)	

## Basketball

Montpetit Hall Gymnasium, University of Ottawa, 125 University Private, University of Ottawa

	Court #1	Court #2
9:00-10:30 AM	MU16 Championship Game First vs. Second	MU16 Bronze Medal Game Thirds vs. Fourth
10:30 AM -12:00 PM	Female Championship Game First vs. Second	Female Bronze Medal Game Third vs. Fourth
12:00-1:30 PM	MU19 Championship Game First vs. Second	MU19 Bronze Medal Game Third vs. Fourth

## Volleyball

Montpetit Hall Gymnasium, University of Ottawa, 125 University Private, University of Ottawa

	Court #1
9:00-10:30 AM	Male Overall Championship Game
10:30 AM-12:00 PM	Female Overall Championship Game

## Closing Ceremonies, University Square, 136 University Private, Ottawa

12:00 PM	Guest checkout at University of Ottawa
1:00 -3:00 PM	Community Feast and Closing Ceremonies

Guests are free to visit the [Dining Hall](#) at any time during the following hours:

Breakfast: 7:00 am to 10:00 am

Lunch will be a community feast at University Square

# MEDAL CEREMONIES

Medal ceremonies will take place at the sport venue, for each sport, at the end of each competition. For a full schedule of medal presentations, please check the [medal ceremony schedule](#)

## Results

Results will be available via the official 2022 OSIG site: <https://osig.iswo.ca/>. Click on the results button located at the top of the page and navigate to find the results for the sport competition you are looking for.

# ATHLETE CODE OF CONDUCT

1. Exemplify honesty, integrity and fair play no matter what the circumstance.
2. Honor the spirit and the letter of the rules. Promote sportsmanship over gamesmanship.
3. Treat members of your team, other teams, officials, coaches, the audience, volunteers, organizers, and all individuals with respect and dignity.
4. Not engage in or permit profanity or obscene gestures.
5. Not use physical or psychological intimidation or verbal abuse toward players.
6. Not use or consume alcohol, illegal drugs, marijuana (in any form) and tobacco products (including vaping and e-cigarettes) while taking part in the 2022 OSIG.
7. Respect and protect the facilities where you play games or engage in activities sponsored by the host organization. You will report to your parents/coach/chaperone any damage that occurs that you witness. Remember that you are a representative of your community during your stay.
8. Ensure all equipment is treated with respect. Under no circumstances are participants approved to alter or change equipment without prior consent.
9. Understand the rules of the game as appropriate for age and competitive level of the team.
10. Zero tolerance for violence, abuse or hazing of any nature.
11. Not ridicule or yell at a teammate or other participant for making a mistake or losing a competition.
12. Will respect and abide by the instructions from and the decisions of the organizing committee with respect to: concussion protocols; injury decisions including removal from play, reduced or modified participation; safety instructions including implementation of crisis/emergency protocol; and any other safety related situations.

## Consequences

ANY conduct detrimental to the team or individuals on the team, and/or any violation of ISWO policies or guidelines, will present the coach with no option but to enforce the disciplinary actions available to them. These disciplinary actions can include “benching”, ineligibility for games, or even removal from the team. It is agreed that, under the established guidelines, both the player and the parent/guardian/chaperone will accept what the coach feels is appropriate discipline.

**When it is reported in writing that a participant has broken the code of conduct, tournament organizers and officials will investigate and discuss with all parties. Disciplinary actions can include, but are not limited to:**

- Verbal warning by official, head coach, and/or members of the organizing committee.
- Written warning.
- Game suspension with written documentation of incident kept on file.
- Game forfeit through the official or coach.
- Player or Coaching suspension for participation in the tournament.
- Lifetime ban from the 2022 OSIG and ISWO activities.

# COVID-19

COVID case numbers are on the rise. We strongly advise all athletes, chaperones and guests take a rapid test before they arrive. If you test positive or are experiencing symptoms, we ask that you do not attend the Games or any of the events. Masks are mandatory when not participating in competition. There will be hand sanitizer and wipes available at the of the venues; please regularly wash your hands or sanitize as needed. Please check [osig.iswo.ca](http://osig.iswo.ca) for the latest updates and information.

If you develop symptoms or feel ill during the Games, please visit the Athlete Services desk (accompanied by your chaperone), located in the lobby of 90U, so we can perform testing and initiate any procedures required (such as isolation, medical treatment, etc.), if you do test positive for COVID-19.

Individual venues may dictate their own rules and restrictions while on the premises. Please review the following links for the most up-to-date COVID protocols and guidelines, including questions about masking and vaccination status.

[University of Ottawa](#)   [City-owned sports venues](#)



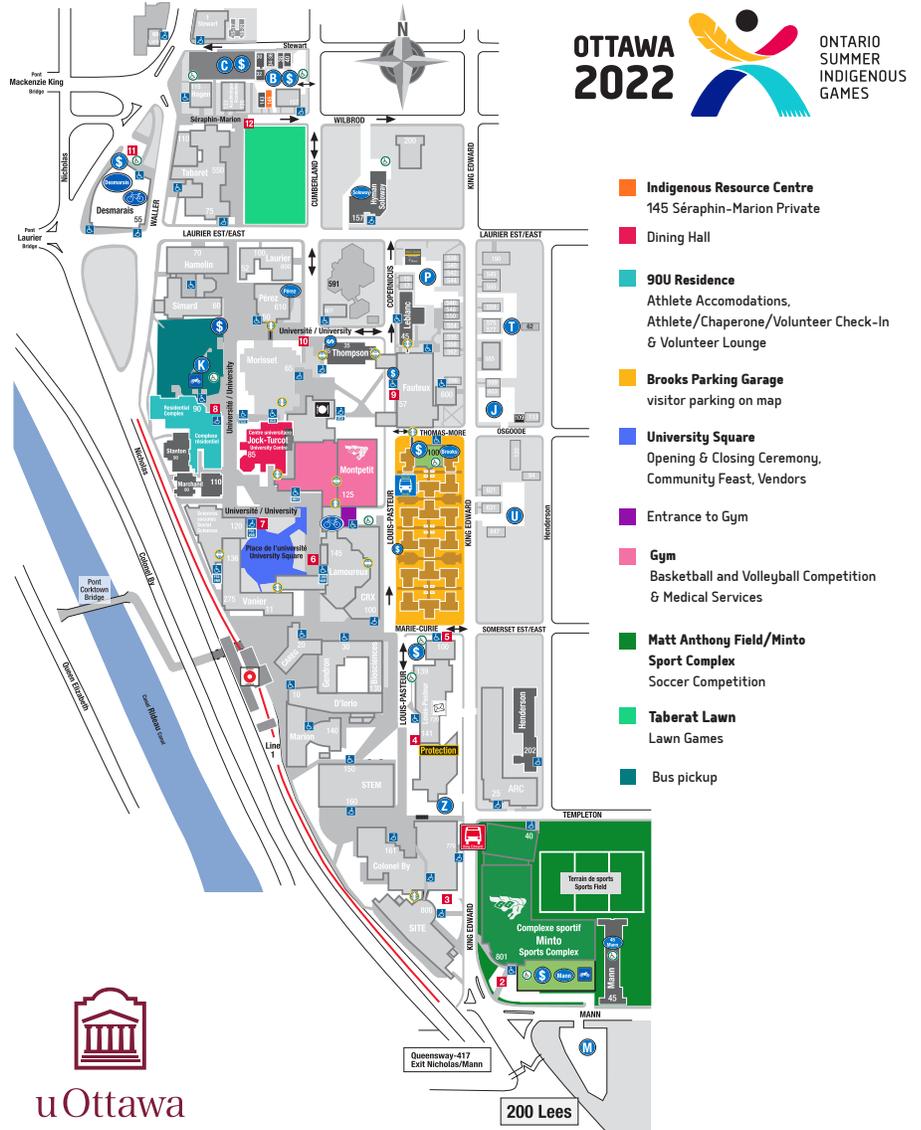
# WHILE IN OTTAWA

## Getting around

Check out the this interactive map online to help you navigate the University of Ottawa Campus. Some notable locations include:

## Other things to do

While you're in Ottawa you may want to take the opportunity to explore all the beautiful attractions the city has to offer. If you're not sure where to start, visit Ottawa Tourism for a list of some of the best activities, shopping, and restaurants to check out, as well as events taking place during your stay.



# Flash your badge

This Delegate Insider Badge grants you and a guest the opportunity to experience the most of Ottawa for less with these incredible discounts. No need to print this passport, simply present your valid event badge at participating businesses to enjoy. Please contact in advance to make a reservation or confirm availability.

## Museums

### Canada Agriculture and Food Museum

Enjoy 50% off an individual admission. This fresh-air experience will awaken your senses as you discover the fascinating world of agriculture and food. Not valid for special exhibitions.

613.991.3044  
[www.ingeniumcanada.org/agriculture](http://www.ingeniumcanada.org/agriculture)  
901 Prince of Wales Drive, Ottawa, ON K2C 3K1

### Canada Science and Technology Museum

Enjoy 50% off an individual admission. A highly digital experience for the whole family – igniting visitors with a passion for science and inspiring the next generation of Canadian innovators. Not valid for special exhibitions.

613.991.3044  
[www.ingeniumcanada.org/scitech](http://www.ingeniumcanada.org/scitech)  
1867 St. Laurent Blvd, Ottawa, ON, K1G 5A3

### Canada Aviation and Space Museum

Enjoy 50% off an individual admission. Explore the history of aviation by touring one of the world's finest collections of military and civilian aircraft. Not valid for special exhibitions.

613.991.3044  
[www.ingeniumcanada.org/aviation](http://www.ingeniumcanada.org/aviation)  
11 Aviation Parkway, Ottawa, ON, K1K 4R3



### Canadian Museum of History

\$2 off adult admission. Cannot be combined with other offers. Present offer at the Museum's Box Office. Must provide a printout of the offer and badge.

819.776.7000 • [www.historymuseum.ca](http://www.historymuseum.ca)  
100 Laurier Street, Gatineau, QC K1A 0M8

### Canadian Museum of Nature

Just minutes from Parliament Hill, the Museum features world class galleries representing Canada's diverse nature.

Enjoy \$2 off general admission per person.

1.800.263.4433 • [www.nature.ca](http://www.nature.ca)  
240 McLeod Street, Ottawa, ON K2P 2R1

### Canadian War Museum

\$2 off adult admission. Cannot be combined with other offers. Present offer at the Museum's Box Office. Must provide a printout of the offer and badge.

819.776.7000 • [www.warmuseum.ca](http://www.warmuseum.ca)  
1 Vimy Place, Ottawa, ON K1A 0M8



### Diefenbunker Museum

\$2 off general admission. Cannot be combined with other offers.

613.839.0007 • [diefenbunker.ca](http://diefenbunker.ca)  
3929 Carp Road, Carp, ON K0A 1L0

### National Gallery of Canada

Two-for-one admission, or 50% off single adult admission. Valid only for the NGC collection. Not valid with any other discounts or promotions.

613.990.1985 • [www.gallery.ca](http://www.gallery.ca)  
380 Sussex Drive, Ottawa, ON K1N 9N4

### Royal Canadian Mint

Purchase one guided tour (adult) at regular price and receive the second admission for free.

613.993.8990 • [www.mint.ca](http://www.mint.ca)  
320 Sussex Drive, Ottawa ON K1A 0G8

## Guided Tours

### Amphibus Lady Dive Inc.

Buy your ticket for a tour on the Amphibus and get 15% off. Valid only if tickets are purchased at kiosk. Not valid on weekends.

613.524.2221 • [www.ladydive.com](http://www.ladydive.com)  
Corner of Sparks St. and Elgin St., Ottawa, ON K1A 0R2

### Escape Tours & Rentals

10% off any paddleboard, kayak, or canoe rental.

343-988-7407 • [www.locationsescape.ca](http://www.locationsescape.ca)  
Jacques-Cartier Park  
(160 rue Laurier, Gatineau, QC, J8X 3W9)

### Escape Bicycle Tours and Rentals

10% off any guided sightseeing bicycle tour and bicycle rental.

613.608.7407 • [escapebicycletours.ca](http://escapebicycletours.ca)  
65 Sparks Street, Ottawa, ON K1P 5A5

### Grayline Ottawa

Buy your ticket for a 1-day guided city tour with hop on & off services on a double decker bus and get 20% off. Valid only if tickets are purchased at kiosk. Not valid on long weekends.

613.562.9090 • [www.grayline.com/ottawa](http://www.grayline.com/ottawa)  
Corner of Sparks St. and Elgin St., Ottawa, ON K1A 0R2

### Haunted Walks Inc.

Enjoy a 15% discount as you join a spine-tingling tour of Ottawa's ghost stories and darker past. Not valid for investigations or special events.

613.232.0344 • [www.hauntedwalk.com](http://www.hauntedwalk.com)  
46 1/2 Sparks Street, Ottawa, ON, K1P 5A8

## Other Musts

### Au feel de l'eau

Enjoy a ride on the electric Aqua-Taxi. Buy your ticket and get the second one at 50% off.

819.329.2413 • [www.aufeeldeleau.ca](http://www.aufeeldeleau.ca)  
At the base of the Ottawa Locks, Ottawa ON

### Casino du Lac-Leamy

\$15 in slot machine promotional gaming credits per person. Photo ID required. Open 24/7. Must be 18+

819.772.2100 • [casinolacleamy.ca](http://casinolacleamy.ca)  
1 Boulevard du Casino, Gatineau, QC J8Y 6W3

## Restaurants *(Reservations may be required)*

### Blue Cactus Bar and Grill

15% off all regularly priced menu items.

613.241.7061 • [www.bluecactusbarandgrill.com](http://www.bluecactusbarandgrill.com)  
2 ByWard Market Square, Ottawa, ON K1N 7A1

### Courtyard Restaurant

Situated in a gorgeous old-stone walled building, Courtyard Restaurant is the perfect mix of modern sophistication and old-world charm. 10% off all food items for two guests.

613.241.1516 • [www.courtyardrestaurant.com](http://www.courtyardrestaurant.com)  
21 George Street, Ottawa, ON K1N 8W5

### Grill 41

15% discount on food and beverage. Come enjoy our grill flavours with an extensive selection of wines.

613.569.2126 • [www.grill41.ca](http://www.grill41.ca)  
100 Elgin Street, Ottawa ON

### Zak's Diner Elgin Street

Enjoy a 15% discount at Ottawa's diner since 1986. All day breakfast, lunch & dinner. Burgers, shakes & poutine.

613.421.0038 • [www.eatatzaks.com](http://www.eatatzaks.com)  
220 Elgin St, Ottawa, ON

### Zak's Diner ByWard Market

Enjoy a 15% discount at Ottawa's diner since 1986. All day breakfast, lunch & dinner. Burgers, shakes & poutine.

613.241.2401 • [www.eatatzaks.com](http://www.eatatzaks.com)  
14 ByWard Market, Ottawa, ON K1N 7A1

### The Grand Pizzeria & Bar

Enjoy 15% off. Italian restaurant: wood fired pizza, house made pasta, vegan, lactose free & glutenfriendly options.

613.244.9995 • [www.thegrandpizzeria.com](http://www.thegrandpizzeria.com)  
74 George Street, Ottawa, ON K1N 5W1

### Holtz Spa

Enjoy \$50 off a Holtz Signature Body Treatment or Full Body Pedicure. Sacred sounds and enticing aromas invite you to leave your stress at the door. The luxurious Holtz Spa offers total health and wellness with treatments designed to create harmony of body, mind and spirit.

613.241.7770 • [www.holtzspa.com](http://www.holtzspa.com)  
135 Rideau Street, Ottawa, ON K1N 5X4

### Jigsaw Escape Rooms

Receive 20% off your escape. Cannot be combined with any other offers.

613.422.6542 • [jigsawescape.com](http://jigsawescape.com)  
12 ByWard Market Square, Unit 2

### Metropolitain Brasserie

Enjoy a 15% discount. Authentic Parisian brasserie, serving lunch, dinner, late supper & weekend brunch.

613.562.1160 • [www.metropolitainbrasserie.com](http://www.metropolitainbrasserie.com)  
700 Sussex Dr. Ottawa, Ontario K1N 1K4

### Apothecary Lounge

Our name is a nod to medicinal cures of which bitters, tonics and spirits all play a role. At Apothecary we believe in using real botanicals, house made syrups & tinctures, to heal the body, mind and soul - in a speakeasy vibe. 15% off bill, cannot be combined with any other promotions or discounts.

613.421.082054 • [www.apothecarylounge.ca](http://www.apothecarylounge.ca)  
54 York St, Ottawa, ON

### Starling

Say hello to Ottawa's new concept which elevates any night out with hand-crafted cocktails & a refreshing, modern menu that draws inspiration from bold flavors & fresh ingredients. Nested in one of Ottawa's oldest buildings, in one of the busiest corners of the ByWard Market. 15% off bill, cannot be combined with any other promotions or discounts.

613.421.0820 • [www.starlingottawa.ca](http://www.starlingottawa.ca)  
54 York St, Ottawa, ON

### Rooftop at York on William

Cocktails, brews and bites with a view. With panoramic views of the shimmering ByWard Market, colorful handcrafted cocktails, tapas & a bold music lineup, rooftop is the perfect blend of scene and serene. 15% off bill, cannot be combined with any other promotions or discounts.

613.421.0820 • [www.starlingottawa.ca](http://www.starlingottawa.ca)  
54 York St, Ottawa, ON

### Ottawa Yacht Tours

20% discount towards any of our regularly scheduled daily tours, which run Wed to Sun until Oct 15, 2022.

Daily tours are: 11:30AM-1:30PM with lunch; 2:00-3:30PM; 4:00-5:30PM, 1.5 hr Sunset (starts 30 min before sun sets); 1-hr Nocturnal (starts 15 min after sunset tour ends).

343.550.0175 • [www.ottawayacht.ca](http://www.ottawayacht.ca)  
Pick-ups and drop-offs at the Jacques Cartier Marina, across the street from 883 rue Jacques Cartier, Point Gatineau, Gatineau. 24-hour parking at Point Gatineau and paid parking in Hull.

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