

SPR social food+fun

RELAX, CONNECT, AND HAVE SOME FUN!

This document contains the schedule of planned SPR social activities as well as some dining and tourist suggestions curated by our local volunteer team. All activities are free unless otherwise indicated.

JOIN THE CONVERSATION!



Stay connected with social events and post your own. Want a partner to go for an early morning walk or ride? Want to connect with SPR attendees on Canada day?

If you are bringing little ones, let the SPR volunteers at the reception desk know. They will have kid friendly suggestions!



If you need a quiet feeding, changing, or pumping room, ask for a room access card at the registration desk.



Pre-Conference Activities



Arriving early?

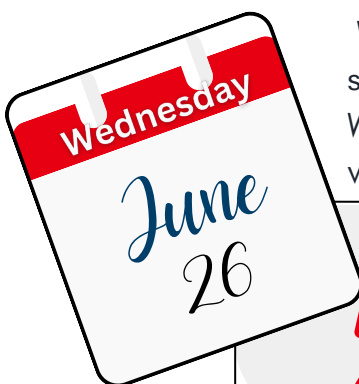
JOIN THE U. OTTAWA COMMUNITY FOR OUTDOOR **YOGA**
MORRISET TERRACE, **MONDAY 24TH, 12:00 - 1:00PM**

Downtown is bike friendly. Biking is a great way to get around and see the sights. Follow the instructions on the SPR on wheels page below to rent a bike for a day or your stay. Join a ride with one of our local volunteers!



10 - 11:30AM

JOIN LOUISE FOR A **BIKE RIDE** ON TUES 25TH
MEET AT BIKE RENTAL SITE (IT OPENS AT 9AM)



Walking is another great way to enjoy the capital! Join a scheduled walk, or send a message on WhatsApp SPR social to invite others to join you! We will do our best to take fully accessible routes, but please share any needs with the volunteer leader.



7:45 - 8:45AM

WALKING GROUP

MEET AT CRX REGISTRATION DESK



10 - 11:30AM

BIKE RIDE WITH SYLVIA, LOCAL VOLUNTEER

RENTAL IN ADVANCE REQUIRED, MEET AT CRX REGISTRATION DESK



NOON - 12:45PM

WALKING GROUP

MEET AT CRX REGISTRATION DESK



2 - 3:30PM

BIKE RIDE WITH SYLVIA, LOCAL VOLUNTEER

RENTAL IN ADVANCE REQUIRED, MEET AT CRX REGISTRATION DESK



5 - 10PM

OPENING CEREMONY FOLLOWED BY WELCOME **RECEPTION**

CRX 140

Conference Day Activities

Thursday – Saturday are busy days, so we've kept scheduled activities light. You can always connect with other attendees through the WhatsApp social to share your plans and join in. Take a walk along the canal, steps away from CRX, or buy a day pass for all access to the UO sports and activity services to use the Olympic pool, weight rooms, or drop in classes.

NOON – 1 PM

JOIN THE U. OTTAWA COMMUNITY FOR OUTDOOR **ZUMBA**
MEET AT CRX REGISTRATION DESK



1PM – 2PM

BIKE RIDE WITH SYLVIA, LOCAL VOLUNTEER
MEET AT CRX REGISTRATION DESK, ADVANCED RENTAL REQUIRED



8:30PM

WALKING TOUR
MEET AT CRX REGISTRATION DESK



8:30PM

STUDENT PUB NIGHT
MEET AT FATHER & SON'S, 112 OSGOOD STREET



5:30PM

WALK TO BANQUET, 45 MINUTE WALK
MEET AT CRX REGISTRATION DESK



7:30PM

STUDENT WALK TO BANQUET, 45 MINUTE WALK
MEET AT 90U



KEEP
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FOR MORE...

Suggestions...

Here are some fun suggestions if you have some down time, want to squeeze in some exercise, or are staying in Ottawa before or after the conference. Feel free to ask a volunteer for additional suggestions!

ROYAL CANADIAN MOUNTIES

SUNSET CEREMONY, 7PM

WALK WITH A VOLUNTEER TO THE TRANSIT STOP (OC TRANSPORoute 7),
MEET AT CRX REGISTRATION DESK SITE AT 5:30PM
OR TAKE AN UBER/TAXI TO THE RCMP STABLES, 1 SANDRIDGE ROAD



Anytime

- The U of Ottawa has many amenities available to attendees.
Visit Client Service desk in Morrisette or Minto buildings to purchase a day pass (\$20) to access the gym, pool, and various other drop in activities.
- Parliament of Canada Tours, free
- Ottawa Art Gallery (oaggao.ca), free and just on the edge of campus
- Museums, most offer free admission for some evening hours, some but not all are walkable
 - Canada Agriculture and Food Museum
 - Canada Aviation and Space Museum
 - Canada Science and Technology Museum
 - National Gallery of Canada
 - Canadian Museum of History (location of the closing gala)
 - Canadian War Museum
 - Canadian Museum of Nature
- Dow's Lake (dowslake.com) Canoes, Kayaks, Stand Up Paddle Boards ,and Paddle Boat rentals
- Nightlife in Ottawa's ByWard Market | Ottawa Tourism
- Professional sporting events
 - Baseball
 - Basketball
 - Soccer
 - Football



Visit the Ottawa tourism site
for more ideas!



IF YOU ARE STAYING FOR CANADA
DAY, CHECK OUT THE SECTION ON
HOW TO CELEBRATE CANADA DAY
LIKE A CANADIAN FOR IDEAS!

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HOW TO CELEBRATE CANADA DAY LIKE A CANADIAN...IN DOWNTOWN OTTAWA!

NO MATTER WHERE YOU GO IN DOWNTOWN OTTAWA, ALL DAY LONG, IT WILL FEEL LIKE A PARTY!

WEAR RED OR WHITE AND WAVE OR WEAR THE FLAG!

We tend to be a modest lot most of the time, but we make an exception on July 1st.

Visit the registration desk to grab a paper flag, maple leaf temporary tattoo, flag pin or sticker.

EAT AND DRINK!

Ottawa loves their patios! You can enjoy awesome food, festivities, and people watching from a patio downtown with most being congregated in the ByWard Market.

Some local favourites:

- Local craft beer, apple cider
- Poutine, Beaver tails, Donaire
- Canadian pizza (pepperoni, bacon, mushroom, and cheese)
- Hawaiian Pizza (pineapple, ham or bacon, and cheese) - yes pineapple on pizza is a common pizza here. We know it seems strange, but it is beloved by many Canadians! It was created by a Greek-born Canadian in Ontario!
- Handcrafted ice cream and gelato. See if you can find fun flavours made with in season local favourites like strawberries, rhubarb, raspberries, and cherries.
- "Shawarma from any place in Ottawa; it is always fantastic – add lots of pickles including the bright pink ones, and make sure to get a side of garlic potatoes!"
- "Montreal style bagels...maybe topped with some smoked salmon!"

CANADA DAY IS USUALLY A SCORCHER, SO MAKE SURE YOU DRINK PLENTY OF WATER ESPECIALLY IF YOU SAMPLE SOME GREAT CANADIAN BEVERAGES!

TAKE IN THE FESTIVITIES AND DANCE!

Enjoy free festivities all day throughout downtown.

You can see bagpipes and drum performances on Parliament Hill between 10 a.m. and 4:30 p.m., a parachute and ariel show from 3-4:30. Parliament hill is always worth a visit and usually the location for the main party, but this year, due to construction, the concerts and many other fun activities are a little farther away at LeBreton Flats Park. Don't worry, it's not too far with public transit or walking being your best options:



30-minute walk from campus residences and even shorter if you are staying in a hotel downtown



a short ride on the O train with a 5-minute walk from the Pimisi stop

THE DAYTIME CEREMONY WILL BEGIN AT 12 P.M.

THE 2 HOUR EVENING CONCERT STARTS AT 8 P.M.

Broadcast to all of Canada from the capital; sing and dance along to Canadian classics and recent hits!

The Canadian artists performing at LeBreton Flats include: Jann Arden, Roxane Bruneau, Aysanabee, France D'Amour, Preston Pablo, Les Louanges, Jojo Mason, Dubmatique, Dax, Clerel, Madison Violet, Josh Q, Josiane, Tegan and Sara, off site, Dear Rouge, off site, 6 Hearts, off site

END WITH A BANG...AND COLLECTIVE OOHING AND AWING!

The Canada Day festivities will wrap up with the Canada Day fireworks, starting at 10 p.m., visible from LeBreton Flats and many other areas in downtown.

NOT TIRED YET? KEEP DANCING...

The party will continue at many downtown venues after the fireworks if you want to keep dancing!

Nightlife in Ottawa's ByWard Market | Ottawa Tourism

[CLICK HERE FOR MORE DETAILS ABOUT THE MANY CANADA DAY ACTIVITIES IN THE CAPITOL.](#)

FEEL FREE TO ASK SPR VOLUNTEERS QUESTIONS ABOUT THE FESTIVITIES.

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Other miscellaneous suggestions from local volunteers



Favorite spot on campus?

“The lawn in front of the Tabaret building...under a shady tree.”

“Wellness lounge, it's a great place to chill and grab some snacks.”

“The top floor of the social sciences building - it has an excellent view!”

“The Boulangerie Première Moisson and seating areas around it within the Faculty of Social Science building is my favourite place to grab delicious food and decompress, especially with the nice view of uOttawa's infamous plant wall.”

“The aquarium on the first floor of bioscience building (right next to the o-train station and across from CRX).

“Somerset walking bridge (Corktown bridge) over the rideau canal - steps from campus.”

Favorite place to visit downtown?

“I like to go down towards the Ottawa River from the locks next to the Chateau Laurier Hotel. Then walk along the river.”

“I love to walk around byward market and grab a sweet treat at rocky mountain co.”

“Walk along Elgin street and visit the coffee shops.”

“Major's Hill Park and the Locks by Parliament is a great place to spend a sunny afternoon with a frisbee, soccer ball, or just a picnic blanket.”

“The waterfalls and rapids by Mooney's Bay park are very fun to visit, and the park around Parliament Hill has a gorgeous views of the Ottawa River that divides Ontario and Quebec.”

“Do you love board games? Yummy food/drinks? A mediievally themed pub? Go to Level One Game Pub! Walking distance from campus! Or request to speak to the gaming Wizard who can pair you up with the perfect game and will explain the rules to you! My favorite board game has been Betrayal (the house of the hill 3rd edition). Super cool spooky haunted house story game.”

If you want to travel a bit farther: If you have time and transportation go to the Gatineau Park Visitors Centre in Chelsea Quebec. Walk along the trails next to the Visitors' Centre and then have lunch or dinner at one of the local restaurants like the Chelsea Pub.

SPR on wheels

CYCLING IN OTTAWA IS A POPULAR WAY TO ENJOY THE CITY. CONSIDER RESERVING YOUR BIKE IN ADVANCE OF ARRIVING IN OTTAWA AS IT IS A BUSY WEEK. WE SUGGEST [RENT A BIKE](#), A 10 MINUTE WALK ALONG THE OTTAWA CANAL FROM THE CONFERENCE VENUE.

- There are many bike racks around campus.
- Check out the SPR social schedule to Join an SPR organized bike trip.
- Ottawa has over 980 km of multi-use pathways, bike lanes, off-road paths, and paved shoulders. You can view a map of Ottawa's bike lanes [here](#).

Ottawa offers 900 e-scooters during the season that runs from mid-May to mid-November and are permitted to be used in the downtown core. If you find an scooter, you can unlock it from the provider apps between 6:00 am and 11:00pm.

You may want to visit the beautiful gatineau park. you can take [a free shuttle](#) from downtown and most buses are equipped with a bike rack.





- Thursday – Saturday, lunch and mid-morning and afternoon snacks are included with registration. Breakfast is not included.
- Lunch on Thursday and Friday will be at the University Dining Hall: Jock-Turcot University Centre
- Lunch on Saturday of the conference will be a box lunch in CRX
- The Saturday evening closing dinner will be at the spectacular Canadian Museum of History in Gatineau Quebec. A ticket purchased at registration is required.

IT'S A BUSY LONG WEEKEND IN OTTAWA. MAKE RESERVATIONS IN ADVANCE FOR EVENING DINING!

Breakfast

ON OR VERY NEAR CAMPUS

- Boulangerie Premiere Moisson: 120 University Private in the Faculty of Social Sciences Building lobby (7:30am, closed on the weekend)
- Father and Sons: 112 Osgoode St. (Opens 8am, budget friendly)
- University Tavern: 196 Somerset E. (weekdays 7am, weekend 9am, budget friendly)
- Jackson Café: 50 Mackenzie King Bridge (8am-5pm)

IN THE MARKET

15 – 20- MINUTE WALK FROM CAMPUS

- The Scone Witch: 150 Elgin Street with entrance on Gloucester Street. (Opens 8am)
- Zak's Diner: 16 By Ward Market Square (24 hours)
- Benny's Bistro: 119 Murray Street (8am, Saturday brunch 10:30am)

ON OR VERY NEAR CAMPUS Lunch/Early Dinner

- Father and Sons: a pub at 112 Osgoode St.
- No Forks Given: pub-like food at 191 Somerset E.
- University Tavern: a pub at 196 Somerset E.
- Flour Kitchen: take out Chinese food at 25 University Pvt.
- 3 Brothers: shawarma at 124 Osgoode
- In's Kitchen: Korean food at 1-65 Templeton
- Govinda's: take out only, Indian vegetarian, 212 Sommerset E.
- Le Bac a Frites: a burger and fry stand, 56 University
- Tile Kitchen: 330 Laurier Ave. E (closes at 2pm)
- Jackson Café: 50 Mackenzie King Bridge (8am-5pm)

IN THE MARKET

15-20-MINUTE WALK FROM CAMPUS

- La Bottega Nicastro: great sandwiches inside at the back of the grocery store, 64 George Street.
- The Scone Witch: 150 Elgin Street with entrance on Gloucester Street (closes at 4pm)
- Food Court in the Rideau Centre Shopping Mall, 50 Rideau Street

Dining

In The Market

15-20-minute walk from campus Most require reservations

- Social Restaurant and Lounge, 537 Sussex Drive
- Play Food and Wine, 1 York Street
- Chez Lucien, 137 Murray Street
- Restaurant E18teen, 18 York Street
- Luxe Bistro, 47 York Street

Further Afield

Will require an Uber or Taxi

- Chez Fatima (Middle Eastern), 125 Promenade Du Portage, Gatineau, Quebec
- Gezellig (International), 337 Richmond Road, Ottawa
- Absinthe (French), 1208 Wellington Street, Ottawa
- Sansotei Ramen (Japanese), 153 Bank Street, Ottawa
- Fraser (Canadian), 7 Springfield Road, Ottawa

Late Night Eats

- Father and Sons: a pub at 112 Osgoode St. (closes midnight-2am)
- 3 Brothers: shawarma at 124 Osgoode (open to 3am)
- Zak's Diner: 16 By Ward Market Square (open 24 hours)
- Elgin Street Diner, 374 Elgin Street, cab ride south of downtown (open 24 hours)

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Other food favorites of local volunteers

“Shanghai Wonton Noodle Place on Rideau st.!! Amazing authentic Chinese food, speedy service, owner always gets your order right and low prices. Perfect place for if you're a student on a budget. The hot dry peanut noodle with tofu is a dish of creamy delicious goodness and the 6\$!! pork wonton noodle soup is a heart warming bowl of silky wontons that'll be sure to leave you a satisfied customer. And it gets better; this hidden gem is walking distance from campus!”

-Sylvia Kolodziejczyk (photo)

“My favorite restaurant is **Les Fougères in Chelsea Quebec** (20 minute drive from downtown Ottawa). A close second is **Pili Pili Charcoal Grilled Chicken at 205 Dalhousie Street**. Don't expect much in terms of decor - plastic plates and cutlery, but great chicken and fried plantain.”

-Giorgio Tasca

“There are so many amazing restaurants to try in Ottawa, with an array of diverse foods! Among many my top three have to be: **Kiko Sushi Bar, The Grand, and Mama Teresa's**. Kiko Sushi has some of the best signature rolls! The Grand's atmosphere is unmatched, and Mama Teresa's authentic Italian food is so delicious!”

-Alexia Blick

“Ahora is an amazing, family owned Mexican restaurant off of the Byward Market, its really tasty and affordable.”

-Artemis Arranz

“Ceylonta - it is a hidden gem - the food is delicious and the owner and staff are very friendly! Lunches are buffet style. Great Sri Lankan curries.”

-Stephanie Wiebe

“The **Whalesbone on Bank Street**. Great food, great drinks, great atmosphere!”

-Emily O'Connor

“I enjoy grabbing appetizers and dessert in the evening at the courtyard dining area of **Social Restaurant + Lounge**. The courtyard is surrounded by greenery and historic bricks, and decorated with beautiful lights at night, making for an amazing atmosphere. They also have a delicious creme brûlée dessert!”

-Victoria Klimkowski