Day One

START OF DAY ONE

Start Here: Calabogie

If you love the outdoors, Calabogie is one for your bucket list. Home to **Calabogie Peaks** (in winter), this small town is booming in all four seasons. In summer, you can dip into Calabogie Lake, take a hike, cycle or stop for a brewer tour.

What to do here

- Take a dip in Calabogie Lake at **Barnet Park**. This sandy shoreline has a lifeguard stand and the water is ideal for young children. Bring your swimsuit, towel, sunscreen and also bug spray!
- Hike to the spectacular **Lake Sparrow Nest Lookout**, a short and half-hearted easy going trek, or you can also challenge yourself on the more extremely **Stanzino Hiking Loop**.
- Sample some craft beer at Calabogie Brewing Co. or Lake Sparrow Brewing Co. Summer Solstice ale is light enough for even the hottest summer days.
- Grab a bite to eat at **Rockwell Bistro** – their menu items are cleverly named with a definite nature theme. We recommend their Hillbilly Bread, Rockwell Burger or Calabogie Cabin Fever.
- **Bear Paw Poutine Co.** on the pier serves whatever you need to enjoy the water – canoe, kayak, SUP or just a row-by-your-a-bikes to cruise through town.

About the area

Calabogie

Ontario Valley

- From Toronto: 272km • 4 hr 40 min
- From Ottawa: 137km • 1 hr 45 min
- Referred to as 'the funnest small town in Canada' by CBC's Homes to Hide For, Standing, Calabogie means that you can have some, from some people, and nothing, from anything, whatever it means to you. Calabogie is also home to Canada's Wonderland and Canada's Wonderland's Calaboogie Falls, there's plenty of fun to be had at this outdoor playground.

Time Spent Here: You'll want to soak up every minute of your time here in the town and you can head for your room at **Calabogie Resort**.

End Your Day: Calabogie Lodge Resort

On the shores of Calabogie Lake, this resort has a fabulous waterfront view, and their villas are country charming, classy, and spacious, which means they can accommodate up to eight people. Perfect for family get-together!

What to do here

- You'll want to head down for dinner to the on-site restaurant, **On the Rocks**. We hear on tour on the patio that overlooks Calabogie Lake is a lovely place to have a drink and a bite. Try out the lodge's pizza or for some extra relaxation before bed.

END OF DAY ONE

Read ONE Author

Day Two

Distance: 245km

START OF DAY TWO

Start Here: Calabogie Lodge Resort

Wake with the birds and savour your morning on your balcony overlooking Calabogie Lake.

What to do here

- For a hearty breakfast head to **Ol'ai in Café** to get something to enjoy on your balcony or take with you the road.
- Take a dip in the pool or right in Calabogie Lake.

320km • 4 HR MINS

Next Stop: Eganville

This town is cute as a button and like other ones of the Renaissance Route, it's located down the main street to see the sights.

What to do here

- **Fifth Chute Coffee** is the place to go to grab some baked goods and an excellent cup of coffee. Their inviting and minimalist decor may tempt you to stay longer than you had intended to.
- If you love authentic German cuisine, grab lunch or dinner is waiting at **The Grawey's Schnitzel House & Restaurant**.
- Take a few minutes to walk the **John Egan Deep Rapids Walking Trail** which takes you along the rushing waters of the Bonnechere River.

Time Spent Here: Plan on an hour or two at most, depending on if you are stopping to eat as well.

Next Stop: Bonnechere Caves

Spelunkers will love this dolomitized limed deep into the earth to see the natural caves that highlight the unique geology of the Ottawa Valley.

What to do here

- Take a guided tour of the caves which run every half hour and cost are reasonable up to 25 people.
- Take a tour tour, head across the street to the **Fossils Dream Museum** and do some hoof hunting on the exposed Canadian Shield.
- Bring a picnic lunch and eat in the Gazebo or devour pizza at the Caves to Dougies **Canadian Pub Express**. Hop truck and bring it back to dine by the water at the Fossils Dream.

Please note:
The caves are cool in summer and a sweater is recommended.

Time Spent Here: Plan on two to three hours here. You can easily spend between half an hour to an hour in the caves, plus time to explore the grounds and the Fossils Dream Museum.

Next Stop: Pembroke

You'll want to leave enough time to check out this small town before heading to your accommodation.

What to do here

- You can eat dinner at the lovely **The Courtyard Bistro** on Pembroke Street in downtown Pembroke.
- Before the sun goes down you'll want to visit Pembroke's **Waterfront Park**. Stroll along the boardwalk and admire the Ottawa River.
- Stroll the Pembroke's downtown and take in **Whitney House** which showcases the rich character of the city, from steam engines to logging. Pembroke has more music than Nashville.

Time Spent Here: Try to arrive in Pembroke with an hour or so to spare before checking in to the inn so you can explore its better dinner.

End Your Day: Best Western Pembroke

The Best Western Pembroke Inn & Conference Centre is located just a few minutes from the Ottawa River downtown core so you can literally drop your luggage and head out to explore the city. Pool, hot tub, fitness or sauna is check-in and you're doing exploring.

END OF DAY TWO

Day Three

Distance: 70

START OF DAY THREE

Start Here: Best Western Pembroke

Enjoy a hearty breakfast in the hotel before setting off on your day's adventure. If you can sing one, then waffles are your order the week. We recommend you be up and at 'em early for your whitewater excursion.

350km • 3 HR MINS

Next Stop: Forestor's Falls

No trip to the Ottawa Valley would be complete without a whitewater experience! Each year the Ottawa River carries thousands of tourists eager to tackle the world-class rapids found here. Forestor's Falls is where you find the best of the water sports it comes to whitewater rafting companies.

What to do here

- You'll want to pre-book a daytrip excursion with either **OWL Rafting** or **Wilderness Tours**. Both are top-rated companies on the Ottawa River.
- Check in to your chosen tour company and get ready for the whitewater adventure of a lifetime.

About the area

Forestors Falls

Ottawa Valley

- From Toronto: 386km • 4 hr 30 min
- From Ottawa: 70km • 1 hr 10 min
- Forestor Falls is located just minutes from the Ottawa River, the centre of the Ottawa Valley's America. Enjoy the white water paddling, canoeing, kayaking, and rafting on the river. The country roads along rolling farmland are excellent for cycling.

Time Spent Here: Excursions typically last a full eight hours so plan accordingly.

End Your Day: Wilderness Tours or OWL Rafting

If you're all fortunated and by sunset you can head back to your hotel, you can choose your accommodation you'll right at either **Wilderness Tours** or **OWL Rafting**. If you're rather be pampered, you can also choose to head back to Pembroke to one as your home base for your adventures.

END OF DAY

Day Four

Start Here: Your Accommodation

You won't want to lose around in bed so you will miss the delicious breakfast at either Wilderness Tours, OWL Rafting and Whitewater Inn. If you're still being pampered, you can also wander down the inn road to make the most of the amazing whitewater experiences here.

END OF TRIP

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