

► The Wakefield Inn & Spa



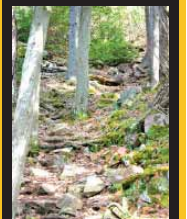
► Brasseurs de Temps microbrewery



► Smoked salmon at Boucanerie Chelsea

3 life

Top hikes



The Nokomis Trail in northern Ontario's Lake Superior Provincial Park and Sunshine Meadows in Banff National Park are ranked among the Top 5 day hikes in the country, according to Lonely Planet's new Discover Canada guidebook. Other top-rated hikes include the Bruce Trail in Ontario, "classic walks" around Lake Louise in Banff National Park, and Vancouver's Stanley Park.

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Artisanal Outaouais

► Just minutes from the madness of Parliament Hill are quaint boroughs full of country charm and local artisans ► Here you'll find seasonal cuisine and unique specialty products



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A short hop and skip over the Ottawa River, Quebec's Outaouais region offers a captivating contrast to the madness of Parliament Hill just minutes away.

Here, Gatineau often takes the spotlight, drawing visitors to its Casino du Lac Leamy and Canadian Museum of Civilization. But look beyond the high-rises and you'll find the real Outaouais.

In and around Gatineau Park, a playground to many of Ottawa's VIPs, time slows as you coast through quaint boroughs like Wake-

field, Chelsea and Montebello — chock-full of country charm and local artisans, dedicated to their craft, creating some unique specialty products and experiences for locals and visitors alike.

The Artists' Studio Tour is an award-winning trail that takes visitors to the workshops and studios of many specialized local artists and craftspeople.

Meet people like Russ Zietz, a professional log builder who now creates wood art and mixed media furnishings with a creative Canadian flair, and Mud Pies Pottery's Carrie Leavoy, a potter who creates

Japanese-inspired products. For those seeking artisanal edibles, visit the Boucanerie Chelsea, where owners Line Boyer and James Hargreaves have perfected the art of smoking fish and meat. Using only sustainable fish and the sawdust left over from carving out baseball bats, the smokehouse boasts delicately flavoured smoked salmon, scallops, shrimp and tuna.

Nearby, don't miss the award-winning restaurant, Les Fougères, where seasonal cuisine gets the fine dining treatment in a country-elegant dining room, recently named one of the

most romantic restaurants in Canada. Homemade cured meats, terrines and Quebec cheeses are featured alongside local produce like venison, duck and bison.

If you suffer from sensitive skin, dryness or eczema, be sure to visit the Savonnerie Olivier Chelsea, where Sonya Ann Legault makes all-natural skincare products like soap, shampoo, bath oil, baby products, makeup remover and shaving cream.

Specializing in traditional craft beers using age-old brewing traditions of the Outaouais area, Brasseurs du Temps offers anywhere

from eight to 12 beers for tasting. Visitors can enjoy beer-inspired dishes like smoked meat cooked in their brew or learn about the region's heyday as a centre for jazz.

To Roundit off, experience the authentic countryside hospitality of husband and wife team, Robert Milling and Lynn Berthiaume at the Wakefield Inn & Spa. With 27 well-appointed guest rooms, a spa and fine dining restaurant, the inn retains the heritage and character of the historic mill on which it was built.

For more, visit tourisme-outaouais.com.

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