

Connaught National Army Cadet Training Centre

The **Connaught National Army Cadet Training Centre** or **Connaught Range and Primary Training Centre** is a small installation that is primarily used as a [rifle range](#), found on Rifle Road, close to Carling Avenue in [Nepean](#), a suburb of [Ottawa](#). It is located 17 kilometres west of Parliament Hill on the municipal boundary of the former cities of Nepean and Kanata. The facility covers 1,058 hectares with about 5 kilometres of shoreline with the [Ottawa River](#). Known colloquially simply as **Connaught**, it has been a centre for military training and research for over 75 years and a Canadian crown game sanctuary since 1929. At present, Connaught is open all day, every day of the year.

It acts as local headquarters to two [cadet](#) corps and one squadron: one, the 319 Centurion, is a part of the [Royal Canadian Sea Cadets](#), another corps, the 706 Snowy Owl, is part of the [Royal Canadian Air Cadets](#), and the last one is "E" Sqn. 2870 [Royal Canadian Dragoons](#), which is part of the [Royal Canadian Army Cadets](#).

Summer Training

It is also the National Army Cadet Training Centre, as most of its facilities, such as the shooting ranges, the [mess hall](#), numerous [obstacle courses](#), vast [stockpiles](#) of tents and military clothing (such as disused [NATO parkas](#) dating from the 1970s) and open ground are available for use by the [Royal Canadian Army Cadets](#).

During the summer, Connaught is the site of most Marksmanship Courses for the Royal Canadian Army Cadets, as it is first and foremost a [shooting range](#).

Courses offered there are:

- Army Cadet -- Basic Marksman (3 Weeks)
- Army Cadet Leader (CL) -- Marksman (6 Weeks)
- Army Cadet Leader Instructor (CLI) -- Marksman (7 Weeks)
- Army Cadet Leader Instructor (CLI) -- Physical Education & Recreation Training (PERT) (6 weeks)
- Army Cadet Leader Instructor (CLI) -- Rifle Coach (6 weeks)
- Army Cadet National Rifle Team (8 weeks)
- Introduction to Rifle Coaching Course (3 weeks) (air cadet)

Connaught is also the *jump off point* for most of the Army Cadet International Exchanges and the Army Cadet Parachutist Course.

Changing of the Guard Ceremony at Parliament Hill

A Canadian tradition at its most colorful! The Changing of the Guard brings stirring military drill and music to Parliament Hill. You can see bagpipe musicians as well as marching bands. It is mixture of French and British (Scottish) traditions.

The Ceremonial Guard is made up of two of Canada's most historic regiments: the Governor General's Foot Guards (who wear red plumes in their Bearskin caps) and the Canadian Grenadier Guards (who wear white plumes). The band of the Ceremonial Guard is composed of selected musicians from military bands and music schools from across Canada. Catch the spectacle of the Changing the Guard ceremony — Canadian tradition at its most colorful.

Go early to learn about the symbolism, history, regiments and proceedings of the ceremony.

Canadian War Museum

The **Canadian War Museum (CWM)** (**Musée canadien de la guerre (MCG)**) is [Canada's](#) national museum of military history. ^[1] Located in [Ottawa, Ontario](#), the museum focuses on military conflicts that occurred on Canadian soil, involved Canadian forces, or had a significant effect on the country and its people. ^[2] The conflicts range from early warfare among First Peoples to today's "war on terror."

Much of the museum's public exhibition space is devoted to its [Canadian Experience Galleries](#). These permanent exhibitions underline the profound effect war has had on Canada's development and the significant role Canadians have played in international conflicts. The galleries also devote much attention to war's impact on individuals: to what it calls the "devastating human experience" of war. Complementing the permanent galleries is a changing program of temporary or [special exhibitions](#).

The CWM also houses [Military History Research Centre](#), a large collection of [war art](#), and extensive collection of military vehicles and artillery. ^[3]

The CWM was first built in 1880. Its current building opened in May 2005 is located less than 2 km west of Canada's Parliament Buildings. The building's [architecture](#) has received professional and public acclaim.

Sound and Light Show

Come and get swept away! Sound & Light Show will captivate the audience as the four winds tell the story of great Canadian achievements, both at home and abroad. Hear how Canadians feel about this great country and be a part of a unique experience that links Canadians from coast-to-coast. Show is subject to cancellation due to inclement of weather. Please call ahead for more information.

C7 Rifle



	Diemaco C7	Diemaco C8
Calibre	5.56 x 45 NATO	
Length	1020 mm	840 / 760 mm
Barrel length	510 mm	370 mm
Weight	3.3 kg empty w/o magazine 3.9 kg loaded with 30 rounds	2.7 kg empty w/o magazine 3.2 kg loaded with 30 rounds
Magazine capacity	30 rounds	
Rate of fire	800 rounds per minute	900 rounds per minute

In 1984, Canada adopted a new 5.56 mm assault rifle. To avoid research and design expenses, the Canadians simply purchased the license from USA for a new assault rifle, chambered for the latest 5.56 x 45 NATO ammunition. This was the Colt model 715, also known as the M16A1E1 rifle. Adopted as the C7, this rifle combined features from both earlier [M16A1](#) rifles, such as full automatic fire mode and a two-position flip-up diopter sight, and from the newest [M16A2](#), such as heavy barrel, rifled with faster 1:7 twist, better suited for 5.56mm NATO ammunition. Latter on, Diemaco (now Colt Canada) developed a short-barreled carbine version, fitted with telescoped buttstock, which was designated the C8. While the C7 rifle went to the Canadian armed forces, the C8 is in use with Canadian police forces. According to the recent trends in small arms development, Diemaco also produced so called "flat top" models of both the C7 and C8. These models have a Picatinny-style rail instead of the M16A1-style integral carrying handle with rear sight, and are usually issued with the Elcan optical sights, or with the detachable carrying handle with M16A1-type diopter sights. Designated by the manufacturer as the C7FT and C8FT, in Canadian service these models are issued as C7A1 and C8A1, respectively.

Other derivatives are the LSW (Light Support Weapon, basically a heavy barreled C7) and SFW (Special Forces Weapon, a heavy barreled C8). Netherlands adopted the C7 (in both standard and flat top versions) in 1994, and Denmark purchased and adopted the C7FT as the Gevaer M/95 in 1995.

Currently Canadian army is upgrading existing C7 and C7A1 rifles in Canadian service to new C7A2 configuration, which combines the standard C7-type 50cm barrel with C8-type telescoped buttstock, colored furniture, C7A1-type Picatinny rail upper receiver, and additional short Picatinny rails on the sides of front sight block for mounting sighting aids like laser pointers and tactical lights. C7A2 also is fitted with improved sight, Elcan C79A2. Other changes include ambidextrous magazine release and safety/fire selector switch, and other minor improvements

Internally, the C7 differs very little from the original [M16A1](#) rifle, with the most visible differences being the heavy [M16A2](#)-style barrel and A2-style handguards. Flat top models (C7FT / C7A1) are quite similar in appearance to the [M16A3](#) rifles, and issued with Elcan optical sight along with backup iron sights. The C8/C8FT carbines are quite similar to the US M4/M4A1 carbines.

Blackdown Army Cadet Summer Training Centre

The Blackdown Army Cadet Summer Training Centre is a training centre formerly known as the Army Cadet Summer Training Center Blackdown for [Royal Canadian Army Cadets](#), and, since 2003, included the [Royal Canadian Air Cadets](#), and [Royal Canadian Sea Cadets](#). But as of 2007 Charlie Squadron may be disbanded due to Aircraft servicing and Basic Electronics are being moved to [Canadore College](#) and the photography course is being cut from the courses offered to Air Cadets. It is located at [CFB Borden, Ontario](#), and trains approximately 2500 cadets each summer in 2-, 3-, or 6-week courses. In 2008, the first all-air cadet Lima Squadron appeared.

Mock Tower

Before actual use of a parachute, Airborne trainees make a number of jumps from a 34-foot mock tower designed to simulate the conditions of free fall and riser shock. This training is intended to teach the proper method of exit from the plane door and the correct body position during free fall.

lafleche adventure High ropes

On top of these 44 suspended bridges and 11 zip lines, this park offers something new to those more adventurous types: a Via Ferrata, a rare activity in Quebec! A via ferrata is a new obstacle situated on a rock face, combining the activity of rock climbing with walking.

If you think you already know what an aerial park has to offer...think again. Come discover the thrill of seeing the vast Laurentian forest from above...and amazing speed on the way back down via our Summit zip lines.

Ride into the Mist!

Water rushes all around as you "soak" in the excitement and explore the roar of the Falls. A historical ride aboard the world-famous Maid of the Mist is a half hour thrill of a lifetime! North America's oldest tourist attraction, millions of visitors have enjoyed the boat tours since 1846.

Admission to the Maid of the Mist is included with the Niagara Falls & Great Gorge Adventure Pass, departing from the Canadian docks only. The entrance for Canadian departures for Maid of the Mist is at 5920 Niagara Parkway, Niagara Falls, Ontario, Canada. This is at the north end of Queen Victoria Park, close to the Rainbow Bridge and Oakes Garden Theatre at the foot of the Clifton Hill tourist area.

Attraction Facts & Figures

A powerful diesel-engined boat will take you from the Canadian docks past the base of the American Falls, then into the basin of the magnificent Canadian Horseshoe Falls. Operating from late April/early May (weather dependent) to October 24 each year, the Maid departs every 15 minutes. Two 600-passenger boats, Maids VI and VII, are each 80-feet long and have two 350-horsepower engines that carry the vessels against the powerful current. A recyclable souvenir raincoat is provided free with admission to help keep you dry from the mist and spray.

The Maid of the Mist Steamship Company is privately owned and leases the land for its Canadian operations from The Niagara Parks Commission.

Steamship departures from the Canadian side of the Niagara River are located at the Maid of the Mist Plaza. Previously the location of the Princess Elizabeth Building, the Plaza was built in 1991 and is unique in that it is set into the gorge wall, with all buildings below ground level. The large brown stone tower, covered in split brick mosaic carvings of vines, houses four high-speed elevators that take passengers down to the docks at the river's edge. Taking a few steps up to the top of the tower provides a wonderful panoramic view of Niagara Falls and it is a very popular location for photographers

CN Tower

The **CN Tower**, located in [Downtown Toronto, Ontario, Canada](#), is a communications and observation [tower](#) standing 553.33 metres (1,815.4 ft) tall.^[1] It surpassed the height of the [Ostankino Tower](#) while still under construction in 1975, becoming the [tallest free-standing structure on land](#) in the world. On September 12, 2007, after holding the record for 31 years, the CN Tower was surpassed in height by the still-under-construction [Burj Dubai](#).^[2] It remains the tallest free-standing structure in the [Americas](#), the signature icon of Toronto's skyline, and a symbol of Canada.^{[3][4]}, attracting more than two million international visitors annually.^[5]

CN originally referred to [Canadian National](#), the railway company that built the tower. Following the railway's decision to divest non-core freight railway assets, prior to the company's [privatization](#) in 1995 it transferred the tower to the [Canada Lands Company](#), a federal [Crown corporation](#) responsible for [real estate](#) development. Since local residents wished to retain the name *CN Tower*, the abbreviation is now said to expand to **Canada's National Tower** rather than the original **Canadian National Tower**; however, neither of these names is commonly used.^[6]

In 1995, the CN Tower was declared one of the modern Seven [Wonders of the World](#) by the [American Society of Civil Engineers](#). It also belongs to the [World Federation of Great Towers](#).

Jet Boating

Since 1983, Lachine Rapids Tours is an affiliate of [WildernessTours](#), Canada's first and largest whitewater rafting firm, operating on the Ottawa River for over 30 years. In Montreal high powered jet boats, capable of carrying up to 50 passengers per boat, take locals and visitors on a thrilling, scenic and unforgettable ride through the only rapids on the St. Lawrence River, which are right in downtown Montreal. Guides on board relate the historic beginnings of the french explorers and the building of the St.Lawrence Seaway. discover the history, the culture and the lifestyle of Hurons of the past and of today.

La Ronde

La Ronde is Eastern Canada's largest amusement park. The facility, which opened as part of Expo '67, today offers some 40 rides and attractions, including the Goliath, one of North America's highest and fastest roller coasters, and Le Pays de Ribambelle, an exciting and enchanting family area.

The Montréal Tower Observatory

The Montréal Tower Observatory is located in the highest inclined tower in the world, with its 175-metre elevation and 45-degree angle. The Tower of Pisa, by comparison, has a 5-degree angle. The Observatory is at the top of a building that, in and of itself, totals 14,606 square metres and weighs 16,363 metric tons-comparable to 3 aircraft carriers.

The view of Montréal is as unique as it is exceptional. On a clear day, visitors can see up to 80 kilometres all around, including the Laurentian Mountains. It is not surprising that the Montréal Tower is a member of the [World Federation of Great Towers](#), next to, among others, the CN Tower in Toronto, the Empire State Building in New York and the Menara Tower in Kuala Lumpur.

The top 3 floors of the Tower house the Observatory, as well as two reception halls - the [Salon Montréal](#) and the [cocktail room](#) - that can be rented. You access the Observatory by a funicular that is one of a kind.

Montreal Biodome

The Montreal Biodome (Biodôme de Montréal) is a facility located in [Montreal](#) that allows visitors to walk through replicas of four ecosystems found in the Americas. The building was originally constructed for the [1976 Olympic Games](#) as a [velodrome](#). It hosted both cycling and judo events. Renovations on the building began in 1989 and in 1992 the indoor nature exhibit was opened.

Sugar Cabin

The company, which comes this year in its 31st year of existence, has become over the years the reference to the thousands of visitors eager to experience an authentic journey into the heritage of Quebec. Throughout these years, Pierre Faucher, owner, has done annually for many business trips around the world to encourage clients to choose Quebec in their travel intentions. The publication of this report was pleased to Pierre Faucher. He comments: "This is truly a great distinction to receive such attention from a newspaper as prestigious as the New York Times. I realize how even after all these years of operation, the Sugar Mountain remains an important tourist icon for our neighbors to the south. I believe that what continues to attract foreign visitors to take a great interest in our cabin, the power of our tradition, our culture simply to match the aspirations of women and men of the world. "

Canadian museum of civilization

The **Canadian Museum of Civilization** ([French](#): *Musée canadien des civilisations*) is Canada's national museum of human history and the most popular and most-visited museum in Canada.^[1] It is located in [Hull](#), Quebec, directly across the Ottawa River from Canada's [Parliament Buildings](#). The Museum's primary purpose is to collect, study, preserve, and present material objects that illuminate the human history of [Canada](#) and the cultural diversity of its people.

For the visiting public, the Museum of Civilization is most renowned for its permanent galleries, which explore Canada's 20,000 years of human history, and for its architecture and stunning riverside setting. The Museum also presents an ever-changing program of special exhibitions that expand on Canadian themes and explore other cultures and civilizations, past and present. The Museum of Civilization is also a major research institution. Its professional staff includes leading experts in Canadian history, archaeology, ethnology, folk culture, and more.^[2]

With roots stretching back to 1856, the Museum is one of North America's oldest cultural institutions.^[3] It is also home to the [Canadian Children's Museum](#), the [Canadian Postal Museum](#), and an [IMAX/IMAX Dome Theatre](#).

The Museum of Civilization is managed by the Canadian Museum of Civilization Corporation, a federal Crown Corporation that is also responsible for the [Canadian War Museum](#), the Children's and Postal Museums, and the [Virtual Museum of New France](#). The Museum is accredited by the [AAM](#) and a member of the [Canadian Museum Association](#).

Mont Cascade Water Park

Mont Cascades, Ottawa-Gatineau's Mountain Waterpark, the National Capital Region's premier family recreation centre, has the answer! Just 20 minutes from downtown Ottawa and Gatineau, Mont Cascades Resort offers the absolute best in family fun and entertainment.

Mont Cascades Resort offers world class water rides, expansive picnic and leisure areas, full food and beverage services, an arcade, a gift shop, a new and improved tots' water play area, and a staff that will take care of everything from pre-party planning to waving good-bye to your guests at the end of the day. All of this at affordable prices!

Canoe Expedition

Established in 1961, Algonquin Outfitters is Canada's premiere wilderness canoe trip outfitter. A family owned and operated business, "AO" has been serving [Algonquin Park](#) canoe trippers for over 45 years. A wide range of outfitting options, including equipment rentals, complete and partial outfitting, packaged guided trips, custom guided trips and water taxi service, allows us to meet the needs of just about any Algonquin Park visitor. Experience wilderness canoe tripping by paddling and portaging through Ontario's famous Algonquin Park, with Algonquin Outfitters as your guide.

Diefenbunker

Diefenbunker, Canada's Cold War Museum

Built to protect the government from nuclear attack, this once-secret bunker is now a museum and National Historic Site of Canada.

In addition to preserving and promoting Canada's Cold War history, we offer a variety of visitor programs and services. You can learn, play or shop as you discover the bunker's secrets and relive the experience of the Cold War.