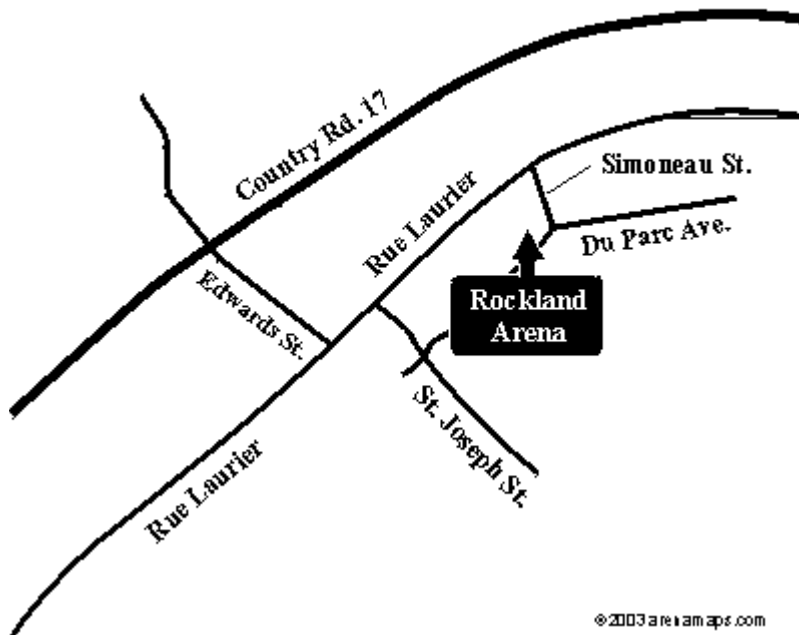


## [Rockland Arena \(Jean-Marc Lalonde Arena\)](#)

1450 Park Ave.  
Rockland, ON K4K1P7  
613-446-6144



### **Driving Instructions:**

Rockland is located along Rt-17 on the southern bank of the Ottawa River, approx. 35 km northeast of Ottawa.

**From Ottawa:** Take Queensway East and stay on 17 towards Orleans and Rockland. In Rockland, take Edwards (gas station at 17 and Edwards) and go south. On Laurier turn left. At the arena sign, Simoneau Street, turn right. The arena is on the right.

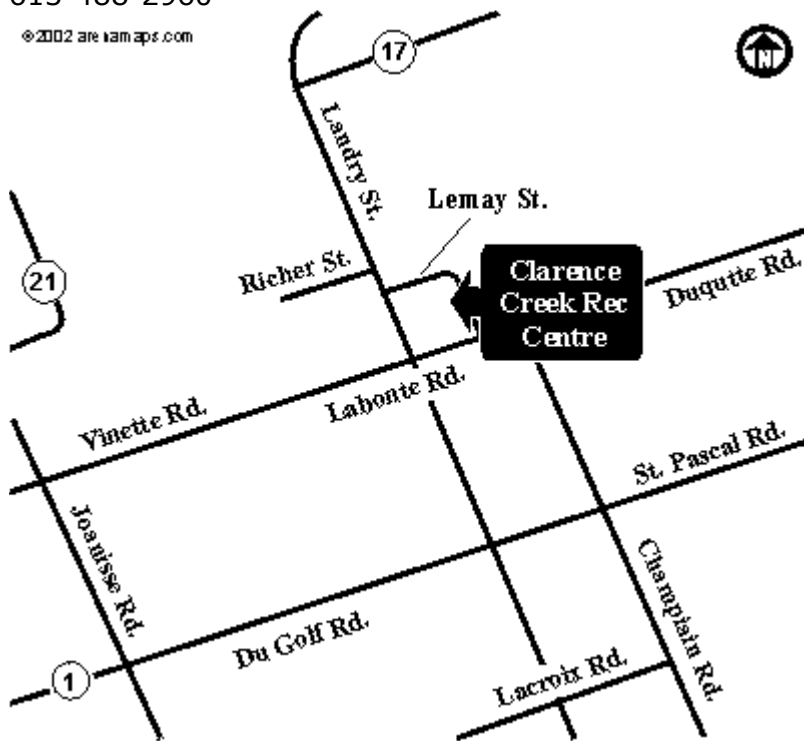
Prenez la 17 pour vous rendre à Rockland.

D'Ottawa, prenez le Queensway Est et restez sur la 17 vers Orléans et Rockland. À Rockland, prenez la sortie Edwards (station d'essence au coin 17 et Edwards) et tournez vers le sud. Tournez à gauche sur Laurier. A l'enseigne de l'arena, chemin Simoneau, tournez à droite. L'arena sera à votre droite.

## Clarence Creek Recreation Centre

418 Lemay St.  
Clarence Creek (Rockland), ON K4K1P7  
613-488-2960

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### **Driving Instructions:**

Clarence Creek is located approx. 5 km south of Hwy-17 in the municipality of Clarence-Rockland, approx. 45 km east of Ottawa.

**From the East (Orleans/Ottawa):** Hwy-174 east past Rockland. Turn right at traffic light on Landry Road. Continue on Landry Rd. into the town of Clarence. Turn left on Labonte (first stop sign). Turn left on Lemay St. (first street). Arena is on the left.

**From the West (Hawkesbury):** Hwy-174 west. Before reaching Rockland, watch for Landry Road sign. Turn left on Landry Rd. (at traffic light). Continue on Landry into the town of Clarence. Turn left on Labonte (first stop sign). Turn left on Lemay (first street). Arena is on the left.