

MY vacation JOURNAL

July
FAMILY
month in
the Outaouais
Region!

OUTAOUAIS

outaouaistourism.com



MY SUMMER vacation in the OUTAOUAIS REGION

Draw a picture or include a photo that sums up your visit to the Outaouais region.

This notebook belongs to:

Where I stayed:

What I learned:

When I laughed the most:

Write about something that happened during your visit to the Outaouais region:

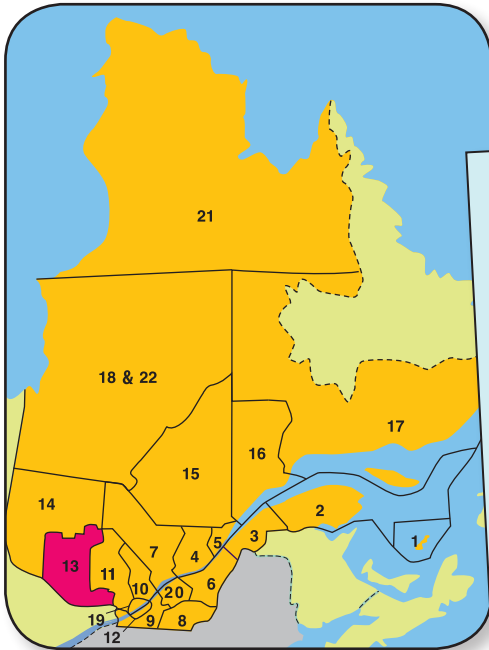
Next time I'm in the Outaouais region, I plan to visit:

On the suitcase, write the places you visited.

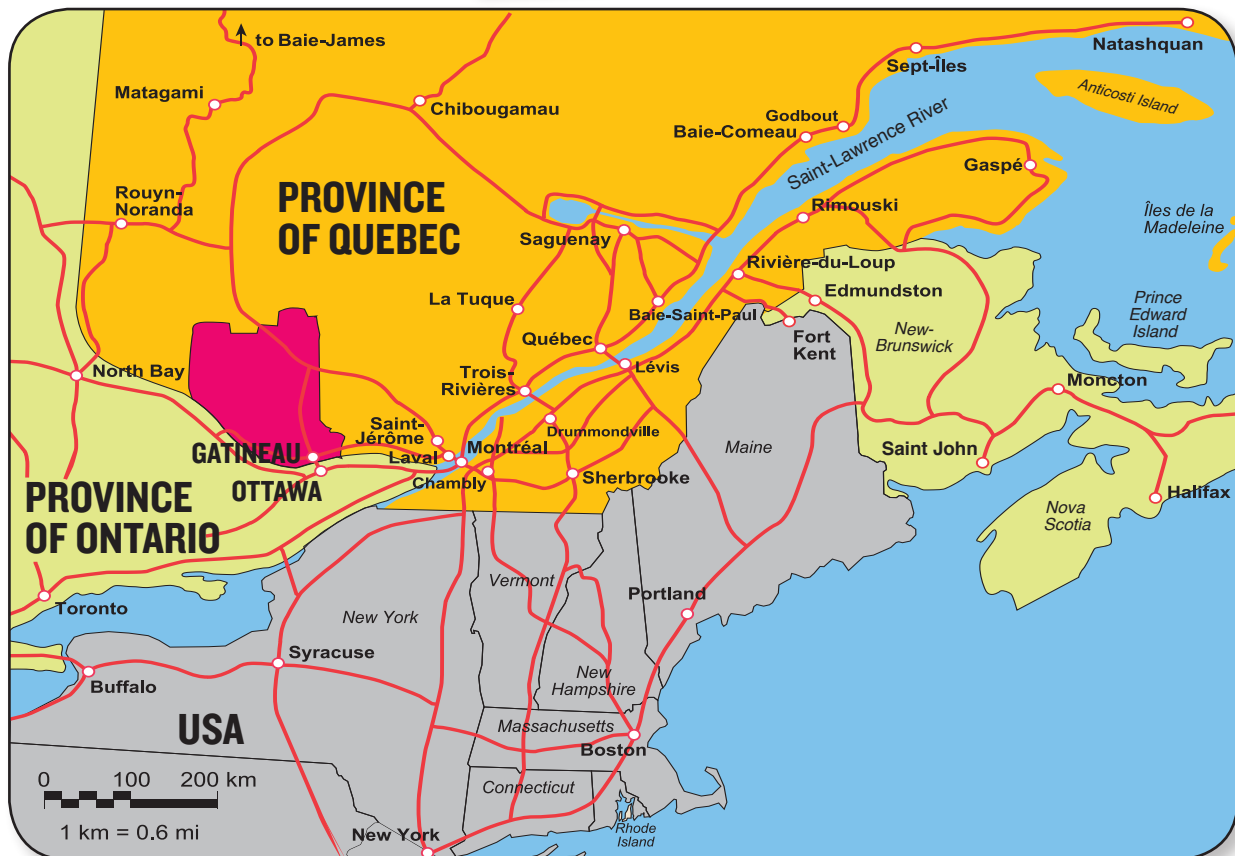


Where are YOU FROM?

Locate on the map below where you're from and where you are right now.



- | | |
|-------------------------|-------------------------------|
| 1- Îles-de-la-Madeleine | 12- Montréal |
| 2- Gaspésie | 13- OUTAOUAIS |
| 3- Bas-Saint-Laurent | 14- Abitibi-Témiscamingue |
| 4- Québec | 15- Saguenay - Lac-Saint-Jean |
| 5- Charlevoix | 16- Manicouagan |
| 6- Chaudière-Appalaches | 17- Duplessis |
| 7- Mauricie | 18- Baie-James |
| 8- Eastern Townships | 19- Laval |
| 9- Montérégie | 20- Centre-du-Québec |
| 10- Lanaudière | 21- Nunavik |
| 11- Laurentians | 22- Eeyou Istchee |



g“QUIZ” THOSE bRAIN CELLS

Test your knowledge and find the answers using the Outaouais Tourist Guide. Turn to page 15 to check your answers.

1. How many kilometres of urban bike paths and lanes are in Gatineau-Ottawa? _____

2. Where is the Casino Sound of Light shown? _____

3. WHO DOES WHAT? Match the keywords with their corresponding attractions.

Zip line ●

Electric motorcycle ●

Gatineau Park ●

16 waterslides ●

Rock climbing facility ●

Cave ●

iPad ●

Climbing theme park ●

18-hole ●

Waterfalls ●

Dunn-D's Mini-Golf



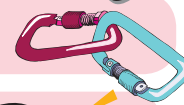
Explora Geo-Rallye



Mont Cascades Waterpark



Altitude Gym



Arbraska Lafèche



4. TRUE OR FALSE – In the Pontiac, you can explore the area by bicycle along Cycloparc PPJ, a trail built on the old Pontiac Pacific Junction railroad tracks. _____

5. What is the name of the 4-season vacation resort, where you can find a 2 km beach, in the Outaouais region? _____

6. TRUE OR FALSE – The Chelsea Pub is open only for dinner. _____

7. In what year was the Manoir Papineau built? _____

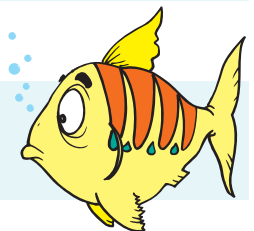
8. Do you like swimming in a lake? How many lakes are there in the Outaouais region?

A. 22 lakes

B. 20,000 lakes

C. 220 lakes

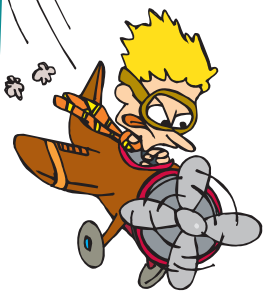
D. 200,000 lakes



9. What source of energy does Au feel de l'eau's Aqua Taxi use? _____

10. TRUE OR FALSE – At Horizon X Rafting, children over 40 lbs. can join a family rafting expedition on the Ottawa River. _____

11. Match the keywords below with their corresponding museums. Write the letter of the museum in the circle.



Canadian Children's Museum

A. Canadian Museum of Nature

Find seven life-sized dinosaurs

B. National Gallery of Canada

A supersonic aircraft

C. Canadian War Museum

The world's largest collection of Canadian art

D. Canadian Museum of History

12. At Eco-Odyssée, besides navigating a water maze in a pedal boat, you can discover the habitat of what animal? _____

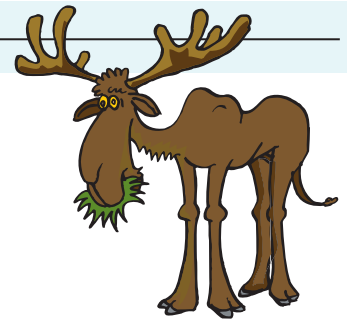
13. Where can you find several interpretation centres to learn about forest fire prevention, white-tailed deer, and Aboriginal culture?

- A. Pontiac
- B. Vallée-de-la-Gatineau
- C. Gatineau
- D. Petite-Nation La Lièvre

14. How much does it cost to visit the Rapides-Farmer Generating Station? _____

15. Which one doesn't belong? At Parc Oméga, you can see:

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Bears | <input type="checkbox"/> Giraffes |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Elk |
| <input type="checkbox"/> Fallow deer | <input type="checkbox"/> Wolves |
| <input type="checkbox"/> Boars | <input type="checkbox"/> White-tailed deer |



16. Bayou-Outaouais offers a unique airboat adventure. On what body of water do they operate?

- A. McLaurin Bay
- B. Rideau Canal
- C. Gatineau River
- D. Ottawa River

17. **TRUE OR FALSE** – Covered bridges have a roof because in the olden days people didn't want to shovel snow off them. _____

18. The Fairmont Le Château Montebello is built mostly out of:

- A. Wood
- B. Concrete
- C. Brick
- D. Straw

19. Where can you see a sound and light show that takes you on an unforgettable trip through Canadian landscapes, history and culture? _____

20. Camp Fortune has expanded its aerial park and added a free fall air bag jump! How high is the tower from which you jump?

- A. 28 ft
- B. 34 ft
- C. 40 ft
- D. All the answers

WORD SEARCH

Find and circle the words in the grid below, and use the leftover letters to spell the mystery word!



Adventure
Agriculture
Airplane
Aquatic
Artefact
Beaver
Buffalo
Cars
Climbing

Collection
Dinosaur
Elk
Estate
History
Hotel
Hydroelectric
Innovation
iPad

Maze
Military
Minigolf
Night
Period
Pub
Pyramid
Pyrotechnical

Rally
Sand
Sun
Theatre
Vegetable
Water
Wood
World

H	Y	D	R	O	E	L	E	C	T	R	I	C	Y	T
C	M	A	E	W	O	R	L	D	P	R	H	A	R	H
A	I	P	V	E	L	K	F	N	Y	E	O	I	O	E
R	L	I	A	A	S	U	N	I	R	T	T	R	T	A
S	I	M	E	W	O	O	D	G	A	A	E	P	S	T
V	T	T	B	M	A	Z	E	H	M	W	L	L	I	R
E	A	C	O	L	L	E	C	T	I	O	N	A	H	E
G	R	A	S	P	E	R	I	O	D	I	L	N	M	R
E	Y	F	A	B	U	F	F	A	L	O	Y	E	I	U
T	L	E	N	I	N	N	O	V	A	T	I	O	N	A
A	L	T	D	A	D	V	E	N	T	U	R	E	I	S
B	A	R	P	U	B	C	L	I	M	B	I	N	G	O
L	R	A	G	R	I	C	U	L	T	U	R	E	O	N
E	S	T	A	T	E	A	Q	U	A	T	I	C	L	I
P	Y	R	O	T	E	C	H	N	I	C	A	L	F	D

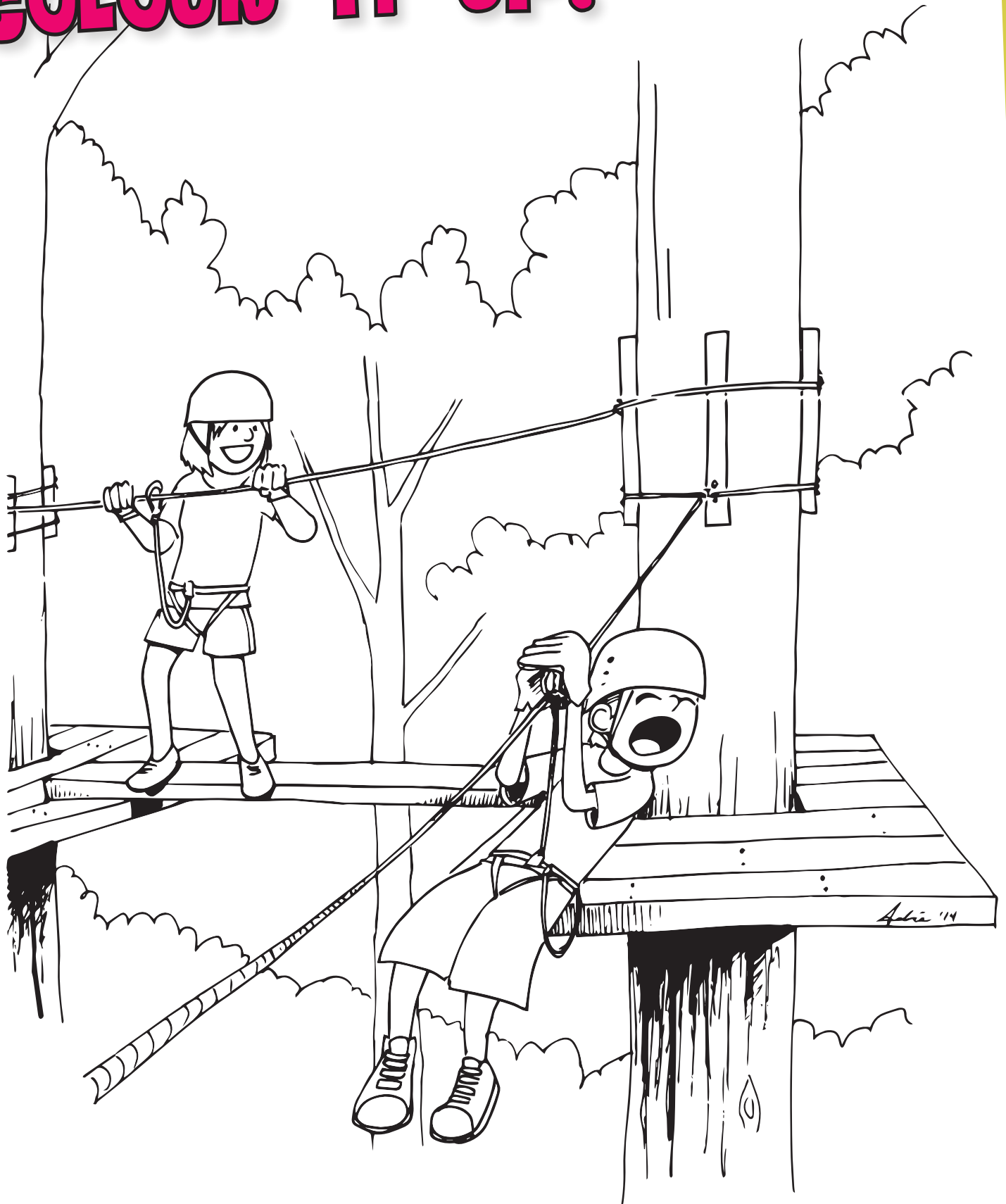


What's Wrong With This Picture?

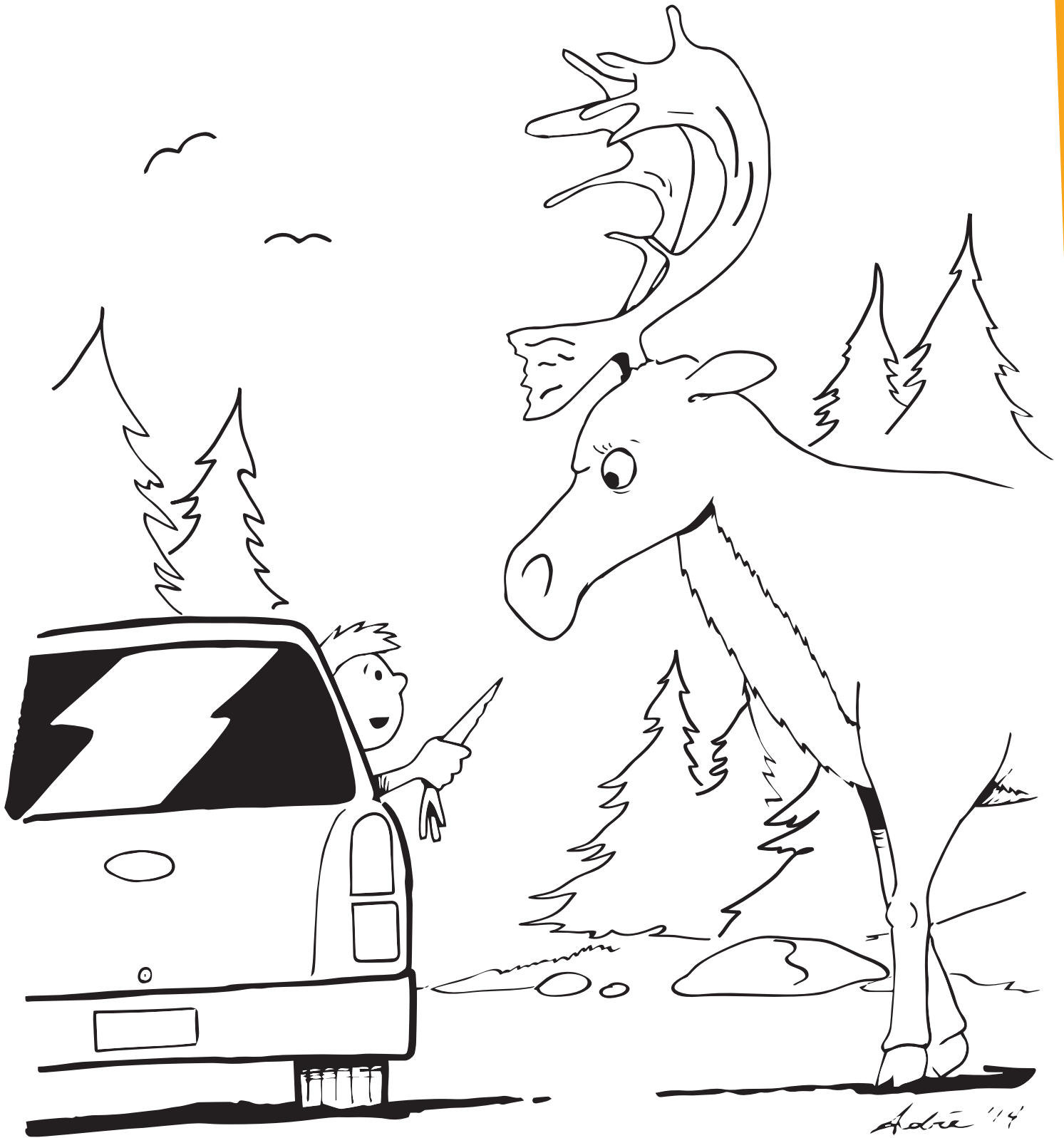
Find the 7 mistakes
in the second picture, then
have fun colouring it in.



IT'S YOUR MOVE...
COLOUR IT UP!







Adria '14



EVERYTHING BUT...

In each category, find the one thing you can't see or do in the Outaouais region.

Things to do in the Outaouais region

- Visit an animal park
- Go whale watching
- Via Ferrata climbing experience
- Visit the region in helicopter
- Go ziplining
- Enjoy a picnic at Gatineau Park
- Sight of migrating birds
- Visit a controlled harvesting zone (ZEC)
- Going rafting with your family

Brain-boosting fun

- Canadian Children's Museum
- Canadian Museum of Nature
- Canadian Museum of History
- Louvre Museum
- Canadian War Museum
- National Gallery of Canada

Places to stay

- Best Western Plus Gatineau-Ottawa
- Fairmont Le Château Montebello
- Arctic igloo
- Motel Chevalier
- Ramada Plaza Manoir du Casino
- Four Points by Sheraton Gatineau-Ottawa
- Crowne Plaza Gatineau-Ottawa
- Motel Adam
- Les Suites Victoria

Places to eat



Potager
Eardley



Biscotti
et cie



Chelsea
Pub



Buffet des
continents



Rôtisserie
St-Hubert



Le BBQ
Shop



Jean-Georges
of New York

History, culture and heritage

- Mackenzie-King Estate
- Arbraska Lafèche
- Manoir Papineau National Historic Site
- Eiffel Tower
- Rapides-Farmer Generating Station

Must-see events and festivals in the Outaouais region

- Casino du Lac-Leamy Sound of Light
- Wonders of Sand
- Northern Lights
- TWIST Fibre Festival
- Dolbeau-Mistassini Blueberry Festival
- Rouge fm Outdoor Movie Nights

PJs and fun

- Mon Petit Chum B&B
- Centre touristique du Lac-Simon
- In the desert
- Centre touristique La Petite Rouge
- Réserve faunique Papineau-Labelle
- Auberge Montebello
- Parc Oméga

RIDDLE ME THIS!

Guess the mystery word from the clues below.



1. What goes up and down without moving?

2. What can bring back the dead, make us cry, make us laugh, make us young, born in an instant yet lasts a lifetime?

3. At the Mackenzie King Estate, what begins with T, ends with T and has T in it?

4. What bone has a sense of humour?

5. What is put on a table, cut, but never eaten?

6. What always runs but never walks, often murmurs but never talks, has a bed but never sleeps, has a mouth but never eats?

7. What is yours but your friends use it more than you do?

8. What loses its head in the morning but gets it back at night?

9. Never resting, never still. Moving silently from hill to hill. It does not walk, run or trot. All is cool where it is not.

10. What has cities without houses, rivers without water, and forests without trees?

11. Which month has 28 days in it?

12. What rains at the north pole?

ANSWERS

WORD SEARCH

SOLUTION: Family

D-CODE THIS?

SOLUTION: Lest We Forget / N'oublions jamais

EVERYTHING BUT...

THINGS TO DO IN THE OUTAOUAIS REGION: Go whale watching

BRAIN-BOOSTING FUN: Louvre Museum

PLACES TO STAY: Arctic igloo

PLACES TO EAT: Jean-Georges of New York

HISTORY, CULTURE AND HERITAGE: Eiffel Tower

MUST-SEE EVENTS AND FESTIVALS IN THE OUTAOUAIS REGION:

Dolbeau-Mistassini Blueberry Festival

PJS AND FUN: In the desert

WHAT'S WRONG WITH THIS PICTURE?



RIDDLE ME THIS!

- | | | |
|----------------|---------------------|---------------------------------------|
| 1- TEMPERATURE | 6- THE OTTAWA RIVER | 10- A ROAD MAP |
| 2- MEMORIES | 7- YOUR NAME | 11- ALL MONTHS IN A YEAR HAVE 28 DAYS |
| 3- A TEAPOT | 8- PILLOW | 12- REINDEER |
| 4- HUMERUS | 9- SUNSHINE | |
| 5- CARDS | | |

S"QUIZ" THOSE BRAIN CELLS

- 1- **600 KILOMETRES.** The Outaouais region has also more than 200 kilometres of trails winding through unspoiled parkland and natural areas.
- 2- On the Ottawa River, behind the **CANADIAN MUSEUM OF HISTORY.**
- 3- At **ARBRASKA LAFLECHE Cave** and Aerial Park, you can take a **Zip line** among the treetops or explore a mysterious cave, the Lafleche Cave.
DUNN-D'S MINI-GOLF offers an **18-hole** course in **Gatineau Park**. Look for the little shortcuts along the way!
At **EXPLORA GEO-RALLYE**, go on a discovery adventure at the wheel of an **electric motorcycle** equipped with an **iPad**. Are you up to the challenge?
At **MONT CASCADES WATERPARK**, you'll find **16 waterslides** and several **waterfalls**. Don't forget your bathing suit!
ALTITUDE GYM is a unique indoor **rock climbing** facility, as well as an action-packed indoor **climbing theme park** that's popular with very young climbers.
- 4- **TRUE.** Cycloparc PPJ it's a 92 km crushed stone bike path in the Pontiac.
- 5- **CENTRE TOURISTIQUE DU LAC-SIMON.** In summer, you'll find clear waters and fine warm sand: a real taste of the south! You can enjoy your favourite water sports on the huge lake and explore their new games: trampoline, climbing games, 5 slides and much more!
- 6- **FALSE.** The Chelsea Pub is open for lunch and dinner, and there's even a play area on the outdoor patio where you can have fun after your meal.
- 7- **1850.** This stately manor was built by Louis-Joseph Papineau, a famous politician. If you visit the Manoir-Papineau National Historic Site, check out the Parks Canada Xplorers activities and take a "**selfie**" to record your achievements!
- 8- **B - 20,000 LAKES**
- 9- **ELECTRICITY.** Au feel de l'eau's boats are environmentally friendly as they require electricity.
- 10- **TRUE.** At Horizon X Rafting, you can enjoy rafting with your family!
- 11- Canadian Children's Museum = **D** • Canadian Museum of History // Find seven life-sized dinosaurs = **A** • Canadian Museum of Nature // A supersonic aircraft = **C** • Canadian War Museum // The world's largest collection of Canadian art = **B** • National Gallery of Canada
- 12- **THE BEAVER.** At Eco-Odyssée, once you've picked up a compass and an information booklet about local plants and animals, you're all set to explore the water labyrinth! Don't worry: if you take a wrong turn, you can use a walkie-talkie to find the exit.
- 13- **B - VALLÉE-DE-LA-GATINEAU**
- 14- **\$0**, the admission is free. You will be fascinated by the history, the hydroelectric facilities and the enchanting setting of this river-run power station, which has been in operation since 1927.
- 15- **GIRAFFES.** At Parc Oméga you can also see Alpine ibex, birds, reindeer, Arctic foxes and more. If you're lucky, you'll meet Brume the moose and his best friend Copain the goat.
- 16- **A - MCLAURIN BAY!** On this airboat trek, you'll spot all kinds of birds, aquatic mammals, turtles, bullfrogs and you'll discover the lush flora of the Outaouais' wetlands.
- 17- **FALSE.** In fact, years ago, snow was shovelled onto covered bridges and packed down so that horse-drawn sleighs could glide through. The roof kept out the rain and protected the covered roadway from bad weather so that it could be used all year round. During your stay, you might catch a glimpse of the magnificent Félix-Gabriel-Marchand bridge in Mansfield-et-Pontefract.
- 18- **A - WOOD—LOTS AND LOTS OF WOOD!** The Fairmont Le Château Montebello was built in less than three months, using nearly 10,000 red cedar logs. This was quite a feat in 1930, when they didn't have the construction equipment we have today!
- 19- **ON PARLIAMENT HILL.** Don't miss this free, bilingual evening show, from July to the beginning of September.
- 20- **D - ALL THE ANSWERS**



#OUTAOUAISFUN