



At the start of your run, pause to admire the eye-catching **SHAW CENTRE**, known for its curved glass-and-steel façade.

Finish the route by crossing the **CORKTOWN FOOTBRIDGE**, named for the County Cork Irish labourers who built the structure.

0 km 1
0 miles 1

Start / Finish

Corktown Footbridge

OTTAWA

PATTERSON'S CREEK PARK is a pretty tree-dotted sliver of green found just off the canal.

Patterson's Creek Park

Lansdowne Park

TD Place Stadium

Bronson Bridge

Shortly after crossing to the western side of the canal, you'll spot **TD PLACE STADIUM** – it looks like a spaceship.



2 Ottawa Rideau Canal Loop

RIDEAU CANAL, OTTAWA, CANADA

Discover the different faces of Ottawa on this jog along the city's most historic waterway, which brilliantly showcases the beauty of the changing seasons.

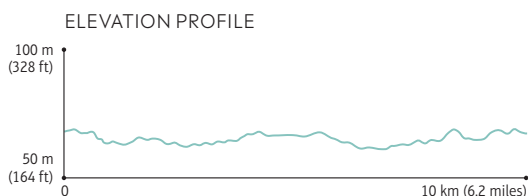
Built in 1832, the Rideau Canal is the oldest continuously operated canal system in North America – and Ontario's only UNESCO World Heritage Site. Flowing through the Canadian capital, this historic ribbon of water is lined on each side by multiuse pathways that make a great spot for a casual afternoon jog.

You might think that running up and down the same stretch of path could be

⊖ 10 KM (6.2 MILES)

⊖ 56 M (184 FT)

⊖ PAVED



dull, but it never is here. Not only is this route home to some of Ottawa's best sights – including the leafy Confederation Park and tranquil Dow's Lake – it's also ever-changing, showing different sides to the city as the seasons turn. In spring, runners glide past the cheerful flowers that bloom along the canal in celebration of Ottawa's annual Tulip Festival; in summer, the heat sees the water dotted with kayakers and stand-up paddle boarders. And in autumn, the trees along the path burst into hues of orange and red. The most spectacular season, though, is winter, when Ottawa becomes a frozen wonderland. Then, runners get to look out onto the world's longest natural skating rink, while their breath puffs in front of them in frozen clouds.

SET OFF: To get here, you can jump on a bus to the Rideau Centre bus stop; it's a short walk from the start of the run.