

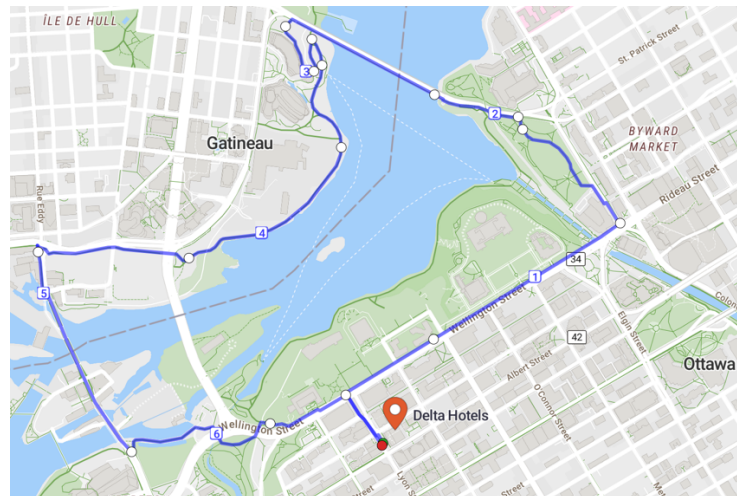


Things to do in Ottawa while you're here!

Whether you want to explore the city over your lunch break, in the mornings before the conference, in the evenings, take a break between sessions, or spend an extra day in Ottawa, here are some ideas to help you make the most of your trip.

SCAPPS Special Activities and Offers:

If you're looking to connect with fellow SCAPPS attendees and explore Ottawa before the conference begins, **join us for a group run (and coffee outing) on Thursday, October 1st**. The run will start at the Delta Hotel at 10:30 a.m. and, after a short warm-up, head out on a 5-7 km route. The pace and distance can be adjusted to accommodate different experience levels, with the route taking us past Parliament, the Château Laurier, and Major's Hill Park before crossing into Gatineau and returning back to the hotel (see map below). Runners of all levels are welcome and encouraged to join! For those in need of a caffeine boost before attending the afternoon's workshops, we'll finish the run nearby the hotel at a local Ottawa favourite café.



We have also secured several discounts to help you enjoy Ottawa's many food and tourist attractions! Please check the **2026 Conference Program** (page 7) for **discount codes** at two restaurants near the Delta Hotel, Gooney's and 3Brasseurs, which are great options for breakfast, lunch, or dinner. We've also partnered with Ottawa Tourism to give all SCAPPS attendees access to the [Flash Your Badge](#) program. Registration is free and only takes a few steps: click the link, select "Sign Up," and then provide your email address. You'll then be sent a link which provides you with discount codes for more than 40 participating businesses and attractions in the Ottawa area. If you have any questions about signing up or using the Flash Your Badge program, please don't hesitate to ask one of our student volunteers at check-in!





If you want to get outside:

The [Capital region](#) is home to over 450 kilometres of well-maintained trails, perfect for walking, running, or biking! The Delta Hotel is ideally located to take advantage of many of the multi-use pathways that Ottawa has to offer. Just head North from the Delta Hotel to Wellington Street and then either go West to enjoy the paths along the Ottawa River (begins ~500 metres from the Delta Hotel) or head East to explore the historic Rideau Canal Pathway (located ~1200 metres from the Delta Hotel).

The [Rideau Canal](#), a UNESCO World Heritage Site, maintains a ~8-kilometre-long pathway that provides access to the [Locks](#), [Dows Lake](#), the [Arboretum](#), and [Hog's Back Falls](#). While running and walking are a great way to see the Canal, you can also tour it via bike or boat:

- [Rent a bike](#): Prices start at \$12/hour, and you can book on-site near the Fairmont Château Laurier.
- [Book a boat tour](#): Enjoy a 90-minute boat cruise along the Canal (prices may vary depending on booking time).

Located just off the Rideau Canal, [Major's Hill Park](#), and the newly opened [Kiweki Point](#), offer some of the best views in Ottawa of the Locks, the Ottawa River, and the Parliament buildings. While taking in the sites stop and enjoy a drink or snack at the outdoor [Tavern on the Hill](#).

[Gatineau Park](#) is perfect if you have a little bit more time and would like to take in the fall foliage. Popular hikes include the [Pink Lake Loop](#) (2.5km, easy), [King Mountain Trail](#) (2km, moderate), [Champlain Lookout](#) (1.3km, easy), [Wolf Trail](#) (9km, hard), and [Luskville Falls Trail](#) (4.5km, hard). The NCC provides [free shuttles](#) to various locations in the park, with pickup starting at the Canadian War Museum, which is just a short walk or train ride from the Delta hotel (take Line 1 from Lyon to Pimisi).

Another great way of experiencing the fall foliage is to book yourself a spa day at North America's largest spa! [Nordik Spa](#) in Chelsea, Quebec (~20-minute drive from Ottawa) contains ten pools/baths, nine saunas, and three restaurants, offering a perfect way to unwind after the conference. Day passes start at \$99.

If you want to view Ottawa's museums and landmarks:

Parliament Hill is just a short walk from the Delta hotel, and while you can tour the exterior of the buildings on your own, you can also [book a free guided tour \(English or French\)](#) of the various blocks.

Ottawa is home to [seven museums](#) covering a range of different subjects. Within walking distance or by a short public transit ride of the Delta hotel, we recommend visiting the following:



- [National Gallery of Canada](#): Experience one of Ottawa's most architecturally beautiful buildings and see some of the finest collections of Indigenous and Canadian artworks.
- [Canadian Museum of History](#): Located just across the river in Gatineau, visit the largest exhibition about Canadian history.
- [Canadian Museum of Nature](#): Visit one of the most family-friendly museums and explore the amazing collection of dinosaurs, mammals, other animals and flora. Fun fact (at least we think so): after the 1916 Centre Block fire, Parliament was temporarily moved to the Victoria Memorial Museum Building, which now contains the Museum of Nature!
- [Canadian War Museum](#): Discover one of the world's most respected museums, praised for its artifact collections, interactive exhibits, and LeBreton Gallery, which showcases Canada's largest collection of heavy military technology, including tanks, artillery, and aircraft.

Costs range from ~\$17 to \$26 for one adult ticket. Admission is free on National Day for Truth and Reconciliation (Wednesday, September 30th) and every Thursday after 5pm. Admission is always free for Indigenous Peoples, including First Nations, Inuit, and Métis. Discount codes are also offered by the Flash Your Badge program!

With October being spooky season, what better way to kick off the month than to take a [Haunted Walk tour](#) of Ottawa and see some of the historical sites with a paranormal twist! Make sure you book in advance and select from a variety of tours offered.

If you want to grab a drink or a great bite to eat:

Ottawa is home to many great food spots, many within walking distance of the hotel! If looking close by, [Gooneys](#) is a local favourite, and Sparks Street has lots to offer, such as [Little Victories](#), [Equator Coffee Roasters](#) for coffee, and [3Brasseurs](#), [Rabbit Hole](#) for dining. [Mill Street Brewery](#) also offers one of Ottawa's best patios and is just a short walk from the Delta Hotel.

[Byward Market](#), Lansdowne ([Beandigen café](#), [Kettlemans Bagel](#)) and Elgin Street ([Gulia](#), [El Camino](#), [Elgin Street Diner](#)) also provide great options for dining, coffee, and shopping! They are also a close walk or short transit ride away.

Activities for Wednesday, September 30th

- September 30th is National Day for Truth and Reconciliation. Starting at 11 a.m., the [Canadian Museum of History](#) has a number of free events planned in support of recognizing the history and impacts of the Canada's residential school system, including hearing testimonies from survivors.
- If you are in Ottawa early for the conference, consider checking out a Canadian Premier League game as [Atlético Ottawa](#) take on the Cavalry.



Activities for Thursday, October 1st

- Check out live street music with [Songs from the Shed](#) on Sparks Street.

Activities for Friday, October 2nd

- Catch a CFL game as the [Ottawa Redblacks](#) take on the Hamilton Tiger-Cats.

Activities for Saturday, October 3rd

- Get the party going by checking out the DJs performing at [Live from the Booth](#) on Sparks Street.
- Watch an OHL game where the [Ottawa 67s](#) play the Erie Otters.

Activities for Sunday, October 4th

- If you are in Ottawa for an extra day, consider watching the [Panda Game](#), an annual rivalry match between the uOttawa Gee-Gees and Carleton University Ravens football teams.

