



9. SUMMER IN THE CAPITAL

With the warm weather that summer brings come ample opportunities for people to get outside and explore the National Capital Region. The National Capital Commission (NCC), through its parks, trails, pathways, parkways and events, offers activities for everyone.

Top summer activities (source)

- **Hiking and walking:** The options are endless on where you can hike or walk in the capital. There are trails in Gatineau Park and the Greenbelt, paved multi-use pathways in Ottawa-Gatineau, and parkways open exclusively for active use!
- **Dog walking:** From April 15 to November 30, leashed dogs are welcome on most NCC trails. This includes the Capital Pathway, urban parks, and most Gatineau Park and Greenbelt trails. That's more than 500 km of dog-friendly trails to explore!
- **Cycling:** The National Capital Region has plenty of options for cyclists. There are bike paths and routes for all ability levels. Aside from the 200 kilometres of multi-use pathways in the Capital Pathway network, there are more than 50 kilometres of parkways open exclusively for active use in the summer. Cycling will take you past some of the most scenic locations in the region.
- **Picnicking:** Nothing says summer like a picnic! Most of the NCC's urban parks boast great areas to enjoy a picnic. There are also sheltered and unsheltered picnic areas in the Greenbelt and Gatineau Park.
- **Swimming:** Beat the summer heat at one of the seven NCC-maintained beaches in the region or at the NCC River House, which has a supervised swimming area. Most beaches offer accessible picnic tables, change rooms, washroom facilities, and convenient parking.
- **Canoeing, kayaking, and other water sports:** From lakes to rivers, the National Capital Region has many waterways to discover. Choose your watercraft – canoe, kayak, rowboat, or stand-up paddleboard – and spend some peaceful time on the water. Always wear a life jacket when boating.



Fun Fact: Every weekend from May to October, the NCC opens parkways in Ottawa for active use, morning and afternoon. These car-free roads are a great way to experience the beauty of the National Capital Region in a fun, safe, and environmentally friendly way. (source)