

79 Things To Do in the Valley

1. Opeongo Mountain Meadow Soap

For 12 years Laurie and Jack Stephenson have created fine quality Goat's Milk or Rainwater Soaps. For personal care, weddings, or gifts for all occasions. See how soap is made. Map and orders online. www.opeongo.com
Phone: 613-754-2955

2. Ottawa Valley Small Business Week

Three days of seminars and a tradeshow geared to all levels of business. Event takes place October 21-23, 2008 at the Best Western Pembroke Inn & Conference Centre. One of the largest events in Canada. Phone: 613-732-7774
jenn@ovbusiness.com

3. 17th Annual Madawaska Valley Studio Tour

Meet 25 artists and artisans at 15 unique studios tucked along charming country roads. Enjoy original glass, pottery, jewellery, weaving, painting, photography, woodwork, fabric, soap, and metal works. October 4th-5th. madawaskastudiotour.com
Phone: 613-756-7890

4. Ottawa Valley Music Festival

Join us for the Symphony of Praise on October 5th at Trinity St. Andrews United Church in Renfrew. Phone: 613-623-6842
tickets@valleyfestival.ca
www.valleyfestival.ca

5. Info Pontiac

InfoPontiac is a tourism information service for local and long-distance tourists. We carry promotional material for tourist businesses in our region. August weekdays 8am-6pm, weekends 10am-4pm. September, 8am-4pm. Phone: 800-665-5217
commercepontiac.ca/infopontiac

6. Modern Square Dancing

Join us September 11th, 18th and 25th for our Modern square dancing Open Houses at Wesley United Church in Pembroke! We dance to classic rock, new country and all sorts of modern music. A great way to keep active once a week in the winter. www.getupanddance.ca
Phone: 613-687-2297

7. Stinson Car Show Series

Join us August 23rd, September 14th and September 18th for a display of classic and modern vehicles. Free admission and proceeds to CHEO. www.stinsonopenroad.com
Phone: 800-267-9714

8. Pembroke Farmers' Market

We have beans, new potatoes, baking, jellies, honey, specialty foods, local meat, garlic and a BBQ featuring Uncle Jim's local burgers and Sausages. Check out unique crafters with jewellery, wooden crafts, knitting and more. Open Wednesday and Saturday 8:30am-1pm until October 18th. Proud to produce everything locally.

9. John Yakabuski

Welcome to the Ottawa Valley! Please feel free to contact my Constituency Office if I can be of service. Enjoy Your Stay. Sincerely, MPP John Yakabuski, Renfrew-Nippising-Pembroke
Phone: 1-800-267-2515
Phone: 613-735-6627

10. Chutes Coulonge

The Valley's largest waterfall and logging interpretation park. Coming soon: zip line adventure activities for all ages! Only 45km from either Pembroke or Renfrew. www.chutescoulonge.qc.ca
Phone: 819-683-2770

11. Liquid Skills

Cruise or charge the Ottawa River with Liquid Skills, Canada's premier kayak school. Recreational guided eco-tour (no experience necessary) or sign up for a white water clinic with world class instructors. Half-price camp for local teens. Great family outing, staff trip or team building experience. Phone: 613 582 3340
www.liquidskills.com

12. Taste of the Valley

Sample the best of Renfrew County beef, pork, lamb, honey, dairy, fruits, veggies, etc! Come to the Cobden Fairgrounds on Saturday October 18th, 10am - 4pm and support your local producers. Phone: 613-732-5945

13. Ullrich's on Main

Welcome to Pembroke's deli and bistro, listed in the "Where to Eat in Canada" restaurant guide. Located at 214 Pembroke Street West. Offering fresh deli and scrumptious menu. Marinades, sauces, dips and a full Asian pantry. Our bistro features daily specials. Phone: 613-735-6025
downtownpembroke.com

14. Admaston-Bromley

Spend the day touring Admaston-Bromley. Just on the outskirts of the nation's capital, and in the heart of the Ottawa Valley. Visit out township office at 477 Stone Road in Renfrew. Phone: 613-432-2885
Admastonbromley.com

15. Barry's Bay Railway Station

Visit us and find the South of 60 Arts Centre featuring two art galleries and workshops and classes for adults and children. The Station also has many interesting artefacts from the "Railway Days".

16. Comfort Inn

Overlooking the beautiful Ottawa River, Pembroke's award-winning Comfort Inn provides easy and convenient access to all attractions, shopping and area businesses. We are a pet-friendly Inn with all the comforts of home including wireless Internet and your daily newspaper. Phone: 800-4-CHOICE
downtownpembroke.com

17. Champlain Trail Pioneer Village and Museum

Take a stroll down memory lane or explore the history of the Ottawa Valley with a visit to Pembroke's Pioneer Village and Museum. Ages 5 & under free. Ages 6-12: \$1. Students: \$3. Adults: \$5. Seniors: \$4. Phone: 613-735-0517
downtownpembroke.com

18. Al's Corner Store

Al's Corner Store is hosting a hunting trade show & sale to celebrate our 15th Anniversary. September 5th-7th. There will be lots of discounts and promotions in addition to exhibits from various suppliers related to hunting. alscornerstore@xplornet.com

19. Cobden Fair

Guitar Hero, 4-H, food and more at the annual Cobden Agricultural Fair. Happening at the fairgrounds from August 22nd-24th there is something for everyone. ontariofairs.ca

20. County of Renfrew

The County encompasses 17 municipalities and has an area of 7,645.68 sq. kms. Take some time and get to know the towns and villages that make up this amazing region. Phone: 613-735-7288
info@countyofrenfrew.on.ca
www.countyofrenfrew.on.ca

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21. Bonnechere Caves

See a part of the Ottawa Valley from a whole different point of view! Our Guided tours underground are a "must see sometime in your life" type of activity. Ontario's Natural Underground Wonder. www.bonnecherecaves.com
cavemanchris@bonnecherecaves.com
 Phone: 800-469-2283

22. Red Wolf Retreat

Do something different and spend a night in a Yurt! Red Wolf Retreat has yurt and cabin rentals, outdoor activities on-site and nearby. Groups are welcome. A great way to relax and catch rainbow trout at your door! Phone: 613-754-5241
www.redwolfretreat.ca
info@redwolfretreat.ca

23. RoBu Wooden Toys

Now, here's something different when it comes to kids' toys. RoBu Wooden Toys are handmade wooden toys as well as other gift items from our workshop. www.robuwoodentoys.com
 Phone: 613-757-3682

24. Deep River

If you haven't been here in a while, it's worth the trip to see what else we're known for. Gorgeous riverside trails, routes and tours await, along with an active retail and restaurant community. Phone: 613-584-2000
townmail@deeperiver.ca
www.town.deeperiver.on.ca

25. Burnstown

A visual feast awaits you in historic Burnstown. Our picturesque village includes artists & their gallery- studios, gift shops and fine food. Visit us online...or better yet, visit us in person! www.burnstown.ca
 Phone: 613-433-9990

26. Full Spectrum Gear

Looking for a different adventure? Challenge yourself! Unique outdoor adventures include survival, escape and evasion, navigation and more. Great for individuals, groups and businesses. We can accommodate any number. fullspectrumconsultants.ca
 Phone: 613-39-0209

27. Whitetail Golf Club

Play one of Renfrew County's best championship golf courses. The course is in great shape and waiting for you to take in 18 holes. Cart rentals available. Great rates. www.whitetailgolfclub.com

28. Bonnechere Valley

We welcome you to spend a day in Bonnechere Valley. We have a great selection of restaurants and retail outlets, beautiful parks and scenic routes and accommodations in case you want to just get away for a night. Phone: 613-628-3131
admin@eganville.com
www.eganville.com

29. Bestview Chalet

Vacation rental in the heart of the Calabogie golf, ski and canoe country. Our four-bedroom log house appeals to families with children and a group getaway with friends. Take a trip around the County and spend some time relaxing. www.bestviewchalet.com
bestview@homefixall.com

30. Saffron Bistro

The culinary experience here is one of a kind, with lunch and dinner choices that are sure to inspire. The soups, sauces and finishing touches are all exclusive recipes. Consistently in the "Where to Eat in Canada" restaurant guide. 133 Pembroke St., E. Phone: 613-735-1958
downtownpembroke.com

31. Greater Madawaska

Golf. ATVs. Motorsports. Watersports. Fishing. Canoeing. Whitewater. Hiking. Climbing. Biking. Motorcycling. Guided Tours. Shopping. Dining. We have it all in Greater Madawaska. Phone: 613-752-2222
info@somuchmore.ca
www.somuchmore.ca

32. Wilno Craft Gallery

The Wilno Craft Gallery carries on the tradition of supporting local artists and artisans. The new owners, Annie Thomas and Carl Wall, are dedicated to supporting local artists and welcome you to come and see our new artists and new products. www.wilnocraftgallery.ca

33. Top of the Mountain ATV Tours

Canadian Geographic recognized Top of the Mountain ATV Tours as one of the top things to do here in the Ottawa Valley. So, have you been here? See the Madawaska Highlands with this great activity in the Valley. topofthemountaintours.com
 Phone: 613-757-0288

34. Renfrew South Charity Golf Tournament

Hosted by the United Way/Centraid of the Upper Ottawa Valley. Being held at the Madawaska Golf Club on September 20th. 12:30pm shotgun. \$65/player includes golf, cart and dinner. Phone: 613-623-1240
www.pembroke.unitedway.ca

35. Serendipity on the River

Check out the delicious food samples every weekend at Serendipity on the River in Eganville. Stonewall Kitchen, Barefoot Contessa, Wildly Delicious and so much more! Phone: 613-628-9559
serendipityontheriver@bellnet.ca
serendipityontheriver.com

36. Town of Arnprior

Spend some time at our municipal riverfront park, stroll by the marina, play one of our three golf clubs or take a stroll on the Millennium Walking Trails or the Gillies Grove old growth forest. Phone: 613-623-4231
arnprior@arnprior.ca
www.arnprior.ca

37. Head, Clara & Maria

This is some of the most beautiful Renfrew County country you have ever seen. Visit Deux Rivieres, Mackey, Bissett Creek and Stonecliffe and see the character of this end of the County. Phone: 613-586-2526
twpshcm@xplornet.com
townshipsofheadclaramaria.ca

38. Milestone Speakers

The Upper Ottawa Valley Chamber of Commerce invites you to hear Fred Ketchen, Director of Scotia McLeod Equity Trading. Best Western Pembroke Inn & Conference Centre on September 22nd. Phone: 613-732-1492
upperottawavalleychamber.com

39. W.O. Stinson & Son Ltd.

Our Customer Appreciation Day is September 17th. Stop in all day, and join us for a Chamber event from 5:30pm-7:00pm. 294 Mackay Street. Phone: 613-732-7400
www.wostinson.com

40. Town of Laurentian Hills

Did you know that Laurentian Hills reaches to Rolphton and Point Alexander, is home to the Petawawa Research Forest and a large segment of the CFB Petawawa training ranges and the Rapides des Joachims Hydro Generation dam? Phone: 613-584-3114
info@town.laurentianhills.on.ca
Town.laurentianhills.on.ca

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79 Things To Do in the Valley

41. Stone Fence Theatre

An Ottawa Valley Kitchen Party. Featuring tales of Benny Afelskie. Fridays and Saturdays from September 26th to October 25th. 6:00pm. Tickets are \$40. Killaloe Lions Hall, 18 Lake Street. Phone: 866-310-1004
www.stonefence.ca

42. Killaloe, Hagarty & Richards

Visit Station Park, Hoch Farm, Sheryl Boyle Park and Wilno Heritage Park while stopping in at our storefronts and tourism draws. Maps and info available on our website. Phone: 613-757-2300
khr@on.aibn.com
killaloe-hagarty-richards.ca

43. Hugli's Blueberry Ranch, Ice Cream & Gift Store

Blueberries in season. Children welcome. Enjoy local ice cream and fresh blueberry milkshakes under the garden tent. Visit the new baby animals and try out the hill slide and pirate ship maze (free). Weddings & more. Phone: 613-638-1288
www.blueberryranch.ca

44. Horton Township

Our municipality is in close proximity to both wilderness and city attractions as it is only an hour away from the eastern boundary of Algonquin Park and an hour from Ottawa. Phone: 613-432-6271
mjmhorton@storm.ca
www.hortontownship.ca

45. Laurentian Valley

Right beside the City of Pembroke, Laurentian Valley hosts its own array of business and recreational pursuits. With every kind of service and amenity you need, visit us in Laurentian Valley. Phone: 613-735-6291
colleenz@laurvall.on.ca
laurentianvalleytwp.on.ca

46. Madawaska Valley

Tuesday is movie night. Friday is music in the park. Majic Midways are in Barry's Bay from August 29th to September 1st. Events and great unique shopping. Check out our online calendar at: www.madawaskavalley.on.ca. Phone: 613-756-2747
info@madawaskavalley.on.ca

47. Hastings Highlands Hilly Hundred Road Bike Tour

This area's longest bike race tour runs through Wilno & Barry's Bay. Taking place September 13th. Start and end in Bancroft while traveling through the Valley. Phone: 613-332-1969
www.tripsandtrails.ca

48. McNab-Braeside

Spend some time at the Waba Cottage Museum and Gardens, located at 24 Museum Road in the Village of White Lake. Open Wednesday to Sunday, 10:00am 4:30pm. Phone: 613-623-5756
info@mcnabbraeside.com
www.mcnabbraeside.com

49. North Algona Wilberforce

Located in the Eganville area, our rural municipality has a host of attractions, businesses and services to entice you to a visit. Tour our parks, churches and libraries or bring your boat and launch at Lake Dore, Mink Lake, Bonnechere River or Golden Lake. Phone: 613-628-2080
naw@nalgonaawil.com
www.nalgonaawil.com

50. Pembroke's Riverfront Amphitheatre

Join us for Night at the Museum on August 18th and The Princess Bride on August 26th. Shows start at 8:30pm. Phone: 613-735-6821
pembroke@pembroke.ca
www.pembrokeontario.ca

51. Pembroke Old Time Fiddling and Step Dancing

Join us for a Pembroke tradition. Riverside Park and the Pembroke Memorial Centre on August 29th & 30th. Phone: 613-584-3962
dhickey@magma.ca

52. Give the Gift of Life Walk

Happening at the Pembroke Marina. Registration is at 11:00am and walk begins at 11:30am. September 20th. Phone: 613-635-4867
kimwagner@sympatico.ca
www.kidney.on.ca/walk

53. Heritage Dinner

Wesley United Church. 275 Pembroke Street East. September 28th. 5:00pm. Entertainment by area fiddlers, step dances and singers. Tickets at \$20 for adults and \$10 for children available at the Church til September 21st.

54. City of Pembroke

Celebrating our 180th anniversary, there's so much going on we can't possibly list it all! Check out our events online and visit the Welcome Centre. Phone: 613-735-6821
pembroke@pembroke.ca
www.pembrokeontario.ca

55. Town of Petawawa

Go Whitewater rafting, boating, kayaking or canoeing on one of our many waterways. Or take a leisurely stroll or bicycle ride on one of our many multi use trails. Phone: 613-687-5536
email@petawawa.ca
www.petawawa.ca

56. Bardon Trade Show

August 20th. 8:00am to 12:00pm. Come and see the Bardon Trade Show at the Petawawa Civic Centre! Phone: 613-687-5536
email@petawawa.ca
www.petawawa.ca

57. Bands Reunited for Charity

Saturday, August 23rd at the Renfrew Armouries. 8:00pm-1:00am. Rural Route, Steve Agnew and South Paw. \$15/person. Proceeds 65% to RVH CT Scan. Phone: 613-432-9448

58. Renfrew Fair

September 3rd-7th. Join us for our 154th Fair! Demolition Derby, David Wilcox and Jason Blaine along with livestock shows, Fairbooks and exhibits. Contact the Renfrew Agricultural Society. Phone: 613-432-5331. Email: contact@renfrewfair.com. Online: www.renfrewfair.com.

59. Custom Draperies

More than just draperies, help us celebrate our 25th anniversary and see the amazing deals we have on all things for your home. Phone: 613-735-0370
custom.draperies@on.aibn.com
www.customdraperies.ca

60. Summer's End Car Show

Saturday, September 20th. Renfrew Fairgrounds. Admission is by donation only. 10:00am-2:00pm. See old cars, trucks, motorbikes, snowmobiles and antique tractors. There will also be a flea market. This is a Prostate Cancer Awareness fundraiser. Phone: Ray at 613-432-0705

61. Whitewater Region

Home of Canada's Whitewater Capital, our region features the best whitewater in the world. We also have great shopping at unique stores you won't find anywhere else. Tour around our region for a nice day away from home. Phone: 613-646-2283
info@whitewaterregion.ca
www.whitewaterregion.ca

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79 Things To Do in the Valley

62. Ottawa Valley Tourist Association

For all things tourism in the Valley! Visit us online for more information on what is here in your own backyard! Phone: 613.732.4364
mjohnston@countyofrenfrew.on.ca
www.ottawavalley.org

63. Loftus Foot Care Clinic

As you travel throughout the County, you may need to spend some time taking care of your feet! Loftus Foot Care has many solutions to make walking and running more comfortable for you. Phone: 613-735-4007
wefixfeet@downtownpembroke.com
downtownpembroke.com

64. Sheppard's Life Centre

If all this touring around has you lost, we can help you find your way. Get rid of stress, anxiety and things that are limiting your full potential. Phone: 613-732-7755
sheppardslifecentre@gmail.com
www.sheppardslifecentre.com

65. Healing Grounds & Sanctuary

A healing space with a Classical Labyrinth, walking trails and meditation gardens. Personalized sessions and certified instruction in counselling, reflexology, reiki, integrated energy therapy, meditation and more. Phone: 613-839-0336
deborah@healinggrounds.ca
www.healinggrounds.ca

66. Town of Renfrew

It is our 150th Anniversary and we have a year worth of events going on. Check out www.renfrew150.ca. Phone: 613-432-4848

67. Chicken Pie Supper

Held on September 20th, 4pm-7pm at St. John's Lutheran Church, 605 Black Bay Road, Petawawa. 11th Annual! \$12 for adults, \$6 for children.

68. Ace Your Life

Isagenix provides the finest high grade organic nutrients from around the world for the total body with nutrient-dense, incorporating trace minerals, gentle cleansing herbs, antioxidants, essential vitamins and a rich whey protein free of hormones, steroids or antibiotics. Phone: 819-689-2103
aceyourlife@gmail.com
www.aceyourlife.com

69. Pembroke Golf Club

Join us on Wicked Wednesdays. Greenfees are just \$20 all day. Add a riding cart for \$32 and you've got a deal on a great 18-hole championship layout. Phone: 613-732-1665
pembygolf@nrtco.net
www.pembrokegolfclub.ca

70. Neuro-Linguistic Programming (NLP)

This is the most important time you will ever spend on yourself. Create the life you want. Achieve your potential. Learn how to live stress and anxiety free. Phone: 613-732-7755
sheppardslifecentre@gmail.com
www.sheppardslifecentre.com

71. 1st Annual Golf FORE the Cure Tournament

September 13th. Madawaska Golf Course. \$75 registration fee includes, 18 holes, power cart & dinner. Shotgun start at Noon. \$10 000.00 hole in one sponsored by RBC. Also a silent auction. Phone: 613-270-9858.

72. Bunsmaster Bakery

Located at 130 Howard Street, we are your perfect stop for lunch and baked goods. We are open seven days a week, and always with freshly baked good and pastries. Phone: 613-732-9425
downtownpembroke.com

73. Coffee House

Thursday, August 21st. Another adult fun super night at the Bonnechere Union Public Library in Eganville. From 7pm-9pm we will be having a coffee house night. Show us your hidden talent or just enjoy some local entertainment. Event is free. Phone: 613-628-2400.

74. BBQ Corn Roast

Friday, August 22nd. 4:00pm-10:00pm at the Pembroke Civic Complex (425 Cecelia Street.). Enter off Irving Street. Beer Garden. Music by: Chris Gardner, Steve Saar and more. Limited seating so bring a lawn chair. Event will be rescheduled if raining.

75. Pembroke & Area Airport 40th Anniversary

Free admission to this Fly-In BBQ. Saturday, August 23rd from 11:00am to 4:00pm. Free admission. Event happens rain or shine. Tentatively scheduled car rally, hobby planes, skydivers, air demo, static displays and more.

76. Yuk Yuk's Show

August 30th. The Makwa Bingo is bringing Yuk Yuk's to The Royal Canadian Legion in Eganville. Tickets are \$20.00 advance or \$35.00 at the door and are available at the Eganville Legion, Makwa Bingo and Gerry's Meats & Variety in Golden Lake. Licensed event. No one under 18 permitted. Phone: 613-625-2800 ext 223.

77. Health & Leisure Fair

A great venue for families of the Petawawa and surrounding area to find out what the community has to offer. From 10:00am til 4:00pm Local businesses, clubs and organizations will be under one roof. This event is held at Dundonald Hall, CFB Petawawa.

78. Shawville Fair

Come out to the Shawville Fair taking place August 28th to September 1st. Wwww.shawvillefair.ca

79. The Inner You

Looking for something different to do in the Valley? Visit The Inner You. Located in Pembroke, we offer a host of feel-good and therapeutic treatments. Reiki, reflexology, anti-aging we've got everything you need to relax and prepare for a busy Fall. Phone: 613-732-4678
donna@theinneryou.ca
www.theinneryou.ca

OTTAWA VALLEY
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79 Things To Do in the Valley

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For more information on 79 Things to do in the Valley, or on Ottawa Valley Business, please contact us via the following:

www.ovbusiness.com
admin@ovbusiness.com
Phone: 613-732-7774