

101 Things to do in the Valley!

The Ottawa Valley has been featured in prominent media throughout the world as a spectacular destination. And indeed, this region is home to many historic, recreational and natural wonders that are found nowhere else on the planet.

The Ottawa Valley holds the title as the Whitewater Capital of Canada, and the Ordovician Fossil Capital of Canada. The area is the birthplace of many famed Canadians, is located along a future Heritage River of the Canadian Heritage River systems and has an ethnic diversity that keeps our music and arts cultural offerings a unique aspect of our tourism agenda.

In addition to attractions, festivals and events, the area has tremendous support from tourism-supporting businesses. These include incredible eateries and accommodations, unique shops and natural parks that add to the flavour of the Valley's hospitality.

And, if you're lucky enough to live here...get out and explore your Ottawa Valley. You might be surprised how much you see for the first time!

What You Should Know About the List!

This list has been organized to include events in certain months, as well as things you can do all summer long, and things you can do all year long. The list is posted at www.ovbusiness.com.

July Events

NUMBER 1

July 23-26

Mattawa Voyageur Days. Thu: local and regional talent. Fri: Larry Berrio, Adam Gregory, Terri Clark. Sat: 54/40, Haywire, Sass Jordon, Trooper, Loverboy. Sun: Blue grass Concert. Sun Nite: Carl Dixon & Dennis De Young and fireworks!
Phone: 705-744-0222

Toll Free: 800-267-4222

NUMBER 2

July 24-26

Beachburg Fair. Midway, exhibit hall, bingo, ag shows, arts and crafts. Fri: demo derby, music by Upstream Dave. Sat: antique car show, horse pull, pet show, Circus Johnathan, The Fran Band, The Brysonaires, Beef

BBQ. Sun: open air church service, chicken BBQ, The Bowes Brothers.

NUMBER 3

July 25

Carmen Greer Memorial Ride for CHEO. Motorcycle ride in the Valley. Departs from Home Hardware in Cobden. Poker run hands: \$20. The general public is welcome to join us throughout the day and for the BBQ.
Phone: 613-646-7736

NUMBER 4

July 26

Come to Almonte for Herbfest. A must attend event for those interested in herbs, gardening, cooking and living a healthy lifestyle. Activities for the whole family. Amazing range of vendors. Savour the food fair. Beer garden.
www.Herbfest.ca
Phone: 613-256-0228

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NUMBER 5**July 29**

Bonnechere Authors Festival 2009. Novelist Priscila Uppal reads from *To Whom It May Concern* at St. James Church Hall, 78 Wellington Street in Eganville. 7:30pm. Tickets \$15. Literacy Plus fundraiser. Phone: 613-754-2137

NUMBER 6**July 30**

10:00am-3:00pm. "Meet the Researcher" Day at the East Beach Picnic Pavilion (South from km 35.4). The Friends of Algonquin Park charity barbecue from 12-2pm. Come get a privileged look at some of the topics and results of current research being conducted here and meet some of the people doing the work.

NUMBER 7**July 31**

6th Annual Riverside Jam in Carleton Place. The Diamond Foundation is pleased to present some of the best entertainment Country Music has to offer. Many beautiful camping sites, food & craft concessions, a midway and a licensed refreshment area. Phone: 613-282-9262
www.riversidejam.ca

NUMBER 8**July 31**

Keeping Watch: World in Motion: 3rd Annual ECO PULSE Summer Youth Conference focusing on environmental issues, social justice and cultural awareness. Action packed weekend at the Marguerite Centre in Pembroke. July 31 at 3pm to August 2 at 2pm. Youth ages 13-19. \$40 for weekend. \$20 additional family member.

Jul./Aug. Events**NUMBER 9****July 24-25, 30-31 & August 1**

The Deep River Musical Society production of "Seussical the Musical" at Childs Auditorium in Mackenzie High School. Tickets are now on sale at Monica's Pantry. Phone: 613-584-4252

NUMBER 10**July 24 to October 9**

Barry's Bay Farmer's Market. Every Friday. Fresh local produce, baking, meats, crafts, maple syrup and more. At the Railway Station Park. Phone: 613-756-5885

NUMBER 11**July 26, August 9, 23**

Arnprior Concerts in the Park. Located at Robert Simpson Park in Arnprior. 2:00pm-4:00pm. Live entertainment in the Park. No Charge. BBQ by local Service Clubs. Bring your lawn chair and, picnic basket and enjoy the live music, Splash Pad, supervised swim area, Playground. Phone: 613-623 7301

NUMBER 12**July 31 - August 2**

Carleton Place Fair. Crafts, midway. Fri: Brock Zeman, Ambush, The Wilkinsons. Sat: McMunn Music, Freddy Dixon, Keith Glass, Doc Walker. Sun: Mick Armitage Band, Mississippi Girls, Gail Gavan, Louis Schryer, Bowes Brothers and Terri Clark.

NUMBER 13**July 29, August 5, 12 & 19**

Backyard History Day Camps. A whole day of games, crafts, special guests and activities and even a few off-site visits and hikes. Heritage House Museum in Smiths Falls. For kids 6-12 years. 9:30am-3:30pm. \$25 per child per day. Phone: 613-283-8560
heritagehouse@smithsfalls.ca

NUMBER 14**July and August**

The Barry's Bay Railway Station is a visitor information centre, Railway Museum and South of 60 Arts Centre. Please visit, phone or look at our website for more information about exhibitions, music events, art events, art workshops for adults and kids. New this year is Dance Week (August 17-21). Open daily 10am to 6pm. Open until 9pm on Fridays in July and August. Phone: 613-756-5885
www.southof60.com
www.madawaskavalley.on.ca

August Events**NUMBER 15****August 1**

4th Annual Bridge St. Bazaar. Find a world of treasures in downtown Carleton Place - exquisite dining, unique shops and a beautiful history. Don't miss the summer extravaganza, the BIA's 4th Annual Bridge St. Bazaar on Saturday, August 1, where 150+ artisans, musicians, and food vendors join to showcase the heart of Carleton Place. Phone: 613-257-8049
cmcormond@carletonplace.ca
downtowncarletonplace.com.

NUMBER 16**August 1**

Petawawa Yacht Club Annual Poker Run. \$15/hand includes one BBQ ticket. All watercraft welcome including canoes & kayaks. 11:30am-1:00pm (registration). Poker hands to be turned in at the Jubilee Lodge by 5:00pm. BBQ and Prizes to follow. Extra BBQ tickets: \$7/person. Sausages on a Bun, Hamburgers, Salads. Phone: 613-735-3716

NUMBER 17**August 1**

Nicolette Lagace will be playing at the Killaloe Lion's Hall, 18 Lake Street in Killaloe, 8:30pm. Licensed event. Food available. \$10 cover. Parking behind building.

NUMBER 18**August 1**

Spirits Night at Bonnechere Provincial Park. Once each summer the spirits of the folks who once lived and worked along the banks of the Little Bonnechere revisit this land. Hear their stories and learn more about the characters who called this place home. Phone: 613-757-2103

NUMBER 19**August 1-2**

28th Annual Art and Craft Show. Held at Millennium Park in Bancroft. Presented by the Bancroft Art and Craft Guild. Join us for a great day. Phone: 613-338-5431

NUMBER 20**August 1**

Videos for Kids - free showing at White Lake United Church. Disney's WALL-E at 2:00pm.

NUMBER 21**August 1, 8, 15, 22**

Children's anti-bullying sessions at the Horton Community Centre with singer Maria Hawkins. 10:30am to Noon. \$80/child for all four sessions. The last session is a public musical performance. Horton Twp: 613-432-6271
Maria Hawkins: 613-836-0047

NUMBER 22**August 7**

Find out about free masonry at an informative lunch at the Rocky Mountain House. Phone: 613-433-9038.

NUMBER 23**August 7-9**

Pembroke Waterfront Festival. Fri: Gorr Records, Foot Soldier, Day Dreams For Dollars, and Divine Brown. Sat: Ottawa Valley Revue, Prairie Oyster, and Jason Blaine. Sun: Dawson, Cory Zadorozny, Terry Lynn Mahusky, Bernadette Kelly, Ken Ramsden, Carol Kennedy Dawson, Peter Saborin, Bobby Landry, Bob Madill, Gail Gavan, Skip Ross, Fresh Water Trade and Pam Reid Dancers! Daily events as well. Tickets: Fri: \$10, Sat: \$15, Sun: \$10. Weekend: \$25.
www.pembrokefestivals.com

NUMBER 24**August 7-9**

Arnprior Fair. Exhibits, petting zoo, pigeon show, Pioneer Gathering, blacksmithing. Fri: Love Circus (band), Jaydee Bixby. Sat: parade, ag shows, chuckwagon races, demolition derby, Uncensored. Sun: 4H, Dai Bassett.

NUMBER 25**August 8-9**

Perth Garlic Festival. 50+ garlic, craft and food vendors on grounds and in Commercial Building all day Saturday and Sunday. Adults \$5. Children under 12 are free. Phone: 877-268-2833.
www.perthgarlicfestival.com

NUMBER 26**August 8**

Passport to the Past
Step back into the past to discover the rich multi-cultural heritage of the Ottawa Valley. Bonnechere Provincial Park. Phone: 613-757-2103

NUMBER 27**August 9**

The Royal Canadian Legion Renfrew Branch 148 is the site of a euchre tournament. Registration is at 12:15pm. and play starts at 1pm. A light lunch will be served. Phone: 613-432-7004.

NUMBER 28**August 9 & 23**

Free Concerts in the Park. Robert Simpson Park in Arnprior. Refreshments available. 2:00pm-4:00pm.

NUMBER 29**August 10-14**

St. Joseph's High School Elite Summer Soccer Academy. 9:00am-Noon daily. Open to all players aged 12-14. www.sjchs.blogspot.com

NUMBER 30**August 11**

Join us for David Archibald, a well known Canadian singer and songwriter for the evening program at our Amphitheatre. 7:30-8:30pm at Bon Echo Provincial Park.

Phone: 613-336-2228

NUMBER 31**August 14**

The Petawawa Heritage Society will be holding their 1st Annual Settlers Festival at The Heritage Village on Civic Centre Road. The cost is \$10 per family. Events include: children's games, military drill, obstacle course, family scavenger hunt and much more. Join us and see the history of the area depicted through re-enactors. A great family fun day.

Phone: 613-687-5054

ann_@sympatico.ca

NUMBER 32**August 14**

Aikenhead's Hospice Classic Golf Tournament. Phone Jo-Anne: 613-432-8080 kevin.jo.brown@sympatico.ca

NUMBER 33**August 14-16**

Mattawan Township. Sacred Songs - Workshop and Retreat. At Nature's Harmony. Organized by The Barefoot Crafter
www.naturesharmony.ca

NUMBER 34**August 14**

Using a chainsaw, power grinder, axe, chisel and sandpaper, Whitney artist Kirk McEathron will demonstrate the art of transforming a burl into an art sculpture. Event held at the Railway Station Park located at 19503 Opeongo Line in Barry's Bay. Phone: 613-756-5885
www.southof60.com

NUMBER 35**August 15**

Pakenham Fall Fair. Traditional activities will be taking place: horticultural exhibits, horse shows, dairy and beef shows, 4-H presentations, children's activities, farm animal petting area, craft tables, and lots and lots of food. \$3.00 per person. Children under 12 are free. Pakenham Community Centre. Breakfast begins at 7:00am. Phone: 613-256-1077, ext.10

NUMBER 36**August 15**

The Music of Apple Cider. Come to Bonnechere Provincial Park for an eclectic mix of traditional fiddling backed with acoustic guitar. Apple Cider is a Park favourite and draws a crowd, so be sure the come early as this is a popular event. Phone: 613-757-2103

NUMBER 37**August 15**

Archaeology Day. Join members of the Ontario Archaeological Society as they present hands-on historic archaeology activities such as artefact reconstruction, clay pot-making, excavation methods and traditional fire-making. Always a popular event for the entire family! Bonnechere Provincial Park. Phone: 613-757-2103

NUMBER 38**August 15**

Dark Orange Square Camp 'n' Jam. Taggart Lake Resort. Park your trailer or tent and enjoy the music! Local bands and singers!
Phone: 705-744-5151

NUMBER 39**August 15-16**

The Eganville and District Sportsman Club 15th annual gun show and the Eganville Community Arena. Sat: 9am to 4:00. Sun: 9am to 3pm. Admission: \$6 admission. Proceeds Hospice Renfrew.

NUMBER 40**August 21**

Taste of the Valley. 10:00am to 6:00pm. Barry's Bay Railway Station. 19503 Opeongo Line. Phone: 613-756-2747 ext. 220

NUMBER 41**August 22**

26th Annual North Lanark Highland Games! Attracting about 6,000 visitors. 20 pipebands, a hundred dancers and champion heavyweight athletes all attend, along with mini games organized for kids. The Almonte games have a reputation as having the prettiest site and the friendliest games on the Ontario circuit. almontehighlandgames.com

NUMBER 42**August 22**

Charity BBQ at Stone Meadows Kitchen Shop and M&M Meats. Proceeds to local food bank. Same day as Downtown Garage Sale. Renfrew.

NUMBER 43**August 22**

Wolf Howl. Author, educator and naturalist Mike Runtz leads this moonlight excursion to nearby Basin Depot in Algonquin Park in search of the elusive sounds of howling wolf packs. Meet at the Davenport Centre for a slide show presentation on wolf biology and social behaviour. It's a 20km drive into Algonquin Park, so you need transportation. Bonnechere Provincial Park. Phone: 613-757-2103

NUMBER 44**August 23**

Corn Roast and Music Fest. 10:00am-8:00pm. Chutes Coulonge Park Fort-Coulonge, Québec. Phone: 819-683-2770
www.chutescoulonge.qc.ca

NUMBER 45**August 27-30**

150th Cobden Fair. Great entertainment all weekend including demolition derby, Gail Gavan, hypnotist, and local musicians. Don't miss all the livestock including horse shows, dog shows, cattle shows, pet show and more. Midway and entertainment included with admission price. Get weekend pass before August 24 for only \$25. Phone: 613-646-2426

NUMBER 46**August 29**

5th annual Montague Rural Ramble. Fun-filled day of activities for children, craft sale, BBQ, refreshments and an evening concert with premier 50's rock 'n' roll band, Freddy Vette & the Flames. Phone: 613-283-7478

September Events

NUMBER 47**September 3-7**

Shawville Fair. Thu: Midway, truck/tractor pulls, ag shows. Fri: ATV pull, Gail Gavan, Mick Armitage band, Shane Yellowbird. Sat: Western horse and heavy horse shows, pet show, Ronnie Prophet, Jason Blain. Sun: horse pull, team penning, Phil Denault, The Roadhammers. Mon: Firemen's Challenge, demolition derby, car show.

NUMBER 48**September 4-7**

163rd Perth Fair. Takes place at the Perth Fairgrounds on Arthur Street. Opens with a parade through Town at 6:00pm. Come and see agricultural displays, food, music, livestock, displays and shows, kids' tent, midway. 613-267-4104

NUMBER 49**September 4-7**

Camping on Labour Day weekend will bring out the ghouls and goblins. Halloween at the Renfrew KOA may come a little early but it sure is a fun and creepy way to end the summer. Call to reserve. Phone: 800-562-3980 www.koa.com

NUMBER 50**September 5-6**

20th Annual Maynooth Madness Weekend. North Hastings Loggers Games, Fall Fair. Maynooth Mud Run. Phone: 613-338-2080 www.maynooth.on.ca

NUMBER 51**September 8**

Swing for Literacy fundraising Golf Tournament and dinner at Whitetail Golf Club. Register by August 21st. 18 Holes. Best Ball Scramble. Entry includes golf cart and turkey dinner. Register before Aug. 21st for \$80. After Aug. 21st is \$85. Check in 11am. Golf at 12pm. Phone: 613-628-1812 cammaert@nrtco.net

NUMBER 52**September 9-13**

Renfrew Fair. Midway, homecrafts and beer gardens. Wed: Demolition derby. Thu: sheep and Holstein shows, The Stampeders. Fri: agricultural shows, Wayne Rostad and Desert Heat. Sat: agricultural shows, Tommy Cash and Cash Crew. Sun: agricultural shows.

NUMBER 53**September 11-13**

14th Annual Fibrefest presented by the Mississippi Valley Textile Museum. North Lanark Agricultural Hall and the MVTM. At both locations we will be featuring fibre art vendors, demonstrations, a weaving exhibit, a textile appraisal fair, mill worker re-enactments and a theatrical play! Two sites. One fee! Phone: 613-256-3754

NUMBER 54**September 16-17**

Germania Club Oktoberfest. Germania Club in Pembroke. Phone: 613-732-8883

NUMBER 55**September 16**

Dark Orange Square Jam Night - Western Dance Fest. Mattawa Golden Age. 6:30pm-10:30pm. \$2/person. Phone: 800-267-4222 info@mattawavoyageurcountry.ca

NUMBER 56**September 18**

Mark Your Calendar. Breakfast Connection Guest Speaker. Author of The Savvy Marketer. Contact the Chamber for Information. Phone: 613-258-4838 info@northgrenvillechamber.com northgrenvillechamber.com

NUMBER 57**September 18-20**

Power Up Your Life. Held at the Herb Garden, 3840 Old Almonte Road. Fri: 6-9pm. Sat: 8am-6pm. Sun: 8am-4pm. \$165 fee includes the concert, daily yoga, breakfasts, lunches, the keynote lecture, one workshop each day, and a copy of Dr. Schulz's latest book "The Intuitive Advisor". www.powerupyourlife.ca.

NUMBER 58**September 19**

2nd Annual Renfrew South Charity Golf Tournament. Madawaska Golf Club. The event will begin at 12:30pm with a shot-gun start. \$65 per player includes a cart, roast beef dinner and a donation to the United Way. Guests are welcome to attend for dinner only at a cost of \$21 per person. Entry deadline for the tournament is September 15.

NUMBER 59**September 19**

Kinburn. Discover what Healing Grounds has to offer you this season. Explore the grounds. Walk the labyrinths. Meditate in the quiet areas. Experience Crystal Singing Bowl sessions & Meditation, Group (Platform) Mediumship or attend a workshop. Bring a picnic, drums, rattles, crystal singing bowls and open hearts to share in an Opening Ceremony & Labyrinth Walk. Phone: 613-839-0336 www.healinggrounds.ca

NUMBER 60**September 19**

St. John's Lutheran Church Annual Chicken Pie Supper. Open to anyone. Supper being served from 4:00pm to 7:00pm. \$12 for adults. \$6 for children. You'll find us at 605 Black Bay Road in Petawawa. Phone: 613-687-6187 Www.ovhealth.ca

NUMBER 61**September 24-27**

Carp Fair. 3790 Carp Road, Carp. Midway, petting zoo, West Coast Lumberjack show, Family Circle Tent, antique displays. Thu: Carleton County black and white Holstein show, homecoming, Gail Gavan, The Ryans, Louis Schreyer. Fri: agricultural shows. Sat: agricultural shows, Bill Anderson, Ball and Chain and the Wreckers, dance with Uncensored and Silver Creek. Sun: agricultural shows, Trooper, Mick Armitage Band.

NUMBER 62**September 25**

Plan to play in the Upper Ottawa Valley Chamber of Commerce golf tournament and poker run. This year's event is being held at the Pembroke Golf Club. The cost is \$85 per person if registered before Labour Day (Sept. 7) and \$95 per person after Labour Day. Fees include a light lunch, dinner, 18 holes with cart, special contest holes, putting contest and prizes for the best hand in the poker run. Phone: 613-732-1492 upperottawavalleychamber.com

NUMBER 63**September 26**

2009 ATV Poker Run. Registration until 11:00am. Rain or shine. Start at Riverland Lodge & Camp, located on Highway 60 in Madawaska. \$35.00 per person includes trail map, 5 cards and BBQ after the run. First prize is \$250.00. Second prize is \$150.00. Third prize is \$100.00. See you there. Phone: 613-637-5338 info@riverlandlodge.net

NUMBER 64**September 26-27**

Pontiac Church Tour. 11:00am-4:00pm. Join us for a tour of various churches located throughout Pontiac County in Québec. Phone: 819.648.5689 ext.134 www.pontiac-tourism.com

NUMBER 65**September 26**

4th Annual Chamber Home Show partnered with the Forest Fair. Phone: 613-258-4838 info@northgrenvillechamber.com northgrenvillechamber.com

Summer-Long Events

NUMBER 66

Ottawa Valley Canoe & Kayak

We're On your Way to Great Paddling!! Canoe & Kayak on the Mississippi River or enjoy the many waterways nearby. Reasonable rates include everything you need just add water! Rentals, Sales, Repair, Parts & Advice! Phone: 613-832-2569 Toll Free 888-633-9307 www.ovck.com

NUMBER 67

Cobden Farmers' Market

Every Saturday morning til mid-October. 8:00am-Noon. Come for the freshness, stay for the fun! The market features more than 20 local vendors both inside and outside at the Cobden Fairgrounds. Products vary from seasonal produce, home baking, local meat and hand crafted treasures.

NUMBER 68

White Lake Marina

Visit White Lake Marina on beautiful White Lake! Secure dockage, storage and launch facilities. Authorized dealer of Lund Boats, Mercury Engines, Fabritek Pontoons, Candock Docks and Naylor Boat Lifts. Open year-round to service inboard and outboard motors, ATVs and snowmobiles. Phone: 613-623-2568 www.whitelakemarina.ca

NUMBER 69**Blueberry Ranch & More!**

Pick high-bush blueberries at Eastern Ontario's largest blueberry farm this summer. Designated handicap picking area available. Spend some time in the free play area and say hello to the friendly animals. Visit the coolest gift store in Pembroke offering lots of locally produced items. Enjoy a frozen yogurt, real fruit smoothie, flavoured soft serve and hard scoop ice cream on the scenic patio. Doesn't get any cooler than that! Hugli's Blueberry Pancake Breakfast is August 1st, 8am-11am. Hours: Mon-Fri: 8am to 9pm, Sat: 9am to 5pm, Sun: 11am to 4pm. Phone: 613-638-1288 www.blueberryranch.ca

NUMBER 70**Victoria School Museum in Carleton Place**

Spend an afternoon visiting the museum at 267 Edmund St. View local photos and artifacts and learn about the rich history in Carleton Place. Then tour the gardens maintained by the Carleton Place Horticultural Society and stroll through the Labyrinth! www.carletonplace.ca Phone: 613-253-7013

NUMBER 71**Pembroke Golf Club**

Tee it up at one of the area's great golf courses. Located in Pembroke, our 18-hole layout offers a fun and relaxing round for all levels of players. Special on Wednesdays for \$20. See website for all rates. Phone: 613-732-1665 www.pembrokegolfclub.ca

NUMBER 72**Pembroke Farmers' Market**

Victoria and Lake Street in Pembroke. Wednesdays and Saturdays until mid-October. 8:30am-1:00pm. Produce is locally grown and picked fresh for the market morning. Arts and craft vendors with one-of-a-kind creations, whimsical, functional and unique. pembrokefarmersmarket.com

NUMBER 73**Paddle a Voyageur Canoe**

Guided excursions in a fur trade voyageur canoe. 1-day Ottawa River trip from Fort William to spectacular Oiseau Rock cliff. Beaches, swim in a crystal clear mountain lake, hike, great food. Ideal for family and youth groups, visiting friends and relations. Multi-day adventures, 2 or 5-day excursions on the Ottawa River and in Algonquin Park-fully outfitted and guided. Canadian Voyageur Adventures.

Phone: 613-623-9560
Toll Free: 800-833-5055
inquiries@gocanoe.com
www.gocanoe.com

NUMBER 74**Barry's Bay Farmers' Market**

Every Friday. Shop for fresh local produce, baking, meats, crafts, maple syrup and more. The market runs rain or shine from June to Thanksgiving. Railway Station Park. Phone: 613-756-5885

NUMBER 75**Bonnechere Caves**

While you're in the area, take a trip to Bonnechere Caves in Eganville. No reservations are necessary to see one of Mother Nature's Geological Gems. An appropriate trip underground for all ages. Guided tours every 20 minutes. In September, tours are at 11:00am, 1:00pm and 3:00pm on weekdays, and regular times on weekends. See what else you can do in Eganville by starting with us! Phone: 613-628-2283
Toll Free: 800-469-2283
www.bonnecherecaves.com

NUMBER 76**Island Brae Golf Club**

A casual 9-hole layout on Morrison's Island, just across the bridge in Quebec. Cart rentals available. Play nine holes or 18 holes. Juniors welcome. Great course for the whole family. Visit us online for all rates. Phone: 613-732-9022
www.islandbraegolf.com

NUMBER 77**White Lake Rentals**

Explore beautiful White Lake by boat! Rent from White Lake Rentals (located at White Lake Marina). Rental fleet includes pedal boats, aluminum fishing boats and pontoon boats. Bait & tackle available, including live worms and minnows. Open 7 days per week. Rates online. Phone: 613-623-2568
www.whitelakemarina.ca

Fall Events**NUMBER 78**

September 28 - October 12
45-minute guided hike through a mixed forest at Bon Echo to explore the colours of fall. Every Sunday at 9:am til mid-October at Pet Exercise trail. Phone: 613-336-2228

October Events**NUMBER 79****October 2-3**

Dark Orange Square ATV Rally. Mattawa Legion & VMUTS Trails. Friday is registration at Mattawa Legion. Saturday beings with breakfast from 7:30am to 10:00am. Dinner at Mattawa Legion that evening. Served from 4:30pm to 7:00pm. Phone: 705-744-0003
Toll Free: 866-819-6888
www.vmutts.com

NUMBER 80**October 3-4**

Festival of the Senses. In and around the villages of Calabogie and Burnstown. Phone : 613-752-0690
Phone : 613-433-4223
www.calabogie.org

NUMBER 81**October 10**

We invite you and your family to come and experience this year's Crown & Pumpkin Studio Tour. Discover the quality craftsmanship and skill of local artists amidst the vibrant colours that define our Fall season. The tour takes place in Clayton, Almonte & Pakenham. Phone: 613-256-8370
www.crownandpumpkin.com

NUMBER 82**October 20-22**

Third Annual Ottawa Valley Small Business Week. Held at the Best Western Pembroke Inn & Conference Centre in Pembroke. Three days of seminars and a tradeshow covering topics from health to finance to government contracts. FREE admission to the entire event. Phone: 613-732-7774
admin@ovbusiness.com

Events You Can Do Anytime!**NUMBER 83****Chutes Coulonge Aerial Park**

Take a ride on our 260m canyon zip line! Our adventure park also has VIA Ferrata and a children's aerial course. Wind down in our historic natural park. Find us at: 100 Promenade du parc des Chutes. Fort Coulonge, Quebec. Phone : 888-683-2770
www.chutescoulonge.qc.ca

NUMBER 84**Pet Lines Cards**

Pick up something unique with Pet Lines Cards. Located in White Lake, Ontario, we provide a unique communication alternative for people caring for pets. Pat Cheney, local artist. Call or visit us online. Phone: 613-623-0278
www.petlines.com

NUMBER 85**Unique Gifts**

Somethin' Special-Unique gifts for all occasions and quality brand-name women's clothing in a rustic country setting. Open year round Sunday and Saturday from 9:00am to 5:00pm. Phone: 613 432-0670
www.somethinspecial.ca

NUMBER 86**Barron Canyon Trail**

1.5 km interpretative trail that leads to the rim of a 100m deep canyon. One of the most spectacular sights in Algonquin Park.

NUMBER 87**Danny Mac's For Dinner**

Come out to Danny Mac's Pub & Eatery, home of the largest draught selection in Arnprior. Join us for Wing Night (Tuesdays) and Fish 'n Chip Night (Wednesdays). Lots of healthy food choices, kids menu, pub favourites and more. Hours: Tuesday and Wednesday (11:00am-11:00pm), Thursday to Saturday (11:00am-12:00am). Closed Sunday and Monday. Located at 51 John Street, Arnprior. Menu online. Phone: 613-623-8080
www.dannymacs.ca

NUMBER 88**Looking For Properties?**

Looking for something to do for any season? Why not take a look at some home or cottage properties? There are several homes and seasonal residences available in the area. Let Svea Hahn be your guide. Please contact Svea to arrange viewings or inquire about properties.

Mobile: 613 639-8058

Office: 613-732-3601

www.sveasellshomes.com

NUMBER 89**Carleton Place Nature Trails and Parks**

Carleton Place abounds with stunning scenery and offers beautiful nature trails, heritage walking tours and parks to help you explore it. Jog, bike or stroll along the Mississippi or have a picnic in a playground. Enjoy!
www.carletonplace.ca
Phone: 613-257-1976

NUMBER 90**Hand Made Soap**

Opeongo Mountain Meadow Soap. For 13 years Laurie and Jack Stephenson have created fine quality Goat's Milk and Rainwater Soaps. For personal care, weddings, or gifts for all occasions. Come and have a tour to see how soap is made. Map and orders online. Visit local stores and ask for Opeongo Soap products. Phone: 613-754-2955
www.opeongo.com

NUMBER 91**Personal Training**

Certified Personal Training is a year-round activity. Love life, be active and stay fit for life. Book a personal session today with certified personal trainer and fitness consultant, Lydia Kokline. Specializing in toning programs, body-building, vitamins, nutrition, counselling and motivation. Located in Carleton Place. Phone: 613-257-1213
www.cyberus.ca/~kokline
kokline@sympatico.ca

NUMBER 92**Visit Lanark County**

Lanark County Tourism. Your tourism information service for daytrip ideas. We provide expert advice and detailed maps. Ask about our free Bird Watching, Canoe & Kayak guides. We are open in year round (Monday to Friday, 8:30am to 4:30pm).

Phone: 888-4-LANARK

Phone: 888-452-6275

lanarkcountytourism.com

NUMBER 93**Carleton Place Visitors Centre & Gallery**

Meet us on the Mississippi! Drop in to the heritage train station at 132 Coleman Street for information on attractions and events. You'll delight in the gallery filled with local Arts Carleton Place artwork.
www.carletonplace.ca
Phone: 613-257-1976

NUMBER 94**Ottawa Valley Tourism**

Ontario's Adventure Playground. The Ottawa Valley is famous for its stunning outdoors, cultural and heritage riches and a welcoming and hospitable nature. Surrounded by woodlands, over 900 pristine lakes and 4 major river systems. Renowned world-wide as the Whitewater Capital of Canada. The Valley is conveniently located west of the Nation's Capital, stretching for 220km east-west along the TransCanada Highway and south to Algonquin Park. Phone: 800-757-6580
www.OttawaValley.travel

NUMBER 95**Jocko's Beach**

Beach Resort & Motel. Stay & Play. Jocko's Beach is an "All Season" resort located on Calabogie Lake offering access to "All Season" fun. Accommodations include: 3-bedroom Beach House, 2-2 bedroom Chalets and Log Cabins. Also Motel Efficiency Units. Boat rentals available. Phone: 866-376-6284
Phone: 613-752-2107
Fax: 613-752-1085.

NUMBER 96**Working in the Valley**

The Ottawa Valley is a great place to live, and a great place to work! Find your best job at www.ovjobs.ca where listings are exclusive to the Ottawa Valley. Careers in health, management, business, social services and more are available right now. Become a fan on Facebook!

Phone: 613-732-7774

www.ovjobs.ca

NUMBER 97**Museums of Smiths Falls**

The Rideau Canal Museum, the Railway Museum, and the Heritage House Museum are all part of the Sensational Museums of Smiths Falls! Ask about the "Fun in the Falls Passport" and the "Museums Multi Pack" for great discounts at any of the 3 museums in Smiths Falls! Heritage House Museum
11 Olds Slys Road
Phone: 613-283-8560
Rideau Canal Museum
34 Beckwith Street South
Phone: 613-284-0505
Railway Museum of Eastern Ontario, 90 William St. West
Phone: 613-283-5696

NUMBER 98**Welcome to the Valley!**

Welcome to the Ottawa Valley! Please feel free to contact my Constituency Office if I can be of service. Enjoy your stay in an area that our residents know is a true gem. MPP John Yakabuski. Renfrew-Nippising-Pembroke. Phone: 613-735-6627
Toll Free: 800-267-2515

NUMBER 99**Outdoor Adventure Store**

Cycling and sport enthusiasts will enjoy the selection at GearHeads in Petawawa. We serve recreational and serious cyclists as well as runners, walkers, and more! Check out our store for a great selection with experienced staff to assist you. Lots of events happening throughout the year. Located at 3025 Petawawa Boulevard in the Moncion Grocers plaza. Phone: 613-687-4624
www.gearheads.ca

NUMBER 100**Tuesdays at Cyclones**

Pasta Lovers! Eat all you want of our many pasta dishes, fresh buttered rolls, salad and prime rib soup. Eat all you want, of whatever you want, Every Tuesday. Cyclones Restaurant in the Best Western Renfrew Inn.

Phone: 613-433-3663

NUMBER 101**Town of Carleton Place**

Meet us on the Mississippi! There is always something to see and do in Carleton Place. Enjoy the beauty of our parks and beaches, experience fantastic dining and shopping and take in magnificent historic architecture.
www.carletonplace.ca
Phone: 613-257-1976

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