

Sports Facilities



Bicycle Paths

There are over 140 Km of bike paths in the Ottawa area. This includes a path that runs North along the Eastern Parkway towards the Ottawa River from the intersection of Montreal Road and the Parkway. That path connects to a longer path that runs along the Ottawa River and the Rockcliffe Parkway between Blackburn Hamlet and Sussex Drive.

Boating, Sailing and Rowing

The following clubs provide varying facilities:

The Rockcliffe Yacht Club, on the Ottawa River just north of the Rockcliffe airport. Boating and Sailing. Tel: **748-3005**.

Ottawa New Edinburgh Club, on the Ottawa River just east of Acacia Rd. Boating, sailing and rowing. Tel: **746-8540**.

Rockcliffe Boathouse and Marina, on the Ottawa River, down the hill beside the Rockcliffe Lookout. Boating. Tel: **744-5253**.

Cross Country Skiing

During the winter, the bike paths often turn into ski trails. In addition trails are often cut through the mile circle.

Curling

The RCMP Curling Club, located at the end of Sandridge Road at 115 St. Laurent Blvd., has a rink which is not just for RCMP employees. The season runs from October to April. For more information call **749-7086**.

Golf The Rockcliffe Golf Driving Range is located up on the CFB North. Follow Hemlock Rd. east across St. Laurent Blvd. and up the hill. It is on the North side. For more information call **746-4957**.

The nearest full fledged golf course is the Pine View Municipal Golf Course at 1471 Blair Road. There are full length and Executive 18 hole courses. For more information call the Pro Shop at **746-4301** or **746-4653**.

Hockey and Skating

The St. Laurent Complex at 525 Cote Street offers both hockey and skating. For more information call **742-6767**.

There is outdoor skating available during the winter behind the Field house beside Manor Park School. The Community Council maintains an ice hockey rink circled by an ice oval with the help of volunteers. For more information call **741-4776** or visit [Our Rink](#) page.

Soccer

The Manor Park Soccer League offers mixed soccer for children between the ages of 4 and 10, with coaching provided by the Capital United Soccer Club. All games are played on the Manor Park field at 100 Thornwood Rd. from May to July.

Manor Park United organizes soccer from 11-14 year olds, with teams playing in the South Side Soccer League from May to September. Registration is prior to May. For more information call **741-4776**.

Blastball, T-Ball, Coach Pitch and Baseball

The Manor Park League offers Blastball (4-5), T-Bal (6-7), Coach Pitch (8-11) and Baseball (10-11) from beginning of May to end of July. All games are played on the Manor Park pitches at 100 Thornwood Rd. For more information call **741-4776**.

Swimming

The St. Laurent Complex at 525 Cote Street offers indoor pool facilities. Tel: **742-6767**.

Splash is a water theme park at 2040 Ogilvie Rd. Tel: **748-4222**.

Free Swimming is allowed at designated areas of Pond Lake just east of MacKay Lake, off Pond Street, between 7am and 2pm.

Tennis

There are two tennis courts at Manor Park School just off Hemlock Road. The community council offers tennis lessons for two age groups 6-10 and over 18 between May 10 and June 14 in 2005. For more information call **741-4776**.

The Ottawa New Edinburgh Club maintains 7 clay courts and 4 hard courts off the far end of Mile Circle (just off the Rockcliffe Parkway). For information about membership call **746-8540**. Junior Camps are also available to non-members and are run in July and August.

The Rockcliffe Lawn Tennis Club at 465 Lansdowne Road North, has 4 hydro-clay courts and 4 rubber cushion hard courts. It also runs a junior tennis program from late June on. For more information call Karen Leslie at **749-5494**.