

# SAMPLE ITINERARIES

## STEAM STUDENT TOUR

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The National Gallery of Canada school programs support provincial curricula. Using *Science, Technology, Engineering, the Arts* and *Mathematics*, this itinerary encourages student inquiry, dialogue, and critical thinking through personal experience.

- 9:30 AM** Visit the Canada Science and Technology Museum: Explore how Canadians have used technology and engineering through invention.
- NOON** Enjoy a box lunch on the lawn of the National Gallery (Nepean Point) or in our Sketches lunchroom.
- 1 PM** *How It's Made* guided tour at the National Gallery introduces students to the tools, materials and techniques of artmaking. Students will discuss painting, sculpture and beading, explore the elements and principles of design, and create their own work of art inspired by Indigenous beadwork.

### EVENING OPTION

Enjoy the Time Traveller tour with See Our City

### DETAILS

Canadian Science and Technology Museum, [ingeniumcanada.org](http://ingeniumcanada.org)  
See Our City Tours, [seeourcity.com](http://seeourcity.com)

## CHRISTIAN TOUR

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Highlighting the Rideau Chapel in the Canadian and Indigenous Galleries, the Notre Dame Cathedral and their local connections to the Catholic community of Ottawa.

- 10 AM** Tour the Rideau Chapel and European galleries at the National Gallery of Canada.

The Rideau Street Chapel was originally part of Our Lady of the Sacred Hearts, a girls' boarding school in Ottawa, run by the Sisters of Charity. The chapel's interior was granted heritage status in 1972 and was relocated to the National Gallery of Canada, preserving this rare example of Canadian architectural history.

- 11:15 AM** Enjoy an early lunch in "7", the small plates restaurant in the Great Hall with views of Parliament and Major's Hill Park

- NOON** Cross the street to the Notre Dame Cathedral, take in mass at 12:15 pm.

- 1:30 / 3 PM** Guided tour of the Notre Dame Cathedral

### DETAILS

Notre Dame Cathedral  
[info@notredameottawa.com](mailto:info@notredameottawa.com)

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## INDIGENOUS IMMERSION ON FOOT

The important stories of Huron, Algonquin, Cree and Ojibwe and other native tribes are told throughout Ottawa; through its museums, galleries, monuments and other cultural attractions.

- 8 AM** Enjoy traditional breakfast, dance performance and Aboriginal craft with Aboriginal Experiences on the grounds of the Canadian Museum of History.
- 9:30 AM** Upon entering the museum, be sure not to miss *Morning Star*, a beautiful ceiling painting by Alex Janvier, one of Canada's great Aboriginal artists.
- 11:30 AM** Enjoy the views of the Ottawa River as you cross Alexandra Interprovincial Bridge. Stop to admire the *Three Watchman* sculpture by James Hart, hereditary Chief of the Staast'as Eagle Clan.
- NOON** Lunch at one of the National Gallery's restaurants or order a lunchbox and enjoy your meal outdoors. Nepean Point (behind the NGC), is home to many sculptures and gardens including *Black Nest* by Bill Vazan, a leading figure in Canadian Land Art.
- 1:30 PM** Designed to explore artworks from an Indigenous perspective, *Indigenous Perspectives* (students) or *Art in Canada* (adults) guided tours explore the connections between Canadian and Indigenous masterpieces and how they tell our stories.

### EVENING OPTION

Enjoy a guided bike and walking culinary tour of Ottawa with C'est Bon cooking

### DETAILS

Aboriginal Experiences,  
[aboriginalexperiences.com](http://aboriginalexperiences.com)

Canadian Museum of History,  
[historymuseum.ca](http://historymuseum.ca)

C'est Bon Cooking, Bike & Bites Tour,  
[cestboncooking.ca](http://cestboncooking.ca)

## CAPITAL EXPERIENCE TOUR

Ottawa is home to Canada's seat of government. Here's an insider tip: Enjoy one of Ottawa's best views of Parliament Hill from the National Gallery's Cafeteria.

- 8:30 AM** Tour the Senate of Canada Building and West Block, currently home of the House of Commons. All guided tours are free!
- 10 AM** At the nearby pedestrian mall Sparks street, join the Ottawa Express, Escape Bicycle Tour's two-hour sightseeing trip through two provinces. See Rideau Falls, Governor General's house at Rideau Hall and much more.
- NOON** Grab lunch in Ottawa's historic ByWard Market, there is truly something for everyone!
- 2 PM** See the Canadian and International works that comprise the national collection at the National Gallery of Canada, including *Sunrise on the Saguenay* by Lucius O'Brian – the first artwork of the collection. The chronological presentation immerses you in the culture, political movements, and regional influences of each period. On Thursdays, you can enjoy until 8 pm!

### DETAILS

Parliament Tours, [visit.parl.ca](http://visit.parl.ca)

ByWard Market, [byward-market.com](http://byward-market.com)

Escape Bicycle Tours,  
[escapebicycletours.ca](http://escapebicycletours.ca)