

HOTEL INTEL

BARGAIN GIVES YOU MORE TIME TO DISCOVER OTTAWA

Third night free at more than 20 hotels



ROCHELLE LASH

Ottawa, a city accustomed to rolling out the red carpet for VIPs, is making a special effort to entice the general public. Canada's capital has an attractive new offer to enable visitors to stay longer and experience more. Officially called 3rd Night on Us, the venture means you'll have your third night free at many hotels in and around the city, until Oct. 10.

That's more time to savour some of Canada's best-known arts institutions and tourism sites, as well as binge on a wider swath of culture through Ottawa's creative Unofficial Museums campaign. This initiative has granted special "unofficial museum" status to 76 off-the-beaten-track festivals, restaurants, concert venues and attractions, in order to raise their profile.

These cute and quirky grassroots sites include the Unofficial Museum of Second-Hand Treasures, whose real name is High-Jinx Ottawa, a vintage shop that donates its proceeds to those in need. On the entertainment front, the Unofficial Museum of Blues and Brews is this summer's label for the rockin' Rainbow Bistro in ByWard Market, where Dan Aykroyd and Jim Belushi once played an impromptu Blues Brothers set.

All good, but Ottawa's classic museums are still powerful draws, too. The National Gallery of Canada, designed by Israeli-Canadian Moshe Safdie, is exhibiting Over the Rainbow: Works by LGBTQ2S+ Artists until September, among many other shows. The Canadian Children's Museum, inside the Canadian Museum of History, is a delight with a kids' café and reproductions of life in Mexico, India and Indonesia.

Lansdowne Park is a world of activity, including public gardens, a playground, a skate park and a year-round farmers' market on Sundays. On the arts side, two major, very different exhibitions being shown in a high-tech, immersive video format alternate until Oct. 8 — Banksy 360°: The World's Most Elusive Street Artist runs Tuesdays, Wednesdays, Fridays and Sundays, and Van Gogh 360° runs Thursdays and Saturdays.

"We are celebrating summer and meeting travellers' pent-up demand for festivals, music and visual arts," said Michael Crockatt, president and CEO of Ottawa Tourism. "We want to make it easy for people to choose Ottawa."

Ottawa is eminently walkable, but options for getting around include shared electric scooters, hop-on/hop-off bus tours by Gray Line, eco-friendly water taxis cruising up and down the Ottawa River, and electric boat cruises along the Rideau Canal.

Lodging: The third-night-free offer is valid at more than 20 Ottawa-area hotels.

The Westin Ottawa, at the upper end of the upscale, is a five-star modern tower. There's surf 'n' turf and drinking at the Shore Club, a top social hub

IF YOU GO

Ottawa is about 200 km west of Montreal.

Ottawa Tourism: 613-237-5150, 833-864-7839, ottawatourism.ca, heretoinspire.ca. Book third night free at ottawatourism.ca/en/3rd-nightonus until Oct. 10. Restrictions apply. Minimum \$99 per night.

Brookstreet Hotel: 888-826-2220, 613-271-1800, brookstreethotel.com; 525 Legget Drive, Ottawa/Kanata. Pet-friendly. Accessible. Rooms from \$159, including pools/sauna/hot tub, local shuttle, car charging stations, in-room coffee, fitness studio. Packages available with children's features or golf.

Gray Line Ottawa: 613-223-6211, grayline-ottawa.com; 44 Sparks St., accessible.

Au feel de l'eau water taxi: 819-329-2413, aquataxi.ca.

known for its Low Tide Cocktail Hour.

Le Germain Hotel Ottawa is another deluxe choice, steps from the Ottawa Art Gallery and CF Rideau Centre, a shopping mall. The hotel is home to the inventive Norca Restaurant & Bar (Norca is shorthand for Northern and Canadian). Regional ingredients are the focus, especially Atlantic fish, boar, duck, bison and beef, with herbs, wild mushrooms and goat cheese.

Family-friendly and part of the ByWard Market neighbourhood, the Courtyard by Marriott Ottawa Downtown has an indoor pool and breakfast packages. And there is a bonus: the new ByWard Night Market operates on Thurs-



Le Germain Hotel Ottawa is a deluxe choice with modern style and gourmet dining. *LE GERMAIN HOTEL OTTAWA*



Brookstreet Hotel in Kanata is both a conference centre and resort. *BROOKSTREET HOTEL*

day evenings, 5 to 9 p.m., until Sept. 1. Simply strolling around is entertaining, and you can find shopping, drinks and bites at all levels.

Brookstreet Hotel in Kanata is a top destination, especially in summer. It's both a conference centre and a full-fledged resort, so it covers all bases — pool days, meetings, wellness sojourns at Au Naturel Spa, golf getaways at the Marshes Golf Club, along with nightly music at Options Jazz Lounge and great food at Perspectives.

Brookstreet is owned by tech billionaire Sir Terry Matthews, and he lives nearby, so every-

thing is just so. It's great value, with top-notch facilities and rooms accommodating up to four guests. Children under 16 stay for free, and the third and fourth adults pay \$25 each.

The hotel also runs a shuttle to Kanata's shopping malls and to the Canadian Tire Centre, home of the Ottawa Senators. The arena's concert lineup includes Backstreet Boys (Sept. 1), Pearl Jam (Sept. 3) and Eagles (Sept. 13). This is Canada, so even in July we're thinking about hockey: the Sens face off in pre-season against the Canadiens at the arena on Oct. 1.

Special to the Montreal Gazette



APPLE CIDER VINEGAR — NEVER TASTED SO GOOD





For centuries apple cider vinegar has been known as a health promoting tonic, and today studies are confirming this, when looking at digestion, blood sugar health and even weight loss.

TOO ACIDIC TO DRINK

For some people, the strong vinegar smell and taste is too much to handle. Others might mind the acidity of the liquid. Whatever the reason may be, there is now a more convenient way of taking this vinegar.

THE TASTY WAY TO HEALTH

Apple Cider™ Gummies by New Nordic are sugar free and vegan gummies that deliver a tasty apple flavour while still providing the benefits of the vinegar. Sourced with the Mother, they contain 400 mg of apple cider vinegar and a high amount of acetic acid.

DID YOU KNOW?

Not many apple cider vinegar gummies are yet regulated by Health Canada. Look for the NPN on the bottle before buying.



- ✓ SUGAR FREE & VEGAN
- ✓ WITH THE MOTHER
- ✓ KETO FRIENDLY
- ✓ MADE WITH GREEN APPLES
- ✓ HIGH STRENGTH



CUSTOMER REVIEWS

★★★★★

I would recommend them!

"I've tried taking apple cider shots but they gave me acid reflux. Then I came upon Apple Cider Gummies by New Nordic and took it for a few weeks. I found they helped my digestion. I would recommend them."

- Allison

★★★★★

These taste great and actually work!

"These are delicious! I love the taste and they actually did help me lose weight. I was eating healthy and exercising regularly, but I had hit a plateau. After I tried these, I lost the last few pounds pretty quickly. You can smell the apple cider vinegar when you open the bottle and sniff, but you won't taste it at all! Definitely recommend and I love that they're sugar free and vegan."

- Paula

★★★★★

Delicious

"I just received these gummies and if you are hesitating because you worry about flavor, be assured they are delicious! I'm so happy, no more trying to chug down my acv vinegar."

- Wendy