



**Alberta Health
Services**

**CROSS-CANADA
RENAL FITNESS CHALLENGE**
Places & Faces

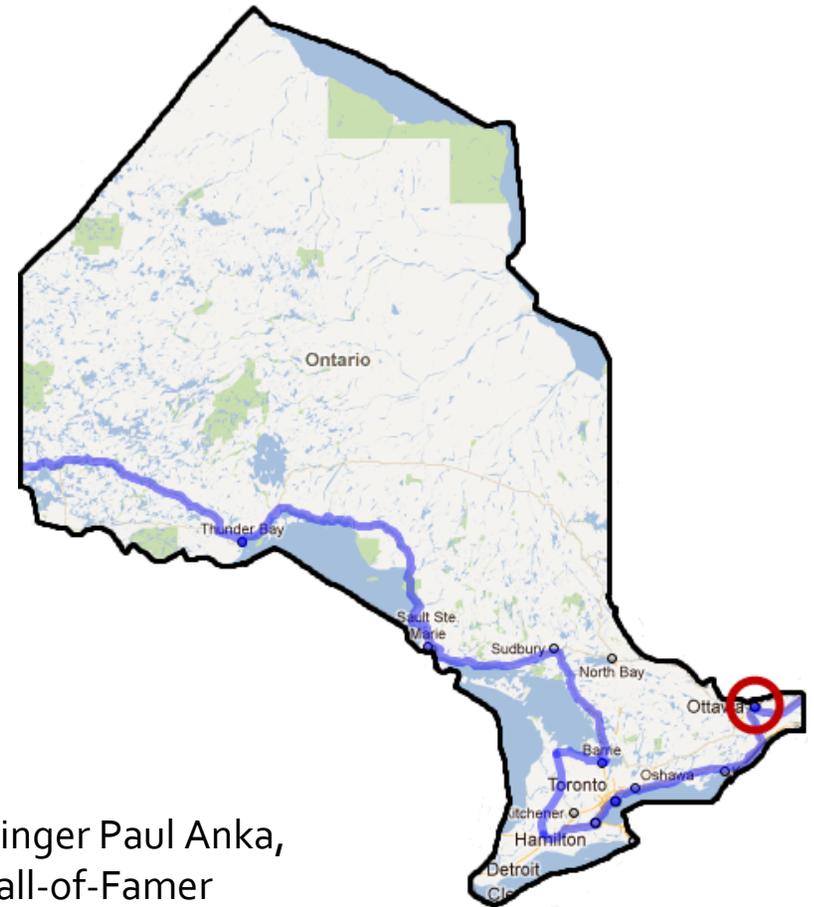
Ottawa, Ontario

Ottawa is the national capital of Canada, and its fourth largest city. It sits on the south bank of the Ottawa River, and is rated as the third cleanest city in the entire world.

Ottawa is famous for the Rideau Canal, which began construction in 1826 as a war measure to help keep the United States from invading again as they had in 1812. It connects the Ottawa River with Lake Ontario, and today is used as a recreational waterway and for skating in the winter. Some people ice-skate to work!

Ottawa was chosen as the capital city by Queen Victoria because it was halfway between Toronto and Quebec City, and was a small city at the time, which made it less likely mobs would burn political buildings as once happened in Montreal.

Notable people from Ottawa include writer Margaret Atwood, singer Paul Anka, journalist Peter Mansbridge, many NHL players including Hall-of-Famer Denis Potvin, and the city is even the birthplace of Princess Margriet of the Netherlands, sister of the current Dutch monarch, Queen Beatrix.



Population: 1,236,324