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CANADA



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GREAT LAKES

HISTORIC TOWNS


WILDLIFE

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CANADA

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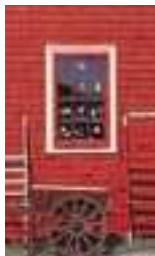


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ATLANTIC
CANADA

QUEBEC

ONTARIO

OTTAWA

Montreal

Toronto

Halifax

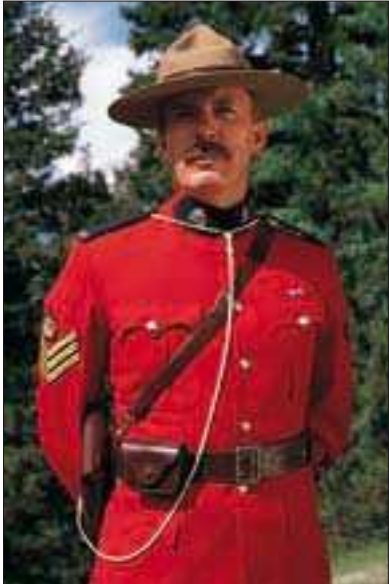
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CANADA





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The historic reconstruction of
Fortress Louisbourg, Nova Scotia

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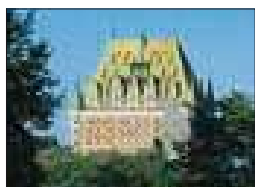


Lake Moraine in Banff National Park in the Rockies

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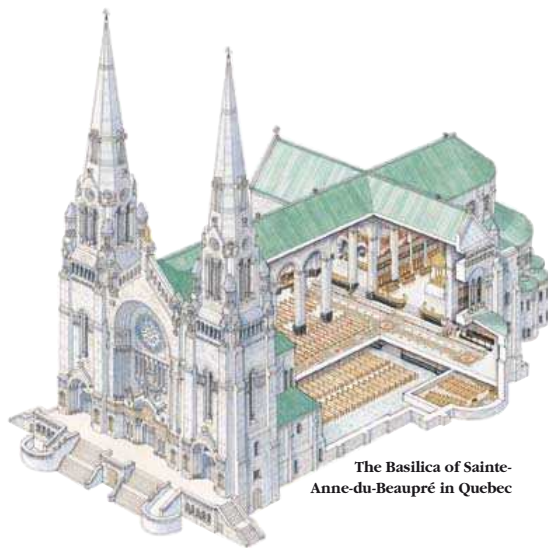
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The Basilica of Sainte-Anne-du-Beaupré in Quebec





INTRODUCING CANADA



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Putting Western and Northern Canada on the Map

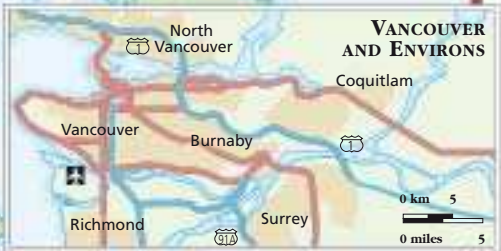
CANADA LIES at the northern end of the American continent and covers 9,970,610 sq km (3,849,652 sq miles). More than 70 percent of this area is uninhabited because of vast tracts of frozen wilderness in the north. In contrast, British Columbia boasts Canada's only temperate rainforest.





MILEAGE CHART

BANFF										10 = Distance in kilometers	
128	CALGARY									10 = Distance in miles	
80											
1018	890	DAWSON CREEK									
633	553										
253	146	739	RED DEER								
157	91	459									
888	764	1376	610	REGINA							
552	475	855	379								
748	630	1118	476	260	SASKATOON						
465	391	695	296	161							
928	1057	1202	934	2424	1677	VANCOUVER					
577	657	747	580	1506	1042						
2513	2385	1495	2188	2871	2614	2697	WHITEHORSE				
1562	1482	929	1360	1784	1624	1676					
1464	1336	1947	1186	888	829	3312	3524	WINNIPEG			
910	830	1210	737	552	515	2058	2190				



Vancouver

There are no fast highways that cross Vancouver's center. The Trans-Canada Highway (Hwy 1) passes through the suburb of Burnaby, across Burrard Inlet, to its western end on Vancouver Island.



Putting Eastern Canada on the Map

MOST OF CANADA'S 30 million people live close to the US border, in a band that stretches from the east coast across to British Columbia in the west. Over 60 percent of all Canadians are concentrated in the southeast corner of the country, in the provinces of Ontario and Quebec. This is the heartland of Canadian industry, including electronics, hydro-electricity, lumber, and paper. The maritime provinces of Nova Scotia, New Brunswick, and Prince Edward Island are Canada's smallest, but the beauty of their landscapes attracts thousands of tourists each year. Newfoundland and Labrador are also known for their rugged charm.



Toronto

Greater Toronto is Canada's largest city, with a population of 4.6 million. Traffic congestion can be bad, particularly during rush hours, when parking is also expensive.

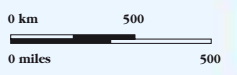


MILEAGE CHART

CHARLOTTETOWN

356									10 = Distance in kilometers											
221	FREDERICTON								10 = Distance in miles											
239	473																			
148	294	HALIFAX																		
1149	834	1003																		
714	518	623	MONTREAL																	
1860	1510	1925	676																	
1156	938	1196	420	NIAGARA FALLS																
1339	1016	1456	200	536																
832	631	905	124	333	OTTAWA															
954	598	1071	257	946	724															
593	371	665	160	588	450	QUEBEC CITY														
1412	1267	1512	859	1569	1074	637														
877	787	939	534	975	667	396	SEPT-ÎLES													
2794	2471	2910	1654	1521	1503	1963	2613													
1736	1535	1808	1028	945	934	1220	1624	THUNDER BAY												
1689	1366	1806	549	137	399	809	1449	1384												
1049	849	1122	341	85	248	503	900	860	TORONTO											

- ### KEY
- International airport
 - Highway
 - Major road
 - Principal rail routes
 - International border
 - Provincial border



ATLANTIC
OCEAN

Montreal
 Montreal is a well-established transportation hub. The city is surrounded by a network of highways: the Trans-Canada Highway, a hectic six-lane highway, crosses the city as number 20 or the Autoroute Métropolitain.





A PORTRAIT OF CANADA

BLESSED *with ancient forests, rugged mountains, and large cosmopolitan cities, Canada is unimaginably vast, stretching west from the Atlantic to the Pacific and north to the Arctic Ocean. Around 20,000 years ago Canada was inhabited by aboriginal peoples but by the 19th century it had been settled by Europeans. Today, the country is noted as a liberal, multicultural society.*

In part, Canada's heritage of tolerance is a result of its conflict-ridden past. Two centuries of compromise was necessary to fully establish the country. Following fighting between the British and French armies in the



Inuit wooden mask

1750s, the British won control of the country in 1759. The self-governing colonies of British North America spent three years hammering out the agreement that brought them together as the Dominion of Canada in 1867. Newfoundland did not become part of the nation until 1949. Powerful regional differences, particularly between French- and English-speaking Canada meant that

the country has had difficulties evolving a national identity. When Pierre Berton, one of Canada's most prolific writers, was prompted to define a Canadian he evaded the question, replying: "Someone who knows how to make love in a canoe."

The second largest country in the world, Canada has a surface area of 9,970,610 sq km (3,849,652 sq miles). Over 40 percent of the land is north of the treeline at 60° latitude; this extraordinarily hostile and sparsely inhabited wilderness is bitterly cold in winter, averaging -30°C (-22°F), and plagued by millions of insects in summer. Not surprisingly, most



The snow-laden rooftops of Quebec City overlooking the St. Lawrence River at dusk

Canadians live in the more temperate regions farther to the south. Of the country's 30 million inhabitants, more than 80 percent live within 200 kilometers (124 miles) of the US border.

FLORA AND FAUNA

In the far north, the permafrost of the treeless tundra (or taiga) supports the growth of only the toughest flora, such as lichen, mosses, and a range of unusually hardy varieties of flowers and grasses. In spring and fall however, the tundra flora bursts into an impressive display of color. Animal life is abundant in this region, and includes the polar bear, arctic fox, wolf, seal, musk ox, and caribou.

Farther south, the boreal or coniferous forest covers a wide band from Newfoundland in the east to the Yukon in the west. A variety of trees here, including spruce, balsam fir, and jack pine, provides a home for those animals most typically thought of as Canadian, primarily moose, beaver, lynx, and black bear. The beaver is Canada's national symbol. It was the

European fashion for beaver hats that created and sustained the Canadian fur trade and opened up the interior to European settlers, paving the way for the growth of the modern nation.

In the east, deciduous forests containing the emblematic maple are populated by deer, skunk, and mink. Across central Canada, the grasslands, known as the Prairies, house elk, gophers, and the few thousand buffalo which are all that remain of the vast herds that once roamed here.

British Columbia's temperate rain forests are rich in wildlife such as black tail deer, brown bear, and cougar. Rare orchids and ferns grow here, among towering cedars, firs, and spruce trees.



Spring flower from the Bruce Peninsula

THE FIRST NATIONS

Although thought of as a new country, Canada's prehistory dates back about 20,000 years to the end of the first Ice Age. At that time there was a land bridge joining Siberia to Alaska; Siberian hunter-nomads crossed this bridge to become the first human inhabitants of North America, and over



The bald eagle, a common sight around the Charlotte Island archipelago in British Columbia

the succeeding centuries their descendants gradually moved south. Archaeological digs in the Old Crow River Basin in the Yukon have unearthed a collection of tools believed to date to this initial period of migration. These Siberian nomads were the ancestors of the continent's native peoples, who adapted to their new environment in a variety of ways.

By the 16th century, Spanish and Portuguese traders were the first Europeans to have close dealings with the aboriginal peoples of the Americas, whom they named "Indians" in the mistaken belief that they had reached India. The "Indian" appellation stuck, and the "Red" was added by British settlers in the 17th century when they met the Beothuks of Newfoundland, who daubed themselves in red ochre to repel insects. The native peoples of the far north were also given a name they did not want – "Eskimo," literally "eaters of raw meat." Given the history, it is hardly surprising that modern-day leaders of Canada's aboriginal peoples have rejected these names in favor of others: aboriginal, native Canadians, and First Nations are all acceptable, though the people of the north prefer Inuit (meaning "the people"). Included among Canada's native peoples are the Métis, mixed race descendants of aboriginal peoples and French-speaking European traders.

SOCIETY

The joint official languages of Canada are French and English, and the interplay between Canada's two largest linguistic and cultural groups is evident in the capital city of Ottawa, where



Inuit children at Bathurst Inlet, Nunavut

every federal speech and bill has to be delivered in both languages. Canada's population is about 24 percent French Canadian, predominantly the descendants of French settlers who came to the colony of New France in the 17th and 18th centuries (*see p41*). Their English-speaking compatriots are largely descended from 18th-

and 19th-century British immigrants. Canada's reputation as a multicultural society began to be established in the 19th century when successive waves of immigration, along with various settlement plans, brought people from all over the world to Canada's cities and its rural areas. Today, perhaps the best way to experience modern Canada's vibrant cultural mix is to visit its three largest cities – Toronto, Montreal, and Vancouver.



View from Centre Island's parks and gardens on Lake Ontario toward Toronto's CN Tower



Changing of the Guard outside Ottawa's Parliament Building

GOVERNMENT AND POLITICS

Canada is a parliamentary democracy with a federal political system. Each province or territory has its own democratically elected provincial legislature headed by a Premier, and also sends elected representatives to the federal parliament in Ottawa. The House of Commons is the main federal legislature. The Prime Minister is the head of the political structure, as well as an elected member of the House of Commons where he must be able to command a majority. Bills passed in the Commons are forwarded to an upper chamber, the Senate, for ratification. At present, the Prime Minister appoints senators, although there is increasing pressure to make the upper chamber elective too. The nominal head of state is the British monarch, currently Queen Elizabeth II, and her Canadian representative is the Governor-General.

In recent years, the dominant political trend in Canadian politics has been regionalism. The provinces have sought to take back power from the center, which makes it difficult for any one

political party to win majority support in all parts of the country at any one time. The most conspicuous aspect of this process has been the conflict over Quebec, where there is a strong separatist movement. Twice since 1981, the Quebecois have been asked to vote in referenda seeking their support to leave Canada and, although the electorate voted "No" on both occasions, it was a close result. Sadly, the issue of Quebec's relationship with the rest of Canada is still unresolved, and further political disputes seem inevitable.

Since the 1980s aboriginal politics has come to the fore with campaigns for constitutional, land, and mineral rights. The Assembly of First Nations has been at the forefront of the establishment of the Inuit homeland, Nunavut. Current issues include battles for self-government and schools to preserve native languages, as well as hunting and fishing rights.



The ceremonial unveiling of the new Nunavut flag in 1999

Canada has played its part in the major events of the 20th century, including both world wars, and today holds a prominent position in international politics. The country is a member of NATO and one of the Group of Eight (G8) countries, which, with the US, UK, Italy, Japan, France, Germany, and Russia, decide on world trade agreements.

ART AND CULTURE

The vast and beautiful landscape of the country is a defining feature of Canadian culture. Outdoor pursuits such as hiking, skiing, and canoeing are high on the list of popular activities. Canadians are also great sports fans, and ice hockey, baseball, basketball, and Canadian football attract huge

crowds of spectators, and foster deeply felt allegiances. In addition to their passion for sports, Canadians are also enthusiastic about the arts. This is the country that has produced internationally renowned classical pianist, Glenn Gould, and whose major cities possess well-respected orchestras. Canada has also produced more than its share of popular music stars, from ground breaking singer-songwriters such as Joni Mitchell and Neil Young to more middle-of-the-road artists such as Celine Dion, Bryan Adams, and Shania Twain. Canada's cosmopolitan culture also means that visitors are likely to find a wide choice of music in bars, cafés, and at the country's numerous festivals.



International rock star, Alanis Morissette



**Toronto Maple Leaf
Mats Sundin**

All kinds of drama from Shakespeare to new writing can be seen at the renowned Stratford Festival, which is held in Ontario.

Many Canadian artists have looked to the wilderness as a source of inspiration. The first artist to attempt to express a sense of national identity was Tom Thomson, with his distinctive landscapes of Northern Ontario. He influenced the country's most celebrated group of painters, the Group of Seven (see pp160–61), who evolved a national style of painting capable of representing Canada's wilderness, a theme developed by their contemporaries and successors, notably Emily Carr.

Canada's world-class museums and galleries represent the country's pride in its art collections: the outstanding Art Gallery of Ontario in Toronto (pp

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Among Canadian writers, there are distinguished practitioners in both English and French, and an impressive list of contemporary novelists includes such prize-winning authors as Margaret Atwood, Carol Shields, Michael Ondaatje, Jacques Poulin, Yann Martel, and Germaine Guèvremont.

The Canadian film industry is thriving, with established directors such as David Cronenberg and Atom Egoyan continuing to create daring films. *Atanarjuat (The Fast Runner)*, a beautiful film written, directed, acted and produced by Inuit, was a surprise international hit in 2001.

Behind Canada's flourishing cultural life, lies a pride in its history and cosmopolitan heritage, and an affection for the land's daunting beauty.



**Author Margaret Atwood,
lauded worldwide**

Landscape and Geology

CANADA IS THE SECOND LARGEST country in the world, covering an area almost as big as Europe. It was created from the world's oldest landmasses. The billion-year-old bowl-shaped Canadian Shield covers much of the country, dipping around Hudson Bay and rising to mountain ranges at its edges. The country is bordered by oceans on three sides, with a coastline 243,800 km (151,400 miles) long and an interior containing some two million lakes. Canada is well known for the diversity of its landscapes: from the frozen, barren north that descends to the mountainous west with its forest and wheat plains, through the wooded, hilly east, and the fertile lowlands of the southeast.



The Great Lakes region covers 3% of Canada's landmass, and comprises a fertile lowland bowl, vital to its agricultural economy.



The Interior Plains, including the prairies, are the principal wheat-growing areas of the country, and range southeast 2,600 km (1,600 miles) from the Cordilleras to the US border. The plains are divided into three huge steppes.

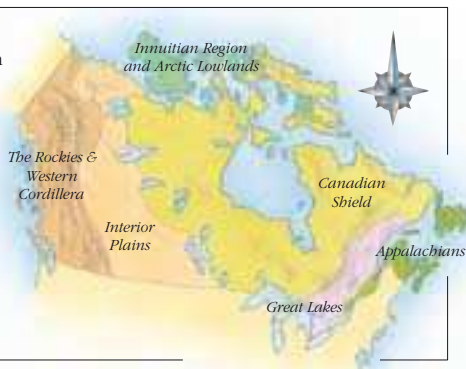
THE ROCKIES AND THE WESTERN CORDILLERA

This region is part of one of the world's longest mountain chains. In Canada, the Cordillera comprises the Pacific Coastal Mountains and forested basins. Graduated peaks and ridges reveal Ice Age erosion, as does the Columbia Icefield (see p308). The Rockies developed from continental plate movement, which began about 120 million years ago (see pp256-7).



GEOGRAPHICAL REGIONS

Characterized by its variety, Canadian landscape falls into six main areas. The north of the country offers a landscape of tundra, with the far north ice-covered for much of the year. In the west and south, the warmer, fertile lands of the Cordillera and interior plains support the rural population. To the east, the Great Lakes area is an agricultural center. The vast Canadian Shield cradles the plains and rises to form the northern Innuitian region and the Appalachians in the south.



The Appalachians'

rolling landscape is two-thirds woodland and covers both arable lowland areas and the highest peaks in Quebec. These are found on the Gaspé Peninsula, the outer mountain ring of the Canadian Shield highland. Most of the Appalachian mountain chain lies in the US. They are nature's barrier between the eastern seaboard and the continental interior lowlands.



The Canadian Shield, formed of the 1,100-million-year-old bedrock of the North American continent, is the core of the country. It spreads out from Hudson Bay for 5 million sq km (1.9 million sq miles). The center is scrub and rock, and rises to steep mountains around the rim.



The Innuitian region stretches northward from the Arctic Lowlands' modest height of 100–700 m (330–2,000 ft) above sea level to the peaks of the Innuitian mountain range, at their highest on Ellesmere Island at 2,926 m (9,600 ft). Vigorous glaciation for millenia has developed deep fjords, sharp peaks, and frost patterns on the earth. This region is rich in oil, coal, and gas.

Canada's Wildlife

BY THE TIME it emerged from the last Ice Age 10,000 years ago, Canada had developed a geography and climate that remains one of the most diverse on Earth. In the north, the Arctic weather produces a harsh, barren desert, in darkness for several months and frozen most of the year. By contrast, the country's most southerly province, Ontario, shares a latitude with northern California and offers fertile forests laced with rivers and lakes. In southern Canada, many varieties of wildlife flourish in the coniferous forest that covers the ancient rocks of the Canadian Shield. In the central plain are wheat-filled open prairies. From here, foothills lead to the Rocky Mountains, which gradually roll westward to coastal mountains and the balmy landscape of temperate rainforest along the Pacific coast.



The muskox is a gregarious herd animal and a remnant of the last Ice Age. Its thick topcoat of guard hair and undercoat of finer, fleecier hair keeps it warm even at -45°C (-50°F).



THE BOREAL FOREST

The boreal forest extends from eastern Canada, across most of Quebec and Ontario, and into the northern parts of the prairie provinces. It consists of a mix of spruce, pine, birch, and aspen, and occurs mostly on the giant rock outcrop of the Canadian Shield (see pp18–9). Dotted with thousands of lakes, it is a rich habitat for some of Canada's best-known wildlife.



THE PRAIRIES

Once referred to as a "sea of grass," the Canadian prairie is now predominantly agricultural in nature, specializing in growing wheat and other grains, and ranching prime beef cattle. While little original prairie wilderness remains, this is still a land of great open spaces that supports a surprising, often rare, wildlife population.



The timber wolf, or gray wolf, was hunted almost to extinction by 1950. It has now returned to the more isolated parts of its range in the boreal forest.

The loon has a haunting call that rings out over northern lakes and is symbolic of the Canadian wilderness.



The pronghorn antelope is the last of its species to survive in North America. The fastest American mammal, it can reach speeds of over 75 km (47 miles) per hour.



The bison now exists in only two remaining wild herds in Alberta and the Northwest Territories.

CANADA'S SPORTS FISH

From the northern pike and lake trout in the north to the walleye and smallmouth bass in the south, Canada is blessed with a large number of sports fish species. Some fish that are much sought after as sport in Europe (the common carp, for example) are regarded as "trash," or undesirable, in Canada, and exist in large numbers in lakes and rivers across the Canadian Prairies. The arctic char, plentiful in the far north, is also prized for its taste.

***Fishing** is one of Canada's most popular sports and is superbly supported by 37 national parks, each containing plentiful rivers and lakes.*



***Salmon migrating** upriver provide an annual challenge for the keen sport fisherman. Canada has half the freshwater in the world, but deep sea angling can also prove rewarding.*



THE ROCKY MOUNTAINS

The Rocky Mountains begin in the foothills of western Alberta and rise into British Columbia. Along with the Columbia Mountains and the coastal mountains, they form a unique environment that ranges from heavily forested lower slopes, through alpine meadows, to snow-covered rocky peaks. This habitat is home to some of the most majestic wildlife in Canada.

***The recurring horns** of a mature male big-horn sheep, found in more remote spots of the Rockies, weigh as much as all its bones put together.*



***Canada's grizzly bear** stands up to 2.75 m (8.8 ft) high and weighs up to 350 kg (800 lbs). It feeds on roots, berries, and meat.*



THE CANADIAN ARCTIC

North of the 60th parallel of latitude, the forest yields to arctic tundra and rock. The tundra is mostly bare, and frozen year-round a few inches below the surface, the icy ground being known as permafrost. During the brief summer the top layer thaws, and the Arctic bursts into bloom. Even though the Arctic is a freezing desert with little moisture, wildlife flourishes.

***The great white polar bear** spends most of its life alone, out on the polar ice-pack, hunting for seals.*



***The caribou** is a North American cousin of the reindeer. Caribou in the arctic migrate with the season in herds of 10,000, heading north on to the tundra in spring, south into the forest during winter.*

Multicultural Canada

CANADA PRIDES ITSELF on its multiculturalism. The country has evolved a unique way of adjusting to the cultural needs of its increasingly diverse population. In contrast to the US's "melting pot," Canada has opted for what is often called the "Canadian mosaic," a model based on accepting diversity rather than assimilation. The origins of this tolerant and fruitful approach are embedded deep in Canadian history. Fearful of attack by the US in 1793, the British safeguarded the religious and civic institutions of their French-Canadian subjects in the hope that they would not ally with the Americans. This policy set the pattern of compromise that is now a hallmark of Canada. Citizens of British and French ancestry still make up the bulk of the population of 30 million, but there are around 60 significant minorities.



Young Inuit people in traditional dress huddled against the snow

NATIVE CANADIANS

TODAY THERE are approximately one million Native Canadians, though national census figures usually break this group down into three sub-sections – aboriginals (750,000), métis (Indian and French mixed race 200,000), and Inuit (50,000). Of the million, about 60 percent are known as Status Indians, which means they are officially settled on reserve land. However, over 40 percent of Status Indians now live away from reserve land, and only 900 of Canada's 2,370 reserves are still inhabited. These lands are home to 608 First Nations groups, or bands, which exercise varying degrees of self-government through their own elected councils. Since the 1970s, progressive councils have played a key role in the reinvigoration of traditional

native culture. Most non-Status Native Canadians are now integrated within the rest of Canada's population.

Rarely is the membership of a reserve descended from just one tribe. The largest band is the Six Nations of the Grand River, in Ontario, where the 19,000 inhabitants are made up of 13 groups including the Mohawks, Delaware, and Seneca peoples.

In the far north, where white settlers have always been rare, the Inuit have a small majority. A recent result of their self-determination was the creation of Nunavut, a semi-autonomous Inuit homeland comprising 349,650 sq km (135,000 sq miles) of the eastern Arctic, created officially in April, 1999. Nunavut means "our land" in the Inuit language, and traditional skills of hunting and igloo-building are being reintroduced to this new region.

BRITISH AND IRISH CANADIANS

CANADIANS OF British and Irish descent constitute about 60 percent of the country's population. The first English settlers arrived in the wake of the fleets that fished the waters off Newfoundland in the 16th century. Thereafter, there was a steady trickle of English, Scottish, Welsh, and Irish immigrants and several mass migrations, prompted either by adverse politics at home or fresh opportunities in Canada. Thousands of Scots arrived following the defeat of Bonnie Prince Charlie at Culloden in 1746, and the Irish poured across the Atlantic during and after the potato famine (1845–49). When the Prairie provinces opened up in the 1880s and at the end of both World Wars another large-scale migration took place.

These British and Irish settlers did much to shape Canada, establishing its social and cultural norms and founding its legal and political institutions. Canada's official Head of State is still the British monarch.



British poster of the 1920s promoting emigration to Canada

FRENCH CANADIANS

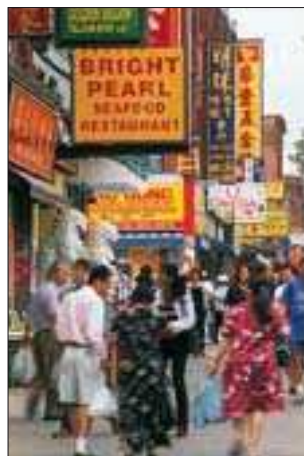
CANADA'S French-speakers make up about 25 percent of the total population, and are the country's second largest ethnic group. They are mainly based in just one of the 10 provinces, Quebec,

but other pockets thrive in other provinces. The French first reached the Canadian mainland in 1535 when Jacques Cartier sailed up the St. Lawrence River in search of a sea-route to Asia. Fur-traders, priests, and farmers followed in Cartier's footsteps and by the end of the 17th century, New France, as the colony was known, was well established. After the British captured New France in the Seven Years' War of 1756–63 (see pp42–3), most French colonists stayed on as British subjects. The French-speakers maintained their own religious and civic institutions and a feeling of independence that has grown over time. Since the 1960s, the constitutional link between Quebec and the rest of the country has been the subject of political debate, with a strong minority of Quebecois pressing for full independence (see p51).

GERMAN CANADIANS

ALTHOUGH THERE have been German-speakers in Canada since the 1660s, the first major migration came between 1850–1900, with other mass arrivals following both World Wars. On the whole, the English-speaking majority has absorbed the Germans, but distinctive pockets of German-speakers hold strong today in Lunenburg, Nova Scotia (see p84), and Kitchener-Waterloo in Ontario (see p216). The rural communities surrounding Kitchener-Waterloo are strongholds of the Amish, a German-speaking religious sect, whose members shun the trappings of modern life and travel around on horse-drawn buggies wearing traditional homemade clothes.

German food and drink, especially its beer-making techniques, have added to Canadian cuisine. Ethnic restaurants in German areas still run on traditional lines.



Street scene in Chinatown, Toronto

ITALIAN CANADIANS

THE WIDESPREAD Italian presence in Canada can prove hard to see, as, for the most part, all 600,000 immigrants have merged almost seamlessly with the English speakers. There are, however, exceptions; in Toronto, a large and flourishing "Little Italy" neighborhood delights both visitors and the city's epicurean residents. The first major influx of Italian Canadians came in the wake of the civil wars that disrupted Italy in the second half of the 19th century; another wave arrived in the 1940s and 1950s after World War II. Immigration continues into the 21st century, with two percent of Canadians today speaking Italian as their first language.



German beer stein

CHINESE CANADIANS

DURING THE 1850s, Chinese laborers arrived in Canada to work in the gold fields of British Columbia. Thereafter, they played a key role in the construction of the railroads, settling new towns and cities as their work progressed eastward. During this period the Chinese

suffered much brutal racism, including laws that enforced statutory discrimination.

A flood of Chinese immigration took place just before the return of Hong Kong to China by the British in 1997. Most settlers chose Toronto, Montreal, and Vancouver, but recently British Columbia has gained in popularity. With the Chinese focus on keeping large families together, most new arrivals today aim for an established community. About half of all Canada's new immigrants today come from Asia. Over two percent of the Canadian population claimed Chinese as their first language in the late 1990s.

UKRAINIAN CANADIANS

ALTHOUGH Ukrainians are a small fraction of the Canadian population, numbering less than three percent, they have had a strong cultural influence, especially in the Prairie Provinces where the cupolas of their churches rise above many midwestern villages. The first major wave of Ukrainian migrants arrived in the 1890s as refugees from Tsarist persecution. The Soviet regime and the aftermath of World War II caused a second influx in the 20th century.



Woman in native Ukrainian dress in Battleford, Saskatchewan

French Canada



"Free Quebec"
demonstrator

MANY CANADIANS are quick to point out that Canada's origins are more French than British, that the first European Canadians were explorers from France, and therefore called *canadiens*. French Canadians have had a centuries-long history of conquest and battle to preserve their language and culture, strongest in Quebec and parts of Atlantic Canada. This has left large parts of the country with a French cultural base that lives on in language, religion, and the arts. More recently, the French-Canadian struggle for recognition in the 20th century has left unresolved the issue of Quebec's independence.

The heart of French Canada is Quebec, a province many times the size of France. Here, 85 percent of people count French as their mother tongue. French is not just the language of food, folklore, and love; it is also the language of business, government, and law.

LANGUAGE

FRENCH IS the joint official language of Canada, but it has mutated in much the same way that North American English has. *Canadiens*, especially those in the bigger cities, have adopted some anglicisms; modern English words relating to industries and trades introduced by English-speakers are favorites. Conversely, some words that have passed out of fashion in France survive here; Canada is one of the few places where a cart remains a *charette*, for example, instead of a *tombereau*, and the *fin-de-semaine* is the time to get away for some relaxation, rather than the now-universal *le weekend*. Young Quebecois in particular are also far more free in using the informal *tu*, than more formal *vous*, than their parents would perhaps consider polite.

Wide varieties exist in the quality and style of French spoken. The Paris-influenced intonation of Montreal's college-educated *haute bourgeoisie*, for example, is quite distinct from the rhythmic

gutturals of the Acadian fishermen of the Maritimes. Residents of Quebec's Saguenay-Lac-Saint-Jean region speak a hard, clear French that must sound very like that of their Norman forbears.

Over the years Quebecois have evolved a dialect called *joual*, which is informal, slangy, and peppered with anglicisms. It is also very colorful and viewed with a mix of pride and disdain. The accent may be hard for foreigners to follow.

FOOD

CANADIENS HAVE always considered themselves the epicures of Canada, and with some justice, enjoying the delights of the table more passionately than their northern



Sugar pie, a traditional Acadian family dessert, served at celebrations

European counterparts. Traditional food is rich and hearty. Meat pies are a specialty: *cipaille* comprises layers of game meat under a flaky crust, and the more common *tortière* has a filling made of ground beef spiced with cloves. Salmon pie, stews made with pigs' feet, and meatballs in a rich gravy are also typical. Desserts are rich; the Acadian *tarte au sucre* (sugar pie) is popular, as well as *pudding au chomeur* (literally "unemployed pudding"), an upside-down cake with a sweet, caramelized base of sugar baked into a rich batter.



Musician Felix Leclerc, guardian of the folk music of Quebec

MUSIC

CHANSONNIERS are the troubadours of French Canada. Rooted in the traditional music of the first settlers, their haunting songs and simple melodies, such as the ballads of Felix Leclerc, might be melancholy or upbeat, but they are almost always romantic. These folk songs, accompanied by guitar, usually reflect optimism and a deep love for the land. Quebec *chansonier* Gilles Vigneault's *Mon Pays* has become a nationalist anthem for those seeking independence. Of course, French music is not confined to the traditional; there are several successful rock, pop, and independent bands. Acadia's singers are often *chansonnières*, including Edith Butler and Angèle Arseneault vividly evoking the sadness and joy of life by the sea.



Traditional Catholic church in Cheticamp, Cape Breton Island

FAITH

THE FIRST FRENCH settlers were Roman Catholic, many very devout and zealous. The founders of Montreal, Paul Chomédy Sieur de Maisonneuve and Jeanne Mance, had hoped to create a new society based on Christian principles. Much of that devotion has evaporated in the modern age, especially in Quebec, which has one of the lowest church-attendance records in the country. Past fidelity has, however, left permanent monuments. Tiny French villages in Quebec and New Brunswick often have huge, stone churches with glittering tin roofs, gilding, and ornate interiors. Some parish churches in Montreal, like the magnificent Basilique Notre-Dame-de-Montréal (see pp108–9), would pass for cathedrals in US cities.

NATIONALISM

THERE HAS been a nationalist strain to most *canadien* aspirations since the founding of Modern Canada. Quebecois entered the 1867 Canadian Confederation (see p44) only because French leaders

persuaded them that the deal would preserve their faith and language. The 1960s and 1970s took the campaign into a new phase, with the aim being the independence of Quebec, as the politics of mere survival rose to the politics of assertiveness (with French President Charles de Gaulle adding his rallying cry “*Vive le Québec – libre!*” in 1966). Acadians in New Brunswick gained real political power to preserve their unique heritage. Franco-Ontarians fought for control over their own schools, and Manitobans used the courts

to force their provincial government to translate all Manitoba statutes into French.

This resurgence of national pride was felt most strongly in Quebec, where the charismatic and popular politician René Lévesque and his Parti Québécois won the provincial election in 1976 and made outright separatism respectable. The party now regularly wins local elections and has so far held two referenda on independence. Both times Quebecois said no by the narrowest of margins, but the threat still dominates Canada’s political life.

SYMBOLS

THE QUEBEC FLAG has a white cross on a blue background with a white Bourbon lily in each quarter. Acadians have created their own flag by adding a gold star to the French tricolor, which symbolizes *Stella Maris* (Star of the Sea), named after the Virgin Mary. The patron saint of

French Canada is St.

Jean-Baptiste (St. John the Baptist); parades and parties mark his feast day on June 24. The celebrations take on a strongly nationalist style in Quebec, where the

big day is called the *Fête National*. The provincial bird of Quebec is the snowy owl, and the flower remains the white lily, both of which flourish in the province.



Quebec flag with Bourbon lilies



Demonstrators during referendum vote for independence of Quebec

Native Canadians



Native mask
from
Vancouver

MOST ARCHAEOLOGISTS believe that the first inhabitants of North America crossed from Siberia to Alaska around 25,000 years ago. These hunter-nomads came in search of mammoth and bison, the ice-age animals that constituted their basic diet. The first wave of migrants was reinforced by a steady trickle of Siberian peoples over the next 15,000 years, and slowly the tribes worked their way east and south until they reached the Atlantic and South America.

Over the centuries, the descendants of these hunter-nomads evolved a wide range of cultures, which were shaped by their particular environment. In the icy north or across the barren wastes of Newfoundland, life was austere; but the fertile soils of Ontario and the fish-rich shores of British Columbia nourished sophisticated societies based on fishing and farming.



Europeans began to arrive in numbers during the 17th century. In Newfoundland, the first part of Canada settled by whites, interracial relations were initially cordial but soured when new settlers encroached on ancient hunting grounds. In a pattern repeated across the continent, the native peoples, many dying from European diseases, were driven to inhospitable lands.

THE IROQUOIS

Spread along the St. Lawrence River and the shores of the Great Lakes, were the Iroquois-speaking tribes, among whom were the Mohawks, the Huron, and the Seneca. These tribes hunted and fished, but they also cultivated beans, pumpkins, squash, and corn, growing everything in abundance for a year-round food supply. This enabled them to live in large villages, often with several hundred inhabitants. Their traditional dwelling was the longhouse, built of cedar poles bent to



An Iroquois-built longhouse

form a protective arch and covered with bark. These settlements were all surrounded by high palisades made of sharpened wooden stakes, a necessary precaution as warfare between the tribes was endemic.



Cornplanter, a 17th-century chief of the Seneca tribe

THE PLAINS PEOPLES

War was also commonplace on the plains of southern Manitoba and Saskatchewan, where the majority Blackfoot tribe was totally reliant on the buffalo: they ate the meat, used the hide for clothes and tents, and filed the bones into tools. The first Blackfoot hunted the buffalo

by means of cleverly conceived traps, herding the animals and stampeding them off steep cliffs (see p294). Originally, the horse was unknown to the



A Blackfoot camp, showing traditional homes



Indians on horseback hunting buffalo with arrows

native peoples of the Americas – their largest beast of burden was the dog – but the Spanish conquistadores brought the horse with them when they colonized South America in the 1500s. Thereafter, horses were slowly traded north until they reached the Canadian plains. The arrival of the horse transformed Blackfoot life: it made the buffalo easy to hunt and, with a consistent food supply now assured, the tribe developed a militaristic culture, focusing particularly on the valor of their young men – the “braves.”

PEOPLES OF THE PACIFIC COAST

The native peoples of the Pacific Coast were divided into a large number of small tribes such as the Tlingit and the Salish. The ocean was an abundant source of food; with this necessity



Sgylax tribal celebration in British Columbia

taken care of, they developed an elaborate ceremonial life featuring large and lively feasts, the potlachs, in which clans tried to outdo each other with the magnificence of their gifts. The peoples of this region were also superb woodcarvers, their most celebrated works of art being totem poles. Each pole featured a myth from the tribe's religion; magical birds and beasts mix with semi-human figures to tell a story in carved panels rising up the pole.



Totem pole in Stanley Park

TERMINOLOGY

For many Canadians, the words "Eskimo" and "Red Indian" or just "Indian" are unacceptable. They are seen as terms of abuse, as they hark back to times when whites dominated the country and crushed its original population. The word "Eskimo" has been replaced by "Inuit," but modern substitutes for "Indian" are not as clear-cut. Some people choose "aboriginal" or "native," others prefer "indigenous," or speak of Canada's "First Nations." All are acceptable, but it is preferable to determine a specific tribe or band name, such as "Cree" or "Iroquois."

THE INUIT AND THE PEOPLES OF THE NORTHERN FORESTS

Stretching in a band from Alaska to Greenland, the far north was home to the Inuit, nomadic hunters who lived in skin tents in the summer and igloos in the winter. Arctic conditions and limited food supply meant that they foraged in small family groups and gathered together only in special circumstances – during the annual caribou migration, for instance. To the south of the Inuit, and also widespread across modern-day Canada, were the tribes of the northern forest, including the Naskapi, the Chipewyan, and the Wood Cree. These tribes were also nomadic hunters, dependent on fish and seal, or deer and moose. Successful hunters earned prestige, and the tribal priest (shaman) was expected to keep the spirit world benevolent, but there was little other social organization.



An Inuit hunter by his igloo home



Inuit in Caribou parka, checking his harpoon



Paul Okalik, Nunavut's first Premier, at his inauguration

NATIVE CANADIAN ISSUES

Since the 1960s, Canada's native peoples have recovered some of their self-confidence. A key development was the creation of the Assembly of First Nations (AFN), an intertribal organization that has become an influential player on the national scene. In the 1980s, the AFN successfully argued for a greater degree of self-government on the reservations and tackled the federal government on land rights, sponsoring a series of court cases that highlighted the ways the native population had been stripped of its territories. The AFN was also involved in the establishment of Nunavut (*see p51*), the new homeland for the Inuit created in 1999 from part of the former Northwest Territories. By comparison with their white compatriots, Canada's native population remains, nonetheless, poor and disadvantaged. The rectification of historic wrongs will take decades, even assuming that the political will remains strong enough to improve matters.

Art in Canada

INUIT AND OTHER First Nations groups have produced art in Canada since prehistoric times: the Inuit carved wood or antler sculptures, and other native groups were responsible for works from rock paintings to richly decorated pottery. Early European immigrants, both French and English, generally eschewed native traditions and followed European forms. Throughout the 19th and early 20th centuries, artists traveled, to Paris, London, and New York to study European art. It was in the 1900s that painters sought to develop a distinctly national style. However, one consistent subject of Canadian painting is the country itself: a preoccupation with its lush forests, stately landscapes, and expanse of freezing northern wilderness. Today, Canadian art reflects a wide range of art movements, with native art in particular fetching high prices among collectors.

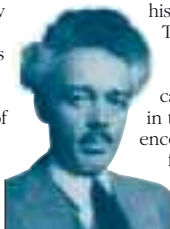


On the Saint Lawrence (1897) oil painting by Maurice Cullen

PAINTERS IN THE NEW WORLD

IN THE 1600s French settlers in Canada either imported religious paintings or commissioned stock subjects to adorn their new churches. Only Samuel de Champlain, the “Father of New France” (see p41), stands out for his sketches of the Huron tribe. After the English conquest in the 1760s, art moved from religion to matters of politics, the land, and the people. Army officers, such as Thomas Davies (1737–1812), painted fine detailed works, conveying their love of the landscape. Artists such as Robert Field (1769–1819), trained in Neo-Classicism, which was prevalent in Europe at the time,

and became very popular, as did Quebec painters Antoine Plamondon (1817–95) and Théophile Hamel (1817–70). Cornelius Krieghoff (1815–72) settled in Quebec and was famous for his snow scenes of both settlers and natives. His contemporary, Paul Kane (1810–71), recorded the lives of the First Nations on an epic journey across Canada. He then completed over 100 sketches and paintings, of which *Mab Min*, or *The Feather*, (c.1856) is one of the most impressive (see p36). During the 19th century, painters focused on the Canadian landscape. Homer Watson



Lawren S. Harris,
painter (1885–1970)

(1855–1936) and Ozias Leduc (1855–1964) were the first artists to learn their craft in Canada. Watson said, “I did not know enough to have Paris or Rome in mind. ... I felt Toronto had all I needed.” His canvases portray Ontarian domestic scenes.

After Confederation in 1867, the Royal Canadian Academy of Arts and the National Gallery of Canada were founded in 1883. Artists could now train at home, but many still left to study in Paris. Curtis Williamson (1867–1944) and Edmund Morris (1871–1913) returned from France determined to revitalize their tired national art. They formed the Canadian Art Club in 1907, where new schools such as Impressionism were shown. James Wilson Morrice (1865–1924), Maurice Cullen (1866–1934), and Marc Aurèle de Foy Suzor-Coté (1869–1937) were key figures in this move toward modernity.

MODERN PAINTERS

THE INFLUENCE OF European art was criticized by perhaps the most influential set of Canadian artists, the Group of Seven (see pp160–61). Before World War I, Toronto artists had objected to the lack of a national identity in art. By the 1920s the Group had defined Canadian painting in their boldly colored landscapes, such as A.Y. Jackson’s *Terre Sauvage* (1913). Despite

his early death, painter Tom Thomson was a founding influence.

Three painters who came to prominence in the 1930s were influenced by the Group but followed highly

individual muses, each of the artists were distinguished by a passion for their own province; David Milne (1882–

1953), known for his still lifes, LeMoine Fitzgerald (1890–1956) for his domestic and backyard scenes, and Emily Carr (1871–1945) (see p280)



Skidegate, Graham Island, BC, (1928) a later work by Emily Carr

for her striking depiction of the west coast Salish people and their totem poles. Carr was the first woman artist to achieve high regard. A writer as well as painter, her poem *Renfrew* (1929), describes her intense relationship with nature, which was reflected in her paintings: "... in the distance receding plane after plane... cold greens, gnarled stump of gray and brown."

The strong influence of the Group of Seven provoked a reaction among successive generations of painters. John Lyman (1866–1945) rejected the group's rugged nationalism. Inspired by Matisse, he moved away from using land as the dominant subject of painting. Lyman set up the Contemporary Arts Society in Montreal and promoted new art between 1939–48; even Surrealism reached the city.

Since World War II there has been an explosion of new forms based upon abstraction. In Montreal, Paul-Émile Borduas (1905–60) and two colleagues formed the Automatists, whose inspirations were Surrealism and Abstract Impressionism. By the 1950s Canadian painters achieved international acclaim. Post-war trends were also taken up in Toronto where The Painters Eleven produced abstract paintings. Today, artists work across the range of contemporary art movements, incorporating influences from around the world and from Canada's cultural mosaic. Experimental work by painters such as Jack Bush, Greg Curnoe, and Joyce

Wieland continues strongly in the wake of ideas from the 1960s. Canada now boasts a plethora of public and private galleries, and exceptional collections of 20th-century art.

ABORIGINAL ART

THE ART OF the Inuit (*see pp324–5*) and the Northwest First Nations is highly valued in Canada. Pre-historic Inuit finds reveal beautiful objects, from sculpted figurines to carved harpoon heads, which were largely created for religious use. With the coming of the Europeans the Inuit quickly adapted their artistic skills to make objects for sale such as sculptures made from ivory, bone, and stone.

Today, Inuit artists such as Aqghadluk, Qaqaq Ashoona, and Tommy Ashevak are noted for their contribution to contemporary Canadian art, especially their sculpture and



Robert Murray's
Sculpture

wallhangings. The sculpture of the Northwest coast First Nations people is known worldwide, particularly the cedar-wood carvings of Haida artist Bill Reid, the totem poles of Richard Krentz, and the Kwa Gulth Big House at Fort Rupert by Chief Tony Hunt.

Painters such as Norval Morisseau, Carl Ray, and Daphne Odjig cover a range of styles, from realism to abstract work. Native art celebrates the culture of its people, from their legendary survival skills, tales and myths, to their land and the fight for its preservation.

SCULPTURE

EUROPEAN SCULPTURE arrived in Canada with the French who created sacred figures to adorn their churches. Sculptors such as Louis Quévillon (1749–1832) carved decorative altarpieces as well as fine marble statues in Montreal.

European traditions continued to dominate through the 19th century, and it was not until the 20th century that Canada's new cities began to require civic monuments. The façade of the Quebec Parliament was designed by Louis-Phillipe Hébert (1850–1917).

Native subjects were incorporated into much 20th-century sculpture, as were European styles including Art Nouveau and Art Deco.

Since the 1960s, sculptors such as Armand Vaillancourt (b.1932) and Robert Murray (b.1936) have sought to

develop a Canadian style. Modern materials and the influence of conceptual art inform the work of such current artists as Michael Snow. Their work can be seen not just in museums but also in new commercial and civic buildings.



The celebrated Haida sculptor Bill Reid

Literature and Music in Canada

AS THE CANADIAN POET the Reverend Edward Hartley Dewart wrote in 1864, “A national literature is an essential element in the formation of a national character.” Much Canadian literature and music is concerned with defining a national consciousness but also reflects the cultural diversity of the country. Both English and French speakers have absorbed a variety of influences from the US, Britain, and France, as well as from the other nations whose immigrants make up the population. The Europeans’ relationship with First Nations peoples has also affected the style and content of much Canadian fiction and poetry, as have the often harsh realities of living in a land of vast wilderness.



Stars of the popular 1934 film *Anne of Green Gables*

NEW BEGINNINGS

MUCH OF THE earliest writing in Canada (between the mid-1500s and 1700s) was by explorers, fur traders, soldiers, and missionaries. French lawyer Marc Lescarbot’s *Histoire de La Nouvelle France* (1609) is an early example of pioneer commentary and is a lively record of his adventures in Nova Scotia. After the English conquest of 1760, New France was subdued, but by the 19th century, French poets began producing patriotic poems such as *Le Vieux Soldat* (1855) by Octave Crémazie (1827–79), sparking a renaissance of poetry that continues today.

English writing was concerned with man’s struggle with nature and life in the new world. *Roughing it in the Bush* (1852) by Mrs. Moodie

is a tale of struggles in isolated northern Ontario. British Columbia was the last region to be settled, and a captivating memoir is *A Pioneer Gentlewoman in British Columbia: the recollections of Susan Allison* (1876). Allison came from England to teach in the town of Hope and was the first European woman to make the dangerous journey across the Hope Mountains on horseback. Much 19th-century Canadian fiction romanticizes the past, such as William Kirby’s (1817–1906) *Golden Dog* (1877), with its idealized view of 18th-century Quebec. Epic novels of the time focused on native lives and cultures, notably *Wacousta* (1832) by John Richardson (1796–1852). Archibald Stansfield Belaney (1888–1938) took on a new identity as an Ojibway

native named Grey Owl (see p248), producing some of Canada’s best-loved literature. *Pilgrims of the Wild* (1935) tells of his journey into Quebec to find sanctuary for the over-hunted beaver. *The Adventures of Sajo and her Beaver People* and *Tales of an Empty Cabin* (1935–6) are laments for the wild and lost traditions.

Classics of the early 1900s deal with domesticity. These include *Anne of Green Gables* (1908) by L.M. Montgomery (1874–1942). Humorous writing was led by Stephen Leacock (see p216), and Thomas Chandler Haliburton (1796–1865), a judge who created Sam Slick, narrator of *The Clockmaker* (1876). Painter Emily Carr’s *A House of all Sorts* (1944) describes her days as a landlady.

POETRY

EARLY ENGLISH language poets Standish O’Grady (1793–1843) and Alexander McLachan (1818–76) wrote verse that reflected a colonial point of view. The genre looked critically at an iniquitous motherland (England), while praising the opportunities available in the New World. Creators of a “new” Canadian poetry in the 1870s and 80s used detailed descriptions of landscape to highlight man’s efforts to conquer nature. Two notable authors were Charles Mair (1838–1927) and Isabella Velancey Crawford (1850–1887). By the 20th century the idea of the wilderness stayed

at the center of Canadian poetry but was written



Internationally renowned poet and songwriter, Leonard Cohen

in a sparser style that mirrored the starkness of the Group of Seven's landscape paintings (see pp160-1). Robert Service's (1874-1958) popular ballads deal with history, and he is noted for his gold rush poems such as *The Spell of the Yukon* (1907) and the later *Rhymes of a Roughneck* (1950). John McCrae (1872-1918) wrote one of the most famous World War I poems *In Flanders Fields* (1915).

Modern English and French poetry now has a worldwide audience, with writers such as Anne Wilkinson, Irving Layton, Earle Birney, E.J. Pratt, Leonard Cohen, and Patrick Anderson, whose *Poem on Canada* (1946) looks at the impact of nature on European mentalities. The simple power of

French writer Anne Hébert's poems, such as *Le Tombeau des Rois* (The Kings' Tombs) (1953) focuses on the universal themes of childhood, memory, and death. A post-war boom in poetry and fiction was fostered by the Canada Council for the Arts.

NATIVE CANADIAN WRITING

DESPITE A powerful oral tradition - where stories are both owned and passed down through families and clans - autobiography, children's books, plays, short stories, poetry, essays, and novels have been produced by Canadian native writers since the 19th century. One of the most popular autobiographies of this period was written by Ojibway native George Copway (1818-69). Titled *The Life, History, and Travels of Kab-ge-ga-ga-bowb* (1847), it had six editions in a year. The first book to be published by a native woman is thought to be *Cogewea, The Half-Blood* (1927), by Okanagan

author Mourning Dove (1888-1936). Another Okanagan novelist, Jeanette Armstrong (b.1948), published *Slash* in 1985. The struggles of a Métis woman in modern Canada are described in the best-selling autobiography of Maria Campbell in *Halfbreed* (1973).

A mix of legend and political campaigning for native rights informs much aboriginal fiction, such as

Pauline Johnson's *The White Wampum* (1895) and Beatrice Cullen's *In Search of April Rain-tree* (1983). The first

Inuit work in English was *Harpoon of the Hunter* (1970), a story of coming of age in the northern Arctic by Markoosie (b.1942). One of Canada's top contemporary playwrights is Cree author Thompson High-

way (b.1951), whose plays deal with the harsh reality of life on the reservations.

MODERN FICTION

SINCE THE 1940s, many Canadian writers have achieved international fame. Margaret Atwood (b.1939) for her poetry, novels, and criticism, while Carol Shields (b.1935) won the prestigious British Booker Prize for *The Stone Diaries* in 1996. Mordecai Richler (b.1931) and Robertson Davies (1913-95) are noted for their wry take on contemporary Canadian society. Many authors have reached a wider public through having their books adapted for the big screen. Gabrielle Roy's *Bonheur d'Occasion* (1945) became the 1982 movie *The Tin Flute*; a novel by W.P. Kinsella, *Shoeless Joe* (1982), became *Field of Dreams* starring Kevin



Michael Ondaatje, the acclaimed author of *The English Patient*

Costner in 1989, and Michael Ondaatje's 1996 *The English Patient* won nine Oscars. There is a strong tradition of short-story writing, one master being Alice Munro (b.1931). Popular history is highly regarded; noted author Pierre Berton has written 40 books on the nation's history.

MUSIC IN CANADA

SOME OF THE biggest names in the music industry are Canadian. A strong tradition of folk and soft rock has produced such artists as Leonard Cohen, Kate and Anna McGarrigle, Joni Mitchell, and Neil Young. A new generation of singer/songwriters that have continued the tradition of reflective, melodic hits include Alanis Morissette and k.d. lang; and the Cowboy Junkies and Shania Twain play new styles of country music. Superstars such as Celine Dion and Bryan Adams have made a huge impact in Europe and the US. In the classical sphere,

orchestras such as the Montréal Orchestre Symphonique are world famous, as was the pianist Glenn Gould. Jazz is represented

by the pianist Oscar Peterson, and every year Montreal hosts one of the world's most famous festivals.



Legendary composer and Folk singer, Joni Mitchell



Canadian poet Robert Service in 1942

Sports in Canada

CANADIANS ARE avid sports fans, and most of the country's cities and towns offer visitors a chance to see year-round sports entertainment. Although the official national game is lacrosse – a First Nations game in which the ball is caught and tossed in a leather cradle on a stick – Canadians' greatest enthusiasm is for ice hockey. Baseball, basketball, and Canadian football (similar to the US game) are also big crowd-pullers. Major cities regularly attract international stars to world-class racing, golf, and tennis tournaments. Even small towns provide the chance to watch minor professionals, amateurs, and student athletes. For visitors who prefer participating in sports, Canada offers a broad choice of activities from skiing to golf, fishing, and hiking.



National ice hockey heroes in action during a league game

ICE HOCKEY

THE POPULARITY of ice hockey in Canada knows no bounds. Every town has a rink, and every school, college, and university a team. The North American **National Hockey League** (NHL) was founded in 1917, and its principal prize, the Stanley Cup, was instituted in 1892 by Canadian Governor General, Lord Stanley. Today, the league has 30 teams, six of which belong to Canadian cities; the Montreal Canadiens, Calgary Flames, Edmonton Oilers, Toronto Maple Leafs, Ottawa Senators, and the Vancouver Canucks. Although most of the players in both the US and Canada are Canadian, recent years have seen an influx of other nationalities such as Russian, American, and Swedish athletes playing

for the top teams. Renowned for its toughness, the game usually involves a skirmish or two among the players, which often means that this 60-minute game can last up to three hours. The season runs from October to April when the play-offs for the Stanley Cup begin.

Hockey stars such as Wayne Gretzky are national icons. He retired in 1999 after 20 years in the game, having captured 61 NHL scoring records.

Tickets to the major games can be hard to come by, and should be booked in advance. It is a good idea to contact the club's ticket lines, or book through **Ticketmaster**. Minor league and college games are easier to get into, and the University of Toronto and York, Concordia in Montreal, and the University of Alberta in Edmonton all have good teams. Tickets can be bought

from the local arena, or direct from the administration center, and are usually a great bargain.

BASEBALL

ALTHOUGH baseball is seen as an American sport, the game has a large following in Canada. There are two teams that play in the US's two major leagues; the well-known **Toronto Blue Jays**, who won the World Series in 1992 and 1993, and the **Montreal Expos**, who became the first Canadian team to play in a US league in 1968. Baseball is played in the summer, and the season lasts from April to September (with play-offs through October) and can be a great family day out, with beer, popcorn, an enthusiastic audience, and plenty of between-inning entertainment, to keep the less baseball-obsessed amused.

The teams play their rivals in two outstanding stadiums; the Jays in Toronto's Sky-Dome, an architectural marvel with a retractable roof (see p169), and the Expos in Montreal's Olympic Stadium (see pp120–21). Good tickets are easy to come by – just book a day or two in advance. Seats further back are almost always available on the day of the game. Seeing one of the minor league teams can also be fun.



Jose Canseco during his days with the Toronto Blue Jays

FOOTBALL

THE CANADIAN version of football (not soccer) is noted for being a more exciting version of American football. Although the best Canadian players tend to move to the US for higher salaries, the game still attracts substantial home audiences. The Canadian Football League has two divisions of four teams who each play over the July to November season.

The games tend to attract a lively family crowd and are fun, especially around the Grey Cup final. Played on the last Sunday of November, the game is preceded by a week of festivities and a big parade in the host city. Football is also played at most universities, where a Saturday afternoon game makes for an entertaining excursion. The annual college championship game is called the Vanier Cup and is played at Toronto's Skydome at the beginning of December. Tickets are relatively easy to come by and are reasonably priced.

BASKETBALL

WHAT ONCE WAS an American passion has now spread around the world to become one of the fastest growing international sports. The game was invented in the United States by a Canadian, Dr. James Naismith, and now enjoys huge popularity in his homeland. The **Toronto Raptors** play in the National Basketball Association, the top professional league in the world, against the likes of the Chicago Bulls, Boston Celtics, Los Angeles Lakers, and New York Knicks. The season lasts from October until late spring, and it is well worth a visit to Toronto's Air Canada Centre to watch one of their fast-paced games. Most of Canada's universities have teams, and although crowds tend to be smaller than those drawn by

the professionals, the competition is fierce and the atmosphere truly exhilarating, especially during the annual national championship tournament played in Halifax each March.



Toronto Raptors versus the L.A. Clippers basketball match

GOLF

CANADA HOSTS TWO major tournaments each year (both in September), which draw large crowds of spectators, as well as the world's greatest players. The biggest is the Canadian Open, usually played at Toronto's Glen Abbey on a course designed by Jack Nicklaus. The annual Greater Vancouver Open is a regular stop on the Professional Golfers' Association tour, although the field is not as strong as that of the Open.

Golf is an immensely popular participation sport, with over 1,700 beautiful courses across the country, from the Banff Springs course in the west to the many rolling fairways of Prince Edward Island in the east.

WINTER SPORTS

FAMOUS FOR the plentiful snow and sunshine of its cold winters, Canada is one of the top places both to watch and participate in winter sports. Canadian resorts are less crowded than their European counterparts, and are set among some of the most dramatic scenery in the

DIRECTORY

National Hockey League

11th Floor, 50 Bay Street, Toronto.

☎ (416) 981 2777.

Ticketmaster

(for hockey games)

☎ (416) 870 8000.

Baseball

Toronto Blue Jays

☎ Tickets: (416) 341 1234.

Montreal Expos

☎ (514) 790 1245.

Football

Canadian Football League

110 Eglinton Avenue W. Toronto

☎ (416) 322 9650.

Basketball

Toronto Raptors

☎ Tickets: (416) 815 5600.

Golf

Royal Canadian Golf Association

☎ (905) 849 9700.

world. Visitors can enjoy a range of options in resorts across the country, from Whistler in the Rockies to Mont Ste-Anne in Quebec. As well as downhill skiing, it is also possible to try snowboarding, snowmobiling, dog-sledding, or even heli-skiing on pristine snow (see p.387).



Snowboarder descending a slope at speed in powder snow

CANADA THROUGH THE YEAR

SEASONAL CHANGES IN Canada vary greatly across the country, but in general it is safe to say that the winters are long and cold and run from November to March, while spring and fall tend to be mild. British Columbia is the most temperate zone, with an average temperature of 5°C (40°F) in January. July and August are reliably warm and sunny in most places, even the far north, and



Native powwow in Calgary

most outdoor festivals tend to be held in the summer months. There are plenty of events held during winter, both indoors and out, some of which celebrate Canadians' ability to get the best out of the icy weather, especially activities such as dogsledding, snowmobiling, and ice-skating. A range of cultural events reflect the country's history, as well as its diverse peoples and culture.

SPRING

MARCH AND APRIL bring the country some of its most unpredictable weather, moving from snow to sunshine in a day. In the north this is a time for welcoming the end of winter, while farther south spring is the start of an array of fun festivals.



Dogsledding at Yellowknife's Caribou Carnival in spring

MARCH

The Caribou Carnival (*late March*) Yellowknife. A celebration of the arrival of spring, featuring dogsledding, snowmobiling, and delicious local foods.

APRIL

Toonik Tyme (*mid-April*) Iqaluit. This week-long festival includes igloo building, traditional games, and community feasts.

Beaches Easter Parade

(*April*) Toronto. This annual parade has become a popular spring institution. It follows a route along Queen St. E., between Victoria Park and Woodbine Avenue.

Shaw Festival

(*April–October*) Niagara-on-the-Lake. Theater festival with classic plays by George Bernard Shaw and his contemporaries (*see p206*).

SUMMER

WARM WEATHER ACROSS most of the country means that there is an explosion of festivals, carnivals, and cultural events, from May through August.

MAY

Canadian Tulipfest (*mid-May*) Ottawa. Colorful display of millions of tulips is the centerpiece for a variety of events.

Stratford Festival (*May–November*) Stratford. World

famous theater festival featuring a range of plays from Elizabethan to contemporary works (*see p209*).

Shorebirds and Friends' Festival (*late May*) Wadena, Saskatchewan. Features guided bird-watching and tours of wildlife habitats.

Vancouver International Children's Festival (*last weekend in May*) Vancouver. Theater, circus, and music for children aged 3 and up.

JUNE

Pride Week

(*early June*) Toronto. A celebration of the gay community, featuring a fun, flamboyant parade.

Grand Prix du Canada

(*early June*) Montreal. Formula One event – future uncertain.

Midnight Madness (*mid-June*) Inuvik. Celebration of the summer solstice, with parties under the midnight sun.

Mosaic – Festival of Cultures (*first weekend in June*) Regina. Cultural events from around the world.



Vividly colored tulips at Ottawa spring festival, Canadian Tulipfest



Steer wrestling competition in the *Half Million Dollar Rodeo* at Calgary's Stampede

Banff Festival of the Arts

(*mid-June to mid-August*) Banff. Two months of opera, music, drama, and dance.

Jazz Fest International

(*late June–July*) Victoria. Jazz and blues musicians play in venues all over town.

Red River Exhibition (*late June–July*) Winnipeg. A huge fair with many entertainments.

Festival International de

Jazz de Montréal (*late June–July*) Montreal. Famous jazz festival with a number of free outdoor concerts.

Nova Scotia International

Tattoo (*late June–July*) Halifax. There are 2,000 participants in one of the world's largest indoor shows.

JULY

Folk on the Rocks (*second weekend*) Yellowknife. Inuit drummers, dancers, and throat singers perform here.

Klondike Days (*July*)

Edmonton. Commemorates the city's frontier days.

Calgary Stampede (*mid-*

July) Calgary. Ten-day celebration of all things western, including a rodeo (*see p292*).

Molson Indy (*mid-July*)

Toronto. Indy car race held at Exhibition Place.

Quebec City Summer Festival (*second week*)

Quebec City. Ten days of music and dance.

Just for Laughs Festival

(*July 14–25*) Montreal. Twelve-day comedy festival with more than 600 comedians from around the world.

Canadian Open Tennis Championships (*July–Aug*) Montreal. Major international tennis tournament.

Caribana (*July–Aug*) Toronto. One of the largest and liveliest Caribbean celebrations in North America. The main event is the parade.

Antigonish Highland

Games (*mid-July*) Antigonish. Oldest traditional highland games in North America, with pipe bands and dancing.



Ford race car at the *Molson Indy* meeting held in Toronto

AUGUST

Royal St. John's Regatta

(*Aug 4*) St. John's. Noted as North America's oldest sporting event, features rowing races and a carnival.

Wikwemikong Powwow

(*first weekend*) Manitoulin Island. Ojibway native festival with a dancing and drum competition (*see p222*).

Discovery Days Festival

(*mid-Aug*) Dawson City. Commemorates gold rush days, with costumed parades and canoe races.

First People's Festival

Victoria. (*mid-Aug*) Three days of exhibitions, dancing, and a traditional native gathering known as the potlatch.

Folklorama (*mid-Aug*)

Winnipeg. Multicultural festival of food, performance, and the arts.

Victoria Park Arts and

Crafts Fair (*mid-Aug*) Moncton. Atlantic Canada's largest outdoor sale of arts, antiques, and crafts.

Festival Acadien de

Caraquet (*Aug 5–15*) Caraquet. Celebration of Acadian culture and history.

Halifax International

Busker Festival (*second week*) Halifax. The best street entertainers from around the world.

Canadian National

Exhibition (*Aug–Sep*) Toronto. Annual fair featuring spectacular air show, concerts, and a casino.

Folkfest (*mid-Aug*)

Saskatoon. Saskatchewan's multicultural heritage celebrated in a variety of events.



Showjumping in the Masters equestrian event held in Calgary

Flambée des Couleurs

(mid-Sep–Oct) Eastern Townships. A series of celebrations of glorious fall leaf colors.

Niagara Grape and Wine Festival

(last week) Niagara Falls. Vineyard tours, wine tastings, and concerts welcome the area's grape harvest.

OCTOBER

Okanagan Wine Festival

(early-Oct) Okanagan Valley. Tours and tastings throughout the valley (see p315).

Oktoberfest

(mid-Oct) Kitchener-Waterloo. Largest Bavarian festival outside Germany (see p216).



Traditional Bavarian costumes and music at the Oktoberfest

FALL

COOl, BUT often sunny weather provides the best setting for the dramatic reds and golds of the fall foliage, which are mostly seen in the deciduous forests of the eastern provinces. In Ontario and Quebec, fall signals the end of the humid summer months and heralds crisp days that are perfect for outdoor pursuits.

SEPTEMBER

The Masters (first week)

Calgary. Equestrian event with top international riders.

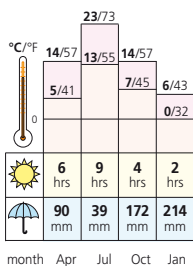
Molson Indy (early Sep)

Vancouver. This year's second Molson Indy sees car racing in downtown Vancouver.

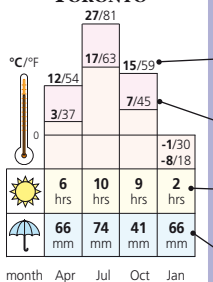
Toronto International Film Festival (Sep)

Toronto. Famous movie stars and directors attend this prestigious festival.

VANCOUVER



TORONTO

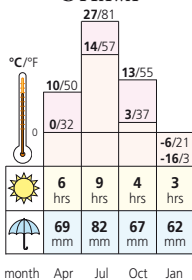


Average daily maximum temperature
Average daily minimum temperature
Average daily hours of sunshine
Average monthly rainfall

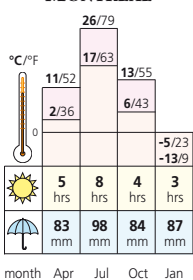
Climate

This vast country has a variable climate, despite being famous for having long, cold winters. Most Canadians live in the warmer south of the country, close to the US border. Southern Ontario and BC's south and central coast are the warmest areas, while central and northern Canada have the coldest winters.

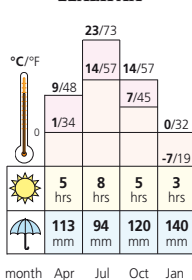
OTTAWA



MONTREAL



HALIFAX



Celtic Colours (*mid-Oct*)

Cape Breton Island.
International Celtic music
festival held across the island.

WINTER

A PART FROM coastal British Columbia, Canadian winters are long and cold with lots of snow. Events focus on winter sports, with some of the best skiing in the world available at such resorts as Whistler in British Columbia. The Christmas holidays are a time of fun activities to cheer everyone up in the midst of long, dark days.

NOVEMBER**Royal Agricultural Winter Fair** (*early-mid-Nov*)

Toronto. The world's largest indoor agricultural fair features the Royal Horse Show and the Winter Garden Show.

Canadian Finals Rodeo (*mid-Nov*)

Edmonton. Canada's cowboy champions are decided at this event.

Winter Festival of Lights

(*mid-Nov-mid-Jan*) Niagara Falls. Spectacular light displays and concerts.

DECEMBER**Canadian Open Sled Dog Race**

(*Dec*) Fort St. John and Fort Nelson. Snow sports and family fun-days as well as dogsled races.

PUBLIC HOLIDAYS

New Years Day (Jan 1)

Good Friday (variable)

Easter Sunday (variable)

Easter Monday (variable)

Vacation for government offices and schools only.

Victoria Day. (Monday before May 25)

Canada Day (July 1)

Labour Day (first Monday in September)

Thanksgiving (second Monday in October)

Remembrance Day (Nov 11)

Christmas Day (Dec 25)

Boxing Day (Dec 26)



An illuminated display of Christmas decorations

Christmas Carolships Parade (*mid-Dec*)

Vancouver. Boats are beautifully decorated with Christmas lights, and cruise Vancouver's waters.

JANUARY**Ice Magic** (*mid-Jan*)

Lake Louise. International ice sculpture competition.

Techni-Cal Challenge – Dog Sled Race (*mid-Jan*)

Minden. Over 80 teams compete in international races.

Rossland Winter Carnival

(*last weekend*) Rossland. Snowboarding contests, a torchlit parade, and lots of music and dancing at this weekend-long party.

Quebec Winter Carnival

(*Jan-Feb*) Quebec. A famous

canoe race across the St. Lawrence River is just one attraction at these huge winter celebrations.

Jasper in January (*last two weeks*) Jasper. Winter festivities include skiing parties, races, and food fairs.

Banff/Lake Louise Winter Festival

(*last week*) Banff, Lake Louise. Variety of fun events, including skating parties and barn dances.

FEBRUARY**Yukon Quest International Sled Dog Race** (*Feb*)

Whitehorse. Famous 1,600 km (1,000 mile) race from Fairbanks, Alaska to Whitehorse.

Yukon Sourdough Rendezvous (*Feb*)

Whitehorse. A "mad trapper" competition and an array of children's events in this winter festival.

Frostbite Music Festival

(*third weekend*) Whitehorse. Features a wide range of music from jazz to rock.

Calgary Winter Festival

(*second week*) Calgary. Winter festival with lots of fun family activities, music, and feasting.

Festival du Voyageur (*mid-Feb*)

Winnipeg. Celebration of fur trade history featuring an enormous street party.

Winterlude (*every weekend*)

Ottawa. A wide array of activities including ice-skating on the Rideau Canal.



Two eagle ice sculptures at Ottawa's February festival, Winterlude



THE HISTORY OF CANADA

CANADA IS KNOWN for its wild and beautiful terrain, yet with the help of the aboriginal peoples, European settlers adapted to their new land and built up a prosperous nation. Despite continuing divisions between its English- and French-speaking peoples, Canada has welcomed immigrants from around the globe and is respected as one of the most tolerant countries in the world today.

Long before the first Europeans crossed the Atlantic in AD 986, the landscape we now know as Canada was inhabited by various civilizations. Tribes of hunters came on foot, walking across a land bridge that once joined Asia with North America as part of the ancient land mass of Laurasia.



Detail of totem pole made by Haida peoples from the west

These first inhabitants, now referred to as the First Nations, endured centuries of hardship and adaptation, eventually developing the skills, technology, and culture required to survive the rigors of life in Canada.

EARLY SURVIVAL

Across most of the country, from the Yukon to the Atlantic, there were two main groups of hunter-gatherers, the Algonquins and the Athapaskans. They lived in small nomadic bands, which developed birch bark canoes and snowshoes to travel across this vast land. Food and clothing were procured through fishing and animal trapping, traditions that gave Canada the lucrative fish and fur trades.

To the north of these two groups were the Innu people, who mastered life in the Arctic, being able to survive in a region of dark, ice-bound

winters and brief summers. To the south, the Iroquois settled in forest villages where they lived in long-houses and grew corn as their staple crop.

On the western plains, other tribes depended on the bison for their livelihood, while communities living along the Pacific Coast relied on fishing and trading. Their towering totem poles indicated a rich culture and spiritual belief system.

The common bond between all the First Nations, despite their disparate lifestyles, was that they saw themselves as part of nature and not as its masters. They believed the animals they hunted had kindred spirits, and misfortune befell those who offended such spirits by gratuitous killing.

The generosity of the natives toward Europeans may have hastened their own downfall. As Canadian historian Desmond Morton points out: "Without the full... assistance of natives showing the Europeans their methods of survival, their territory, and their resources, the early explorers and settlers would have perished in even greater numbers and possibly abandoned their quest, much as the Vikings had done 500 years before."

TIMELINE

9,000 BC Native peoples are living at least as far south as the Eramosa River near what is now Guelph, Ontario



Viking ship c.980 AD

AD 986 Bjarni Herjolfsson, a Viking sailing from Iceland to Greenland, is the first European to see the coastline of Labrador

1497 John Cabot's first voyage to North America

30,000 BC

20,000 BC

10,000 BC

AD1

500

1000

1500

30,000–10,000 BC Nomadic hunters arrive in North America across a land bridge from Asia

992 Leif "the Lucky" Ericsson visits Labrador and L'Anse aux Meadows, Newfoundland

1003 Thorfinn Karlsefni starts a colony in Labrador (Vinland) to trade with the natives, but it is abandoned two years later because of fighting with the hostile aboriginals

THE FIRST EUROPEANS

The Norse sagas of Northern Europe tell how Vikings from Iceland first reached the coast of Labrador in AD 986 and made a series of unsuccessful attempts to establish a colony here.

Leif “the Lucky” Ericsson sailed from Greenland in 988, naming the country he found in the west Vinland after the wild grapes found growing in abundance there. Around 1000 AD Thorfinn Karlsefni tried to establish a Vinland colony. Thorfinn’s group wintered in Vinland but sailed home to Greenland in the spring, convinced that a colony was impossible as there were too few colonists and the *skraelings* (aboriginals) were hostile. Remarkably, remains of this early Viking settlement were discovered in Newfoundland in 1963 (see p67).



Italian navigator and explorer John Cabot

aboard the *Matthew*, bound for America. On June 24, he found a sheltered place on Newfoundland. Here he went ashore with a small party to claim the land for England. He then went on to chart the eastern coastline before sailing home, where he was greeted as a hero.

In May 1498, Cabot sailed again with five ships and 300 men hoping to find the Northwest Passage to China. Harsh weather drove Cabot to relinquish his efforts and head south to Nova Scotia. Cabot then found himself sailing through a sea littered with icebergs. The fleet perished off the coast of Greenland, and English interest in the new land faded.

THE FRENCH ARRIVAL

Originally from the port of St. Malo, explorer Jacques Cartier (1491–1557) made his first voyage to Canada in 1534. He reached Labrador, Newfoundland, and the Gulf of the St. Lawrence before landing on Anticosti Island where he


THE ENGLISH INVASION

In 1497, the Italian navigator John Cabot (1450–98), on the commission of King Henry VII of England, set sail



Map of the voyage of Jacques Cartier and his followers by Pierre Desceliers c.1534–1541

TIMELINE

	<p>1541 At the mouth of the Cap Rouge River, Cartier founds Charlesbourg-Royal, the first French settlement in America – it is abandoned in 1543</p>	<p>1567 Samuel de Champlain “Father of New France” born</p>	<p>1605 Samuel de Champlain and the Sieur de Roberval found Port Royal, now Annapolis, Nova Scotia</p>
<p>1525</p>	<p>1550</p>	<p>1575</p>	<p>1600</p>
<p>1535 Cartier sails up the St. Lawrence River to Stadacona (Quebec City) and Hochelaga (Montreal)</p>	 <p>Jacques Cartier</p>		<p>1608 Champlain founds Quebec City, creating the first permanent European settlement in Canada</p> <p>1610 Henry Hudson explores Hudson Bay</p>

realized he was at the mouth of a great river. A year later, he returned and sailed up the St. Lawrence River to the site of what is now Quebec City, and then on to a native encampment at Hochelega, which he named Montreal. In 1543, Cartier's hopes for a successful colony died when, after a bitter and barren winter, he and his dispirited group returned to France. Seventy more years would pass before French colonists returned to Canada to stay.

THE FATHER OF NEW FRANCE

Samuel de Champlain (1567–1635) was a man of many parts – navigator, soldier, visionary – and first made the journey from France to Canada in 1603. While the ship that carried him across the Atlantic lay at Tadoussac, Champlain ascended the St. Lawrence River by canoe to the Lachine Rapids.

In 1605, Champlain's attempt to found a colony at Port Royal failed, but in 1608 the seeds of a first tiny French colony at Quebec City were planted, with the construction of three two-story houses, a courtyard, and a watchtower, surrounded by a wooden wall.

The economic engine propelling Champlain was the fur trade. In its name he made alliances with the Algonquins and Hurons, fought their dreaded enemies, the Iroquois, traveled to the Huron country that is now central Ontario, and saw the Great Lakes. Champlain and the other Frenchmen who followed him not only established lasting settlements in the St. Lawrence Valley but also explored half a continent. They built a “New France” that, at its zenith, stretched south



Champlain, “Father of New France,” fighting the Iroquois

from Hudson Bay to New Orleans in Louisiana, and from Newfoundland almost as far west as the Rockies. In 1612 Champlain became French Canada's first head of government.

Champlain's efforts also helped to create the religious climate that enabled orders such as the Jesuits to establish missions. But his work also laid the seeds of conflict with the English that would last well into the next century and beyond.

THE HUDSON'S BAY COMPANY



Hudson's last voyage

In 1610, English voyager Henry Hudson landed at the bay that still bears his name.

The bay's access to many key waterways and trading routes ensured the fortunes of the fur trade.

Founded in 1670, the Hudson's Bay Company won control of the lands that drained into the bay, gaining a fur-trading monopoly over the area. The company was challenged only by Scottish merchants who established the North West Company in Montreal in 1783. By 1821, these two companies amalgamated, and the Hudson's Bay Company remains Canada's largest fur trader to this day.

1648–49 The Iroquois disperse the Huron nation and Jesuit father Jean de Brébeuf is martyred during Iroquois raids on Huronia



Engraving of Iroquois

1702 French and British rivalries result in outbreak of Queen Anne's War

1625

1629 British adventurer David Kirke captures Quebec, but it is returned to France in 1632



Raccoon pelt

1650

1670 The Hudson's Bay Company is founded by royal charter and underwritten by a group of English merchants

1675

1676 population of New France swelled to 8,500 by settlers

1700

Anglo-French Hostilities

THROUGHOUT THE 18th century, hostilities between the French and English in Europe continued to spill over into the New World. By 1713, Britain ruled Nova Scotia, Newfoundland, and the Hudson Bay region and, after the Seven Years War in 1763, all of French Canada.

Anglo-French tensions were exacerbated by religion: the English were largely Protestant and almost all of the French Catholic. This resulted in the colony of Quebec being divided in 1791 into the mainly English-speaking Upper Canada (now Ontario), and majority French-speaking Lower Canada (now Quebec).

Taking advantage of the British conflict with Napoleon in Europe, the Americans invaded Canada in 1812. They were defeated by 1814, but the threat of another invasion colored Canadian history during much of the 19th century.

The Plains Of Abraham, in Quebec, were the site of victory for the British over the French.



General Isaac Brock

Brock's heroic exploits during the War of 1812, such as the capture of an American post at Detroit, buoyed the spirits of the Canadian people.

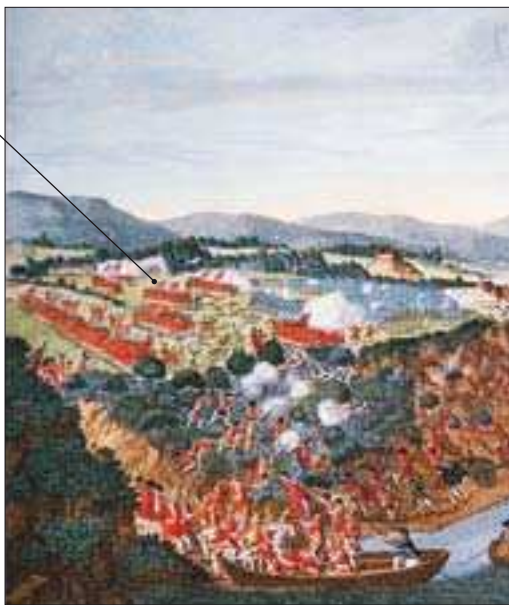
United Empire Loyalists

The surrender of British General Cornwallis effectively ended the American Revolution (1775–83). A large number of United Empire Loyalists, refugees from the newly formed United States who remained loyal to the British crown, fled to Canada. They swelled the British population by 50,000.



The Acadian Exodus

French-speaking Acadians were ruthlessly expelled from their homes by the British in the 1750s (see pp58–9).



THE SEVEN YEARS WAR

The famous Battle of the Plains of Abraham in 1759 was the last between British and French forces to take place in Canada. The British launched a surprise assault from the cliffs of the St. Lawrence River at a site now known as Wolfe's Cove. Louis Joseph de Montcalm, the French commander, was defeated by General Wolfe and his army. Both generals were killed, and Quebec fell to the British. The war finally ended in 1763 with the Treaty of Paris, which ceded all French-Canadian territory to the British.



Louisbourg
The French fortress of Louisbourg on Cape Breton Island was built between 1720 and 1740, and was the headquarters for the French fleet until it was destroyed by the British in 1758. Today, the restored fortress is a popular tourist attraction (see pp92–3).



General Wolfe
The distinguished British soldier, shown here fatally wounded at the Plains of Abraham, preceded his 1759 victory in Quebec with the taking of the French fortress, Louisbourg, in 1758.



General Wolfe's forces sailed up the St. Lawrence river overnight, allowing them to surprise the enemy at Quebec.

Wolfe's infantry scrambled up a steep, wooded cliff. They had to defeat an enemy post before the waiting boats of soldiers could join the battle.



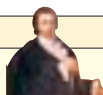
French Rights
In 1774 the British government passed the Quebec Act, granting French-Canadians religious and linguistic freedom and giving official recognition to French Civil Law.

TIMELINE

1743 The La Vérendrye brothers discover the Rocky Mountains

1755 Expulsion of the Acadians from Nova Scotia

1758 Louisbourg, the French fortress on Cape Breton Island, falls to the British



Sir Alexander Mackenzie

1793 English explorer and fur trader Alexander Mackenzie crosses the Rockies and reaches the Pacific Ocean by land

1720

1740

1760

1780

1800

1713 British gain control of Nova Scotia, Newfoundland, and Hudson Bay

1759 Wolfe defeats de Montcalm in the Battle of the Plains of Abraham

1760 Montreal falls to the British

1774 The Quebec Act grants French colonists rights to their own language and religion

1812 The US at war with Britain until the Treaty of Ghent in 1814



Medal for the British capture of Quebec 1759

A BRITISH DOMINION

Twenty-five years after the War of 1812 ended in stalemate, violence of a different sort flared in Canada. The English wanted supremacy in voting power and to limit the influence of the Catholic Church. By 1834 the French occupied one quarter of public positions, although they made up three-quarters of the population. Rebellions in Upper and Lower Canada during 1837–38 were prompted by both French and British reformers, who wanted accountable government with a broader electorate. The response of the British Government was to join together the two colonies into a united Province of Canada in 1840. The newly created assembly won increased independence when, in 1849, the majority Reform Party passed an Act compensating the 1837 rebels. Although the Governor-General, Lord Elgin, disapproved, he chose not to use his veto. The Province of Canada now had “responsible government,” (the right to pass laws without the sanction of the British colonial representative.)

The rest of British North America, however, remained a series of self-governing colonies that, despite their economic successes, were anxious about American ambitions. Such fears were reinforced by a series of Fenian Raids on Canadian territory between 1866–70. (The Fenians were New York Irish immigrants hoping to take advantage of French Canada’s anti-British feeling to help them to secure independence for Ireland.) The issue of confederation was raised and



Representatives meet in London to discuss terms of union

discussed at conferences held from 1864 onward. Only by uniting in the face of this common menace, said the politicians, could the British colonies hope to fend off these incursions.

The new country was born on July 1, 1867. Under the terms of the British North America Act the new provinces of Quebec (Canada East) and Ontario (Canada West) were created, and along with Nova Scotia and New Brunswick became the Dominion of Canada. The

new government was based on the British parliamentary system, with a governor-general (the Crown’s representative), a House of Commons, and a Senate. Parliament received power to legislate over matters of national interest; defense, criminal law, and trade, while the provinces ruled over local issues such as education.



Northwest rebel
Louis Riel

THE MÉTIS REBELLION

Following confederation, the government purchased from the Hudson’s Bay Company the area known as Rupert’s Land, which extended south and west inland for thousands of kilometers from Hudson’s Bay.

TIMELINE

1818 Canada’s border with the United States is defined as the 49th Parallel from Lake of the Woods to the Rocky Mountains

1839 Lord Durham issues a report recommending the establishment of responsible government and the union of Upper and Lower Canada to speed the assimilation of French-speaking Canadians

1849 The boundary of the 49th Parallel is extended to the Pacific Ocean

1820

1821 Merger of Hudson’s Bay and North West Companies

1830

1837 A general feeling that the government is not democratic leads to violent but unsuccessful rebellions in Upper and Lower Canada

1840

1841 An Act of Union unites Upper and Lower Canada as the Province of Canada

1850

The Métis people (descendants of mostly French fur-traders and natives) who lived here were alarmed by the expected influx of English-speaking settlers. In 1869, local leader Louis Riel took up their cause and led the first of two uprisings. The Red River Rebellion was an attempt to defend what the Métis saw as their ancestral rights to this land. A compromise was reached in 1870 and the new province of Manitoba was created.



Driving home the last spike of the Canadian Pacific Railroad, 1885

However, many Métis moved westward to what was to become the province of Saskatchewan in 1905.

Riel was elected to the House of Commons in 1874 but, in 1875, he emigrated to the US. The government's intention to settle the west led the Métis of Saskatchewan to call Riel home in 1884 to lead the North-West Rebellion. It was short-lived. Defeated at Batoche in May, Riel was ultimately charged with treason and hanged in Regina on November 16, 1885.

BIRTH OF A NATION

The defeat of the Métis and the building of a transcontinental railroad were crucial factors in the settlement of the west. British Columbia, a Crown colony since 1858, chose to join the Dominion in 1871 on the promise of a rail link with the rest of the country. The first train to run from Montreal to Vancouver in 1886 paved the way for hundreds of thousands of settlers in the West in the late 1800s. Prince Edward Island, Canada's smallest province, joined the Dominion in 1873.

In 1898, the northern territory of Yukon was established to ensure Canadian jurisdiction over that area during the Klondike gold rush (see pp46-7). In 1905, the provinces of Saskatchewan and Alberta were created out of Rupert's Land, with the residual area becoming the Northwest Territories. Each province gained its own premier and elected assembly. By 1911 new immigrants had doubled the populations of the new provinces.

For the time being, Newfoundland preferred to remain a British colony, but in 1949 it was brought into Canada as the country's tenth province.

THE MÉTIS PEOPLE

The Métis people of central Canada were descended from native and largely French stock. Proud of their unique culture, this seminomadic group considered themselves separate from the rest of the Dominion. With their own social structure and life-style dependent almost entirely on buffalo hunting, they resisted integration. They responded to the unification of the country with two failed rebellions. The Métis won no land rights and were condemned to a life of poverty or enforced integration.



Métis hunt buffalo on the Prairie



Sir John Macdonald

1867 Dominion of Canada; Sir John A. Macdonald is Canada's first Prime Minister



General Wolseley

1870 The Red River Rebellion is quashed by General Wolseley, and the the province of Manitoba is created

1886 Gold found on the Forty-Mile River

1860

1866 The Fenians raid Canadian territory to divert British troops from Ireland

1855 Queen Victoria designates Ottawa as capital of the Province of Canada

1870

Canadian Pacific



1880

1885 Riel leads the North-West Rebellion. The Métis are defeated at Batoche, and Riel is hanged in Regina. The last spike of the transcontinental railroad is put in place

The Klondike Gold Rush

THERE HAD BEEN rumors of gold in the Yukon since the 1830s, but the harsh land, together with the Chilkoot Indians' guarding of their territory, kept most prospectors away. Then, on August 16, 1896 the most frenzied and fabled gold rush in Canadian history started when George Washington Carmack and two Indian friends, Snookum Jim and Tagish Charlie, found a large gold nugget in the river they later named Bonanza Creek. For the next two years at least 100,000 prospectors set out for the new gold fields.

Only about 40,000 prospectors actually made it. Most took boats as far as Skagway or Dyea, on the Alaskan Panhandle, then struggled across the Coast Mountains by the White or Chilkoot passes to reach the headwaters of the Yukon River. From here boats took them 500 km (310 miles) to the gold fields. In all, the gold rush generated Can \$50 million, although few miners managed to hold onto their fortunes.



Klondike Entrepreneur
Alex McDonald, a Nova Scotian with a canny business sense, bought up the claims of discouraged miners and hired others to work them for him. Known as "King of the Klondike," he made millions.

The sternwheeler was a steamboat driven by a single paddle at the back.



Skagway, Alaska

The jumping-off point for the Klondike was the tent city of Skagway. There were saloons and swindlers on every corner, and gunfire in the streets was commonplace. The most famous con man was Jefferson Randolph "Soapy" Smith, who died in a shoot-out in 1898.

The Yukon River rises in British Columbia's Coast Mountains, winding for 3,000 km (1,900 miles) to Alaska.



The Mounties Take Control

The safety of the Klondike Gold Rush was secured by Canada's red-coated Mounties. Thanks to them, the rush was remarkably peaceful. A small force of 19 Mounties led by Inspector Charles Constantine were sent to the Yukon in 1895, but by 1898 there were 285, operating out of Fort Herchmer at Dawson.



Klondike Fever

The outside world learnt of the riches in July 1897, when miners docked in Seattle and San Francisco hauling gold. In no time, Klondike fever was an epidemic.

Steamboats and other craft brought thousands of prospectors up the long Yukon River to Dawson, where the boats jostled for space at the dock.

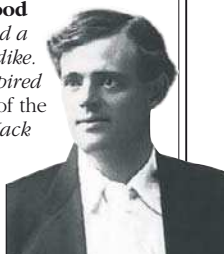


Dawson City

As the gold rush developed in the summer of 1897, the small tent camp at the junction of the Klondike and Yukon rivers grew to a population of 5,000. A year on it had reached 40,000, making Dawson City one of the largest cities in Canada.

Capturing the Mood

Even literature had a place in the Klondike. The gold rush inspired novels such as Call of the Wild (1903) by Jack London (shown here) and the 1907 verses Songs of a Sourdough by poet Robert Service.



CROSSING THE YUKON RIVER

The ferocious Yukon River rapids in Miles Canyon smashed so many boats to splinters that the Mounties decreed that every boat had to be guided by a competent pilot. Experienced sailors could earn up to Can\$100 a trip taking boats through the canyon. Past the canyon, only one more stretch of rapids remained before the Yukon's waters grew calmer all the way to Dawson City.

TIMELINE

1896 George Carmack and two friends, Tagish Charlie and Snookum Jim, strike it rich on Bonanza Creek. Liberal Wilfred Laurier elected as the country's first French-Canadian prime minister

1896

1897 Steamers from Alaska carry word of the strike to San Francisco and Seattle, setting off a frenzied gold rush



Klondike News 1898

1898 The Yukon is given territorial status, partly to assert British authority in the eyes of the Americans from neighboring Alaska

1898

1899

1899 Gold is discovered in Nome, Alaska, and Dawson begins to shrink as people leave to follow the new dream of riches farther west

NEW OPTIMISM AND ARRIVALS

The impact of the Klondike gold rush was felt all over Canada. It led to an expansion of cities such as Vancouver and Edmonton, and the establishment of the Yukon territory. A period of optimism was ushered in by the new Liberal government, elected in 1896 under the first French-Canadian premier, Wilfred Laurier, who firmly believed that “the 20th century will belong to Canada.”

The new central Canadian provinces provided a home for European immigrants eager to farm large tracts of prairie land. By 1913, this wave of immigration had peaked at 400,000. Finally Canada began to profit from a prosperous world economy and establish itself as an industrial and agricultural power.

SUPPORTING THE ALLIES

The first test of the fledgling nation came in 1899, when the Boer War broke out in South Africa; the second in 1914, when Europe entered World War I. Initially, Laurier was cautious in his approach to the South African crisis,



Canadians advance at Paardeberg in the Boer War, 1900



1914 poster promoting immigration to Canada

but pressure from the English-speaking population led to the dispatch of 1,000 soldiers to Cape Town in 1899. Before the Boer War ended in 1902, some 6,000 men had made the journey to the South African battlefields. They returned with a stronger sense of national identity than many of their compatriots at home had expected. But, while the experience of war infused some with a new sense of national unity, it also laid bare divisions. There were fights between French- and English-speaking university students, as well as disputes among Ontario conservatives and French-speaking Quebec politicians.

Before matters could come to a head, another crisis loomed. Joining the Allies in Flanders, the Canadians found renewed glory during World War I. Canadian pilot, Billy Bishop, was the Allies' greatest air ace, and another Canadian, Roy Brown, was the pilot credited with downing the Red Baron. Canadian troops were the heroes of two major battles, Ypres (1915) and Vimy Ridge (1917). When peace was declared on November 11, 1918, there were 175,000 Canadian wounded, and 60,000 had died for their country.

INDEPENDENT STATUS

Canada had played so significant a role during World War I that it gained recognition as an independent country, winning representation in the League of Nations. This independence was confirmed in 1931 with the passing of the Statute of Westminster,

TIMELINE

1899 The first Canadians are sent to fight in the Boer War

1911 Robert Borden and the Conservatives win federal election, defeating Liberal party leader, Wilfred Laurier on the issue of Reciprocity

1917 Munitions ship explodes in Halifax harbor wiping out 5 sq km (2 sq miles) of the town, killing 2,000, and injuring 9,000

1918 Canadians break through the German trenches at Amiens beginning “Canada’s Hundred Days”

1900

1905

1910

1915

1920

1903 Canada loses the Alaska boundary dispute when a British tribunal sides with the US

1914 Britain declares war on Germany, automatically drawing Canada into the conflict in Europe. The War Measures Act orders German and Austro-Hungarian Canadians to carry identity cards



1922 Canadians Charles Best, Frederick Banting, and John MacLeod win the Nobel Prize for the discovery of insulin

Dr. Frederick Banting

which gave Canada political independence from Britain and created a commonwealth of sovereign nations under a single crown.

However, national optimism was curtailed by the Great Depression that originated with the Wall Street Crash in 1929. Drought laid waste the farms of Alberta, Saskatchewan, and Manitoba. One in four workers was unemployed, and the sight of men riding boxcars in a fruitless search for work became common.

WORLD WAR II

The need to supply the Allied armies during World War II boosted Canada out of the Depression. Canada's navy played a crucial role in winning the Battle of the Atlantic (1940-3) and thousands of Allied airmen were trained in Canada.

Canadian regiments soon gained a reputation for bravery,



German prisoners captured by Canadian Infantry on D-Day, June 6, 1944



Soup kitchen during the Great Depression

for example, many died in the fiercely fought 1942 raid on Dieppe. Thousands battled up the boot of Italy, while others stormed ashore at Normandy. In the bitter fighting that followed, the Second and Third Canadian Divisions took more casualties holding the beachheads than any unit under British

command. It was also the Canadians who liberated much of Holland.

The Canadian prime minister of the day was the Liberal, Mackenzie King (1935-48). He ordered a plebiscite to allow the sending of conscripts overseas, monitored the building of the Alaska Highway (see pp260-61) and, aided by his minister of munitions and supply, he directed a massive war effort.

AN INTERNATIONAL VOICE

When peace finally came in September 1945, Canada had the third-largest navy in the world, the fourth-largest air force, and a standing army of 730,000 men. Although the price Canada had paid during World War II was high - 43,000 people died in action and the national debt quadrupled - the nation found itself in a strong position. A larger population was better able to cope with its losses and much of the debt had been spent on doubling the gross national product, creating durable industries that would power the postwar economy.



Air Canada logo

1926 The Balfour Report defines British dominions as autonomous and equal in status

1937 Trans-Canada Air Lines, now Air Canada, begins regular flights

1942 Around 22,000 Japanese Canadians are stripped of non-portable possessions and interned

1944 Canadian troops push farther inland than any other allied units on D-Day

1925

1930

1935

1940

1945

1929 The Great Depression begins

1931 The Statute of Westminster grants Canada full legislative authority

1941 Hong Kong falls to the Japanese, and Canadians are taken as POWs

1945 World War II ends. Canada joins the UN. Canada's first nuclear reactor goes on line in Chalk River, Ontario



Large Canadian grain carrier approaches the St. Lawrence Seaway in 1959 – its inaugural year

Since World War II, Canada’s economy has continued to expand. This growth, combined with government social programs such as old-age security, unemployment insurance, and medicare, means Canadians have one of the world’s highest standards of living and a quality of life which draws immigrants from around the world. Since 1945, those immigrants have been made up largely of southern Europeans, Asians, South Americans, and Caribbean islanders, all of whom have enriched the country’s multicultural status.

Internationally, the nation’s reputation and influence have grown. Canada has participated in the United Nations since its inception in 1945 and is the only nation to have taken part in almost all of the UN’s major peacekeeping operations. Perhaps it is only fitting that it was a future Canadian prime minister, Lester Pearson, who fostered the peacekeeping process when he

won the Nobel Peace Prize in 1957 for helping resolve the Suez Crisis. Canada is also a respected member of the British Commonwealth, la Francophonie, the Group of Eight industrialized nations, the OAS (Organization of American States), and NATO (North Atlantic Treaty Organization).

THE FRENCH–ENGLISH DIVIDE

Given all these accomplishments, it seems ironic that the last quarter of a century has also seen Canadians deal with fundamental questions of national identity and unity. The driving force of this debate continues to be the historic English–French rivalry. The best-known players of these late 20th-century events are Prime Minister Pierre Trudeau (1968–84) and Quebec Premier René Lévesque (1968–87).

When Jean Lesage was elected as Quebec Premier in 1960, he instituted the “Quiet Revolution” – a series of reforms that increased provincial power. However, this was not enough to prevent the rise of revolutionary nationalists. In October 1970, British Trade Commissioner James Cross and Quebec Labor Minister Pierre Laporte were kidnapped by the French-Canadian terrorist organization, the



Quebec Premier René Levesque and Canadian Prime Minister Pierre Trudeau during the 1980 referendum

TIMELINE

1949 Newfoundland joins the Confederation. Canada joins NATO

1959 Prime Minister John Diefenbaker cancels the AVRO Arrow project, losing 14,000 jobs

The AVRO Arrow Delta High speed aircraft

1967 Expo '67 is held in Montreal and Canada celebrates its Centennial

1950

1955

1960

1965

1970

1950 The Canadian Army Special Force joins UN soldiers in the Korean War



Lester Pearson

1957 Lester Pearson wins the Nobel Peace Prize for helping resolve the Suez Crisis

1965 Canada’s new flag is inaugurated after a bitter political debate

1972 Canada wins the first hockey challenge against the Soviets, touching off a huge nationwide celebration



1990 demonstration for Quebec independence in Montreal

Front du Libération de Québec (FLQ). Cross was rescued by police but Laporte was later found murdered. Trudeau invoked the War Measures Act, sent troops into Montreal, and banned the FLQ. His actions eventually led to nearly 500 arrests.

Trudeau devoted his political life to federalism, fighting separatism, and giving Canada its own constitution. In contrast, Lesage's successor, René Lévesque, campaigned for a 1980 referendum in Quebec on whether that province should become independent. A majority voted against, but the results were far from decisive, and separatism continued to dominate the country's political agenda. However, in 1982, the Constitution Act fulfilled Trudeau's dream, entrenching federal civil rights and liberties such as female equality.

A MOVE TOWARD CONSERVATISM

In 1984 the leader of the Progressive Conservatives, Brian Mulroney, won the general election with the largest majority in Canadian history. Dismissive of Trudeau's policies, Mulroney's emphasis was on closer links with Europe and, in particular, the US. In the years that followed, two major

efforts were made to reform the constitutional system. The 1987 Meech Lake Accord aimed to recognize Quebec's claims to special status on the basis of its French culture, but Mulroney failed to implement the amendment since it did not obtain the consent of all provinces. When the Inuit began campaigning for more parliamentary representation it led to the Charlottetown Accord of 1991, which raised

the issue of aboriginal self-government. The Accord was rejected in a national referendum held in 1992.

Today, many of these reforms are finally in place and hopefully aiding Canadian unity. Quebec's French heritage has official recognition, and the Inuit rule their own territory of Nunavut.

INDEPENDENCE FOR NUNAVUT

On April 1, 1999, Canada gained its newest territory, the Inuit homeland of Nunavut. The campaign for an Inuit state began in the 1960s when the Inuit desire for a political identity of their own was



Signing ceremony in Iqaluit, April 1, 1999

added to aboriginal land claims. Nunavut's first Premier is 34-year-old Paul Okalik, leader of the first-ever Inuit majority government over an 85 percent Inuit population. English is being replaced as the official language by the native Inuktitut, and traditional Inuit fishing and hunting skills are being reintroduced. By 2012, the federal government will invest over Can\$1 billion in public services for Nunavut.



Canadian & Nunavut flags

1999 The Inuit territory of Nunavut established

1976 The Olympic games are held in Montreal under tight security. René Lévesque and the separatist *Parti Québécois* win a provincial election

1984 Aboard the US shuttle *Challenger*, Marc Garneau becomes the first Canadian in space

1989 The Canada-US Free Trade agreement goes into effect

1975	1980	1985	1990	1995	2000
	1979 225,000 people of Mississauga, Ontario, are evacuated after a train derailment threatens to release clouds of chlorine gas	1988 Calgary hosts the XV Winter Olympics	1991 Canadian forces join the battle to drive Saddam Hussein's Iraqi troops from Kuwait		1997 A 13-km (8-mile) bridge connecting Prince Edward Island to the mainland is opened





ATLANTIC CANADA



INTRODUCING ATLANTIC CANADA 54-59
NEWFOUNDLAND AND LABRADOR 60-69
NEW BRUNSWICK, NOVA SCOTIA,
AND PRINCE EDWARD ISLAND 70-93



Introducing Atlantic Canada

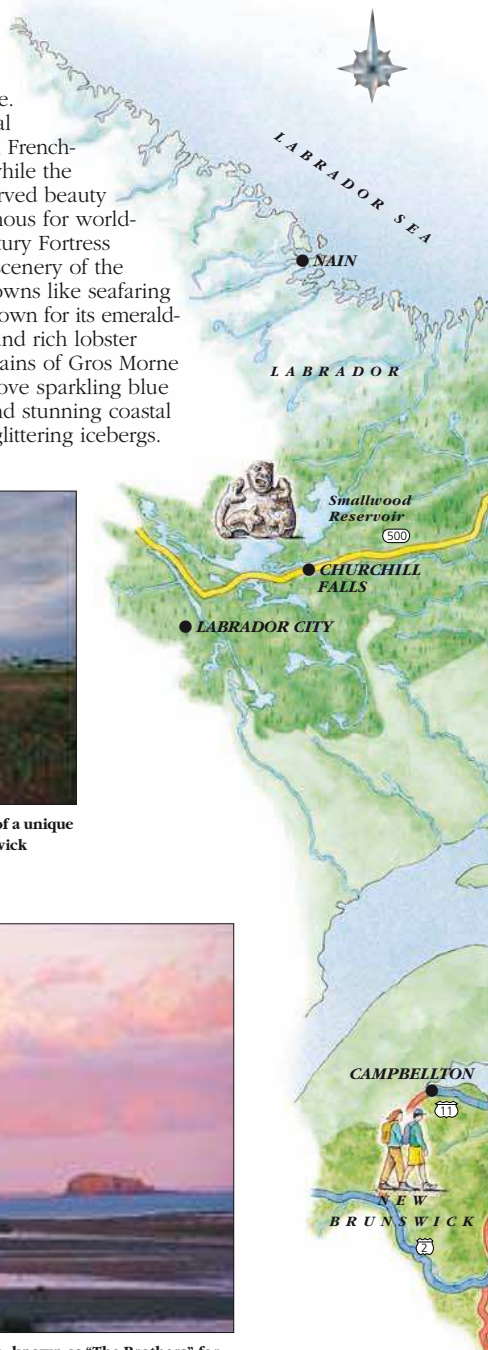
ATLANTIC CANADA is renowned for rocky coastlines, picturesque fishing villages, sun-warmed beaches, cozy country inns, and friendly people. Each province has a distinctive cultural flavor. In northeastern New Brunswick, French-speaking Acadian culture flourishes while the south coast offers the pristine, tide-carved beauty of the Bay of Fundy. Nova Scotia, famous for world-class attractions, such as the 18th-century Fortress Louisbourg and the stunning natural scenery of the Cabot Trail, is also home to historic towns like seafaring Lunenburg. Prince Edward Island is known for its emerald-green farmland, fine sandy beaches, and rich lobster catches. In Newfoundland, the mountains of Gros Morne National Park rise 800 m (2,625 ft) above sparkling blue fjords. Labrador offers an imposing and stunning coastal landscape, often with a backdrop of glittering icebergs.



Acadian homesteads still flourish after 400 years of a unique culture that dominates northeastern New Brunswick

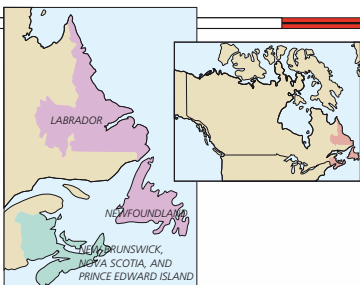


The fresh maritime scenery of Two Islands beach, known as "The Brothers" for its twin offshore islands, in Parrsboro, Nova Scotia







GETTING AROUND

Air Canada and CanJet offer regularly scheduled flights throughout the region. The Trans-Canada Highway (TCH) travels to all four provinces, but not through Newfoundland and Labrador. The new Confederation Bridge connects Prince Edward Island to Cape Tormentine, New Brunswick. Newfoundland must be accessed by air or by ferry from Sydney, Nova Scotia, to either Port aux Basques or Argentia. A ferry also travels between Nova Scotia and Bar Harbor, Maine. Bus services cross the provinces, but many areas are remote so availability should be checked.



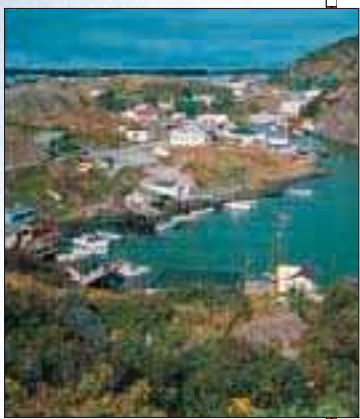
LOCATOR MAP

KEY

-  Highway
-  Major road
-  Minor road
-  River

SEE ALSO

- *Where to stay* pp344–346
- *Where to eat* pp364–366



Perched on the Atlantic Coast, Quidi Vidi village, one of the oldest in Newfoundland

Maritime Wildlife of Atlantic Canada

THE PROVINCES OF Atlantic Canada – Nova Scotia, New Brunswick, and Prince Edward Island – along with Newfoundland, the Quebec north shore of the St. Lawrence River, and the Gaspé Peninsula, constitute a rich and diverse maritime habitat for wildlife. The climate is dominated by the ocean, being influenced by the moderating Gulf Stream that flows north from the Caribbean and by the southward flow of icy waters, often bearing icebergs, from the Canadian Arctic. The terrain of the eastern Canadian coastline varies from rocky headlands to soft, sandy beaches. Both sea and land mammals inhabit this coast, as do hundreds of species of seabird.



The piping plover is a small, endangered shore bird that lives and breeds along the Atlantic coast of Canada.



SHORELINE HABITAT

The maritime shoreline encompasses rocky cliffs, sandy beaches, and salt-flat marshes. Moving a little inland, the landscape shifts to bog, forest, and meadow. It is an inviting habitat for many smaller mammals such as raccoons and beavers, and also provides a home for a diversity of bird life. Where the shoreline meets the water, fertile intertidal zones are a habitat for mollusks, algae, and invertebrae.



The river otter lives in "families," frequenting rivers, lakes, and ocean bays, in its search for fish.



The raccoon, with its ringed tail and black-masked face, preys upon fish, crayfish, birds and their eggs.



The common puffin is a shoreline bird, which lives on cliff edges and is characterized by a brightly colored bill and its curious, friendly nature.



The beaver, symbol of Canada, lives in marshy woodland near the coast. It gnaws down trees, using them to build dams, its lodge, and for food.

OCEAN HABITAT

The sea around Atlantic Canada is influenced by the cold Labrador Current flowing from the north, the Gulf Stream from the south, and the large outflow of fresh water at the mouth of the St. Lawrence River. The region is home to myriad ocean creatures, and the highest tides in the world at the nutrient-rich Bay of Fundy. Off Newfoundland lie the Grand Banks, once one of the Earth's richest fishing grounds. Over-fishing has endangered fish stocks, and quotas are now limited.



Lobster, a favorite seafood of the area, is caught in traps set near the shore. Rigid conservation rules have been put in force to protect its dwindling numbers.



The adult blue whale is the world's largest mammal, reaching up to 30 m (100 ft) long. Today, whale-watching is a growing eco-tourism enterprise, particularly off the east coast, where this and other species congregate.



The Atlantic salmon, unlike its Pacific cousins, returns to its home stream to spawn several times during its lifetime. Atlantic salmon are renowned sport fish (see p21).



Bottle-nosed dolphins, characterized by their long beaks and "smiles," live off the east coast, in both New Brunswick and Nova Scotia.

SEABIRDS OF THE ATLANTIC COAST

The maritime coast of eastern Canada is a perfect environment for seabirds. Rocky cliffs and headlands provide ideal rookeries. The rich coastal waters and intertidal zones ensure a generous larder for many species, including the cormorant and storm petrel. Some Atlantic Coast seabirds are at risk due to environmental changes, but puffins and razorbills, in particular, continue to thrive.

The double-crested cormorant or "sea crow," as it is sometimes known, is a diving fishing bird, capable of capturing food as deep as 10 m (30 ft) under water.



Leach's storm-petrel is part of the Tubenose family of birds, whose acute sense of smell helps them navigate while out at sea.

The Acadians

FEW STORIES SURROUNDING the settlement of the New World evoke as many feelings of tragedy and triumph as the tale of the Acadians. Colonizing Nova Scotia's fertile Annapolis Valley in the 1600s, 500 French settlers adopted the name Acadie, hoping to establish an ideal pastoral land. They prospered and, by 1750, numbered 14,000, becoming the dominant culture. The threat of this enclave proved too much for a province run by the British, and in 1755 the Acadians were expelled overseas, many to the US. When England and France made peace in 1763, the Acadians slowly returned. Today their French-speaking culture still thrives in coastal villages.



***Ile Sainte-Croix** was the earliest Acadian settlement, established by the French in New Brunswick in 1604. The neat, spacious layout of the village is typical.*

ACADIAN FARMING

As hardworking farmers, Acadians cleared the land of the Annapolis Valley, built villages, and developed an extensive system of dikes to reclaim the rich farmland from tidal waters. Summer crops were carefully harvested for the winter; potatoes and vegetables were put in cellars, and hay stored to feed cattle and goats. By the 19th century, Acadian farmers had expanded their crop range to include tobacco and flax.



***Acadian women** play a part in summer festivals, displaying local woolcraft and linen textiles.*



An important crop, hay was raked into "cbafauds," spiked haystacks that dried in the fields for use as winter animal feed.

***The Embarkation of the Acadians** took place in August 1755. British troops brutally rounded up the Acadians for enforced deportation. Over 6,000 Acadians were put on boats, some bound for the US, where they became the Cajuns of today. Others returned in later years, and today their descendants live in villages throughout Atlantic Canada.*



The Acadian people maintained a traditional farming and fishing lifestyle for centuries, re-created today at the Village Historique Acadien (see p75).



The Church of Saint Anne in Sainte-Anne-du-Ruisseau represents Acadian style in its fresh simplicity and elegance. Catholicism was very important to the Acadians, who turned to their priests for succour during the 1755 diaspora.



Acadian musicians have reflected their culture since the 17th century. Playing lively violin and guitar folk music, they are known for their upbeat tunes and ballads of unrequited love and social dispossession.

Acadian life revolved around the farmsteads in each community. Men tilled the fields and fished while women helped with the annual harvest.

HENRY WADSWORTH LONGFELLOW

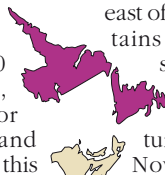
One of the most popular poets of the 19th century, both in the US and Europe, the American Henry Longfellow (1807–82) is best known for his long, bittersweet narrative poems. Based on the trials and injustices of the Acadian civilization, *Evangeline*, published in 1847, traces the paths of a young Acadian couple. The poem, now regarded as a classic, stirringly records Evangeline's tragic loss in this land intended as an idyll when their love was destroyed through the upheavals and expulsion of the 18th century: "Loud from its rocky caverns, the deep-faced neighbouring ocean [sings], List to the mournful tradition sung by the pines of the Forest, ... List to a Tale of Love in Acadie, home of the happy."





NEWFOUNDLAND AND LABRADOR

WITH TOWERING peaks, vast landscapes, and 17,000 kms (10,500 miles) of rugged coastline, Newfoundland and Labrador displays wild, open spaces and grand spectacles of nature. In this captivating land, massive icebergs drift lazily along the coast, whales swim in sparkling bays, and moose graze placidly in flat open marshes. Newfoundland's west coast offers some of the most dramatic landscapes



east of the Rockies. The granite mountains of Gros Morne National Park shelter deep fjords, while the eastern part of the island has a more rounded terrain, featuring the bays and inlets of Terra Nova National Park. Part of the area's appeal is retracing the history of past cultures that have settled here, including Maritime Archaic Indians at Port au Choix, Vikings at L'Anse-Aux-Meadows, and Basque whalers at Red Bay in the Labrador Straits.

SIGHTS AT A GLANCE

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KEY

 International airport

 Major road

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St. John's 1



Pendant
in local
museum

ITALIAN EXPLORER John Cabot (*see p40*) aroused great interest in Newfoundland (after his 1497 voyage on behalf of Henry VII of England) when he described “a sea so full of fish that a basket thrown overboard is hauled back brimming with cod.” Cabot started a rush to the New World that made St. John’s a center of the fishing industry, and North America’s oldest and liveliest settlement. Today, St. John’s still bustles with the commerce of the sea: fishing, oil exploration, and the ships of a hundred nations waiting to be serviced. The people of St. John’s are known for their friendliness, a delightful counterpoint to the harsh, rugged beauty that surrounds this historic town.



Downtown St. John's, seen from the approach by sea

Exploring St. John's

The capital of Newfoundland is easily explored on foot. Most of the sights are within a short distance of each other moving east along Water Street. Approaching by sea offers the best view of the harbor, in particular the steep cliff-lined passage on the east side where pastel-colored old houses cling to the rocks.

Murray Premises

cnr Water St. & Beck's Cove. ☎ (709) 739 8889. ☒ 8am–10:30pm daily. ♿

At the west end of Water Street stands Murray Premises. Built in 1846, these rambling brick and timberframe buildings are the last remaining examples of the large mercantile and fish-processing premises that were common on the St. John's waterfront. Murray Premises once bustled with the work of shipping cod to world markets. It narrowly escaped destruction in a huge fire that engulfed the city in 1892, and the buildings mark the western boundary of the fire's devastation. Now a Provincial Historic Site, the

restored buildings are home to a boutique, hotel, offices, and a fine seafood restaurant, hung with photographs that re-

The Rooms

9 Bonaventure Ave. ☎ (709) 757 8000. ☒ 10am–5pm Mon–Sat (to 9pm Wed, Thu; Museum & Art Gallery also open noon–5pm Sun). ☎ Mon mid-Oct–May; Dec 25, Jan 1 ☒ www.therooms.ca

A major new landmark, The Rooms is a modern facility housing three provincial institutions: the Provincial Archives; the Museum of Newfoundland which charts the province's history over the past 9,000 years; and the Art Gallery of Newfoundland and Labrador which showcases the work of local, national

The Waterfront

Water St. ☎ (709) 576 8106. ♿ Tracing the edge of St. John's waterfront, Water Street is the oldest public thoroughfare in North America, dating to the late 1500s when trading first started in the town. Once a brawling wharfside lane of gin mills and brothels, Water Street

and Duckworth Street now offer an array of gift shops, art galleries, and some of Newfoundland's top restaurants. Harbour Drive, along the waterfront, is a great place to stroll, while George Street is the hub of the city's nightlife.

East End

King's Bridge Rd. ☎ (709) 576 8106. The East End is one of St. John's most architecturally rich neighborhoods, with narrow, cobblestone streets and elegant homes. Commissariat House, now a provincial museum, was built in 1836 and was once the home of 19th-century British officials. Nearby Government House, built during the 1820s, is the official residence of the province's Lieutenant Governor.

The Battery

Battery Rd. ☎ (709) 576 8106. The colorful houses clinging to sheer cliffs at the entrance to the Harbour are known as the Battery. With the look and feel of a 19th-century fishing village, this is one of St. John's most photographed sites. The community is named for the military fortifications built here over centuries to defend the harbor. Local residents used the battery's guns in 1763 to fight off Dutch pirate ships.

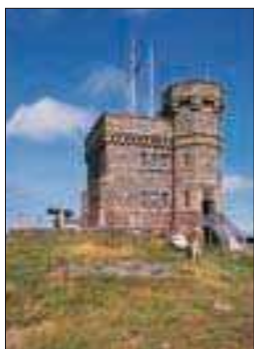
Signal Hill Historic Site of Canada

Signal Hill Rd. ☎ (709) 772 5367. ☒ Interpretation Centre: Jun–Sep: 8:30am–8pm; Sep–May: 8:30am–4:30pm. ♿ ♿

This lofty rise of land presents spectacular views of the open Atlantic, the rocky harbor entrance, and the city of St. John's curled in historic splendor around the town harbor.



View of Signal Hill from St. John's picturesque fishing harbor



The Cabot Tower as it rises above Signal Hill over the harbor

☛ Cabot Tower

Signal Hill Rd. ☎ (709) 772 5367.

☉ Jun–Sep: 8:30am–8pm; Sep–May: 8:30am–4:30pm. ♿

The building of Cabot Tower at the top of Signal Hill began in 1897 to celebrate the 400th anniversary of Cabot's arrival. On summer weekends, soldiers in period dress perform 19th-century marching drills, with firing muskets and cannon. It was here that another Italian, Guglielmo Marconi, received the first transatlantic wireless signal in 1901.

☛ Quidi Vidi Village

Quidi Vidi Village Rd. ☎ (709) 729 2977. ☉ daily.

On the other side of Signal Hill, the weathered buildings of ancient Quidi Vidi Village nestle around a small harbor. Visitors can browse through the eclectic collection of antiques for sale at Mallard Cottage, dating back to the 1750s. Above the village, the Quidi Vidi Battery was a fortified gun emplacement built in 1762 to defend the entrance of Quidi Vidi Harbour. Today, the site is a reconstruction of the small barracks that soldiers lived in. Guides in period military dress are on hand to relate tales of their lives and hardships.

☛ Pippy Park

Nagles Place. ☎ (709) 737 3655.

☉ daily. ♿

Visitors are sometimes started to see moose roaming free in St. John's, but it happens often in this 1,400-ha (3,460-acre) nature park, 4 km (2 miles) from the town center. The park is also home to the ponds and gardens of the local Botanical Gardens. The only Fluvarium in North America is based

VISITORS' CHECKLIST

☎ 102,000. 🚶 6km (4 miles) N of the city. 🎓 Memorial University.

🏠 Argentia 130 km (80 miles) SE. 📖 1st Floor, City Hall Annex, New Gower St. (709) 576 8106.

🎨 St. John's Days Celebrations (Jun); Signal Hill Tattoo (Jul–Aug); Royal St. John's Regatta (Aug).

here too, featuring nine underwater windows that look onto the natural activity of a rushing freshwater trout stream.

☛ Cape Spear Lighthouse Historic Site of Canada

☎ (709) 772 5367. ☉ mid-May–mid-Oct: daily. ♿

Ten km (6 miles) southeast of town, Cape Spear marks the most easterly point in North America. Set atop seaside cliffs, as the ocean pounds rocks below, the majestic Cape Spear Lighthouse has long been a symbol of Newfoundland's independence. Two lighthouses sit here. The original, built in 1836 and the oldest in Newfoundland, stands beside a graceful, modern, automated lighthouse, added in 1955.





Whale- and bird-watching boats tour the Avalon Peninsula frequently

Avalon Peninsula 2

📍 St. John's. 🇦🇷 Argentina. 🏠 Dept. of Tourism, Confederation Building, St. John's (709) 729 0862.

THE PICTURESQUE community of Ferryland on the Avalon Peninsula is the site of a large-scale archeological excavation of Colony Avalon, a settlement founded by English explorer Lord Baltimore and 11 settlers in 1621. This was Baltimore's first New World venture, intended to be a self-sufficient colony engaged in fishing, agriculture, and trade, with firm principles of religious tolerance.

By the end of the following year there were 32 settlers. The population continued to grow, and for many years it was the only successful colony in the area. Although excavations to date have unearthed only five percent of the colony, it has proved to be one of the richest sources of artifacts from any early European settlement in North America. Over half a million pieces have been recovered, such as pottery, clay pipes, household implements, and structural parts of many buildings, including defensive works, a smithy, and a waterfront commercial complex. An interpretive center tells the story of the colony and a guided tour includes the chance to watch archeologists working on site and in the laboratory.



Boat-tour sign in Witless Bay

At the southern end of the peninsula, **Cape St. Mary's Ecological Reserve** is the only nesting seabird colony in the province that can be approached on foot. A short trail leads along spectacular seacliffs to a site where over 8,000 golden-headed gannets nest on a rock just a few yards over the cliff.

On the southwest side of the peninsula, overlooking the entrance to the historic

French town of Placentia, visitors can stroll through **Castle Hill National Historic Site**.

These French fortifications dating back to 1632 protected the town, and the site of the remains offers fine coastal views.

🌿 Cape St. Mary's Ecological Reserve

off Route 100. 📞 (709) 277 1666.

🕒 year round. 🏠 Interpretive Centre

🕒 daily, May–Oct. 🗺️ & 📱

🏰 Castle Hill National Historic Site of Canada

Jerseyside, Placentia Bay. 📞 (709)

227 2401. 🕒 Sep–mid-Jun:

8:30am–4:30pm; late Jun–Aug:

8:30am–8pm. 🗺️ 📱 📷

Burin Peninsula 3

📍 St. John's. 🇦🇷 Argentina.

📍 Columbia Drive, Marystown

Jun–Nov: (709) 279 1211;

Dec–May: (709) 279 1887.

THE BURIN PENINSULA presents some of the most dramatic and impressive scenery in Newfoundland. Short, craggy peaks rise above a patchwork green carpet of heather, dotted by scores of glittering lakes. In the fishing town of Grand Bank, **The Provincial Seaman's Museum** is a memorial to Newfoundland seamen who perished at sea. The nearby town of Fortune offers a ferry to the French-ruled islands of Saint-Pierre and Miquelon.

🏰 The Provincial Seaman's Museum

Marine Drive. 📞 (709) 832 1484.

🕒 May–Oct: daily. 🗺️ & 📱

Saint-Pierre and Miquelon 4

🏠 6,400. 🇫🇷 🇱🇺 📞 4274 Place

de General DeGaulle (508) 41 23 84.

🌐 www.saint-pierre-et-miquelon.com

THESE TWO SMALL islands are not Canadian but French, and have been under Gallic rule since 1783. Saint-Pierre, the only town on the island of the same name, is a charming French seaside village, complete with gendarmes, bicycles, and fine French bakeries where people line up every morning for fresh baguettes. The **Saint-Pierre Museum** details the history of the islands, including their lively role as a bootlegger's haven during Prohibition in the 1930s when over 3 million cases of liquor passed



The Newfoundland Ferry collects visitors for Saint-Pierre and Miquelon



Cape Bonavista Lighthouse, built on the spot believed to be John Cabot's first landing place in the New World




through this tiny port annually. Many of the harborfront warehouses originally built for this trade are still standing.

A daily ferry leaves Saint-Pierre for the smaller village of Miquelon. Miquelon Island is made up of two smaller islands, Langlade and Grand Miquelon, joined by a narrow, 12-km (7-mile) long strand. The road across this sandy isthmus crosses grassy dunes where wild horses graze and surf pounds sandy beaches.

Saint-Pierre Museum

Rue du 11 Novembre. ☎ 011 508 41 35 70. 🕒 2–5pm daily. 📶 & 🇸🇪

Bonavista Peninsula

 St. John's  Argentina.
 Discovery Trail Tourism Association (709) 466 3845.



BONAVISTA Peninsula juts out into the Atlantic ocean, a rugged coastal landscape of seacliffs, harbor inlets, and enchanting small villages such as Birchy Cove and Trouty.

The town of Bonavista is believed to be where Italian explorer John Cabot (*see p40*) first stepped ashore in the New World. His monument stands on a high, rocky promontory, near the Cape Bonavista Lighthouse, built in 1843.

Along the Bonavista waterfront, the huge 19th-century buildings of Ryan Premises,

once a busy fish merchants' processing facility, are now restored as a National Historic Site. Ryan Premises include three large buildings where fish were dried, stored, and packed for shipping, and displays on the history of the fisheries in North America. The waterfront salt house offers local music.

Trinity

 300.  Trinity Interpretation Centre, West St. (709) 464 2042/0592.

THE CHARMING village of Trinity, with its colorful 19th-century buildings overlooking the blue waters of Trinity Bay, is easily one of the most beautiful Newfoundland communities. Best explored on foot, Trinity has a range of craft shops and restaurants. The **Trinity Museum** contains over 2,000 artifacts, illustrating the town's past.

Also here is Hiscock House, a turn-of-the-century home, restored to the style of 1910, where merchant Emma Hiscock ran the village store, forge, and post office while raising her six children.

 Trinity Museum
Church Rd. ☎ (709) 464 3599. 🕒 mid-Jun–mid-Sep: 10am–6pm daily. 📶 & 🇸🇪

Terra Nova National Park

Trans-Canada Hwy.  from St. John's. 🕒 Jun–mid-Oct: daily. 📶 & 🇸🇪 limited.  Glovertown (709) 533 2801. 📶
www.parkscanada.pch.gc.ca

THE GENTLY rolling forested hills and deep fjords of northeastern Newfoundland are the setting for Terra Nova National Park. The park's Marine Interpretation Centre offers excellent displays on the local marine flora and fauna, including a fascinating underwater video monitor that broadcasts the busy life of the bay's seafloor. Whale-watching



A lookout over Terra Nova National Park

Notre Dame Bay 8

 Gander.  Port-aux-Basques. 
Notre Dame Junction, Rte 1 (709) 535
8547.  www.kittiwakecoast.com

ON THE EAST side of Notre Dame Bay, traditional Newfoundland outposts maintain a way of life that echoes their history. The **Twillingate Museum**, located in an elegant Edwardian rectory in Twillingate, has several rooms furnished with period antiques. Also on display are aboriginal artifacts collected from nearby sites, and marine memorabilia recounting the region's fascinating shipping history.

Boat tours take passengers out into the bay for a close-up look at the huge icebergs that float by in spring and summer, and to see the many whales that roam about offshore. Nearby Wild Cove and Durrell are romantic villages.



The elegant Edwardian rectory that houses the Twillingate Museum

Gander 9

 10,000.   109 Trans-Canada Hwy (709) 256 7110.




BEST KNOWN for its illustrious aviation history, Gander is a small town and a useful tourist center for fuel and food. In Grand Falls-Windsor, 100 km (57 miles) west of Gander,



A mamateek dwelling reveals a past way of life in Grand Falls Indian village

the Mary March Regional Museum, named after the last survivor of the now extinct Beothuk people, traces 5,000 years of human habitation in the Exploits Valley. Throughout Newfoundland, the Beothuks were decimated by disease and genocide between 1750 and 1829. Behind the museum, visitors can take a guided tour through the historic village.

The Southwest Coast 10

 Ferry dock terminal.  Port-aux-Basques.  Port-aux-Basques (709) 695 3688.

IN SOUTHERN Newfoundland a 45-km (28-mile) coastal drive along Route 470 from Channel Port-aux-Basques to Rose Blanche leads through a landscape of ancient, jagged, green mountains and along a rocky, surf-carved shoreline. Near Rose Blanche, a 500-m (545-yd) boardwalk trail winds through bright wildflower-strewn heath to the impressive Barachois Falls. There is a charming picnic spot at the foot of the 55 m (180 ft) falls. The area is

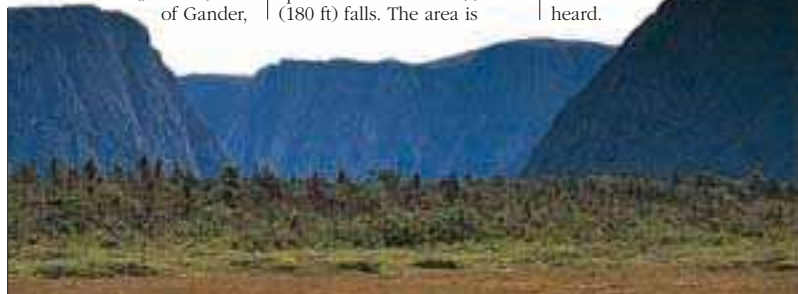
noted for its many shipwrecks, and so the Rose Blanche Lighthouse, built in 1873, stands in defiant splendor atop the harbor headland.

Gros Morne National Park 11

 (709) 458 2417.  Corner Brook.  St. Barbe.  daily.   
 www.parkscanada.pch.gc.ca

A UNITED NATIONS World Heritage Site, Gros Morne is Newfoundland's scenic masterpiece. Here the Long Range Mountains rise 700 m (2,000 ft) above blue fjords that cut into the coastal range. Some of the world's oldest mountains, these are pre-Cambrian and several million years older than the Rockies.

The best way to see the park is on a boat tour along Western Brook Pond, a narrow fjord cradled between soaring cliffs where waterfalls vaporize as they tumble from great heights. Wildlife, including moose, caribou, and eagles, is frequently seen and heard.



The Long Range Mountains in Gros Morne National Park, seen from a walkway in the park

Northern Peninsula Tour 12



Road sign on
Hwy 430

A LAND OF LEGENDS and mystery, the Northern Peninsula of Newfoundland offers adventurous travelers the chance to experience over 40 centuries of human history, from early aboriginal people through colonization to today's modern fishing life. The road north travels along a harsh and rocky coast.

Along the way, important historic sites, such as L'Anse-aux-Meadows, tell the story of the earlier cultures who chose this wild land as their home.

TIPS FOR DRIVERS

Tour length: 430 km (267 miles) along Hwy 430.

Starting point: Deer Lake, at junction of Hwy 1.

Stopping off points: Gros Morne's Wiltondale Visitors' Centre and Tablelands; Port au Choix National Historic Site; Grenfell Museum in St. Anthony.



Port au Choix 5

This historic site is dedicated to exhibitions of Maritime Archaic Indians and Dorset Eskimos who lived here in 2000 BC and AD 500.

Hawke's Bay 4

A whaling station early in the 20th century, Hawke's Bay boasts excellent salmon fishing waters.

The Arches 3

This lovely spot is named for three limestone arches that are probably 400 million years old.



Gros Morne National Park 2

This fine place has a reputation as one of the most beautiful parks in the whole of Canada.

Deer Lake 1

Deer Lake 1

A good fuel and refreshment center for those starting on the tour, Deer Lake and its surrounding area is remarkable for its jagged landscape, salmon river (the Humber), forests, lakes, and farms.

Cooks Harbour
L'Anse-aux-Meadows
St. Anthony

Main Brook

Englee

L'Anse-aux-Meadows National Historic Site 6

This historic settlement takes visitors back to AD 1000, with eight reconstructions of the wood and sod buildings built and used by Viking settlers when they landed here.



KEY

 Tour route

 Other roads

0 km 25

0 miles 25





Fishermen's huts in the village of Red Bay on the coast of Labrador

Labrador Straits 13

Blanc Sablon. Forteau (709) 931 2013. www.labradorcoastaldrive.com

HAUNTINGLY beautiful coastal landscapes explain why the Labrador Straits is a popular place to visit in this province. A summer ferry service crosses the straits from Newfoundland to Blanc Sablon, Quebec, just a few kilometers from the Labrador border. From there, an 85-km (53-mile) road leads along the coast through a wild countryside of high, barren hills, thinly carpeted by heath and wind-twisted spruce.

The Labrador Straits was an important steamship route in the mid-19th century. To aid navigation in the often treacherous waters, the Point Amour Lighthouse was built in 1854 near L'Anse-Amour. Now a Provincial Historic Site, this 30-m (109-ft) tower is the second-tallest lighthouse in Canada. Visitors can ascend the tower for stunning views of the Labrador coast.

Along the road to the lighthouse is a monument that marks the site of the Maritime Archaic Burial Mound National Historic Site, North America's oldest burial mound, where a Maritime Archaic Indian child was laid to rest 7,500 years ago.

At the end of Rte. 510 lies **Red Bay National Historic Site**. Here visitors can take a short boat ride to an island where 16th-century Basque whalers operated the first factory in the New World. A tour around the island leads past the foundations of the shanties, shipworks, and cooper shops

where as many as 1,500 men worked each season, rendering whale oil for lamps in Europe.

Red Bay National Historic Site

Route 510. (709) 920 2051.

mid-Jun–mid-Oct: daily. ♿

Battle Harbour 14

Mary's Harbour, Newfoundland. (709) 921 6216. www.battleharbour.com

ONCE CONSIDERED the unofficial capital of Labrador (from the 1870s to the 1930s), Battle Harbour, a small settlement on an island just off the south-ern coast of Labrador, was a thriving fishing community during the late 18th and 19th centuries. In 1966, the dwindling population was relocated to St. Mary's on the mainland, but all of the



Inuit children in Nain

town's buildings, many of which date back 200 years, were left standing, and in the 1990s the town was restored. Today, visitors can tour the island and get a taste of the way life was in coastal Labrador a century ago.

Nain 15

1,200. Town Council, Nain (709) 922 2842.

TRAVELING NORTH, Nain is the final community of more than a few hundred people. The town can be reached by a coastal boat service that carries passengers and freight, but no cars. A large part of Nain's small population is Inuit and the town is home to many of Labrador's most prominent Inuit artists. The Torngasuk Cultural Center has a gift shop with CDs and books by local artists for sale. The staff here can also put visitors in touch with local soapstone sculptors.

Nearby Hopedale was the site of one of the many Moravian Missions built in

Labrador. Today the main feature in Hopedale is the **Hopedale Mission National Historic Site**.

Visitors can tour the Mission, constructed in 1782, which is the oldest woodframe building in Atlantic Canada. Both the Mission and other structures were



Battle Harbour Island with icebergs on the horizon



A snowy street in Nain during the long winter

built in Germany, shipped across the Atlantic, and reassembled here.

Hopedale Mission National Historic Site

Agvituk Historical Society, Hopedale.

T (709) 933 3881. **D** daily. **W**



The Moravian Church in Happy Valley-Goose Bay

Happy Valley-Goose Bay 16

P 8,600. **X** **R** **I** Labrador, Lake Melville Tourism Association (709) 896 3489. **W** book ahead.

THE LARGEST town in the wilderness of Central Labrador, Happy Valley-Goose Bay was a strategically important stopover for transatlantic flights during World War II. German, Italian, and British pilots now train at the NATO base here.

Today, the town is home to the Labrador Heritage Museum, where exhibitions depict its fascinating history. It pays particular attention to the life of trappers, with displays that include animal furs, trapper's tools, and a traditional tilt (wilderness shelter).

Churchill Falls 17

I Churchill Falls Development Corporation (709) 925 3335. **W**

W obligatory, book ahead.

THE TOWN of Churchill Falls is ideally placed for visitors to stock up on supplies, fill up with gas, and check tyres as there are no service stations between Happy Valley-Goose Bay and Labrador City. Churchill Falls is famous as the site of one of the largest hydro-electric power stations in the world. Built in the early 1970s, the plant is an extraordinary feat of engineering, diverting the Churchill River (it is Labrador's largest) and its incredible volume of water to power the underground turbines that produce 5,225 megawatts of power – enough to supply the needs of a small country. Guided tours are available of this impressive complex.

Labrador City 18

P 9,000. **X** **R** **I** Labrador West Tourism Development Corporation (709) 944 7631.

IN THE MIDST of ancient tundra, Labrador City is a mining town that shows the modern, industrial face of Canada. The town is home to the largest open-pit iron mine in the world and the community has largely grown up around it since the late 1950s. The historic building that once held the town's first bank is now the Height of Land Heritage Centre, a museum of photographs, artifacts, and displays dedicated to preserving the history of the development of Labrador.

The vast open wilderness surrounding Labrador City, with its myriad pristine lakes and rivers, is renowned as a sportsman's paradise that attracts hunters and anglers from around the world. Every March, this region sponsors the Labrador 150 Dogsled Race, which has become one of the world's top dogsledding competitions. The western Labrador wilderness is also home to the 700,000 caribou of the George River herd. The herd moves freely through the area for most of the year, grazing the tundra in small bands. Professional outfitters take groups of visitors out to track the herd through the region. Many tourists make the trip to admire the animals.



THE LABRADOR COASTAL FERRY

The Labrador Coastal Ferry is the primary mode of transportation for many communities along the Coast. Departing from St. Anthony in northern Newfoundland, the ferry round-trip takes 12 days, visiting up to 48 communities, delivering goods, passengers, and supplies in each port. Half the passenger space is for tourists, half for locals. Along the way, the ferry calls at the historic port of Battle Harbour and travels into fjords. Icebergs are a common sight.



HAND BARRON'S



NEW BRUNSWICK, NOVA SCOTIA, AND PRINCE EDWARD ISLAND

THE BEAUTY AND lure of the sea is always close at hand here. Stunning coastal scenery, picturesque centuries-old villages, world-class historic sites, and a wealth of family attractions have turned these three Maritime Provinces into one of Canada's top vacation destinations. New Brunswick's ruggedly beautiful Bay of Fundy is matched by the gently rolling landscape of Acadian villages

tucked into quiet coves and long sandy beaches. With its sparkling bays and ancient weathered fishing towns, Nova Scotia embodies the romance of the sea. Elegant country inns and historic sites bring the past to life. Canada's smallest province, Prince Edward Island, is known for its vibrant green farmlands, red bluffs, deep blue waters, and golf courses, and is enjoyed by cyclists, anglers, and hikers.

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Windsor 14
Wolfville 15

National Parks


Fundy National Park 1
Kouchibouguac National Park 7

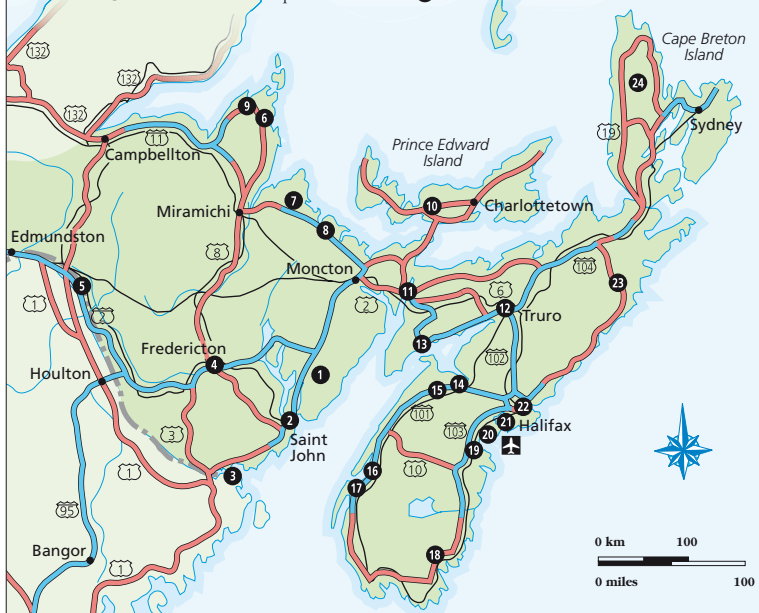
Historic Sites and Areas of Natural Beauty

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Cape Breton Island 24

Eastern Shore 23
Passamaquoddy Bay 3
Prince Edward Island 10
Village Historique Acadien 9

KEY

-  International airport
-  Highway
-  Major road
-  Major rail routes





Humpback whales at play in the Bay of Fundy

Fundy National Park 1

(506) 887 6000. Moncton, Sussex, Saint John. daily. May–Oct. www.parkscanada.pch.gc.ca

ALONG New Brunswick's southern shore, the tremendous tides of the Bay of Fundy are a powerful feature of everyday life. Twice a day, over 100 billion tons of water swirl into and out of the bay, creating a tidal shift of up to 15 m (48 ft) and carving out a stunning wild and rocky shoreline.

One of the best places to experience these world-famous tidal wonders is at Fundy National Park, which is filled with wildlife and hiking trails. Here at low tide, visitors can walk out for over a kilometer. The Bay is a favorite with naturalists, who study the fascinating creatures that live half their lives under water and the other half above.



Moose in Fundy National Park

More recently, restoration has made Saint John's historic center a delightful place to explore. The Old City Market is a working public market, with colorful produce stacked high, fresh seafood vendors, cafés, and an excellent traditional fish restaurant.

In nearby Market Square, an airy atrium links buildings that were once the city's center of commerce. Here visitors will find upscale restaurants and stores. Market Square is also the home of the lively **New Brunswick Museum**. Three floors offer clever and entertaining exhibits on New Brunswick's geological, cultural,

and natural history. Children particularly enjoy the Hall of Whales and the three-level Tidal Tube in which water rises and falls, re-creating the height of the tides roaring away just outside.

Nearby, the Loyalist House Museum is located in an impressive Georgian house built by Loyalist David Merritt in around 1810. Inside, the house has been renovated to reflect the lifestyle of a wealthy family of that time, with authentic period furnishings.

New Brunswick Museum

Market Square. (506) 643 2300. daily. Dec 25. www.nbm.ca

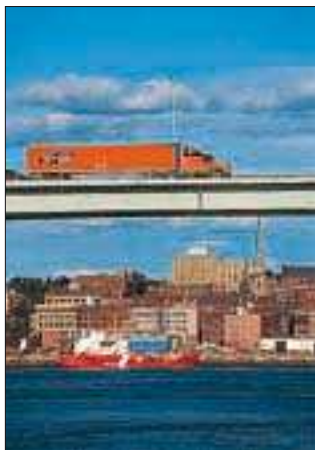
Passamaquoddy Bay 3

St. Stephen. Black's Harbour & Letete. St. Andrew's Tourism Bureau (506) 529 3556.

THERE IS a genteel historic charm to the villages surrounding the island-filled waters of Passamaquoddy Bay, and none is more charming or intriguing than the lovely resort town of St. Andrews-by-the-Sea. The beautifully maintained Fairmont Algonquin Resort, with its elegant grounds and 18-hole golf course, recalls early 20th-century days when St. Andrews was renowned as an exclusive getaway of the rich and powerful.

In town, Water Street is lined with intriguing boutiques, craft shops, and fine restaurants housed in century-old buildings. At the town dock, tour companies offer numerous sailing, whale-watching, and kayaking adventures. Nearby, the elegant Georgian home built for Loyalist Harris Hatch in 1824 is now the location of the **Ross Memorial Museum** which contains an extensive collection of antiques and art assembled early in the 20th century.

Two ferries leave from the St. George area nearby for Campobello and Grand Manan Islands, 20 km (12 miles) and 30 km (18 miles) south respectively of St. Andrews.

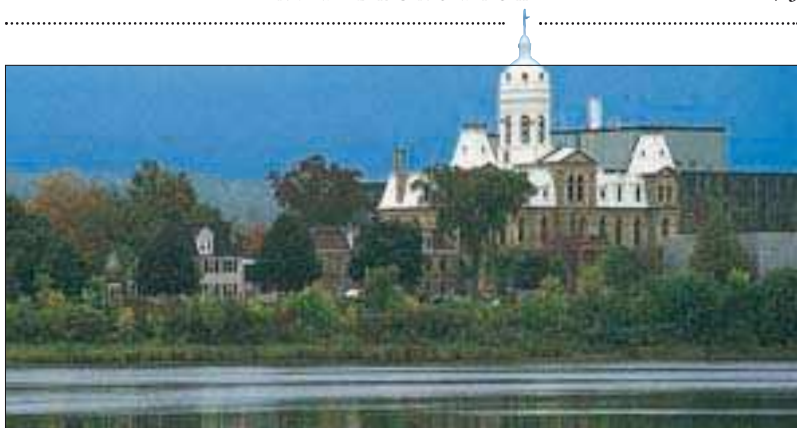


Saint John town from the Saint John River

Saint John 2

125,000. City Hall, King St. (506) 658 2990. www.tourismsaintjohn.com

NEW BRUNSWICK's largest city, Saint John, still retains the charm of a small town. In 1785, 14,000 loyalists escaping the turmoil of the American Revolution built Saint John in under a year.



The charming Victorian vista of Fredericton seen from across the Saint John River

The Roosevelt Campobello International Park is a 1,135-ha (2,800-acre) preserve on Campobello Island built around the elegant summer home of US President Franklin D. Roosevelt. The 34-room Roosevelt Cottage has been restored, and includes historic and personal artifacts belonging to Roosevelt and his family.

Renowned for its rugged coastal beauty, Grand Manan Island has high rocky cliffs, picturesque fishing villages, and brightly painted boats resting against weathered piers. It is popular with bird-watchers as it attracts large flocks of seabirds annually.

🏛️ The Ross Memorial Museum

188 Montague St. ☎️ (506) 529 5124. 🕒 *late Jun–Sep: Mon–Sat; Sep & Oct: Tue–Sat.*

Fredericton 4

👤 44,000. 📧 📺 📠 📞 **Carlton Tourism Division** (506) 460 2041. 🌐 www.city.fredericton.nb.ca

STRADDLING THE Saint John River, Fredericton is New Brunswick's provincial capital. Its Victorian homes and waterfront church make it one of the prettiest small cities in Atlantic Canada. Several historic buildings reflect the town's early role as a British military post. The **Beaverbrook Art Gallery** contains an impressive collection of 19th- and 20th-century paintings, including Salvador Dali's masterpiece *Santiago el Grande* (1957).

King's Landing Historical Settlement, 37 km (22 miles) west of Fredericton is a living history museum that re-creates daily life in a rural New Brunswick village of the 19th-century. Over a hundred costumed workers bring villagers' homes, church, and school to life.

🎨 Beaverbrook Art Gallery

703 Queen St. ☎️ (506) 458 8545.

🕒 *Jun–Oct: daily; late Oct–May: Tue–Sun.* 📺 📠 📞

🏡 King's Landing Historical Settlement

Rte 2, W of Fredericton. ☎️ (506) 363 4999. 🕒 *Jun–mid-Oct: 10am–5pm daily.* 📺 📠 📞 *partial.*

Grand Falls 5

👤 6,100. 📺 📠 📞 **Malabean Reception Centre** (506) 475 7788. 📺

FROM FREDERICTON to Edmundston, the Saint John River flows through a pastoral valley of rolling hills, woods, and farmland. The

town of Grand Falls consists of one well-appointed main street, which is a useful refreshment stop. The town was named Grand Falls for the mighty cataract the Saint John's River creates as it tumbles through Grand Falls Gorge. Framed by parkland, the surge of water drops more than 25 m (40 ft). Over time it has carved a gorge 1.5 km (1 mile) long, with steep sides as high as 70 m (200 ft) in places.

Upriver and north through the valley, the town of Edmundston offers the **New Brunswick Botanical Garden**. Paths lead through eight themed gardens and two arboreta that provide dazzling input for the senses. Bright colors, delicate scents, and even soft classical music delight visitors.

🌿 New Brunswick Botanical Garden

Saint-Jacques, Edmundston. ☎️ (506) 737 5383. 🕒 *Jun–Oct: 9am–dusk daily.* 📺 📠 📞 www.umce.ca/jardin



The deep waterfall valley of Grand Falls Gorge



Endless sandy beaches stretch to the horizon at Kouchibouguac National Park

The Acadian Peninsula 6

Bathurst. Bathurst.
 Dalhousie. Jun-Sep: Water St.,
 Campbellton (506) 789 2367; Oct-
 May: Campbellton Chamber of
 Commerce (506) 759 7856.

THE QUIET coastal villages, beaches, and gentle surf of the Acadian peninsula have made it a favorite vacation destination. Established here since the 1600s, the Acadians have long enjoyed a reputation for prosperous farming, pretty villages and a strong folk music tradition (see pp58–9).

In Shippagan, the small fishing town at the tip of the mainland, the **Marine Centre and Aquarium** holds tanks with over 3,000 specimens of Atlantic sealife and displays on local fishing industries.

Nearby, the Lamèque and Miscou islands are connected by causeways to the mainland. On Miscou Island, a 1-km (0.5-mile) boardwalk leads through a peat bog with signs about this unique ecosystem. The 35-m (85-ft) high Miscou Lighthouse is the oldest operating wooden lighthouse in Canada.

Home to many Acadian artists, Caraquet is the busy cultural center of the peninsula. On the waterfront, adventure centers offer guided kayak trips on the Baie des Chaleurs. For those wanting an introduction to the story of the Acadians, the **Acadian Wax Museum** features a self-guided audio tour past 23 tableaux from Acadian history. The scenes begin with the founding of the

“Order of the Good Times” at Annapolis Royal in 1604 and focus on the expulsion of 1755.

Marine Centre and Aquarium

100 Aquarium Street, Shippagan.

(506) 336 3013. mid-May
 –mid-Oct: 10am–6pm daily.

Acadian Wax Museum

Rte 11, Caraquet. (506) 727
 6424. Jun–Sep: daily.

Kouchibouguac National Park 7

(506) 876 2443. Newcastle.
 Newcastle. Miramichi. daily.
 www.parkscanada.pch.gc.ca

THE NAME of this park comes from the native Mi’kmaq word for “River of Long Tides.” The park’s 238 sq km (92 sq miles) encompass a salt-spray world of wind-sculpted dunes, salt marshes packed with wild life, and 25 km (16 miles) of fine sand beaches, as well as excellent terrain for cyclists. A popular activity is the Voyager

Marine Adventure, a three-hour canoe paddle to offshore sandbanks where hundreds of gray seals relax in the sun.

Bouctouche 8

2,350. Jun-Sep: 14 Acadia
 St. (506) 743 8811; Oct-May: Bouc-
 touche Chamber of Commerce (506)
 759 7856. www.bouctouche.org

A SEASIDE TOWN with a strong Acadian heritage, Bouctouche is home to **Le Pays de la Sagouine**. This theme village is named for La Sagouine, the wise washerwoman created by Acadian authoress Antonine Maillet (b. 1929). Theatrical shows here act out her tales.

Nearby, the Irving Eco-Centre studies and protects the beautiful 12-km (8-mile) network of dunes, saltmarshes, and beach that extend along the entrance to Bouctouche Harbour.

Le Pays de la Sagouine
 57 Acadia St. 1 800 561 9188.
 mid-Jun–Sep: 10am–6pm daily.



The raised boardwalk at the Irving Eco-Centre, La Dune de Bouctouche

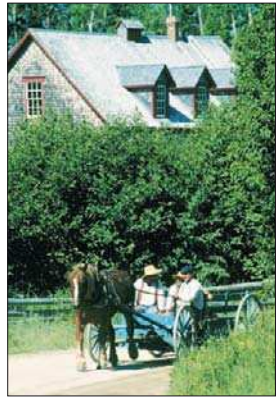
Village Historique Acadien 9

AFTER THE TRAGIC deportation of 1755–63 (see p58–9), Acadians slowly returned to the Maritimes, clearing new farmlands and rebuilding their way of life. The Village Historique Acadien portrays a rural Acadian community between 1770 and 1939. The village's 45 restored historic buildings, including several working farms, cover 364 ha (900 acres). Throughout the village, period-costumed bilingual guides re-create the daily activities of the 19th century. Visitors can ride in a horse-drawn wagon, watch the work of the blacksmith, print shop, or gristmill, and also tour working farms and homes where women are busy spinning, weaving, and cooking.



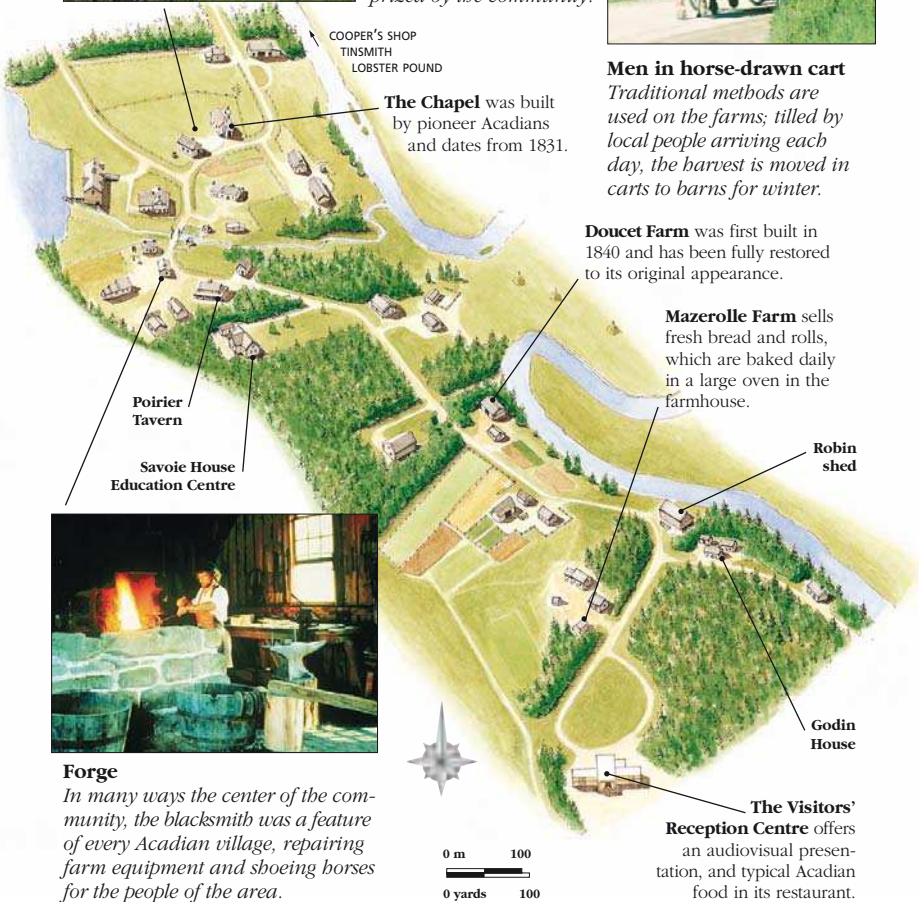
School and Chapel

Through centuries of turmoil, Catholicism was a vital mainstay of the Acadian people. Priests were also schoolteachers; education was highly prized by the community.



Men in horse-drawn cart

Traditional methods are used on the farms; tilled by local people arriving each day, the harvest is moved in carts to barns for winter.



The Chapel was built by pioneer Acadians and dates from 1831.

Doucet Farm was first built in 1840 and has been fully restored to its original appearance.

Mazerolle Farm sells fresh bread and rolls, which are baked daily in a large oven in the farmhouse.

Robin shed

Godin House

The Visitors' Reception Centre offers an audiovisual presentation, and typical Acadian food in its restaurant.



Forge

In many ways the center of the community, the blacksmith was a feature of every Acadian village, repairing farm equipment and shoeing horses for the people of the area.

VISITORS' CHECKLIST

Route 11, 10 km (6 miles) W of Caraquet. ☎ (506) 726 2600.
 🚗 from Bathurst. ☑ Jun–Oct: 10am–6pm daily. 🌙 late Oct–May: 🚶 🦿 🗺 📱 📺

Prince Edward Island 10

BEAUTIFUL AND PASTORAL, Prince Edward Island is famous for its lush landscapes. Wherever you look, the island's rich colors, emerald green farmlands, red-clay roads, and sapphire sea, seem to combine and recombine in endless patterns to please the eye. The island is also a popular destination for golfers who come to tee off on some of Canada's best courses, as well as a haven for sun worshipers who revel in the sandy beaches that ring the island. Prince Edward Island seems made for exploring at a leisurely pace. Meandering coastal roads present an ever-changing panorama of sea, sand, and sky. Small historic towns are home to elegant country inns and art galleries. In the evenings, the island's famous lobster suppers await, caught fresh daily from the Atlantic Ocean.



Green Gables House

Set amid leafy green paths, this 19th-century home was the setting for the popular Anne of Green Gables tales.



Malpeque Bay

Cabot Beach Provincial Park covers part of the bay. Ten million of the world-famous Malpeque oysters are caught here each year.

Cedar Dunes Provincial Park features a restored 1875 lighthouse, sandy beaches, and a large coastal campground.

KEY

- Major road
- Minor road
- Rivers
- National Park boundaries
- Ferry
- Airport
- Viewpoint

STAR SIGHTS

- ★ PEI National Park
- ★ Charlottetown



Main street, Summerside

This quiet city with its attractive tree-lined streets is known for its Lobster Carnival each July.

0 km 100
0 miles 100

0 miles 100

★ Prince Edward Island National Park

Characterized by 40 km (25 miles) of coastline leading onto red cliffs, pink and white sand beaches, and mild seas, this park offers unbeatable sport and vacationing facilities and has an educational Visitors' Centre for those interested in its marine wildlife.



VISITORS' CHECKLIST

I Water St., Charlottetown. (902) 368 4444 **A** Charlottetown. **W** & **B** to Wood Islands, Borden-Carleton (boat also to Souris). **W** www.peiplay.com



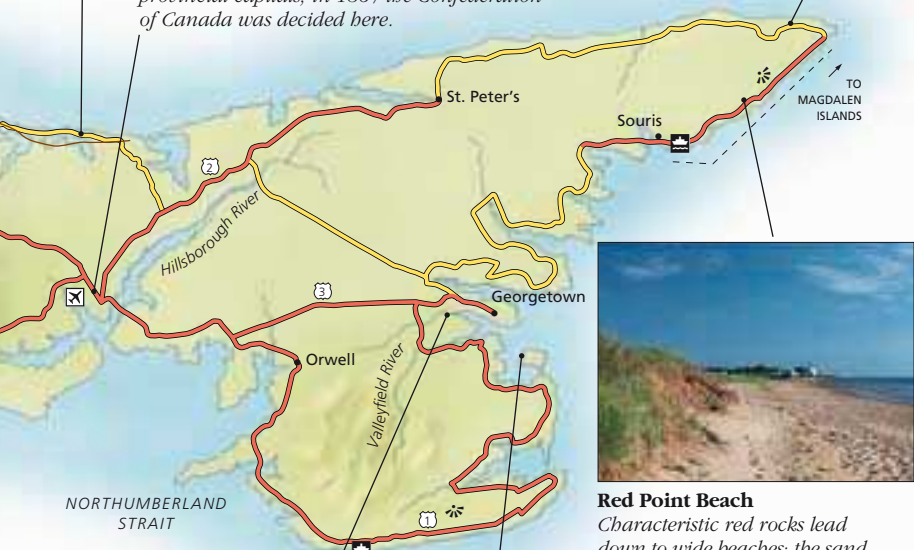
★ Charlottetown

Elegant 19th-century row houses characterize the streets of this sleepy town, the smallest of Canada's provincial capitals; in 1867 the Confederation of Canada was decided here.



East Point Lighthouse

The island's easternmost point is home to a 19th-century lighthouse with a restored radio room. Now unmanned and fully automatic, it is open to visitors.



Red Point Beach

Characteristic red rocks lead down to wide beaches; the sand here mysteriously squeaks underfoot, much to the delight of vacationing children.

Brudenell River Provincial Park is surrounded by rocky coastlines and fine sea views.

Exploring Prince Edward Island

THE SMALLEST PROVINCE in Canada, Prince Edward Island's concentration of activity means every corner of the island is accessible. Charlottetown, known as the birthplace of Canada, is centrally located, and its tree-lined streets make a gentle start to exploring the outlying country. Red clay roads guide the visitor through farms and fishing villages to tiny provincial parks scattered throughout the island. Traveling the north coast takes in the splendid rolling green scenery of PEI National Park, with its famous beaches, while southward, warm swimming spots abound.



Fishing huts overlooking French River near Cavendish

Cavendish

This is such a busy little town that it can be hard to see the gentle, pastoral home of the *Anne of Green Gables* novels. The best place to get in touch with its charm is at the site of **Lucy Maud Montgomery's Cavendish Home**, where the author lived for many years, a simple and authentic site. The town is also the location of **Green Gables**, the novels' fictional 19th-century home.

Lucy Maud Montgomery's Cavendish Home

Route 6. ☎ (902) 963 2231. ☑ mid-May–mid-Oct: 10am–5pm daily. ♿ &

Green Gables

Route 6. ☎ (902) 963 7874.

☑ daily by appointment. ♿ &

Cavendish

Routes 6 & 13. ☎ (902) 963 7830.

Prince Edward Island National Park

Green Gables is part of Prince Edward Island National Park, whose western entrance is in Cavendish. This is the park's busier side. The soft sand and gentle surf of Cavendish Beach make it one of the most popular beaches in the province.

The park's coastal road leads to North Rustico Beach, which is a favorite with sightseers. At

the park's western end, the Homestead Trail leads for 8 km (5 miles) through rustic green woodlands and meadows.

The park's quieter eastern side features a long stretch of pristine beach and dunes, and a scenic coastal road. The Reeds and Rushes Trail is a lovely short boardwalk track leading to a freshwater marsh pond where local species of geese and duck nest and feed.

Prince Edward Island National Park

☎ Charlottetown. 📍 Wood Islands.

☎ (902) 672 6350. ☑ daily. ♿ &

🌐 www.parkscanada.pch.gc.ca

The South Coast

Enchanting vistas are found along the roads of the south shore, between Confederation Bridge and Charlottetown.

Visitors will also find Victoria-by-the-Sea, a small village that is home to some of the island's most interesting craftshops.

En route to Charlottetown, visitors can make a short detour to **Fort Amherst-Port-la-Joye National Historic Site**.

It was here, in 1720, that the French built the island's first permanent settlement. The British captured it in 1758, and built Fort Amherst to protect the entrance to Charlottetown Harbour. While the fort is long gone, the earthworks can still be seen in the park-like surroundings.

Fort Amherst-Port-la-Joye National Historic Site of Canada

Rocky Point. ☎ (902) 566 7626.

☑ mid-Jun–Aug: daily. ♿ &



The red bluffs of Cavendish Beach, one of the most favored spots in Prince Edward Island National Park



View of 19th-century church at Orwell Corners Historic Village

Panmure Island

The natural beauty of the island's eastern area is easy to experience on Panmure Island, south of Georgetown. Level roads make it popular with cyclists. In summer, the octagonal wooden **Panmure Island Lighthouse** is open, and the view from the top takes in a long vista of the island's beaches, saltmarshes, and woodlands. The lighthouse still guides ships into port as it did when it was first built in 1853.

Panmure Island Lighthouse

Panmure Island. ☎ (902) 838 3568.
 Jul–Aug: 9am–7pm daily. 

Orwell Corners Historic Village



Just outside of the small hamlet of Orwell, Orwell Corners Historic Village re-creates the day-to-day life of a small 19th-century crossroads community. Orwell Corners was thriving until well into the 20th century, when changes in transportation and commerce lessened the importance of the settlement. This charming village was restored and opened in 1973. Among the buildings are a blacksmith's, church, schoolhouse, and Clarke's store, the social center of the village. Upstairs is the workshop of Clarke's seamstresses, who made dresses for local ladies.

Just 1 km (0.5 mile) away is the **Sir Andrew Macphail Homestead**. This Victorian house and its surroundings were the much-loved home of Macphail, a local doctor, journalist, teacher, and soldier who counted among his friends prime ministers and

acclaimed writers such as Kipling. The house features many exhibits dealing with Macphail's life. Outside, trails wind through deep woodlands.


Orwell Corners Historic Village

Orwell. ☎ (902) 651 2013.

 May–Oct: daily. 

Sir Andrew Macphail Homestead

off Rte 1, Orwell. ☎ (902) 651 2789.

 Jun–Sep: 10am–5pm daily. 



Charlottetown

The birthplace of Canada is a charming small city. Along Peake's Quay, sailboats lie snug against marina piers, and the waterside buildings are home to intriguing shops and restaurants. The elegant

Confederation Centre of the Arts hosts an array of live entertainment including the popular musical *Anne of Green Gables*. **Province House National Historic Site** is



where the 1864 Charlottetown Conference was held (see p46), which led to the formation of Canada as a nation. Several rooms have been meticulously restored to their 19th-century character. **Ardgowan National Historic Site** was once the home of William Pope, one of the Fathers of Confederation.

Confederation Centre of the Arts



145 Richmond St. ☎ (902) 628 1864.  daily. 

Province House National Historic Site of Canada


165 Richmond St. ☎ (902) 566 7626.

 daily; call ahead for hours. 

Ardgowan National Historic Site

Mount Edward Rd. ☎ (902) 651 8510.  daily. 

Charlottetown

 Water St. (902) 368 4444.

 www.visitcharlottetown.com



Historic homes in Great George Street, Charlottetown

LUCY MAUD MONTGOMERY

The island's most famous author, Lucy Maud Montgomery, was born in Cavendish in 1874. Nearby Green Gables House became the setting of her internationally best-selling novel, *Anne of Green Gables* (1908), set in the late 19th century. The manuscript was accepted only on the sixth attempt. To date, millions of copies of *Anne* have been published, in 16 languages. In 1911, Lucy married and moved to Ontario, where she raised two sons. She continued to write, producing 17 more books, ten of which feature Anne, with all but one set on Prince Edward Island. She died in 1942 and was buried overlooking the farms and fields of her beloved native Cavendish, the Avonlea of which she wrote so often.



Author Lucy Maud Montgomery

Amherst 11

🏠 9,700. 🚗 📍 Rte 104, exit 1
(902) 667 8429.

A BUSY COMMERCIAL and agricultural town right in the center of Atlantic Canada, Amherst overlooks the world's largest marsh, the beautiful Tantramar. Along its edge, hayfields grow on land reclaimed by Acadian dikes during the 18th century. **The Cumberland County Museum** is located in the family home of Senator R.B. Dickey, one of the Fathers of Confederation. The museum focuses on the region's industrial development, local, and natural history. Particularly interesting are examples of goods once made in the town's busy factories.

🏠 Cumberland County Museum

150 Church St. 📞 (902) 667 2561.
🕒 May-Sep: 9am-5pm Mon-Sat;
Oct-Apr: 9am-5pm Tue-Sat. 🚗 📺

Truro 12

🏠 11,700. 🚗 📍 Victoria Square (902) 893 2922.

A PROSPEROUS TOWN at the hub of Nova Scotia's major transportation routes, Truro is also the site of a unique geographical phenomenon, the tidal bore. As the Great Fundy tides return landward, sweeping into the Minas Basin, they generate a wave or "bore" that is driven for several kilometers up the rivers that empty into the back of the basin. An information display next to the Salmon River explains each process and posts the



Façade of Haliburton House in Windsor, home of the famous humorist

tidal times. On the nearby Shubenacadie River, visitors can ride the bore in rafts. The waves generated can reach 2 m (7 ft) in height, particularly on the new and full moons, creating a churn of whitewater that the rafts race through as they follow it for miles upstream.

Parrsboro 13

🏠 1,600. 📍 Main St. (902) 254 3266.

LOCATED ON the north shore of the Minas Basin, Parrsboro is famous as the home of the world's highest tides, which reach over 15 m (50 ft) in height. Rockhounds are drawn to the Minas Basin whose beaches are scattered with semiprecious gems and fossils. The excellent displays at **Fundy Geological Museum** in Parrsboro feature superb examples of the amethysts found locally. There are also dinosaur footprints and bones.



Prosauropod dinosaur skull from Fundy Museum

🏠 The Fundy Geological Museum

6 Two Islands Rd. 📞 (902) 254 3814. 🕒 Jun-mid-Oct: daily; late Oct-May: Tue-Sun. 🚗 📺

Windsor 14

🏠 3,600. 🚗 📍 Hwy 101, exit 6
(902) 798 2275.

A QUIET TOWN whose elegant Victorian homes overlook the Avon River, Windsor was the home of Judge Thomas Chandler Haliburton, lawyer, historian, and the author of the Canadian "Sam Slick" stories, which achieved enormous popularity in the mid-1800s. Haliburton was one of the first widely recognized humorists in North America. His clever, fast-talking character Sam Slick was a Yankee clock peddler who coined idiomatic terms

such as "the early bird gets the worm," and "raining cats and dogs." His elegant home is now the **Haliburton House Provincial**

Museum. Surrounded by gardens that Haliburton tended and loved, the house is furnished in Victorian period antiques and contains many of his personal possessions, including his writing desk.

🏠 Haliburton House Provincial Museum

414 Clifton Ave. 📞 (902) 798 2915.
🕒 Jun-mid-Oct: daily. 🚗 📺 limited.



Two Island Beach in Parrsboro, famous for the two large rock outcrops known as the "Brothers Parrsboro"

Wolfville 15

Ⓐ 3,800. 📞 Willow Park (902) 542 7000.

THE HOME of the acclaimed Acadia University, Wolfville and the surrounding countryside radiate a truly gracious charm. Here the green and fertile Annapolis Valley meets the shore of the Minas Basin, and keen visitors can follow country roads past lush farmlands, sun-warmed orchards, gentle tidal flats, and wildlife-filled salt marshes.

Much of the valley's rich farmland was created by dikes built by the Acadians in the 1700s. When the Acadians were deported in the Great Expulsion of 1755, the British offered the land to struggling New England villagers on the condition that the entire village would relocate. These hardworking settlers, known as Planters, proved so successful that the towns of the Annapolis Valley flourished.

Wolfville is a pretty town of tree-lined streets and inviting shops and restaurants. Nearby, the town's Visitor Information Center marks the beginning of a beautiful 5-km (3-mile) trail along the Acadian dikes to the graceful church at the **Grand Pré National Historic Site**.

When the British marched into the Acadian village of Grand Pré in August 1755, it marked the beginning of the Great Uprooting, *Le Grand Dérangement*, which eventually forced thousands of peace-loving Acadians from Nova Scotia (see pp58–9). In 1921 a beautiful stone church modeled after French country churches was built on the site of the old village of Grand Pré as a memorial to this tragedy. Today, visitors tour the church and stroll around the garden grounds where a statue of Evangeline, the heroine of Longfellow's epic poem about the Acadians, stands waiting for her lover, Gabriel. The site's information center features exhibits on the Acadians, their deportation and eventual resettlement in



Longfellow's Evangeline

the Maritimes. Many families hid locally, but even deportees returned in the 18th century.

🏰 Grand Pré National Historic Site

Hwy 101, exit 10. 📞 (902) 542 3631. ☑ May–Oct: daily. 📶 🚶 🦽

Annapolis Royal 16

Ⓐ 630. 📞 📶 📞 Prince Albert Rd. (902) 532 2562.

AT THE EASTERN end of the Annapolis Valley lies the historic and picturesque town of Annapolis Royal. It was near here that Samuel de Champlain built the fur trading post of Port Royal in 1605 (see p41). A purely commercial venture, this was the first European settlement in the New World north of Florida. **The Port Royal National Historic Site** is an exact replica of the original

colony, based on French farms of the period, from plans drawn by Champlain.



Kejimikujik Park entrance sign

An hour's drive inland from Annapolis Royal lies **Kejimikujik National Park**, which covers 381 square km (148 sq miles) of inland wilderness laced with sparkling lakes and rivers. Throughout the park there are numerous paddling routes and 15 hiking trails, ranging from short walks to a 60-km (37-mile) perimeter wilderness and wildlife trail.

🏰 Port Royal National Historic Site

15 km W. of Annapolis Royal. 📞 (902) 532 2898. ☑ May–Oct: 9am–5pm. 📶 🚶 🦽

🏰 Kejimikujik National Park

Hwy 8. 📞 (902) 682 2772. ☑ daily. 📶 mid-May–Oct. 🚶 🦽
🌐 www.parksCanada.pch.gc.ca

Digby 17

Ⓐ 2,300. ☑ 📶 📞 Shore Rd (902) 245 5714.

THE HARDWORKING fishing town of Digby is virtually synonymous with the plump, juicy scallops that are the prime quarry of the town's extensive fishing fleet. The area around Digby also offers splendid scenery and is the starting place for a scenic trip along Digby Neck to the rocky coastal landscape of beautiful Long and Brier Islands.

The waters off Long and Brier Islands brim with finback, minke, and humpback whales, and whale-watching tours are one of the region's favorite pastimes. Some visitors may even glimpse the rare right whale, as about 200 of the 350 left in the world spend their summers basking and breeding in the warm Bay of Fundy.



Children having fun in a canoeing lake at Kejimikujik National Park







The Dory Shop Museum in Shelburne, center of local boat-building

Shelburne 18

2,250. Dock St. (902) 875 4547.

A QUIET HISTORIC TOWN nestled on the shore of a deep harbor, Shelburne was founded hastily by 3,000 United Empire Loyalists fleeing persecution after the American Revolution in 1775. More loyalists followed over the next few years, and Shelburne's population swelled to 16,000, making it at the time the largest town in British North America. Many of these settlers were wealthy merchants who were unprepared for the rigors of living in a primitive land. Over time, many relocated to Halifax or returned to England, leaving behind the fine 18th-century homes they had built.

Today, a walk along Water Street leads past some of the town's most attractive historic homes to the **Dory Shop Museum**. This two-storey structure has been a commercial dory (flat-bottomed) boat building shop since its founding in 1880. During the days of the Grand Banks schooner fleet, Shelburne dories were

famous for their strength and seaworthiness, and the town boasted seven shops that built thousands of boats each year. The museum's first floor features displays on the industry and the salt-cod fishery. Upstairs, skilled shipwrights demonstrate the techniques of dory building that have changed little in a century.

Dory Shop Museum

Dock St. (902) 875 3219.
Jun–Sep: daily. limited.

Lunenburg 19

2,800. May–Sep: (902) 634 8100; Oct–Apr: (902) 634 3170.
www.explorelenunburg.ca

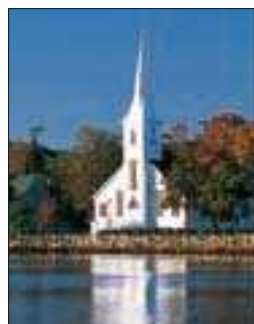
NO TOWN CAPTURES the seafaring romance of Nova Scotia as much as Lunenburg. In the mid-1700s the British, eager for another loyal settlement, laid out a town plan for Lunenburg. They then offered the land to Protestant settlers from Germany. Although these were mainly farmers, they soon turned to shipbuilding and fishing. In 1996 the town was declared a UNESCO World

Heritage Site, one of the best-preserved planned settlements in the New World. Lunenburg is also the home port of *Bluenose II*, a replica of Canada's most famous schooner.

The **Fisheries Museum of the Atlantic** fills several buildings along the waterfront. Its docks are home to the *Theresa E. Conner*, the last of the Grand Banks Schooners, and the side-trawler, *Cape Sable*.

Fisheries Museum of the Atlantic

Bluenose Dr. (902) 634 4794.
mid-May–mid-Oct: daily; late Oct–May: Mon–Fri. limited.



One of Mahone Bay's three waterfront churches

Mahone Bay 20

1,100. South Shore Tourist Association (902) 634 8844.
www.mahonebay.com

THE SMALL seaside town of Mahone Bay has been called the "prettiest town in Canada." Tucked into the shores of the bay that shares its name, the waterfront is lined with historic homes



View of the Lunenburg Fisheries Museum of the Atlantic along the town's romantic waterfront

dating to the 1700s, and at the back of the harbor three stately churches cast their reflection into the still waters.



The town has attracted some of Canada's finest artists and craftspeople, whose colorful shops line the main street. The small **Settlers Museum** offers exhibits and artifacts relating the town's settlement by foreign Protestants in 1754, and its prominence as a boat-building center. There is also a collection of 18th- and 19th-century ceramics and antiques.

Settlers Museum

578 Main St.  (902) 624 6263.

 Jun-Sep: Tue-Sun.

Peggy's Cove

 60.  Sou'wester Restaurant
(902) 823 2561/1074.

THE GRACEFUL Peggy's Cove Lighthouse stands atop wave-worn granite rocks and is one of the most photographed sights in Canada, a symbol of Nova Scotia's enduring bond with the sea. The village, with its colorful houses clinging to the rocks, and small harbor lined with weathered piers and fish sheds, has certainly earned its reputation as one of the province's most picturesque fishing villages. This is a delightful place to stroll through, but visitors may want to avoid midday in summer, when the number of tour buses can be a distraction. Early morning and late afternoon are the most peaceful times. Just outside the village is a memorial to the victims of the 1998 Swissair crash.

The village was also the home of well-known marine artist and sculptor, William E. deGarthe (1907-83). Just above the harbor, the deGarthe Gallery has a permanent exhibition of 65 of his best-known paintings and sculptures.

Right outside the gallery, the Memorial is a 30-m (90-ft) sculpture created by deGarthe as his monument to Nova Scotian Fishermen. Carved into an outcropping of native granite rock, the sculpture depicts 32 fishermen, and




The best-known symbol of Atlantic Canada, Peggy's Cove Lighthouse

their wives and children. The large angel in the sculpture is the original Peggy, sole survivor of a terrible 19th-century shipwreck, for whom the village was named.

Halifax

See pp86-7.

The Eastern Shore

 Halifax.  Antigonish.  Pictou.
 Canso (902) 366 2170.

A TOUR ALONG the Eastern Shore is a trip through old-world Nova Scotia, through towns and villages where life has changed little since the turn of the 20th century. The tiny house and farm that comprise the Fisherman's Life Museum in Jeddore, Oyster Ponds (60 km/37 miles east of Halifax) was the home of an inshore fisherman, his

wife, and 13 daughters around 1900. Today, the homestead is a living-history museum where guides in period costume (many of them wives of local fishermen) reenact the simple daily life of an inshore fishing family, still the heart of Nova Scotia culture. Visitors who arrive at midday may be invited to share lunch cooked over a woodburning stove. There are also daily demonstrations that include rug-hooking, quilting, and knitting, and visitors can tour the fishing stage where salted fish were stored.

Sherbrooke Village is the largest living-history museum in Nova Scotia. Between 1860 and 1890, this was a gold and lumber boomtown. As the gold ran out, Sherbrooke once again became a sleepy rural village. In the early 1970s, 25 of Sherbrooke's most historic buildings were restored. Within the village, scores of costumed guides bring 19th-century Nova Scotia to life. A ride on a horse-drawn wagon offers an overview of the town; the drivers share bits of local history as the horses trot along the village roads. At the Apothecary, visitors can watch the careful mixing of patent medicines, and those interested in the Ambrotype Studio can dress in period costumes, sitting very still while the vintage camera records their image on glass. Just outside town a massive waterwheel turns, powering the Lumber Mill.

Sherbrooke Village

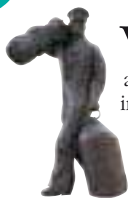
off Hwy 7.  (902) 522 2400.

 Jun-Oct: daily. 



The Apothecary at the living history museum Sherbrooke Village

Halifax 22



Town memorial to merchant seamen

WITH ITS GLEAMING waterfront, pretty parks, and unique blend of modern and historic architecture, Halifax is a romantic and fascinating small city. Its cultured flavor belies Halifax's 250-year history as a lusty, brawling, military town. Founded in 1749 by General George Cornwallis and 2,500 English settlers, Halifax was planned as Britain's military center north of Boston. The city has a long history of adventure, being the town where swash-

buckling legalized pirates, or privateers, brought captured ships to be shared with the crown, at a time when men made huge fortunes from sea trading. Today, Halifax is best known as one of Canada's foremost centers of higher learning and has many colleges and five universities.

Exploring Halifax

This is an easy town to explore on foot, as many of the better museums, historic sites, shops, and restaurants are located within the fairly contained historic core.

Downtown, leading west from Brunswick Street, is hilly and green, ideal for a leisurely walk to appreciate the old-style architecture. Citadel Hill offers excellent views of the town as it stretches out over the water.

Historic Properties

1869 Upper Water St. ☎ (902) 429 0530. ☐ daily. ♿
The Historic Properties are a wharfside collection of elegant stone and timber-frame structures, which were originally built in the 19th century to hold the booty captured by privateers. Today, they house an intriguing collection of specialty and gift shops, pubs, and fine restaurants. This is one of the city's favorite gathering spots on warm

summer nights, with crowds of strollers enjoying the lights of the harbor and music drifting from nearby pubs, or placing bets at the Nova Scotia Casino.

Maritime Museum of the Atlantic

1675 Lower Water St. ☎ (902) 424 7490. ☐ May–Oct: daily; Nov–Apr: Tue–Sun. ♿ ♿ ♿ on request.

This harborfront museum offers extensive displays on Nova Scotia's seafaring history, including small craft, a restored chandlery, and, at the dock outside, the elegantly refitted 1913 research vessel *Acadia*.

The museum's most popular exhibit is the *Titanic* display, which offers artifacts recovered from the ship. There are fragments of the ship's grand staircase, as well as a mural-sized photo showing the staircase in its original state. After the 1912 catastrophe, many of the bodies that were recovered were brought to Halifax, and 150 are buried in the town.

Harbourfront

☎ (902) 490 5946.

The Harbourfront Walkway, features interesting gift shops, cafés, and restaurants in historic settings along the boardwalk. This delightful promenade leads to the Dartmouth Ferry, North America's oldest town ferry. A trip round the harbor is an inexpensive way to enjoy a panorama of Halifax.

Government House

1200 Barrington St.

The current home of Nova Scotia's lieutenant-general, this beautiful building is not open to the public but well worth exterior inspection for its historic and architectural interest. Its Georgian façade lends an urban grandeur. Completed in 1807, Government House cost over £30,000 (Can\$72,000), a huge amount for a humble fishing village.



The bandstand of Halifax Public Gardens, framed in flowers

Pier 21

1055 Marginal Road ☎ (902) 425 7770. ☐ May–Oct: daily; Nov–Apr: Wed–Sat. ♿ ♿ ♿ www.pier21.ca
Canada's entry point for more than a million immigrants and refugees, Pier 21 is now a National Historic Site. With powerful and emotional displays and fascinating images, Pier 21 provides a unique glimpse into Canadian history.

Halifax Public Gardens

Spring Garden Rd. ☎ (902) 435 8327. ☐ daily. ♿ limited.
Created in 1836, the Public Gardens are a beautiful 7-ha (17-acre) oasis of Victorian greenery and color in a



The waterfront of Halifax, seen from the town ferry

bustling city. A peaceful place to stroll, the gardens' paths wind past duck ponds, fountains, and a seemingly endless array of vivid flowerbeds. In the center of the gardens, an ornate bandstand is the site of Sunday concerts. On weekends, craftspeople gather outside the park's cast-iron fence to display their varied and colorful wares.

Halifax Citadel National Historic Site

Citadel Hill. ☎ (902) 426 5080. 🕒 May–Oct: daily, 🌞 summer. ♿ 📷 Overlooking the city, this huge star-shaped fortress has a commanding view of the world's second-largest natural harbor. Built between 1828 and 1856, the citadel and its outlying fortifications provided a formidable defense. Visitors can stroll the parade grounds where the kilted regiment of the 78th Highlanders perform with twice-daily musket drills.



Halifax's famous town clock, built in 1803 as a gift from British royalty

Old Town Clock

Citadel Hill. At the base of Citadel Hill stands the city's most recognized landmark, the Old Town Clock. The clock was a gift in 1803 from Edward, the British Duke of Kent and then military commander, who had a passion for punctuality. He designed the clock with four faces so that both soldiers

VISITORS' CHECKLIST

👤 385,000. 📏 35 km (22 miles) N of the city. 📞 6040 Almon St. ☎ 1595 Barrington St. (902) 490 5946. 📍 Nova Scotia International Tattoo (Jul); Atlantic Jazz Festival (Jul); International Busker's Festival (Aug). 🌐 www.destinationhalifax.com

and citizens would arrive at their appointed destinations on time.

Province House

1726 Hollis St. ☎ (902) 424 4661. 🕒 Jul–Aug: 9am–5pm Wed–Fri; Sep–Jun: 9am–4pm Mon–Fri. ♿ Built between 1811 and 1819, Province House is the oldest seat of government in Canada. In 1864 the Fathers of Confederation held two days of meetings here on the formation of Canada (see p44). Visitors can tour the rooms where these plans were laid.

HALIFAX CITY CENTER

- | | |
|--|-----------------------------------|
| Government House ④ | Maritime Museum of the Atlantic ② |
| Halifax Citadel National Historic Site ⑦ | Old Town Clock ⑧ |
| Halifax Public Gardens ⑥ | Pier 21 ⑤ |
| Harbourfront ③ | Province House ⑨ |
| Historic Properties ① | |



Cape Breton Island 24



Glenora Whisky

MAGNIFICENT NATURAL BEAUTY is the attraction on Cape Breton. Every year thousands of people travel the famous Cabot Trail through the craggy splendor of Cape Breton Highlands National Park (see p90–1). But Cape Breton's beauty is not limited to these two renowned sights; it can be found along inviting country roads and in the less explored corners of this green, fertile island. Particularly stunning are the Mabou Highlands, which cradle the gentle waters of Lake Ainslee, Bras d'Or Lake where eagles soar over scenic shores, and romantic coastal villages such as windswept Gabarus. The reconstructed 18th-century French garrison and village, Fortress Louisbourg, is also highly popular.

St. Pierre Church at Cheticamp

Built in 1883, the silver spire of this church is typical of Catholic style. The church is in the center of the town of Cheticamp, which offers whale-watching opportunities and is the focus of the 3,000-strong local Acadian community.



Lake Ainslee

This tranquil lake, encircled by scenic roads, attracts many bird species, such as ospreys and loons, which feed on its shores.



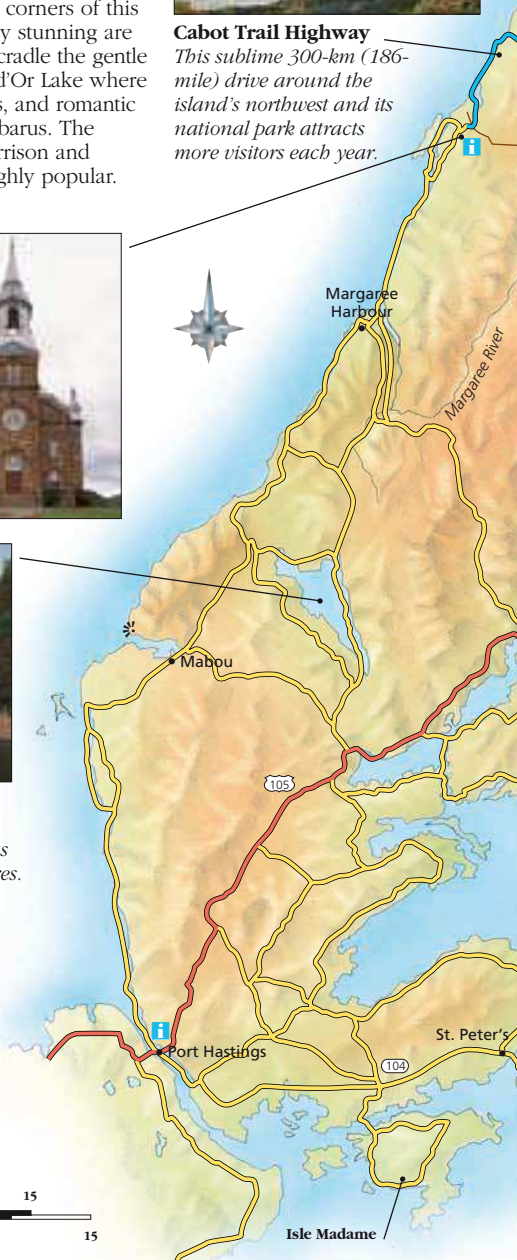
Cabot Trail Highway

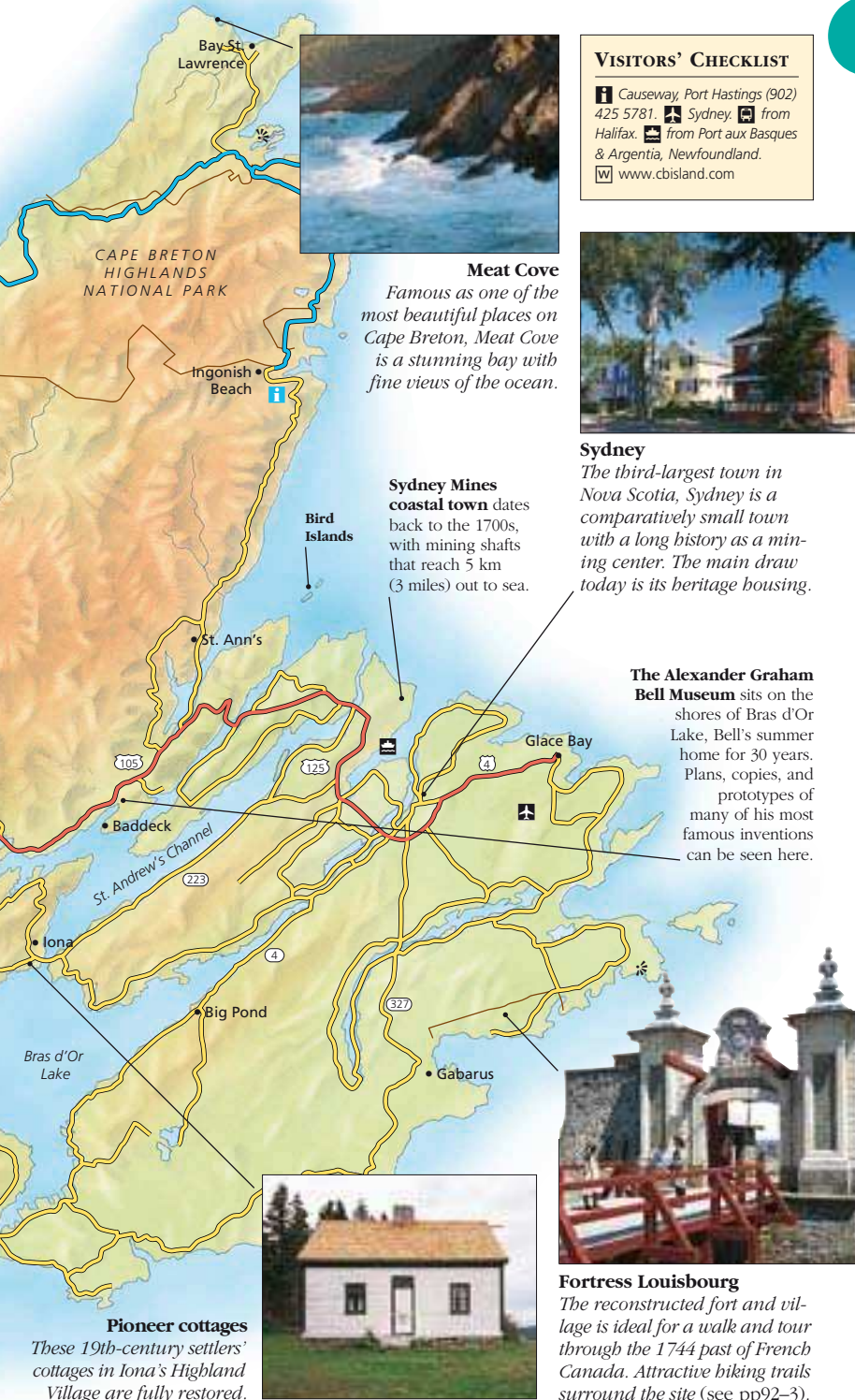
This sublime 300-km (186-mile) drive around the island's northwest and its national park attracts more visitors each year.

KEY

	Major road
	Minor road
	Scenic route
	Rivers
	Visitor information
	Viewpoint
	Airport
	National Park boundary
	Ferry

0 km 15
0 miles 15





VISITORS' CHECKLIST

f Causeway, Port Hastings (902) 425 5781. **🏠** Sydney. **🚗** from Halifax. **🚚** from Port aux Basques & Argentic, Newfoundland. **🌐** www.cbisland.com

Meat Cove

Famous as one of the most beautiful places on Cape Breton, Meat Cove is a stunning bay with fine views of the ocean.

Sydney Mines coastal town dates back to the 1700s, with mining shafts that reach 5 km (3 miles) out to sea.

Sydney

The third-largest town in Nova Scotia, Sydney is a comparatively small town with a long history as a mining center. The main draw today is its heritage housing.

The Alexander Graham Bell Museum

sits on the shores of Bras d'Or Lake, Bell's summer home for 30 years. Plans, copies, and prototypes of many of his most famous inventions can be seen here.

Pioneer cottages

These 19th-century settlers' cottages in Iona's Highland Village are fully restored.

Fortress Louisbourg

The reconstructed fort and village is ideal for a walk and tour through the 1744 past of French Canada. Attractive biking trails surround the site (see pp92-3).



Exploring Cape Breton Island



**Cape Breton
fresh lobster**

THE LARGEST ISLAND in Nova Scotia, Cape Breton has a wild beauty and grandeur that makes for some of the most impressive scenery in Canada. From the rolling highlands, sprinkled with sparkling streams, to fine sandy beaches, the island's 300-km (200-mile) Cabot Trail provides one of the most memorable tours in Canada. Other inviting country roads lead to the stunning Mabou Hills, surrounding Lake Ainslee, and to romantic little towns including Baddeck and the Acadian settlement of Cheticamp near the green Margaree Valley.



Lobster fishing boats in the Main à Dieu harbor on Cape Breton Island

Cape Breton Highlands National Park

In 1936 the Canadian Government set aside the 950 sq km (366 sq miles) of magnificent highlands in the northern tip of Cape Breton Island to form Cape Breton Highlands National Park. The park contains some of Canada's most famous scenery, with its mountains, green wilderness, and windswept coastal beauty. The best-known feature of the park is the spectacular 106-km (66-mile) section of the Cabot Trail highway, which traces much of the park's boundary in a loop from Cheticamp to Ingonish.

The Cabot Trail is the primary route through the park, and most attractions are found along it. Entering the park, the trail ascends along the flanks of the coastal mountains. The 24 look-out points on this stretch present far-reaching views of the highlands rising from the sea. Continuing inland, the trail travels across the highland plateau. Just past French Lake, the short Bog Walk is a

boardwalk trail through marshes, with educational panels that describe this unique bog-bound ecosystem, which is home to rare orchids. Visitors may even catch a glimpse of the park's many moose grazing here in a wetland marsh.

Crossing the French and Mackenzie Mountains, the trail descends dramatically to the charming old community of Pleasant Bay. It then re-enters the highlands, crossing



Picturesque Ingonish Beach on Cape Breton Island

North Mountain, which, at 457-m (1,500-ft), is the highest point in the park. The trail descends into the Aspy River Valley, where a gravel road leads to the base of the 30-m (100-ft) high Beulach Ban Falls.

At Cape North, another side road leads to the scenic whale-watching destination of Bay St. Lawrence just outside the park and the stunningly pretty road to Meat Cove. Farther on, the Scenic Loop breaks away from the Cabot Trail and follows the coast, offering awe-some views as it descends to White Point. This road rejoins the Cabot Trail to the east, where it reaches the resort town of Ingonish. The Highland Links Golf Course here is ranked as among the top golf courses in Canada.

🌿 Cape Breton Highlands National Park

F Cheticamp. **T** (902) 224 2306.
🕒 daily. **🚶** **🚗** limited.

Baddeck

Across the lake from the estate of Alexander Graham Bell, who loved the little town, Baddeck lies in rich farmland and is very much the island's premier resort destination. Set on the northwest side of Bras d'Or Lake, Baddeck is still the small, friendly town that charmed visitors in the 19th century. All amenities are within walking distance. The town's main street follows the water-front and is lined with shops, cafés, and restaurants. Boat cruises around the lake are available from several places on Water Street by the shore.

The town's top attraction is the **Alexander Graham Bell National Historic Site**. The museum here contains the world's largest collection of photographs, artifacts, and documents about the life of this famous humanitarian and inventor. There are early tele-phones and several of his later inventions, including a copy of his HD-4 Hydrofoil.

Baddeck

F Chebucto St. (902) 295 1911.
🏛️ Alexander Graham Bell National Historic Site
559 Chebucto St. **T** (902) 295 2069. **🕒** daily. **🚶** **🚗**



A fly-fisher tries his hand in the salmon- and trout-filled waters of the Margaree River

Margaree River Valley

Small and emerald green, the Margaree River Valley is in a delightful world of its own. The river has attracted salmon and trout anglers in large numbers since the mid-19th century. Today the region is also a favorite with hikers, antique-hunters, and sightseers.

In the little town of North East Margaree, the tiny but elegant **Margaree Salmon Museum** will fascinate even non-anglers with its beautiful historic rods and reels.

Paved and gravel roads follow the Margaree River upstream to the scenic spot of Big Intervale, where the headwaters come tumbling out of the highlands. This area is ideal for a long hike, fishing, or cycling, and is dazzling when the hillsides are carpeted in the flaming colors of fall.

📍 Margaree Valley

📍 Margaree Fork (902) 248 2803.

📍 Margaree Salmon Museum

60 E. Big Intervale Rd. 📞 (902) 248 2848. 🕒 mid-Jun–mid-Oct: 9am–5pm daily. 🚗 🚲 limited.

Cheticamp

This vibrant town is the largest Acadian community in Nova Scotia. Its beautiful Saint Pierre Church is visible from miles out at sea. The Acadians of Cape Breton are skilled craftspeople, and the town's seven cooperatives

produce pottery and hooked rugs. Cheticamp's best-known rug hooker was Elizabeth LeFort, whose large and intricate works depicting prominent moments in history have hung in the Vatican and in the White House. Several of her finest rugs are on display at the **Dr. Elizabeth LeFort Museum** at Les Trois Pignons.

Cheticamp is also a popular whale-watching destination; tours are available for seeing many varieties of whale.

🏛️ Dr. Elizabeth LeFort Museum

15584 Main St. 📞 (902) 224 2642.

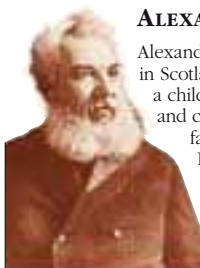
🕒 May–Oct: daily. 🚗 🚲

Sydney

The only city on Cape Breton Island, Sydney is the third-largest town in Nova Scotia. Boasting the biggest steel plant in North America, the town is the region's industrial center. Despite this, Sydney has a small, attractive historic district around the Esplanade, with several restored buildings, such as Cossit House and Jost House, both dating from the 1870s. Downtown, boutiques, stores, and restaurants can be found along the town's main drag, Charlotte Street.

🏛️ Sydney

📞 Sydney (902) 539 9876.



Alexander Graham Bell

ALEXANDER GRAHAM BELL

Alexander Graham Bell was born in 1847 in Scotland. Bell's mother was deaf, and, as a child, he became fascinated by speech and communication. In 1870, Bell and his family moved to Ontario (*see p216*).

His work involved transmitting the voice electronically, and he began experimenting with variations of the technology used by the telegraph. In 1876 he transmitted the world's first telephone message, "Watson, come here, I want you."

With the patenting of his invention, Bell secured his role as one of the men who changed the world. In 1877, Bell married Mabel Hubbard, one of his deaf students. In 1885, the couple visited Cape Breton, where Bell later built his beautiful estate, Beinn Bhreagh, by Bras d'Or Lake. There he lived and worked each summer until he died in 1922. In Baddeck, the Alexander Graham Bell Museum focuses on his life and varied work.

Fortress Louisbourg



Costumed
interpreter

BUILT BETWEEN 1713 AND 1744, the magnificent Fortress Louisbourg was France's bastion of military strength in the New World. Today, it is the largest military reconstruction in North America. Visitors stepping through the fortress gate enter the year 1744, when war had just been declared between France and England.

Inside, scores of historically costumed guides bring the excitement of an 18th-century French trading town to life. The streets and buildings are peopled with merchants, soldiers, fishmongers, and washerwomen, all going about the daily business of the 1700s. From the lowliest fisherman's cottage to the elegant home of the Chief Military Engineer, attention to detail throughout is superb. The costumed interpreters offer information about the fortress, its history, and the lives of people they portray.



Overview of the Fortress

The seat of government and the central command of French military power in the New World, the Fortress was home to a town of thousands.



0 meters 50
0 yards 50



The Quay and Frederic Gate

The Quay was the center of commercial activity in the town. It is still central to the fort, as many activities now take place at the Gate's imposing yellow arch.

STAR FEATURES

- ★ King's Bastion
- ★ Engineer's Residence

★ The Engineer's Residence

Responsible for all public construction projects at the fortress, the engineer was one of the most important and powerful men in the community.





VISITORS' CHECKLIST

Rte. 22 SW of Louisbourg. ☎ (902) 733 2280. 🗓 May, Jun, Sep & Oct: 9:30am–5pm daily; Jul & Aug: 9am–6pm. 📶 🗺 📱 📺

★ King's Bastion

The largest building in the Citadel, the King's Bastion Barracks was home to the 500 French soldiers who lived, ate, and slept here.

The Icehouse was used to store fresh food for the Governor's table.

Officers' rooms



King's Bakery

Visitors can buy warm bread from this working bakery that produced the soldiers' daily rations.

The Forge

Traditional skills are in evidence here, with costumed workers demonstrating exactly the carefully learned craft of the 18th century.



The Guardhouse held the vital human line of defense; guards were stationed here while on duty.



The Dauphin Gate

Soldiers in historic uniforms at the gate challenge visitors, just as they would have in 1744. The gate's artistic details are based on archeological relics from the original gate recovered in the 1960s.





QUEBEC



INTRODUCING QUEBEC 96-101

MONTREAL 102-123

QUEBEC CITY AND THE

ST. LAWRENCE RIVER 124-141

SOUTHERN AND NORTHERN QUEBEC 142-153



Introducing Quebec

QUEBEC IS THE LARGEST of Canada's provinces and the biggest French-speaking territory in the world, with many of its seven million citizens holding firm to the language and culture inherited from their French ancestors. Landscapes range from pastoral valleys and villages along the American border, to vast expanses of tundra on the shores of Hudson Bay. At Quebec's heart is the St. Lawrence River. Its north shore begins with the scenic Charlevoix region edging a wilderness of lakes, forest, and tundra that stretches to the Hudson Strait, past one of the world's largest power projects at James Bay. To the south lies the mountainous Gaspé Peninsula. There are two major cities; multiethnic Montreal, and Quebec City, the provincial capital and North America's only walled city.






The picturesque lakeside resort of St-Jovite in the Laurentian Mountains set amid a backdrop of magnificent fall colors



Quebec's largest city, Montreal, has a vibrant downtown area that comes to life after dark

0 km 100
0 miles 100

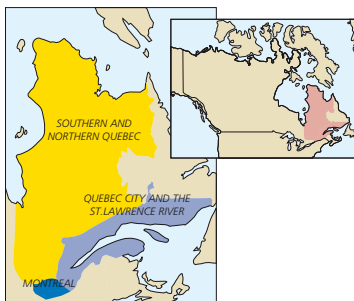
KEY

	Highway
	Major road
	River

SEE ALSO

- *Where to stay* pp346–350
- *Where to eat* pp366–370





Infantrymen parade in La Citadelle (see pp132-3) overlooked by Château Frontenac

GETTING AROUND

Airports serve every major city. Bus services tour the whole province and include Voyageur Lines, Orléans Express, and smaller regional services. Greyhound buses, based in the US, travel to Montreal. Limocar bus travel covers the Laurentian Mountains and Autobus Viens serves the Eastern Townships. Rail services are limited to the southern part of Quebec. The region also has a comprehensive network of high standard highways for exploring by car.

Maple Forests



The red maple leaf of Canada

LONG THE PRIDE of Quebec and Ontario, there is more to Canada's ancient maple forests than their annual display of beauty. Every fall, turning leaves splash crimson and orange across the south, but it is in springtime that the trees give up their most famous product: maple syrup. Extracting techniques which were developed by native peoples were passed to

Europeans in the 17th century. Traditional methods changed little until the 1940s, when part of the process was mechanized. Many age-old methods remain, however, including the final hand-stirring of the syrup.

Maple trees, either red maple (*Acer rubrum*) or sugar maple (*Acer saccharum*), grow to heights of well over 30 m (100 ft), with thick trunks a meter (3 ft) in diameter. While their main product is the syrup, the hard wood is used for furniture and, of course, the leaf itself is the national symbol of Canada, officially established on the flag in 1965.



Collecting sap from trees by tapping maple trunks is the first step. Cuts are made low in the wood in spring as sap rises.



Transporting the sap in large barrels on a horse-drawn sleigh through the snowy forests is traditional. In the 1970s this was largely replaced by a network of plastic tubing that take the sap directly from tree trunks to the sugar shacks.



Sugar shacks are built in the forest in the center of the sugar bush, the cluster of maple trees that are producing sap. Men and women alike work long hours at slowly evaporating the sap, reducing it to syrup. Quebecois have their own rite of spring: when the first syrup is ready, it is poured onto the crisp snow outside the shacks to make a tasty frozen taffy.

MAPLE SYRUP PRODUCTS

Although 80 percent of Canada's annual maple harvest eventually becomes maple syrup, there is more to the industry than simply a sweet sauce.

Boiled for longer, the syrup hardens into a pale golden sugar that can be used to sweeten coffee or eaten like candy. Maple butter, which is whipped with sugar, is also popular. Savory products benefit too; ham and bacon can be cured in syrup, which is delicious. The sweet-toothed people of Quebec use the syrup to make sugar pie, a tart with a sweet, fudge filling.

Syrup is graded according to quality; clear golden fluid, produced at the start of the season, is the most prized, and is generally bottled. Later, darker syrup is used in cooking, and the final, even darker, batch makes a base for synthetic flavors or syrups. Over Can\$100 million is spent annually on maple products.



Maple syrup



Maple products are used in a variety of foods, both sweet and savory



THE STORY OF MAPLE SYRUP

The first maple-sugar farmers were native Canadians. Long before European settlers arrived in the 16th century, tribes all over Northeast America sweetened savory dishes with syrup. An Iroquois legend tells the story of a chief in ancient times who, hurling an ax at a tree, found it stuck in the trunk at the end of the next day, dripping sweet fluid. That night the chief's wife boiled the day's hunt in the sap, and the syrup was born. Folk tales apart, it is certain that native people discovered the sap and techniques for refining it, few of which have changed, and passed their knowledge to Europeans freely.

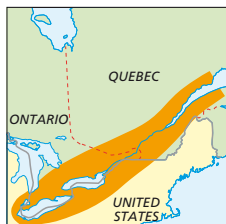
Boiling maple sap involves 40 liters (88 pts) of sap to create one liter (2.2 pts) of syrup. The gold color and maple flavor develop as distillation takes place. The paler first syrup of the season is the most valuable.




Transforming sap into maple syrup takes place very slowly. The sap bubbles over a wood fire (maple wood is preferred) until about 98 percent of its water content evaporates. Modern processes use mechanized evaporators to boil the sap and draw off the steam, but even bi-tech methods still require a final hand-stirred simmering.

The St. Lawrence Seaway

EXTENDING FROM THE Gulf of St. Lawrence on the Atlantic coast to Duluth at the western end of Lake Superior in Minnesota, the St. Lawrence Seaway and Great Lakes System flows across North America for over 3,700 km (2,300 miles). The St. Lawrence Seaway itself stretches 553 km (344 miles) from Montreal to Lake Erie and covers 245,750 square km (95,000 sq miles) of navigable water. Open from March to December, it is the world's longest deep-draft inland waterway. Ships carry a huge quantity of domestic traffic, but over 60 per cent of the total freight travels to and from overseas ports, mainly from Europe, the Middle East, and Africa. Traffic varies: cargoes of grain travel in superships alongside pleasure boats.



LOCATOR MAP

 The St. Lawrence Seaway

THE HISTORY OF THE SEAWAY

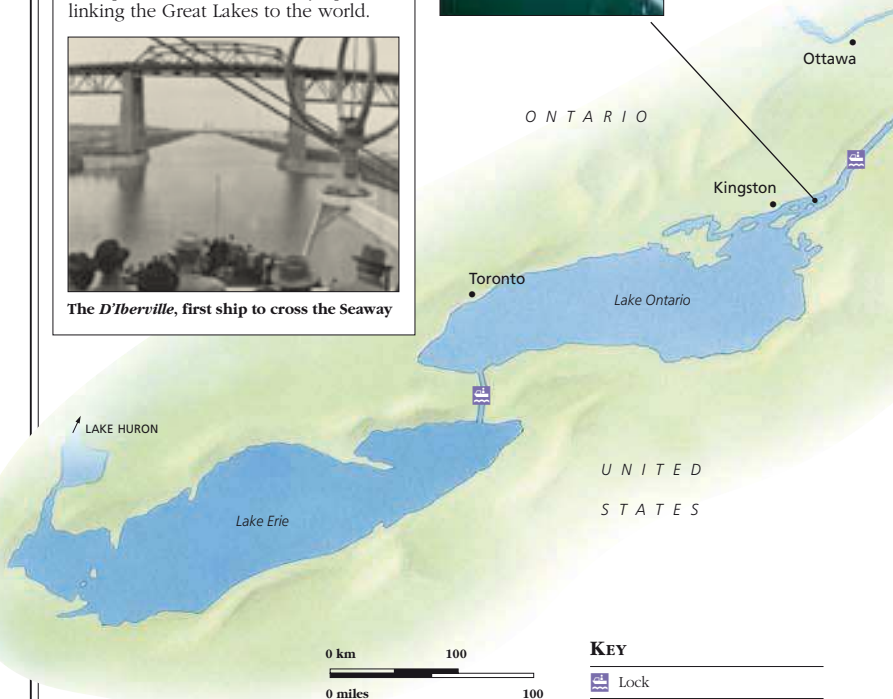
The Seaway has ancient beginnings: in 1680, French monk Dollier de Casson started a campaign to build a mile-long canal linking Lac St. Louis and Montreal, which was finally opened in 1824 as the Lachine Canal. In 1833, the first Welland Canal (from Lake Ontario to Lake Erie) opened. The fourth Welland Canal was the first modern part of the Seaway to be built in 1932. 1951 brought US and Canadian cooperation to bear on a new seaway, which began in Canada in 1954. On April 25, 1959, the Seaway opened, linking the Great Lakes to the world.



The *D'Iberville*, first ship to cross the Seaway



Pleasure boats cruise the Seaway near the Thousand Islands by Kingston, Ontario. Each summer, small craft take advantage of the excellent sailing and waterskiing available in this section of the Seaway.



KEY

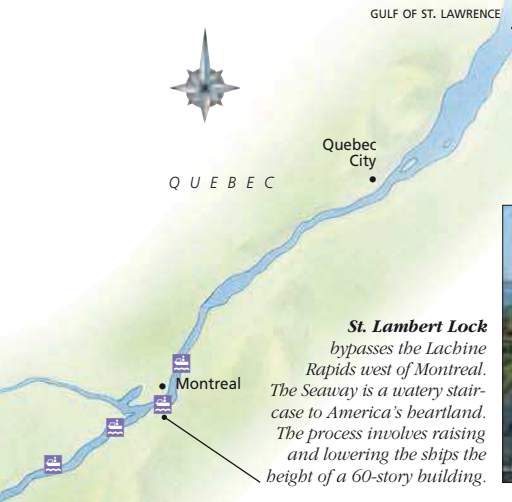
 Lock



Montreal is the historic beginning of the Seaway. It was here that the first link was built to the lakes during the 18th century, opening up pathways to the center of North America. The Seaway is open nine months each year, despite much freezing weather.



Cargo ships carry iron ore, grain, coal, and other bulk commodities through the waterway: more than 2 billion tons of cargo have been shipped since 1959. Canada's heavy industry could not continue without the Seaway.



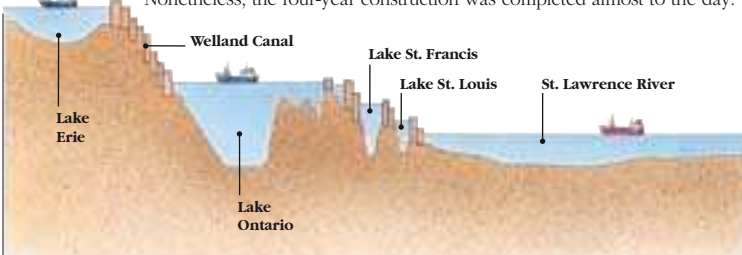
St. Lambert Lock

bypasses the Lachine Rapids west of Montreal. The Seaway is a watery staircase to America's heartland. The process involves raising and lowering the ships the height of a 60-story building.



CONSTRUCTION OF THE SEAWAY

In 1895, the US and Canadian governments appointed a Deep Waterways Commission to study the feasibility of what was to become today's St. Lawrence Seaway; it reported in favor of the project two years later. After 50 years of intercountry wrangling, the jointly financed project was begun on August 10, 1954 – in the words of Canadian Prime Minister Louis St. Laurent “a bond rather than a barrier between Americans and Canadians.” The massive undertaking was beset with problems not previously encountered, especially the discovery of ancient rock formations so hard that new machinery had to be created to dig through them. All work, including relocating villages and dredging the existing canals, had to be carried out with minimum disruption to the daily boat, rail, and car traffic of major cities. Nonetheless, the four-year construction was completed almost to the day.



The Seaway in profile with locks and rising water levels



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GUINNESS

MONTREAL

MONTREAL IS *the second largest city in Canada. The pious 17th-century French founders of this vibrant island metropolis might be a little surprised to have produced a place that revels so much in its reputation for joie de vivre, but at least their edifices remain; the spires of some of Canada's finest churches still rise above the skyline.*

Montreal's location at the convergence of the St. Lawrence and Ottawa rivers made it Canada's first great trading center. It was founded in 1642 by a group of French Catholics as a Christian community and port. Much of its economic power has now moved west to Toronto, and what makes Montreal interesting today is a cultural, rather than a geographical, confluence. About 70 percent of its 3 million residents are of French descent, another 15 percent have British origins, and the rest represent nearly every major ethnic group. Many speak three or more languages. The communities form a kind of mosaic, with the anglophones in the west, the francophones in the east, and other ethnic communities in pockets all over the island. There is nothing rigid about these divisions: Anglophones eat and



drink in the restaurants and bistros of the historic French district, and francophones visit the traditionally English area. The most interesting neighborhoods sprawl along the southern slopes of Mont-Royal – the 234-m (767-ft) hill from which the city derives its name. Vieux-Montréal's network of narrow, cobblestone streets huddles near the waterfront, while the main shopping area is farther north along Rue Sainte-Catherine. It extends below the city's surface in the maze of tunnels that connect the Underground City, the complex of homes, stores, and leisure venues that spreads out beneath the bustling city. Other modern attractions include the Olympic Park stadium and the Musée d'Art Contemporain, built in the 1990s to complement Montreal's fine historic museums.



Visitors admiring the skyline of Montreal

Exploring Montreal

MONTREAL OCCUPIES A 50-kilometer (30-mile) long island at the confluence of the St. Lawrence and the Ottawa River. The city core, where many sights are found, is fairly compact and lies to the south and east of Montreal's main landmark, Mont-Royal. Vieux Montréal, the old city, is nestled on the shore of the St. Lawrence, while the modern downtown lies between it and Mont-Royal. Streets follow a fairly consistent grid pattern making the city easy to navigate.



The skyscrapers of downtown Montreal at dusk

KEY

	Street-by-street: see pp106–107
	International airport
	Railroad station
	Bus terminus
	Ferry boarding point
	Visitor information
	Parking
	Métro station
	Highway
	Major road
	Pedestrian walkway

SIGHTS AT A GLANCE

Historic Buildings and Areas

- Château Ramezay **3**
- Chinatown **7**
- Lachine **27**
- McGill University **13**
- Place des Arts **9**
- Plateau Mont-Royal **8**
- Sir George Etienne-Carter National Historic Site **4**
- Square Dorchester and Place du Canada **16**
- Rue Sherbrooke **19**
- Underground City **15**
- Vieux Port **1**

Parks and Gardens

- Jardin Botanique de Montréal **23**
- Olympic Park pp120–21 **22**
- Parc Mont-Royal **21**

Islands

- Ile Notre-Dame **25**
- Ile Sainte-Hélène **24**

Churches and Cathedrals

- Basilique Notre-Dame-de-Montréal pp108–109 **2**
- Cathédrale Marie-Reine-du-Monde **17**
- Christ Church Cathedral **11**
- Oratoire St-Joseph **20**

Museums and Galleries

- Centre d'Histoire de Montréal **6**
- Centre Canadien d'Architecture **18**
- Maison Saint-Gabriel **26**
- McCord Museum of Canadian History **12**
- Musée d'Art Contemporain pp112–13 **10**
- Musée des Beaux-Arts pp114–15 **14**
- Musée Marc-Aurèle Fortin **5**

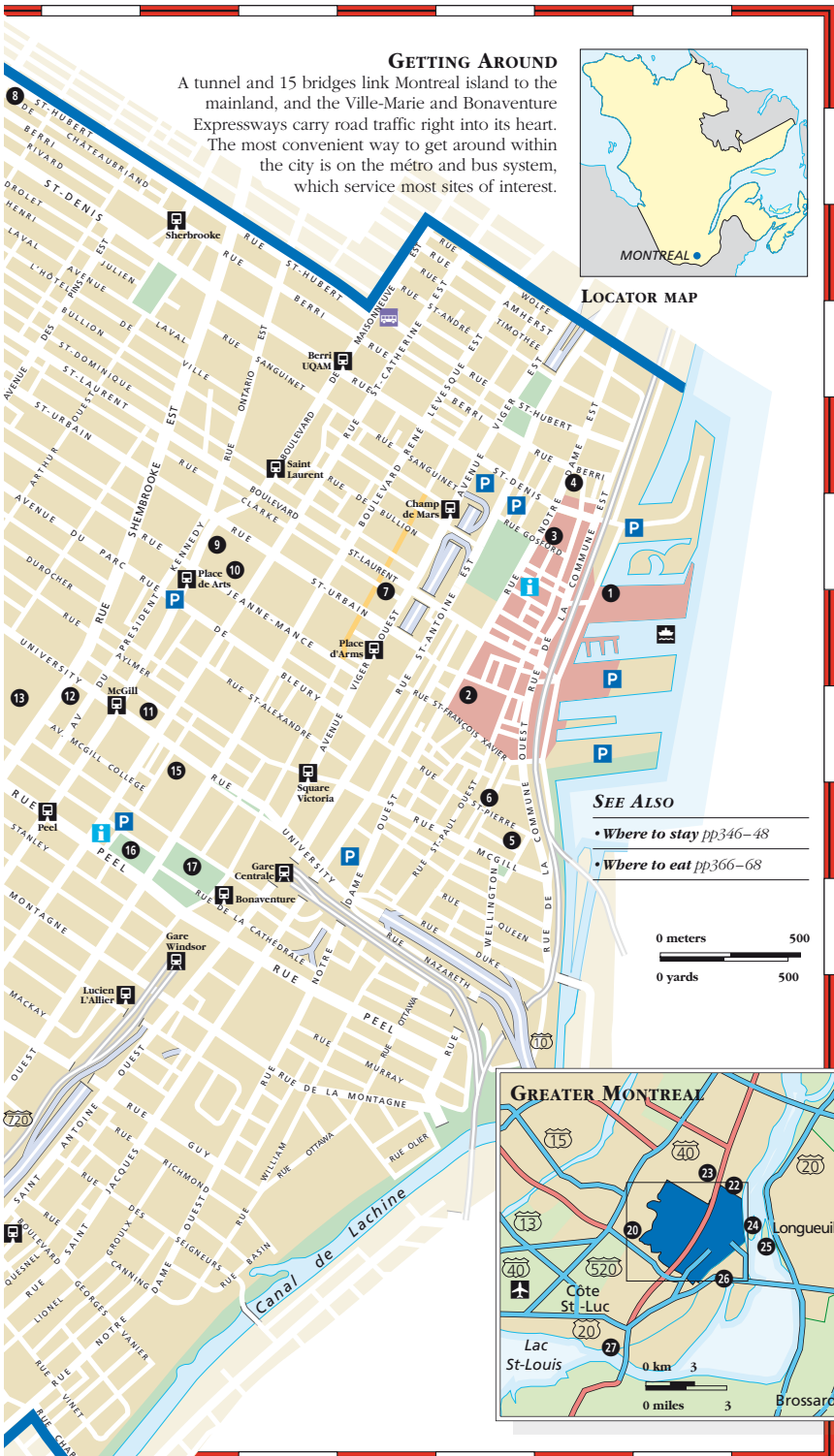


GETTING AROUND

A tunnel and 15 bridges link Montreal island to the mainland, and the Ville-Marie and Bonaventure Expressways carry road traffic right into its heart. The most convenient way to get around within the city is on the métro and bus system, which service most sites of interest.



LOCATOR MAP



SEE ALSO

- *Where to stay* pp346–48
- *Where to eat* pp366–68



Street-by-Street: Vieux-Montréal



Rue St-Paul street sign

MONTREAL'S FOUNDERS, led by Paul Chomédy de Maisonneuve, built the Catholic village of Ville Marie, that was to become Montréal, on the Saint Lawrence river in 1642. Missionary efforts failed to flourish, but the settlement blossomed into a prosperous fur-trading town with fine homes and a stone stockade. As Montreal expanded in the mid-20th century, the old city, Vieux-Montréal, fell into decline. In 1980, however, the district underwent a renaissance. The remaining 18th-century buildings were transformed into the restaurants, bistros, and boutiques that are so fashionable today, especially those of rue Notre-Dame and rue St-Paul.



View from the river

This clutch of historic streets leading down to the great St. Lawrence River is a district of romance and charm in the midst of this modern city.



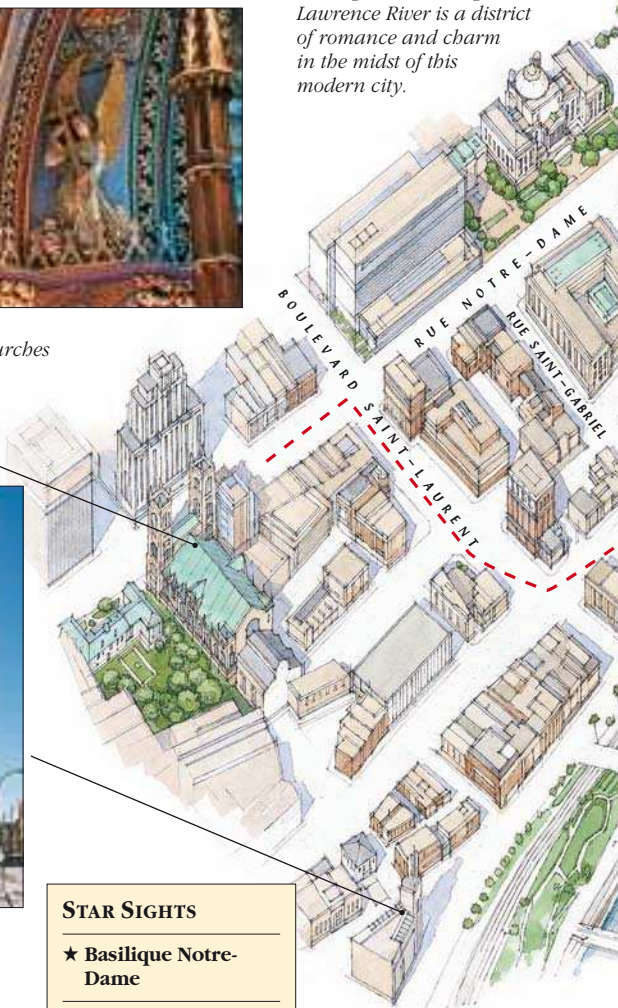
★ Basilique Notre-Dame

One of the most splendid churches in North America, the city's 1829 Catholic showpiece has a richly decorated and colorful interior ②



Pointe-à-Callière Archeological Museum

An underground tour here leads visitors past excavated ruins and early water systems dating from the 17th century.

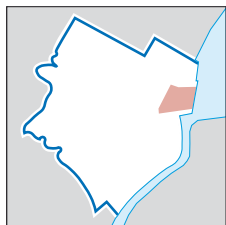


STAR SIGHTS

- ★ Basilique Notre-Dame
- ★ Château Ramezay

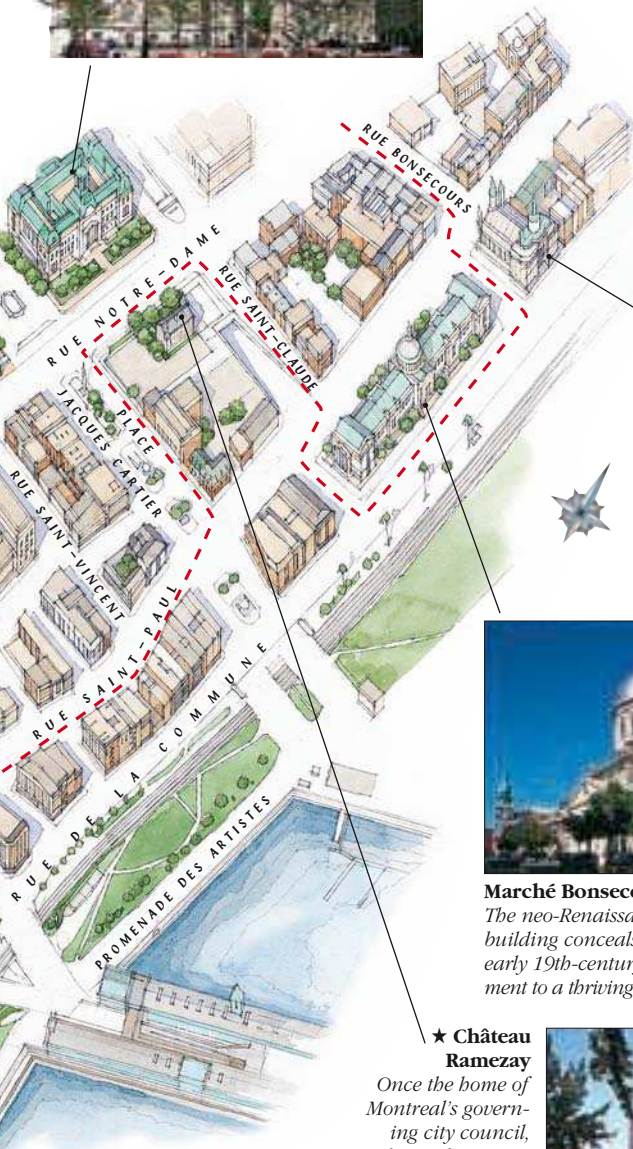
Hôtel de Ville

The city hall was created in grand French Empire style in 1872–78, and restored to its glory in 1922. The marble ball features a statue of the first mayor.



LOCATOR MAP

See Montreal Map pp104–105



Chapelle Notre Dame-de-Bonsecours

Long the spiritual home of Quebec's sailors, this church has fine views of the river from its tower.



Marché Bonsecours

The neo-Renaissance façade of this elegant building conceals its lively history, from its early 19th-century days as Canada's Parliament to a thriving time as a vegetable market.

★ **Château Ramezay**

Once the home of Montreal's governing city council, this 18th-century building pays tribute to the settling of Quebec with its fine museum of early tools and artifacts 3



KEY

--- Suggested route

Vieux-Port 1

333 Rue de la Commune. ☎ (514) 496 7678. 🚏 Central Station. 🚏 55. 🚏 Terminus Voyager. 🚏 Square Victoria. 🌐 www.oldportofmontreal.com

IN ITS GLORY DAYS of the 19th century, the Vieux-Port of Montreal was one of the most important inland harbors in North America, but it declined with the introduction of mega-ships and the airplane in the early 20th century. By the late 1980s, the Canadian government had begun to transform it into one of the most popular parks in Montreal. Its 12.5 km (8 miles) of waterside walkways and open grassy fields blend almost seamlessly into



Cyclists enjoying the waterfront promenade, Vieux-Port

the lovely streets of Vieux-Montréal, giving the old city a wide window onto the river.

The port has a bustling, recreational atmosphere. On summer afternoons, visitors and Montrealers alike stroll, cycle, or in-line skate along the Promenade du Vieux Port.

Château Ramezay 3

280 Rue Notre Dame E. ☎ (514) 861 3708. 🚏 VIA Rail. 🚏 14, 55. 🚏 Terminus Voyager. 🚏 Champ-de-Mars. 🕒 Jun–Sep: 10am–6pm daily; Oct–May: 10am–4:30pm Tue–Sun. 🗓 Dec 25, Jan 1. 📧 📧 🌐 🌐 🌐 www.chateauramezay.qc.ca

WHEN MONTREAL'S 11th governor, Claude de Ramezay, arrived in the city in 1702, he was homesick for Normandy and decided to build a residence that was reminiscent of the châteaux back home, with stone walls, dormer windows, and copper roof. The squat round towers, added in the 19th century, reinforce the effect. Many

Basilique Notre-Dame-de-Montréal 2

IN THE CENTER OF PLACE D'ARMES sits the Basilica, Montreal's grandest Catholic church. Originally built in the 17th century, a new building was commissioned in 1829. American architect James O'Donnell excelled himself with a vast vaulted cavern that combined elements of Neo-Classical and Neo-Gothic design, and provides 3,000 seats in the nave and two tiers of balconies. Splendidly redecorated in the 1870s, the intricate woodcarving is the work of Canadian craftsman Victor Bourgeau.

The main altar is surrounded by delicate pine and walnut woodcarving.

The nave is illuminated by a rose window under an azure ceiling.



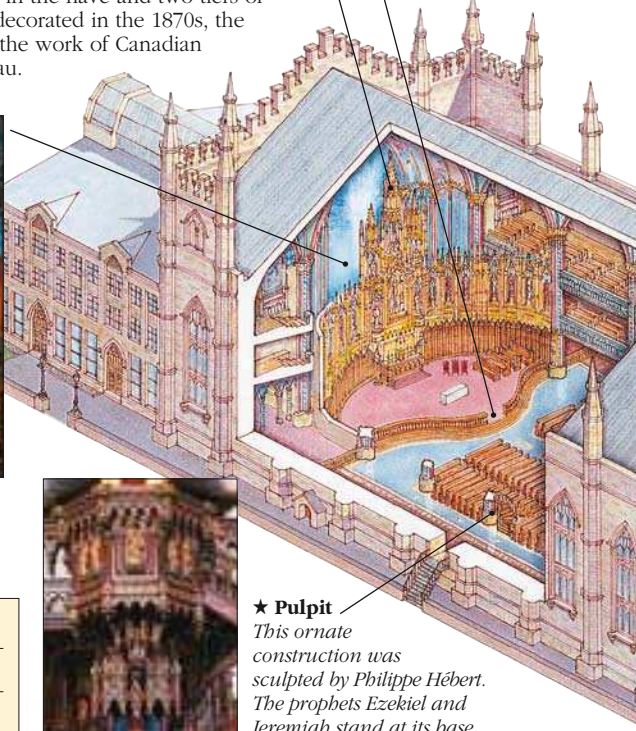
★ Reredos

The focus of the nave is backed by azure, beneath a golden starry sky.

STAR SIGHTS

★ Reredos

★ Pulpit



★ Pulpit

This ornate construction was sculpted by Philippe Hébert. The prophets Ezekiel and Jeremiah stand at its base.

of de Ramezay's governor successors lived here and the building also housed the West India Company. This is one of the most impressive remnants of the French regime open to the public in Montreal.

The château has been restored to its original style. Of particular interest is the Nantes Salon, with its 18th-century French carved paneling by the French architect Germain Boffrand.

Uniforms, documents, and furniture on the main floor reflect the life of New France's ruling classes, while the cellars depict the doings of humbler colonists. The scarlet automobile, made for the city's first motorist, is an interesting sight.

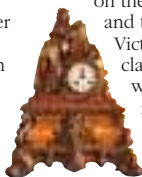
Sir George-Etienne Cartier National Historic Site 4

458 Rue Notre Dame E. ☎ (514) 283 2282. 🚏 Central Station. 🚗 🚘 Terminus Voyager. 📍 Champ-de-Mars. 🕒 Apr–May, Sep–Dec: 10am–noon & 1–5pm Wed–Sun; Jun–Aug: 10am–6pm daily. 🗺️ Jan–Mar. 📶 📧 📱

GEORGE-ETIENNE Cartier (1814–73) was a Father of Confederation (see p44) and one of the most important French-Canadian politicians of his day. This national historic site comprises two adjoining graystone

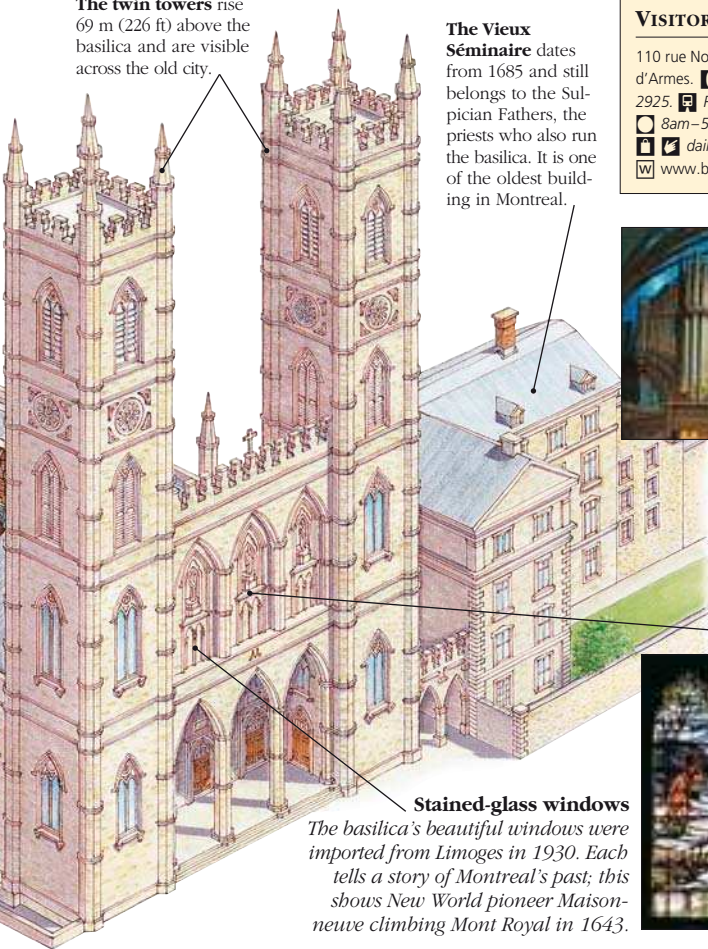
houses owned by the Cartiers on the eastern edge of the old town. One is dedicated to Cartier's career as a lawyer, politician, and railroad-builder. In this house, you can sit at a round table and listen in either French or English to a very good summary of the political founding of modern Canada.

The second house focuses on the Cartiers' domestic life and the functioning of a Victorian upper middle-class family. Visitors can wander through formal rooms full of rich furniture and listen to snatches of taped conversation from "servants" talking about their lives.



Ormolu clock at the Etienne-Cartier

The twin towers rise 69 m (226 ft) above the basilica and are visible across the old city.



The Vieux Séminaire dates from 1685 and still belongs to the Sulpician Fathers, the priests who also run the basilica. It is one of the oldest buildings in Montreal.

VISITORS' CHECKLIST

110 rue Notre Dame W, Place d'Armes. ☎ (514) 842 2925. 🚏 Place d'Armes. 🕒 8am–5pm daily. 📶 📧 📱 daily. 🌐 www.basiliquenddm.org



Pipe Organ
The renowned maker Casavant built the organ above the north door in 1891. Recitals are still held frequently.

Stained-glass windows
The basilica's beautiful windows were imported from Limoges in 1930. Each tells a story of Montreal's past; this shows New World pioneer Maison-neuve climbing Mont Royal in 1643.



Musée Marc-Aurèle Fortin 5

118 Rue Saint-Pierre. ☎ (514) 845 6108. 🚶 Central Station. 🚶 Terminus Voyager. 🚶 Square Victoria. 🕒 11am–5pm Tue–Sun. ♿

THIS MUSEUM, housed in an old stone warehouse belonging to an ancient order of nuns, has an extensive collection of Fortin's work, and it also mounts exhibitions of new painting by local artists.

Marc-Aurèle Fortin transformed landscape painting in Canada. He was born in 1888, when European styles dominated North American art. Fortin loved the light of his native province, and used many unusual techniques. To capture the "warm light of Quebec," for example, he painted some of his pictures over gray backgrounds. By the time he died in 1970, he left behind not only a staggering amount of work but a whole new way of looking at nature, especially the various rural areas of his native Quebec.



Gray stone façade of the Musée Marc-Aurèle Fortin

Centre d'Histoire de Montréal 6

335 Place d'Youville. ☎ (514) 872 3207. 🚶 61. 🚶 Square Victoria. 🕒 mid-May–Aug: daily; Sep–May: Tue–Sun. 🕒 mid-Dec–mid-Jan. ♿

THIS MUSEUM is housed in a handsome, red-brick fire station, which has a gracefully gabled roof built in 1903. The exhibits trace the history of Montreal from the first Indian settlements to the modern age, with the focus on everyday life. There are two floors of permanent exhibits. On the first floor, "Montreal, 5 Times" traces five passages in



Centre d'Histoire de Montréal

Montreal's history, beginning in 1535 with the meeting of First Nations peoples and European explorers and ending with the cultural boom of the 1960s. The second floor houses "Montreal of 1000 Faces," focusing on trade and immigration through the city's history. News reel footage from the 30s, 40s and 50s is fun and informative, while a third floor observation deck offers a scenic view of the Old Port and Old Montreal.

Chinatown 7

🚶 Champ-de-Mars; Place des Arts.

THE NAME IS becoming a little anachronistic. Many of the restaurants and shops in this 18-block district just northeast of the Old City are now owned by Vietnamese

and Thai immigrants, who arrived in Montreal in the wake of 20th-century upheavals in Southeast Asia. The Chinese, however, were here first. They began arriving in large numbers after 1880, along with many European immigrants, and stuck together in this corner of the city in an attempt to avoid discrimination. As they grew more prosperous, many of the descendants of the first immigrants moved to wealthier

areas, leaving Chinatown to the old and to the newly arrived. Many thousands of them now return on weekends, and the narrow streets are busy with people shopping for silk, souvenirs, vegetables, records, and barbecued meat.

Restaurants specialize in a range of cuisines, serving Szechuan, Cantonese, Thai, Vietnamese, and Korean food, and the air is fragrant with the smell of hot barbecued pork and aromatic noodles.

For those seeking respite from the bustle, there is a lovely little garden dedicated to the charismatic Chinese leader Sun Yat-sen on Clarke Street. Other features of the area include two large, Chinese-style arches which span de la Gauchetière Street, and a pair of authentic pagodas on the roof of the modern Holiday Inn hotel.



A brightly colored market stall in vibrant Chinatown



Locals picnicking in the leisurely atmosphere of the Parc Lafontaine in Plateau Mont-Royal

Plateau Mont-Royal 8

Tourisme Montreal: (514) 844 5400. **F** Sherbrooke; Mont-Royal.

NO NEIGHBORHOOD captures the essence of Montreal more fully than the Plateau. Its main thoroughfares are lined with bistros, bookstores, boutiques, and sidewalk cafés. Nightclubs veer from the eccentric to the classic, and eateries from snack bars and sandwich shops to some of the best dining locations in the city. Jazz bars, too, are popular in this area and range from the decorous to the distinctly shady.

The area's residents are a mix of students, working-class French-speakers, trendy young professionals, and ethnic families with roots in Europe and Latin America. They congregate either in Parc Lafontaine, a neighborly expanse of green with an outdoor theater, or in "Balconville," a distinctly Montrealer institution linked to the duplexes and triplexes that many residents live in. To save interior space, these stacks of single-floor flats are studded with balconies linked to the street by fanciful, wrought-iron stairways. Although treacherous in winter, in

summer they are decked with flowers and barbecue grills, and become centers for parties, family gatherings, and picnics.

The large working-class families for whom these homes were built in the early part of the century lived very modestly, but they managed to amass enough money to build impressively large and beautiful parish churches, notably the Eglise Saint-Jean-Baptiste. The Catholic bourgeoisie lived just a little farther south, in gracious Second-Empire homes on Rue Saint-Denis or Carré Saint-Louis, one of the prettiest squares in the city.

Place des Arts 9

183 Rue Ste-Catherine W. **T** (514) 842 2112. **F** Place des Arts. **W** www.pdarts.com

THIS COMPLEX of halls and theaters is Montreal's prime center for the performing arts. Both the Opéra de Montréal (Montreal Opera) and the Orchestre Symphonique de Montréal (Montreal Symphony Orchestra) make their home in the Salle Wilfrid Pelletier, the largest of the center's five halls. The buildings of Place des Arts share a modern, spacious central plaza with the outstanding Musée d'art contemporain (see pp112–13).



Place des Arts, Montreal's top entertainment venue

Musée d'Art Contemporain 10

OPENED IN 1964, THE MUSEUM of Contemporary Art is the only institution in Canada dedicated exclusively to modern art. Located in downtown Montreal, more than 60 percent of the approximately 6,000 paintings, drawings, photographs, videos, and installations in the permanent collection are by Quebec artists. Works date from 1939, but the emphasis is on the contemporary. There are also works by innovative international talents, such as the controversial Bill Viola, Louise Bourgeois, and Andrés Serrano. The exhibits are in wide, well-lit galleries whose elegance helped to earn the Musée a Grand Prix from Montreal Council. The exhibition space is built around a rotunda, which runs up through the core of the building.



Les Dentelles de Montmirail
Young artist Natalie Roy's 1995 landscape (detail shown) is part of a large collection of new Quebec art.



★ **Niagara Sandstone Circle (1981)**
English sculptor Richard Long's work is literally ground breaking. Using materials from the natural environment, which itself is the theme of the work, his careful geometric placing acts as a spur to meditation.

KEY

	Permanent exhibition space
	Temporary exhibition space
	Pierre Granche sculpture
	Movie theater
	Video gallery
	Multimedia gallery
	Theater/Seminar hall
	Art workshops
	Nonexhibition space



Entrance Hall

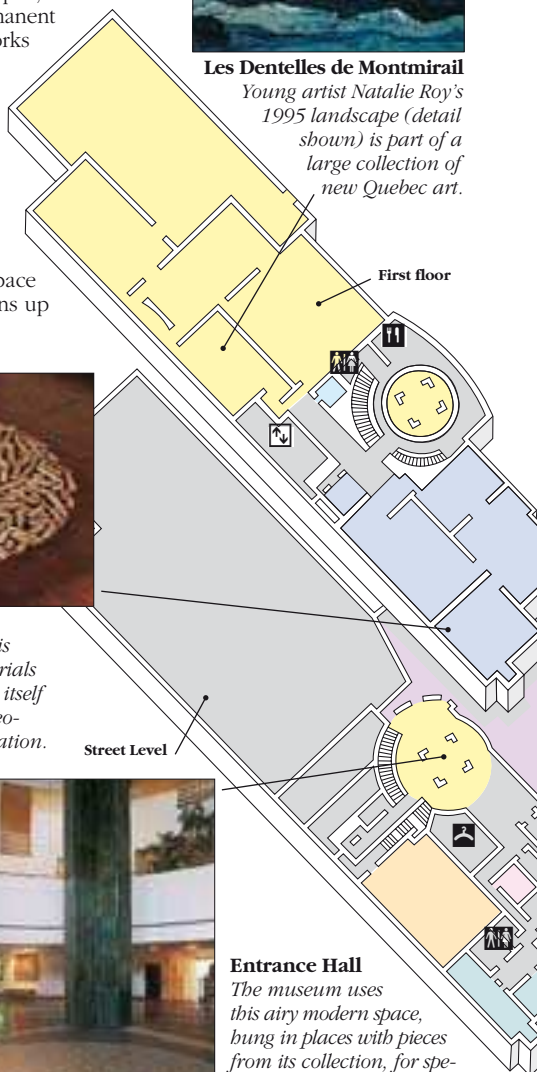
The museum uses this airy modern space, hung in places with pieces from its collection, for special events and receptions. A pleasant first-floor restaurant overlooks the hall.

STAR EXHIBITORS

- ★ Pierre Granche
- ★ Richard Long

MUSEUM GUIDE

Only a small proportion of the exhibits in the museum are on permanent display. They occupy the upper floor space along with rotating and visiting items. There is also a sculpture garden, accessible from the main museum building, that has rotating exhibits and is a good spot to rest during a tour of the galleries.



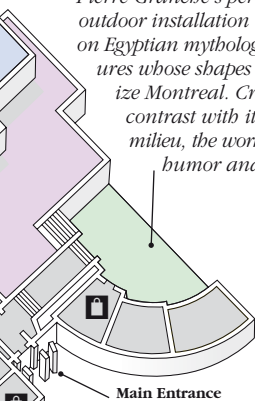
VISITORS' CHECKLIST

185 Ste. Catherine St. W. ☎ (514) 847 6226. 📍 Place-des-Arts. 🕒 11am–6pm Tue, Thu–Sun; 11am–9pm Wed. 📅 Mon; Dec 25, Jan 1. 📖 📧 📧 by arrangement.



★ **Comme si le temps ... de la rue (1991–2)**

Pierre Granche's permanent outdoor installation is based on Egyptian mythological figures whose shapes symbolize Montreal. Created to contrast with its urban milieu, the work exudes humor and poetry.



Museum façade

Built in the 1990s, the MAC building sbous 320 artworks, taken from their much larger rotating collection.

Christ Church Cathedral 11

1444 Union Ave. ☎ (514) 843 6577. 📍 Central Station. 🕒 15. 📍 McGill. 🕒 8am–5:30pm daily. 📧

ARCHITECT Frank Willis completed Christ Church in 1859 as the seat of the Anglican bishop of Montreal. This graceful Gothic limestone building, with a triple portal and a tall slender spire, has exterior walls decorated with gargoyles. The church was too heavy for the land, and the stone spire was replaced in 1940 with a treated aluminum steeple. Many local workers find respite at noon concerts in the cathedral's cool, dim interior with its pointed arched nave and magnificent stained-glass windows, some from the William Morris studio in London.



Inuit slippers at the McCord Museum

paintings, toys, and porcelain. In 1919, he gave his considerable acquisitions to McGill University with a view to establishing a museum of Canadian social history. That collection, now more than 90,000 artifacts, is housed in a stately limestone building that was once a social center for McGill students. The museum has a good section of early history, as well as exceptional folk art. A particularly fine collection of Indian and Inuit items features clothing, weapons, jewelry, furs, and pottery. A separate room is devoted to the social history of Montreal. The museum's most celebrated possession is the collection of 700,000 photographs, that painstakingly chronicle every detail of daily life in 19th-century Montreal.

McGill University 13

845 Rue Sherbrooke W. ☎ (514) 398 4455. 📍 Central Station. 🕒 24. 📍 McGill. 🕒 9am–6pm Mon–Fri. 📖 book in advance. 📧 📧 www.mcgill.ca



Christ Church Cathedral, based on a 14th-century English design

McCord Museum of Canadian History 12

690 Rue Sherbrooke W. ☎ (514) 398 7100. 📍 Central Station. 🕒 24. 📍 McGill. 🕒 10am–6pm Tue–Fri; 10am–5pm Sat & Sun. 📅 Mon. 📧 www.mccord-museum.qc.ca

LAWYER DAVID ROSS McCord (1844–1930) was an avid collector of virtually everything that had to do with life in Canada, including books, photographs, jewelry, furniture, clothing, documents, papers,

WHEN IT was founded in 1821, Canada's oldest university was set on land left for the purpose by fur trader and land speculator James McGill (1744–1813). The university's main entrance is guarded by the Classical Roddick Gates. Behind them an avenue leads to the domed Neoclassical Arts Building, which is the oldest structure on campus.

The rest of the 70 or so buildings range from the ornately Victorian to the starkly concrete. One of the loveliest is the **Redpath Museum of Natural History**, which holds one of the city's most eclectic and eccentric collections. A huge number of fossils, including a dinosaur skeleton, sit alongside African art, Roman coins, and a shrunken head.

📍 Redpath Museum of Natural History

859 Rue Sherbrooke W. ☎ (514) 398 4086. 🕒 9am–5pm Mon–Thu;

Musée des Beaux Arts 14

THE OLDEST AND LARGEST art collection in Quebec is housed in two dramatically different buildings that face each other across Rue Sherbrooke. The Michal and Renata Hornstein Pavilion, fronted with four white marble pillars, faces the huge concrete arch and tilting glass front of the Jean-Noël Desmarais Pavilion. The former focuses on Canadiana, with Inuit art, furniture, and church silver from early settlers, and paintings from the 18th century to the 1960s. The galleries in the Desmarais Pavilion (illustrated here) focus on European art from the Middle Ages to the 20th century, especially the Renaissance. Linking the two pavilions is the gallery of ancient cultures, with rich collections of artifacts, including Roman vases and Chinese incense boxes.



Façade of Jean-Noël Desmarais Pavilion

Opened in 1991, the larger pavilion contains a collection that has grown from 1,860 to about 26,000 pieces.



★ Portrait of a Young Woman (c.1665)

This famous work originated in Rembrandt's native Holland. Painted in characteristically realist style, the sitter's pensive concentration is thrown into sharper relief by the deep black background.

MICHAL AND RENATA HORNSTEIN PAVILION

Connected to the Desmarais Pavilion by an underground tunnel that contains an exhibition on ancient cultures, this gallery is dedicated to pre-1960 America and includes Meso-American, Inuit, and Amerindian art, as well as early European-style furniture, domestic silver, and decorative art. Later galleries follow the history of Canadian painting, from church sacred art

to early native studies by wandering artist

Paul Kane and the impressionism of James Wilson Morrice. The Group of Seven and Paul-Emile Borduas are among those representing the 20th century.

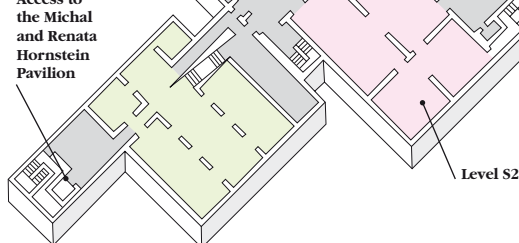


18th-century silver teapot

STAR EXHIBITS

- ★ Man of the House of Leiva by El Greco
- ★ Portrait of a Young Woman by Rembrandt

Access to the Michal and Renata Hornstein Pavilion



VISITORS' CHECKLIST

1379–1380 Rue Sherbrooke W.

☎ (514) 285 2000. 🚏 Central Station. 🚏 24. 🚏 Guy

Concordia. 🕒 11am–5pm, Tue, Thu–Sun; 11am–9pm, Wed. 🎨 Mon. 📄 for special exhibitions.

♿ 📄 📄 www.mbarn.qc.ca

Level 4



★ Man of the House of Leiva (1590)

El Greco's haunting portrayals of the Spanish aristocracy are a Renaissance highlight.

GALLERY GUIDE

The exceptional painting collections are contained on levels 3 and 4 of the Desmarais Pavilion. Level 2 offers a fine café. The museum shop and main entrance are on level 1. Lower level S2 has contemporary art galleries and tunnel access to the Michal and Renata Hornstein Pavilion.

KEY

- Contemporary art
- Art of ancient cultures
- 19th-century European art
- 20th-century European art
- European Decorative arts
- Old Masters
- Temporary exhibitions
- Nonexhibition space



A street-level entrance to the labyrinthine Underground City

Underground City 15

🚏 Central Station. 🚏 Terminus Voyager. 🚏 Place des Arts.

WHEN MONTREAL OPENED its first métro (or subway) lines in 1966, it inadvertently created a whole new layer of urban life – the Underground City. It is theoretically possible to lead a rich life in Montreal without once stepping outside. The first métro stations had underground links to just the two main train stations, a few hotels, and the shopping mall under the Place Ville-Marie office tower. This has turned

into a vast network of over 30 km (19 miles) of well-lit, boutique-lined passages that includes more than 1,600 shops, 200 restaurants, hotels, film theaters, and concert halls.

Square Dorchester and Place du Canada 16

📍 1001 Rue Square Dorchester. ☎ (514) 873 2015. 🚏 Central Station. 🚏 Terminus Voyager.

THESE TWO open squares create a green oasis in central downtown Montreal. On the north side of Boulevard René-Lévesque, statues including Canada's first French-Canadian prime minister, Sir Wilfrid Laurier, share the shade of Square Dorchester's trees with a war memorial. On Place du Canada a statue of the country's first prime minister, Sir John A. Macdonald, looks out over the stately Boulevard René-Lévesque.

The buildings surrounding the park are eclectic. The mix includes a Gothic church, a shiny, black bank tower and the Sun Life Building (1933), a huge stone fortress that housed the British Crown Jewels during World War II.



Varied architecture, from historic to post-modern, in Square Dorchester

Montreal skyline at night ▶







Marie-Reine-du-Monde façade with statues of Montreal's patron saints

Cathédrale Marie-Reine-du-Monde 17

1085 Rue Cathédrale. ☎ (514) 866 1661. 🚏 Central Station. 🚏 Terminus Voyager. 🚏 Bonaventure. 🕒 6:30am–7:30pm Mon–Fri, 7:30am–8:30pm Sat, 8:30am–7:30pm Sun. ♿

WHEN MONTREAL'S first Catholic cathedral burned down in 1852, Bishop Ignace Bourget decided to demonstrate the importance of the Catholic Church in Canada by building a new one in a district dominated at the time by the English Protestant commercial elite. To show his flock's loyalty to the Pope, he modeled his new church on St. Peter's Basilica in Rome.

The cathedral, which was completed in 1894, has dimensions that are a quarter of those of St. Peter's. The statues on the roof represent the patron saints of all the parishes that constituted the Montreal diocese in 1890. The magnificent altar canopy, a replica of the one Bernini made for St. Peter's, was cast in copper and gold leaf. Another reminder of Bourget's loyalty to Rome can be found on the pillar in the northeast corner of the church. Here lies a marble plaque listing the names of all the Montrealers who served in the Papal armies during the Italian war of independence in the 1850s.



The altar canopy in the cathedral

Centre Canadien d'Architecture 18

1920 Rue Baillie. ☎ (514) 939 7000. 🚏 Central. 🚏 Terminus Voyager. 🚏 Guy Concordia. 🕒 11am–6pm Tue–Sun. 🕒 Mon. ♿ 📖 book ahead.

VISITORS ENTER through an unobtrusive glass door in an almost windowless façade of gray limestone that fronts this large U-shaped building. Well-lit exhibition rooms house a series of regular exhibits in rotation.

The three primary exhibits focus on architecture, design and landscape architecture.

The two arms of the modern building embrace the ornate, grand Shaughnessy Mansion, which faces Boulevard René-Lévesque Ouest. Now part of

the Centre, the house was built in 1874 for the president of the Canadian Pacific Railway, Sir Thomas Shaughnessy, and has an art-nouveau conservatory with an intricately decorated ceiling.

The Centre is also a major scholarly institution. Its collection of architectural plans, drawings, models, and photographs is the most important of its kind anywhere. The library alone has over 165,000 volumes on the world's most significant buildings.

Rue Sherbrooke 19

🚏 Central Station. 🚏 Terminus Voyager. 🚏 Sherbrooke.

IN THE LATTER HALF of the 19th century, Montreal was one of the most important cities in the British Empire. Its traders and industrialists controlled about 70 percent of Canada's wealth, and many built themselves fine homes on the slopes of Mont Royal in an area that became known as the Golden, or Square, Mile. Rue Sherbrooke between Guy and University was their Main Street, and its shops, hotels, and churches were the most elegant in the country.

Some of that elegance survived the modernizing bulldozers of the 1960s. Holt Renfrew, Montreal's upscale department store, and the stately Ritz-Carlton Hotel still stand. So do two exquisite churches, the Presbyterian St. Andrew and St. Paul, and the Erskine American United at the corner of avenue du Musée, which boasts stained-glass windows by Tiffany. Boutiques, bookstores, and galleries fill many of the rows of graystone townhouses. Millionaires not quite wealthy enough to make it into the Square Mile built graceful row homes on rues de la Montagne, Crescent, and Bishop nearby. Many of these now house trendy shops and bistros.

Farther west is the Grande Séminaire, where Montreal's Roman Catholic archdiocese still trains its priests.



Historic home on Rue Sherbrooke, the "Golden Square Mile"



Montreal's largest shrine, Oratoire Saint-Joseph, showing the steps climbed annually by pilgrims

Oratoire Saint-Joseph 20

3800 Chemin Queen Mary. ☎ (514) 733 8211. 🚏 Central Station.

🚏 Terminus Voyager. 🚏 Côte-des-Neiges. 🕒 daily. ♿

EVERY YEAR, two million pilgrims climb the 300 steps to the entrance of this enormous church on their knees. Their devotion would no doubt please Brother André (1845–1937), the truly remarkable man responsible for building this shrine to the husband of the Virgin Mary. It began when he built a hillside chapel to St. Joseph in his spare time. Montreal's sick and disabled joined him at his prayers, and soon there were reports of miraculous cures. Brother André began to draw pilgrims, and the present oratory was built to receive them. He is buried here and was beatified in 1982.

The church's octagonal copper dome is one of the biggest in the world – 44.5 m (146 ft) high and 38 m (125 ft) wide. The interior is starkly modern; the elongated wooden statues of the apostles in the transepts are the work of Henri Charlier, who was also responsible for the main altar and the huge crucifix. The striking stained-glass windows were made by Marius Plamondon. The main building houses a museum depicting

André's life. Beside the crypt church, a votive chapel is ablaze with hundreds of flickering candles that have been lit by hopeful pilgrims.

Parc Mont-Royal 21

☎ (514) 872 0582. 🚏 Central Station. 🚏 11. 🚏 Mont-Royal.

🕒 6am–midnight daily. ♿

THE STEEP GREEN bump that rises above the city center is only 234 m (767 ft) high, but Montrealers call it simply “the mountain” or “la montagne.” Jacques Cartier gave the peak its name when he visited in 1535 and it, in turn, gave its name to the city. The hill became a park in 1876 when the city bought the land and hired Frederick Law Olmsted, the man responsible for designing New York's Central Park,

to landscape it. Olmsted tried to keep it natural, building a few lookouts linked by footpaths. Succeeding generations have added a manmade pond (Beaver Lake), a 30-m high (98-ft) cross made of steel girders, and the Voie Camilien Houde, a thoroughfare that cuts through the park from east to west.

The mountain's 101 ha (250 acres) of meadows and hardwood forests still offer Montrealers a precious escape from urban life, as well as spectacular views of the city. The wide terrace in front of the Chalet du Mont-Royal pavilion looks out over the skyscrapers of the downtown core. The northern boundary of the park abuts two huge cemeteries, the Catholic Notre-Dame-Des-Neiges and the old and stately Protestant Mount Royal Cemetery, where many of Canada's finest rest.



A typical view of Montreal from the top of lofty Parc Mont-Royal

Olympic Park 22



Penguin at the Biodome

DESIGNED FOR the 1976 Olympic Games, Montreal's Olympic Park showpieces a number of stunning modern buildings. Paris architect Roger Taillibert created the Stadium, now known to many Montrealers as "The Big Owe," a reference not only to its round shape but the Can\$695 million it cost to build. The stadium, seating 56,000, is used today for concerts by international stars, as

well as for big exhibitions, and as a modern attraction in a historic city. Arching up the side of the stadium is the Montreal Tower, with its fine views. Nearby, the Biodome environmental museum replicates four world climates.



Aerial view of Olympic Park

An exceptional tourist attraction, the park can be toured fully during the day. Another popular way to visit is for a concert or ballgame.



★ Biodome

Here are stunning recreations of climate zones: a steamy rainforest, the freezing Polar World, the fertile forests of the Laurentian Mountains, and the fish-filled St. Lawrence ecosystem.

The Biodome was first used as a velodrome for the 1976 Olympics – hence the unusual cycling hat design of its roof.



Sports Centre

Should any visitor become inspired by the international-standard sport on offer at the stadium, this fully equipped center offers unbeatable facilities, including a 15-m (50-ft) deep scuba diving pool.

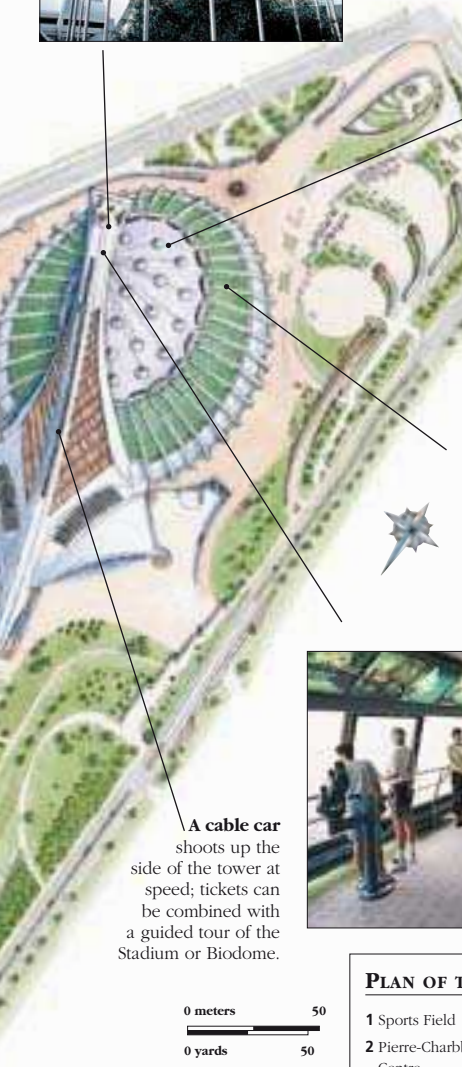


★ **Montreal Tower**

At 175 m (575 ft) this is the world's tallest inclined tower, arching over the stadium in a graceful sweep. A cable car takes visitors up the side of the tower to its large viewing deck in less than two minutes.

VISITORS' CHECKLIST

3200 Viau St. ☎ (514) 252 4737. 📍 Viau Station.
 ☐ Jun–Sep: 9am–8pm daily;
 Oct–May: 9am–5pm daily.
 🚗 ♿ 📶 📷 📱
 🌐 www.rio.gouv.qc.ca



A cable car shoots up the side of the tower at speed; tickets can be combined with a guided tour of the Stadium or Biodome.

The stadium roof was originally intended to be retractable. However, due to structural problems, it was replaced in 1998 by a detached, permanently closed roof.



★ **Olympic Stadium**

The first event to take place in this cavernous space was the spectacular opening ceremonies of the 1976 Summer Olympic Games.



Viewing Deck

This glass platform provides some stunning views of the city. Signs point out sights of interest that can be as far as 80 km (50 miles) away.

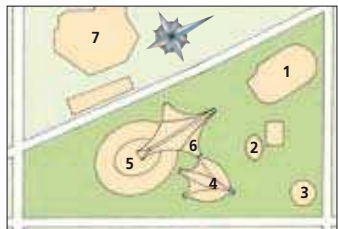


STAR SIGHTS

- ★ **Olympic Stadium**
- ★ **Montreal Tower**
- ★ **Biodome**

PLAN OF THE OLYMPIC PARK AREA

- 1 Sports Field
- 2 Pierre-Charbbonneau Centre
- 3 Maurice-Richard Centre
- 4 Biodome
- 5 Olympic Stadium
- 6 Sports Centre
- 7 Botanical Gardens





The Jardin Botanique is an oasis of calm away from the rush of the city

Jardin Botanique de Montréal 23

4101 Rue Sherbrooke E. ☎ (514) 872 1400. 📍 Pius-IX. 🕒 May–Oct: 9am–6pm daily; Nov–Apr: 9am–5pm Tue–Sun. 📺 📶 📵

MONTREAL'S botanical garden is among the largest in the world, a fine accomplishment for this northern city with a brutal climate. Its 75-ha (182-acre) enclose 30 outdoor gardens, 10 greenhouses, a “courtyard of the senses” in which blind interpreters help visitors discover the touch and smell of exotic flowers, and a bug-shaped

Insectarium full of creepy-crawlies, both preserved and living. Its most peaceful havens are the 2.5-ha (6-acre) Montreal–Shanghai Dream Lake Garden, a delightful replica of a 14th-century Ming garden, and the exquisite Japanese Garden.



Bonsai tree at the Jardin Botanique

Samuel de Champlain's wife (see pp41), Ile-Sainte-Hélène was the site of Expo '67, the world fair that brought millions of visitors to the city in the summer of 1967.

Several reminders of those days remain – most notably La Ronde, the fair's amusement park, and the dome that served as the United States Pavilion. This is now the

Biosphere, an interpretive center that examines the Great Lakes and St. Lawrence River system. Between the dome and the roller coasters is the Fort de l'Ile-Sainte-Hélène, built in 1825 to protect Montreal from a potential American attack. Its red stone walls enclose a grassy parade square that is used today by members of the Olde 78th Fraser Highlanders and the Compagnie Franche de la Marine, re-creations of two

18th-century regimental military formations that fought each other over the future of New France until 1759. The fort also houses the **Musée David A. Stewart**, a small and excellent museum of social and military history.

📍 Musée David A. Stewart

20 Chemin Tour de Lille. ☎ (514) 861 6701. 🕒 10am–5pm Wed–Mon. 📺 Tue; Dec 25, Jan 1. 📶

Ile-Notre-Dame 25

110 Rue Notre-Dame. ☎ (514) 872 6120. 📍 Central Station. 📍 Terminus Voyager. 📍 Place d'Armes. 🕒 6am–midnight daily. 📶

THIS 116-ha (286-acre) wedge of land encircled by the St. Lawrence Seaway did not exist until 1967, when it was created with rock excavated for the Montreal métro system. It shared Expo '67 with Ile-Sainte-Hélène, and today the two islands constitute the Parc-des-Iles. Ile-Notre-Dame's most popular attraction by far is the monumental Casino de Montréal, a province-owned gambling hall housed in the old French and Quebec pavilions. Every day, thousands line up at its tables and slot machines. The casino never closes. There are more refined entertainments – a rowing basin, excavated for the 1976 Olympics, superb floral gardens, and a carefully filtered body of water, which is the site of the city's only swimming beach.

Ile-Sainte-Hélène 24

20 Chemin Tour de Lille. ☎ (514) 872 6120. 📍 Jean Drapeau. 📍 Vieux-Port. 🕒 6am–midnight daily. 📶

THIS SMALL forested island in the middle of the St. Lawrence River has played a major role in Montreal's emergence as a modern city. Originally named after



Built for Expo '67, the Biosphere has displays on Canadian river systems



The province-owned Casino on Ile-Notre-Dame is open to the hopeful 24 hours a day

Ile-Notre-Dame's Circuit Gilles Villeneuve, named for the Canadian champion, plays host to Canada's Formula 1 Grand Prix every June.

Maison Saint-Gabriel 26

2146 Place de Dublin. ☎ (514) 935 8136. 📍 Charlevoix. 📺 57. 🕒 late Jun–Aug: daily; Sep–Jun: Tue–Sun. 🗺️ 🗻 🗺️ obligatory.

THIS ISOLATED little fragment of New France at first appears lost among the apartment buildings of working-class Pointe-Saint-Charles. It was a farm when the formidable Marguerite Bourgeoys, Montreal's first schoolteacher and now a canonized saint, bought it in 1668 as a residence for the religious order she had founded in 1655.

The house, rebuilt in 1698 after a fire, is a fine example of 17th-century architecture, with thick stone walls and a steeply pitched roof built on an intricate frame of original heavy wooden timbers.

Marguerite Bourgeoys and her tireless sisters worked the farm and ran a school on the property for native and colonial children. They also housed and trained the *filles du roy* (the “king's daughters”),

orphaned young girls sent abroad to be the women of his new colony. The house's chapel, kitchen, dormitory, and drawing rooms are full of artifacts dating from the 17th century. These include a writing desk the saint used herself and a magnificent vestment and cope, embroidered in silk, silver, and gold by a wealthy hermit who lived in a hut on the property.

Lachine 27

Blvd. St. Joseph. ☎ (514) 873 2015. 📍 Lionel Groulx. 📺 191.

LACHINE COMPRISES a suburb of southwest Montreal and includes a small island of the same name west of the Lachine Rapids, where the St. Lawrence River widens to form Lac-Saint-Louis. Lachine is now part of Montreal, but has a long history of its own. The old town along Blvd. Saint-Joseph is charming. Many of its fine old homes have become restaurants and bistros with outdoor terraces that overlook Parc René-Lévesque and the lake. One of the oldest houses, built by merchants in 1670, is now the **Musée de Lachine**, a historical museum and art gallery. The **Fur Trade at Lachine National Historic**

Site is a building dedicated to the fur trade, which for years was Montreal's main support.

The Lachine Canal, built in the 19th century to bypass the rapids, links the town directly to the Vieux-Port. The canal itself is now blocked to shipping, but the land along its banks has been turned into parkland with a bicycle trail.

🏛️ Musée de Lachine

110 Chemin de LaSalle. ☎ (514) 634 3471 ext. 346. 🕒 Mar–Dec: 11:30am–4:30pm Wed–Sun. 🗻 reserve.

🏛️ Fur Trade at Lachine National Historic Site

1255 Blvd. St. Joseph. ☎ (514) 637 7433. 🕒 Apr–mid-Oct: daily; mid-Oct–Nov: Wed–Sun. 🗻 🗻 🗻



A view of the historical Musée de Lachine from the reclaimed canal



QUEBEC CITY AND THE ST. LAWRENCE RIVER

THE HEART AND soul of French Canada, Quebec City sits overlooking the St. Lawrence River on the cliffs of Cap Diamant. As provincial capital, the city is the seat of regional government, and nowadays is the heart of French-Canadian nationalism. Parisian in atmosphere, with every tiny street worth visiting, Quebec City is almost entirely French-speaking. The European ambiance, architecture, and the city's crucial historical importance all contributed to it being named as a United Nations World Heritage Site in 1985. One of the



world's great waterways, the St. Lawrence River is home to rare marine wildlife. Right and minke whales swim as far upstream as Tadoussac and feed at the mouth of the Saguenay River. The Laurentian Mountains rise up above the St. Lawrence on the north shore, a year-round natural playground. Nearer Quebec City, the rich scenery of the Charlevoix region is among the most beautiful in the country, contrasting with the soaring cliffs and wilderness of the Gaspé Peninsula. Offshore, Ile d'Anticosti is a stunning nature preserve.

SIGHTS AT A GLANCE

Historic Towns and Cities

- Baie Comeau 9
- Chicoutimi 7
- Quebec City 1
- Sept-Iles 10
- Tadoussac 5

Historic Sites and Areas of Natural Beauty

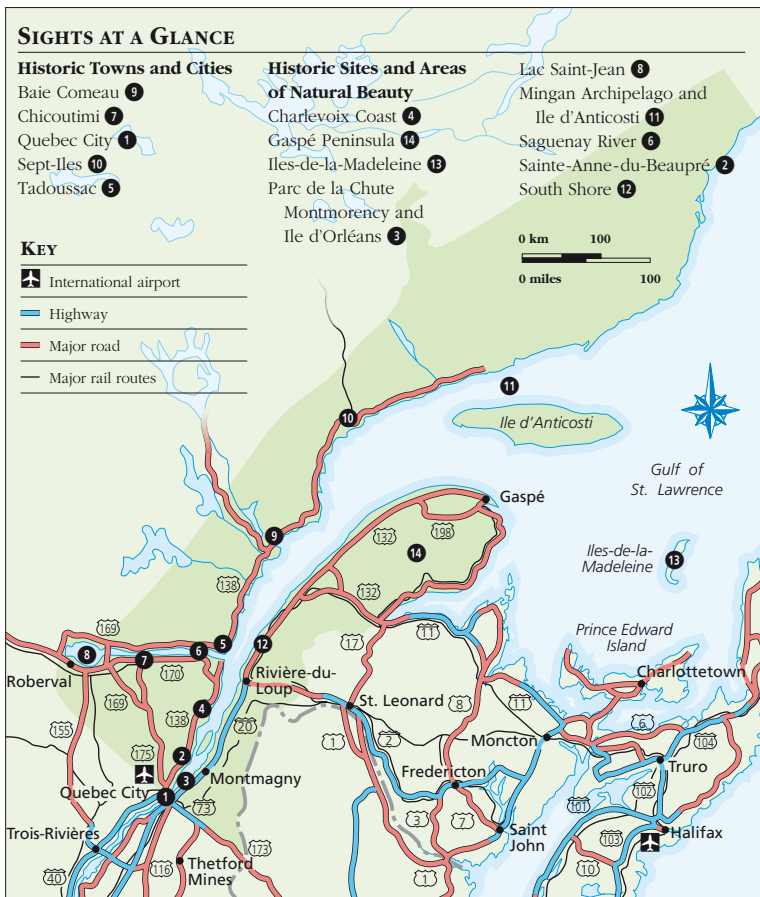
- Charlevoix Coast 4
- Gaspé Peninsula 14
- Iles-de-la-Madeleine 13
- Parc de la Chute Montmorency and Ile d'Orléans 3

- Lac Saint-Jean 8
- Mingan Archipelago and Ile d'Anticosti 11
- Saguenay River 6
- Sainte-Anne-du-Beaupré 2
- South Shore 12

KEY

- International airport
- Highway
- Major road
- Major rail routes

0 km 100
0 miles 100



◀ The historic architecture of Quebec City's Lower Town

Street-by-Street: Quebec City

ONE OF THE OLDEST COMMUNITIES on the American continent, Quebec City was discovered as an Iroquois village by the French explorer Jacques Cartier and founded as a city in 1608 by explorer Samuel de Champlain (see p41). The British gained dominance over the city and the rest of the province at the Plains of Abraham battle just outside the city walls in 1759. Today the town is renowned as the heart of French Canada. The oldest part of the city is Basse-Ville, or Lower Town, which was renovated in the 1970s. With its winding staircases and cafés, it is a charming destination.



★ Basilique Notre-Dame-de-Québec

This 1647 cathedral provides a rich setting for relics from early French rule in Quebec, and Old Master paintings.



Musée du Fort

Military history is brought to life here in sound-and-light shows reenacting six Quebec sieges and battles, and numerous war relics.

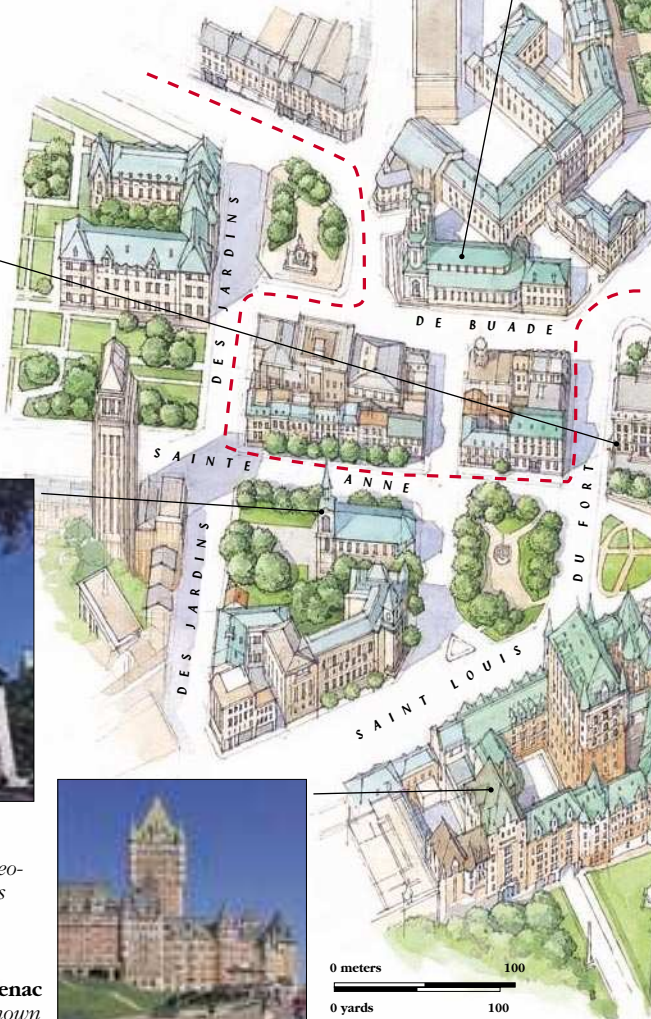


Holy Trinity Anglican Cathedral

An elegant 1804 stone Neo-Classical façade conceals an English oak interior.

Château Frontenac

Quebec City's best-known landmark has risen over the city since 1893, and has 600 luxurious guest rooms.



0 meters 100
0 yards 100

KEY

--- Suggested route

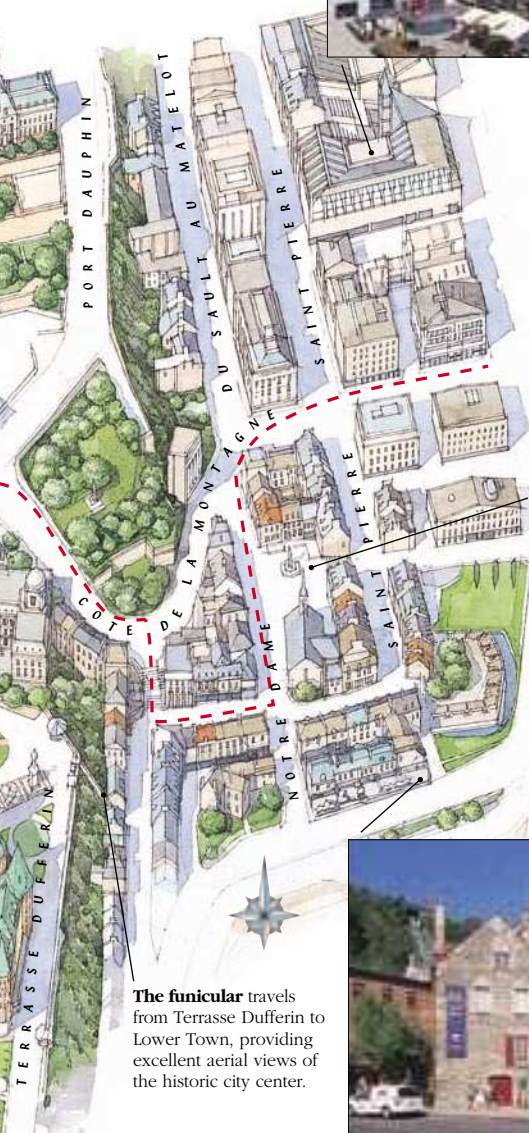
Musée de la Civilisation

Human history through the ages is explored in this airy modern building linked to historic houses in the rest of the town, including Maison Chevalier.



VISITORS' CHECKLIST

167,500.
 16 km (10 miles) west of the city.
 450 Rue de Gare-du-Palais.
 320 Rue Abraham-Martin.
 10 Rue des Traversiers.
 835 Avenue Wilfrid-Laurier (418) 641 6654.
 Winter Carnival (Jan-Feb); Summer Festival (Jul).
 www.quebecregion.com



The funicular travels from Terrasse Dufferin to Lower Town, providing excellent aerial views of the historic city center.



★ **Place Royale**

A virtual microcosm of Canadian history, Place Royale has experienced a renaissance, and the surrounding streets, with their 18th- and 19th-century architecture, have been sandblasted back to their original glory.



STAR SIGHTS

★ **Place Royale**

★ **Basilique Notre-Dame**

Maison Chevalier

Linked with the Musée de la Civilisation, this home built for an 18th-century merchant showcases the decorative arts. Quebec furniture and the famous Quebec silverware feature in every room, as well as exhibits showing how well-to-do families lived in the 18th and 19th centuries.

Quebec City

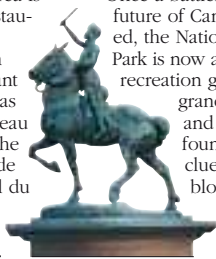
CONTAINING THE ONLY WALLED city north of the Rio Grande, Quebec City has narrow cobblestone streets and 18th-century buildings that lend a European air to this small provincial capital, just 55 square km (21 square miles). Most of the sights are packed into one accessible corner, above and below the Cap Diamant cliffs, with the Citadel rising up protectively at the top of the cliff. As Quebec's capital, the city is home to the provincial parliament, the *Assemblée Nationale*, which conducts its debates almost entirely in French in splendid chambers behind the ornate early 19th-century façade of the grandiose *Hôtel du Parlement*.



Château Frontenac dominates the skyline of Quebec City

Exploring Quebec City

Most of the main sights are easily reached on foot. The city can conveniently be divided into three parts. Basse-Ville, or Lower Town, is the oldest part, and rambles along the St. Lawrence River at the foot of Cap Diamant. Above lies the walled city, Haute-Ville, or Upper Town. This area is full of shops and restaurants, similar to the Basse-Ville, but both Catholic and Protestant cathedrals are here, as is the imposing Château Frontenac. Beyond the walls stretches Grande Allée, with the *Hôtel du Parlement* where the provincial parliament of Quebec sits.



Joan of Arc at Parc-des-Champs de Bataille

Terrasse Dufferin

Sweeping along the top of Cap Diamant from Château Frontenac to the edge of the Citadel, this boardwalk is well equipped with benches and kiosks, and offers unmatched views of the St. Lawrence River, the Laurentian Mountains, and Ile d'Orleans. During the

freezing Quebec winter, the municipal authorities install an ice slide for toboggans on the terrace, known as Les Glissades de la Terrasse.

Parc des Champs-de-Bataille

835 Ave. Wilfrid Laurier. ☎ (418) 648 4071. ☐ daily. ♿

Once a battlefield where the future of Canada was decided, the National Battlefields Park is now a delightful grassy recreation ground, with grand monuments and a dedicated fountain the only clues to the area's bloody and dramatic history. On September 13, 1759, British regulars under General James Wolfe defeated the

French army on this cliff-top field, the Plains of Abraham, just outside the walls of Quebec (see pp42–3), establishing permanent British rule in Canada. In 1908, the 100-ha (250-acre) battlefield was turned into one of the largest urban parks in North America.

Assemblée Nationale

Ave. Honoré-Mercier & Grande Allée E. ☎ (418) 643 7239. ♿ ☑ daily. The *Assemblée Nationale*, Quebec's provincial parliament, meets just outside the walls of the Old City in this graceful Second-Empire building, completed in 1886 as a showcase of provincial history. Niches along the imposing façade and up the sides of the tall central tower display 22 bronze figures, each representing a person who played a vital role in Quebec's development. The first inhabitants of the territory are honored in a bronze rendition of a First Nations family by the main door. Inside, the blue chamber is the hub of Quebec's political activity.

Fortifications de Québec

☎ (418) 648 7016. ☐ Apr–Oct: daily. ♿ ♿

After a century of peace, the fortifications that had secured Quebec since their completion by the British in 1760 were transformed in the 1870s from a grim military necessity into this popular attraction. On the city's northern and eastern edges, low ramparts studded with cannons defend the cliff-top, with the walls on the western side reaching 2.5 m (10 ft). Two elegant gates, the Saint-Jean and the Saint-Louis, pierce the western stretch. Visitors can walk along the top of the walls for 4 km (3 miles).



Quebec's 18th-century fortifications in the Parc d'Artillerie



Abundant produce stalls draw crowds at the market in Vieux Port

Vieux Port

100 Quai Saint Andre. (418) 648 3300.

This delightful area has its focus around the old harbor northeast of the walled city. In contrast to the crammed heritage of much of the Lower Town, Vieux Port is an airy riverside walking site, full of

new and restored modern attractions. Boat cruises downriver to the Chute Montmorency waterfalls (see p135) are available. Waterfront walks pass chic boutiques, apartment blocks, the city's concert stadium, and shops in trendy warehouse settings.

Musée de la Civilisation

85 Rue Dalhousie. (418) 643 2158. late Jun-early Sep: daily; late Sep-early Jun: Tue-Sun. www.mcq.org

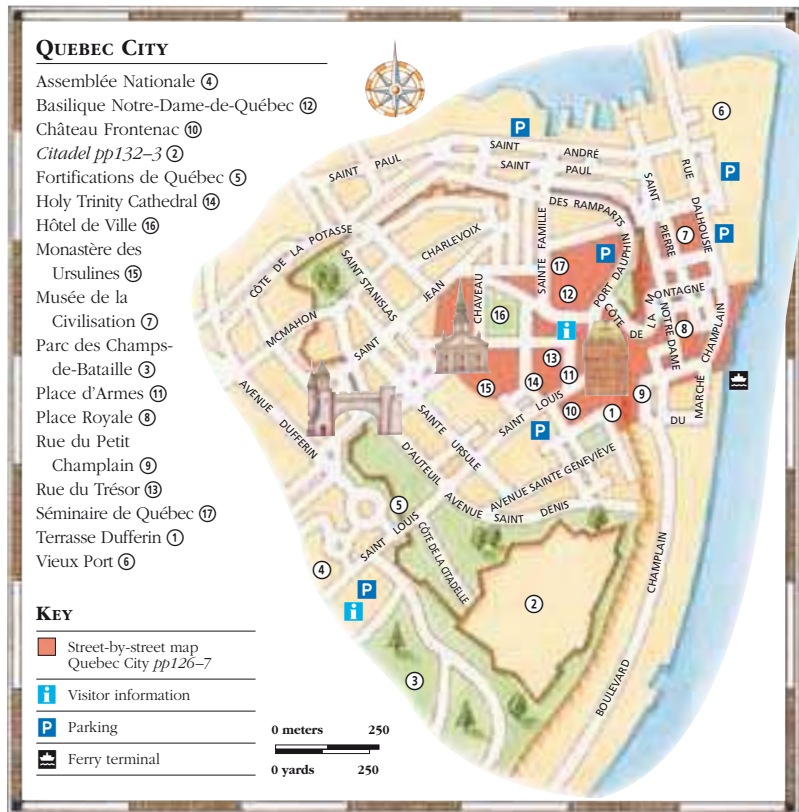
Top contemporary Canadian architect Moshe Safdie designed this modern limestone and glass building in Basse-Ville to house Quebec's museum of history and culture. Although highly up-to-date in feel, the construction has won several prizes for blending in well with its historic surroundings. Three heritage buildings are part of the museum's structure including Maison d'Estebe, an

18th-century merchant's house. The museum also uses another nearby 18th-century house, Maison Chevalier, for displaying Quebec architecture and furniture in period setting.

Museum exhibits include "Encounters with the First Nations," and the remains of a 250-year-old French flat-bottomed boat. Many exhibits are hands-on, and, during workshops for families, participants are encouraged to try on costumes from different eras.



Antique and modern architecture of the Musée de la Civilisation



Place Royale

Rue Saint Pierre. ☎ (418) 646 3167. Of all the squares in Canada, Place Royale has undoubtedly the most history. Samuel de Champlain, the founder of Quebec, planted his garden on this site, and the French colonial governor Frontenac turned it into a market in 1673. A bust of Louis XIV was installed in 1686, and the square was named Place Royale.

Today it remains much as it did in the 18th century, exuding an air of elegance and delicate grandeur. A cobblestone court in the center of Basse-Ville, Place Royale is surrounded by steep-roofed early 18th-century buildings with pastel-colored shutters that were once the homes of wealthy traders. The square declined in the 19th century but is now fully restored and a favorite for street performers.



Rue du Petit Champlain bustling with shoppers

Rue du Petit Champlain

below Dufferin Terrace in Old City.

☎ (418) 692 2613. ♿ partial.

🌐 www.quartierpetitchamplain.com

The aptly named Escalier Casse-Cou, or Breakneck Stairs, descends from Haute-Ville past several levels of gift shops to end on this narrow little walkway in the oldest part of the town. French artisans built homes here as early as the 1680s, and Irish dockworkers moved to the area in the 19th century. Much of the historic architecture remained, but the area fell into decline early in the 20th century. The workers' homes have been transformed into 50 art and speciality shops and restaurants, and the short pedestrian walkway has become one of the liveliest spots in old Quebec City. While often crowded, some interesting boutiques can be found.



A familiar landmark of the city, the 600-room Château Frontenac hotel

Place d'Armes

French colonial soldiers once used this attractive, grassy square just north of Château Frontenac as a parade ground, but its uses today are more congenial. Open horse-drawn carriages wait here to offer visitors a journey that reveals the square in all its charm. In the center, the Monument de la Foi commemorates the 300th anniversary of the 1615 arrival of Catholic Recollet missionaries. On the southwest corner next to the fine Anglican cathedral, lies the grand early 19th-century Palais de Justice. The Musée

du Fort opposite contains a large scale model of Quebec City in the 19th century.

Château Frontenac

1 Rue des Carrières. ☎ (418) 692 3861. ♿

The steep, green copper-roofed landmark that dominates the skyline of Old Quebec is a luxury hotel, built by the Canadian Pacific Railway on the heights overlooking the St. Lawrence River. In the 19th century, US architect Bruce Price designed the hotel as a French-style château on a huge scale, with dozens of turrets, towers, and a high copper roof studded with rows of dormer windows. Building continued for almost a century after the first section of the hotel was opened in 1893, with a final part completed in 1983. Made from

brick and stone, the hotel now has over 600 rooms. The public salons are sumptuous and elegant; Salon Verchère and the Champlain are the most visited.

Basilique Notre-Dame-de-Québec

Place de l'Hôtel de Ville. ☎ (418) 694 0665. ☐ 7:30am–4pm daily. ♿

This magnificent cathedral is the principal seat of the Roman Catholic archbishop of Quebec, whose diocese once stretched from here to Mexico. Fire destroyed the first two churches on the site before 1640, and the first cathedral built here was torn down by the British in 1759. A fourth version burned down in 1922. The present cathedral replaced it in the style of the 1647 original. Some modern materials, including concrete, steel, and plaster, have been used to re-create the light feel; glowing stained-glass windows, richly gilded decoration, and the graceful baldachin over the main altar add to the effect.



Imposing façade of the Basilique-Notre-Dame-de-Québec

Rue du Trésor

off Place d'Armes.

This tiny alley just across rue de Buade from Holy Trinity cathedral is something of a Quebecois institution. Closed to cars, the little street is packed in summer with visitors eager to have their portraits drawn, painted, or caricatured by the dozens of street artists who gather here. Browsing for sketches and watercolors of Quebec scenes can be fun.

Holy Trinity Anglican Cathedral

31 Rue des Jardins. ☎ (418) 692 2193. 🕒 daily. 🚗

After worshipping for nearly a century in the city's Catholic churches, in 1804 the Anglicans of Quebec finally had their own cathedral built at state expense. Their new mother church was the first Anglican cathedral outside Britain and is modeled on London's huge Neo-Classical St. Martin's in the Fields. To this day, gifts from England remain, including the prayer book and Bible donated by the British King George III. Cut from the King's Windsor Forest in England, the pews are of oak, and the eight-bell peal is the oldest in Canada. In the summer artists and artisans fill the verdant church grounds.

Monastère des Ursulines

Rue Donnacona. ☎ (418) 694 0694.

🕒 daily. 🚗

In 1639, Mère Marie de l'Incarnation brought the Ursuline order of nuns to Quebec and oversaw the construction in 1641 of the nunnery, which later burned down. Today, visitors can see the Saint-Augustin and Saint-Famille wings, which date from a period of rebuilding between 1686 and 1721. Surrounded by fruit orchards, the charming complex has gradually evolved over the past four centuries. One of the buildings is North America's oldest girls' school.

Nearly a hundred nuns still live and work here, so access is limited. The beautifully decorated chapel and French



Reliquary from the Ursuline Convent



The Hôtel de Ville seen from the small park in its grounds

antiques, including Louis XIII furniture, scientific instruments, paintings, and embroideries, are displayed in the Musée des Ursulines within the monastery. The museum also tells the story of the nuns' educational and missionary achievements. Mère Marie completed the first Huron, Algonquin and Iroquois dictionaries. Copies are on display, along with embroidery and liturgical clothes from the 17th to 19th centuries.

Hôtel de Ville

Côte de la Fabrique. ☎ (418) 691

4606. 🕒 Interpretive Centre: late

Jun–Sep: daily; Oct–Jun: Tue–Sun. 🚗

This imposing building stands at the western end of the rue de Buade, a popular gathering place for Quebec artists offering their wares. Built in 1833, and still the town hall to the city, it is the grounds that are

the focus for the city's people. The small park here holds theater performances in the summertime and is a meeting place for festival-goers.

Séminaire de Québec

2 Côte de la Fabrique. ☎ (418) 692

2843. 🕒 summer. 🚗 obligatory.

🚗 🚗

In 1663, the first bishop of Quebec, Francois Laval, built a seminary next to his cathedral to train Catholic priests for his huge diocese. Over the centuries it has been added to and now forms a graceful complex of 17th-, 18th-, and 19th-century buildings centered on a peaceful courtyard.

Within the seminary, visitors can admire the excellent 18th-century paneling that covers the walls of the chapel. The Musée de l'Amérique Française is part of the complex and has a wonderfully eclectic collection, including a converted chapel decorated with fascinating wooden *trompe l'oeils*.



The 19th-century interior of the chapel at the Séminaire de Québec

La Citadelle



Regimental stained glass beaver badge

BOTH THE FRENCH and British armies contributed to the building of this magnificent fort. The French started construction in 1750, with work completed in 1831 by the British. The purpose of the fort was to defend Quebec against an American attack that never came.

Today the fortifications are a pleasant walkway that provides a tour around the star-shaped fortress. The Citadelle is home to the famous French Canadian regiment the Royal 22^e (Van Doos). Because the Citadelle is still a working military barracks, visitors can see the regiment perform their daily tasks as well as their parade drill.

Cap Diamant is the highest point of the Cape Diamond cliffs, from which the Lower Town descends.



Governor-General's residence

This splendid mansion with its double central staircase and marble hall has been the official home of Canada's governors-general since the 19th century.



Cape Diamond Redoubt

The oldest building in the Citadelle, the Redoubt dates back to 1693 when it was built under the leadership of the French Count Frontenac as a first citadel for Quebec. Now home to relics of war, the Redoubt offers fine views of the St. Lawrence River.



The Fortifications

From the mid-19th century, the Citadelle served as the eastern flank of Quebec City's defenses.

Old Military Prison

Trenches

around the Citadelle have always been key defensive structures.

The Vimy Cross was erected in memory of the Canadians who fell at the WWI battle of Vimy Ridge in 1917.

Chapel

A key part of the fortress, this private chapel used to be a British powder magazine and is now used for ceremonial purposes.





★ **Changing of the Guard, Parade Square**

Every day from June to Labour Day, the Changing of the Guard takes place. The ceremonial dress of the 22^e, scarlet tunic and blue trousers, is of British design.

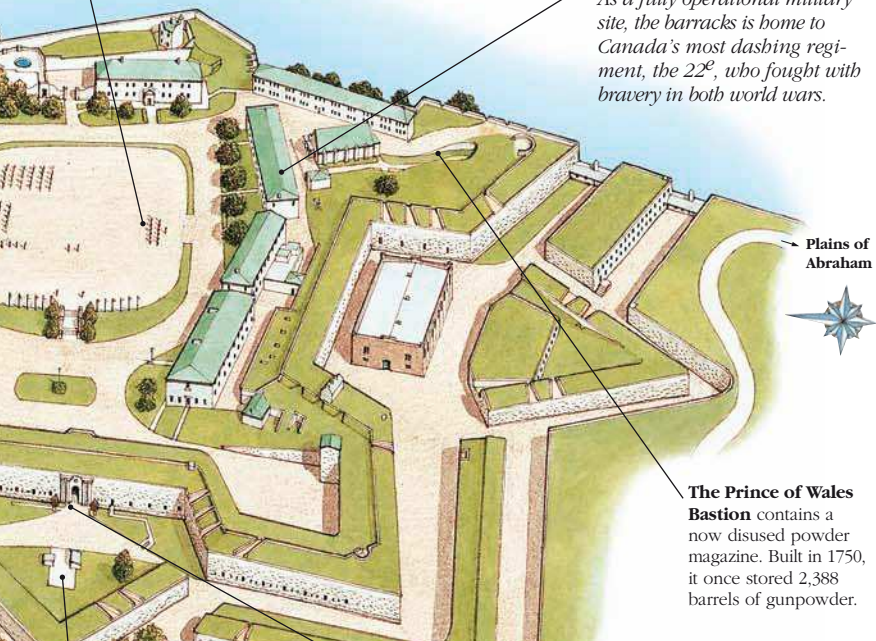
VISITORS' CHECKLIST

1 Cote de la Citadelle. ☎ (418) 694 2815. 🕒 daily. ♿ 🗺️ 📺 in museum. 📱 📷 obligatory. 🌐 www.lacitadelle.qc.ca



The Barracks

As a fully operational military site, the barracks is home to Canada's most dashing regiment, the 22^e, who fought with bravery in both world wars.



Plains of Abraham

The Prince of Wales Bastion contains a now disused powder magazine. Built in 1750, it once stored 2,388 barrels of gunpowder.

Ticket booth

0 meters 25
0 yards 25

Entrance to the Citadelle

STAR SIGHTS

★ **Changing of the Guard**

★ **Dalhousie Gate**



★ **Dalhousie Gate**

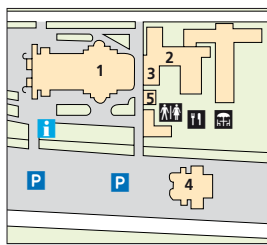
One of the original structures remaining from the 19th century, Dalhousie Gate is surrounded by portholes and gun fittings. These helped the four-pointed fortress to cover its north, south, and west flanks with defensive fire.

Sainte-Anne-de-Beaupré ②

ONE OF CANADA'S most sacred places, the shrine to the mother of the Virgin Mary was originally built in the 17th century. In 1650 a group of sailors who landed here after surviving a shipwreck vowed to build a chapel in honor of Saint Anne, the patron saint of those in shipwrecks. Over 1.5 million visitors now visit every year, including an annual pilgrimage on Saint Anne's Feastday on July 26. This medieval-style basilica was built in the 1920s, and was the fifth church to be built on this site. In the entrance stand two columns of crutches, testimony to the faith of generations of Roman Catholics. The dome-vaulted ceiling is decorated with gold mosaics portraying the life of Saint Anne. She is represented in a large gilt statue in the transept, cradling the Virgin Mary.

PLAN OF THE SHRINE

- | | |
|----------------|-------------------|
| 1 Basilica | 4 Museum |
| 2 Monastery | 5 Blessing Office |
| 3 Church store | |



THE BASILICA

In 1876, Saint Anne was proclaimed patron saint of Quebec, and in 1887 the existing church was granted basilica status. The Redemptorist order became the guardians of the shrine in 1878.



Entrance to Basilica's upper floor

Bright mosaic floor tiles echo ceiling patterns

Stained-glass windows show the progress of pilgrims through the shrine, with the rose window as centerpiece.



Statue of Saint Anne

The focus of the upper floor, the richly decorated statue sits in front of the relic of Saint Anne, presented to the shrine by Pope John XXIII in 1960.

★ The Basilica

There has been a church on this site since 1658. In 1922, the previous basilica burned down. Today's version was built in 1923 and consecrated in 1976.

STAR SIGHTS

- ★ The Basilica
- ★ Pietà

VISITORS' CHECKLIST

3,400. Quebec City. 10018 Av. Royale (418) 827 3781. during mass. 9am during summer. www.ssadb.qc.ca



★ Pietà

A faithful copy of Michelangelo's original in St. Peter's, Rome, this shows Christ at his death.



Basilica interior

Lit by sun streaming through the stained-glass windows, the cream and gold interior is decorated in every corner.



Montmorency Falls at Ile d'Orléans, Quebec's most dramatic waterfall

Parc de la Chute Montmorency and Ile d'Orléans ③

Montmorency Falls (418) 663 3330. 8:30am–11pm daily. mid-Apr–Oct. Ile d'Orléans Tourist Centre, 490 Cote du Pont, St. Pierre (418) 828 9411.

LOCATED 7 km (4.5 miles) east of Quebec City, Montmorency Falls is Quebec's most celebrated waterfall. Higher than Niagara Falls, the cascade is created as the Montmorency River empties out into the St. Lawrence River – a total of 30 m (100 ft) higher than the 56-m (175-ft) plunge of Niagara Falls from the Niagara River to Lake Ontario. The park surrounding the Falls offers several ways to view the cascade; a suspension bridge, an aerial tram, and, for the fit and fearless, a series of trails that climb the surrounding cliffs.

A modern bridge nearby crosses the river to the Ile d'Orléans. This richly fertile island is covered with flowers, strawberry fields, and flourishing farmland. Sprinkled with villages, it gives a fascinating look at rural life in Quebec.

Charlevoix Coast ④

166 Blvd. de Comporte, La Malbaie (418) 665 4454. www.tourisme-charlevoix.com

THE CHARLEVOIX COAST runs 200 km (130 miles) along the north shore of the St. Lawrence River, from Sainte-Anne-de-Beaupré in the west to the mouth of the Saguenay. A

UNESCO World Biosphere Reserve because of its fine examples of boreal forest, the area is a slim band of flowery rural beauty on the southern edge of tundra that stretches northward. Gentle valleys protect old towns reaching to the river, with coastal villages sheltering beneath tall cliffs. Lying in a fertile valley is the exceptionally pretty Baie-Saint-Paul, its streets lined with historic houses and inns.

Just 35 km (21 miles) north of Baie-Saint-Paul lies the **Parc des Grands Jardins**, a vast expanse of lakes and black-spruce taiga forest with a herd of caribou. Small mountains offer walking and hiking. Farther downstream is the tiny and tranquil island Ile-aux-Coudres. The lush, green farmland here is sprinkled with historic farms and a windmill.

Parc des Grands Jardins

Rte. 381. (418) 439 1227. May–Oct: daily; Nov–Apr: Sat & Sun.



Moulin de L'Ile-aux-Coudres, in the Charlevoix region



The town of Tadoussac at the confluence of the St. Lawrence and Saguenay rivers

Tadoussac 5

☎ 850. 📍 197 Rue des Pionniers (418) 235 4977.

LINED WITH boutiques, the old streets of this little town make a gentle start to exploring the local stretch of the St. Lawrence River. In 1600, French traders picked the village as the site of the first fur-trading post in Canada, noticing that for generations native Indians had held meetings here to trade and parley. In the 19th century, even while the fur trade was still a force, steamships began to transport well-heeled tourists to the village for a taste of its wilderness beauty.

Justifying two centuries of tourism, the scenery here is magnificent. Backed by rocky cliffs and towering sand dunes, Tadoussac's waterfront faces over the estuary at the confluence of the St. Lawrence and Saguenay rivers. In the town, the re-creation of the original 17th-century fur-trading post and the oldest wooden church in Canada, the Petite Chapelle built in 1747, are popular.

However, the main attraction in Tadoussac lies offshore. Whale-watching tours offer trips into the estuary to see many species at close quarters. The thriving natural conditions in the estuary support a permanent colony of white beluga whales, which are joined in summer by minke, fin, and blue whales.

Saguenay River 6

📍 Jonquière. 📍 Chicoutimi. ☎ 455 Rue Racine Est (418) 543 9778. 🌐 www.tourismesaguenaylacsaintjean.net

THE SAGUENAY River flows through the world's southernmost natural fjord. This was formed from a retreating glacier splitting a deep crack in the Earth's crust during the last Ice Age, 10,000 years ago. Inky waters, 300 m (985 ft) deep in places, run for 155 km (95 miles) beneath cliffs that average 450 m (1,500 ft) in height. Due to the exceptional depth, ocean liners can travel up to Chicoutimi on the river.

Running from Lac St. Jean to the St. Lawrence estuary, the Saguenay is best known for

its lush borderlands and the wildlife that thrives in its lower reaches. Much of the pretty Bas Saguenay, the southern half of the river, is a federal marine park. Most visitors take a tour to view the colony of a thousand whales that live here.

Beautiful views of the length of the fjord are available on the western shore at Cap Trinité, a cliff that rises 320 m (1,050 ft) over the channel, with a well-known 10-m (33-ft) statue of the Virgin Mary surveying the scenery from the lowest ledge.

Chicoutimi 7

Saguenay. 📍 64,600. 📍 Jonquière. 📍 Chicoutimi. ☎ 455 Rue Racine Est (418) 543 9778.

SNUG IN THE crook of mountains on the western shore of the Saguenay, Chicoutimi is one of northern Quebec's most expansive towns, despite its modest population. The cultural and economic center of the Saguenay region, Chicoutimi's waterfront district has now been restored. A stroll along the riverside offers good views of the surrounding mountains and the confluence of the Chicoutimi, Du-Moulin, and Saguenay rivers.

Once a center for the paper trade, Chicoutimi still features a large pulp mill, the **Pulperie de Chicoutimi**. Although no longer operational, the plant can be toured, and an adjacent museum shows visitors the intricacies of this long-standing Quebecois industry, which once supplied most of North America's paper needs.

📍 **Pulperie de Chicoutimi**

300 Dubuc. ☎ (418) 698 3100.

🕒 late Jun–Sep: 9am–6pm daily. 🚗



Waterfront view of a section of the deep Saguenay fjord

A Tour of Lac-Saint-Jean ⑥

IN THE MIDST OF THE ROCKY, spruce-covered wilderness that characterizes central Quebec, Lac-Saint-Jean is an oasis of tranquillity. Dairy farms, charming villages such as Chambord, and warm sandy beaches border the lake itself, which covers 1,350 sq km (520 sq miles). The lake and its rolling green landscape fill a crater-sized basin left by advancing glaciers at the end of the last Ice Age. Tiny rivers flow to the lake and tumble dramatically down the basin's steep walls into the blue waters, to be reborn as the source of the Saguenay River.

0 km 10
0 miles 10



KEY

— Tour route

— Other roads

★ Viewpoint

Dolbeau ⑤

Most visitors to Dolbeau arrive in July for the ten-day Western Festival, which features rodeos and cowboys in Stetsons.

Mashteuiatsh, Pointe-Bleu ④

This Montagnais Indian village is open to visitors who can see at first hand age-old methods of carving, hunting, weaving, and cooking.

Roberval ③

This little village has a charming waterfront, from which spectators can see the finish of the swimming contest to cross the lake, which has taken place each July since 1946.

TIPS FOR DRIVERS

Starting point: Chambord.

Length: 230 km (144 miles).

Getting around: This is a long, though relaxed drive, and the road is well maintained. Inns and restaurants offer rest on the way in most towns and villages, including Mashteuiatsh. Small side roads make peaceful diversions.



Parc National de la Pointe-Taillon ⑥

Stretching into a peninsula, this park is excellent for cycling and hiking, but is best known for its fine, long beaches.

Chambord ①

Sailing and swimming are top activities here, especially for children and families.



Village Historique de Val-Jalbert ②

This outdoor museum is dominated by the 70-m (200-ft) Ouiatchouan waterfall, which once acted as power for a pulp mill here in the 1920s.





Daniel Johnson Hydroelectric Dam, north of Baie-Comeau

Baie-Comeau 9

🏠 26,700. 📠 🚗 🚚 📶 337 La Salle (418) 294 2876.

THIS SMALL TOWN owes its entire existence to the US newspaper, the *Chicago Tribune*, which in 1936 built a mill near the mouth of the Manicougan River to supply its newspaper presses with paper. Declared a historic district in 1985, Baie-Comeau's oldest area is the Quartier Amélie, with rows of fine homes and an impressive hotel dating from the 1930s.

Paper production remains a vital industry in this area, but Baie-Comeau is most important today as a gateway to the enormous Manic-Outardes hydroelectric power complex, situated along Hwy 389, from 22 km (14 miles) to 200 km (130 miles) north of town. The most spectacular example is Manic-5, 190 km (115 miles) from Baie-Comeau. Its gracefully arched Daniel Johnson Dam holds back a vast reservoir that fills a crater geophysicists believe might have been created by a meteorite several millennia ago.

Sept-Iles 10

🏠 29,000. 📠 🚗 🚚 📶 1401 Boulevard l'Aure (418) 962 1238.

UNTIL THE 1950s, Sept-Iles led a quiet existence as a historic, sleepy fishing village. However, after World War II, the little settlement, set on the shores of a large, circular bay, drew the attention of large

companies to use as a base for expanding the iron mining industry in northern Quebec. Now the largest town along the north shore of the Gulf of St. Lawrence, Sept-Iles has turned into Canada's second largest port as part of the St. Lawrence Seaway. A boardwalk along the waterfront offers visitors the chance to see the large ships in action, and to observe close-up the workings of a busy modern dock.

Although boasting the best of modern marine technology, the town also offers a reminder of its long-standing history. Vieux Poste near the center of the town is a fine reconstruction of a native trading post, where the original inhabitants of the area met to barter furs with French merchants. A small museum with aboriginal art and artifacts sells native crafts.

Despite its industrial importance, Sept-Iles is an area of considerable natural beauty.



Sept-Iles from the air, showing the bustling dock in action

Miles of sandy beaches rim the nearby coastline, and the salmon-rich Moisie River flows into the Gulf of St. Lawrence just 20 km (12 miles) east of the town. The seven rocky islands that gave the city its name make up the Sept-Iles Archipelago Park.

Ideal for campers and hikers with its beaches and nature trails, one of the seven islands, Ile Grand-Basque, is a popular local camping spot. Another small island, Ile du Corossol, has been turned into a bird sanctuary that teems with gulls, terns, and puffins, and can be toured with a guide. Cruises are available for guided trips between islands.

Mingan Archipelago and Ile d'Anticosti 11

🏠 Sept-Iles. 📠 Sept-Iles. 📶 1401 Boulevard l'Aure (418) 962 1238.

BARELY VISITED until recently, this unspoiled and unsettled area is fast gaining in popularity for its harsh landscape, rich wildlife, and untouched ecosystems. In 1984, the Mingan Archipelago islands became Canada's first insular national park. Puffins, terns, and several gull species find refuge in the Mingan Archipelago Wildlife Park, which comprises all 40 of the Mingan Islands that scatter along the north shore of the Gulf of St. Lawrence. Gray, harbor, and harp seals all cluster along the tiny coves and bays, and fin whales are occasional visitors. As well as the abundant wildlife, the islands are famous for their bizarre monoliths. Eroded over many centuries by the sea, these limestone carvings have surreal shapes. The best-known rocks look strikingly like flowerpots, with grasses sprouting from their peaks. Visitors can book a trip to admire this unique manifestation of nature by boat.

Until 1974, the Ile d'Anticosti, east of the archipelago, was private property – all 8,000 sq km (3,090 sq miles) of it. The past owner, French chocolate tycoon Henri Menier, bought



“Flowerpot” limestone monoliths at Mingan Archipelago National Park

the island in 1895 and stocked it with a herd of white-tailed deer for his friends to hunt. Now numbering 120,000, the deer herd is firmly ensconced but can still be hunted.

Wildlife abounds; over 150 species of bird live in the relatively unspoiled forest and on the beaches. The village of Port Menier has 300 residents and acts as the local ferry terminus and lodging center.





Seal at Ile d'Anticosti

along hilly streets, and its old 18th-century cottages have an appealing French atmosphere. From the peak of the old town, views across the river valley

are lovely. Other villages in this area feature unusual attractions. Farther along the main Route 32, Trois-Pistoles boasts a history that goes

back to 1580, when Basque whalers arrived. The offshore Ile-aux-Basques was a whaling station in the 16th century, and today can be visited to tour the nature preserve in its place. Toward the region's commercial center, Rimouski, lies Parc Bic, a small preserve of 33 square km (13 square miles) dedicated to the two forest zones, deciduous and boreal, it encloses, and its varied coastal wildlife.

Iles-de-la-Madeleine

 128 Chemin du Debarcadere, Cap-aux-Meules (418) 986 2245.  www.tourismeilesdelamadeleine.com

THE FEW FISHING families who make their homes on this remote archipelago in the middle of the huge gulf of St. Lawrence have taken to painting their cottages in an assortment of mauves, yellows, and reds. The river gives striking views of the little communities on their low-lying, windswept islands, but the islands themselves have more to offer the visitor who makes the boat trip to see them. As well as the charming ancient villages, they are home to what are reputed to be some of the most relaxing beaches in Canada, celebrated for their fine sand and sheltered position.

South Shore

 Rivière-du-Loup.  Rivière-du-Loup.  Rivière-du-Loup.  Rivière-du-Loup (418) 867 3015, 1 888 825 9125.  www.riviereduloup.ca

COMMUNITIES here can trace their roots back to the old 18th-century settlers of New France. Dotted along the flat, fertile farmland of the south shore of the St. Lawrence River west of Gaspé and inland toward Montreal, the villages cover the area between the region's largest towns of Montmagny and Rimouski. Rivière-du-Loup, a seemingly unremarkable town in this stretch, provides for many people a taste of true Quebec. Featuring an ancient stone church that rears above the skyline, the old town rambles



Painted fisherman's cottage on L' Ile-du-Havre-Aubert, Iles-de-la-Madeleine

Gaspé Peninsula Tour 14

POPULARLY KNOWN as La Gaspésie, the Gaspé Peninsula stretches out north of New Brunswick to offer Quebec's wildest and most appealing scenery. As the peninsula spreads east, clumps of trees become dense pine forests, and the landscape becomes rough and rocky; cliffs along the northern coast reach 500 m (1,500 ft). The Chic-Choc mountains reach heights of 1,300 m (4,000 ft) and provide some of the province's best hiking. Shielded by the mountains, the southern coast harbors 18th-century fishing villages, inland fruit farms, exotic gardens, and wilderness national parks.



Grand Métis ①

This small town is home to one of Canada's most beautiful gardens, an exotic haven of over 1,000 rare species.

QUEBEC CITY

• Sainte-Flavie



Cap Chat ②

Named for a nearby cat-shaped rock, Cap Chat boasts the tallest windmill in the world at 110 m (330 ft).

• Matane



RESERVE
FAUNIQUE
DE MATANE



• Amqui

• Causapsal



• Routhierville



Vallée de la Matapédia ⑨

Starting at the confluence of two excellent salmon-fishing rivers, the picturesque Matapédia Valley is crisscrossed by covered bridges. Concealing long-established fruit farms, the valley's elm and maple trees show stunning fall colors.



Parc National de la Gaspésie ③

Over 800 sq km (300 sq miles) of rough terrain mark a change from boreal to subalpine forest.



0 km 20

0 miles 20

Carleton ⑧

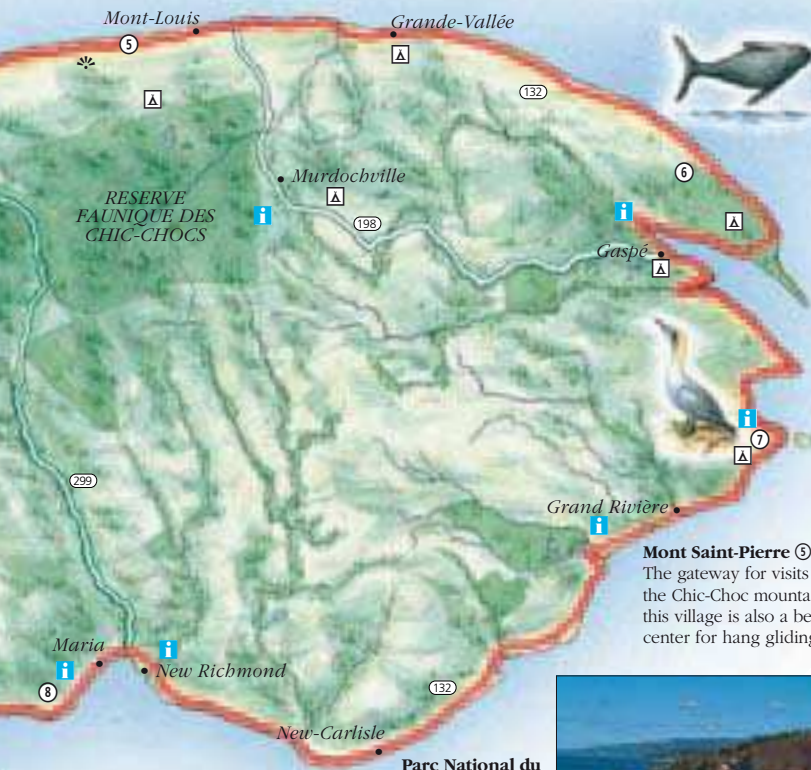
Founded in 1766 by Acadians fleeing the Great Expulsion in Nova Scotia (see pp58–9), Carleton today is a pleasant, relaxed resort town. Quality hotels and restaurants line the airy streets, and many visitors enjoy the mild coastal climate.

Sainte-Anne-des-Montes ④

The entrance to Gaspé's park and the wildlife reserves of the Chic-Chocs, this 19th-century village has fine restaurants, and good salmon fishing nearby.

**TIPS FOR DRIVERS**

The main road on this tour is Hwy 132, which follows the coastline from Grand Métis along the peninsula in a round trip. While too long to complete in a day, the journey can be broken in many of the local villages. Trips into the interior on the secondary road 299 are ideal for seeing the rocky wilderness.



RESERVE
FAUNIQUE DES
CHIC-CHOCs

Mont Saint-Pierre ⑤

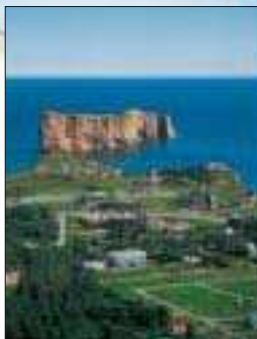
The gateway for visits to the Chic-Choc mountains, this village is also a beach center for hang gliding.

Parc National du Canada Forillon ⑥

The park contains the tail end of the Appalachian Mountains, now cliffs worn into rugged formations by the sea.

Rocher Percé ⑦

Situated out to sea south of the small town of Percé, this famous pierced landmark is the result of tidal erosion. In the 1930s, Percé became a popular spot for Canadian artists and still contains many galleries.

**KEY**

— Tour route

— Other roads

▲ Camp grounds

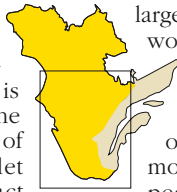
i Visitor information

☼ Viewpoint



SOUTHERN AND NORTHERN QUEBEC

THE VAST AREA of land that stretches across Quebec from the Ontario boundary to historic Quebec City is rewarding in its diversity. In the south, the rich hilly farmland of the Appalachians and scarlet forests of maple trees attract many visitors each year, while the stark beauty of Nunavik's icy northern coniferous forests bursts into a profusion of wildflowers in spring, alongside the



largest hydroelectric projects in the world. The center of the region is Quebec's natural playground, the Laurentian Mountains, a pristine lake-filled landscape offering fine skiing on ancient mountains. Populated by native people until Europeans arrived in the 16th century, the area was fought over by the French and British until the British gained power in 1759. Today French-speakers dominate.

SIGHTS AT A GLANCE

National Parks

Parc National de la Mauricie 5

Historic Towns and Cities

Gatineau 12

Joliette 7

Oka 9

Rouyn-Noranda 15

Sherbrooke 2

Sainte-Croix 8

Terrebonne 8

Trois Rivières 6

Val d'Or 14

Historic Sites and Areas of Natural Beauty

Lac Memphrémagog 1

Laurentian Mountains 11

Nunavik (not shown on map) 17

Reserve Faunique

La Vérendrye 13

Richelieu Valley 4

James Bay 16

Sucrerie de la Montagne 10

KEY

International airport

Highway

Major road

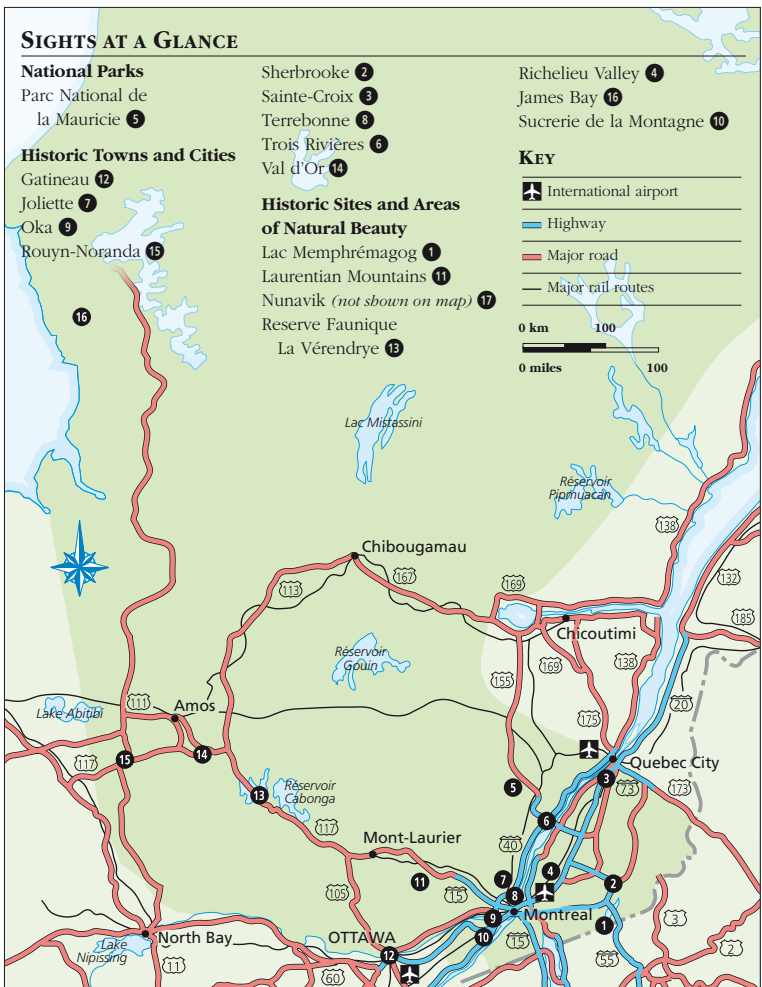
Major rail routes

0 km

100

0 miles

100



◀ Colorful houses in St. Jovite, with the Laurentian Mountains rising behind



Church by Lac Memphrémagog

Lac Memphrémagog ①

Magog. Magog. 55 Cabana St., Magog 1 (800) 267 2744. www.tourismememphremagog.com

THIS AREA belongs to the Eastern Townships, or the “Garden of Quebec” that stretches from the Richelieu River valley to the Maine, New Hampshire and Vermont borders in the US. Set among rolling hills, farmland, woods, and lakes in a landscape similar to the Appalachians, the Townships are among Canada’s top maple syrup producers (see pp98–99).

Lac Memphrémagog itself is long, narrow, and surrounded by mountains. It even boasts its own monster, a creature named Memphré, first spotted in 1798. The lake’s southern quarter dips into the state of Vermont, so it is no surprise that the British Loyalists fleeing the American Revolution were this region’s first settlers. Their influence can be seen in the late 19th-century redbrick and wood-frame homes of lakeside villages such as enchanting Georgeville and Vale Perkins, and in the resort city of Magog at the northern end of the lake.

Benedictine monks from France bought one of the lake’s most beautiful sites in 1912 and established the Abbaye Saint-Benoît-du-Lac. Today the monks produce cider and a celebrated blue cheese called l’Ermitte. They are also renowned for Gregorian chant, and visitors can hear them sing mass in the abbey church.

Sherbrooke ②

140,000. 2964 King St. W. 1 (800) 561 8331, (819) 821 1919. www.sdes.ca

THE SELF-STYLED “Queen of the Eastern Townships,” Sherbrooke is indeed this region’s industrial, commercial, and cultural center. The city lies in a steep-sided valley, with the historic quarter delightfully situated among the rolling farmlands of the Saint-François and Magog Rivers. The first settlers were British Loyalists from the New England states. Although their heritage survives in the fine old homes and gardens of Sherbrooke’s North Ward and in street names, today the city is overwhelmingly French speaking. From the town center runs the Riverside Trail, a lovely waterfront park with 20 km (12 miles) of cycling and walking trails along the banks of the Magog River.



A sign to Fort Chambly in the Richelieu Valley

Sainte-Croix ③

2,600. 6375 rue Garneau (418) 926 2620.

CHARMING, wooden manor house with bold sweeping front steps, pillars, and carved curlicues is the grandest old house in this pretty riverside town. It is the centerpiece of **Domaine Joly-De-Lotbinière**, a stunning estate built in 1851 by the local squire (seigneur). The house is surrounded by banks of geraniums and terraces of walnut trees stretching down to the river. Rare plant finds include 20 red oaks estimated to be more than 250 years old. The gardens are best known, however, for cultivating blue potatoes.

Domaine Joly-De-Lotbinière

Rte. de Pointe-Platon. (418) 926 2462. Jun–Sep: daily; Oct–May: 11am–5pm Sat & Sun. partial.

Richelieu Valley ④

1080 Chemin des Patriotes Nord, Mont Saint-Hilaire (450) 536 0395, 1 888 736 0395. www.vallee-du-richelieu.ca/tourisme

THIS FERTILE VALLEY follows the 130-km (80-mile) Richelieu River north from Chambly to Saint-Denis. **Fort Chambly**, also known as **Fort St. Louis**, in the industrial town of Chambly along the valley on the Montreal Plain, is the best preserved of a series of ancient buildings that the French erected to defend this vital waterway from Dutch and British attack. Built from solid stone in 1709 to replace the wooden fortifications that the original settlers set up in 1655, the fort is well preserved. A museum in Saint-Denis commemorates Quebecois patriots who fought in the failed 1837 rebellion against British rule. Today the river flows past attractive villages surrounded by orchards and vineyards; Mont Saint-Hilaire affords fine views of Montreal, and is famed for its apple plantations. Its 19th-century church was declared a historic site in 1965 and features paintings by Canadian Ozias Leduc (see p28).

Fort Chambly

2 Richelieu St., Chambly. 1 (800) 463 6769. Mar–mid-Jun: 10am–5pm Wed–Sun; mid-Jun–Sep: 10am–5pm daily. Nov–Feb:



Mont Saint-Hilaire, Richelieu Valley



Canoeists on Lac Wapizagonke in Parc National de la Mauricie

Parc National de la Mauricie 5

off Hwy 55 N. Shawinigan.

☎ (819) 538 3232. 🏠 Shawinigan.
🕒 daily. 🚗 🚲 🚰 partial. 📧 for a
fee. 🌐 www.parkscanada.pch.gc.ca

CAMPERS, HIKERS, canoeists, and cross-country skiers love this 536-sq km (207-sq mile) stretch of forest, lakes, and pink Precambrian granite. The park includes part of the Laurentian Mountains (see p147), which are part of the Canadian Shield, and were formed between 950 and 1,400 million years ago. La Mauricie's rugged beauty is also accessible to motorists, who can take the winding 63-km (40-mile) road between Saint-Mathieu and Saint-Jean-de-Piles.

Another great drive starts at Saint-Jean-de-Piles and has good views of the narrow Lac Wapizagonke Valley. With trout and pike in the lake, the area is an angler's delight. Moose and bear roam wild in the park.

Trois-Rivières 6

🏠 52,000. 🚗 🚲 🚰 📧 1457
Rue Notre Dame (819) 375 1122, 1
800 313 1123.

QUEBEC is one of the major paper producers in North America, and Trois-Rivières, a pulp and paper town, is a

main center of that industry in the province. This fact often hides the rich historical interest that Trois-Rivières has to offer. The first colonists arrived here in 1634 from France and, although not many of the colonial dwellings remain, the city's charming old section has a number of 18th- and 19th-century houses and shops, many of which have been recently converted into cafés and bars.

Ursuline nuns have been working in the city since 1697, and the core of the old city is the **Monastère des Ursulines**, a rambling complex with a central dome, a chapel, and a little garden that is now a public park. Rue des Ursulines features several little old houses with varying architectural styles.



The church of the Monastère des Ursulines in Trois-Rivières

Also here is an 18th-century manor house, the 1730 Manoir Boucher-de-Niverville, which contains the local chamber of commerce and rotates displays on the rich history of the area around the Eastern Townships.

☞ Monastère des Ursulines

734 Ursulines. ☎ (819) 375 7922.
🕒 Mar & Apr: Wed–Sun; May–Oct:
Tue–Sun; Nov–Feb: call ahead. 🌐

Joliette 7

🏠 31,100. 🚗 🚲 📧 500 rue Dollard
(450) 759 5013.

TWO CATHOLIC PRIESTS are responsible for turning the industrial town of Joliette on the Assomption River into a cultural center. In the 1920s, Father Wilfrid Corbeil founded the Musée d'Art de Joliette, whose permanent collection ranges from medieval religious art to modern works. In 1974, Father Fernand Lindsay started the Festival International de Lanaudière, a series of summer concerts by some of the world's best-known musicians.

The nearby town of Rawdon, 18 km (11 miles) west, has a deserved reputation as a place of great natural beauty. Trails wind away from the small town alongside the Ouareau River, leading to the picturesque, rushing Dorwin Falls.

Terrebonne 8

🏠 36,680. 🚗 🏠 📞 3645
Queen Street (1 866 964 0681).

JUST NORTHWEST of the outer fringe of Montreal's suburbs, this historic little town on the Mille-Iles River was founded in 1673, but a fire in 1922 engulfed many of its original buildings. However, some graceful 19th-century homes remain, on rue Saint-François-Xavier and rue Sainte-Marie, many of them converted into restaurants and bistros. The town's real gem is the **Ile-des-Moulins**, a pre-industrial complex of living history in the middle of the Mille-Iles River, with water-powered mills for grinding grain, carding wool, and sawing lumber. One of the biggest buildings on the site is the three-floor factory that was the first large-scale bakery in Canada. It was built by the Northwest Company in 1803 to make the saltless ship's biscuits that sustained the *voyageurs* who paddled west every year to collect furs for the company.

Terrebonne is also the center of Quebec's horse-riding culture. Popular with locals, rodeo and ranching events take place regularly.

🏠 Ile-des-Moulins

Autoroute 25, exit 22 E. 📞 (450) 471 0619. 🕒 Jun–Sep: 1–9 pm daily. 📧

🌐 www.ile-des-moulins.gc.ca



Rue-St-Louis Church in Terrebonne



The Oka ferry as it travels across the Lake of Two Mountains

Oka 9

🏠 3,840. 🚗 🏠 📞 183 rue des
Anges (450) 479 8337.

THE PRETTIEST WAY TO approach this village north of Montreal is on the small ferry that chugs across the Lake of Two Mountains from Hudson. Framed by mountains and orchards, from the water the small Neo-Romanesque 1878 church is visible through the trees. Oka's best-known religious building is the **Abbaye Cistercienne**, founded by a group of monks who moved to Canada from France in 1881. The decor of the abbey church is somewhat stark, in the Cistercian tradition,

but the Neo-Romanesque architecture is gracefully simple and the gardens peaceful. The abbey shop sells the soft Oka cheese that the monks have developed. Nearby, the Parc d'Oka covers about 20 sq kms (7 sq miles) of ponds and forests. It features the best beach and campground in the Montreal area, attracting sports lovers and visitors year-round.

🏠 Abbaye Cistercienne

1600 Chemin d'Oka. 📞 (450) 479 8361. 🕒 8am–8pm Mon–Sat. 🍽️ lunchtimes; Sun. 🌐 www.abbayeoka.com

Sucrerie de la Montagne 10

10 km South of Rigaud. 📞 📞 (450) 451 0831. 🕒 year round but call ahead. 📧 📞 obligatory. 📧

🌐 www.sucriedelamontagne.com

THIS TYPICALLY Canadian treat is set in a 50-ha (120-acre) maple forest on top of Rigaud Mountain near Rang Saint-Georges, Rigaud. It is entirely devoted to the many delights of Quebec's most famous commodity, the maple tree and its produce (see pp98–99). The site features a reconstructed 19th-century sugar shack, where collected maple sap is distilled and boiled in large kettles to produce the internationally renowned syrup. Over 20 rustic buildings house a fine



Quebecois
Maple Syrup

bakery, a general store, and comfortable cabins for overnight guests. The heart of the complex is a huge 500-seat restaurant that serves traditional banquets of ham, pea soup, baked beans, pork rinds (called *oreilles du Christ*, or Christ's ears), and pickles, and dozens of maple-based products, including syrup, sugar, candies, taffy, muffins, and bread. Folk music accompanies the nightly feast. The tour includes a thorough explanation of the maple syrup-making process, which is generally thought to have originated with the native people. They later imparted their secrets to European settlers, whose traditional methods are still in use today.

Laurentian Mountains Tour ①



Cycle sign

THIS WHOLE region, from the lively resort of Saint-Sauveur-des-Monts in the south to north of Sainte Jovite, is nature's own amusement park, full of beautiful lakes, rivers, hiking and cycling trails, and ski runs visited all through the year. The mountains are part of the ancient Laurentian Shield and are a billion years old. Dotted with pretty, old French-style towns, this is a superb area to relax in or indulge in some vigorous sports in the many national parks.

TIPS FOR DRIVERS

Although the 175-km round tour of the Laurentian Mountains can be made from Montreal in a day on Hwy 15, the region is best seen and enjoyed by taking advantage of the slower, but more scenic, Hwy 117. There may be traffic congestion at the peak times of July through August and from December to March.



Sainte Jovite ④

Full of historic architecture, this village lies in a wooded valley.

La Conception ⑤

Plenty of tiny hotels and street cafés add to the charm of this old village.



Mont Tremblant ⑥

The tallest of the Laurentian range with a vertical rise of about 645 m (2,145 ft), this is a popular international four-season resort.

Saint-Faustin ③

Saint-Faustin has an important role as the starting-off point for trips around the area. Local woods contain an interpretive center with flora and fauna trails.



Sainte-Agathe-des-Monts ②

The largest town in the Laurentians provides busy café society all year round. Lac des Sables in town offers beaches and lake cruises.


Val Morin ①

This enchanting village is a charming introduction to the area, with traditional French homes and churches.

KEY

 Tour route

 Other roads

0 km 3

 0 miles 3





Gatineau 12



Meditation center

GATINEAU, UNTIL recently known as Hull, is based just across the river from Ottawa in the province of Quebec, and, as a result, many federal bureaucracies have their headquarters here. For years, Gatineau has been a more relaxed and fun-loving counterpart to the capital, an attitude that reveals itself even in its officialdom – City Hall, for instance, boasts a meditation center. From Hull's establishment in 1800, the city's liquor laws were far more lenient than Ottawa's, and so this was where Ottawa politicians came to party (the city still has a lower drinking age). Gatineau contains one of Canada's best museums, the Canadian Museum of Civilization, which provides a fascinating tour of Canada's history over the past 1,000 years.

Gatineau Park

Hwy 5. ☎ (819) 827 2020, 1 800 465 1867. ☐ daily. This 360 sq km (140 sq miles) oasis of lakes and rolling hills between the Gatineau and Ottawa Rivers is a weekend playground for city residents. The park contains fragments of Gothic buildings, collected by the former Prime Minister, William Lyon MacKenzie-King.

Casino du Lac Leamy

1 Casino Blvd. ☎ (819) 772 2100, 1 800 665 2274. ☐ 9am–4am daily. ♿ Four million visitors a year are lured to this glittering Casino, which is equipped with 1,300 slot machines and 45 gaming



Gaming room in the casino

tables. Owned by the Quebec Government, the Casino opened in 1996 and is set in a park full of flowers and fountains.

Alexandra Bridge

Built in 1900, this handsome steel-framed bridge spans the Ottawa River and links Ontario

VISITORS' CHECKLIST

👤 228,000. 🏠 Ottawa International 12 km (8 miles) south of the city. 📍 200 Tremblay Rd, Ottawa. 📖 La Maison du Tourisme, 103 Rue Laurier (819) 778 2222, 1 800 265 7822. 🎭 Fall Rhapsody (Sep/Oct). 🌐 www.outaouais-tourism.ca

to Quebec. From footpaths, drivers' lanes, and cycle routes, the bridge offers fine views of the river, the Canadian Museum of Civilization, and the Parliament Buildings in Ottawa.

Maison du Citoyen

25 Laurier St. ☎ (819) 595 7100. ☐ 8:30am–4:30pm Mon–Fri. 🌐 public holidays. ♿ The heart of this modern complex is a vast atrium, the Agora, meant to serve as an all-weather gathering place for Gatineau's citizens, as well as an airy meditation center for the city's workers. Opening from it are City Hall, a library, a theater, and an art gallery.

Promenade du Portage

Linked with the city bridges, this main route downtown is a good shopping center with large stores and lively cafés. After dark the area and nearby Place Aubry become the focus of the city's excellent nightlife.

GATINEAU CITY CENTER

- Alexandra Bridge ①
- Canadian Museum of Civilization ②
- Maison du Citoyen ③
- Promenade du Portage ④

KEY

- 📖 Visitor information
- 🅑 Parking

0 meters 300
0 yards 300



Canadian Museum of Civilization

THIS MUSEUM ON THE BANKS of the Ottawa River was built in the 1980s to be the storehouse of Canada's human history. The architect, Douglas Cardinal, wanted the undulating façades of both buildings to reflect the Canadian landscape. The more curved hall is the Canadian Shield Wing, home to the museum's offices. The Glacier Wing displays the exhibits. Its entry is stunning; the dramatic interior of the Grand Hall contains a forest of totem poles. Canada Hall traces the progress of the Canadian people from the Vikings through early settlers to the present day. The Children's Museum is delightfully diverting.

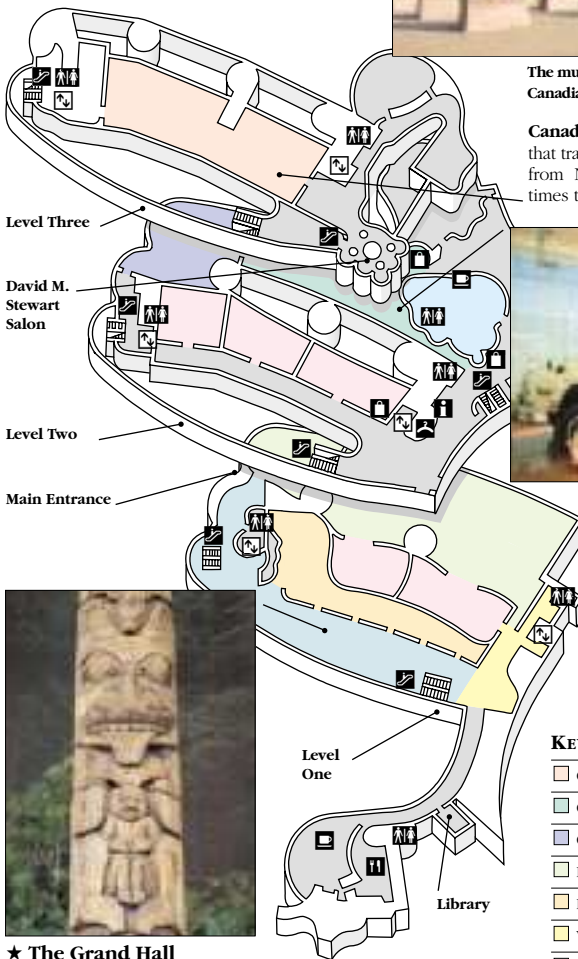
VISITORS' CHECKLIST

100 Laurier St. ☎ (819) 776 7000, 1 800 555 5621. ☑
 May–mid-Oct: 9am–6pm daily;
 mid-Oct–May: 9am–6pm
 Tue–Sun. ♿ ♻️ ♿ ♿ ♿ ♿ ♿
 🌐 📧 www.civilization.ca



The museum façade echoes the rolling Canadian landscape

Canada Hall is a mazelike journey that traces the country's history from Norse settlers and colonial times to Victorian villages.



The Children's Museum

This extremely popular space contains a "world tour" of interactive exhibits, a busy international market, and this brightly decorated Pakistani trolleybus.



★ The Grand Hall

Lit by windows three stories high, totem poles from the West Coast line the Grand Hall; each pole tells a native myth in wood carving.

STAR SIGHT

★ The Grand Hall

KEY TO FLOOR PLAN

- Canada Hall
- Children's Museum
- Canadian Postal Museum
- First Peoples Hall
- Pacific Coast Aboriginal Exhibits
- W.E. Taylor Salon
- Grand Hall
- IMAX/OMNIMAX™ movie theater
- Special exhibitions
- Nonexhibition space

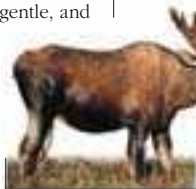


The wildlife preserve of La Vérendrye, seen from the air

Reserve Faunique La Vérendrye 13

☎ (819) 736 7431. 📍 Maniwaki.
🕒 summer. ♿ partial.

THIS WILDLIFE preserve is situated approximately 471 km (292 miles) to the northwest of Montreal on Hwy 117. It is celebrated for long, meandering waterways and streams and, with thousands of kilometers of canoe trails, is a legend among canoeists. Its rivers are usually gentle, and the 13,000 sq km (5,000 sq miles) of wilderness are home to large numbers of moose, bear, deer, and beaver. The land is practically untouched, but there are several campgrounds here for those who seek a truly peaceful break. In season, anglers can try for walleye, pike, lake trout, and bass. Hwy 117 traverses the park, providing access to many of its lakes and rivers, and is the starting point of hiking trails.



A moose at La Vérendrye

historic villages from the area's heritage of lumber trade and mining. Miners have been digging gold, silver, and copper out of the ground around Val d'Or since the 1920s. A climb to the top of the 18-m (60-ft) Tour Rotary on the edge of town shows many still-active mineheads.

La Cité de l'Or is a popular attraction, built around the abandoned Lamaque Gold-mine, formerly one of the richest sources of gold in the area. In its hey-

day of the early 20th century, the mine had its very own small town-site with a hospital, a boarding house for all single workers, and neat streets lined with little log cabins for married men and their families. The mine managers had more elaborate homes nearby, and there was a sumptuous guesthouse for visiting executives. Much of the Village Minier de Bourlamaque remains intact and was declared a historic site in 1979. Visitors can tour the village, the old analysis office and laboratories, and the minehead. For an extra fee, fascinating tours in coveralls and helmets are available down the 90 m (300 ft) mine shaft.

🏠 **La Cité de l'Or**
90 Ave. Perrault. ☎ (816) 825 7616.
🕒 Jun-Sep: 9am-6pm daily. ♿ partial.

Rouyn-Noranda 15

🏠 26,450. 📍 191 Ave. du Lac
(819) 797 3195, 1 888 797 3195.

AS WITH ALL developed areas in the north of Quebec, towns here are based on heavy industry. Rouyn and Noranda sprang up virtually overnight in the 1920s when prospectors found copper in the region. They merged into one city in 1986 but are quite different places. Noranda on the north shore of Lake Osisko is a carefully planned company town with its own churches and schools, built to house the employees of the now-defunct Noranda copper mine. The lawns and tree-lined streets have an almost English air. Nowadays its residents are likely to be employed in surrounding mines. The Horne Smelter, one of the biggest in the world, is based just outside the center of town and can be visited by arrangement.

Rouyn, on the south shore of the lake, is less structured and more commercial. It is also where Noranda residents used to go for recreation, and it is useful as a refreshment and fuel center for those traveling to the northern wilderness. The **Maison Dumulon**, a reconstruction of Rouyn's first post office and general store, celebrates its pioneer spirit with displays on the first settlers.

🏠 **Maison Dumulon**
191 Ave. du Lac. ☎ (819) 797 7125.
🕒 Jun-Sep: daily; Oct-Jun: Mon-Fri.
🗓 Dec 25, Jan 1. ♿ &



Copper being smelted into huge nuggets for export, Noranda

Val d'Or 14

🏠 35,000. 📍 1070 3rd Ave. E.
(819) 824 9646.

VAL D'OR is principally a mining town and is the major center in the northwestern part of Quebec. The town sights here are not architectural but vivid living history attractions of mines and



Herds of caribou migrate south in summer across the Hudson Bay area into Nunavik

James Bay 16

I *Tourisme Quebec (877) 266 5687.*

THE THINLY populated municipality of James Bay is roughly the size of Germany, which makes it much larger than most other municipalities in the region – about 350,000 square km (135,000 square miles). Its landscape, lakes, scrubby trees, and early pre-Cambrian rock is hardly urban, changing from forest to taiga to tundra and becoming gradually more inaccessible in the frozen northern parts. However, what the region lacks in infrastructure it makes up for amply in power capacity. Its six major rivers, which all flow into the Bay, can produce enough electricity to light up the whole of North America. So far, the Quebec government has spent over Can\$20 billion in building a third of the number of dams for what is already one of the biggest hydroelectric projects in the world. Five power plants produce nearly 16,000 megawatts of electricity to power much of Quebec and parts of the northeastern US. Le Grand 2 (known as LG 2) is the biggest dam and underground generating station in the world.

The main town in the area is the small settlement of Radisson. A functional but useful tourist center, Radisson

also offers good views of the surrounding country. Not all of the Bay's 215 dams and dikes can be seen, but the massive dams and series of reservoirs, especially LG 2, which is just east of town, are visible from above.



One of the vast power stations at James Bay

Nunavik 17

I *Association touristique du Nunavik (819) 964 2002, 1 888 594 3424. www.nunavik-tourism.com*

IN THE FAR NORTH of Quebec, the municipality of Nunavik covers an area slightly larger than continental Spain. Its inhabitants number about 7,000, nearly all of them Inuit, who

live in 14 communities along the shores of Hudson Bay, the Hudson Strait, and Ungava Bay. Nunavik is Quebec's last frontier, a wild and beautiful land that is virtually inaccessible except by airplane. Caribou herds, polar bears, and musk oxen roam the taiga coniferous forest and frozen Arctic tundra that covers this region. Seals and beluga whales can be found swimming in its icy waters.

Kuujuaq, near Ungava Bay, is Nunavik's largest district, with a population of just over 1,400. This is a good jumping-off point for expeditions to the valley of Kangiqsujuaq near Wakeham Bay and the rugged mountains around Salluit.

Visitors come to Nunavik and Kuujuaq to appreciate the many varieties of wildlife which roam freely in their natural setting. Summer is the best time for a trip; temperatures rise, but the ground remains frozen all year round. The region has no railroads (and hardly any roads) and should be explored only in the company of a seasoned and reliable guide. Many Inuit groups and communities offer guide services and the opportunity to experience life on the land with Inuit families. Visitors should be prepared for a very warm welcome and the chance to sample traditional Inuit foods and hospitality.





ONTARIO



INTRODUCING ONTARIO 156-161
TORONTO 162-187
OTTAWA AND EASTERN ONTARIO 188-203
THE GREAT LAKES 204-223



Introducing Ontario

THE SHEER SIZE OF ONTARIO is daunting. It is Canada's second-largest province, covering over one million square miles and stretching all the way from the Great Lakes on the US border to the frozen shores of Hudson Bay. Northern Ontario is relatively inaccessible, but this wild and stunningly beautiful region of turbulent rivers, deep forests, and Arctic tundra can be reached by air, and by the occasional scenic road and railroad. Much of the north is also sparsely populated, in striking contrast to the fertile lands farther south, and bordering Lake Ontario, which have attracted many thousands of immigrants. Both Toronto, Canada's biggest city, and Niagara Falls, the country's leading tourist destination, are here.



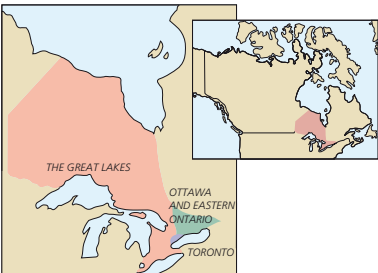
The world's tallest free-standing structure, Toronto's CN Tower, illuminated at night



A tour boat approaches the spectacular Horseshoe Falls at Niagara

GETTING AROUND

Among several highways skirting the northern shore of Lake Ontario, the most important are Hwy 401, heading from Toronto to Montreal in the east and Windsor in the west, and the Queen Elizabeth Way (QEW), running south from Toronto to Niagara Falls. Niagara Falls, Toronto, and Ottawa, are connected by bus and rail. Highway 69/400 runs north from Toronto to the Trans-Canada Highway at highway 17. Buses also cover northerly routes.



The Neo-Gothic splendor of Ottawa's Parliament Buildings seen from the top of Nepean Point

KEY

- Highway
- Major road
- Minor road
- River

SEE ALSO

- *Where to Stay* pp350–354
- *Where to Eat* pp370–374

The Hudson's Bay Company



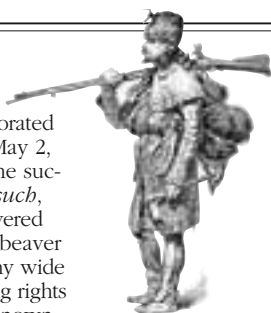
The Hudson's Bay Co. crest

THE HUDSON'S BAY COMPANY was incorporated by King Charles II of England on May 2, 1670. His decision was prompted by the successful voyage of the British ship *Nonsuch*, which returned from the recently discovered Hudson's Bay crammed with precious beaver furs. The king granted the new company wide powers, including a monopoly of trading rights

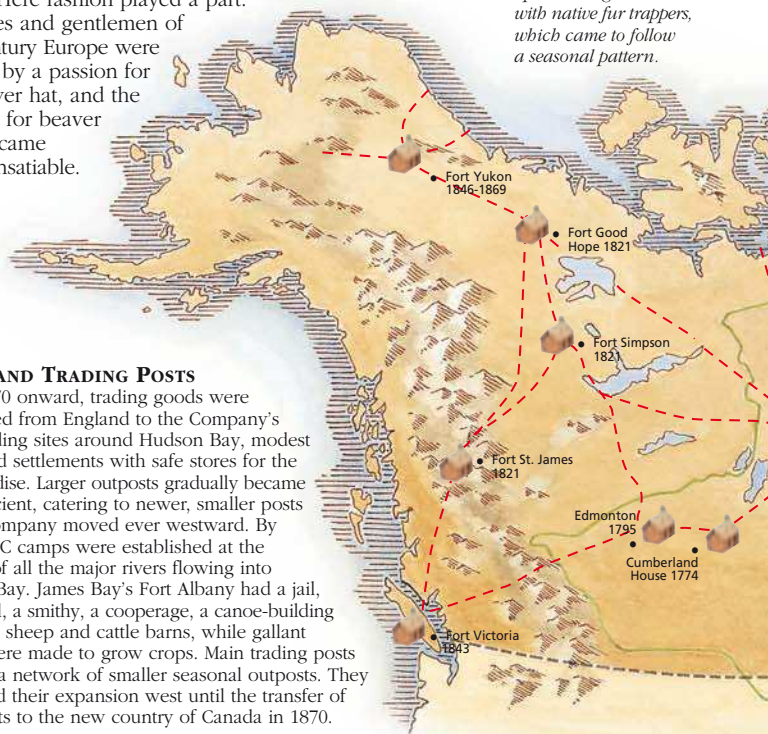
to a huge block of territory bordering the Bay, then known as Rupert's Land. The Company was ordered to develop links with the native Americans of Rupert's Land, and trade took off swiftly. Here fashion played a part: the ladies and gentlemen of 18th-century Europe were gripped by a passion for the beaver hat, and the demand for beaver pelts became almost insatiable.

LANDS AND TRADING POSTS




From 1670 onward, trading goods were dispatched from England to the Company's main trading sites around Hudson Bay, modest stockaded settlements with safe stores for the merchandise. Larger outposts gradually became self-sufficient, catering to newer, smaller posts as the Company moved ever westward. By 1750, HBC camps were established at the mouths of all the major rivers flowing into Hudson Bay. James Bay's Fort Albany had a jail, a hospital, a smithy, a cooperage, a canoe-building jetty, and sheep and cattle barns, while gallant efforts were made to grow crops. Main trading posts serviced a network of smaller seasonal outposts. They continued their expansion west until the transfer of land rights to the new country of Canada in 1870.



European fur couriers rapidly built up a roaring trade with native fur trappers, which came to follow a seasonal pattern.



KEY

-  Trading post
-  Trading route
-  1670 boundary of Rupert's Land

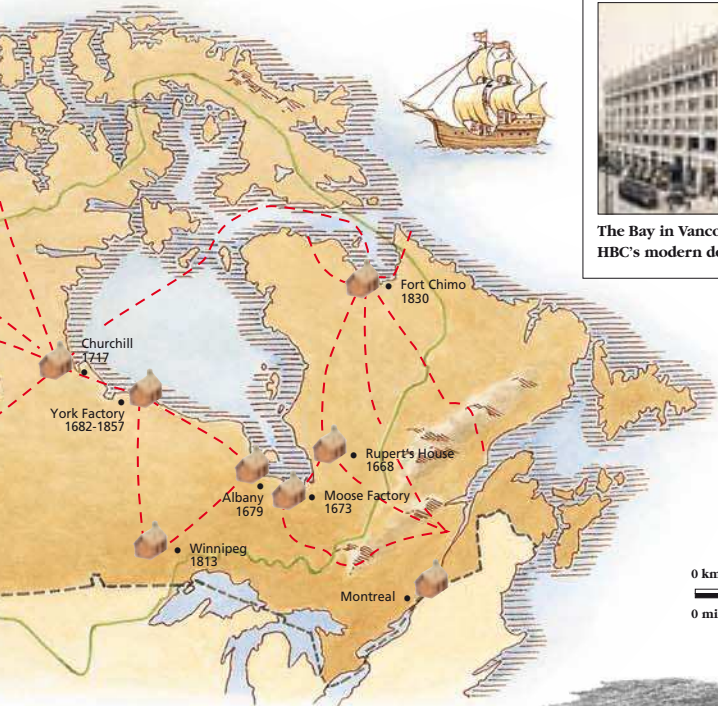
The Sevenoaks Massacre of June 1816 in Ontario occurred when HBC workers clashed with the rival North West Company, and 20 men were killed. The two companies agreed in 1820 to join territories and increased in power.



English traders assembled a variety of goods to trade with local tribes in return for the winter's supply of pelts. Transported by ship in spring, the merchandise ranged from trinkets to more substantial items including blankets, knives, and guns.

THE CHANGING FORTUNES OF HBC

Until the 1840s HBC reigned supreme in Canada, but civil disobedience led the British to relinquish claims to Washington State and Oregon in 1846, establishing the US border. Unable to continue enforcing its monopoly, HBC sold its land to Canada in 1870, retaining only areas around the trading posts. Since they were in key locations, this boosted HBC's expansion into real estate and retail in the 20th century. Today HBC is one of Canada's top companies and chain stores.



The Bay in Vancouver, one of HBC's modern department stores



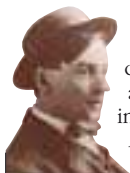
0 km 500
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The beaver's coat is at its thickest and most valuable in winter, when the natives ventured out into the ice and snow to trap the animal. In spring Indian trappers delivered bundles of soft pelts to the Company's trading posts, in exchange for goods.



Company sailboats first carried materials to trade with native peoples. As the Company grew, it transported building materials, food, and seeds to set up what became sizeable settlements. Ships returned with up to 16,000 beaver pelts.

The Group of Seven



Tom Thomson,
(1877–1917)

FORMED IN 1920, the Group of Seven revolutionized Canadian art. Mostly commercial artists working in an Ontario art firm, this small band of painters was inspired by a colleague, Tom Thomson.

An avid outdoorsman, Thomson started making trips in 1912 into the wilderness of northern Ontario to produce dozens of brightly colored, impressionistic sketches. His friends realized that he was taking Canadian art in a new direction – these landscapes of their country were largely free of the rigid European focus that had characterized painting until then and a nationalist movement had begun. After World War I and the death of Thomson in 1917, these same friends started the Group and held their first exhibition in Toronto in 1920. Many of the paintings shown depicted Nova Scotian, Ontarian and Quebec wildernesses; a new art was born that forged a sense of national pride between the people and their land in this young country.



The Red Maple is A.Y. Jackson's vibrant landmark of 1914, embodying the Group aim of creating a national consciousness.



Edge of the Forest (1919) by Frank Johnston is just one of the Group's works that illustrates their statement: "Art must grow and flower in the land before the country will be a real home for its people." Using the impressive surroundings of their homeland, the Group painters developed a spontaneous technique.



Above Lake Superior was produced by Lawren Harris in 1922. Known for his simple, heroic images, Harris captures the harsh, exhilarating climate of the Great Lakes region in winter, known as "the mystic north." Harris believed that spiritual fulfillment could best be obtained by studying landscape. The Group also held the ethos that truly meaningful expression was accomplished only when the subject of the work was one the viewer shared with the artist, in this case local landscape.



Falls, Montreal River
(1920) was painted by J. E. H. MacDonald, who chose Algoma as his work base. Each of the Group had a preferred individual region in which they found most inspiration, mostly in Ontario. Sketching trips regularly took place in summer, with painters showing each other favorite areas.



AUTUMN, ALGOMA (1920)

This richly decorated canvas shows the extraordinary evening colors of the fall in Ontario. Algoma was J.E.H. MacDonald's chosen region, a Canadian Eden in northern Ontario that acted as his inspiration and where he regularly made sketching trips. MacDonald records uniquely Canadian subjects in this painting; the blazing foliage and looming pines serve to record and thus establish a Canadian identity. Influenced by the stark landscapes produced in Scandinavia from around 1900, MacDonald focuses on the chill drama in this scene to add a grandeur to his beloved landscape.

THE GROUP OF SEVEN

Based in a converted railway boxcar, the members hiked and boated to favorite places in Algonquin Park, Georgian Bay, Algoma, and Lake Superior to produce new art for their country. Following the 1920 exhibition, entitled *The Group of Seven*, their striking paintings immediately became popular and the Group went on to exhibit together almost every year. Native inspiration was vital to the Group's subject and technique. The apparently raw and coarse methods were a rejection of the heavy, realist oils produced in Europe at the time. Luminous colors and visible brushstrokes led one critic to remark that the Group had "thrown [their] paint pots in the face of the public." The Group held their final show in 1931 and disbanded the following year to make way for a wider group of painters from across Canada, the Canadian Group of Painters. Founders of a distinctive Canadian art movement based on a love of their country's natural beauty, the Group of Seven painters remain particularly celebrated in Canada and are still given prominence in top galleries across Ontario and the rest of the country today.

The photograph below, taken at Toronto's Arts & Letters Club in 1920, shows, from left to right: Varley, Jackson, Harris, Barker Fairley (a friend and writer), Johnston, Lismer and MacDonald. Carmichael was not present.



The Group of Seven in 1920



TORONTO

TORONTO HAS SHED *its prim, colonial image* to become one of North America's most dynamic cities, a cosmopolitan mix of nearly 4 million inhabitants drawn from over one hundred ethnic groups. Reveling in its position as the richest city in the country's most prosperous region, Toronto is the financial and commercial center of Canada, with fine art museums, suave café-bars, and luxury stores.

Toronto is an enterprising city. Located on the banks of Lake Ontario, it was originally a native Indian settlement dating from the 17th century, and, after 1720, a French fur-trading post. Fought over by the US and Britain in the War of 1812 (*see p41*), Toronto has since been a peaceful city, growing dramatically after World War II with the arrival of over 500,000 immigrants, especially Italians, and, most recently, Chinese.

The first place to start a visit must be the CN Tower, the world's tallest free-standing structure and the city's most famous tourist attraction. From the top it is easy to pick out the sights of the city, and from the bottom a short stroll leads to the Skydome stadium or the banking district. To the north of downtown is the boisterous street-life of



Chinatown and the superb paintings of the world-renowned Art Gallery of Ontario. Beyond sits the University of Toronto on whose perimeters lies the fine Royal Ontario Museum and also two delightful specialty collections, the historic Gardiner Museum of Ceramic Art and the contemporary Bata Shoe Museum. A quick subway ride takes the visitor north to both Casa Loma, an eccentric Edwardian mansion that richly merits a visit, and Spadina House, the elegant Victorian villa next door. Many more attractions are scattered around the peripheries of Toronto, including Toronto Zoo and the Ontario Science Centre. The McMichael Art Collection, in nearby Kleinburg, contains an outstanding collection of paintings by the Group of Seven in a modernist setting.



Toronto's café society doing what it does best in the downtown area

Exploring Toronto

TORONTO IS A LARGE, sprawling metropolis that covers over 259 sq km (100 sq miles) on the north side of Lake Ontario. The center offers a pleasant mix of office blocks, leafy residential streets, and shopping areas, while outer areas, such as North York and Scarborough, are more residential and spread out. The downtown core, encompassing the business district and Chinatown, is bordered by College and Front on the north and south, and Jarvis and Spadina on the east and west.

SIGHTS AT A GLANCE

Historic Areas and Buildings

- Casa Loma **21**
- Chinatown **12**
- First Post Office **8**
- Fort York **23**
- Little Italy **24**
- Ontario Parliament Buildings **15**
- Royal Alexandra Theatre **7**
- Royal York Hotel **3**
- Spadina House **22**
- Toronto City Hall **11**
- University of Toronto **14**

Parks and Gardens

- The Beaches and Scarborough Bluffs **27**
- Ontario Place **25**
- Queen's Park **16**
- Toronto Island **26**
- Toronto Zoo **28**

Modern Architecture

- CN Tower *p168* **1**
- Rogers Centre **2**

Museums and Galleries

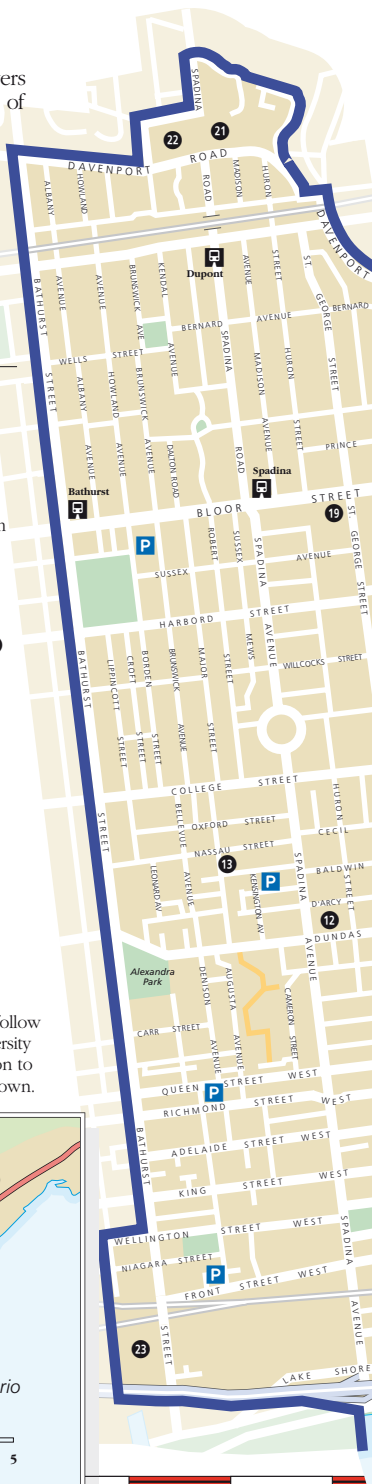
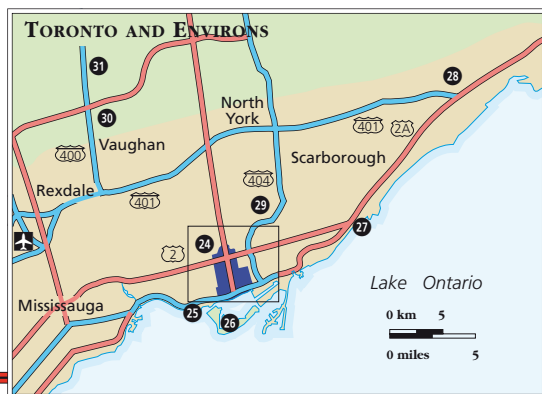
- Art Gallery of Ontario*
pp174-5 **10**
- The Bata Shoe Museum **19**
- Black Creek Pioneer Village **30**
- George R. Gardiner Museum of Ceramic Art **17**
- Hockey Hall of Fame **4**
- Hummingbird Centre for the Performing Arts **5**
- McMichael Art Collection **29**
- Ontario Science Centre **29**
- Royal Ontario Museum*
pp182-3 **18**
- Toronto Dominion Gallery of Inuit Art **6**

Shopping Areas

- Kensington Market **13**
- Queen Street West **9**
- Yorkville **20**

GETTING AROUND

Toronto's public transportation is excellent. The subway lines follow the main arteries: Bloor/Danforth (east-west) and Yonge/University (north-south). Buses and streetcars leave each subway station to service the surrounding area. Rush-hour traffic is heavy downtown.

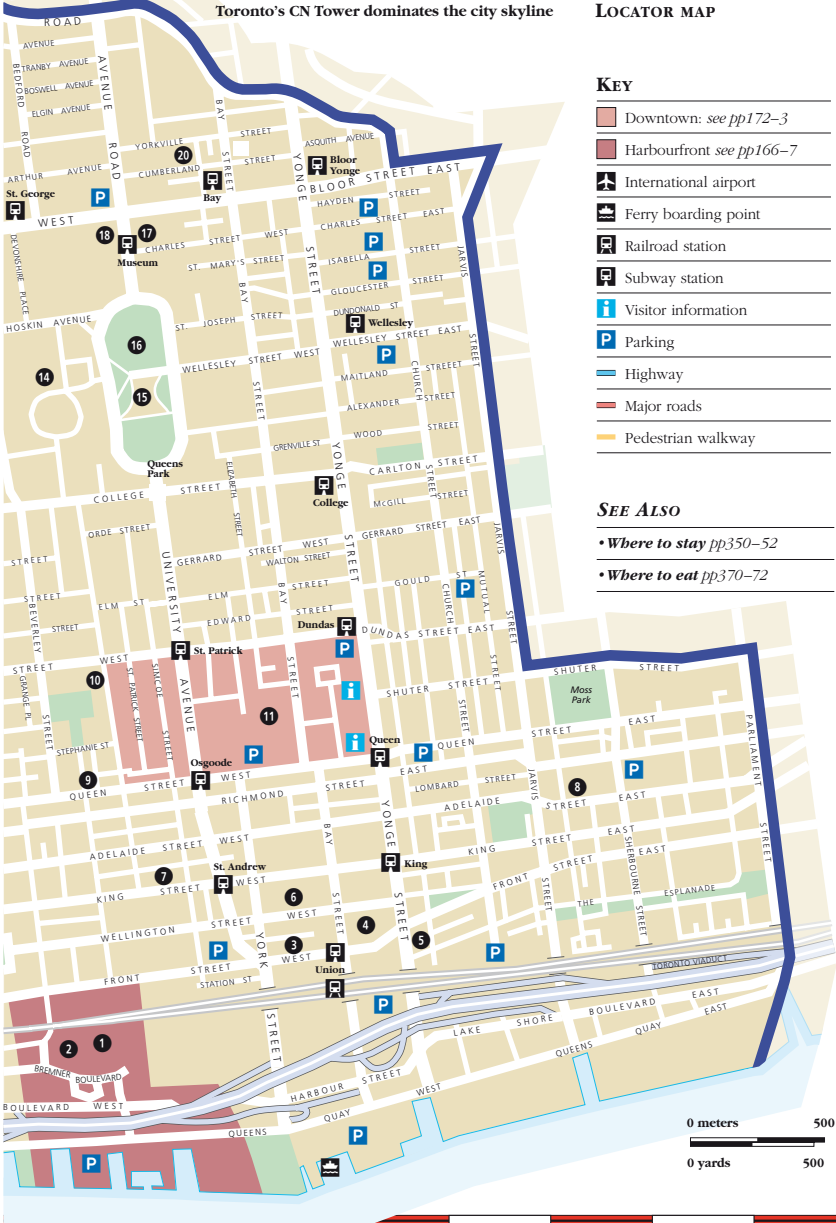




Toronto's CN Tower dominates the city skyline



LOCATOR MAP

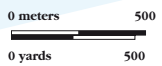


KEY

- Downtown: see pp172-3
- Harbourfront see pp166-7
- International airport
- Ferry boarding point
- Railroad station
- Subway station
- Visitor information
- Parking
- Highway
- Major roads
- Pedestrian walkway

SEE ALSO

- *Where to stay* pp350-52
- *Where to eat* pp370-72



Street-by-Street: Harbourfront

TORONTO'S HARBOURFRONT has had a varied history. Lake Ontario once lapped against Front Street, but the Victorians reclaimed 3 km (1.5 miles) of land to accommodate their railroad yards and warehouses. Ontario's exports and imports were funneled through this industrial strip until the 1960s, when trade declined. In the 1980s the harbourfront had a new lease on life, when planners orchestrated the redevelopment of what has now become 10 sq km (4 sq miles) of reclaimed land. It now boasts grassy parks, walkways, smart apartments, many of the city's best hotels, and a cluster of tourist sights in and around the Harbourfront Centre.



Convention Centre

Split into north and south arenas, the center is used for large-scale business shows as well as trade and consumer exhibitions for the public.



★ Rogers Centre

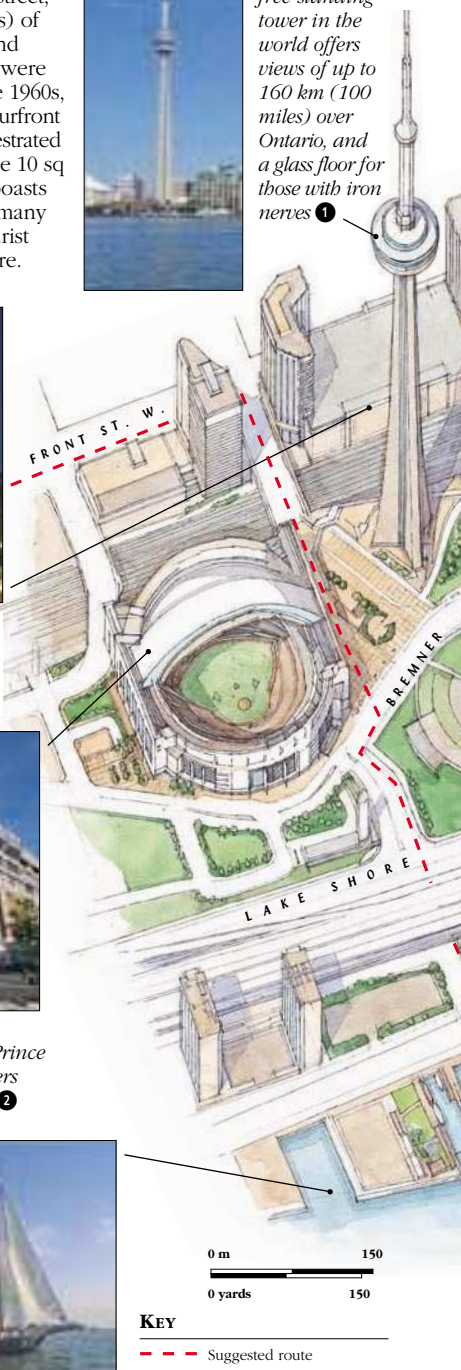
Using enough electricity to light the province of Prince Edward Island, a performance at the vast Rogers Centre stadium is an unforgettable experience ②

Charter boats

Sailing out into Lake Ontario and around the three Toronto Islands provides fine views of the city. Small sailboats, motorboats, and tours are available.



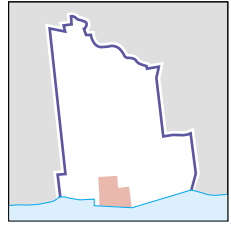
★ View from the CN Tower
The highest free-standing tower in the world offers views of up to 160 km (100 miles) over Ontario, and a glass floor for those with iron nerves ①





Toronto Harbourfront

The harbourfront is a pleasing and relaxing addition to the city. Modern attractions consolidate Toronto's standing as the third-largest theater and dance center in the world.



LOCATOR MAP

See pp164-5

Molson Place

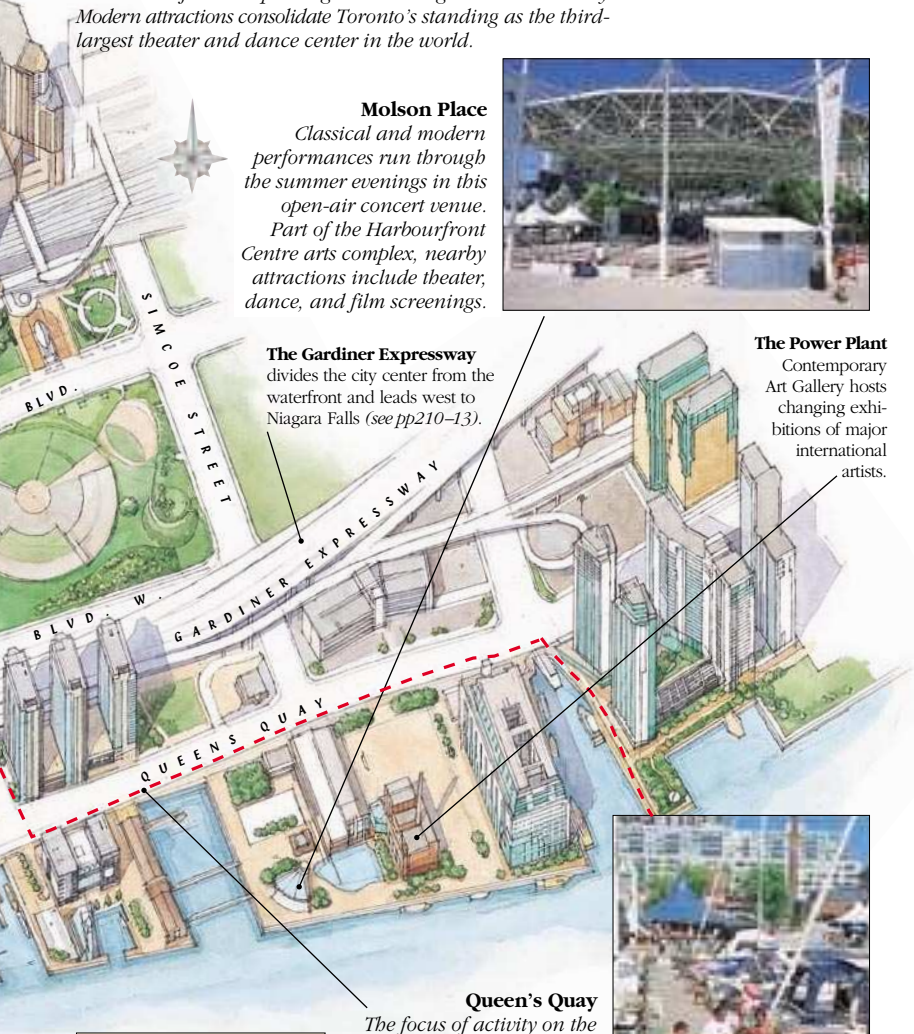
Classical and modern performances run through the summer evenings in this open-air concert venue. Part of the Harbourfront Centre arts complex, nearby attractions include theater, dance, and film screenings.



The Gardiner Expressway divides the city center from the waterfront and leads west to Niagara Falls (see pp210-13).

The Power Plant

Contemporary Art Gallery hosts changing exhibitions of major international artists.



STAR SIGHTS

- ★ Rogers Centre
- ★ CN Tower

Queen's Quay

The focus of activity on the harborfront, Queen's Quay is a lively area for visitors. Lined with cafés and restaurants, the walkway offers lake-side views as well as street performers and gift shops.



CN Tower 1

NO LESS THAN 553 m (1,815 ft) high, the CN Tower is the tallest building in the world. In the 1970s, the Canadian Broadcasting Company (CBC) decided to build a new transmission mast in partnership with Canadian National (CN), the railroad conglomerate. The CN Tower was not originally designed as the world's tallest spire, but it so overwhelmed the city's visitors that it soon became one of Canada's prime tourist attractions. The tower houses the largest revolving restaurant in the world, which rotates fully every 72 minutes.



The CN Tower from the Lake
The tower offers fantastic views in every direction. On a clear day it is possible to see as far south as Niagara Falls (see pp210–13).



Glass Floor
The ground is 342 m (1,122 ft) beneath this thick layer of reinforced glass, and even the courageous may feel a little daunted.

The outside elevators are glass-fronted and take visitors shooting up the outside of the Tower to the upper levels. Speeds take your breath away and make your ears pop; the elevators can reach the top in under a minute.

The inside staircase is the longest in the world, with 1,776 steps. Climbing the steps as part of a charity event is a popular fund-raising activity in Toronto.

VISITORS' CHECKLIST

301 Front St. W. ☎ 416 868 6937. 🕒 10am–10pm daily.
📅 Dec 25. ♿ 📶 📺 📱
🌐 www.cntower.ca

The Sky Pod is reached by its own elevator and is the highest accessible point on the tower at 447 m (1,465 ft).



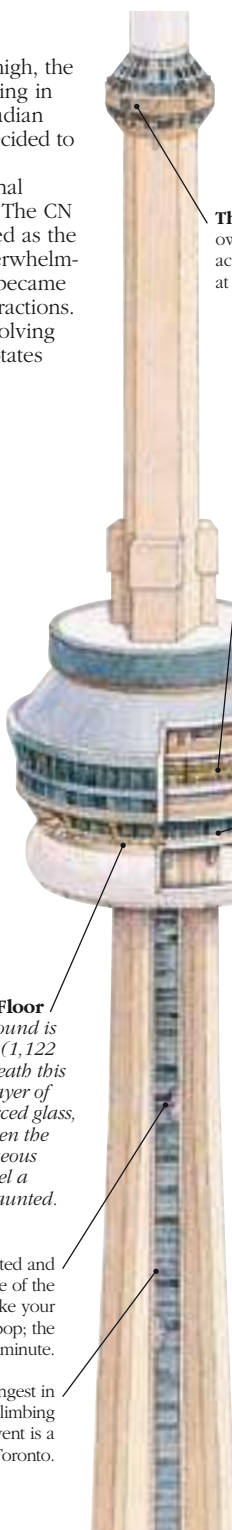
The 360 Restaurant
Award winning cuisine is available as the restaurant revolves, allowing diners a spectacular view while they dine.

The interior lookout level offers visitors the chance to observe the city in comfort, away from the wind; signs identify main Toronto landmarks.

The exterior lookout level is protected by steel grilles and illustrates how exposed the tower is, especially in windy weather.



View of the City from the Lookout Level
At 346 m (1,136 ft) above the city, the Look-out Level provides panoramas of Toronto from interior and exterior galleries.



Rogers Centre ②

1 Blue Jay Way. ☎ 416 341 3034.

Union. ☐ daily. ♿

www.rogerscentre.com

OPENED IN 1989, the Rogers Centre was the first sports stadium in the world to have a fully retractable roof. In good weather, the stadium is open to the elements, but in poor conditions the roof moves into position, protecting players and crowd alike. This remarkable feat of engineering is based on simple principles; four gigantic roof panels are mounted on rails and take just twenty minutes to cover the playing area. The design is certainly innovative and eminently practical, but the end result looks sort of like a giant hazelnut. However, the building's looks are partially redeemed by a matching pair of giant-sized cartoon-sculptures on the outside wall showing spectators at an imaginary game, the creation of a popular contemporary artist, Michael Snow.

The Rogers Centre is home to two major sports teams, the Toronto Argonauts from the Canadian Football League, and the Toronto Blue Jays of Major League Baseball. The Rogers Centre is also used for special events and concerts. Guided tours allow a close look at the mechanics of the roof and include a 20-minute film outlining the story of its ground-breaking construction.



Lavish interior lobby of the Royal York

Royal York ③

100 Front St. W. ☎ 416 368 2511.

Union. ♿

DATING FROM 1929, the Royal York has long been Toronto's preeminent hotel, its plush luxury easily outshining its rivals. It was built opposite the city's main train station for the convenience of visiting dignitaries, but for thousands of immigrants the hotel was the first thing they saw of their new city, giving it a landmark resonance beyond its immediate commercial purpose. The Royal York was designed by the Montreal architects Ross and Macdonald in Beaux Arts contemporary style with a

tumbling, irregular façade that resembles a large French château. Inside, the public areas are lavish and ornate with slender galleries providing extra grace and charm. Recently revamped, the Royal York remains a favorite with high-powered

visitors, which has included visiting royalty. Union Station, across the street from the Royal York, was also designed by Ross and Macdonald. The earlier building of the two, it shares a similar Beaux Arts style. The



Doorman of the Royal York

long and imposing stone exterior is punctuated by stone columns, and on the

inside the cavernous main hall has a grand coffered ceiling supported by 22 sturdy marble pillars.



The retractable roof of the Rogers Centre rears above the playing field, site of many famous ballgames



The Hummingbird Centre, home to the National Ballet and Opera

Hockey Hall of Fame 4

BCE Place, 30 Yonge St. ☎ 416 360 7735. 🚏 Union Station.

🕒 9:30am–6pm Mon–Sat, 10:30am–6pm Sun. 🗓 Dec 25, Jan 1. ♿

THE HOCKEY HALL OF Fame is a lavish tribute to Canada's national sport, ice hockey (see p32). Hockey, both ice and grass, originated in Canada; from its simple winter beginnings on frozen lakes and ponds, the game now ignites Canadian passions like no other. The Hall of Fame's ultra-modern exhibition area is inventive and resourceful, with different sections devoted to particular aspects of the game. There are displays on everything from the jerseys of the great players, including Wayne Gretzky and Mario Lemieux, to a replica of the Montréal Canadiens' locker room in the old Forum.

Another section traces the development of the goalie's mask from its beginnings to the elaborately painted versions of today. Interactive displays abound, and visitors can stop pucks fired by virtual players. A small theater shows films of hockey's most celebrated games. A separate area at the front of the Great Hall displays a collection of trophies, including the Stanley Cup, hockey's premier award, donated by Lord Stanley in 1893.



The Stanley Cup at the Hockey Hall of Fame

Hummingbird Centre for the Performing Arts 5

1 Front St. E. ☎ 416 872 2262.

🚏 Union Station. ♿

THE HUMMINGBIRD CENTRE is one of Canada's largest performing arts venues, with over 3,200 seats in the single large theater. It was known as the O'Keefe Centre until 1996 when Hummingbird Inc. donated several million dollars to have the place refurbished. Now with a cavernous modern interior, it is home to both the Canadian Opera Company and the

National Ballet of Canada. The Hummingbird also offers a wide-ranging program including light comedy shows, and children's entertainments, not to mention musicians famous worldwide. Recent performers and productions have included

Robin Williams, Elvis Costello and Puccini's *Tosca*. Top artists come from all over the world to the center – pop performers and classical musicians regularly star here. Despite this, the acoustics here have often been criticized, and many people try to avoid sitting in the front rows.

Toronto Dominion Gallery of Inuit Art 6

39 Wellington St West. ☎ 416 982 8473. 🚏 Union Station.

🕒 8am–6pm Mon–Fri, 10am–4pm Sat & Sun. ♿

THE TORONTO Dominion Centre consists of five jet-black skyscrapers, a huge modern tribute to the money-making skills of the Toronto Dominion Bank. The southern tower displays a strong collection of Inuit Art on two levels of its foyer. The exhibits were assembled as a centennial project in the 1960s. They bought over 100 pieces in a variety of materials, including caribou antler and walrus ivory, but the kernel of the collection is the stone carving. Soapstone sculptures on display, mostly 30–60cm (1–2 ft) high, show mythological beasts and spirits as well as scenes from everyday life. Some of the finest were carved by Johnny Inukpuk (b.1911), whose *Mother Feeding Child* (1962) and *Tattooed Woman* (1958) have a raw, elemental force.

Royal Alexandra Theatre 7

260 King St. W. ☎ 416 872 1212.

🚏 St. Andrew. 🚏 King 504/503. ♿

IN THE 1960s, the Royal Alexandra Theatre was about to be flattened by modernizing bulldozers when a flamboyant Toronto retail entrepreneur by the name of



Facade of the Edwardian Royal Alexandra Theatre



Toronto's fashionable café society on Queen Street West

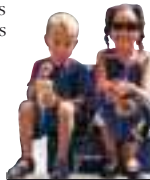
"Honest Ed" Mirvish, the king of the bargain store, came to the rescue. Mirvish saved a fine Edwardian theater, whose luxurious interior of red velvet, green marble, gold brocade, and flowing scrollwork once made it the most fashionable place in Toronto. Nowadays, the Royal Alex plays host to well known plays and big-hit Broadway musicals, which are often held over for months at a time. Evening performances are extremely popular; theater-goers stand in line to admire the interior as much as the show, and booking ahead is required. Early arrivals can enjoy the original Edwardian features in the bar before the show.

First Post Office 8

260 Adelaide St. E. ☎ 416 865 1833. 📍 King, Queen. 🏠 501, 504. 🕒 Jarvis 141. 🕒 9am–4pm Mon–Fri, 10am–4pm Sat & Sun. ♿ by arrangement.

IN THE EARLY Victorian era, the British Empire needed good communications for all its colonies. In 1829, the British House of Commons founded their colonial postal service and five years later established a post office in a far-flung outpost of the newly created town of Toronto.

Remarkably, Toronto's First Post Office has survived, weathering various municipal attempts by the city to have it demolished. The only remaining example in the world of a post office dating from the British North American postal era still in operation, the First Post Office functions fully. Visitors make the trip to write a letter with a quill pen and seal it themselves with hot wax. Today's mail, however, is processed by the national service, Canada Post. After a devastating fire in 1978, the building was entirely restored and refurbished to its former carved and decorated appearance using old documents and historical city archive records.



Young visitors on Queen Street West

Queen Street West 9

📍 Osgoode. 🏠 Queen 501.

THROUGH the day and into the small hours of the morning, Queen Street West buzzes. Students and trend-setters reinvigorated

this old warehouse area in the 1980s, but nowadays the street is more varied, with chic designer stores, downbeat bars, and stylish cafés mixed in with more mainstream offerings from the big chain stores. The chief merrymaking is concentrated between

University and Spadina, a good place for budget restaurants and bars.



Worker at Toronto's First Post Office stamping mail by hand

Street-by-Street: Downtown

THROUGHOUT THE 19th century, Yonge Street was the commercial focus of Toronto, lined with scores of shops and suppliers. It also separated the city ethnically. In 1964, with the building of the new City Hall and Nathan Phillips Square just across from Old City Hall, Toronto's center of gravity shifted to Queen Street. South of Queen Street lay the banking district, where old Victorian buildings were replaced from the 1960s onward by gleaming concrete-and-glass tower blocks. The re-invigorated Harbourfront, with its yachts and cafés, provides light relief from the busy atmosphere. Yonge Street is now best known for the Eaton Centre emporium, one of the world's biggest malls.



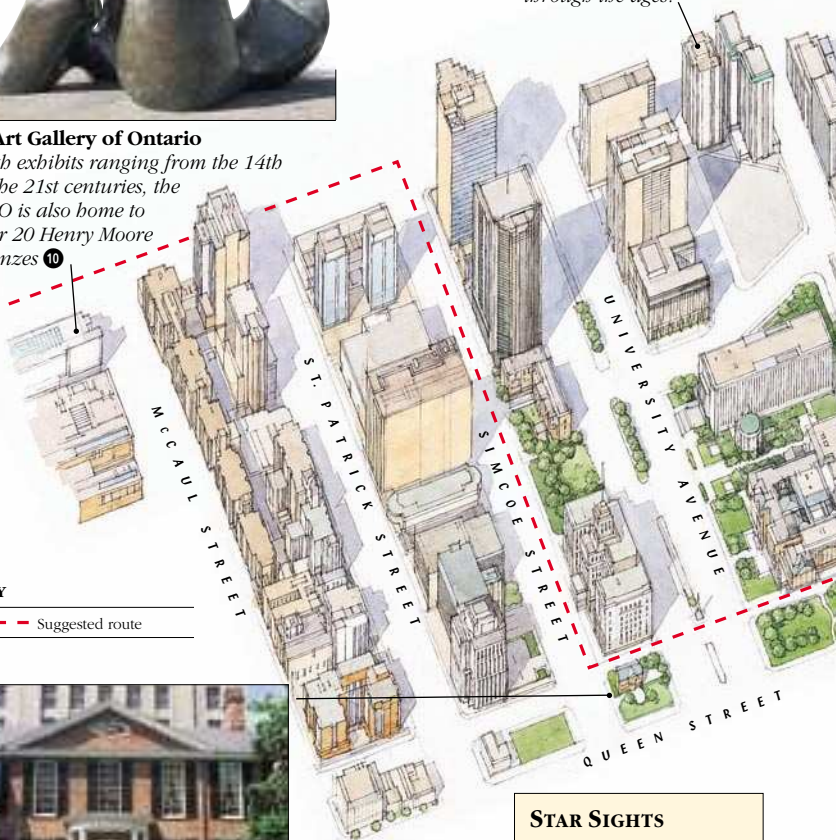
Textile Museum

Based in a downtown office building, this collection features fabrics, embroidery, and clothing through the ages.



★ Art Gallery of Ontario

With exhibits ranging from the 14th to the 21st centuries, the AGO is also home to over 20 Henry Moore bronzes **10**



KEY

— — — Suggested route



Campbell House

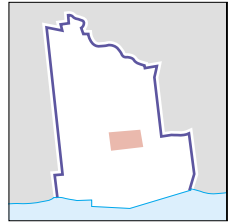
This 19th-century home is a period piece from the days of the Victorian bourgeoisie.

STAR SIGHTS

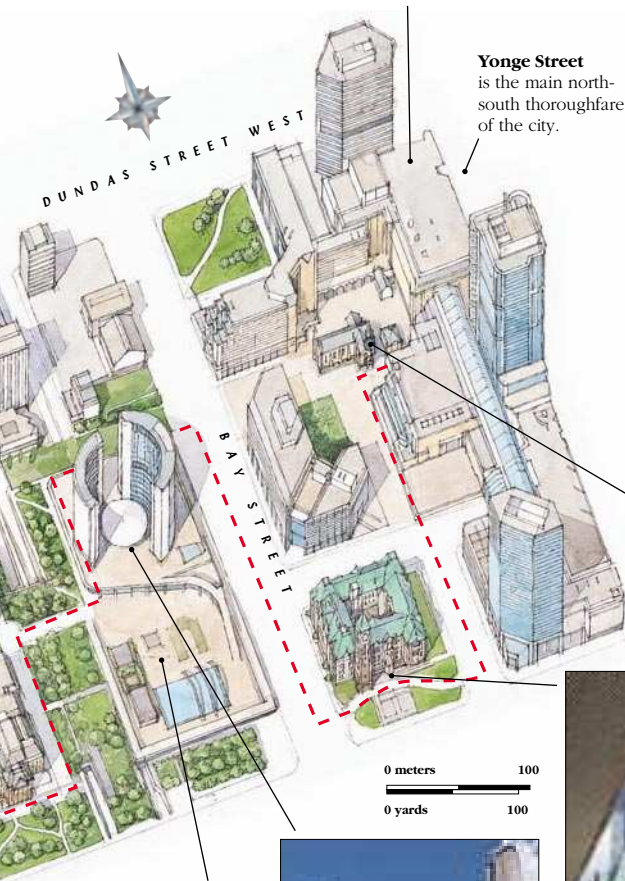
- ★ Art Gallery of Ontario
- ★ Toronto City Hall



Eaton Centre
 If Toronto has a specific core it would be outside the Eaton Centre shopping mall at the Yonge and Dundas intersection. The Eaton Centre boasts that it sells anything available in the world.



LOCATOR MAP
 See Toronto Map pp164-5



Yonge Street
 is the main north-south thoroughfare of the city.



Church of the Holy Trinity
 This charming Anglican church was built in the 19th century and features an elegant interior.

Nathan Phillips Square is a center of the town's activity and is a popular rendezvous for young people.

★ **Toronto City Hall**
 Built in 1964, this controversial development has slowly become popular with locals, who use the plaza as a skating rink in winter. 11



Old City Hall
 In sharp contrast to its ultra-modern replacement across the street, the elegant 19th-century Old City Hall now houses Toronto's Law Courts and the Justice Department.

Art Gallery of Ontario 10



Hina and Fatu (1892), Paul Gauguin

FOUNDED IN 1900, the Art Gallery of Ontario holds one of Canada's most extensive collections of fine art and modern sculpture. This modern structure houses European works by Rembrandt, Gainsborough, van Gogh and Picasso, a superb collection of Canadian art, including the Group of Seven work (see pp 160–1), Inuit art, and the world's largest public collection of works by British sculptor Henry Moore. The gallery is currently undergoing expansion, designed by architect Frank Gehry, to accommodate an unprecedented gift of 2,000 works from a private collection. Renovation will continue until 2008.

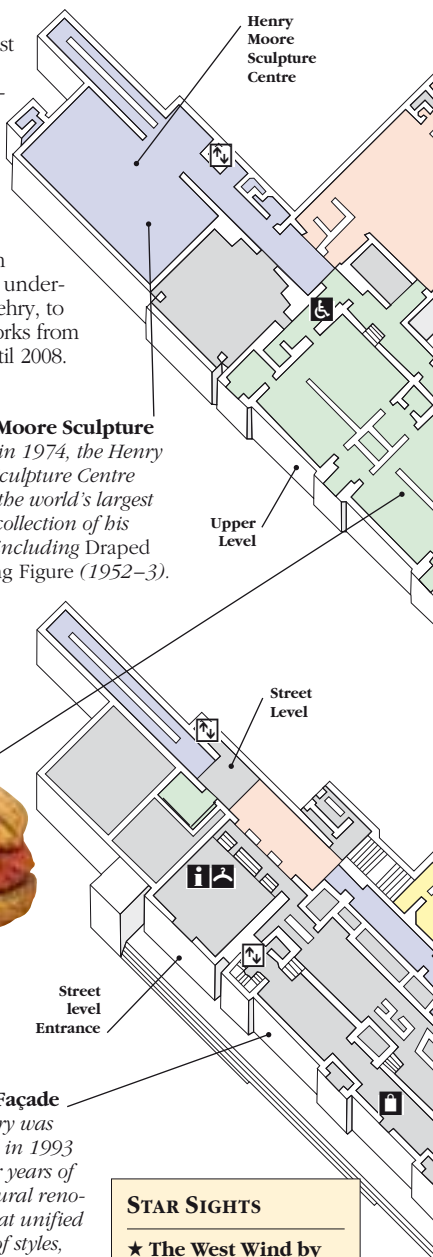


★ **Henry Moore Sculpture**
 Opened in 1974, the Henry Moore Sculpture Centre houses the world's largest public collection of his works, including *Draped Reclining Figure (1952–3)*.

Floor Burger (1962)
 Claes Oldenburg's giant hamburger is made of painted sailcloth and foam rubber and is an iconic work of the Pop Art movement.



Gallery Façade
 The gallery was reopened in 1993 after four years of architectural renovation that unified a range of styles, from Georgian to Modernist. Outside, the stern Henry Moore bronze, *Large Two Forms (1966–9)*, dominates the forecourt.



STAR SIGHTS

- ★ **The West Wind by Tom Thomson**
- ★ **Henry Moore Sculpture Centre**
- ★ **Inuit Collection**



★ **The West Wind (1917)**
Tom Thomson's painting inspired a distinctive Canadian style exemplified by the "Group of Seven."

VISITORS' CHECKLIST

317 Dundas St. W. ☎ 416 979 6648. 📍 St. Patrick.
📄 505. 🕒 Tue–Sun. 🌙 Mon.
🗺️ 🚻 📶 📱 📺 📺 📺
🌐 www.ago.net



★ **Inuit Collection**
The gallery houses the world's third-largest collection of Inuit art. Made from soapstone, whalebone, and sinew, this piece, Shaman with Spirit Helper (1972) is by Karoo Asbevak.



Peasants' Wedding (date unknown)
The gallery's renowned European collection includes this exuberant work (detail shown) by Bruegel the Younger (1564–1638).

Walker Court

KEY

- Twentieth-century art
- European art to 1900
- Special exhibitions
- Contemporary art
- Canadian art
- Inuit collection
- Prints, drawings, and photographs
- Research centers
- The Grange
- Nonexhibition space

GALLERY GUIDE

The Upper Level houses several excellent collections of Canadian painting, with works by the "Group of Seven" (see pp160–1), and Inuit art. The Upper Level also houses the Henry Moore Centre, which is home to Moore's sculptures, bronzes, and plaster casts, as well as over 700 prints and drawings. European art is found on the ground floor.



Built in the 1960s, the ultra-modern design of Toronto City Hall has proved controversial

Toronto City Hall 11

Queen St. W. & Bay St. ☎ 416 392 8016. 📍 Queen, Osgoode.
🕒 Queen 501. 🕒 8:30am–4:30pm
Mon–Fri. ♿

COMPLETED IN 1964, Toronto's City Hall was designed by the award-winning Finnish architect Viljo Revell. At the official opening, the Prime Minister Lester Pearson announced, "It is an edifice as modern as tomorrow," but for many cityfolk tomorrow had come too soon and there were howls of protests from several quarters. Even now, after nearly 40 years, the building appears uncompromisingly modern. It is the epitome of 1960s urban planning, with two curved concrete and glass towers framing a central circular building where the Toronto councils meet. Nearby, the Old City Hall is a grand 19th-century neo-Romanesque edifice whose towers and columns are carved with intricate curling patterns.

Chinatown 12

📍 Dundas 505, College 506, Spadina 510.

THE CHINESE community in Toronto numbers around 400,000, nearly ten percent of the city's total population. There have been several

waves of Chinese migration to Canada, the first to British Columbia in the late 1850s during the gold rush. The first Chinese to arrive in Toronto came at the end of the 19th century as workers on the Canadian Pacific Railway, settling in towns along the rail route. The Chinese found work in the Toronto laundries, factories, and on the railways. The last immigration wave saw prosperous Hong Kong Chinese come to live in

Toronto in the 1990s. Chinese Canadians inhabit every part of the city but are concentrated in four Chinatowns, the largest and liveliest of which is focused on Spadina Avenue, between Queen and College streets, and along Dundas Street, west of the Art Gallery of Ontario. These few city blocks are immediately different from their surroundings. The sights, sounds, and smells of the neighborhood are reminiscent not of Toronto but of Hong Kong. Stores and stalls pop over the sidewalks, offering a bewildering variety of Chinese delicacies, and at night bright neon signs advertise dozens of delicious restaurants.



Vivid restaurant signs in Chinatown

Kensington Market 13

Baldwin St. & Augusta Ave.
📍 Dundas 505, College 506, Spadina 510.

KENSINGTON MARKET is one of Toronto's most distinctive and ethnically diverse residential areas. It was founded at the turn of the 20th century by East European immigrants, who crowded into the patchwork of modest houses near the junction of Spadina Avenue and Dundas Street, and then spilled out into the narrow streets to sell their wares. The bazaar they established in their small 1930s houses has been the main feature of the area ever since.

Today, Jewish, Polish, and Russian stall owners and shopkeepers rub shoulders with Portuguese, Jamaican, East Indian, Chinese, and Vietnamese traders in a vibrant street scene that always excites the senses. The focal point of this open-air market is Kensington Avenue, whose lower half, just off Dundas Street, is crammed with thrift shops selling all manner of trendy retro bargains, from original punk gear to flares. Kensington Avenue's upper half is packed with fresh food stores filled with produce from every corner of the globe, ranging from iced fish to stacks of cheeses and exotic fruits.



A Torontonians samples exotic nuts in the bazaar of Kensington Market



Façade of the Ontario Parliament Building, home of the provincial legislature since 1893

University of Toronto 14

27 King's College Circle. ☎ 416 978 2011. 📍 St. George, Queen's Park.

📍 College 506. ♿

THE UNIVERSITY of Toronto grew out of a Royal Charter granted in 1827 by King George IV to Toronto's King's College. Seen by the church as challenging its control of education, the new institution weathered accusations of godlessness and proceeded to swallow its rivals, becoming in the process one of Canada's most prestigious universities.

This unusual history explains the rambling layout of the present campus, a leafy area sprinkled with colleges. The best-looking university buildings are near the west end of Wellesley Street. Here, on Hart House Circle, lie the delightful quadrangles and ivy-clad walls of Hart House (1919), built in imitation of some of the colleges of Oxford and Cambridge universities in Britain, and the Soldiers' Tower, a neo-Gothic memorial to those students who died in both world wars. Nearby, King's College Circle contains University College, an imposing neo-Romanesque edifice dating from 1859, Knox College with its rough gray sandstone masonry, and the fine rotunda of the university's

Convocation Hall. A visit to the campus can be peacefully rounded off by a short stroll along Philosophers' Walk, where the manicured lawns lead to Bloor Street West.



Reminiscent of old British universities, the University of Toronto

Ontario Parliament Building 15

Queen's Park. ☎ 416 325 7500.

📍 Queen's Park. 📍 College 506.

🕒 8:30am–5pm Mon–Fri, 9am–4:30pm Sat & Sun. ♿ 📞 10am–4pm.

THERE IS NOTHING modest about the Ontario Parliament Building, a vast pink sandstone edifice opened in 1893 that dominates the end of University Avenue.

Ontario's elected representatives had a point to make. The province was a small but exceedingly loyal part of the British Empire and clamored to make its mark and had the money to do so.

Consequently, the Members of Provincial Parliament (MPPs) commissioned this immensely expensive structure in the Romanesque Revival style. Finished in 1892, its main façade is a panoply of towers, arches, and rose windows decorated with relief carvings and set beneath a series of high-pitched roofs.

The interior is of matching grandeur. Gilded classical columns frame the main staircase and enormous stained-glass windows illuminate long and richly timbered galleries. The chamber is a lavish affair, with a wealth of fine wooden carving that carries epithets urging good behavior, such as “Boldly and Rightly,” and “By Courage, not by Craft.”

In 1909, a fire razed the west wing, which was rebuilt in Italian marble. The stone was very expensive, so the MPPs were annoyed to find that a large amount of the marble was blemished by dinosaur fossils, which can still be seen today in the west hallway. Visitors can sometimes watch the parliament in session.



The Parliament Buildings, viewed from inner-city Queen's Park

Queen's Park 16

College St. & University Ave.
 ☎ 416 325 7500. 📍 College 506.
 📄 Queen's Park. ♿

DESPITE BEING ringed by a road that links two of downtown's busiest streets, Queen's Park is a peaceful and pleasant grassy space, perfect for catching your breath when visiting the closely packed sights in the surrounding area. The park is fringed to the west by the 19th-century buildings of the University, while the Royal Ontario Museum and the George R. Gardiner Museum of Ceramic Art lie to the north. Since the Legislative Buildings lie right in the middle of the park, its tranquility is occasionally broken by political protesters and special interest groups loudly proclaiming their displeasure with the provincial government.



The modern exterior of the Bata Shoe Museum

George R. Gardiner Museum of Ceramic Art 17

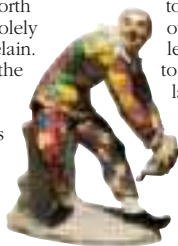
111 Queen's Park. ☎ 416 586 8080.
 📄 Museum. 🕒 10am–6pm Mon, Wed, Fri; 10am–8pm Tue & Thu, 10am–5pm Sat & Sun. 📅 Jan 1, Dec 25, 31. ♿
 🌐 www.gardinermuseum.on.ca

OPENED IN 1984, the Gardiner Museum of Ceramic Art is the only showcase of its kind in North America dedicated solely to pottery and porcelain. Skillfully displayed, the collection traces the history of ceramics, with a detailed focus on its principal developmental stages. These start with Pre-Columbian pottery, and the museum has fascinating displays of ancient pieces from Peru and Mexico that incorporate several grimming fertility gods.

Examples of brightly colored *maiolica* (glazed, porous pottery), includes painted pots made first in Mallorca, then Italy, from the 13th to the 16th centuries. Cheerfully decorated everyday wares are complemented by later Renaissance pieces relating classical myths and history. English delftware (tin-glazed earthenware) is also well represented in the collection. The Renaissance pieces gathered from Italy, Germany, and England are superb – particularly the collection

of *commedia dell'arte* figures. These are derived from the Italian theatrical tradition of comic improvisation with a set of stock characters, notably the joker Harlequin. Intricately decorated in rainbow colors, these figurines were placed on dinner tables by the aristocracy to delight, impress, or even to woo their special guests.

Porcelain here is stunning, with many examples of exquisite Meissen from 1700 to 1780. Packed in its own specially made leather carrying case to accompany a fine lady owner on her travels, a special feature is the embellished tea and chocolate service dating from the early 18th century. Each tiny cup has individual, intricate sailing scenes surrounded



The Greeting Harlequin Meissen ceramic figure

in gold. The porcelain collection also contains over 100 carved or molded scent bottles from all over Europe.

Royal Ontario Museum 18

See pp182–183.

The Bata Shoe Museum 19

327 Bloor St. W. ☎ 416 979 7799.
 📄 St. George. 🕒 10am–5pm Tue–Sat, noon–5pm Sun. 📅 Jan 1, Good Friday, Jul 1, Dec 25. ♿
 🌐 www.batashoemuseum.ca

THE BATA SHOE MUSEUM WAS opened in 1995 to display the extraordinary range of footwear collected by Sonja Bata, a member of the eponymous shoe manufacturing family, a worldwide concern that sells footwear in 60 countries. To be sure her collection was seen to best effect, Sonja had the prestigious contemporary Canadian architect Raymond Moriyama design the building – an angular modern affair complete with unlikely nooks

and crannies created to look like a chic shoebox.

The collection is spread over several small floors and features three special exhibitions developing a particular theme, as well as regularly rotated items selected from the museum's substantial permanent collection. More than a temple to fashion, the museum treats shoes as important ethnological pieces, illustrating not only changes in technology, but also shifting values and attitudes. Entire ways of life can be gleaned from the design of these beautiful objects, from climate and profession to gender and religion.

One fixed feature in the museum is the exhibition entitled "All About Shoes," which provides the visitor with an overview of the functions and evolution of footwear. It begins with a plaster cast of the earliest known footprint, discovered 4,000,000 years after it was made in Tanzania, and has an interesting section on medieval pointed shoes. A second permanent feature is the section on celebrity footwear. This displays all kinds of eccentric performance wear, including Marilyn Monroe's red stiletto heels, a pair of Elton John's platforms and Michael Johnson's gold lamé sprinting shoes. There is also a display of unusual and improbable footwear including unique French chestnut-crushing boots, Venetian platform shoes dating from the 16th



Traditional Indian *Paduka* footwear, the Bata Shoe Museum



A lazy Sunday afternoon at Café Nervosa in trendy Yorkville

century, and a pair of US army boots made for use in the Vietnam War, whose sole is shaped to imitate the footprint of an enemy Vietcong irregular.

Yorkville 20

F Bay:

IN THE 1960s tiny Yorkville, in the center of the city, was the favorite haunt of Toronto's hippies. With regular appearances by countercultural figures such as Joni Mitchell, it was similar to London's Chelsea or New York's Greenwich Village. The hippies have now moved on, and Yorkville's modest brick and timber terrace houses have either been colonized by upscale shops and fashionable restaurants, or converted into bijou townhouses. Designer boutiques, specialty bookstores, private art galleries,

fine jewelers, and quality shoe stores all jam into the neighborhood, attracting shoppers in droves. The area is a lovely place to sit at an outdoor café, nursing a cappuccino and watching the crowds. Yorkville and Cumberland Avenues are the center of all this big spending, as are the elegant and discreet shopping complexes that lead off them, especially the deluxe Hazelton Lanes, at the corner of Yorkville Avenue and The Avenue, with its Ralph Lauren and Versace boutiques. The dropout philosophy has been thoroughly replaced by very chic stores – some of the most exclusive retail outlets in the country are found here. Although the recession in the 1990s affected trade somewhat, the area is still prosperous and thriving. Café society really takes off at night, even so Yorkville can be an expensive place to have fun.

Replica dressing room in BCE Hockey Hall of Fame, Toronto ▷

Royal Ontario Museum 18

FOUNDED IN 1912, the Royal Ontario Museum (ROM) holds a vast and extraordinarily wide-ranging collection drawn from the fields of fine and applied art, the natural sciences, and archaeology. Special highlights include the dinosaur gallery, now on the second floor, and a new Asian Arts gallery, featuring Chinese sculpture and architecture, and Japanese art and culture. Until early 2007, the ROM is undergoing a major transformation, which includes the restoration of existing galleries and the new Michael Lee-Chin Crystal, a bold chryselline formation designed by architect Daniel Libeskind, which boasts a new main museum entrance, cutting-edge galleries, and an exhibition hall.

The Green Room

This elegant English parlour dates from the 1750s. One of several room settings featured in the European galleries, it boasts the original green panelled walls popular among the gentry of the time.



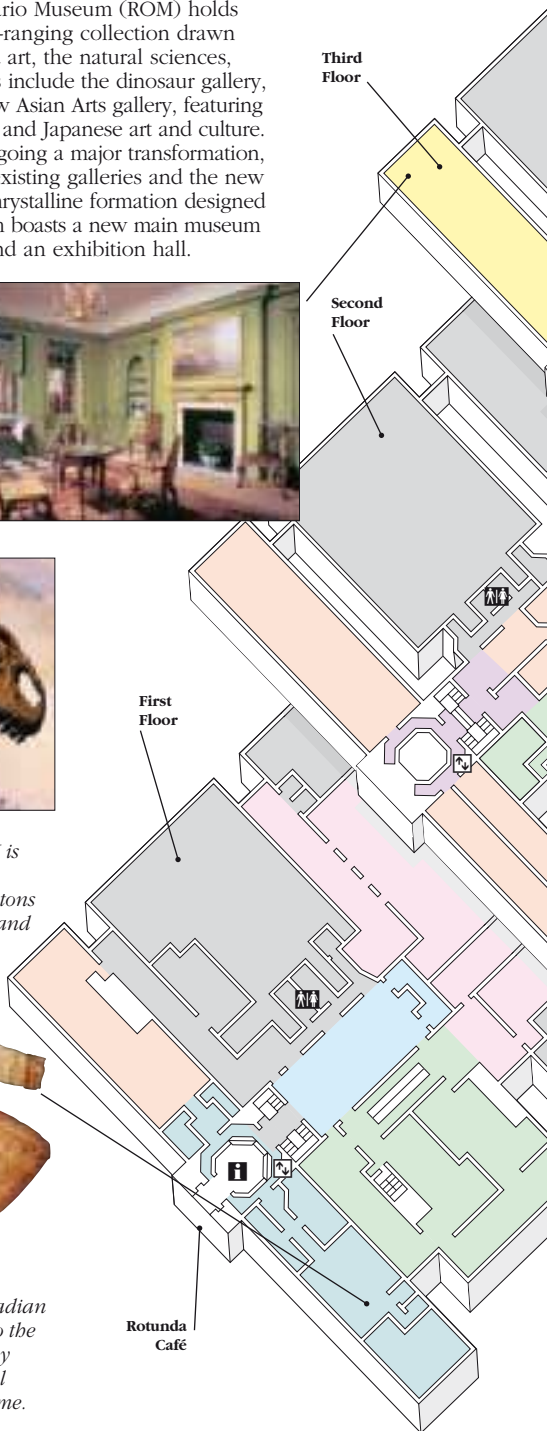
★ Dinosaur Gallery

The most popular gallery in the ROM is moving to the second floor Natural History galleries, with dinosaur skeletons set in simulations of the Jurassic Age and animation techniques as used in the 1990s blockbuster Jurassic Park.



Canada Gallery: First Peoples

This spacious gallery celebrates Canadian culture, with a dynamic approach to the country's aboriginal traditions. Many of the unique and vibrant aboriginal artefacts are displayed for the first time.





Greek head of Zeus
Chief of the Gods, Zeus reigns over classical sculptures in the Greek gallery.



VISITORS' CHECKLIST

100 Queen's Park.
 ☎ 416 586 8000.
 🏛️ Museum. 🕒 10am–6pm
 Daily; until 9.30pm Fri. 🌑 Dec
 25, Jan 1. 🗺️ 🗻 🦽 🚻 📺 📶
 🌐 www.rom.on.ca

★ Galleries of Africa: Egypt

With a large collection of mummies, burial masks, and domestic artifacts, the Egyptian collection contains the remains of a buried court musician, in a painted golden coffin so intricate that scholars dare not open it.



Bat Cave
Painstakingly reconstructed from a 4-km (2-mile) long Jamaican bat cave, some 3,000 wax and vinyl bats fly to greet the visitor in this eerie darkened cavern.

GALLERY GUIDE

Due to extensive reconstruction work, parts of the original building are closed to visitors. The restored Heritage Galleries, including a section of the Canada Gallery, have opened on the first floor. The Natural History and World Cultures galleries on the second and third floors also remain open to the public. The Crystal Galleries will open to visitors during 2006, to house the popular Dinosaur Gallery.

Stuffed Albatross

This huge bird has a wingspan of 3 m (9 ft). It is a main feature of the bird gallery, which offers interactive exhibits.



STAR EXHIBITS

- ★ Dinosaur Gallery
- ★ Galleries of Africa: Egypt

KEY

- Samuel Hall Currelly gallery
- Asian Arts
- Natural History
- Crystal Galleries
- Canada Gallery
- World Cultures
- Under construction until early 2007
- Nonexhibition space

Spadina Museum, Historic House & Gardens 21

285 Spadina Rd. ☎ 416 392 6910.
 ☎ 77+, 127. 🚗 Dupont. 🕒
 Jan–Apr: noon–5pm, Sat & Sun;
 May–Aug: noon–5pm, Tue–Sun;
 Sep–Dec: noon–4pm, Tue–Fri;
 noon–5pm, Sat & Sun. 🕒 Mon; Dec
 25, 26, Jan 1. 🚗 & 🚗 obligatory.

JAMES AUSTIN, first president of the Toronto Dominion Bank, had this elegant Victorian family home built on the bluff overlooking Spadina Avenue in 1866. The last of the Austins, Anna, moved out in 1982. She left the building, its contents and gardens to the Historical Board of Toronto. This authentic family home illustrates the decorative tastes of four gen-

erations of well-to-do Canadians. The general ambience appeals, but there are several enjoyable features, notably the Art Nouveau frieze in the Billiard Room and a trap door in the Palmroom that allowed gardeners to tend to the plants unseen by the family.



The front door of Spadina House with garlanded Victorian columns

Fort York 23

100 Garrison Rd. ☎ 416 392 6907.
 ☎ 511, 509. 🕒 daily. 🕒 Good Fri,
 Dec 18–Jan 2 approx. 🚗 & 🚗

THE BRITISH built Fort York in 1793 to reinforce their control of Lake Ontario and, from this, Toronto grew. The weaknesses of the fort were exposed when the Americans overran it after a long battle in the War of 1812 (see p43). After the war, the British strengthened the fort, and its garrison gave a boost to the local economy. The military compound has been painstakingly restored, and its barracks, old powder magazine, and officers' quarters make for a pleasant visit. It is the largest collection of War of 1812 buildings in Canada.

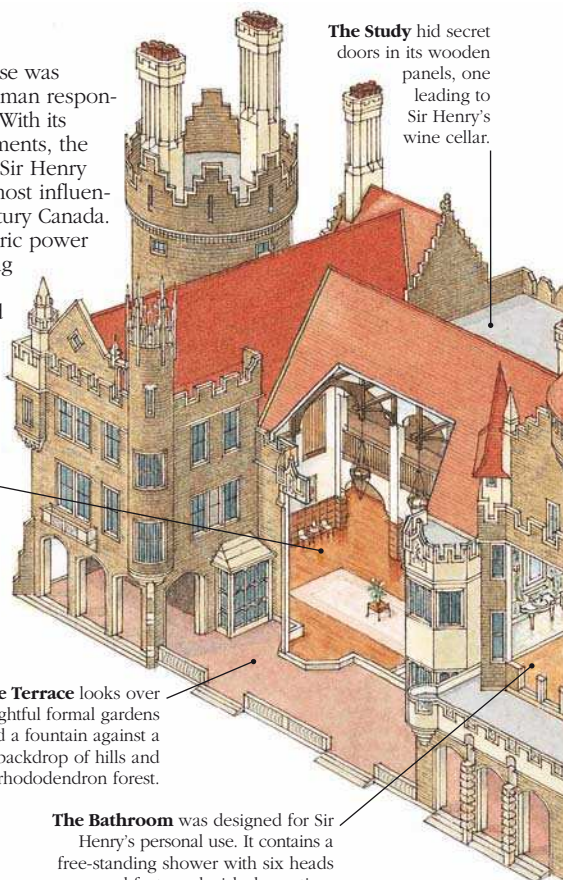
Casa Loma 22

THIS UNUSUAL GOTHIC revival house was designed by E.J. Lennox, the man responsible for Toronto's Old City Hall. With its combination of architectural elements, the house is a remarkable tribute to Sir Henry Pellatt (1859–1939), one of the most influential industrialists of early 20th century Canada. He made a fortune in hydroelectric power during the early 1900s, harnessing the strength of Niagara Falls for electricity. In 1906, Pellatt decided to build himself a castle. Three years and Can\$3.5 million later, construction was halted due to the outbreak of WWI.



★ The Great Hall

Oak beams support a ceiling 18-m (60-ft) high, in a ball featuring a 12-m (40-ft) tall bay window.



The Study hid secret doors in its wooden panels, one leading to Sir Henry's wine cellar.

The Terrace looks over delightful formal gardens and a fountain against a backdrop of hills and rhododendron forest.

The Bathroom was designed for Sir Henry's personal use. It contains a free-standing shower with six heads and features lavish decoration.



Fresh vegetables on sale in Little Italy

Little Italy 24

St. Clair Ave. W. ☎ 512. 📍 207
Queen's Quay W. 416 203 2500.

THERE ARE half a million people of Italian descent resident in Toronto. The first major wave of Italian migrants arrived between 1885 and 1924. Italians have been in Toronto since 1830, and their sense of community, together

with the instability of Italy after World War II, led to another large influx in the 1940s and 1950s. Italians live and work in every corner of the city, but there is a focus for the community in the lively “Corso Italia,” or Little Italy, whose assorted stores, cafés, and restaurants run along St. Clair Avenue West.

Though the architecture is at best unremarkable, many houses are brightly painted in the traditional colors of red, green, and white. More European touches appear in the proliferation of espresso bars, and cinemas showing Italian films. The typically Mediterranean food offered by the many sidewalk cafés is terrific.

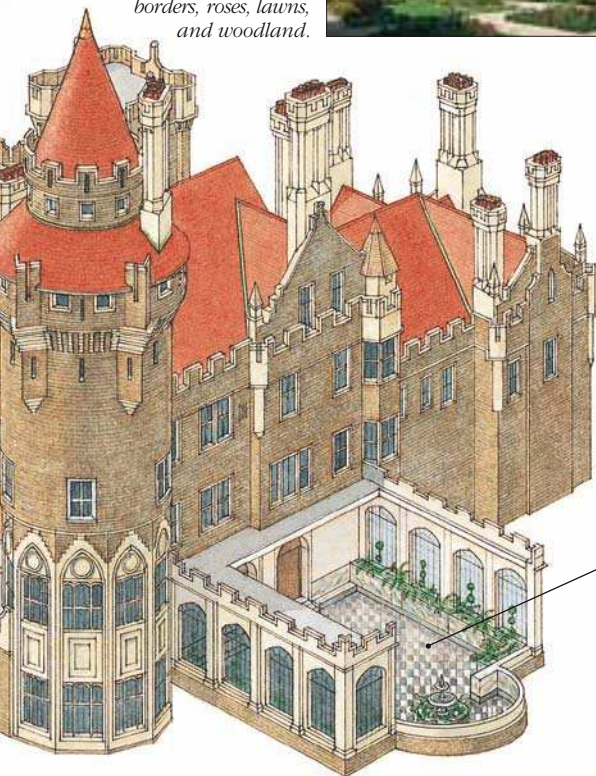
Ontario Place 25

955 Lakeshore Blvd. W. ☎ 416 314 9900. 📍 Union Station. ☎ 509, 511.
🕒 mid-May–Sep: 10am–midnight.
📶 📺 📶 www.ontarioplace.com

THIS EXCELLENT theme park will appeal to families with young children. Built over Lake Ontario on three artificial islets, the clean and fairly tame fun is largely water-based with paddle boats, log flumes, water slides, and splash ponds. The atmosphere changes at night when large pop concerts are staged at the Molson Amphitheatre. The globular Cinesphere houses the first ever permanent IMAX theater. This large format cinema technology was developed in Toronto by the IMAX Corporation in 1967.

Façade of house and formal gardens

Five acres of garden add to the charm of the estate with perennial borders, roses, lawns, and woodland.



VISITORS' CHECKLIST

1 Austin Terrace. ☎ 416 923 1171. 📍 Dupont. 🕒 9:30am–4pm.
📶 Dec 25, Jan 1. 📶 📺 📶 📶

📶 📶 www.casaloma.org



★ **Conservatory**
White walls offset the Victorian stained-glass dome. The marble flowerbeds conceal steam pipes for the rare plants.

STAR SIGHTS

- ★ **The Great Hall**
- ★ **Conservatory**



Visitors on the bicycling paths on the Toronto Islands

The Toronto Islands 26

📍 Queen's Quay. 📞 207
Queen's Quay W. 416 203 2500.
🌐 www.torontoisland.org

IN LAKE ONTARIO, just offshore from the city, the three low-lying Toronto Islands, connected by footbridges, shelter Toronto's harbor and provide easy-going recreation in a car-free environment. Here, amid the cool lake breezes, visitors can escape the extremes of the summer heat, which can reach up to 35°C (95°F). In good weather there are views of the top of the CN Tower (see p168).

It takes about half an hour to walk from one end of the islands to the other. In the east is Ward's Island, a sleepy residential area with parkland and wilderness; Centre Island, home to the Centreville Amusement Park for children, is in the middle, and to the west lies the isle of Hanlan's Point with the Islands' best beach.

The Beaches and Scarborough Bluffs 27

Beaches 📍 Queen 501. **Bluffers Park** 📍 Victoria Park, then 📍 Kingston Rd 12+. 📞 207 Queen's Quay W. 416 203 2500.

THE BEACHES is one of Toronto's most beguiling neighborhoods, its narrow leafy streets running up from the lakeshore and lined by

attractive brick houses with verandas. The area lies to the east of downtown between Woodbine Avenue and Victoria Park Avenue. Queen Street East, the main thoroughfare, is liberally sprinkled with excellent cafés and designer clothes shops. Until very recently, the Beaches was a restrained and quiet neighborhood, but its long sandy beach and boardwalk have made it extremely fashionable – real estate prices have risen dramatically in recent years. Rollerblading and cycling are popular here – a 3-km (2-mile) path travels through the area and is very busy in summer, as is the large public swimming pool. The polluted waters of Lake Ontario are not ideal for swimming, but many take the risk and windsurfing boards can be rented easily.

At its eastern end, the Beaches borders Scarborough, the large suburb whose principal attraction is also along the rocky lakeshore. Here, the striking Scarborough Bluffs, outcrops of rock made from ancient sands and clay, track along Lake Ontario for 16 km (10 miles). A series of parks provides access: Scarborough Bluffs and the Cathedral Bluffs parks offer great views of jagged cliffs, and Bluffers Park is ideal for

picnics and beach trips. Layers of sediment from five different geological periods can be seen in the rocks around the park.

Toronto Zoo 28

361A Old Finch Ave., Scarborough.
📞 416 392 5900. 📍 Kennedy, then
📍 86A (in summer). 🕒 May–Sep:
9am–7pm daily; Sep–Apr: 9am–6pm
daily. 🗓 Dec 25. ♿ 📺 📺
🌐 www.torontozoo.com

TORONTO can claim to have one of the world's best zoos. It occupies a large slice of the Rouge River Valley, and is easily accessible by public transportation and car.

The animals are grouped according to their natural habitats, both outside, amid the mixed forest and flatlands of the river valley, and inside within a series of large, climate-controlled pavilions.

Visitors can tour the zoo by choosing one of the carefully-marked trails, or hop aboard the Zoomobile, a 30-minute ride with commentary, which gives an excellent overview. It takes about four hours to see a good selection of animals, including such Canadian species as moose, caribou, and grizzly bear. Splash Island provides a spot for young visitors to cool off in the water, amid walrus and beaver sculptures.



A mother and baby orangutan at Toronto Zoo



A tinsmith takes a break outside his store in Black Creek Pioneer Village

Ontario Science Centre 29

770 Don Mills Rd. ☎ 416 696 3177.

📍 Eglinton or Pape, then 🚗 Eglinton 100 or Don Mills 25.

🕒 10am–5pm daily. 🗓 Dec 25.

♿ 📺 🌐 www.osc.on.ca

ONE OF TORONTO'S most popular sights, the Ontario Science Centre attracts children in droves. They come for the center's interactive displays and hands-on exhibits exploring and investigating all manner of phenomena, which are divided into 11 categories. These include the Living Earth, Science Arcade, the Information Highway, and Sport. Visitors can land on the moon, travel to the end of the universe, or have hair-raising fun on a Van de Graaff generator.

Black Creek Pioneer Village 30

cnr Steeles Ave. W. & Jane St. ☎ 416 736 1733. 📍 Finch, then 🚗 60.

🕒 May & Jun: 9:30am–4:30pm Mon–Fri, 10am–5pm Sat & Sun; Jul–Sep: 10am–5pm daily; Oct–Dec: 9:30–4pm Mon–Fri, 10am–4:30pm Sat & Sun. 🗓 Jan–May; Dec 25. ♿

OVER THE YEARS, some 40 19th-century buildings have been moved to historic Black Creek Pioneer Village in the northwest of the city

from other parts of Ontario. Inevitably, the end result is not entirely realistic – no Ontario village ever looked quite like this – but this living history showpiece is still great fun. Staff in period costume demonstrate traditional skills such as candlemaking, baking, and printing. Among the more interesting buildings are the elegant Doctor's House from 1860, and the Lasky Emporium general store, which is open and trading, selling baking products to visitors. The Tinsmith Shop is manned by skilled craftsmen, and there is a Masonic Lodge meeting room too.

Four buildings are credited to Daniel Stong, a 19th-century pioneer; his pig house, smoke house, and two contrasting homes – the first and earlier dwelling is a crude log shack, the second a civilized house with a brick fireplace, outside of which is a herb garden.



Bill Vazan's "Shibagau Shard" at the McMichael

McMichael Art Collection 31

10365 Islington Ave., Kleinburg.

☎ (905) 893 1121. 📍 Islington, then

🚗 37, then 🚗 13 (limited service).

🕒 Tue–Sun. 🗓 Dec 25. ♿

🌐 www.mcmichael.on.ca

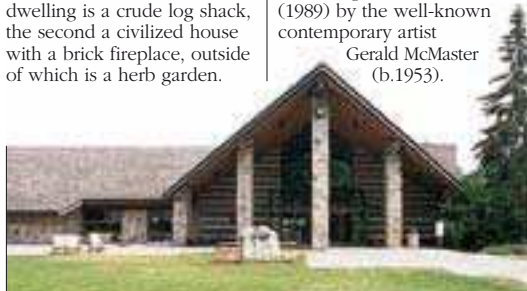
ON THE EDGE OF Kleinburg, about 30 minutes' drive north of downtown Toronto, Robert and Signe McMichael built themselves a fine log-and-stone dwelling overlooking the forests of the Humber River Valley. The McMichaels were also avid collectors of Canadian art, and in 1965 they donated their house and paintings to the government. Since then, the art collection has been greatly increased and is now one of the most extensive in the province, with over 6,000 pieces.

Most of the McMichael is devoted to the work of the Group of Seven (see pp160–61), with a whole string of rooms devoted to an eclectic selection of their works. The keynote paintings are characteristically raw and forceful

landscapes illustrating the wonders of the Canadian wilderness. Each of the group has been allocated a separate area, and both Tom Thomson (a famous precursor of the group) and talented Group of

Seven member Lawren Harris, are well represented. There are also fascinating sections devoted to contemporary Inuit and Native American art, including the sculpture *Bases Stolen from the Cleveland Indians and a Captured Yankee* (1989) by the well-known contemporary artist

Gerald McMaster (b.1953).



The log and stone façade of the McMichael Art Collection building



OTTAWA AND EASTERN ONTARIO

ONE OF THE most visited regions in Canada, Eastern Ontario is justly famous for its history and natural beauty. The myriad lakes and waterways that dominate the landscape here once served as trade highways through the wilderness for native people and explorers. Today they form a beautiful natural playground, with spectacular opportunities for outdoor activities such as boating, fishing, hiking, and skiing. The St. Lawrence is one of the world's great waterways and has its



source in the historic small city of Kingston. North of Lake Ontario lies the Canadian Shield, with the ancient lakes, rocks, and forest that epitomize Canada. A big favorite with many Canadian vacationers, Algonquin Provincial Park is one of the country's most famous wilderness areas. Also popular is the picturesque Kawartha Lakes region. Rising majestically over the Ottawa River, Canada's capital is a storehouse of national history and stately architecture that attracts over five million visitors each year.

SIGHTS AT A GLANCE

Historic Towns and Cities

- Barry's Bay 13
- Combermere 11
- Eganville 12
- Haliburton 10
- Kingston 5
- North Bay 15

- Ottawa 1
- Prescott 3

Upper Canada Village 2

National and Provincial Parks

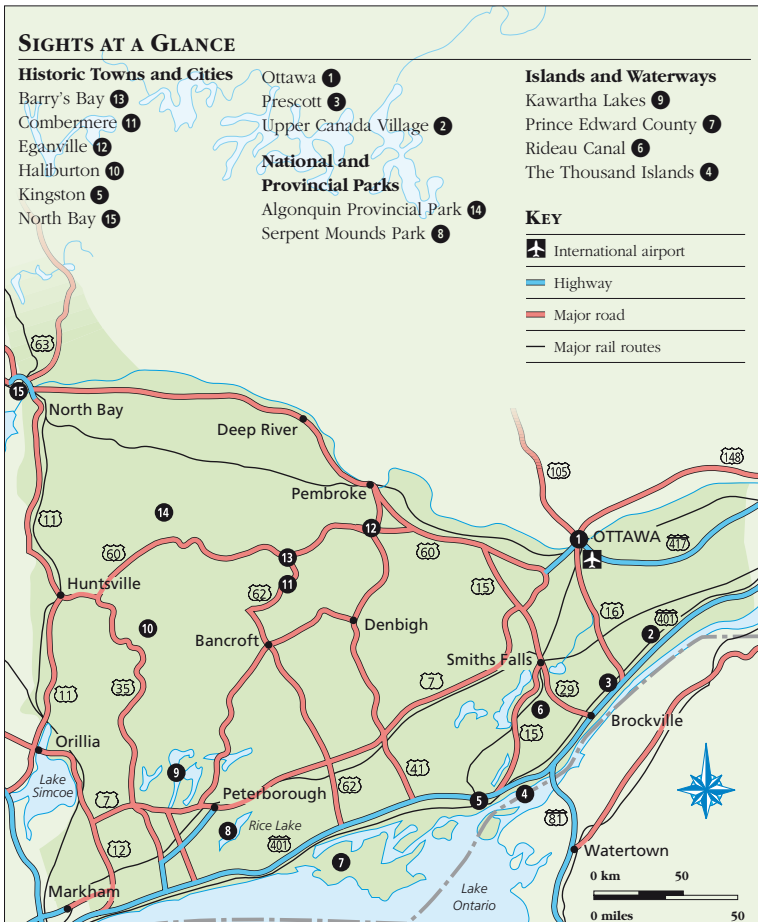
- Algonquin Provincial Park 14
- Serpent Mounds Park 8

Islands and Waterways

- Kawartha Lakes 9
- Prince Edward County 7
- Rideau Canal 6
- The Thousand Islands 4

KEY

- International airport
- Highway
- Major road
- Major rail routes



◀ Pleasure boats on the Rideau Canal at night overlooked by Ottawa's imposing Parliament Buildings

Street-by-Street: Ottawa ❶

OTTAWA WAS A COMPROMISE choice for Canada's capital, picked in part because of the rivalry between the English and French and the cities that grew into today's urban giants, Toronto and Montreal. This compromise has from its foundation in 1826, grown into a city with an identity all its own. Named capital of the Dominion of Canada in 1855, Ottawa has a fine setting on the banks of the Ottawa and Rideau rivers. Far more than just the political capital, the city has grown into a mix of English and French residents and historic and modern buildings with plenty of attractions to keep its 6 million annual visitors busy.



A member of the RCMP leading his horse by the Parliament buildings



★ Parliament Buildings

The Changing of the Guard takes place outside daily from June to August. The spectacular ceremony adds to the grandeur of this seat of government.



Rideau Canal

Built in the early 19th century, the Canal is now a playground for visitors, its banks lined with grassy cycling and walking paths.

National War Memorial

Annually, on November 11, a memorial service takes place here to honor Canada's war veterans.



Centennial Flame was first lit in 1967 to commemorate a century of Confederation. It burns continually.



Fairmont Chateau Laurier is a luxury hotel, and arguably Canada's most famous. It has offered sumptuous accommodation to Canada's great and good since it was built in 1912.

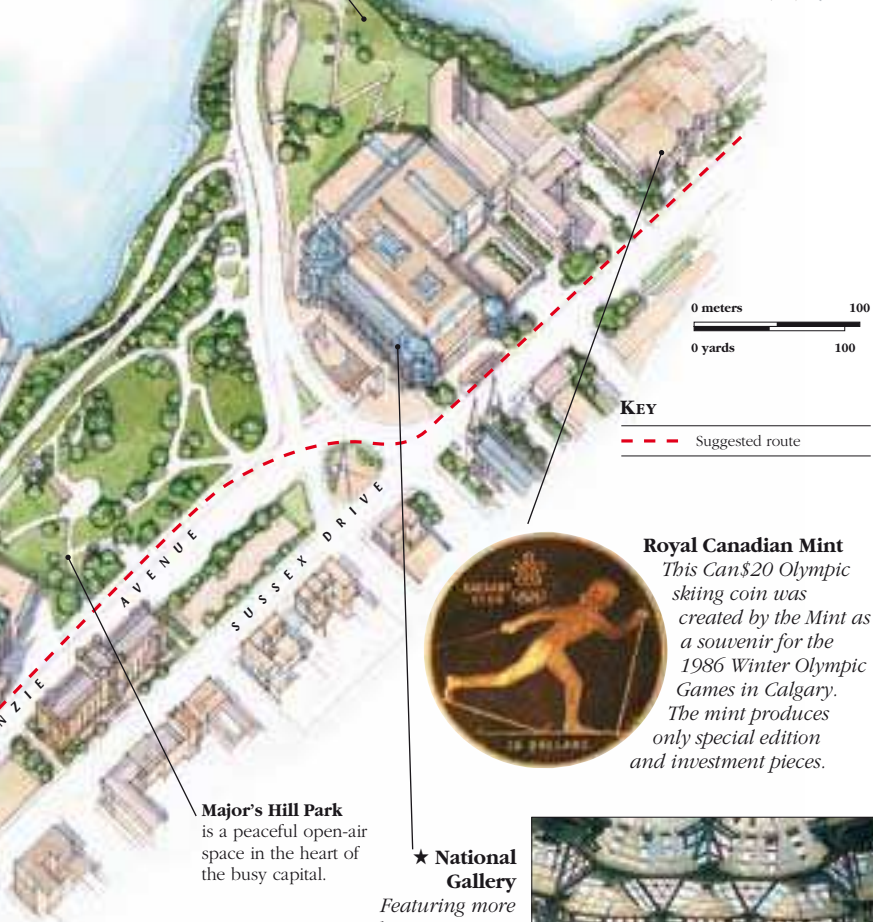


Nepean Point

This stunning viewpoint is marked by a statue of a native Canadian at the foot of a monument to Samuel de Champlain (see p41). From here, the whole of central Ottawa can be seen.

VISITORS' CHECKLIST

- 785,000. 18 km (12 miles) south of the city. 265 Catherine St. 200 Tremblay Rd.
- Canada's Capital Information Centre, 14 Metcalfe St. (613) 239 5000. Winterlude (Feb), Canadian Tulip Festival (May).
- www.canadascapital.gc.ca



KEY

Suggested route



Royal Canadian Mint

This Can\$20 Olympic skiing coin was created by the Mint as a souvenir for the 1986 Winter Olympic Games in Calgary. The mint produces only special edition and investment pieces.

Major's Hill Park is a peaceful open-air space in the heart of the busy capital.

★ National Gallery

Featuring more than 25,000 artworks, this is the country's premier collection of the fine arts, housed in this outstanding granite and glass building.



STAR SIGHTS

- ★ National Gallery
- ★ Parliament Buildings

Exploring Ottawa



Antique doll's dress, Bytown

THE CORE OF THE capital is relatively contained, and many of the top sights can be easily accessed on foot. Traveling south through the city, the Rideau Canal is Ottawa's recreation ground year round, from boating and strolling during summer to skating across its icy surface in the freezing Canadian winter. The National Arts Centre is a focus for theater, opera, and ballet; history and art buffs can spend days visiting museums and galleries, both large and small. Ottawa is a city of festivals too; notably Winterlude, a three-weekend February celebration, while in spring the Canadian Tulip Festival transforms the city into a sea of flowers. Canada Day celebrations, on July 1, also attract thousands of visitors.

Away from downtown, it sometimes seems that the suburban National Capital Region is overflowing with museums for every enthusiast. Attractions include the Central Experimental Farm and the Canada Aviation Museum.



Ottawa's Gothic Parliament Buildings rise over the city in majestic style

Parliament Buildings

Parliament Hill. ☎ (613) 992 4793.

🕒 daily. 🗓 July 1.

Dominating the skyline, the country's government buildings overlook downtown Ottawa in a stately manner. Undaunted by the tall buildings that have crept up around them in the 150 years since they became Ottawa's center of power, the East and West Blocks glow green above the city because of their copper roofing. The neo-gothic sandstone buildings were completed in 1860. Located on a 50-m (165-ft) hill, the

Parliament offers a view of the Ottawa River. The Parliament Buildings are distinctly reminiscent of London's Westminster, both in their Victorian neo-gothic style and in their position. Partly destroyed in a fire in 1916, all the buildings are now restored to their former grandeur.

The Parliament Buildings can be toured year round, including when the Government, Commons, and Senate are in session. Hand-carved sandstone and limestone characterizes the interior

of the government chambers. In the summertime Mounties patrol the neat grassy grounds outside the Parliament, where visitors mingle and spot politicians.

Bytown Museum

Ottawa Locks. ☎ (613) 234 4570.

🕒 May–Oct: daily. 🗓

Bytown, the capital's original name, changed to Ottawa in 1855. Located east of Parliament Hill and beside the Rideau Canal, in Ottawa's oldest stone building (1827),



Cash register from a 19th-century shop at the Bytown Museum



KEY

P Parking

i Visitor information

■ Ottawa street-by-street
see pp190–91

the Bytown Museum is a well-appointed place to learn more about local history. Colonel John By, the officer in charge of building the Rideau Canal, set up his headquarters here in 1826. While work was underway, the building, also known as the Bytown, was used to store military equipment and cash. The ground floor houses an



The elegant Zoë's Lounge bar at the Château Laurier Hotel

exhibit on the construction of the Rideau Canal. Also very enjoyable is the focus on domestic life of the early 19th century, with a wide variety of homey artifacts on display.

decorated with Louis XV-style reproductions. The hotel attracts an upscale clientele, and it is well worth a visit to rub shoulders with celebrities and government mandarins. Zoë's Lounge, a restaurant with soaring columns, chandeliers and palms, lit by an atrium, is a wonderful place for lunch, as is the larger restaurant, Wilfred's.

Canadian War Museum

1 Vimy Pl. ☎ (819) 776 8600, 1 800 555 5621. 🗓 May 9–Oct 11: 9am–6pm daily (to 9pm Thu; also to 9pm Fri from Jul 1–Sep 6). 🆓 free Jul 1.

♿ 🌐 www.warmuseum.ca

Canadians may have a reputation as a peaceful people but they have seen their share of the world's battlefields. This museum, housed in a stunning modern building close to Parliament Hill, looks at the country's military history and at how this history has shaped the nation and its people. Exhibits range from the earliest wars fought on Canadian soil between the French and the British, to the American invasion of 1812, the Boer War of 1899, and Canada's role in the two world wars. The LeBreton Gallery houses an extensive collection of military technology including vehicles,

artillery, and other artefacts. There is also a collection of war art representing both world wars. The museum's Regeneration Hall, with its tightly framed view of the Peace Tower on Parliament Hill, represents hope for a better future.



Demob sign at the War Museum

Fairmont Château Laurier Hotel

1 Rideau St. ☎ (613) 241 1414.

📠 (613) 562 7031. ♿

This wonderful stone replica of a French château is a fine example of the establishments built by railroad companies in the early 1900s. It has attracted both the great and the good since it opened as a hotel in 1912. Centrally located at the foot of Parliament Hill, its interior features large rooms with high ceilings,



SIGHTS AT A GLANCE

- Bytown Museum ②
- ByWard Market ⑦
- Cathédrale Notre Dame ⑥
- Central Experimental Farm ⑩
- Fairmont Château Laurier Hotel ③
- Laurier House ⑧
- National Arts Centre ⑪
- National Currency Museum ⑫
- National Gallery of Canada pp196–7 ④
- Parliament Buildings ①
- Rideau Canal ⑨
- Royal Canadian Mint ⑤

🏰 Royal Canadian Mint

320 Sussex Dr. ☎ (613) 993 8990.

🕒 daily. 🚗 🚲 🚶 obligatory.

Founded in 1908 as a branch of the British Royal Mint, this no longer produces regular Canadian cash currency. Instead, it strikes many special-edition coins and Maple Leaf bullion investment coins. The mint also processes about 70 percent of the country's gold in its refinery, which is among the largest in North America.

The building was refurbished fully in the 1980s and now offers guided tours. These are available daily, but coinage fanatics must make reservations in advance to see the process that turns sheets of metal into bags of shiny gold coins.



The façade of Ottawa's imposing Cathédrale Notre Dame

🏰 Cathédrale Notre Dame

Cnr Sussex Dr. & St. Patrick St.

☎ (613) 241 7496. 🕒 daily. 🚗

Built in 1839, Notre Dame, with its twin spires, is Ottawa's best-known Catholic church. It is situated in the Byward Market area and features a spectacular Gothic-style ceiling. The windows, carvings, and the huge pipe organ are also well worth seeing (and hearing). Philippe Parizeau (1852–1938) carved the woodwork in mahogany. In niches around the sanctuary, there are wooden etchings of prophets and apostles, crafted by Louis-Philippe Hebert (1850–1917), now painted to look like stone. Joseph Eugene Guiges, the first bishop of Ottawa, oversaw the completion of Notre Dame, and his statue is outside the basilica.



Byward Market is known as a lively area of Ottawa

🏰 Byward Market

Byward St. ☎ (613) 244 4410.

🕒 daily. 🕒 Dec 25, 26, Jan 1.

🚗 limited.

This neighborhood bustles all year round; outdoors in the summer, inside in winter. The area is located just east of Parliament Hill, across the Rideau Canal, and offers a colorful collection of craft shops, cafés, boutiques, bistros, nightclubs, and farmers' market stalls. Special attractions include the food market in the Byward Market Building on George Street, and the cobblestoned Sussex Courtyards. The cafés are among Ottawa's most popular places to lunch.

🏰 Laurier House

335 Laurier Ave. E. ☎ (613) 992

8142. 🕒 9am–5pm Tue–Sat;

2pm–5pm Sun. 🕒 Mon. 🚗 🚲

Now a national historic site, Laurier House, a Victorian town house built in 1878, served as the chief residence of two notable Canadian prime ministers, Sir Wilfrid Laurier and

Mackenzie King. Beautifully furnished throughout, it houses memorabilia, papers, and personal possessions of both former national leaders.

Rideau Canal

☎ 1 (800) 230 0016.

Built in the mid-19th century, the Rideau Canal is a man-made construction that travels through lakes and canals from Ottawa to the city of Kingston (see p198). The canal flows through the capital, providing an attractive pastoral sight with its walking and cycling paths bordering the water. Once used for shipping, the canal is now a recreational area. In summer visitors stroll along its banks, while through Ottawa's freezing winter the canal turns into the city's skating rink, popular with locals during the winter festival.

🌿 Central Experimental Farm

Experimental Farm Dr. ☎ (613)

991 3044. 🕒 9am–5pm daily.

🕒 Dec 25. 🚗 🚲 🚶

The CEF is a national project researching all aspects of farming and horticulture. It also offers some of the best floral displays in the country, including a spectacular chrysanthemum show every November. There is also an ornamental flower show and an arboretum with over 2,000 varieties of trees and shrubs. The farm's livestock barns and show cattle herds are especially popular with children, and everybody loves the tours of the 500-ha (1,200-acre) site in wagons drawn by huge, magnificent Clydesdale horses.



Children can get close to animals at the Central Experimental Farm



The waterside restaurant at the National Arts Centre, seen from the Rideau Canal

🏛️ National Arts Centre

53 Elgin St. ☎ (613) 947 7000.

🕒 daily; 🚶🏻‍♂️ 🚶🏻‍♀️ 🚶🏻‍♂️ obligatory. ♿

🌐 www.nac-cna.ca

Completed in 1969, the National Arts Centre has three stages, an elegant canal-side restaurant, and a summer terrace. The building, designed by noted Canadian architect Fred Neubold, comprises three interlocking hexagons opening onto good views of the Ottawa River and the Rideau Canal. Many exponents of Canadian and international dance, theater, and musical forms, including the National Arts Centre Orchestra, perform here regularly. The center's Opera auditorium seats 2,300; the Theatre, with its innovative apron stage, seats 950; the Studio, a marvelous venue for experimental productions, comfortably seats 350. The center is extremely popular and reserving well in advance is recommended.

🏛️ National Currency Museum

245 Sparks St. ☎ (613) 782 8914.

🕒 May–Sep: 10:30am–5pm Mon–Sat; 1–5pm Sun; Oct–Apr: 10:30am–5pm Tue–Sat; 1–5pm Sun.

🌐 www.currencymuseum.ca

Based in the Bank of Canada, displays in the Currency Museum trace the history of money through the ages. This is a fascinating place to learn about the unusual variety of things used as Canadian currency over the years – whales' teeth, glass beads, grain, paper, and metal. The emphasis of

the exhibition is on Canadian currency in all its forms. Visitors can also see the workings of the National Bank.

🏛️ National Museum of Science and Technology

1867 St. Laurent Blvd. ☎ (613) 991 3044.

🕒 May–Sep: 9am–6pm daily;

Oct–Apr: 9am–5pm Tue–Sun. 🚶🏻‍♂️

🌐 www.sciencetech.technomuses.ca

Discover a whole new world at this interactive museum whose exhibits include a wide range of fascinating displays exploring Canada's space history, transportation through the ages, and modern and industrial technology. A vintage steam locomotive can be boarded, and the more modern-minded may enter a mini-control room and pull levers to launch a make-believe rocket. Children and adults can also join a mission to save a colony on Mars. The biology section has live chicks incubating.

🏛️ Canada Aviation Museum

Aviation & Rockcliffe Parkways.

☎ (613) 993 2010. 🕒 May–Sep:

daily; Oct–Apr: Wed–Sun. 🚶🏻‍♂️

🌐 www.aviation.technomuses.ca

This huge building near Rockcliffe Airport houses over 100 aircraft, which have flown both in war and peace. The famous 1909 *Silver Dart*, the first aircraft to fly in Canada, is here, as is the nose cone from the *Avro Arrow*, the supersonic superfighter that created a political crisis in Canada when the government halted its development in the 1950s. The *Spitfire*, valiant friend of the Allies in World War II, features alongside historic bush planes such as the *Beaver* and early passenger carrier jets. Displays detail the exploits of Canadian war heroes, including World War I ace Billy Bishop, while the interactives along the Walkway of Time traces the history of world aviation.



Model of a rocket at the National Museum of Science and Technology

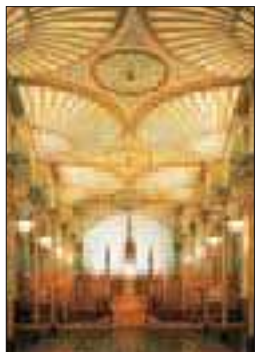
National Gallery of Canada

OPENED IN 1988, the National Gallery of Canada provides a spectacular home for the country's impressive collections of art. Located near the heart of the capital, architect Moshe Safdie's memorable pink granite and glass edifice is architecture as art in its own right. The National Gallery is one of the three largest museums in the country, and is Canada's top art gallery, with excellent collections of both national and international exhibits. The museum is a short stroll from the Rideau Canal and Major's Hill Park.



No. 29 (1950)

A vivid example of Jackson Pollock's idiosyncratic drip technique, this was part of an enormous canvas carefully cut into sections, hence its title, No. 29.



★ Rideau Street Chapel

Set in a peaceful inner courtyard, this 1888 chapel was saved from bulldozers nearby and moved here for safety.

STAR EXHIBITS

★ Rideau Street Chapel

★ The Jack Pine by Tom Thomson

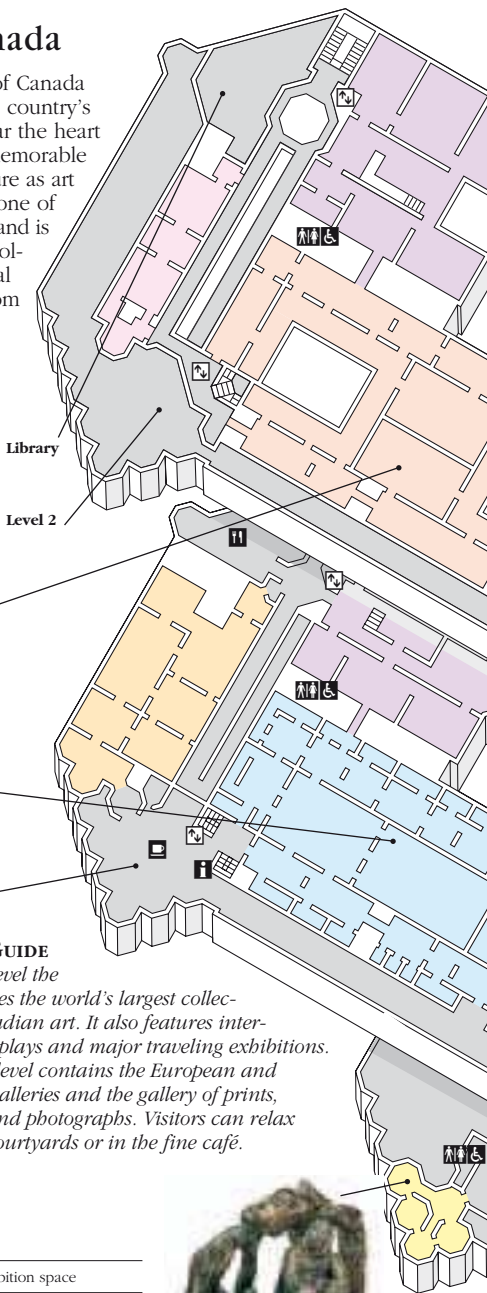
KEY

- Special exhibition space
- Canadian gallery
- Contemporary art
- European and American galleries
- Prints, drawings, and photographs
- Inuit art
- Nonexhibition space



Inuit sculpture

This is represented in ancient and modern forms; Aurora Borealis decapitating a young man dates from 1965.



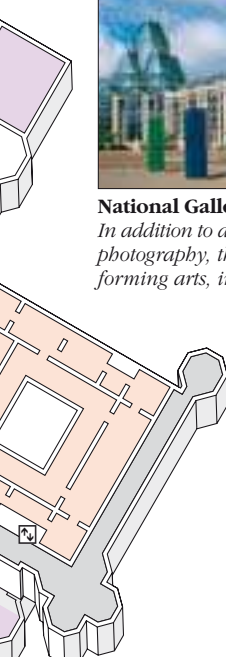


National Gallery façade

In addition to displays of painting, prints, architecture, and photography, the gallery holds regular events for the performing arts, including movies, lectures, and concerts.

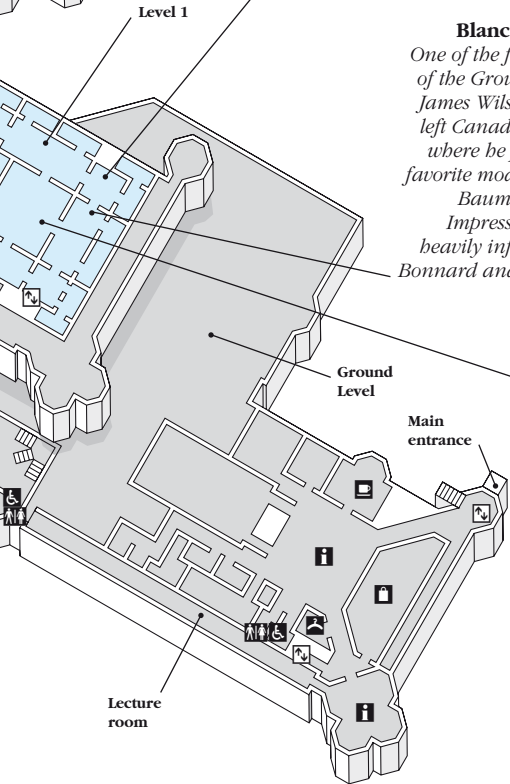
VISITORS' CHECKLIST

- 380 Sussex Dr.
- ☎ (613) 990 1985. 📺 3.
- 🕒 May–Sep: 10am–5pm
 Fri–Wed, 10am–8pm Thu;
 Oct–Apr: 10am–5pm Wed,
 Fri–Sun, 10am–8pm Thu.
- 🗓 Jan 1, Good Friday, Dec 25.
- 🎨 for special exhibitions.
- 🕒 11am & 2pm. 📱 📺 📺
- 🌐 www.national.gallery.ca



★ **The Jack Pine (1916)**

In many ways the father of Canada's nationalist art movement of the early 20th century, the Group of Seven, Tom Thomson first attracted notice with his vivid, sketchy, impressionist paintings of Ontario landscape, here shown with a brightly colored oil of a provincial tree framed in wilderness.



Blanche (c.1912)
One of the forerunners of the Group of Seven, James Wilson Morrice left Canada for Paris, where he painted his favorite model Blanche Baume in a post-Impressionist style, heavily influenced by Bonnard and Gauguin.



Water Court


This delightful airy space is a sharp contemporary contrast to the treasures of yesteryear that abound in the rest of the gallery. Water Court is used as a contemplative gallery for sculpture.

Upper Canada Village 2

 Cornwall,  Morrisburg 1
(800) 437 2233.  www.uppercanadavillage.com

THIS RECREATED 19th-century town is made up of 40 authentic pre-Confederation (1867) buildings, relocated from the surrounding area to save them from flooding during construction of the St. Lawrence Seaway in the 1950s. Today, it is preserved as a tourist attraction and is a colorful reminder of the province's social history. Costumed villagers work in the blacksmith's forge and the sawmill while tinsmiths and cabinetmakers employ the tools and skills of the 1860s. A bakery, cheese factory, and general store are in operation. History is also reflected in nearby **Battle of Cryslers Farm Visitor Centre**, a memorial to those who died in the War of 1812.

Battle of Cryslers Farm Visitor Centre

Exit 758 off Hwy 401.  (613) 543 3704.  mid-May–mid-Oct. 9:30am–5pm daily.  

Prescott 3

 4,000.  360 Dibble St. (613) 925 1861.

THE MAJOR attractions in this 19th-century town are its architecture and access to the St. Lawrence River. Prescott's recently refurbished waterfront area and its busy marina make for a pleasant waterside stroll.





The 1838 lighthouse overlooks the pleasure boats of Prescott's marina


The Shakespearean Festival here attracts visitors from around the world, as does the excellent scuba diving. There are 22 wrecks that sank between the late 19th- and mid-20th-centuries within a one hour drive.

Fort Wellington National Historic Site, east from the center of town, attracts many visitors. Originally built during the War of 1812 and rebuilt in 1838, four walls and some buildings remain. These include a stone blockhouse which is now a military museum, incorporating refurbished officers' quarters.

 Fort Wellington
Prescott.  (613) 925 2896.

 late May–mid-Oct. daily. 

The Thousand Islands 4

 2 King St. East, Gananoque (613) 382 3250.

THE St. Lawrence River, one of the world's great waterways, is a gateway for ocean-going vessels traveling through the Great Lakes. Few stretches of the trip compare in charm or beauty to the Thousand Islands, an area that contains a scattering of over a thousand tiny islands, stretching from just below Kingston downriver to the water-side towns and cities of Gananoque, Brockville, Ivy Lea, and Rockport. Cruising opportunities abound from the Kingston boarding site.

River sights include the curious Boldt's Castle, a folly built on one of the islands by millionaire hotelier Boldt and abandoned in grief when his wife died in 1904. It was Oscar, Boldt's head chef at the Waldorf Astoria who, entertaining summer guests at the castle, concocted Thousand Island salad dressing. Land-lubbers will enjoy the scenery



A sailboat travels the Thousand Islands

from the Thousand Islands Parkway, which runs from the pretty town of Gananoque to Mallorytown Landing.

Kingston 5

 141,000.   209 Ontario St. (613) 548 4415.

 www.tourism.kingstoncanada.com

ONCE A center for ship building and the fur trade, Kingston was briefly (1841–44) the capital of the United Province of Canada (see pp45).

Constructed by generations of shipbuilders, the city's handsome limestone

buildings reflect a dignified lineage. The host of the 1976 Olympic Games regatta, Kingston is still one of the freshwater sailing capitals of North America and the embarkation point for many local cruises.

It is also home to more museums than any other town in Ontario.




Guard at Old Fort Henry




Old Fort Henry National Historic Site of Canada is a living military museum brought to life by guards in bright scarlet period uniforms who are trained in drills, artillery exercises, and traditional

life and drum music of the 1860s. Canada's top Army Training University is also based in the city and The Royal Military College Museum, housed in a 1846 Martello Tower, tells the story of today's cadets and their forebears.

West of the downtown area lies the **Marine Museum of the Great Lakes**. There are displays on the history of the Great Lakes and the ships that sailed on them, including the first ship built for the Lakes here in 1678. The museum also contains a 3,000-tonne icebreaker, now a delightfully appointed bed-and-breakfast. Modern-day technology is explored at Kingston Mills, the lock station at the southern end of the Rideau Canal, where boats are lifted 4 m (13 ft).

Old Fort Henry

Kingston.  (613) 542 7388.

 mid-May–late Sep: daily.  


 www.forthenry.com

Marine Museum of the Great Lakes

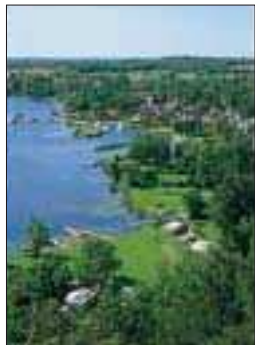
55 Ontario St.  (613) 542 2261.

 Apr–Oct: 10am–5pm daily; Nov–

Rideau Canal

 34a Beckwith St. South, Smiths Falls (613) 283 5170.

THE RIDEAU CANAL, originally a defensive barrier protecting Canada against the Americans and finished in 1832, stretches for 200 km (125 miles). The best way to enjoy this sparkling necklace of scenic waterway is by boat. A great feat of 19th-century




A view of the Rideau Canal as it travels through Westport village






Historic house along the main street of Picton in peaceful Quinte's Isle



engineering, which includes 47 locks and 24 dams, the system allows boaters to float through tranquil woods and farmland, scenic lakes, and to stop in quaint villages, as well as visit the **Canal Museum** at Smith's Falls. The canal north of Kingston also contains a number of provincial parks which offer canoe trails. Also popular is the 400-km (250-mile) Rideau Trail, a hiking system linking Kingston and Canada's capital city, Ottawa.

Canal Museum

34 Beckwith St. S.  (613) 284

0505.  mid-Jun–mid-Oct: daily; mid-Oct–mid-Jun: Sat–Sun.  

Prince Edward County

 116 Main St., Picton.  (613) 476 2421.  www.pec.on.ca

CHARMING AND KNOWN for its relaxed pace and old-fashioned hospitality, Prince Edward County is surrounded by Lake Ontario and the Bay of Quinte, and is sometimes referred to as Quinte's Isle. The island is renowned for its two camping and sunbathing beaches in Sandbanks Provincial Park. There, mountains of fine sand reach 25 m (82 ft) and are considered one of the most significant fresh-water dune systems in the world.




United Empire Loyalists (see p42) settled in the County following the American Revolution (1775), founding engaging small towns and a strong farming industry.

Visitors can absorb the local historic architecture by traveling along the country roads and the Loyalist Parkway, either cycling or by car, pausing to appreciate the island's charming views.

Serpent Mounds Park

Rural route 3.  (705) 295 8879.

 Coburg.  Peterborough.

 mid-May–mid-Oct: 9am–8pm daily.  

SITUATED ON the shore of Rice Lake, Serpent Mounds is a historic native Indian burial ground. A grove of aging oak encloses nine burial mounds of an ancient people who gathered here more than 2,000 years ago. The only one of its kind in Canada, the largest mound has an unusual zigzag appearance, said to represent the shape of a moving snake. The site is still sacred to native people. Rice Lake, which offers shady picnic spots and excellent fishing, provides a pleasant backdrop.

On the tiny Indian River 9 km (5 miles) away, Lang Pioneer Village is a more traditional representation of Canada's past, featuring 20 restored 19th-century buildings, heritage gardens, and farmyard animals. Visitors can watch an ancient restored grist mill in action, and workers in period costumes display ancient skills. Blacksmiths and tinsmiths ply their trade in an authentic smithy and will give lessons.



Lush bullrushes surround a pond in Petroglyphs Provincial Park

Kawartha Lakes 9

Peterborough (705) 742 2201.

Peterborough. **C**obourg.

W www.thekawarthas.net

THE KAWARTHA LAKES are part of the 386-km (240-mile) Trent-Severn Waterway that runs from Lake Ontario to Georgian Bay and was originally built in the 19th century. Today the area is a playground for vacationers, with water-based activities including cruises and superb fishing. Renting a houseboat from one of the coastal villages is a popular way of exploring the locality. At the center of the region lies the friendly city of Peterborough, notable for its university, pleasing waterfront parks, and the world's largest hydraulic liftlock. Thirty-four km (21 miles) north lies the Curve Lake Indian Reserve's famous Whetung Gallery, one of the best places locally for native arts and crafts.

Petroglyphs Provincial Park, 30 km (19 miles) to the north of Peterborough, is better known to locals as the "teaching rocks" for the 900-plus aboriginal rock carvings cut into the park's white marble outcrops. Rediscovered in 1954, these wonderfully preserved symbols and figures of animals, boats, spirits, and people were made by spiritual leaders to record their dreams and visions. Today the stones are housed in a huge glass building, built around them in 1984 to

protect them from frost. The stones remain respectfully regarded to this day as a sacred site by native peoples.

Petroglyphs Provincial Park

Northey's Bay Rd. off Hwy 28.

T (705) 877 2552. **O** May–Oct:

10am–5pm daily. **W** **E**

The Haliburton Highlands 10

Haliburton (705) 286 1777.

W www.haliburtoncounty.ca

THE HALIBURTON Highlands are one of Ontario's year-round outdoor destinations, renowned for their forests, lakes, and spectacular scenery. In the summer, thousands of visitors enjoy boating, fishing, and swimming in this region. In fall, busloads of tourists travel to appreciate the celebrated seasonal colors; others come for the deer hunting. Winter brings skiers and snowboarders.

The village of Haliburton is found along scenic Highway 35, which winds its way through exceptional scenery from Minden north to the considerable charms of Dorset. The fire tower atop a rock cliff overlooking the village gives spectacular views of the Lake of Bays and the surrounding

area. This spot is a fantastic viewing point for the myriad colors of Ontario's fall trees with their lovely bright red and orange shades.

Combemere 11

A 250. **I** Ottawa Valley Tourist

Association, 9 International Dr.,

Pembroke (613) 732 4364.

W www.ottawavalley.org

THE VILLAGE of Combemere is a central point for people heading to a number of provincial parks in Eastern Ontario, including Algonquin (see pp202–203), Carson Lake, and Opeongo River. It is a good tourist center for fuel and refreshments. A few kilometers south of Combemere

lies the **Madonna House Pioneer Museum**.

Founded by Catherine Doherty, this Catholic lay community has grown to have mission outposts around the world.

It is managed by volunteers, who survive from its cooperative farm, and who dedicate themselves to fundraising. Since 1963, a recycling program has been raising money for the world's poor.

M **Madonna House Pioneer Museum**

Hwy 517. **T** (613) 756 3713. **O** mid-

May–mid-Oct: 10am–5pm Tue–Sat.



The Madonna at Pioneer Museum



Golfers taking a break between games to enjoy the Haliburton scenery



Farm cottages outside Barry's Bay, home to many Ontarian craftspeople

Eganville 12

1,300. Ottawa Valley Tourist Association, 9 International Dr., Pembroke (613) 732 4364.

THIS HIGHWAY 60 village with its little restaurants and gas station provides a handy tourist center for visitors to this picturesque region. Local attractions include the **Bonnechere Caves**, 8 km (5 miles) away. The caves were at the bottom of a tropical sea 500 million years ago. Gradually raised over millennia from the ocean bed, they are covered with fossils of primitive life forms. The privately owned site is open for tours in summer.

Bonnechere Caves

(613) 628 2283. May–early Sep: daily; late Sep–Oct: Sat & Sun.

Barry's Bay 13

1,250. Ottawa Valley Tourist Association, 9 International Dr., Pembroke (613) 732 4364.

AN ATTRACTIVE LITTLE TOWN, Barry's Bay has a sizeable Polish population, as does its neighbor Wilno, site of the first Polish settlement in Canada. The area is home to many craftspeople and artisans, who sell their wares in the local villages. Barry's Bay is also popular for stores selling outdoor gear and watersport equipment. Year-round sports facilities can be found at nearby Kamanisseg Lake and Redcliffe Hills, both of which are popular places for renting cottages. Perched

high on a hill, nearby Wilno overlooks scenic river valleys and boasts the fine church and grotto of St. Mary's.

Algonquin Provincial Park 14

See pp202-203.

North Bay 15

56,000. 1375 Seymour St. (705) 472 8480.

BILLING ITSELF as the Gateway to the Near North, North Bay sits at the eastern end of Lake Nipissing, 350 km (217 miles) north of Toronto. The

region's most famous natives are undoubtedly the Dionne quintuplets. Born in 1934, the Quints' original modest family homestead has been relocated and now forms the town's popular **Dionne Homestead Museum**.

Lake Nipissing nearby is famous for its fishing and wilderness scenery. Boat cruises across the lake follow the old French explorers route. North Bay is a good starting-point for trips to the area's many vacation camps.

Dionne Homestead Museum

1375 Seymour St. (705) 472 8480. mid May–mid-Oct: daily.



THE DIONNE QUINTS

The hamlet of Corbeil experienced a natural miracle on May 28, 1934: the birth of the Dionne quintuplets; Annette, Emilie, Yvonne, Cecile, and Marie, the five identical girls born to Oliva and Elzire Dionne. The Quints' combined weight at birth was only 6.1 kg (13 lbs 5 oz), and the babies' lungs were so tiny that small doses of rum were required daily to help them breathe. Experts put the chances of giving birth to identical quintuplets at 1 in 57 million. The girls became international stars, attracting countless visitors to North Bay during the 1930s. A Quint industry sprang up with curiosity-seekers flocking to watch the young girls at play. The Dionne homestead was moved to North Bay in 1985, and visitors can travel back over 60 years to marvel anew at the birth of the Quints in this small farmhouse.

Algonquin Provincial Park 14



"Moose Crossing"

TO MANY CANADIANS, Algonquin, with its lush maple and fir woods, sparkling lakes, and plentiful wildlife, is as familiar a symbol of Canada as is Niagara Falls.

Founded in 1893, this is the oldest and most famous park in Ontario, stretching across 7,725 square km (3,000 square miles) of wilderness. Wildlife abounds; visitors have a chance to see beavers, moose, and bear in their natural habitats, and the park echoes with the hauntingly beautiful call of the loon, heard often in northern Ontario. Every August, on Thursday evenings, "wolf howls" are organized whereby visitors attempt to elicit answers from these native animals by imitating their cries. Opportunities for outdoor activities are plentiful; most visitors like to try one of the 1,500-km (932-miles) of canoe routes through the forested interior.

The Algonquin Gallery exhibits various international art displays, with a focus on nature and wildlife. Painters featured have included Tom Thomson, precursor of the famous Group of Seven (see pp160–1).



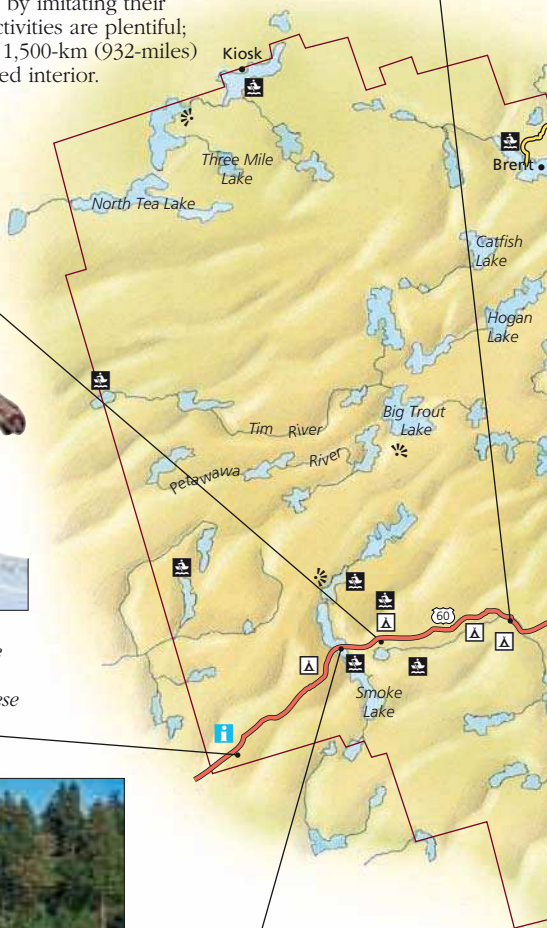
Moose near Highway 60

Visitors can usually spot a few moose each day, especially near lakes and salty puddles by roadsides, which these huge animals seem to love.



Killarney Lodge

One of the park's rental lodges, these rustic buildings are popular places to stay during their summer and fall season.



Canoe Lake

Almost a thousand miles of canoe trails lace the park. They range from beginner and family routes, some as short as 6 km (4 miles), to 70-km (50-mile) treks for the experienced. Routes are well planned and marked.



Lake Opeongo

With over 1,000 lakes, Algonquin is justly celebrated for its matchless fishing opportunities. Lake Opeongo, one of the largest in the park, is famous for its abundance of lake trout and smallmouth bass or splake.

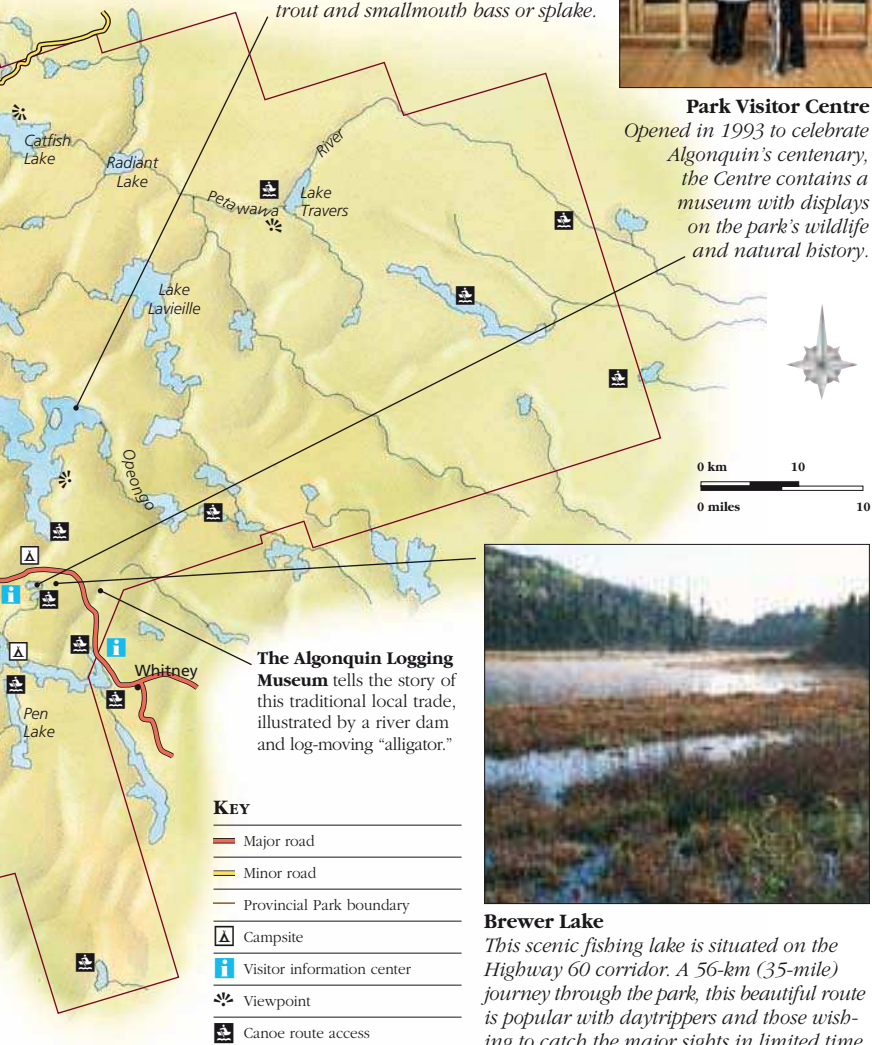
VISITORS' CHECKLIST

Hwy 60. ☎ (705) 633 5572. ☐ daily. 🚗 from Toronto in summer. 🏕 for camping. 🏠 some lodges. 📧 📱 www.algonquinpark.on.ca



Park Visitor Centre

Opened in 1993 to celebrate Algonquin's centenary, the Centre contains a museum with displays on the park's wildlife and natural history.



The Algonquin Logging Museum tells the story of this traditional local trade, illustrated by a river dam and log-moving "alligator."



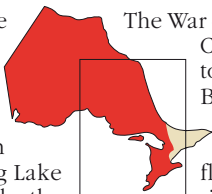
Brewer Lake

This scenic fishing lake is situated on the Highway 60 corridor. A 56-km (35-mile) journey through the park, this beautiful route is popular with daytrippers and those wishing to catch the major sights in limited time.



THE GREAT LAKES

THE VARIED charms of the Canadian Great Lakes region, from the sleepy little farming towns bordering Lake Erie to the island-studded bays of Lake Huron and the wilderness encircling Lake Superior, tend to be obscured by the fame of Niagara Falls. One of the world's most famous sights, the falls occur where the Niagara River tumbles 50 meters (164 ft) between Lakes Erie and Ontario. Native tribes once lived on the fertile land around the area's lakes and rivers, but fur traders used the lakes as a vital waterway.



The War of 1812 resulted in British Canada securing trade rights to the northern lakeshores. Between 1820 and 1850 settlers established farms, and mining and forestry flourished in Canada's then richest province. Today, the Trans-Canada Highway follows the northern shores of Lakes Huron and Superior for over 1,000 km (620 miles), traveling through the untamed scenery of Killarney Park, past picturesque old towns such as Sault Ste. Marie, and eventually reaching the bustling port of Thunder Bay.

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KEY

- International airport
- Highway
- Major road
- Major rail routes



◀ The warm colors of Killarney Provincial Park reflected in the tranquil waters of Cranberry Lake



The imposing façade of Dundurn Castle in Hamilton

Hamilton 1

Population 324,000. (905) 546 2666, 1 800 263 8590. www.hamiltonundiscovered.com

THE CITY OF Hamilton sits at the extreme western end of Lake Ontario, some 70 km (44 miles) from Toronto. Its specialty is steel, and the city's mills churn out around 60 per cent of Canada's total production. Despite the town's industrial bias, it possesses some enjoyable attractions.

Dundurn Castle is a Regency villa dating from the 1830s, whose interior holds a fine collection of period furnishings. It was built for the McNabs, one of the most influential families in Ontario, who included in their number Sir Allan Napier McNab, Prime Minister of Canada from 1854–6.

Another sight is the **Royal Botanical Gardens**, comprising forests, marshes, and small lakes over some 1,093 ha

(2,700 acres) on the north side of Hamilton harbor. Among the notable gardens here are a fine Rose Garden, the Laking Garden with its peonies and irises, and the heavily perfumed Lilac Garden. The Mediterranean Garden occupies a large conservatory and contains plants found in this climate zone.

Also in town, the Canadian Warplane Heritage Museum has a display of more than 30 operational aircraft dating from World War II to the jet age.



Rose in the Royal Botanical Gardens

1 Dundurn Castle

610 York Blvd. (905) 546 2872.

mid-May–early Sep: 10am–4pm daily; late Sep–mid-May: noon–4pm Tue–Sun. partial.

2 Royal Botanical Gardens

680 Plains Rd. West. (905) 527 1158. partial.

Niagara-on-the-Lake 2

Population 13,000. (905) 468 4263. www.niagaraonthelake.com

NIAGARA-ON-THE-LAKE is a charming little town of elegant clapboard mansions and leafy streets set where the mouth of the Niagara River empties into Lake Ontario. The town was originally known as Newark and under this name it became the capital of Upper Canada (as Ontario was then known) in 1792. It was to be a temporary honor. Just four years later, the British decided

to move the capital farther away from the US border, and chose York (now Toronto) instead. It was a wise decision. In 1813, the Americans crossed the Niagara River and destroyed Newark in the War of 1812 (see

pp42–43). The British returned after the war to rebuild their homes, and the Georgian town they constructed has survived pretty much intact.

Today, visitors take pleasure in exploring the town's lovely streets, but there is one major attraction, **Fort George**, a carefully restored British

stockade built in the 1790s just southeast of town. The earth and timber palisade encircles ten replica buildings including three blockhouses, the barracks, a guard house, and the officers' quarters. There is also a powder magazine store, where all the fittings were wood or brass, and the men donned special shoes without buckles to reduce the chance of an unwanted explosion. Guides in old-style British military uniforms describe life in the fort in the 19th century.

Niagara-on-the-Lake is also home to the annual Shaw Festival, a prestigious theatrical season featuring the plays of George Bernard Shaw and other playwrights, which runs from April to November.

3 Fort George

Queen's Parade, Niagara Pkwy.

(905) 468 4257. 10am–5pm daily.



Gardens in front of an early 19th-century inn at Niagara-on-the-Lake

Niagara Falls 3

(See pp210–13)

Welland and The Welland Canal 4

Population 48,000. www.wellandcanal.com

AN IMPORTANT steel town, Welland is bisected by the famous Welland Canal, which was built to solve the problem of Niagara Falls. The Falls



Aerial view of the small village of Long Point on the shore of Lake Erie

presented an obstacle that made it impossible for boats to pass between lakes Ontario and Erie. Goods had to be unloaded on one side of the Falls and then carted to the other, a time-consuming and expensive process. To solve the problem, local entrepreneurs dug a canal across the 45-km (28-mile) isthmus separating the lakes early in the 19th century, choosing a route to the west of the Niagara River.

The first **Welland Canal** was a crude affair, but subsequent improvements have created today's version, which has eight giant locks adjusting the water level by no less than 99 m (324 feet). A remarkable feat of engineering, the canal is capable of accommodating the largest of ships. It is possible to drive alongside the northerly half of the canal, on Govern-

ment Road from Lake Ontario to Thorold, where seven of the eight locks are situated. The viewing platform at Lock No.3 provides a great vantage point and has an information center detailing the canal's history.

Welland boasts another eye-catching attraction: 28 giant murals decorate some of the city's downtown buildings.

Lake Erie 5

I 660 Garrison Rd., Fort Erie (905) 871 1332, 1 888 270 9151.

LAKE ERIE IS named after the native peoples who once lived along its shores. The Erie, or cat people, were renowned for their skills as fishermen. Some 400 km (249 miles) long and an average of 60 km (37 miles) wide, Lake Erie is the

shallowest of the Great Lakes and separates Canada from the US. Its northern shore is one of the most peaceful parts of Ontario, with a string of quiet country towns and small ports set in rolling countryside. Three peninsulas reach out from the Canadian shoreline, one of which has been conserved as the Point Pelee National Park, home to a virgin forest and, during spring and summer, thousands of migrating birds.

About 30 km (19 miles) south of Niagara Falls, the small town of Fort Erie lies where the Niagara River meets Lake Erie, facing its sprawling US neighbor, Buffalo. The massive Peace Bridge links the two, and most people cross the border without giving Fort Erie a second look. They miss one of the more impressive of the reconstructed British forts that dot the Canada-US border. Old **Fort Erie** is a replica of the stronghold, destroyed by the Americans in the War of 1812. Entry is across a draw-bridge, and the interior holds barracks, a powder magazine, officers' quarters, and a guard room. The fort's battlefield is the site of one of the War of 1812's bloodiest battles, fought here during the siege of the fort in 1814.

I **Fort Erie**
350 Lakeshore Rd. **F** (905) 871
0540. **O** mid-May-Sep: daily.

I **W** partial.



A merchant ship on the Welland Canal near the town of Welland

Point Pelee National Park 6

(519) 322 2365. Windsor.
Windsor. daily. ♿

A LONG, FINGERLIKE isthmus, Point Pelee National Park sticks out into Lake Erie for 20 km (12 miles) and forms the southernmost tip of Canada's mainland. The park has a wide variety of habitats including marshlands, open fields, and ancient deciduous forest. These woods are a rarity, as they are one of the few places in North America's Carolinian Life Zone where many of the trees have never been logged. The profusion of species creates a junglelike atmosphere, with red cedar, black walnut, white sassafras, hickory, sycamore, and sumac, all struggling to reach the light. This varied vegetation attracts thousands of birds, which visit on their spring and fall migrations. Over 350 species have been sighted here, and they can be observed from lookout points and forest trails. Every fall, hosts of orange-and-black monarch butterflies can also be seen here. A marshland boardwalk trail winds through Point Pelee and has good observation spots along the way. Bikes and canoes can be rented at the start of the boardwalk, and there is a concession stand here. Farther into the park, the visitor center features displays of local flora and fauna.



Contemporary painting at Windsor Art Gallery



Water cascades at the main entrance of Windsor's fashionable Casino

Windsor 7

191,450. ♿ ♻️ 🚗 🚝 📞 333
Riverside Drive W. (519) 255 6530,
1 800 265 3633.

A CAR MANUFACTURING TOWN, just like its American neighbor Detroit, Windsor and its factories produce hundreds of US-badged vehicles every day. Windsor has clean,

tree-lined streets and a riverside walkway, but its most noted attraction is a trendy river-side Casino that draws thousands of visitors. The city

has many lively bars and cafés, the best of which are along the first three blocks of the main street, Ouellette. Also of interest, the nearby **Art Gallery of Windsor**, is noted for its excellent visiting exhibitions.

It is possible to relive the days when the town was a bootleggers' paradise by taking a guided tour of the Hiram

Walker Distillery: during Prohibition millions of bottles of alcohol were smuggled from Windsor into the US across the Detroit River.

From Windsor, it is an easy 20-km (12-mile) drive south along the Detroit River to the British-built Fort Malden at Amherstburg. Not much is left of the fort, but there is a neatly restored barracks dating from 1819, and the old laundry now holds an interpretation center. This relates the fort's role in the War of 1812 (see pp42–43), where the English plotted with the Shawnee to invade the US.

Art Gallery of Windsor

401 Riverside Dr. W. (519) 977 0013. Tue–Sun. donation. ♿

London 8

350,000. ♿ ♻️ 🚗 🚝 📞 267
Dundas St. (519) 661 5000, 1 800 265 2602. W
www.londontourism.ca

LIKEABLE LONDON sits in the middle of one of the most fertile parts of Ontario and is the area's most important town. It is home to the respected University of Western Ontario, which has a striking modern art gallery and a campus with dozens of Victorian mansions. In addition, the few blocks that make up the town center are notably refined and well tended. The finest buildings in the center are the two 19th-century cathedrals, St. Paul's, a red-brick Gothic Revival edifice built for the Anglicans in 1846, and the more ornate,



Kayakers alongside the boardwalk at Point Pelee National Park

St. Peter's Catholic Cathedral erected a few years later. In the northwest of the city, the London Museum of Archeology focuses on the 1,100-year history of the settlement of the area. The Lawson Indian Village here is a reconstruction of a 500-year-old village, once occupied by the Neutral Indians, with elm longhouses



Reconstruction of a 500-year-old house at Lawson Indian Village

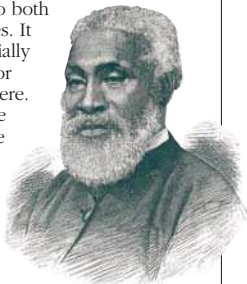
Stratford 9

28,000. 88 Wellington St. (519) 271 5140.

IN 1830, AN innkeeper called William Sargint opened the "Shakespeare Inn" beside one of the rough agricultural tracks that then crisscrossed southern Ontario. Those farmers who

THE UNDERGROUND RAILROAD

Neither underground nor a railroad, the name "Underground Railroad" (UGRR) was founded by abolitionists in the 1820s. The UGRR helped slaves from the southern United States to escape to both Canada and the free northern states. It was a secretive organization, especially in the South where the penalties for helping a slave to escape were severe. Slaves were moved north from safe house to safe house right up to the end of the American Civil War in 1865. Reverend Josiah Henson was one of those who escaped on the UGRR, and later founded a school for ex-slaves. Harriet Beecher Stowe's 1851 abolitionist novel *Uncle Tom's Cabin* was based on his life story.



Reverend Josiah Henson

settled nearby called the local river the "Avon" and named the town that grew up here "Stratford," after William Shakespeare's home town.

In 1952 Tom Patterson, a local journalist, decided to organize a Shakespeare Festival. This first event was a humble affair held in a tent, but since those early days the festival has grown into one of Canada's most important theatrical seasons, lasting from May to early November and attracting over half a million visitors. The leading plays are still Shakespearean, but other playwrights are showcased too – including modern works.

Stratford is an attractive town with plenty of green lawns, riverside parks, and swans. The town is geared to visitors, offering over 250 guesthouses and several good restaurants. The visitor center produces a book with information and photographs of all the town's bed-and-breakfasts. They also organize heritage walks through the town, which pass its many historic buildings. One of the town's architectural highlights is the Victorian town hall with its towers and turrets. Stratford has a plethora of art galleries, and the central Gallery Indigena features an interesting collection of native works.



The Shakespearean Gardens along Ontario's River Avon are overlooked by Stratford's distinctive courthouse

Niagara Falls 3

ALTHOUGH THE MAJESTIC RUMBLE of the falls can be heard from miles away, there is no preparation for the sight itself, a great arc of hissing, frothing water crashing over a 57-m (188-ft) cliff amid dense clouds of drifting spray. There are actually two cataracts to gaze at as the speeding river is divided into twin channels by Goat Island, a tiny spray-soaked parcel of land. On one side of Goat Island is the Canadian Horseshoe Falls, and on the far side, across the border, is the smaller American Falls. Stunning close-up views of the falls are available from the vantage point of the Maid of the Mist boat trips. Even better is the walk down through a series of rocky tunnels that lead behind Horseshoe Falls, where the noise from the crashing waters is deafening.



American Falls
The Niagara River tumbles over the 260-m (850-ft) wide American Falls.



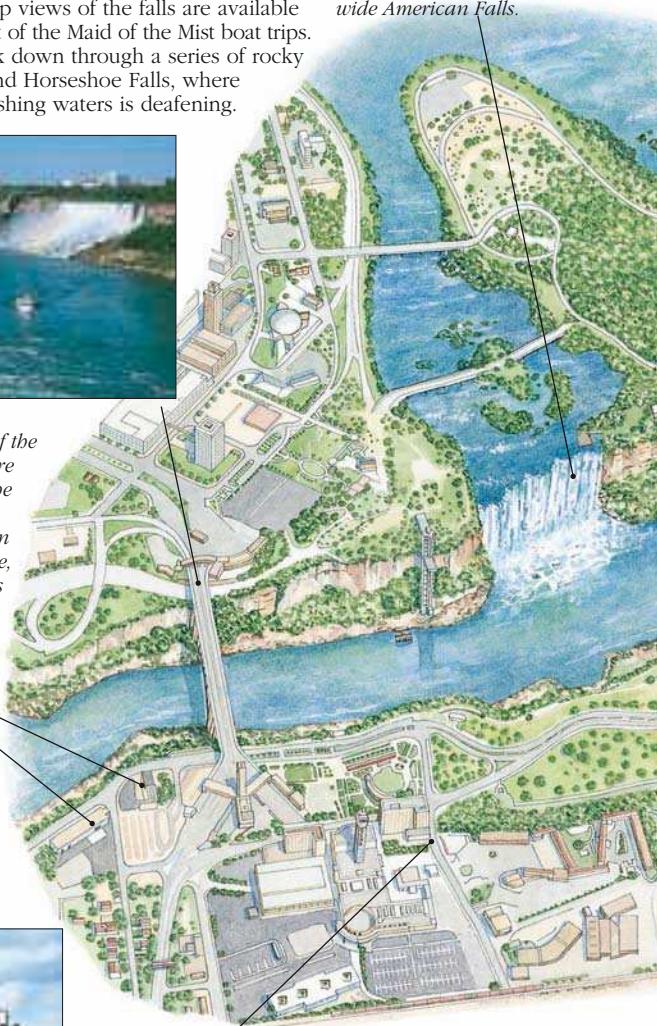
Rainbow Bridge

From the elegant span of the Rainbow Bridge there are panoramic views over the falls. The bridge itself crosses the gorge between Canada and the US. Here, on sunny days, rainbows rise through the spray.

Customs

Niagara Falls Aviary

is Canada's only indoor aviary and features over 300 exotic birds.



Clifton Hill

This street boasts a range of attractions. Ripley's Believe it or Not Museum features a dog with human teeth as just one of its offerings.



STAR SIGHTS

- ★ Horseshoe Falls
- ★ Maid of the Mist boat trip



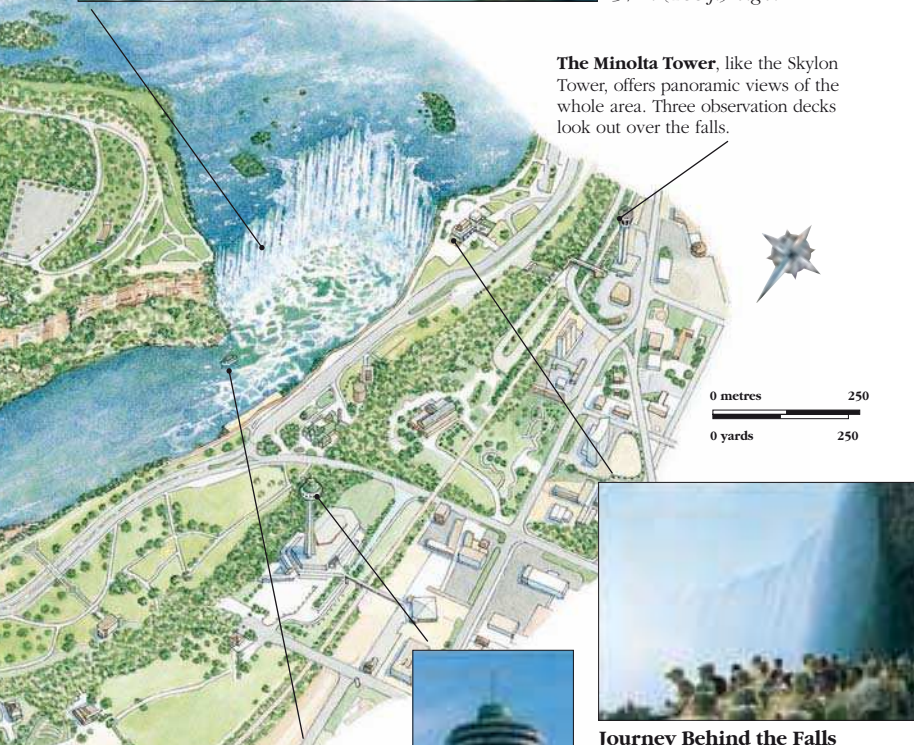
VISITORS' CHECKLIST

130 km (84 miles) SW of Toronto.  from Toronto.  from Toronto.  Niagara Falls Tourism, 5515 Stanley Ave., Niagara Falls (905) 356 6061 or 1 (800) 563 2557.  www.discoverniagara.com

★ Horseshoe Falls

Shaped like a horseshoe, these are the larger set of falls at Niagara and are some 670 m (2,200 ft) wide and 57 m (188 ft) high.

The Minolta Tower, like the Skylon Tower, offers panoramic views of the whole area. Three observation decks look out over the falls.



0 metres 250
0 yards 250



★ Maid of the Mist boat trip

These intrepid vessels gets very close to the foot of the falls. Raincoats are supplied as passengers can expect to get wet on this thrilling trip.



Journey Behind the Falls

An elevator from the Horseshoe Falls leads to the Journey Behind the Falls, where a series of rocky tunnels take visitors behind a wall of water so thick it blocks out daylight.

Skylon Tower

The tower has an observation deck, which gives a bird's-eye view of the falls. It is also open at night so visitors can see the floodlit waters.

Exploring Niagara Falls

NIAGARA FALLS IS A welcoming little town that stretches along the Niagara River for about 3 km (2 miles). Renowned as a honeymoon destination, the town is well equipped to satisfy the needs of the 14 million people who visit the falls each year. It is divided into three main sections: to the south are the falls themselves, and these are flanked by a thin strip of parkland that stretches out along the river bank as far as Clifton Hill, the glitziest street in Ontario, lined with garish amusement park attractions. To the west is the main motel strip, Lundy's Lane. To the north, on Bridge Street, lies the business district and the train and bus stations.

Horseshoe Falls

Named for their shape, the 800-m (2,625-ft) wide and 50-m (164-ft) high Horseshoe Falls are formed by the turbulent waters of the Niagara River roaring over a semi-circular cliff to plunge into the bubbling cauldron below. By these means the Niagara River adjusts to the differential between the water levels of lakes Erie and Ontario, which it connects. The falls remain an awe-inspiring sight, despite the fact that the flow of the river is regulated by hydro-electric companies, which siphon off a substantial part of the river to drive their turbines. One result has been a change in the rate of erosion. By the 1900s, the falls were eroding the cliff beneath them at a rate of 1 m (3 ft) a year. Today, the rate is down to 30 cm (1 ft) a year.



The Maid of the Mist pleasure trip

Maid of The Mist

River Rd. ☎ (905) 358 5781.

○ mid-May–Oct: daily. 📶 & 📶

🌐 www.maidofthemist.com

The best way to appreciate the full force of the falls is to experience the Maid of the Mist boat trip. Boats depart from the jetty at the bottom of

Clifton Hill and head upriver to the crashing waters under the falls. Raincoats are provided on this invigorating and wet trip.



A wax museum and an array of other attractions at Clifton Hill

Clifton Hill

This short, steep street runs up from the edge of the Niagara River gorge and is lined with a string of fast food restaurants and gaudy tourist attractions. The flashing lights and giant advertising billboards point the way to such sights as the Guinness Book of World Records, House of Frankenstein, That's Incredible Museum, Houdini's Museum and Ripley's Believe it or Not! Museum, where visitors can speak to a genie in a crystal bottle and see oddities such as a man with a greater-than-usual number of pupils in his eyes.

White Water Walk

4330 River Road. ☎ (905) 374 1221.

○ daily. 📶 & 📶 🌐 www.niagara parks.com

The great force of the Niagara River's torrent is best admired from down at the bottom of the canyon. The Great Gorge



The dramatic arc of thundering waters at Horseshoe Falls



Wooden boardwalk along the Niagara River at the Great Gorge Adventure

Adventure provides this close-up view by means of an elevator and a tunnel, which lead from the top of the gorge to a riverside boardwalk. The whirlpools and rapids here are some of the most spectacular, yet treacherous, in the world.

The Old Scow

Just above the falls, stranded on the rocks in the middle of the river, is the Old Scow, a flat-bottomed barge that was shipwrecked in August 1918. It was being towed across the Niagara River by a tugboat when the lines snapped. The scow hurtled towards the falls, getting within 750 m (2,460 ft) of the brink, and the two-man crew appeared to be doomed. Luckily the boat grounded itself on this rocky ledge just in time. The crew's ordeal was, however, far from over: they had to wait another 29 hours before being finally winched to safety. The Old Scow has been rusting away on the rocks ever since.

Niagara Glen Nature Reserve

3050 River Road. ☎ (905) 358 8633.

☑ daily.

The small Niagara Glen Nature Reserve lies 7 km (4 miles) downriver from the falls. This segment of the gorge has been preserved in pristine condition, with bushes and low trees tumbling down the rocky cliffsides. This is how it may have looked before the coming of the Europeans. Seven different hiking

trails lead past boulders, caves, and wild flowers. The walks are easy on the way down but a steep climb on the way up.

Whirlpool Aerocar

3850 River Road. ☎ (905) 354 5711.

☑ daily, weather permitting. ♿

🌐 www.niagaraparks.com

The Niagara River makes a dramatically sharp turn about 4.5 km (3 miles) downstream from the falls, generating a vicious raging whirlpool, one of the most lethal stretches of water in the whole of North America.

The effect is created when the river pushes against the north-west side of the canyon, only to be forced to turn around in the opposite direction. The most stunning view of the whirlpool rapids is from the Spanish Aerocar, a specially

designed cable car that crosses the gorge high above the river. A different perspective of the falls can be seen from here.

Niagara Parks Botanical Gardens and Butterfly Conservatory

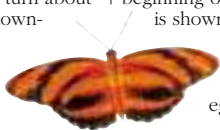
2565 River Road. ☎ (905) 358 0025.

☑ daily. ♿ for conservatory. ♿

🌐 www.niagaraparks.com

The Niagara Parks Botanical Gardens are located 9 km (6 miles) downstream from the falls and comprise over 40 ha (99 acres) of beautifully maintained gardens divided into several different zones. One of the prettiest areas in summer is the rose garden, which displays over 2,000 different varieties. The extensive annual garden, which houses many rare species imported from all parts of the globe, puts on a year-round show. The gardens also include an arboretum that has examples of many different types of trees from beech and mulberry to magnolia and yew.

The butterfly conservatory is even more popular. At the beginning of a visit, a video is shown in the theater.



Butterfly at the Botanic Gardens and Conservatory

The film explains the life cycle of a butterfly, from egg and larvae through to the emergence of the adult. Several thousand butter-

flies are housed in a huge heated dome where they fly free – one of the largest collections in the world. A series of pathways pass through the dome, leading past the lush tropical flora on which the butterflies make their homes.



The Whirlpool Rapids are best seen from the Spanish Aero Car

Tourists get a close-up view of the magnificent frothing waters of Niagara's Horseshoe Falls ▷







Alexander Graham Bell's study at the Bell Homestead in Brantford

Kitchener-Waterloo 10

🏠 300,000. 📞 📧 📍 185 King Street W. (519) 745 3536, 1 800 265 6959. 🌐 www.kw-visitor.on.ca

ORIGINALLY CALLED Berlin by the German immigrants who settled here in the 1820s, the town was renamed Kitchener (after the British Empire's leading general) during World War I. Today, the town is a supply center for the surrounding farming communities including religious groups such as the Mennonites (see box). Visitors can see the fascinating sight of traditionally dressed Mennonites in their horse-drawn buggies around town. Every year, these descendants of German immigrants organize the nine-day **Oktoberfest**, a celebration of German culture, with everything from sausages with sauerkraut to lederhosen and lager.



Fruit seller in Brantford

settled here in 1784. He soon decided that the interests of his people lay with the British, and his braves fought alongside the Redcoats during the American War of Independence (1775–83). Sadly, he had chosen the losing side and, after the war, his band was forced to move north to Canada, where the British ceded the natives a piece

of land at Brantford. The Iroquois still live in this area, and host the Six Nations Pow Wow, featuring traditional dances and crafts, and held here on tribal land every August.

Brantford is also known for its association with the telephone. In 1876, the first ever long-distance call was made from Brantford to the neighboring village of Paris by Alexander Graham

Bell (1847–1922), who had emigrated from Scotland to Ontario in 1870. Bell's old home has survived and, conserved as the **Bell Homestead National Historic Museum**, is located in the countryside on the outskirts of town. The site has two buildings: Bell's homestead is furnished in period style and houses displays on his inventions as well as telling the story of the telephone; the other, containing the first Bell company office, was moved here from Brantford in 1969.

🏠 **Bell Homestead National Historic Museum**
94 Tutela Heights Rd. 📞 (519) 756 6220. 🕒 9:30am–4:30pm Tue–Sun. 🕒 Dec 25, Jan 1. 📞 📧

Brantford 11

🏠 86,000. 📞 📧 📍 399 Wayne Gretzky Parkway (519) 751 9900.

BRANTFORD IS AN UNASSUMING manufacturing town that takes its name from Joseph Brant (1742–1807), the leader of a confederacy of tribes called the Six Nations. An Iroquois chief himself, Brant

Orillia 12

🏠 29,000. 📞 📍 150 Front St. S. (705) 326 4424.

ORILLIA IS A pleasant country town that was the home of the novelist and humorist Stephen Leacock (1869–1944). Leacock's tremendously popular *Sunshine Sketches of a Little Town* poked fun at the vanities of provincial Ontario life in the fictional town of Mariposa. His old lakeshore home has been conserved as the **Stephen Leacock Museum**, containing original furnishings as well as details of his life.

Orillia lies along a narrow strip of water linking Lake Couchiching to Lake Simcoe (once a Huron fishing ground) and is a good base from which to cruise both lakes. On the shore, Orillia's Centennial Park has a marina and a long boardwalk that stretches all the way to Couchiching beach.

🏠 Stephen Leacock Museum

50 Museum Drive, Old Brewery Bay. 📞 (705) 329 1908. 🕒 daily. 📞 📧



Bethune Memorial House in the town of Gravenhurst, Muskoka

Muskoka 13

🏠 55,000. 📍 Gravenhurst. 📞 Huntsville. 📍 1342 Hwy 11 North RR #2, Kilworthy (705) 689 0660, 1 800 267 9700.

MUSKOKA COMPRISES an area north of Orillia between the towns of Huntsville and Gravenhurst. In summer, city folk stream north to their cottages here. The center of this lake country is Gravenhurst, a resort at the south end of

Lake Muskoka. Here, a small museum is devoted to the life and work of Doctor Norman Bethune (1890–1939), who pioneered mobile blood transfusion units during the Spanish Civil War. Bethune Memorial House is the doctor's birthplace, and it has been restored in late 19th-century style.



Windsurfing off Turgean Bay Island in Georgian Bay

Georgian Bay Islands National Park 14

(705) 526 9804. Midland. daily. summer. www.pc.gc.ca

THE DEEP-BLUE waters of Georgian Bay are dotted with thousands of little islands, often no more than a chunk of rock guarded by a windblown pine. The bay is large, beautiful, and flows into Lake Huron. Sixty of its islands have been incorporated into the Georgian Bay Islands National Park. The park's center is Beausoleil

THE MENNONITE RELIGIOUS COMMUNITY

The Mennonite Christian sect was founded in Europe in the early 16th century. The Mennonites were persecuted because they refused to swear any oath of loyalty to the state or take any part in war. In the 17th century, a group split off to form its own, even stricter, sect. These Ammanites (or Amish) emigrated to the US and then to Ontario in 1799. The Amish own property communally and shun modern machinery and clothes, traveling around the back lanes in distinctive horse-drawn buggies and dressed in traditional clothes.



Amish couple driving a buggy

Island, the hub of the area's wide range of facilities.

Beausoleil is also crossed by scenic hiking trails, but it is important to come properly equipped since it is a remote spot. The only way to reach the island is by water taxi from the hamlet of Honey Harbour. The journey takes about forty minutes. Day trips around the islands are also available from the "Day-Tripper's Ferry."

Nottawasaga Bay 15

Barrie. Wasaga Beach. 550 River Rd. W., Wasaga Beach (705) 429 2247. www.wasagabeach.com

PART OF SCENIC Georgian Bay, Nottawasaga Bay is one of the region's most popular vacation destinations. The Wasaga Beach resort has miles of golden sandy beach and many chalets and cottages. As well as swimming and sunbathing there is the curious Nancy Island Historic Site,

behind Beach Area 2. The site has a museum which houses the preserved HMS *Nancy*: one of few British boats to survive the War of 1812 (see pp42–43).

There are more naval relics in Penetanguishene, just to the east of Nottawasaga Bay, where Discovery Harbour is a superb reconstruction of the British naval base that was established here in 1817. Along the inlet are replicas of the barracks, blacksmiths' workshops, houses, and the original 1840 Officers' Quarters. The harbor holds a pair of sailing ships, the *Tecumseh* and the *Bee*, built to 19th-century specifications. In the summer, volunteers organize sailing trips for visitors, who are expected to lend a hand during the voyage.

To the west of Nottawasaga Bay lies Owen Sound. Once a tough Great Lakes port, this is now a quiet place with a Marine-Rail Museum devoted to the town's past. Displays include photographs of Victorian ships and sailors.



Discovery Harbour, Nottawasaga Bay's restored British naval base

Sainte-Marie among the Hurons 16



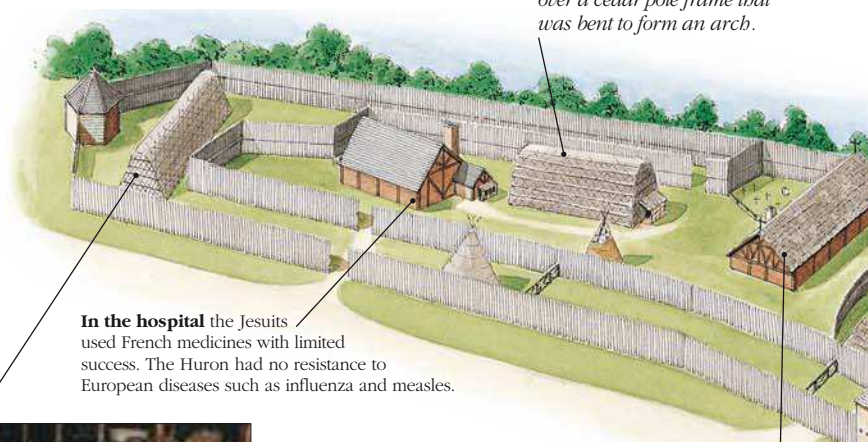
17th-century Iroquoian jug

SAINTE-MARIE AMONG THE HURONS is one of Ontario's most compelling attractions. Located 5 km (3 miles) east of the town of Midland, the site is a reconstruction of the settlement founded here among the Hurons by Jesuit priests in 1639. The village is divided into two main sections, one for Europeans (complete with a chapel and workshops), the other for Hurons, with a pair of bark-covered longhouses. Marking the boundary between the two is the small church of Saint Joseph, a simple wooden building where the Jesuits set about trying to convert the Huron to Christianity. Their efforts met with a variety of reactions, and the complex relationship between the two cultures is explored here in detail.



Exterior of Longhouse

The exterior of the longhouse had bark-covered walls built over a cedar pole frame that was bent to form an arch.



In the hospital the Jesuits used French medicines with limited success. The Huron had no resistance to European diseases such as influenza and measles.



★ Fireside Gathering

Inside the longhouse, fish, skins, and tobacco were hung from the ceiling to dry. An open fire burned through the winter. The smoke caused health problems to the Huron.

Church of Saint Joseph

This is the grave site of two Jesuit priests, Jean de Brébeuf and Gabriel Lalement, who were captured, bound to the stake, then tortured to death by the Iroquois.



Ojibway Wigwam by the Palisades

This wigwam is built to Ojibway design and lies next to the wooden palisade which encloses the mission. It is believed that the Jesuits built these to make visiting Ojibway feel at home.

STAR FEATURES

★ Fireside Gathering in Longhouse

★ Traditional Crafts



★ Traditional Crafts

The costumed guides here have been trained in the traditional crafts employed by both the Huron and the French, including 17th-century cooking and blacksmith's work.

The blacksmith's shop was important as Sainte-Marie needed essential items such as hinges and nails, often made by using recycled iron.

The carpenter's shop had an abundant supply of local wood, and craftsmen from France were employed by the priests to build the mission.

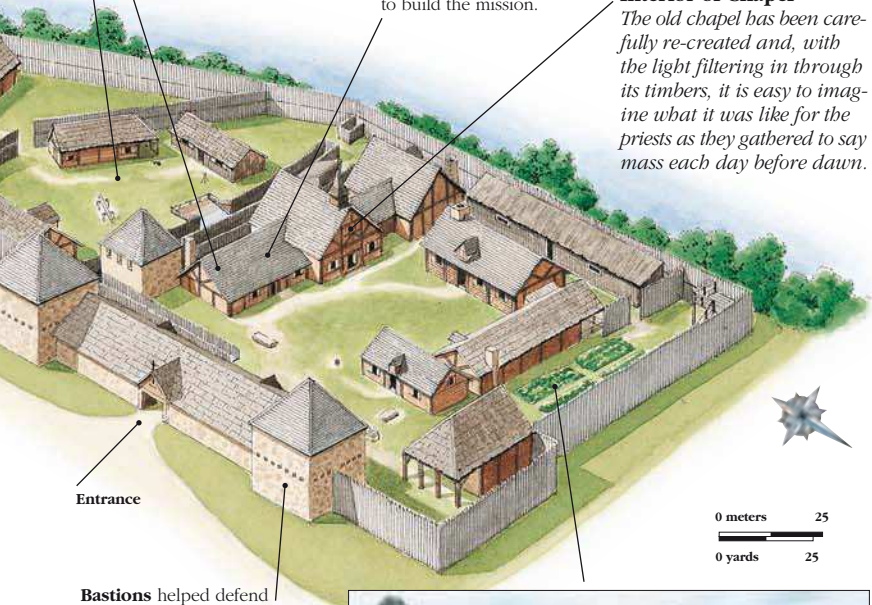
VISITORS' CHECKLIST

Hwy 12 (5 km, 3 miles east of Midland). ☎ (705) 526 7838. 🗓 May-Oct: 10am–5pm daily. 🗺 🚻 📺 📖 www.hhp.on.ca



Interior of Chapel

The old chapel has been carefully re-created and, with the light filtering in through its timbers, it is easy to imagine what it was like for the priests as they gathered to say mass each day before dawn.






Entrance

Bastions helped defend the mission from attack. Built of local stone to ward off arrows and musket balls, they also served as observation towers.

The Cookhouse Garden
At Sainte-Marie, care is taken to grow crops the Huron way, with corn, beans, and squash planted in rotation. This system provided a year-round food supply, which was supplemented with meat and fish.



Goderich 17

7,500.   cnr Hamilton St. & Hwy 21.  (519) 524 6600, 1 800 280 7637.

GODERICH IS A charming little town overlooking Lake Huron at the mouth of the River Maitland. It was founded in 1825 by the British-owned Canada Company, which had persuaded the Ontario government to part with 1 million ha (2.5 million acres) of fertile land in their province for just twelve cents an acre, a bargain of such proportions that there was talk of corruption. Eager to attract settlers, the company had the Huron Road built from Cambridge, in the east, to Goderich. The town was laid out in a formal manner, with the main streets radiating out from the striking, octagon-shaped center.

Goderich possesses two excellent museums. The first, the **Huron County Museum**, houses a large collection of antique farm implements, as well as a military gallery and a reconstruction of a 19th century town street, with store fronts and a real locomotive. There is also a huge, steam-driven thresher. The **Huron Historic Jail**, built between 1839 and 1842, is an authentically preserved Victorian prison. Fascinating tours are available of its dank cells, the original jailers' rooms, and the Governor's 19th-century house. The town is also renowned for its sunsets, particularly as viewed from the shore of Lake Huron.



Historic storefront in the charming town of Goderich



The golden sands of Sauble Beach on the shore of Lake Huron




Huron Historic Jail

181 Victoria St. N.  (519) 524 2686.  May–Sep: 10am–4:30pm Mon–Sat, 1pm–4:30pm Sun. 

Huron County Museum

110 North St.  (519) 524 2686.  May–Sep: 10am–4:30pm Mon–Sat, 1pm–4:30pm Sun. 

Sauble Beach 18

 Owen Sound.  RR1, Sauble Beach (519) 422 1262, open May–Sep.  www.saublebeach.com

ONE OF THE finest beaches in the whole of Ontario, the golden sands of Sauble Beach stretch for 11 km (7 miles) along the shores of Lake Huron. Running behind this beach is a long, narrow band of campsites, cabins, and cottages. The center of the resort is at the pocket-sized village of Sauble Beach, with a population of only five hundred.

The quiet back streets of the village also offer friendly guest-houses and bed-and-breakfasts. The most attractive and tranquil camping is at Sauble Falls Provincial Park, north of the beach.

Lake Huron 19

 Sarnia, Southern shore (519) 336 3232.  Barrie, Georgian Bay (705) 725 7280, 1 800 263 7745.  www.georgianbaytourism.on.ca  Sault Ste. Marie, North shore (705) 945 6941.

OF ALL THE Great Lakes, it is Lake Huron which has the most varied landscapes along its shoreline. To the south, the lake narrows to funnel past the largely industrial towns of Sarnia and Windsor on its way to Lake Erie while its southeast shore is bounded by a gentle bluff, marking the limit of one of Ontario's most productive agricultural regions. Farther north, the long, thin isthmus of Bruce Peninsula stretches out into Lake Huron, signaling a dramatic change in the character of the lakeshore. This is where the southern flatlands are left behind for the more rugged, glacier-scraped country of the Canadian Shield. This transition can be seen clearly in the area of Georgian Bay. This is an impressive shoreline of lakes, forests, beaches, and villages that attracts large numbers of visitors. The lake's island-sprinkled waters are a popular area for water sports. Outdoor activities here include swimming, hiking, and fishing.

Bruce Peninsula Tour 20

THE 100-KM (62-MILE) Bruce Peninsula divides the main body of Lake Huron from Georgian Bay and also contains some of the area's most scenic terrain. Bruce Peninsula National Park lies along the eastern shore and boasts craggy headlands and limestone cliffs with several hiking paths. Beyond the port of Tobermory, at the peninsula's tip, Fathom Five Marine National Park, comprises 19 uninhabited islands. The park is popular with divers because of its clear waters and amazing rock formations.

TIPS FOR DRIVERS

Tour Route: The route follows Route 9 and Hwy 6. It can be reached from Owen Sound in the south, or Tobermory in the north.

Length: 100 km (62 miles).

Stopping-off points: Diving trips and tours to Flowerpot Island leave from Tobermory, which also has good accommodation.

Stokes Bay ①

The hamlet of Stokes Bay, with its sandy beaches and good fishing, is typical of the villages here. It is close to the the peninsula's main sights.



Fathom Five Marine Park ⑥

Off the northern tip of the peninsula, the park's boundaries enclose an area around 19 islands. Divers are drawn here by the clear, calm waters and shipwrecks.

Cabot Head ②

The Cabot Head Lighthouse and keeper's house can be reached via the scenic coast road from the village of Dyer's Bay.

Bruce Peninsula National Park ③

The park's rugged cliffs are part of the Niagara Escarpment, a limestone ridge that stretches across southern Ontario and along the peninsula.



Tobermory ④

At the northern tip of the peninsula, this small fishing village is a hub for tourist activities in the area. Ferries to Flowerpot Island leave from here.

Flowerpot Island ⑤

The only island in Fathom Five Marine Park with basic facilities, it is noted for the rock columns that dot the coastline.

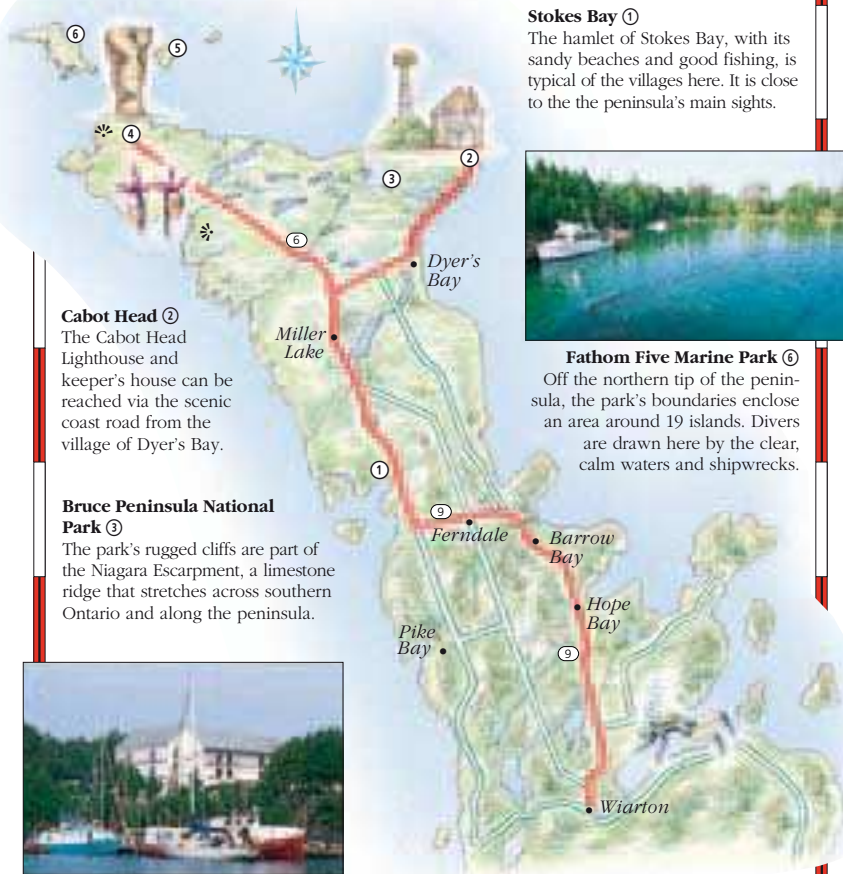


KEY

— Tour route

— Other roads

☼ Viewpoint



Manitoulin Island 21

⚠️ 5,000. 📞 📍 Little Current
(705) 368 3021.

HUGGING THE northern shores of Lake Huron, Manitoulin Island is, at 2,800 sq km (1,100 square miles), the world's largest freshwater island. A quiet place of small villages, rolling farmland, woodland, and lakes, its edges are fringed by long, deserted beaches. The lake's North Channel separates Manitoulin from the mainland, its waters attracting summer sailors, while hikers come to explore the island's trails.

The Ojibway people first occupied the island more than 10,000 years ago, naming it after the Great Spirit – Manitou, (Manitoulin means God's Island). First Nations peoples still constitute over a quarter of the island's population. Every August they celebrate their culture in one of Canada's largest powwows, the Wikwemikong (Bay of the Beaver).

On the north shore, Gore Bay houses five tiny museums that focus on the island's early settlers. Nearby, the island's largest settlement is Little Current, a quiet town with a handful of motels and restaurants. From May to September the Chi Cheemaun car ferry connects Tobermory on the Bruce Peninsula to Manitoulin Island.



Gore Bay on Manitoulin Island



Reflections in George Lake, Killarney Provincial Park

Killarney Provincial Park 22

📞 (705) 287 2900. 📍 Sudbury.
🕒 daily. 🚰 for some facilities.

KILLARNEY PROVINCIAL park is a beautiful tract of wilderness with crystal-blue lakes, pine and hardwood forests, boggy lowlands, and the spectacular La Cloche

Mountains, which are known for their striking white quartzite ridges. This magnificent scenery has inspired many artists, particularly members of the Group of Seven (see pp160–1), one of whom, Franklin Carmichael, saw the park as Ontario's most “challenging

and gratifying landscape.” The park's 100-km (62-mile) La Cloche Silhouette Trail takes

between a week and ten days to complete and attracts numbers of serious hikers to its stunning views of the mountains and of Georgian Bay. Canoeists can paddle on the park's many lakes and rivers by following a network of well-marked canoe routes.

Temagami 23

⚠️ 1,000. 📞 📍 Chamber of Commerce, Lakeshore Rd. (705) 569 3344.

THE TINY RESORT of Temagami and its wild surroundings have long attracted fur traders and trappers, painters, and writers, most famously Grey Owl (see p248), the remarkable Englishman who posed as a Native Canadian and achieved celebrity status as a naturalist and conservationist in the 1930s. The resort sits on the distinctively shaped Lake Temagami, a deep lake with long fjords and bays as



One of Lake Temagami's numerous canoe routes

well as 1,400 islands, which are crisscrossed by numerous scenic canoe routes, hiking and mountain bike trails.

Even more remote is the Lady Evelyn Smoothwater Wilderness Park, farther to the west. The only way in is by canoe or float plane from Temagami, but the reward is some of Ontario's most stunning scenery. Much more accessible is the 30-m (98-ft) high Temagami Fire Tower lookout point, which provides panoramic views of the surrounding pine forests, and the charming Finlayson Provincial Park, a popular place to picnic and camp; both are located on Temagami's outskirts.

Sault Ste. Marie 24

☎ 81,500. ☒ ☑ ☒ ☒ ☒ ☒ cnr Huron St. & Queen St. W. (705) 945 6941.

WHERE THE RAPIDS OF St. Mary's River link Lake Superior to Lake Huron sits the attractive town of Sault Ste. Marie, one of Ontario's oldest European communities. The town was founded as a Jesuit mission and fur trading post by the French in 1688. Called the "Sault" (pronounced "Soo") after the French word for "rapids," the trading station prospered after 1798 when the rapids were bypassed by a canal. Since then, the canal has been upgraded time and again, and today transports the largest of container ships to the interior, thereby maintaining a thriving local economy.

Although there are regular boat trips along the canal, visitors are drawn to Sault Ste. Marie's main tourist attraction, the **Algoma Central Railway**, which offers day-long rail tours from the city into the wilderness. The train weaves north through dense forest, past secluded lakes and over yawning ravines to reach the spectacular scenery of Agawa Canyon where there is a two-hour break for lunch.

In town, the Roberta Bondar Pavilion is a huge tentlike structure decorated with murals depicting Sault's history. Named after Canada's first female astronaut, who



Canal locks at Sault Ste. Marie

was on the *Discovery* mission in 1992, the pavilion is also the venue for concerts, exhibitions, and a summer farmers' market.

☒ Algoma Central Railway

129 Bay St. ☎ (705) 946 7300.

☐ Jun–mid-Oct: once daily. ☒ ☒ ☒

Lake Superior 25

☒ Ontario Travel Information Centre, Sault Ste. Marie (705) 945 6941.

THE LEAST POLLUTED and most westerly of the Great Lakes, Lake Superior is the world's largest body of freshwater, with a surface area of 82,000 sq km (31,700 sq miles). It is known for sudden violent storms, long a source of dread to local sailors. The lake's northern coast is a vast weather-swept stretch of untamed wilderness

dominated by dramatic granite outcrops and seemingly limitless forest. This challenging area is best experienced in Pukaskwa National Park and Lake Superior Provincial Park, both reached via the Trans-Canada Highway (Hwy 17) as it cuts a dramatic route along the lake's north shore.

Thunder Bay 26

☎ 114,000. ☒ ☒ ☒ ☒ ☒ ☒ Terry Fox Information Centre, Hwy 11/17 E. (807) 983 2041, 1 800 667 8386.

ON THE NORTHERN shore of Lake Superior, Thunder Bay is Canada's third-largest freshwater port, its massive grain elevators dominating the city's waterfront. Grain is brought to Thunder Bay from the prairies farther west before being shipped to the rest of the world via the Great Lakes.

The town was originally established as a French trading post in 1679. These early days are celebrated at Old Fort William, a replica of the old fur trading post, with costumed traders, French explorers, and natives. Fort William was amalgamated with the adjacent town of Port Arthur to form Thunder Bay in 1970.

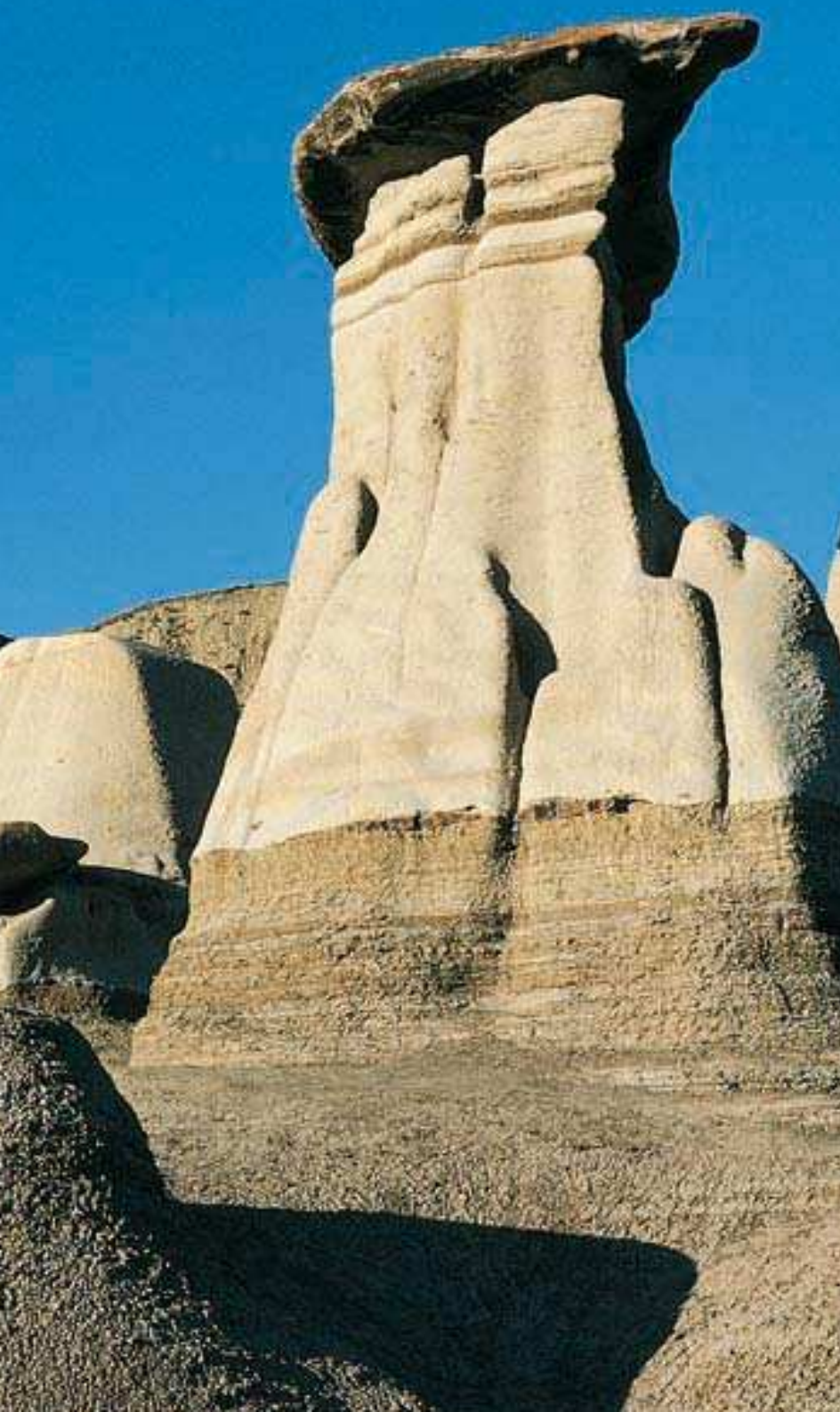
☒ Old Fort William

Off Broadway Ave. ☎ (807) 473 2333. ☐ mid-May–mid-Oct:

9am–6pm daily. ☒ ☒ ☒



Lake Superior, the world's largest freshwater lake





CENTRAL CANADA



INTRODUCING CENTRAL CANADA 226-231
CENTRAL CANADA 232-251

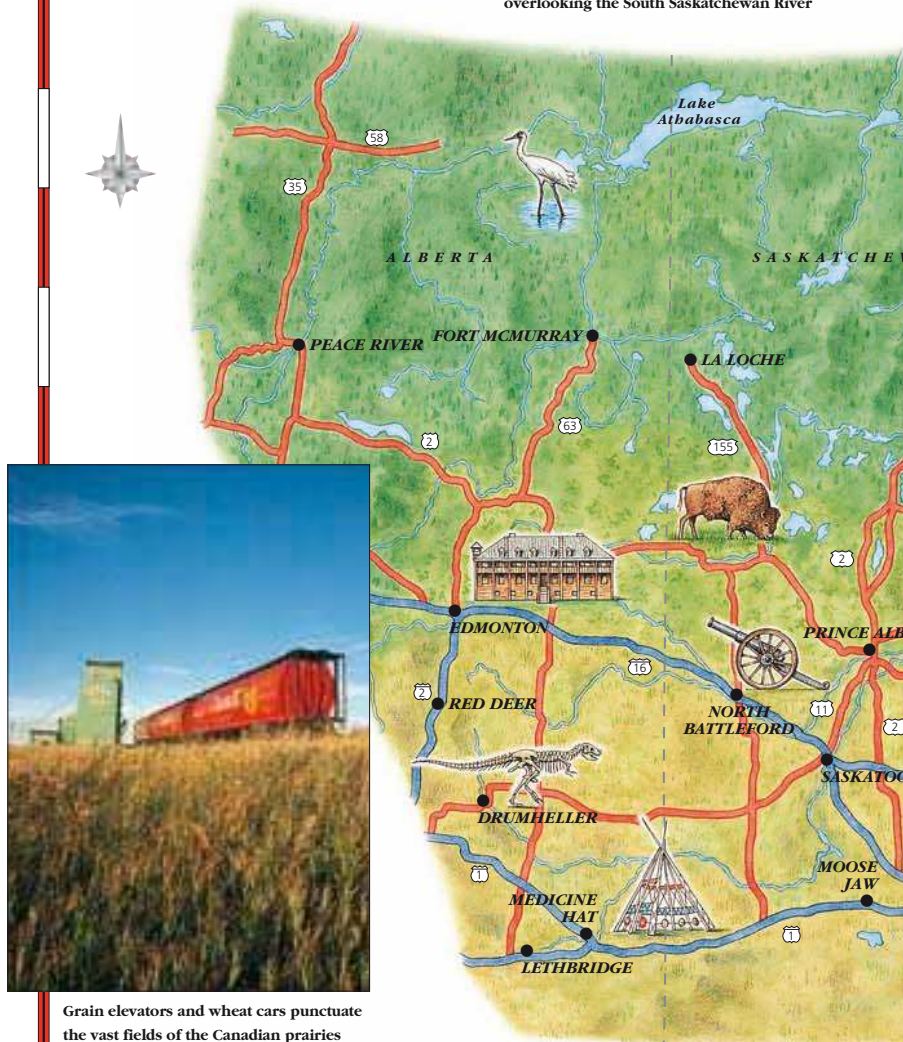


Exploring Central Canada

CENTRAL CANADA COVERS the provinces of Manitoba, Saskatchewan, and eastern Alberta and encompasses the most productive agricultural and energy-rich part of the country. The region is dominated by prairie, (often associated with borderless fields that stretch to the horizon) and covers a vast area of the western interior, which is the size of Mexico. The region is not all prairie, but has a variety of landscapes, from the forested aspen parkland to the west and north of the plains to the tundra of northern Manitoba and the rocky desert of the badlands in the south.



The Broadway Bridge and central Saskatoon overlooking the South Saskatchewan River







Grain elevators and wheat cars punctuate the vast fields of the Canadian prairies

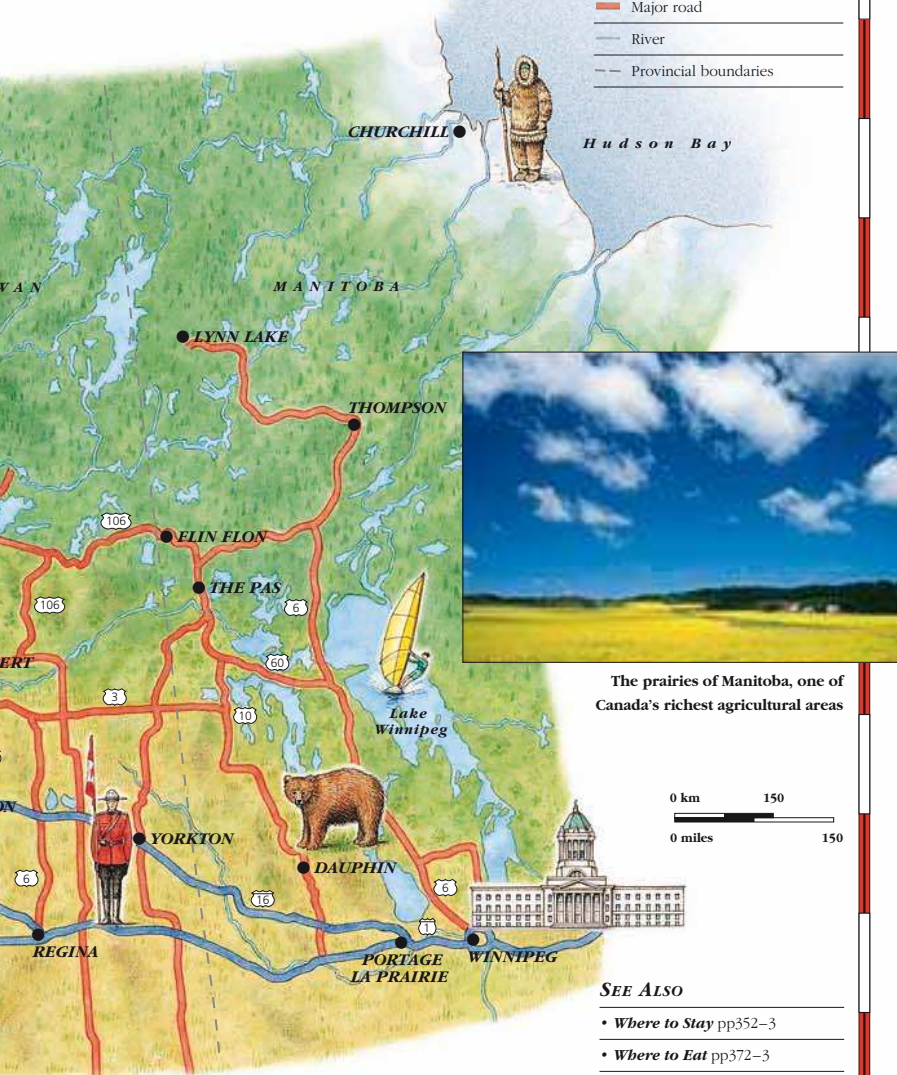
GETTING AROUND

Winnipeg, Edmonton, Regina, and Saskatchewan, the four main cities of the region, are well served by public transportation, with regular air, train, and bus connections from British Columbia and other provinces. All four cities also have international airports. From Winnipeg, the Trans-Canada Highway follows the route established in the 19th century by the Canadian Pacific Railway, going 1,333 km (828 miles) west to Calgary. The more scenic Yellowhead Highway starts at the Forks in Winnipeg and runs through Yorkton and Saskatoon, reaching Edmonton at 1,301 km (808 miles), continuing on through Jasper National Park and British Columbia.



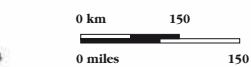
KEY

-  Highway
-  Major road
-  River
-  Provincial boundaries



Hudson Bay

The prairies of Manitoba, one of Canada's richest agricultural areas



- SEE ALSO**
- *Where to Stay* pp352-3
 - *Where to Eat* pp372-3

Dinosaurs and Prehistoric Canada

IT IS EASIER TO imagine gunslingers and coyotes in the desert-like badlands of the Red Deer River Valley in Central Canada than it is to envisage the dinosaurs who once lived in this region. Over 75 million years ago the area was a tropical swamp, similar to the Florida Everglades, and the favored habitat of these huge reptiles, which dominated the Earth for some 160 million years. All the dinosaur specimens found here originate from the Cretaceous period (144–65 million years ago). Dramatic changes in the region's weather patterns, from wet and tropical to dry desert, helped to preserve an incredible number of dinosaur remains in the area. Today, the Dinosaur Provincial Park is a UN World Heritage Site.



LOCATOR MAP



This *Triceratops* skull shows the dinosaur's flaring bony frill, which protected its neck from attack. Its two horns were an awesome 1 m (3 ft) long. More types of horned dinosaurs have been found here in Alberta than anywhere else.

Trained staff carefully dig out a groove around the bone while it is still in the ground. Once removed it will be carefully matched to its adjoining bone.

The *Magnolia* is thought to be one of Earth's first flowering plants, or angiosperms, and became widespread during the Cretaceous period.



An artist's re-creation of the Cretaceous landscape depicts the types of flora living at the time. Tree ferns dominated the country, and grew in large forests to heights of 18 m (60 ft). Some species still grow in the tropics.

Joseph Burr Tyrrell found the first important dinosaur skeleton sections in the Red Deer River Valley, Alberta, in 1884. A geologist, Tyrrell stumbled across the skull of a 70 million-year-old *Albertosaurus* while surveying coal deposits. Subsequently, palaeontologists rushed here to search for fossils. Drumbeller's Royal Tyrrell Museum of Palaeontology is named after him (see p246).





Horseshoe Canyon lies along the Red Deer River, its high, worn hills visibly layered with ancient sediments. Ice Age glaciers eroded the layers of mud and sand that buried the remains of dinosaurs and plants. Erosion continues to form this barren, lunar landscape, exposing more bones, petrified wood, and other fossils.



This dinosaur nest on display at the Royal Tyrrell Museum was discovered at Devil's Coulee, Alberta, in 1987, and contains several embryos and eggs of the plant-eating Hadrosaur.

The Royal Tyrrell Field Station in the Dinosaur Provincial Park opened in 1987, and offers visitors interpretive displays explaining the history of the area's dinosaurs.



The leg bone of a duck-billed dinosaur is revealed to be complete. Beneath it another piece of bone has been covered with strips of plaster of Paris to protect it during transportation to a laboratory.

The reconstructed skeleton of an *Albertosaurus* towers over the Dinosaur Hall at the Royal Tyrrell Museum of Palaeontology. The first dinosaur discovered in the area, *Albertosaurus* was a fierce meat-eating predator. Despite being eight meters (26 ft) long and weighing some two tons (2,032 kg), this dinosaur was capable of reaching speeds of 40 km/h (25 mph).



Canadian Mounties



Traditional Mountie

THE ROYAL CANADIAN Mounted Police are a symbol of national pride. Canada's first Prime Minister, Sir John A. Macdonald, founded the North West Mounted Police in 1873 in Ontario after violence in the west of the country (between illicit liquor dealers and local natives) reached a climax with the Cypress Hills Massacre (see p245). Marching west, the Mounties reached the Oldman River, Alberta, 70 km (43 miles) west of the Cypress Hills, where they built Fort Macleod in 1874. The principal aims

of the Mounties were to establish good relations with the aboriginal peoples of the Prairies and to maintain order over new settlers in the late 1800s. The Mounties won respect for their diplomacy, policing the Canadian Pacific Railroad workers and the Klondike Gold Rush in the Yukon during the 1890s. In recognition of their service they gained the Royal prefix in 1904.



The lush Cypress Hills were the site of a gruesome massacre which led to the founding of the North West Mounted Police.



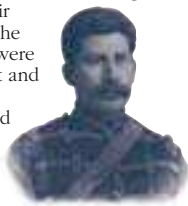
The march west covered 3,135 km (1,949 miles) from Fort Dufferin, Manitoba to southern Alberta. A force of 275 men, 310 horses, and cattle, was sent to catch the illicit whiskey traders operating in the west. Battling with extreme temperatures, plagues of insects, and lack of supplies, the Mounties arrived at the Oldman River in 1874.



Sioux Chief Sitting Bull

THE LONG MARCH

Inspector James M. Walsh sealed the Mounties' reputation for bravery when he took only six men on a parley with Sioux Chief Sitting Bull. The Sioux had retreated to the area after their defeat of US General Custer at the Battle of the Little Big Horn in 1876. Although the Sioux were the traditional enemies of the local Blackfoot and Cree Indians, there was no fighting after the arrival of the Mounties. Walsh's force succeeded in enforcing law and order across mid-west Canada, winning respect for their diplomacy. Blackfoot native chief Crowfoot praised their fairness saying, "They have protected us as the feathers of a bird protect it from winter."



James M. Walsh

The adventures of the pioneering Mounties have long been a source of inspiration to countless authors and filmmakers. Square-jawed and scarlet clad, the Mountie was the perfect hero. Perhaps the best-known "Mountie" film was the 1936 "Rose Marie" starring crooner Nelson Eddy and Jeanette MacDonald.



The skilled horsemen of the Musical Ride are selected after two years on the force. The officers then begin seven months of intensive training.



THE MUSICAL RIDE

The Musical Ride is a thrilling spectacle of 32 riders and horses performing a series of traditional cavalry drills set to music. The drills have not changed since their original use in the British army over a century ago. Staying in tight formation, the horses do the trot, the canter, the rally, and the charge. Every summer the Ride is performed in different venues across Canada and the US.



As an enduring symbol of Canada the image of the Mounties has adorned everything from postage stamps and currency to this 1940s promotional tourist poster for Lake Louise in Banff National Park.

32 specially bred horses take part in the Musical Ride. A mixture of thoroughbred stallion crossed with black Hanoverian mare, the horses train for two years.

Today's Mounties are a 20,000 strong police force responsible for the enforcement of federal law across Canada. Their duties range from counting migratory birds to exposing foreign espionage. Jets, helicopters, and cars are all used by modern Mounties.





CENTRAL CANADA

CENTRAL CANADA covers a vast region of boreal forest and fertile grasslands, often known as the Prairies, which traverses Manitoba, Saskatchewan, and part of Alberta. Originally, First Nations peoples lived here, and depended on the herds of buffalo that provided them with food, shelter, and tools. By the end of the 19th century the buffalo were hunted almost to



extinction. European settlers built towns and farms, some taking native wives and forming a new cultural grouping, the Métis. By the 20th century the area's economy came to rely on gas, oil, and grain. Today the Prairies, punctuated by striking, tall grain elevators, are known for the surprising variety of their landscape and the intriguing history of their towns.

SIGHTS AT A GLANCE

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and Battleford 27
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of Palaeontology 19

KEY

International airport

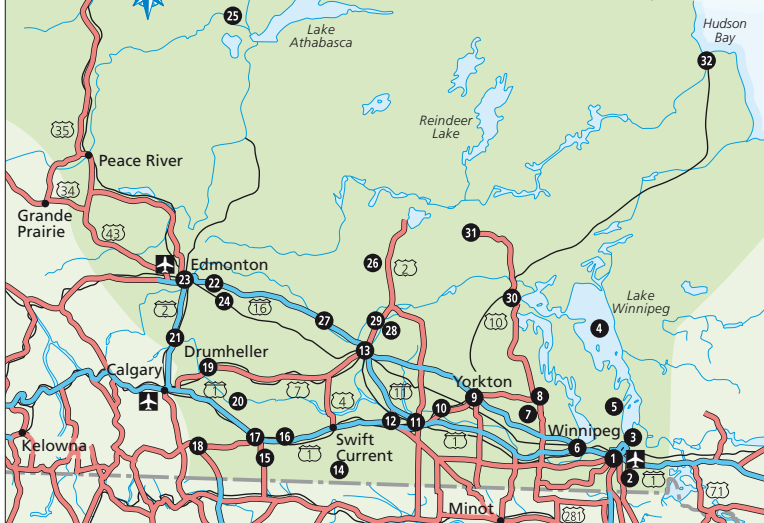
Highway

Major road

Major rail routes

0 km 250

0 miles 250



Winnipeg ①

WINNIPEG IS A LARGE, cosmopolitan city located at the geographic heart of Canada. Over half of Manitoba's population live here, mostly in suburbs that reflect the city's broad mix of cultures. Winnipeg's position, at the confluence of the Red and Assiniboine rivers, made it an important trading center for First Nations people going back some 6,000 years. From the 1600s Europeans settled here to trade fur. During the 1880s grain became the principal industry of the west, aided by a railroad network routed through Winnipeg. Today, this attractive city, with its museums, historic buildings, and excellent restaurants, makes for an enjoyable stay.

Exploring Winnipeg

Most of Winnipeg's sights are within easy walking distance of the downtown area. The excellent Manitoba Museum of Man and Nature and the Ukrainian Cultural Centre lie east of the Exchange District.

At the junction of the Red and Assiniboine rivers lies The Forks, a family entertainment center devoted to the city's history. At the junction of Portage and Main streets, lie the city's financial and shopping districts with their banks and malls.

St. Boniface

Riel Tourism, 219 Provencher Blvd.
 ☎ 1(866) 808 8338. ☐ Mon-Sat. ♿
 The second largest French-speaking community outside of Quebec lives in the historic district of St. Boniface. This quiet suburb faces The Forks across the Red River and was founded by priests in 1818 to care for the Métis (see p45) and the French living here. In 1844 the Grey Nuns built a hospital which now houses the St. Boniface Museum.

Priests built the Basilica of St. Boniface in 1818. Although the building was destroyed by fire in 1968, its elegant white façade is one of the city's best-loved landmarks. Métis leader Louis Riel was buried here after his execution following the rebellion at Batoche in 1881.

Manitoba Children's Museum

The Forks. ☎ (204) 924 4000.

☐ daily. ♿ ♿

Located within The Forks complex, the Manitoba Children's Museum provides a series of enticing hands-on exhibits aimed at children from the ages of 3 to 11. In the All Aboard gallery children can play at being train drivers for a day on a reconstructed 1952 diesel engine while learning the history of Canada's railroad. They can also browse the internet or produce a TV show in a studio.

The Forks National Historic Site

201-One Forks Market Rd. ☎ (204) 957 7618. ☐ grounds: daily; office: Mon-Fri. ♿ special events. ♿
 ☐ www.theforks.com

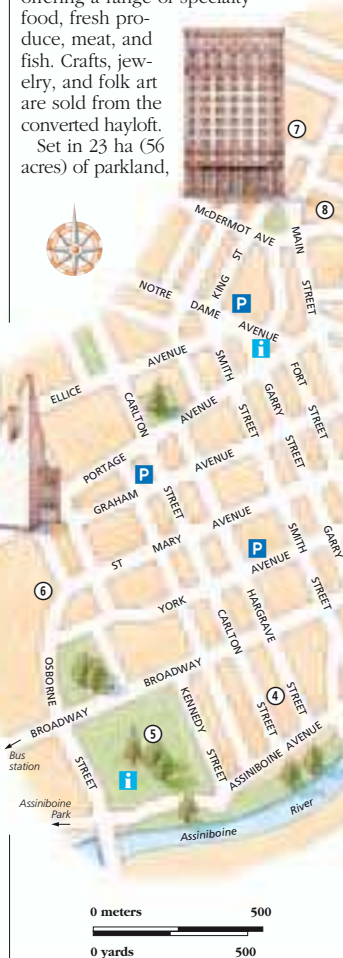
The Forks National Historic Site celebrates the history of the city. The river port, warehouses, and stables of this once bustling railroad terminus have now been restored.

The stable buildings, with their lofty ceilings, skylights, and connecting indoor bridges, house a flourishing market offering a range of specialty food, fresh produce, meat, and fish. Crafts, jewelry, and folk art are sold from the converted hayloft.

Set in 23 ha (56 acres) of parkland,



The brightly colored main entrance to the Manitoba Children's Museum



KEY

☐ Railroad station

P Parking

i Visitor information



Cruise boats and canoes can be hired from The Forks harbor

The Forks has an open-air amphitheater, and a tower for a spectacular six-story-high view of the Winnipeg skyline. The riverside walkway also offers fine views of the city center and St. Boniface.

Dalnavert

61 Carlton St. ☎ (204) 943 2835.

🕒 Tue–Thu, Sat, Sun. 🗓 Mon, Fri.



Built in 1895, this beautifully restored Victorian house is a fine example of Queen Anne Revival architecture. Its elegant red brick exterior is complemented by a long wooden veranda. The house once belonged to Sir Hugh John Macdonald, the former premier of Manitoba, and the only surviving son of Canada's first prime minister, John A. Macdonald. The interior's rich furnishings reflect the lifestyle of an affluent home in the late 19th century.

VISITORS' CHECKLIST

🏠 670,000. 🚗 12 km (8 miles) NW of city. 📍 cnr Main St. & Broadway. 🚌 Greyhound Canada Station, cnr Portage Ave. & Colony St. 📍 Destination Winnipeg, 285 Portage Ave. ☎ (204) 943 1970, 1 800 665 0204. 🖼 Red River Exhibition (Jun); Winnipeg Intl Children's Festival (Jun); Folklorama (Aug); Festival Voyageur (Feb).



The Golden Boy statue adorns the dome of the Legislative Building

Legislative Building

Cnr Broadway & Osborne. ☎ (204) 945 5813. 🕒 Mon–Fri for tours. ♿

The Legislative Building is built of a rare and valuable limestone complete with the delicate remains of fossils threaded through its façade. The building is set in 12 ha (30 acres) of beautifully kept gardens dotted with statues of poets such as Robert Burns of Scotland, and Ukrainian Taras Shevchenko, which celebrate the province's ethnic diversity.

Winnipeg Art Gallery

300 Memorial Blvd. ☎ (204) 786 6641. 🕒 Tue–Sun. 🎫 but free Sat.

This gallery boasts the largest collection of contemporary Inuit art in the world, with over 10,000 carvings, prints, drawings, and textiles.

Especially striking is the large four-panel fabric collage wall-hanging, "Four Seasons of the Tundra" by Inuit artist Ruth Qualluaryuk. The Gallery also contains Gothic and Renaissance altar paintings and tapestries donated by Irish peer Viscount Gore.

WINNIPEG TOWN CENTER

Dalnavert ④

Exchange District and Market Square ⑦

Legislative Building ⑤

Manitoba Children's Museum ②

Manitoba Museum of Man and Nature (see p237) ⑧

St. Boniface suburb ①

The Forks National

Historic Site ③

Ukrainian Cultural Centre ⑨

Winnipeg Art Gallery ⑥



Exchange District and Market Square

Albert St. ☎ (204) 942 6716.

www.exchangedistrict.org

When the Canadian Pacific Railway decided to build its transcontinental line through Winnipeg in 1881, the city experienced a boom that led to the setting up of several commodity exchanges. Named after the Winnipeg Grain Exchange, this district was soon populated with a solid array of handsome terracotta and cut stone hotels, banks, warehouses, and theaters. The Exchange District is now a National Historic Site and has been restored to its former glory. It now houses boutiques, craft stores, furniture and antique stores, galleries, artists' studios, and residential lofts.

The center of the district is Old Market Square, a popular site for staging local festivals and outdoor concerts.

Ukrainian Cultural and Educational Centre

184 Alexander Ave. E. ☎ (204) 942 0218. ☐ 10am–4pm Mon–Sat, 2pm–5pm Sun. ♿

Housed in an attractive 1930s building in the Exchange District, this institute was founded to celebrate the history and culture of Canada's second-largest ethnic grouping.

The center's museum, gallery, and research library are known for their collection of wood carvings, vibrant textiles, and collection of elaborately decorated, often hand-painted, *pysanky* (Easter eggs). It is hoped that new displays will soon open to the public.



Original 19th-century walls enclose the buildings at Lower Fort Garry

Lower Fort Garry

5981 Hwy 9. ☎ (204) 785 6050, 1 877 534 3678. ☐ May–Sep: 9am–5pm daily. ♿ & www.pc.gc.ca

Located 32 km (20 miles) north of Winnipeg on the banks of the Red River, Lower Fort Garry is the only original stone fur-trading post left standing in Canada. The Fort was established in 1830 by George Simpson, the governor of the Hudson's Bay Company's northern division, whose large house is now one of the fort's major attractions.

A film about the fort and its fur is shown at the reception center. Inside, several buildings have been restored, including the clerk's quarters and the store with its stacks of furs.

Royal Canadian Mint

520 Lagimodière Blvd. ☎ (204) 983 6429, 1 866 822 6724. ☐ Sep–May:

10am–2pm Mon–Sat; May–Aug:

9am–5pm Mon–Fri. ♿ & 📺

The Royal Canadian Mint is housed in a striking building of rose-colored glass. The

mint produces more than four billion coins annually for Canadian circulation, as well as for 60 other countries including Thailand and India.

Assiniboine Park

2355 Corydon Ave. ☎ (204) 986 5537. ☐ daily. ♿

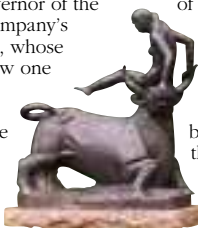
Stretching for 153 ha (378 acres) along the south side of the Assiniboine River, Assiniboine Park is one of the largest urban parks in central Canada.

One of the park's best-loved attractions is the Leo Mol Sculpture Garden which has some 50 bronze sculptures by the celebrated local artist. The park's Conservatory offers

a tropical palm house which has seasonal displays of a wide range of flowers and shrubs. The park also features an English garden, a miniature railroad, and a fine example of a French formal garden. The old refreshment pavilion is now the Pavilion Gallery, which focuses on local artists. A large outdoor bandshell houses live music.

The Assiniboine Park Zoo contains 275 different species, specializing in cold-hardy animals from the northern latitudes and mountain ranges such as polar bears, cougars, elk, and bald eagles. The zoo houses a large statue of Winnie the Bear, thought to be modeled on the Winnie the Pooh of the A.A. Milne books.

The park's numerous cycling and walking trails are popular in summer, as is cross-country skiing, skating, and tobogganing in winter.



Sculpture in the Leo Mol garden, Assiniboine park



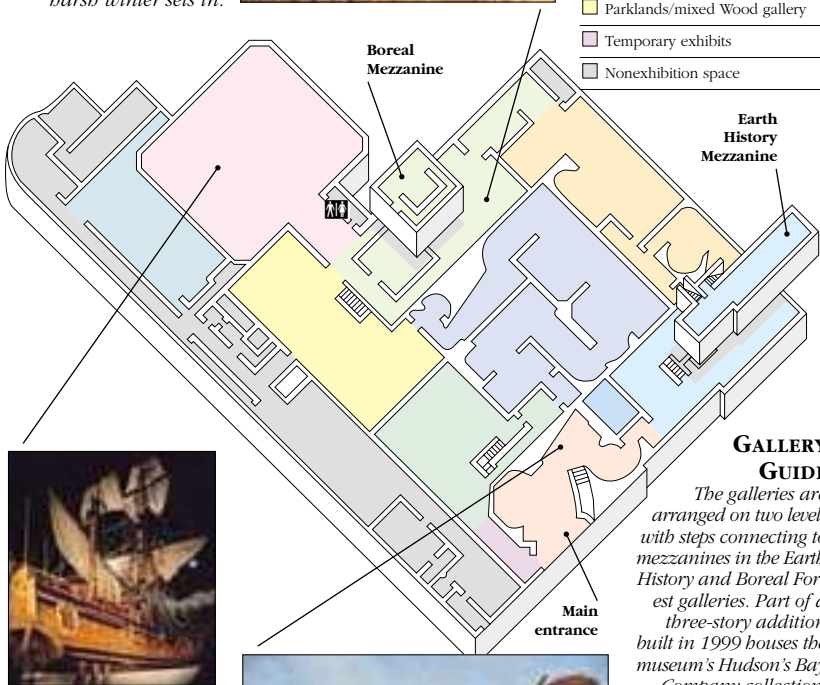
A pink glass pyramid houses Canada's Royal Mint

The Manitoba Museum

OUTSTANDING DISPLAYS of the region's geography and people are imaginatively presented at this excellent museum, which opened in 1970. The visitor proceeds through chronologically organized galleries with displays that range from pre-history to the present day. Each geographical area also has its own gallery: from the Earth History Gallery, which contains fossils up to 500 million years old, to the re-creation of Winnipeg in the 1920s, including a cinema, and a dentist's office. One of the museum's biggest draws is a full-size replica of the *Nonsuch*, a 17th-century ketch.

Moose Diorama

A moose and her calf among the conifers of the Boreal Forest are part of a display that includes a group of Cree people rock painting and gathering food before the harsh winter sets in.



Nonsuch Gallery

This two-masted ketch, built in England in 1668, is a replica of the Nonsuch that arrived in Hudson Bay in 1688 in search of furs.



Buffalo Hunt

A Métis hunter chasing buffalo symbolizes the museum's focus on man's relationship with his environment.

VISITORS' CHECKLIST

190 Rupert Ave. ☎ (204) 956-2830. 📍 11. 🕒 May–Sep: 10am–6pm daily; Oct–Apr: to 4pm Tue–Fri & 5pm Sat, Sun. 🗺️ 🚻 📺 📱
 🌐 www.manitobamuseum.ca

KEY

- Orientation gallery
- Earth History gallery
- Arctic/Sub-Arctic gallery
- Boreal Forest gallery
- Grasslands gallery
- Discovery room
- Urban gallery
- Nonsuch gallery
- Hudson's Bay Company gallery
- Parklands/mixed Wood gallery
- Temporary exhibits
- Nonexhibition space

GALLERY GUIDE

The galleries are arranged on two levels with steps connecting to mezzanines in the Earth History and Boreal Forest galleries. Part of a three-story addition built in 1999 houses the museum's Hudson's Bay Company collection.







Ploughing with horses at the Mennonite Heritage Village, Steinbach

Steinbach 2

11,350. Hwy 12N.
(204) 326 9566.

ABOUT AN hour's drive southeast of Winnipeg, Steinbach is a closely knit community with impressive businesses in trucking, printing, manufacturing, and especially car dealerships. These are run largely by the Mennonites, members of a Protestant religious sect who are noted for their fair dealing.

The Mennonites arrived in Steinbach on ox-drawn carts in 1874, having fled from religious persecution in Russia. Despite not having a rail link, the town thrived as the Mennonites were good farmers and, later, car dealers (despite preferring not to use cars themselves). The nearby **Mennonite Heritage Village** re-creates a 19th-century Mennonite settlement with some original 100-year-old buildings and a church and school furnished to the period. Its restaurant serves home-made meals such as Mennonite borscht, a soup made with cabbage, and cream according to a traditional recipe. The store offers locally crafted items, including Victorian candy.

Mennonite Heritage Village

Hwy 12 North. (204) 326 9661,
1 866 280 8741. May-Sep: daily.

www.mennoniteheritagevillage.com

Selkirk 3

9,800. Red River Tourism,
18 Main St. (204) 482 2022, 1 800 894
2621. www.interlaketourism.com

NAMED AFTER the fifth Earl of Selkirk, Thomas Douglas, whose family had an interest in the Hudson's Bay Company,



Steam Engine at the Mennonite Heritage Village

Selkirk was established in 1882 when settlers arrived along the shores of the Red River.

Today, on Main Street, a 7.5-m (25-ft) high statue of a catfish proclaims Selkirk as the "Catfish capital of North America." Sport fishing is a year-round activity, attracting enthusiasts from across North America.

The city's Marine Museum of Manitoba displays six restored historic ships, including the 1897 S.S. *Keenora*, Manitoba's oldest steamship.



Historic ships outside the Marine Museum of Manitoba in Selkirk

Lake Winnipeg 4

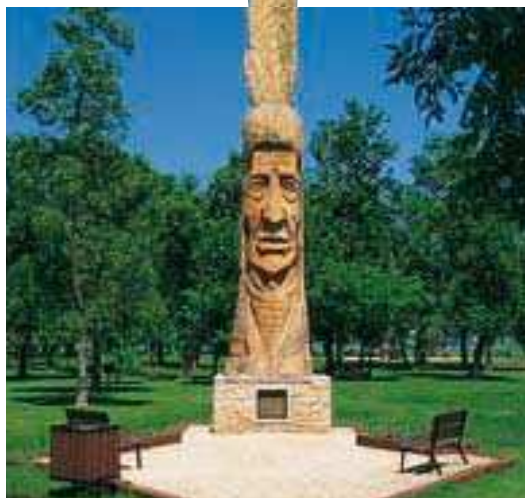
Winnipeg. Winnipeg. Travel Manitoba (204) 945 3777, 1 800 665 0040. www.travelmanitoba.com

LAKE WINNIPEG is a huge stretch of water some 350 km (217 miles) long that dominates the province of Manitoba, connecting the south of the province to the north at Hudson Bay via the Nelson River. Today, the resorts that line the lake are popular with locals and visitors alike.

Numerous beaches line the southeastern coast of the lake, including Winnipeg Beach, with one of the best windsurfing bays on the lake. An impressive carving of an Indian head by native artist Peter "Wolf" Toth stands in the local park. Called *Whispering Giant*, the wood sculpture honors the Ojibwa, Cree, and Assiniboine First Nations people of Manitoba.

Grand Beach in the **Grand Beach Provincial Park** has long powdery-white sand beaches and huge grass-topped dunes over 8 m (26 ft) high. Stretching back from the beach, the marsh, which is also known as the lagoon, is one of the park's treasures, and supports many species of birds, such as the rare and endangered Piping Plover.

Moving west from the lake, **Oak Hammock Marsh** provides an important habitat for some 280 species of birds and animals. The marsh's tall grass prairie, meadows, and aspen-oak bluffs house birds



Carved cedar sculpture in the park at Winnipeg Beach

such as the ruff (a shorebird), the garganey (a duck), and the sharp-tailed sparrow.

Farther north, **Hecla Provincial Park** occupies a number of islands in the lake. A causeway links the mainland to Hecla Island, which was originally inhabited by the Anishinabe (Ojibwa) people. The first European settlers here were Icelanders who arrived in 1875. Today, the seaside village of Hecla is a pretty open-air museum featuring several restored 19th-century buildings. From Hecla there are many hiking and biking trails that lead to viewpoints for sightings of waterfowl such as great blue herons and the rare western grebe.

🍃 **Grand Beach Provincial Park**

Hwy 12, nr Grand Marais. 📍 (204) 754 5040. 🕒 *daily*. 🚰 🗺️ 🚻 *partial*.

🍃 **Hecla Provincial Park**

Hwy 8, nr Riverton. 📍 (204) 378 2945. 🕒 *daily*. 🚰 🗺️ 🚻

Gimli 5

📍 2,100. 🚰 📍 Centre St. (204) 642 7974.

LOCATED ON the western shores of Lake Winnipeg, Gimli is the largest Icelandic community outside Iceland. The settlers arrived, having gained the rights to land, at

nearby Willow Creek in 1875. They soon proclaimed an independent state, which lasted until 1897 when the government insisted that other immigrants be allowed to settle in Gimli. Today, the **New Iceland Heritage Museum** tells the story of the town's unusual history.

Gimli has a distinctly nautical atmosphere, with cobbled sidewalks leading down to a picturesque harbor and a wooden pier. At the Icelandic Festival of Manitoba, held every August, visitors can play at being Vikings, participate in games, listen to folk music, and eat Icelandic specialties.

About 25 km (15 miles) west of Gimli, the Narcisse Wildlife Management Area has been set up to preserve



Statue of a Viking in the village of Gimli

the habitat of thousands of red-sided garter snakes that can be seen here during the summer, on a specially designated short trail.

🏛️ **New Iceland Heritage Museum**

Betel Waterfront Centre, Unit 108, 94 First Ave. 📍 (204) 642 4001. 🕒 9am–5pm Wed–Fri, 11am–5pm Sat & Sun. 🚰 🗺️ 🚻

Portage la Prairie 6

📍 13,400. 🚰 📍 11 Second St. NE (204) 857 7778.

PORTAGE LA PRAIRIE lies at the center of a rich agricultural area growing wheat, barley, and canola. The town is named after the French term for an overland detour, as Portage la Prairie lies between Lake Manitoba and the Assiniboine River, which formed a popular waterway for early travelers. Today, this thriving farming community contains the Fort La Reine Museum and Pioneer Village, on the site of the original fort built by the French explorer, La Vérendrye, in 1738. The museum offers exhibits of tools and photographs detailing 19th-century prairie life. The

popular railroad display features a caboosé, a watchman's shack, and the cigar-stained business car of Sir William Van Horne, founder of the Canadian Pacific Railroad. Pioneer Village successfully re-creates a 19th-century settlement with authentic stores and a church.



Pioneer Village, part of the Fort La Reine complex at Portage la Prairie

Riding Mountain National Park 7

Hwys 10 & 19. ☎ (204) 846 7275. ☑ daily. ♿ & partial. 📖 www.pc.gc.ca

ONE OF western Manitoba's most popular attractions, Riding Mountain National Park is a vast 3,000 sq km (1,160 sq miles) wilderness. The best hiking trails and some of Manitoba's most beautiful scenery are to be found in the center of the park, where a highland plateau is covered by forests and lakes. To the east, a ridge of evergreen forest including spruce, pine, and fir trees houses moose and elk. A small herd of some 30 bison can also be found in the park near Lake Audy. Bison were reintroduced here in the 1930s after they had been hunted out at the end of the 19th century. The most developed area here is around the small settlement of Wasagaming where information on the park's network of trails for cycling, hiking, and horseback riding is available.

Canoes are also available to rent for exploring the park's biggest lake, Clear Lake.

Wasagaming is the park's main settlement, and its facilities include hotels, restaurants, and campgrounds.



One of a small herd of bison at Riding Mountain National Park

Dauphin 8

☎ 8,800. ☑ ♿ & partial. 📖 3rd Ave. (204) 622 3140.

PLEASANT TREE-LINED TOWN, Dauphin was named after the King of France's eldest son by the French explorer La Vérendrye. Located north of Riding Mountain National Park, Dauphin is a distribution-and-supply center for the farms of the fertile Vermilion River valley. The Fort Dauphin Museum in town is a replica of an 18th-century trading post. Exhibits include a

trapper's birchbark canoe and several early pioneer buildings, including a school, church, and blacksmith's store.

Today, the town's distinctive onion-shaped dome of the Church of the Resurrection is a tribute to Dauphin's Ukrainian immigrants who began to arrive in 1891. A traditional Ukrainian meal, including savory stuffed dumplings (*pirogi*), forms part of a tour of the church.

Yorkton 9

☎ 17,000. ☑ ♿ & partial. 📖 Jct Hwy 9 & Hwy 16 (306) 783 8707, 1 877 250 6454. 📖 www.tourismyorkton.com

YORKTON WAS founded as a farming community in 1882, and is located in central Saskatchewan. The striking architecture of its churches, particularly the Catholic Church of St. Mary's, reflects the town's Ukrainian heritage. The church was built in 1914. Its 21-m (68-ft) high dome, icons and paintings are stunning. The Yorkton branch of the **Western Development Museum** (one of four in the province) tells the story of immigrants to the region.

Western Development Museum

Yellowhead Hwy. ☎ (306) 783 8361. ☑ May–mid-Sep: daily. ♿



The magnificent Dome at Saint Mary's Catholic Church, Yorkton



The elegant façade of Motherwell Homestead

Fort Qu'Appelle 10

☎ 2,000. ☎ Regina (306) 789 5099.

NAMED AFTER an 1864 Hudson's Bay Company fur trading post, the picturesque town of Fort Qu'Appelle is located between Regina and Yorkton on Highway 10. The **Fort Qu'Appelle Museum** is built on the site of the old fort and incorporates a small outbuilding that was part of the original structure. The museum houses native artifacts such as antique beadwork and a collection of pioneer photographs.

The 430-km (267-mile) long Qu'Appelle River stretches across two-thirds of southern Saskatchewan. At Fort Qu'Appelle the river widens into a string of eight lakes bordered by several provincial parks. Scenic drives through the countryside are just one of the attractions of the valley.

About 30 km (19 miles) east of Fort Qu'Appelle is the **Motherwell Homestead National Historic Site**. This gracious stone house with extensive ornamental gardens was built by politician William R. Motherwell. Motherwell introduced many agricultural improvements to the area and was so successful that, after living in poverty for 14 years, he rose to become agriculture minister of Saskatchewan between 1905 and 1918.

Fort Qu'Appelle Museum

cnr Bay Ave. & Third St. ☎ (306) 332 6033. ☑ May–Jun: Mon–Fri; Jul–Aug: daily; Oct–Apr: by appointment only. ♿ & limited.

Motherwell Homestead

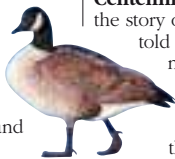
Off Hwy 22. ☎ (306) 333 2116. ☑ May–Oct: daily. ♿ & limited.

Regina 11

 300,000.
  (306) 789 5099, 1 800 661 5099.
  www.tourismregina.com

REGINA IS A friendly, bustling city and the capital of Saskatchewan. The city was named for Queen Victoria by her daughter, Princess Louise, who was married to the Governor General of Canada. Regina was established in 1882 after starting life as a tent settlement called Pile O'Bones. This is a derivation of "oskana" (a Cree word meaning buffalo bones), from the piles of bones left behind after hunting.

Today, Regina is a thriving modern city whose highrise skyline contrasts with the 350,000 trees of the man-made Wascana Centre, a 930-ha (2,298-acre) urban park containing a vast man-made lake. The lake's Willow Island is a popular site for picnics and can be reached by ferry. The park is also a haven for some 60 species of waterfowl, including Canada geese. The **Royal Saskatchewan Museum** is housed in the park and focuses on the story of the area's First Nations peoples from earliest times to the present day. There are lectures by tribal elders on the land and its precious resources, as well as murals, sculptures, and paintings by contemporary Saskatchewan native and non-native artists.







Canadian goose in Wascana Centre Park



One of several murals on downtown buildings in Moose Jaw

The original headquarters for the North West Mounted Police lies west of the city center. Today, the Royal Canadian Mounted Police Barracks trains all Canada's Mounties and is also the site of the **RCMP Centennial Museum**. Here, the story of the Mounties is told from their beginnings following the Cypress Hills Massacre in 1873 (see p245). Among the highlights are the ceremonies and drills that are regularly performed by special trained groups of Mounties, including the Sergeant Major's Parade, the Musical Ride, and Sunset Retreat Ceremonies.

Royal Saskatchewan Museum

Cnr Albert St. & College Ave.  (306) 787 2810.  daily.  Dec 25. 

RCMP Centennial Museum

Dewdney Ave. W.  (306) 780 5838.  daily.   www.rcmpmuseum.com

Moose Jaw 12

 34,500.
  (306) 693 8097, 1 866 693 8097.

THE QUIET TOWN of Moose Jaw was established as a railway terminus by the Canadian Pacific Railroad in 1882. A terminus for the American Soo Line from Minneapolis, Minnesota soon followed. Today, a series of murals celebrates the lives of the early railroad pioneers and homesteaders, decorating 29 buildings around downtown's 1st Avenue. Nearby, River Street has a concentration of 1920s hotels and warehouses that reflect Moose Jaw's time as "sin city" during the 1920s – when Prohibition in the United States meant that illegally produced liquor was smuggled from Canada to Chicago, by gangsters such as the infamous Al Capone.

The Moose Jaw branch of the Western Development Museum focuses on transportation, particularly the railroad.



Cadets of the Royal Canadian Mounted Police Academy in Regina are put through their paces



Traditional powwow dancer in Wanuskewin Park, Saskatoon

Saskatoon

231,420. 6306 Idylwyld Dr. N. (306) 242 1206, 1 800 567 2444. www.tourismsaskatoon.com

FOUNDED IN 1882 by Ontario Methodist John Lake as a temperance colony, Saskatoon is located in the middle of prairie country. Today, the city is an agricultural and commercial hub, and a busy regional center for cattle ranchers and wheat farmers from surrounding communities. The region's history is told in Saskatoon's branch of the Western Development Museum, which focuses on the town's boom years in the 1900s, re-creating the bustling main street of a typical prairie

town, including its railroad station and a hotel.

The South Saskatchewan River meanders through the city and is bounded by many lush parks, including the outstanding 120-ha (290-acre)

Wanuskewin Heritage Park

The park is devoted to First Nations history, with archaeological sites that confirm the existence of hunter-gatherer communities some 6,000 years ago. Some of the digs are open to the public, and the excellent park interpretive center has an archaeological lab explaining current research. The park's wooded hills and marshy creeks are still held to be sacred lands by the Northern Plains peoples who act as interpretive guides. Easy-to-follow trails lead the visitor past tipi rings, buffalo trails, and a buffalo jump (see p294).

The riverbank also houses two museums, The Ukrainian Museum of Canada with its brightly colored traditional textiles, and the Mendel Art Gallery, with First Nations and Inuit pottery and glassware.

Wanuskewin Heritage Park

Off Hwy 11. (306) 931 6767. daily. Good Fri, Dec 25. limited. www.wanuskewinpark.com

Grasslands National Park

Jct Hwys 4 & 18. Val Marie (306) 298 2257. Val Marie. daily. partial. www.pc.gc.ca

SITUATED IN THE southwest corner of Saskatchewan, Grasslands National Park was set up in 1988 to preserve one of the last original prairie grasslands in North America. The park is an area of climatic extremes where summer temperatures can be as high as 40 °C (104 °F), and winter ones as low as -40 °C (-48 °F).

This environment supports a range of rare wildlife, including short-horned lizards and ferruginous hawks. The rugged landscape along the Frenchman River valley is the only remaining habitat of the black-tailed prairie dog in Canada. Visitors may hike and camp in the park, but facilities are basic.

East of the park is the striking, glacially formed landscape of the **Big Muddy Badlands**. In the early 1900s, caves of eroded sandstone and deep ravines provided hideouts for cattle thieves such as Butch Cassidy and Dutch Henry.

Big Muddy Badlands

Off Hwy 34. (306) 267 3312. Tours in summer from Coronach. www.bigmuddybadlands.com



Black-tailed prairie dog



Buttes (isolated flat-topped hills) in the Big Muddy Badlands seen from Grasslands National Park

Cypress Hills Interprovincial Park 15

Hwy 41. **f** (403) 893 3777.

f Maple Creek. **o** daily. **l** partial.

w www.cypresshills.com

CROSSING THE border between Saskatchewan and Alberta, the Cypress Hills Interprovincial Park offers fine views of the plains from its 1,400-m (4,593-ft) high peaks. The park's landscape is similar to the foothills of the Rocky Mountains, with its lodgepole pine forests and abundant wild flowers. Walking trails through the park offer the visitor the chance to see moose, elk, and white-tailed deer, as well as the 200 or more species of bird that stop here during migration, such as the rare trumpeter swan and mountain chickadee.

In the eastern section of the park, in Saskatchewan, **Fort Walsh National Historic Site** houses a reconstruction of Fort Walsh, which was built in 1875 by the Mounties to keep out the illicit whiskey traders who were causing trouble among the natives. Nearby, the trading posts involved in the illegal liquor trade, Farwells and Solomons, have been reconstructed. Costumed guides tell the story of the Cypress Hills Massacre.

f Fort Walsh National Historic Site

Cypress Hills Interprovincial Park.

f (306) 662 2645. **o** May–Oct.

9am–5pm daily. **l**

Maple Creek 16

f 2,300. **f** **f** Hwy 1 West (306) 662 2244

LOCATED ON THE edge of the Cypress Hills, Maple Creek is affectionately known as “Old cow town,” and was established as a ranching center in 1882. The town still has a look of the Old West with trucks, trailers, and Stetson-wearing ranchers filling the downtown streets. Maple Creek's many original 19th-century storefronts include the elegant Commercial Hotel with its marble-floored



Iron Bridge over the Oldman River, Lethbridge

lobby. The oldest museum in the province, the Saskatchewan Old Timers' Museum, boasts an excellent collection of pictures and artifacts telling the story of the NWMP, the natives, and the early settlement of the area.

Medicine Hat 17

f 52,000. **f** **f** **f** 8 Gehring Rd SW (403) 527 6422, 1 800 481 2822.

w www.tourismmedicinehat.com

THE SOUTH Saskatchewan River Valley is the picturesque setting for the town of Medicine Hat, the center of Alberta's gas industry. Founded in 1883, Medicine Hat is noted for Seven Persons Coulee, once a substantial native camp and buffalo jump and now one of the most important archaeological sites of the northern plains. Evidence that aboriginal peoples lived here over 6,000 years ago has been garnered from finds including bones, tools, and arrowheads. Tours of the site are available.

Lethbridge 18

f 72,000. **f** **f** **f** 2805 Scenic Dr. S. (403) 331 0022, 1 866 213 4070. **w** www.lethbridgecvb.com

COAL, OIL, AND gas are the basis of Lethbridge's success. Alberta's third-largest city was named after mine-owner William Lethbridge in 1885, but First Nations peoples such as the Blackfoot Indians have inhabited the area since prehistoric times.

Lying on the banks of the Oldman River, Lethbridge is home to the notorious Fort Whoop-up, established in 1869 by whiskey traders John Healy and Alfred Hamilton for the sole purpose of profiting from the sale of illicit, and often deadly, whiskey. Many Indians, drawn by the lure of the drink, were poisoned or even killed by the brew, which was made with substances such as tobacco and red ink. Today, a replica of Fort Whoop-up has a visitor's center that describes the history of the trading post.



Two Assiniboine Indians from an engraving made in 1844

CYPRESS HILLS MASSACRE

On June 1, 1873 a group of whiskey traders attacked an Assiniboine camp, killing several women, children, and braves in retaliation for the alleged theft of their horses by natives. Many native people had already died from drinking the traders' liquor, which was doctored with substances such as ink and strychnine.

The massacre led to the formation of the North West Mounted Police. Their first post at Fort Macleod in 1874, and another at Fort Walsh in 1875, marked the end of the whiskey trade and earned the Mounties the natives' trust.

Royal Tyrrell Museum of Palaeontology 19



The museum's *Albertosaurus* logo

THE OUTSTANDING Royal Tyrrell Museum of Palaeontology was opened in 1985 and is the only museum in Canada devoted to 4.5 billion years of the Earth's history. The layout of the exhibits enables visitors to follow the course of evolution through displays of dinosaurs and fossils from different ages. The museum uses interactive computers, videos, and 3-dimensional dioramas to re-create distinct prehistoric landscapes, bringing the age of the dinosaurs to life.

Dinosaur Hall
In Dinosaur Hall, a *T-rex* towers over a display of some 35 complete dinosaur skeletons.



VISITORS' CHECKLIST

Hwy 838, 6 km NW of Drumheller.

☎ (403) 823 7707, 1 888 440

4240. 📍 Calgary. ☑ May–Oct:

daily; Nov–Apr: Tue–Sun. 🗺️ ♿

🌐 www.tyrrellmuseum.com

KEY

☐ Science hall

☐ Extreme theropod

☐ Discoveries

☐ Burgess Shale

☐ Dinosaur hall

☐ Bearpaw sea

☐ Age of reptiles

☐ Age of mammals

☐ Palaeoconservatory

☐ Terrestrial Palaeozoic

☐ Nova Discovery room

☐ Pleistocene gallery

☐ Nonexhibition space

The "Introducing Fossils" part of this gallery explains fossils and their formation, from fossilized tree sap (amber) to natural molds and 500-million-year-old casts.

MUSEUM ORGANIZED DINOSAUR DIGS



Visitors on a dinosaur dig

Most of the Royal Tyrrell Museum's dinosaur remains have been found in the Alberta Badlands, a barren landscape of fluted gullies and steep bluffs. There is a variety of tours of the area, ranging from 2-hour Dig Watches to camps lasting a week or more. Participants may help the Museum paleontologists to uncover fossils and dinosaur bones.

Albertosaurus

A fossilized *Albertosaurus* was found in 1884, in the Drumheller Valley, by the museum's namesake, Dr. J.B. Tyrrell. A cousin to the meat-eating *T-rex*, this reptile was a fierce hunter.



GALLERY GUIDE

The collection is housed on several levels reached by a series of ramps. Each area contains a display on an era of geological time. Introductory exhibits on fossils and dinosaurs are followed by displays on prehistoric mammals and the Ice Ages. The largest and most popular part of the museum is the Dinosaur Hall.



Elk Island National Park's largest lake, Astotin Lake, is skirted by a popular hiking trail

Dinosaur Provincial Park 20

Rte 544. ☎ (403) 378 4342.
 ☑ daily. ♿ partial.

TWO HOURS' drive southeast of the town of Drumheller, the UNESCO World Heritage Site of Dinosaur Provincial Park, established in 1955, contains one of the world's richest fossil beds. Located along the Red Deer River Valley, the park includes dinosaur skeletons mostly from the late Cretaceous Period, about 75 million years ago (see pp228–9). More than 300 mostly intact finds have been made here and more than 30 institutions worldwide have specimens from this valley on display.

From the town of Drumheller it is possible to tour the 48-km (30-mile) loop **Dinosaur Trail**, through the "Valley of the Dinosaurs" and features fossils and displays relating to pre-

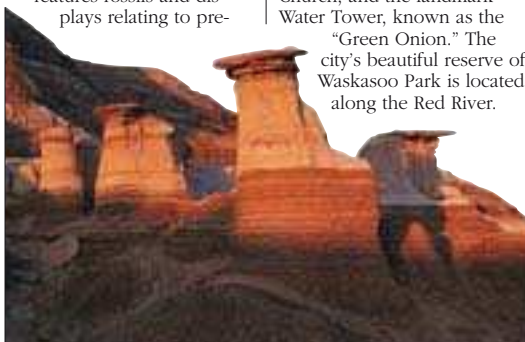
historic life, as well as stunning views of the strange badlands landscape from highpoints such as Horseshoe Canyon. Calling ahead for bus tours and hikes is recommended.

🏠 **Dinosaur Trail**
 ⓘ Drumheller (403) 823 1331.

Red Deer 21

🏠 72,000. 🏠 ⓘ Sports Hall of Fame, Hwy 2: (403) 346 0180.
 🌐 www.tourismreddeer.net

LOCATED MIDWAY between Calgary and Edmonton, this bustling city was founded in 1882 by Scottish settlers as a stopover point for travelers. A modern city with good cultural and recreational facilities, Red Deer is the hub of central Alberta's rolling parkland district. The city has some interesting buildings, such as the award-winning St. Mary's Church, and the landmark Water Tower, known as the "Green Onion." The city's beautiful reserve of Waskasoo Park is located along the Red River.



Hoodoos, towers of rock sculpted by glacial erosion, near Drumheller

Elk Island National Park 22

Hwy 16. ☎ (780) 992 5790. ☑ daily.
 ♿ partial. 🌐 www.pc.gc.ca

ESTABLISHED IN 1906 as Canada's first animal sanctuary, Elk Island became a national park in 1913. It offers a wilderness retreat only half-an-hour's drive from Edmonton. This 194 sq km (75 sq miles) park provides a habitat for large mammals such as elk, the plains bison, the rarer, threatened wood bison, and moose. The park's landscape of transitional aspen parkland (an area of rolling meadows, woodlands, and wetlands) is, according to the World Wildlife Fund for Nature, one of the most threatened habitats in North America.

Aspen trees grow mostly on the hills, while balsam, poplar, and white birch grow near wet areas. Plants such as sedges and willows also thrive in the wetlands alongside a host of birds such as the swamp sparrow and yellow warbler.

Elk Island is a popular day trip from Edmonton as well as being a picturesque weekend picnic spot for locals. There are 13 hiking trails of varying difficulties and lengths. During the summer a wide range of activities is available in the park including swimming, canoeing, and camping. Cross-country skiing is the most popular winter activity.



Ice Palace at West Edmonton Mall

Edmonton 23

900,000. 9797
Jasper Ave. (780) 496 8400, 1 800
463 4667. www.tourism.ede.org

EDMONTON SPANS the valley of the North Saskatchewan River and sits in the center of Alberta province, of which it is the capital. Established as a series of Hudson's Bay Company trading posts in 1795, this city is now the focus of Canada's thriving oil industry.

Edmonton's downtown area is centered on Jasper Avenue and Sir Winston Churchill Square, where modern glass high-rises sit among shops and restaurants. The gigantic **West Edmonton Mall** contains over 800 stores and services, an amusement and water park, over 100 restaurants, a golf

course, a bowling center, an ice rink, and 27 movie theaters. In contrast is one of Alberta's oldest buildings, the delightful Alberta Legislature, opened in 1913. Overlooking the river, on the site of the old Fort Edmonton, the building has beautiful landscaped grounds. Southwest of downtown, Fort Edmonton Park re-creates the original Hudson's Bay Company fort with reconstructions of street areas in 1885 and 1920. Here visitors can experience past times, wandering around original shops and businesses, as well as taking rides on a horse-drawn wagon, steam train, or street car.

West of downtown is the Royal Alberta Museum with natural history displays; to the northwest is the Odysseum which boasts an IMAX theatre, Observatory, and Star Theatre.

West Edmonton Mall

170th St. & 87th Ave. (780) 444 5200. daily.

Vegreville 24

5,300. at giant Pysanka
(780) 632 6800 or (780) 632 3100.

ALONG THE Yellowhead Hwy, heading eastward from Edmonton, lies the predominantly Ukrainian town of Vegreville. Its community is famous for producing traditionally Ukrainian, highly decorated

Easter eggs (or pysanky). Visible from the road is a giant pysanka covered with intricate bronze, gold, and silver designs that tell the story of the region's Ukrainian settlers, and celebrates their religious faith, bountiful harvests, and the protection they received from the RCMP. The egg is 7 m (23 ft) high, and is made of over 3,500 pieces of aluminum.



A giant decorated Easter egg made by Ukrainians at Vegreville

Wood Buffalo National Park 25

main access: Fort Smith, NWT.
 (867 872 7900). daily. www.pc.gc.ca

THE LARGEST national park in Canada, Wood Buffalo is about the size of Denmark, covering an area of 44,807 sq km (17,474 sq miles). The park was made a UNESCO World Heritage Site in 1983 because of the range of habitat it offers for such rare species of animal as the wood bison or buffalo.

There are three different environments here: fire-scarred forest uplands; a large, poorly drained plateau filled with streams and bogs; and the Peace-Athabasca delta, full of sedge meadows, marshes, and shallow lakes. Sightings of such birds as peregrine falcons and bald eagles are common, and the park is the only natural nesting site of the rare whooping crane in the world.

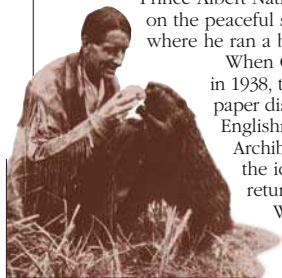
THE GREY OWL STORY

Long before conservation became popular, the renowned naturalist by the name of Grey Owl, took up the cause. Inspired by his Mohawk wife, Anahareo, he wrote the first of several best-selling books, *Men of the Last Frontier*, in 1931, the same year he became the official naturalist of

Prince Albert National Park. He built a cabin on the peaceful shores of Lake Ajawaan from where he ran a beaver protection program.

When Grey Owl died of pneumonia in 1938, there was uproar when a newspaper discovered that he was really an Englishman. Born in Hastings in 1888, Archibald Stansfield Belaney took on the identity of Grey Owl when he returned to Canada after World

War I. He wore buckskins and wore his hair in Apache-style braids. A generation later Grey Owl's legacy remains the protection of Canada's wildlife.



Grey Owl feeding a beaver

Prince Albert National Park 26

ESTABLISHED IN 1927, Prince Albert National Park covers 3,875 sq km (1,500 square miles) of wilderness, which changes from the gently rolling terrain of aspen parkland in the south to the spruce and fir trees of the northern boreal forest. These distinct environments house different wildlife populations, with moose, wolf, and caribou in the forests, and elk, bison, and badger in the parkland. The center of the park, and the most accessible areas for visitors, are the hiking and canoeing trails around the Kingsmere and Waskesiu Lakes. The townsite of Waskesiu is the best place from which to begin exploring the park.



Grey Owl's cabin by Ajawaan Lake

A popular 40 km bike leads to Grey Owl's log cabin, "Beaver Lodge."

VISITORS' CHECKLIST

off Hwy 2. ☎ (306) 663 4522.

🌿 Nature center open: Jul–Aug: 10am–5pm daily; Jun & Sep: 12am–4pm Sat & Sun; Victoria Day weekend.

🌐 www.parksCanada.gc.ca

KEY

— Major road

— Minor road

--- Hiking route

— Rivers

△ Camping

🌳 Picnic area

ℹ Visitor information



Beach resort at Lake Waskesiu

The village of Waskesiu offers visitors a wide range of facilities, including stores, hotels, and a sandy lakeside beach.

The Hanging Heart Lakes

form a waterway that leads to Lake Crean – one of the popular canoe trips in the park.

Lakeview Drive Nature Centre

explains the park's ecology.

Kingfisher trail

is a popular 13-km (8-mile) walk by Waskesiu lake.

0 km 3
0 miles 3



View over Waskesiu Lake

Fall foliage across the boreal forest seen around the lake from Kingsmere Road.

PRINCE ALBERT



Gun with carriage at Fort Battleford National Historic Site

North Battleford and Battleford 27

19,500. Visitors' center, jct Hwys 16 & 40 (306) 445 2000, 1 800 243 0934. www.tourism.battlefords.com

NORTH BATTLEFORD and Battleford, together known as The Battlefords, face each other across the North Saskatchewan River Valley. Named after a ford in the Battle River, the area was the site of age-old conflicts between the Blackfoot and Cree. An important early settlement in the West, Battleford was chosen as the seat of the North-West Territories government from 1876 to 1882. Today, the communities are thriving industrial centers, although the North Battleford branch of the Western Development Museum focuses on rural life.

The **Allan Sapp Gallery** displays works by Allan Sapp,

one of Canada's best-loved contemporary artists. His simple, delicately colored paintings and drawings celebrate the traditions of the Northern Plains Cree community.

Between the Saskatchewan and Battle rivers is the **Fort Battleford National Historic Site** containing a well-restored North-West Mounted Police post. The stockade has original buildings, including the lookout point in the commander's residence, officers' quarters, and restored barracks now housing a museum. Costumed guides tell the story of the time when 500 settlers took refuge in the stockade during the North-West Rebellion.

Allan Sapp Gallery

1 Railway Ave. (306) 445 1760.

1pm–5pm daily.

Fort Battleford National Historic Site

Off Hwy 4. (306) 937 2621.

mid-May–mid-Sep: daily; Oct–Apr: by appointment.

Batoche National Historic Site of Canada 28

Rte 225 off Hwy 312. (306) 423 6227. May–Oct: daily.

THE ORIGINAL village of Batoche was the site of the Métis's last stand against the Canadian Militia, led by Louis Riel and Gabriel Dumont in 1885 (see p45).

From the 17th century, white fur traders in the west had married Indian wives and adopted tribal languages and customs. The resulting mixed raced peoples, the Métis, had originally rebelled in 1869 in the Winnipeg area in defense of their land rights. When history began to repeat itself in 1885, Métis rebels recalled Riel from exile in Montana to declare a provisional government at Batoche. Violence erupted on May 9, 1885 into what was to become known as the North-West Rebellion. Riel surrendered, was tried for treason, and hanged in Regina.

Today, the Batoche National Historic Site of Canada occupies the site of the village and battlefield. The 648-ha (1,600-acre) park houses the bullet-ridden St. Antoine de Padou Church and Rectory as well as the cemetery where the Métis leaders are buried. An interpretive center features an audio-visual presentation telling the history of Batoche and the rebellion through the eyes of the Métis.



St. Antoine de Padou Church and Rectory at Batoche National Historic Park

POLAR BEARS

Known as the “Lord of the Arctic,” the magnificent polar bear can weigh as much as 650 kg (1,433 lb). In the fall the bears begin to congregate along the bay east of Churchill waiting for ice to form in order to hunt seals. Their acute sense of smell can detect a scent up to 32 km (20 miles) away and pick up the presence of seals under 1 m (3 ft) of snow and ice.

Up to 150 bears pass by and through Churchill during the season. The best way to view them is in a tundra buggy, a large buslike vehicle that is warm, safe, and elevated over 2 m (6.5 ft) from the ground.



The majestic polar bear

system, has been a trade route for centuries, used by both natives and, later, European explorers and fur traders as well as fishing for northern pike, lake trout, turbot, and perch.

Churchill 32

🏠 1,100. 🚗 🚚 🚚 211 Kelsey Blvd. (204) 675 2022.

LOCATED AT THE mouth of the Churchill River on Hudson Bay, the town retains the look of a basic pioneer town, with no luxury hotels, no paved roads, and few trees. This vast Arctic landscape is snow-free only from June through to the end of August. Churchill has no road access and can be reached only by plane or train from Winnipeg, Thompson, and The Pas. Despite its remote situation, Churchill was an important point of entry into Canada for early European explorers and fur traders arriving by boat in the 18th century. The Hudson’s Bay Company established an outpost for fur-trading here in 1717.

Today, visitors come to see the polar bears, beluga whales, and the splendid array of tundra flora in this region. In the spring and fall the tundra’s covering of moss, lichens, and tiny flowers bursts into an array of reds, violets, and yellows. In the summer beluga whales move upriver to the warmer waters and can be seen from boat trips or on scuba dives.

Duck Lake 29

🏠 670. 🚗 🚚 🚚 301 Front St. (306) 467 2057. 🌐 www.louisrieltrail.com

A LITTLE TO THE WEST of the small farming village of Duck Lake lies a plaque commemorating the first shots fired in the North-West Rebellion. On March 26, 1885, a police interpreter and a Cree emissary scuffled during a parley, and the officer was killed. During the ensuing battle, 12 NWMP officers and six Métis died. The Battle of Duck Lake is depicted in a series of murals at the town’s visitors’ center.

The Pas 30

🏠 15,000. 🚗 🚚 🚚 324 Ross Ave. (204) 623 7256.

ONCE A KEY fur-trading post dating back some 300 years, The Pas is now a major industrial distribution and transportation center for Manitoba’s northwest. Nearby Clearwater Lake Provincial Park is named for the lake itself, which is said to be so clear that it is possible to see the bottom at 11 m (35 ft). The park also offers a walking trail through “the caves,” a geological phenomenon where rock masses split away from cliffs to create huge crevices that provide shelter for a number of animals, including black bears, moose, wolves, and foxes.

Flin Flon 31

🏠 7,200. 🚗 🚚 🚚 Hwy 10A (204) 687 4518.

STEEP HILLY STREETS reflect the fact that Flin Flon lies on Precambrian rock (as old as the formation of the Earth’s crust itself, roughly 3.8 billion years ago), and the area is famous for its distinctive greenstone. The town bears the name of a fictional character of a popular novel, *The Sunless City* by J.E.P. Murdock. The book was read by a prospector at the time he staked his claim here in 1915. Copper and gold are still mined in Flin Flon, but visitors mostly come to experience the vast wilderness of the nearby Grass River Provincial Park.

The distinctive Grass River, where strings of islands dot the countless lakes of the river



Polar bear warning sign near Churchill





BRITISH COLUMBIA AND THE ROCKIES



INTRODUCING BRITISH COLUMBIA
AND THE ROCKIES 254-261

VANCOUVER AND

VANCOUVER ISLAND 262-287

THE ROCKY MOUNTAINS 288-311

SOUTHERN AND NORTHERN

BRITISH COLUMBIA 312-319



Introducing British Columbia and the Rockies

THE DRAMATIC BEAUTY OF British Columbia and the Rockies' mountain ranges, forests, and lakes make it a much visited area. There is a wide variety of landscapes available here, from the northern Rockies with their bare peaks, to the south's Okanagan Valley with its orchards and vineyards. The region's temperate climate means that BC has more species of plant and animal than anywhere else in the country.

Millions of visitors come here every year, drawn by a wide range of outdoor activities. To the west, Vancouver Island offers ancient rainforest and the impressive coastal scenery of the Pacific Rim National Park. Lying between the Pacific Ocean and the Coast Mountains, Vancouver is a stunningly attractive city, with good transportation links to the rest of the region, including Calgary in the east.



Centuries-old rainforest in the Gwaii Haanas National Park on the Queen Charlotte Islands

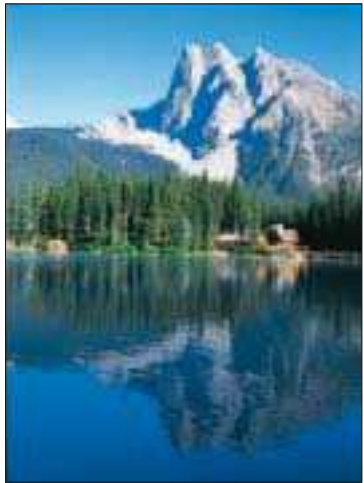
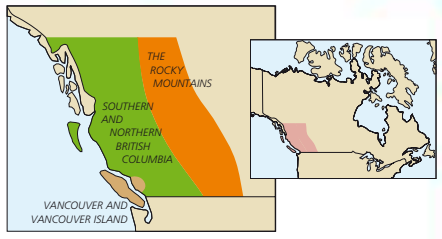


Illuminated by 3,000 lights, Victoria's Parliament Buildings are reflected in the waters of Inner Harbour on Vancouver Island



SEE ALSO

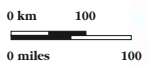
- *Where to Stay* pp355–59
- *Where to Eat* pp375–79



Snow-covered peaks reflected in the waters of Emerald Lake in the Rockies' Yoho National Park

GETTING AROUND

The Trans-Canada Highway (Hwy 1) is the only major highway that leads to the rest of the province from Vancouver, passing through the gold rush route along the Fraser Canyon, then on to Alberta. From Hope, there are three roads leading to the interior: the Coquihalla Highway travels to Kamloops, and Hwy 99 connects to Hwy 97, which runs north to south through the Okanagan Valley; Hwy 3 runs east and west through BC. VIA Rail runs a scenic route from Vancouver to Jasper. Bus routes cover most destinations.



KEY

	Highway
	Major road
	River
	Provincial boundaries

The Rocky Mountains




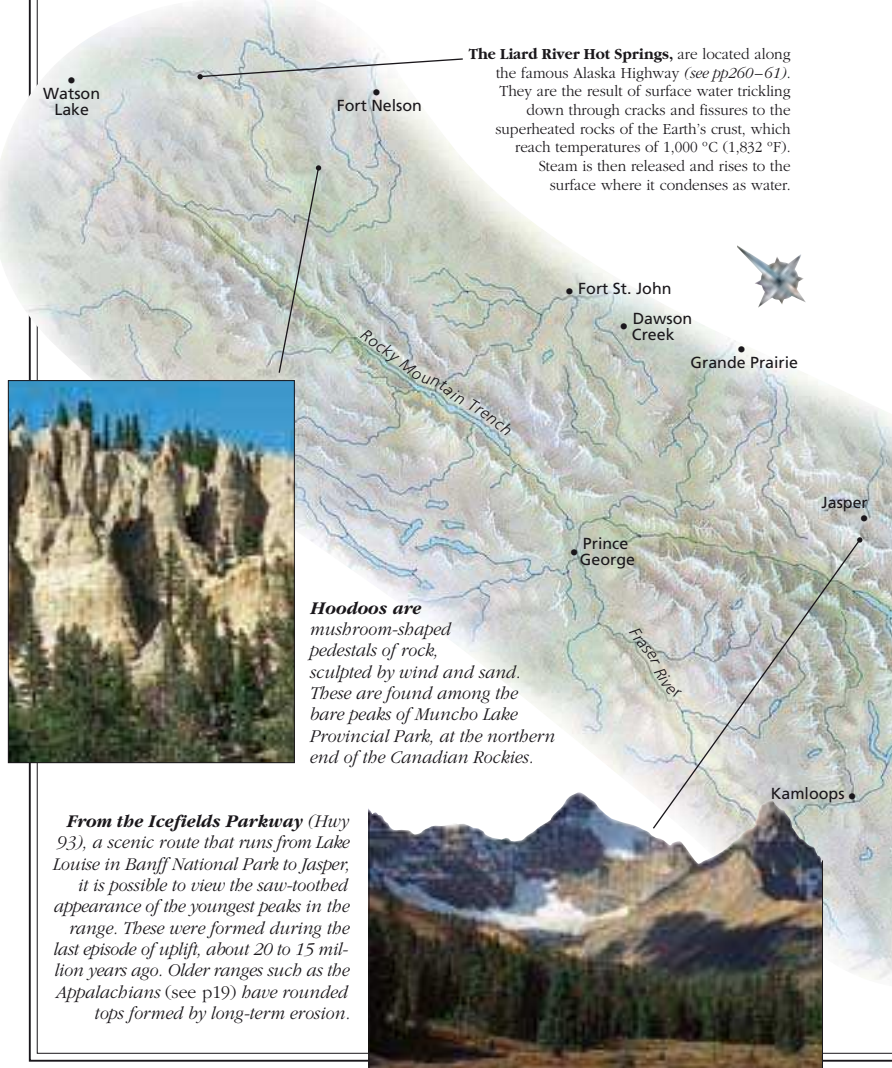
Orchid found
in the Rockies

THE CANADIAN ROCKY MOUNTAINS are a younger section of the Western Cordillera, a wide band of mountain ranges that stretch from Mexico to Canada. Formed between 120 and 20 million years ago, they include some of Canada's highest peaks, the 389-sq km (150-sq mile) Columbia Icefield, and glacial lakes. In summer wild flowers carpet the alpine meadows; in winter both visitors and locals take advantage of the snow-covered slopes to indulge in winter sports. The flora and fauna of the Canadian Rockies are protected within several National Parks; the most noted being Banff, Jasper, and Yoho (*see pp298–309*), which houses the renowned Burgess Shale fossil beds.



LOCATOR MAP

 The Canadian Rockies



The Liard River Hot Springs, are located along the famous Alaska Highway (*see pp260–61*). They are the result of surface water trickling down through cracks and fissures to the superheated rocks of the Earth's crust, which reach temperatures of 1,000 °C (1,832 °F). Steam is then released and rises to the surface where it condenses as water.



Hoodoos are mushroom-shaped pedestals of rock, sculpted by wind and sand. These are found among the bare peaks of Muncbo Lake Provincial Park, at the northern end of the Canadian Rockies.

From the Icefields Parkway (Hwy 93), a scenic route that runs from Lake Louise in Banff National Park to Jasper, it is possible to view the saw-toothed appearance of the youngest peaks in the range. These were formed during the last episode of uplift, about 20 to 15 million years ago. Older ranges such as the Appalachians (*see p19*) have rounded tops formed by long-term erosion.





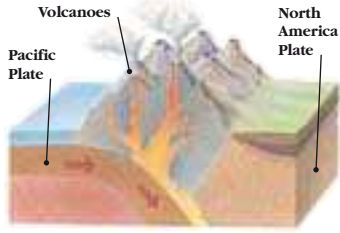
Maligne Canyon is a 50-m deep (164-ft), limestone gorge in Jasper National Park. The canyon was formed by the meltwaters of a glacier that once covered the valley. Today, the Maligne River rushes through this narrow channel, which also drains a series of underground caves.



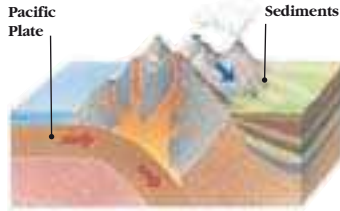
The Lewis Overthrust in Waterton Lakes National Park is a geological phenomenon. When rocks were moving east during the formation of the Rockies, a single mass composed of the lowest sedimentary layer of the Rockies – known as the Lewis Thrust – came to rest on top of the prairies.

THE FORMATION OF THE ROCKY MOUNTAINS

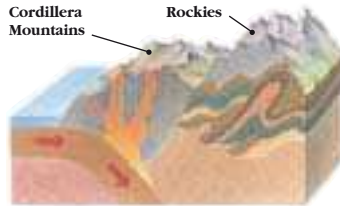
There are three main forces responsible for the formation of the Rocky Mountains. First, large areas of the Earth's crust (known as tectonic plates), constantly moving together and apart, created uplift. Second, the North American plate was subducted by the Pacific plate, which caused a chain of volcanoes to form from the molten rock of the oceanic crust. Third, erosion caused by the Ice Ages, as well as rivers and wind, deposited sedimentary rocks on the North American plate, which was then folded by more plate movement between 50 and 25 million years ago. The Rockies' jagged peaks reflect their recent formation.



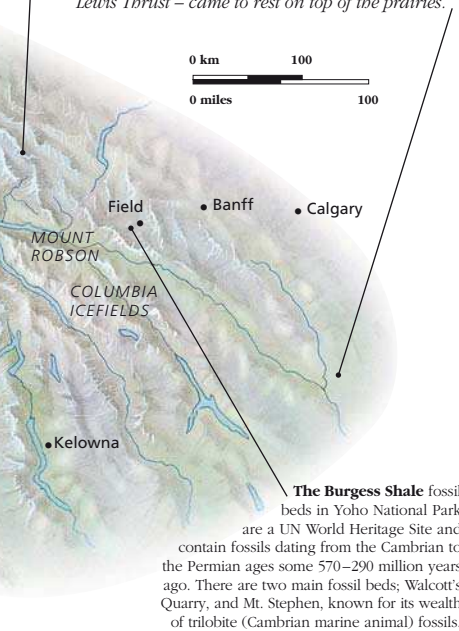
1 Some 150 million years ago, the Pacific plate moved east, adding to the molten rock from great depths of the North American Plate. This then rose up to form the Western Cordillera Mountains.



2 The Cordillera was eroded over millions of years and during various Ice Ages. This led to sediments being deposited in the sagging, wedge-shaped crust east of the mountain range.



3 Around 50 million years ago, the Pacific plate continued to push east, forcing the Cordillera range eastward, compressing sedimentary rocks, folding and uplifting them to form the Rockies.



Forestry and Wildlife of Coastal British Columbia

FROM ITS SOUTHERN BORDER with the United States to the northern tip of the Queen Charlotte Islands, the coastal region of British Columbia ranks as the richest ecological region in Canada. The warm waters of the north Pacific Ocean moderate the climate, creating a temperate rainforest teeming with life such as the black tail deer, black bear, and cougar. Dense forest still covers many islands, bays, and inlets along the coast, and is home to a large number of plant and animal species, including some of the tallest trees in Canada. Douglas Fir and Sitka Spruce can grow as high as 91 m (300 ft).



Trumpeter swans are so-called for their distinctive brassy call. They are found on marshes, lakes, and rivers.



TEMPERATE RAINFOREST HABITAT

High rainfall and a mild climate have created these lush forests of cedar, spruce, and pine, with their towering Douglas Firs and Sitka Spruces. Housed beneath the dripping forest canopy is a huge variety of ferns, mosses, and wild flowers, including orchids. Today, environmentalists campaign to protect these ancient forests from the threat of logging.



Bald eagles, with their distinctive white heads, can be seen in large numbers diving for fish in the ocean near the Queen Charlotte Islands. The area is noted for having the largest bald eagle population in BC.



The white black bear is unique to coastal British Columbia. It is related to the common black bear, and is an agile salmon catcher.



Black tail deer are found only on the north Pacific coast. They are the smallest member of the mule deer family and are preyed on by cougars in the area.

Harlequin ducks are small and shy, and the males have striking markings. A good swimmer, the harlequin enjoys fast-flowing rivers and the strong surf of the Pacific.



SALMON

The coastal waters of BC are home to five species of Pacific salmon: pink, coho, chinook, sockeye, and chum. Together they support one of the most important commercial food fisheries in the world. All Pacific salmon spawn in freshwater streams only once in their adult life, then die. Their offspring migrate downstream and out to sea where they feed and grow to adults ranging in size from 7 kg (15 lb) to over 45 kg (100 lb). At maturity they swim long distances upstream in order to return to the waters of their birth.



***Chinook Salmon** leaping while swimming upstream to spawn.*

***Sockeye Salmon** are highly prized in BC's fishing industry for their firm, tasty flesh.*



COASTLINE HABITAT

The warm waters of the north Pacific Ocean provide a habitat for more species of wildlife than any other temperate coastline. This distinctive region is characterized by having thousands of islands and inlets, which provide a home for a range of animals. Mammals such as gray, humpback, and orca whales can be seen here, as can sea otters, seals, and sea lions.



***The glaucous gull** is a large, gray-backed sea gull, which nests along coastal cliffs, and on the numerous small islands here.*



***Northern sea lions** live in colonies along the rocky BC coast. Large, lumbering animals, they have short "forearms" that enable them to move on land.*

***Killer whales** (or orcas) are found off the sheltered eastern coast of Vancouver Island and up BC's mainland coast. They are known as "killer" because they feed on other mammals.*



***Sea otters** were hunted, almost to extinction, for their thick fur coats. Today, these playful creatures are numerous off the coast of mainland BC and Vancouver Island.*

The Alaska Highway

THE BUILDING of the Alaska Highway was an extraordinary achievement. Winding through 2,451 km (1,523 miles) of wilderness, mountains, muskeg (moss-covered bog), and forest, the first road was completed in 1942, only eight months and twelve days after construction began. Linking the United States to Alaska through British Columbia, it was built after the Japanese attacked Pearl Harbor in 1941, as a military supply route and to defend the northwest coast of Alaska.

Today, the original gravel road has been replaced by a two-lane, mostly asphalt highway. The highway's many curves are gradually being straightened, shortening its total length, and the present road now covers 2,394 km (1,488 miles).



Kluane National Park contains some of the most dramatic scenery to be seen along the highway. The Kluane Mountains are among the highest in Canada, and ice-fields cover around half of the park's area.

Whitehorse is the capital of the Yukon and the center of the province's forestry and mining industries. The town, at mile 910 of the highway, retains a frontier atmosphere, and it is still possible to hear coyotes at night.



Teslin Lake derives its name from the Tlingit language, meaning "long and narrow waters." The highway follows the 130-km long (80-mile) stretch of water, lined by snow-capped peaks. Today, the area attracts anglers eager to catch the plentiful trout, grayling, and pike, and hunters looking for game.



LOCATOR MAP

Map area



Historical Mile 836 marks the site of the Canol Project. This oil pipeline was built alongside the highway, to aid the military effort. The pipe runs an incredible 965 km (600 miles) to an oil refinery at Whitehorse.

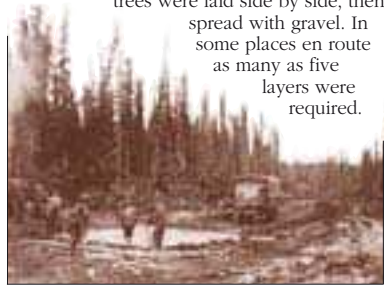


The Alaska Highway in winter is often covered in snow and affected by frost heave. Since it was opened to the public in 1949, teams of maintenance workers have ensured that the road is open year round.

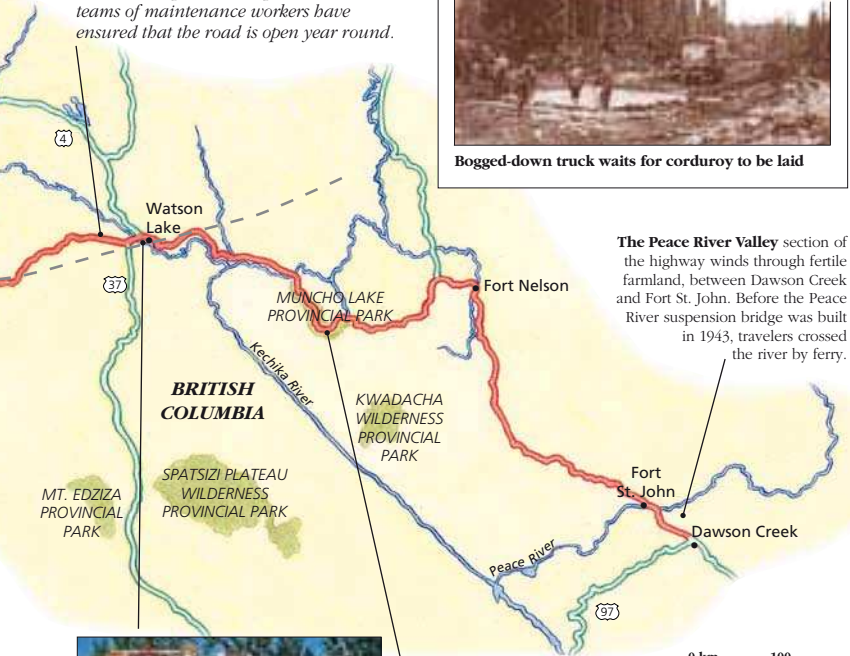
CONSTRUCTION OF THE HIGHWAY

The Alaska Highway was built in under nine months by US army engineers and Canadian construction workers. The recruiting poster for workers warned: "This is no picnic... Men will have to fight swamps, rivers, ice, and cold. Mosquitoes, flies, and gnats will not only be annoying but will cause bodily harm. If you are not prepared to work under these... conditions, DO NOT APPLY."

The workers shared mobile army camps that were moved along the route as construction progressed. If a company got stuck in one of many dismal swamps, they employed such techniques as laying corduroy – where whole trees were laid side by side, then spread with gravel. In some places en route as many as five layers were required.

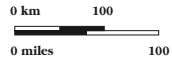


Bogged-down truck waits for corduroy to be laid



The Peace River Valley section of the highway winds through fertile farmland, between Dawson Creek and Fort St. John. Before the Peace River suspension bridge was built in 1943, travelers crossed the river by ferry.

Historic Mile 588 or "Contact Creek" is the point where two teams of builders, from the north and south, met in 1942.



KEY

- Alaska Hwy
- Other roads
- National and Provincial Parks
- Provincial boundaries



The Sign Post Forest at Watson Lake has over 10,000 signs. The first was erected in 1942 by a GI missing his hometown of Danville, Illinois.



VANCOUVER AND VANCOUVER ISLAND

LOOKING OUT TOWARD the waters of the straits of Johnstone and Georgia, Vancouver occupies one of the most beautiful settings of any world city. The coastal mountains form a majestic backdrop for the glass towers and copper-topped skyscrapers of the city. It was Captain James Cook who claimed the area for the British when he stepped ashore at Nootka Sound, Vancouver Island, in 1778. Until then the area had been inhabited for more than 10,000 years by the Coast



Salish peoples, whose cultural heritage is celebrated in two of Canada's best museums: the UBC Museum of Anthropology in Vancouver and Victoria's Royal BC Museum. Established as a city after a fire destroyed the fledgling town of Granville in 1886, Vancouver offers historic districts, lush gardens, and wilderness parks within its environs. A short ferry ride away, Vancouver Island's world-famous Pacific Rim National Park is the whale-watching center of Canada.

SIGHTS AT A GLANCE

VANCOUVER

(See pages 264–277) 1–18

VANCOUVER ISLAND

Gardens and Areas of Natural Beauty

Butchart Gardens 20

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Telegraph Cove 29

Historic Towns and Cities

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Gold River 26

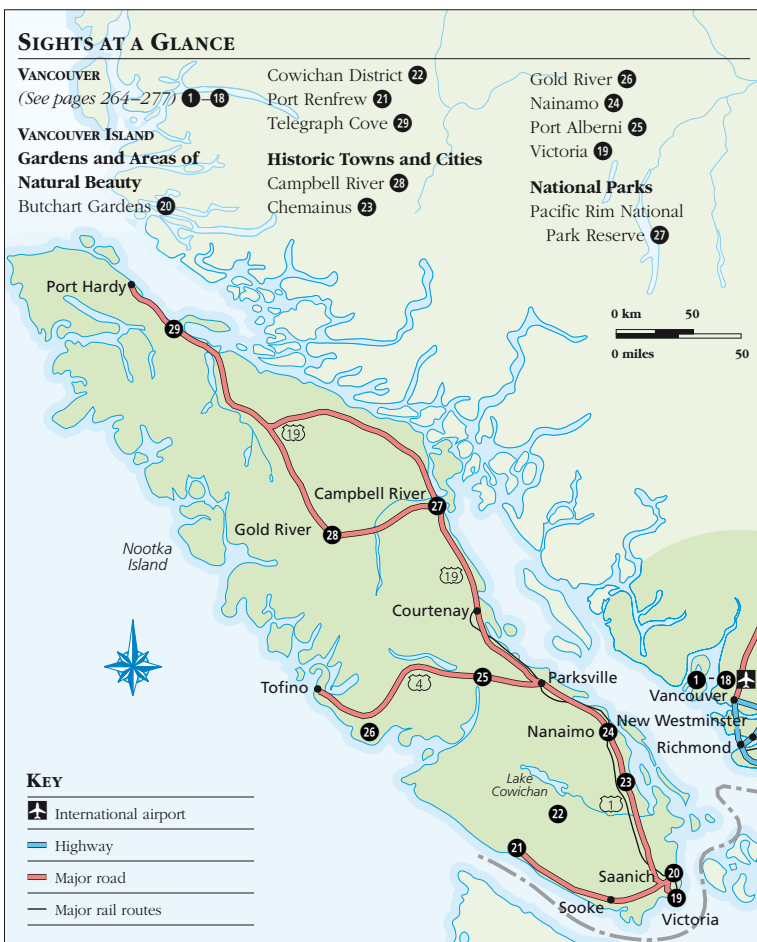
Nainamo 24

Port Alberni 25

Victoria 19

National Parks

Pacific Rim National Park Reserve 27



Exploring Vancouver

THE HEART OF VANCOUVER is its downtown area, a finger of land bounded by the waters of English Bay. The city center radiates from Robson Square. The 404.7-ha (1,000-acre) Stanley Park occupies the tip of the peninsula, next to the West End. The historic Chinatown and Gastown districts are close to Main Street, the city's south to north axis.

SIGHTS AT A GLANCE

Historic Streets and Buildings

- Chinatown **2**
- Old Hastings Mill Store **12**

Parks and Gardens

- Capilano Suspension Bridge **17**
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- Grouse Mountain **16**
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- Lynn Canyon Park and Ecology Centre **15**
- Queen Elizabeth Park and Bloedel Conservatory **9**
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Modern Architecture

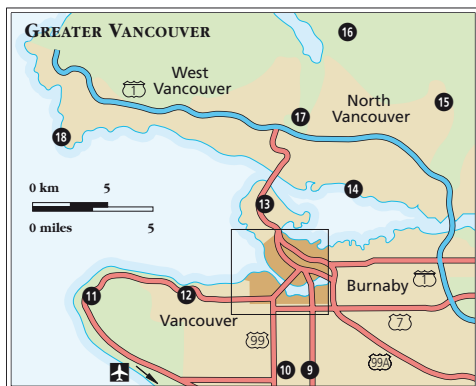
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KEY

Waterfront and Gastown: see pp266-7

International airport

SkyTrain station

Bus station

SeaBus station

Railroad station

Visitor information

Parking

Highway

Major road

Pedestrian walkway



GETTING AROUND

As most of downtown is surrounded by water, Vancouver's comprehensive transportation system includes the SeaBus, bus, and the light-rail line, the SkyTrain, a driverless system that runs above and below ground. The SeaBus runs between Lonsdale Quay in North Vancouver and Waterfront Station downtown, where it is possible to connect with the bus and SkyTrain system. Many Vancouverites commute by car, and rush hour traffic is to be avoided because access to downtown is limited to a few bridges, including the hectic Lion's Gate Bridge.



Vancouver's stunning harbor with mountains as a backdrop

Street-by-Street: Waterfront and Gastown

ONE OF VANCOUVER'S oldest areas, Gastown faces the waters of Burrard Inlet and lies between Columbia Street in the east and Burrard Street in the west. The district grew up around a saloon, opened in 1867 by "gassy" Jack Deighton whose statue can be seen on Maple Tree Square. Today, Gastown is a charming mix of cobblestone streets, restored 19th-century public buildings, and storefronts. Chic boutiques and galleries line Powell, Carrall, and Cordova streets. Delightful restaurants and cafés fill the mews, courtyards, and passages. One popular café occupies the site of the city's first jail. On the corner of Water and Cambie streets, visitors can hear the musical chimes of the steam clock every 15 minutes, as well as be entertained by local street performers.



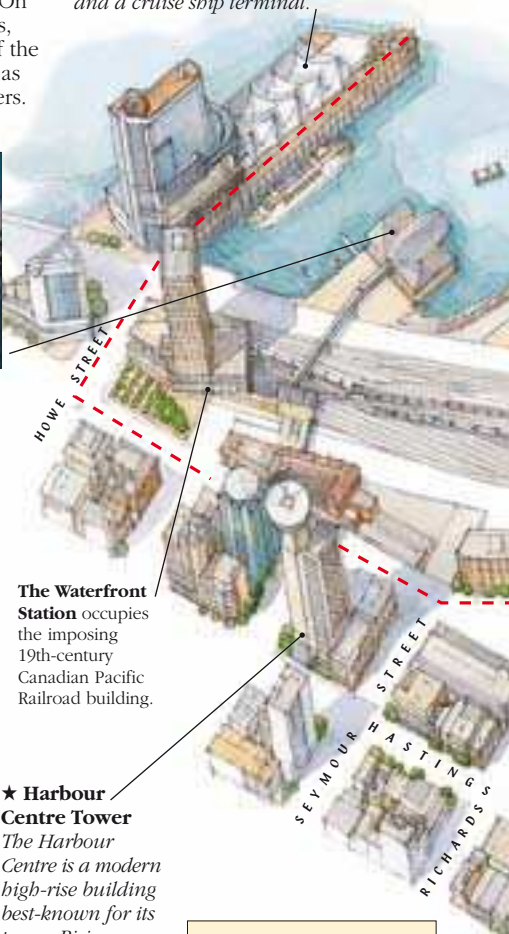
★ Canada Place

Canada Place is a waterside architectural marvel of white sails and glass that houses a hotel, two convention centers, and a cruise ship terminal.



The SeaBus

Stunning views of the harbor can be seen from the SeaBus, a catamaran that ferries passengers across Burrard Inlet between the central Waterfront Station and Lonsdale Quay in North Vancouver.



The Waterfront Station occupies the imposing 19th-century Canadian Pacific Railroad building.

★ Harbour Centre Tower

The Harbour Centre is a modern high-rise building best-known for its tower. Rising 167 m (550 ft) above the city, on a clear day it is possible to see as far as Victoria on Vancouver Island.



STAR SIGHTS

- ★ Canada Place
- ★ Harbour Centre Tower

Water Street

Much of the quaint charm of Gastown can be seen here. Water Street boasts gas lamps and cobblestones, as well as shops, cafés, and the famous steam clock.



LOCATOR MAP
See map pp264-5

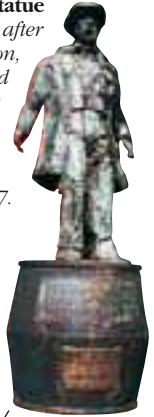
Steam Clock

Said to be the world's first steam operated clock, it was made in the 1870s, and toots every 15 minutes on the corner of Water and Cambie streets.



“Gassy” Jack Statue

Gastown is named after “Gassy” Jack Deighton, an English sailor noted both for his endless chatter and for the saloon he opened here for the local saw-mill workers in 1867.



The Inuit Gallery

on Water Street offers a variety of original Inuit art such as jewelry and paintings.

Shopping on Powell Street

is a delightful experience with its range of small galleries and trendy boutiques.



0 meters 100
0 yards 100

KEY

--- Suggested route

Triangular Building

Reminiscent of New York’s Flat-iron Building, this striking structure was built in 1908-9 as a hotel and forms the corner of Alexander and Powell streets. It is now an apartment building.





Peaceful pavilion in the Dr. Sun Yat-sen Classical Chinese Garden

Dr. Sun Yat-sen Classical Chinese Garden ①

578 Carrall St. ☎ (604) 662 3207.
 🚶 & 🚶 Central Station. 🚶 19, 22.
 🚶 Downtown terminal. 🕒 Jun–
 Sep: 9:30am–7pm; Oct–May: 10am–
 4pm. 🗓 Dec 25, Jan 1. 📶 📶 📶
 🌐 www.vancouverchinesegarden.com

OPENED IN 1986, the first full-sized Ming Dynasty-style classical Chinese garden built outside of China offers a refuge from Vancouver's bustling city center. The garden owes its tranquility to ancient Taoist principles, which aimed to create a healthy balance between the contrasting forces of man and nature.

Over 50 skilled craftsmen came from Suzhou, China's Garden City, to construct the

garden, using traditional techniques and tools. Pavilions and walkways were all built with materials from China. Many of the plants and trees symbolize different virtues. Willow is a symbol of feminine grace, and the plum and bamboo represent masculine strength. Complimentary Chinese tea rounds out the soothing atmosphere.

Chinatown ②

Pender St. 🚶 East Hastings & East Pender Sts routes.

VANCOUVER'S CHINATOWN is older than the city itself. In 1858 the first wave of Chinese immigrants was drawn to Canada by the promise of gold. The Canadian Pacific Railroad attracted even more

Chinese workers in the 1880s with jobs to build the new railroad. Today Chinatown stretches from Carrall to Gore Streets and still provides a warm welcome for more recent Asian immigrants.

Declared an historic area in 1970, Chinatown has restored many of its notable houses with their elaborately decorated roofs and covered balconies. The main drag, Pender Street, is the best place to view the architectural details that decorate the upperstories of the buildings, such as highly painted wooden balconies.

Street signs with colorful Chinese characters add to the authentic atmosphere.

Whether buying mouth-watering duck, or watching the spicy dumplings known as won tons being made at top speed, or settling down to taste the myriad dishes available in an array of fine restaurants, the main attraction for the visitor is food. There is also a fascinating range of stores, from bakeries selling a selection of savory and sweet buns to traditional herbalists, and jewelers specializing in jade. In contrast to the bustling markets there are also several relaxing tea-rooms, as well as the nearby Dr. Sun Yat-sen Chinese



Bilingual sign in Chinatown

Garden, which also offers tea and cakes and has weekly evening concerts of Chinese music

under the soft light of lanterns throughout the summer.

Science World ③

1455 Quebec St. ☎ (604) 443 7443.
 🚶 Central Station. 🚶 Central Station. 🕒 10am–5pm Mon–Fri,
 10am–6pm Sat & Sun. 🗓 Dec 25.
 📶 📶 📶 www.scienceworld.bc.ca

OVERLOOKING the waters of False Creek, near the Main Street Railway Station, stands the 47-m (155-ft) high steel geodesic dome that now houses Vancouver's science



The striking geodesic dome housing Vancouver's interactive Science World

museum, Science World. The dome was designed for Expo '86 by American inventor R. Buckminster Fuller, and is now one of the city's striking landmarks. The highly interactive science museum moved into the structure in 1989.

In the Eureka Gallery, visitors can design their own inventions and ride the Vancouver Flyer, a propeller driven merry-go-round. The Sara Stearn Search Gallery lets visitors touch the furs and bones of animals, while the Illusions Gallery boggles the mind with its many optical tricks and displays. For 2 to 6 year olds, the KidSpace Gallery provides a safe and colorful environment for learning and play.

The museum is renowned for its Omnimax cinema, located at the top of the dome, where a huge screen shows films of flights through such epic landscapes as Mount Everest and the Grand Canyon.

BC Place Stadium 4

777 Pacific Blvd. ☎ (604) 669 2300. 🚗 Stadium. ☐ varies, depending on scheduled events. 📅 📅 May–Oct: Tue–Fri. 📍 📄 www.bcplacestadium.com

STANDING OUT from the Vancouver skyline, the white fabric roof of the BC Place Stadium has often been described as a giant marshmallow. When it opened in 1983, it was the first covered stadium in Canada and the largest air-supported dome in the world. Noted for its versatility, the stadium is able to convert in a matter of hours from a football field seating 60,000 people to a more intimate concert bowl seating up to 30,000.

Among the famous guests who have visited the dome are Queen Elizabeth II and Pope John Paul II. Visitors hoping to catch a glimpse of a celebrity or two can take behind-the-scenes tours to the locker rooms, playing fields, and media lounges. The stadium also houses the **BC Sports Hall of Fame and**



The large white dome of BC Place Stadium

Museum, which chronicles the history of the region's sporting heroes.

BC Sports Hall of Fame and Museum

BC Place Stadium. ☎ (604) 687 5520. ☐ 10am–5pm daily. 📅 📍

Vancouver Art Gallery 5

750 Hornby St. ☎ (604) 662 4719. 🚗 Central Station. 🚏 Central Station. 📅 3. ☐ 10am–5:30pm Tue–Sun. 📅 📍 📄 www.vanartgallery.bc.ca

WHAT WAS ONCE British Columbia's imposing provincial courthouse now houses the Vancouver Art Gallery. The building was designed in 1906 by Francis Rattenbury, an architect known for the Gothic style of Victoria's Parliament building and the Empress Hotel (see p278). The interior was modernized in 1983 by Arthur Erikson, another noted architect, who designed the



Decorative Victorian features on the Vancouver Art Gallery façade

UBC Museum of Anthropology (see pp274–5). The Vancouver Art Gallery presents a full range of national and international art by groundbreaking contemporary artists and major historical figures, including the most significant body of work by British Columbian artist Emily Carr. The gallery also houses a permanent collection of 8,000 works of art. Visitors can take part in talks and tours, or visit interpretive sites and learning centers, as well as the Gallery Café and the Gallery Store.

Maritime Museum 6

1905 Ogden Ave. ☎ (604) 257 8300. 🚗 & 🚏 Central Station. ☐ late May–Aug: daily; Sep–mid-May: Tue–Sun. 📅 25 Dec. 📅 📍 📄 www.vmm.bc.ca

CELEBRATING Vancouver's history as a port and trading center, the Maritime Museum's star feature is the schooner, *St. Roch*, which is on permanent display. Built as a supply ship for the Mounties in 1928, in 1940–42 *St. Roch* was the first ship to navigate the Northwest Passage in both directions.

Other displays include *Man the Oars*, and *Map the Coast*, which tells the story of British Captain George Vancouver and the crews of the *Chatbam* and the *Discovery* who charted the inlets of the coast of British Columbia in 1792. The Children's Maritime Discovery Centre has a powerful telescope through which the city's busy port can be viewed.







Steel sculpture in front of the Vancouver Museum's distinctive façade

Vancouver Museum and Pacific Space Centre 7

1100 Chestnut St., Vanier Park.
 ☎ (604) 736 4431. 📍 Central Station. 🚏 Central Station. 🕒 22.
 🕒 10am–5pm Tue–Sun. 📺 & 📺
 🌐 www.vanmuseum.bc.ca

LOCATED IN Vanier Park near the Maritime Museum (see p269), the Vancouver Museum is a distinctive addition to the city's skyline. Built in 1967, the museum's curved, white, concrete roof is based on a First Nations hat. Outside, a stunning modern sculpture, which looks like a giant steel crab, sits in a fountain on the museum's south side.

Permanent displays here include the Orientation Gallery which re-creates British Columbia's rocky coastline and mountainous interior. Vancouver's history is explored from the culture of the aboriginal people of the area to the city's pioneering days, celebrated in a series of delightful black-and-white photographs. The museum is particularly noted for its depiction of everyday life, with exhibits such as an 1880s Canadian Pacific Railroad car, 1930s clothes, and the 1950s gallery with a vintage Ford Thunderbird and a working jukebox.

Part of the museum, the Pacific Space Centre is particularly popular with

children. The Archaeological Discovery Center lets visitors take part in a simulated archaeological dig.

Granville Island 8

1398 Cartwright St. ☎ (604) 666 5784. 📍 Central Station. 🚏 Central Station. 🕒 51. 🕒 Market: 9am–6pm daily; other stores: 10am–6pm daily. 📺 & 📺
 🌐 www.granvilleisland.bc.ca

TODAY, THIS once down trodden industrial district has a glorious array of stores, galleries, and artists' studios in its brightly painted warehouses and tin sheds. The fire of 1886 destroyed almost all of fledgling Vancouver and drove



Granville Island Brewing Company sign

people south across the water to Granville Island and beyond. Many of the early buildings were constructed on land reclaimed in 1915 to cope with the burgeoning lumber and iron industries.

There are no chain stores on the island, and the smaller stores are known for their variety, originality, and quality, displaying a range of local arts and crafts such as rugs, jewelry, and textiles.

The island is also a center for the performing arts and boasts several music, dance, and theater companies.

A daily public market offers a cornucopia of foods that reflect Vancouver's ethnic diversity. Waterside cafés and restaurants occupy the False Creek Shore where there was once a string of sawmills.

Queen Elizabeth Park and Bloedel Conservatory 9

Cambie St. ☎ Conservatory: (604) 257 8584. 🕒 15. 🕒 Conservatory: May–Sep: 9am–8pm Mon–Fri; 10am–9pm Sat & Sun; Oct–Apr: 10am–5:30pm daily. 📺 for Conservatory. 📺 & 📺

QUEEN ELIZABETH PARK is located on Little Mountain, Vancouver's highest hill (152-m/499-ft), and has fine views of the city. Despite being built on the site of two former stone quarries, the park's gardens are continually in bloom, beginning in early spring when multicolor tulips cover the hillsides.

The plastic-domed Bloedel Conservatory is perched on top of the hill, and grows plants from many climactic zones in the world, from rainforest plants and trees to desert cacti. There are also free-flying colorful tropical birds and fishponds filled with Japanese carp.



The plastic dome of the Bloedel Conservatory in Queen Elizabeth Park



A dazzling fall display of reds and oranges, one of many attractions in Stanley Park

Van Dusen Botanical Garden 10

5251 Oak St. ☎ (604) 878 9274.

🚗 Central Station. 🚏 Central Station.

🕒 17. 🕒 daily, call ahead for hours.

♿ 🗺 www.vandusengarden.org

SITUATED in the center of Vancouver, this 22-ha (55-acre) garden was opened in 1975. In 1960 the land was under threat from its original owners, the Canadian Pacific Railroad, who wanted to build high-rise apartments there. It took a campaign by local people and a donation from Mr W.J. Van Dusen, a wealthy local businessman, to save the site for the gardens.

Today, visitors enjoy a spectacular year-round display of over 7,500 families of plants from six continents, set among lakes and marble sculptures. In spring there are narcissi, crocuses, and thousands of flowering rhododendrons. The Perennial Garden is filled with roses in summer, while September heralds the blazing reds and oranges of fall.

University of British Columbia Museum of Anthropology 11

See pp274–5.

Old Hastings Mill Store 12

1575 Alma Rd. ☎ (604) 734 1212.

🚗 4th Ave. route. 🕒 Jul & Aug:

11am–4pm Tue–Sun; Sep–Jun:

1–4pm Sat & Sun. **Donation.** ♿

THE OLD HASTINGS Mill Store was Vancouver's first general store and post office and one of the few wooden buildings to survive the Great Fire of 1886. Built in 1865, it was moved by barge from its original site at Gastown in 1930 to the shores of Jericho Beach and then to its present home on Alma Street, at the corner of Point Grey Road.

Starting in the 1940s, local people contributed a variety of historic artifacts, and today the house is an interesting small museum. Behind the pretty clapboard exterior, the museum's exhibits include a range of Victorian artifacts such as a horse-drawn cab, several antique sewing



The Old Hastings Mill Store, one of Vancouver's oldest buildings

machines, and an extensive collection of native artifacts including an impressive range of hand-woven baskets.

Stanley Park 13

2099 Beach Ave. ☎ (604) 257 8400.

🚗 Central Station. 🚏 Central

Station. 🕒 135, 123. 🚏 Horseshoe

Bay. 🕒 daily. ♿

THIS IS A magnificent 404-ha (1,000-acre) park of tamed wilderness, just a few blocks from downtown, that was originally home to the Musqueam and Squamish native Canadians. Named after Lord Stanley, Governor General of Canada, the land was made a park by the local council in 1886. It offers visitors the opportunity to experience a range of typical Vancouver attractions. There are beaches, hiking trails, and fir and cedar woods as well as wonderful views of the harbor, English Bay, and the coastal mountains. Bicycles can be rented for the popular ride around the 10-km (6.5-mile) perimeter seawall. The park is also home to the **Vancouver Aquarium Marine Science Center** where visitors can watch orca and beluga whales through the glass of enormous tanks.

➤ Vancouver Aquarium Marine Science Center

Stanley Park. ☎ (604) 659 3474.

🕒 Jun–Sep: 9:30am–8pm daily; Oct–

Apr: 10am–5:30pm daily. 🗺 ♿ 🗺

🗺 www.vanaqua.org

University of British Columbia Museum of Anthropology ①

FOUNDED IN 1947, this outstanding museum houses one of the world's finest collections of Northwest coast native peoples' art. Designed by Canadian architect Arthur Erickson in 1976, the museum is housed in a stunning building overlooking mountains and sea. The tall posts and huge windows of the Great Hall were inspired by the post-and-beam architecture of Haida houses and are a fitting home for a display of full-size totem poles, canoes, and feast dishes. Through the windows of the Great Hall, the visitor can see the magnificent outdoor sculpture complex, which includes two houses designed by contemporary Haida artist Bill Reid.



★ The Great Hall

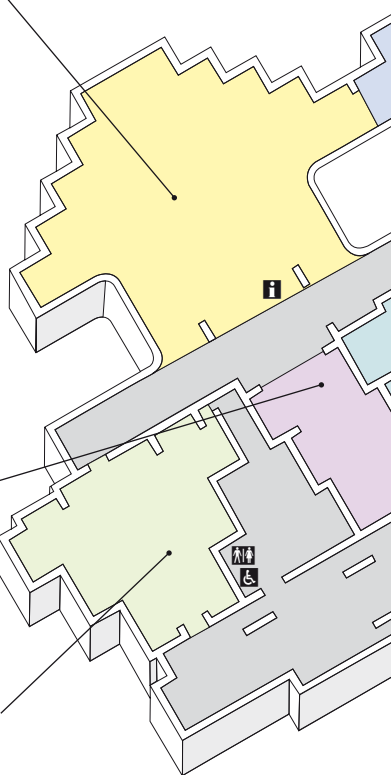
The imposing glass and concrete structure of the Great Hall is the perfect setting for totem poles, canoes, and sculptures.

OUTDOOR HAIDA HOUSES AND TOTEM POLES

Set overlooking the water, these two Haida houses and collection of totem poles are faithful to the artistic tradition of the Haida and other tribes of the Pacific northwest, such as the Salish, Tsimshan, and Kwakiutl. Animals and mythic creatures representing various clans are carved in cedar on these poles and houses, made between 1959 and 1963 by Vancouver's favorite contemporary Haida artist Bill Reid and Namgis artist Doug Cranmer.



Carved red cedar totem poles



Climbing figures

These climbing figures are thought to have decorated the interior of First Nations family houses. Carved from cedar planks, the spare style is typical of Coast Salish sculpture.



STAR EXHIBITS

- ★ The Great Hall
- ★ The Raven and the First Men by Bill Reid

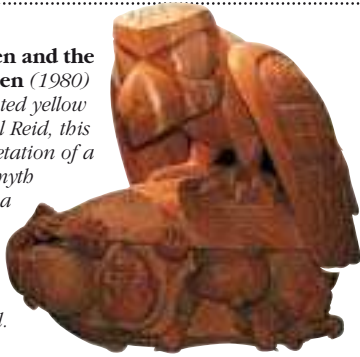


Ceramic jug

This beautifully decorated jug was made in Central Europe in 1674 by members of the Anabaptist religious sect. The foliage motifs are in contrast to the freely sketched animals that run around the base.

★ The Raven and the First Men (1980)

Carved in laminated yellow cedar by Bill Reid, this modern interpretation of a Haida creation myth depicts the raven, a wise and wily trickster, trying to coax mankind out into the world from a giant clamshell.

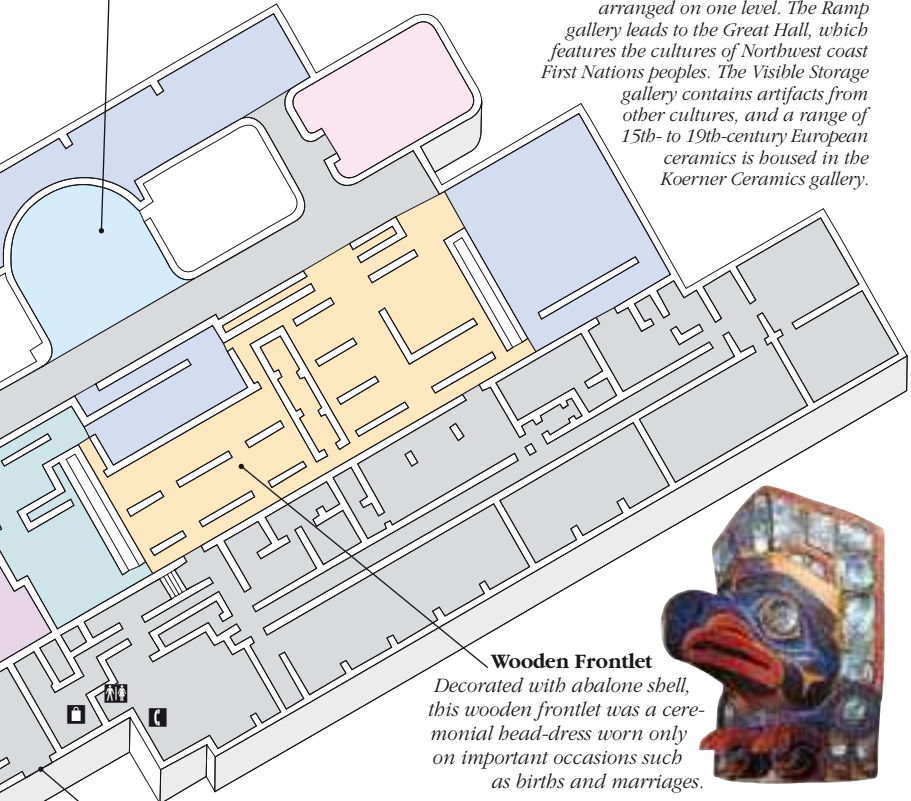


VISITORS' CHECKLIST

6393 NW Marine Drive. ☎ (604) 822 5087. 📄 4 UBC, 10 UBC. 🕒
 Jun–Sep: 10am–5pm Wed–Mon, 10am–9pm Tue; Oct–May: 11am–5pm Wed–Sun, 11am–9pm Tue.
 🗓 Mon, Dec 25–26. ♿ 🚻 📶 📱
 📄 📱 www.moa.ubc.ca

GALLERY GUIDE

The Museum's collections are arranged on one level. The Ramp gallery leads to the Great Hall, which features the cultures of Northwest coast First Nations peoples. The Visible Storage gallery contains artifacts from other cultures, and a range of 15th- to 19th-century European ceramics is housed in the Koerner Ceramics gallery.



Wooden Frontlet

Decorated with abalone shell, this wooden frontlet was a ceremonial bead-dress worn only on important occasions such as births and marriages.



Red cedar carved front doors

This detail comes from the set of stunning carved red cedar doors that guard the entrance to the museum. Created in 1976 by a group of First Nations artists from the Ksan cultural center near Hazelton, the doors show the history of the first people of the Skeena River region in British Columbia.



KEY

- The Ramp gallery
- The Great Hall
- The Rotunda
- Visible storage/Research collection
- Archeological gallery
- Koerner Ceramics gallery
- Temporary exhibition space
- Theatre gallery
- Nonexhibition space

Lonsdale Quay Market ¹⁴

123 Carrie Cates Ct, North Vancouver. ☎ (604) 985 2191. 📍 Lonsdale.

🕒 9:30am–6:30pm Sat–Thu, 9:30am–9pm Fri (until 8pm Nov–Mar). 🚗

🌐 www.lonsdalequay.com

OPENED IN 1986, the striking concrete-and-glass building housing the Lonsdale Quay Market forms part of the North Shore SeaBus terminal. The market has a floor devoted to food – everything from fresh-baked bread to blueberries – as well as an array of cafés and restaurants that serve a variety of ethnic cuisines. On the second floor, visitors will find specialty shops offering a wide choice of hand-crafted products such as jewelry, pottery, and textiles, and Kid's Alley, a row of child-oriented shops. The complex includes a five-star



The modern fountain at Lonsdale Quay

Lynn Canyon Park and Ecology Centre ¹⁵

3663 Lynn Canyon Park Rd. ☎ (604) 981 3103. 📍 Hastings. 📍 Lonsdale Quay, then bus 228 or 229. 🕒 daily.

🕒 Ecology Centre Jun–Sep: 10am–5pm daily; Oct–May: 10am–5pm Mon–Fri, noon–4pm Sat, Sun & public hols.

📅 Dec 25 & 26, Jan 1. 📄 donation. 📍 📞 🌐 www.dnv.org/ecology

LOCATED BETWEEN Mount Seymour and Grouse Mountain, Lynn Canyon Park is a popular hiking destination



Panoramic view of Vancouver's skyline from Grouse Mountain

noted for its lush second-growth temperate rain forest. The original 90-meter (295-ft) trees were logged in the early 1900s and a few of the huge stumps with circumferences of up to 11 meters (36 ft) can still be seen lying on the forest floor. Some of the stumps have springboard notches left by lumberjacks of the time.

Several marked trails, some of them steep and rugged, lead through the canyon, with longer hikes heading into surrounding park land. Many of the trails, however, are gentle strolls through Douglas fir, western hemlock, and western red cedar. If you venture far enough into the forest it is possible to see black bears, cougars, and blacktail deer, but most visitors keep to the main trails where they are more likely to see squirrels, jays, woodpeckers, and banana slugs, which can grow to lengths of 26 cm (10 inches). There are wonderful views from the 50-m (164-ft) high suspension bridge that crosses the canyon. From here, it's a short walk to 30 Foot Pool, a popular summer spot for sunbathing and swimming. A 40-minute walk takes hikers to the beautiful Twin Falls.

The nearby Ecology Centre offers guided walks, shows natural history films, and features interesting displays on the ecology of the area.

Grouse Mountain ¹⁶

6400 Nancy Greene Way. ☎ (604) 984 0661. 📍 Lonsdale Quay. 📍 236.

🕒 9am–10pm daily. 📍 📞 📧 🌐 www.grousemountain.com

FROM THE SUMMIT OF Grouse Mountain visitors experience the grandeur of British Columbia's dramatic landscape and stunning views of Vancouver. On a clear day it is possible to see as far as Vancouver Island in the west, the Coastal Mountains to the north and toward the Columbia Mountains in the east.

Although there is a tough 3-km (2-mile) trail that goes to the top of the 1,211-m (3,973-ft) mountain, most visitors choose to take the Skyride cable-car. In the summer there are a multitude of activities including mountain bike tours, nature walks, and hang-gliding competitions, not to mention logger sports such as chain-saw sculpture shows. In the winter, the summit has all the amenities of a ski resort, including ski schools, a dozen ski runs,

equipment rental, snowboarding, and illuminated slopes for night skiing.

At the Refuge for Endangered Wildlife, an enclosed natural habitat that is home to two orphaned grizzly bears, wildlife rangers give daily talks. The Theatre in the Sky presents a video that takes viewers on an aerial tour of British Columbia.



The Skyride cable-car, Grouse Mountain

Capilano Suspension Bridge 17

3735 Capilano Rd, North Vancouver.

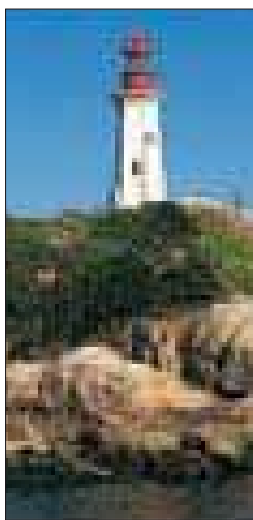
☎ (604) 985 7474. 🚗 Highlands 236. 🕒 daily (hours vary according to season). 🗓 Dec 25. 📶

📅 May–Oct. 🚶 🚰

🌐 www.capbridge.com

THE CAPILANO Suspension Bridge has been a popular tourist attraction since it was built in 1889. Pioneering Scots-man George Grant Mackay, drawn by the wild beauty of the place, had already built a small cabin overlooking the Capilano Canyon. Access to the river below was almost impossible from the cabin and it is said that Mackay built the bridge so that his son, who loved fishing, could easily reach the Capilano River.

The present bridge, which dates from 1956 and is the fourth to be constructed here, hangs 70 m (230 ft) above the canyon and spans 137 m (450 ft), making it one of the longest such bridges in the world. Nature lovers are drawn by the views and the chance to wander through old-growth woods (old trees that have never been felled) past trout ponds and a 61-m (200-ft) waterfall. Don't miss the Big House, where native artists carve totem poles and explain their techniques and heritage.



Atkinson Lighthouse, Canada's oldest manned lighthouse

Lighthouse Park 18

Off Beacon Lane, West Vancouver. ☎ (604) 925 7200. 🕒 6am–10pm daily.

NAMED AFTER THE hexagonal lighthouse built at the mouth of Burrard Inlet in 1910 to guide ships through the foggy channel, Lighthouse Park is an unspoiled area with 75 ha (185 acres) of old growth forest and wild, rocky coast. The trees here have never been logged and some of the majestic Douglas firs are over 500 years old.

There is a variety of hiking

trails in the park, some leading to a viewpoint near the 18-m (60-ft) Point Atkinson Lighthouse. On a clear day one can see stunning vistas across the Strait of Georgia all the way to Vancouver Island. A two-hour hike leads through about 5 km (3 miles) of old-growth forest, taking walkers through the fairly rugged terrain of moss-covered gullies and steep rocky outcrops with breathtaking views of the sea and surrounding area. Wear good walking shoes or boots, stay on the trails and be prepared for inclement weather.

The drive to the park itself is spectacular. Scenic **Marine Drive** winds along the West Vancouver coastline edging past beaches, clinging to rocky shoreline and passing some of Canada's priciest real estate. On the way, there are a couple of towns that are worth a stop. **Ambleside** has a long beach, which is a favourite with families but packed on sunny summer weekends. From here there are great views of Stanley Park and the Lion's Gate Bridge. A seawall walkway leads to Dundarave Pier, with panoramic views sweeping from Vancouver right around to the Strait of Georgia. **Dundarave** itself is a small town with a pleasing cluster of shops, cafés and restaurants, as well as a beach that's not so busy as Ambleside's.



The Capilano Suspension Bridge crossing the dramatic and tree-covered Capilano Canyon

Victoria 19

A QUIET, ATTRACTIVE CITY, Victoria's reputation for having an old-fashioned, seaside-town atmosphere is enhanced in the summer by the abundance of flowers in hanging baskets and window boxes that decorate every lamppost, balcony, and storefront. Established as a Hudson's Bay Company fur-trading post in 1843 by James Douglas, Victoria had its risqué moments during its gold rush years (1858–63), when thousands of prospectors drank in 60 or more saloons on Market Square. Victoria was established as the provincial capital of British Columbia in 1871 but was soon outgrown by Vancouver, now BC's largest city. Today, Victoria is still the province's political center as well as one of its most popular attractions for visitors.

Exploring Victoria

A stroll along Victoria's Inner Harbour takes in many of the city's main attractions, such as the Royal British Columbia Museum with its dramatic depictions of the geology and native cultures of the region. Dominating the area are two late 19th-century buildings: the Fairmont Empress Hotel and the Parliament Buildings, designed by noted architect, and Victoria's adopted son, Francis Rattenbury. Between Fort Street and View Street is the four-story shopping mall, the Eaton Centre. Bastion Square, with its restaurants and boutiques, lies to the south of Market Square and its restored 1850s buildings.

Parliament Buildings

501 Belleville St. ☎ (250) 387 3046.

🕒 8:30am–5pm daily. 🗓 Dec 25, Jan 1.

Victoria's many-domed Parliament Buildings are an impressive sight, particularly at night when the façades

are illuminated by thousands of lights. Designed by Francis Rattenbury in 1898, the buildings were completed in 1897. Rattenbury, a 25-year-old British architect who had arrived in British Columbia only the year before, won a provincial competition to design the new Parliament



Fishing boats and pleasure craft moored in Victoria's Inner Harbour



SIGHTS AT A GLANCE

- Art Gallery of Greater Victoria ⑫
- Bastion Square ②
- Beacon Hill Park ⑪
- Carr House ⑩
- Craigdarroch Castle ⑬
- Eaton Centre ③
- Fairmont Empress Hotel ④
- Government House ⑭
- Helmcken House ⑥
- Market Square ①
- Parliament Building ⑨
- Royal BC Museum ⑦
- See pp282–3
- The BC Experience ⑤
- Thunderbird Park ⑧



The Parliament Buildings illuminate the waters of the Inner Harbour

Buildings. He went on to design several of the province's structures including the nearby Fairmont Empress Hotel and the BC experience, formerly the Crystal Garden.

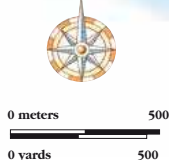
British Columbia's history is depicted throughout the buildings. A statue of explorer Captain George Vancouver is perched on top of the main dome. Inside, large murals show scenes from the past.

Fairmont Empress Hotel






721 Government St. ☎ (250) 384 8111. 🕒 daily. ♿
Completed in 1905 to a Francis Rattenbury design, the Empress is one of Victoria's best-loved sights. Close to the Parliament Buildings, the Empress Hotel overlooks the Inner Harbour and dominates the skyline with its ivy-covered Gothic splendor. Visitors are welcome to sample the luxurious decor of the

VISITORS' CHECKLIST

👤 71,500. ✈ Victoria Airport. 25 km (15 miles) N of city. 🚏 Via Station, 450 Pandora Avenue. 🚌 Pacific Coach Lines, 700 Douglas St. 🚏 Victoria Clipper/Blackball Transport. 📞 812 Wharf Street. ☎ (250) 953 2033. 🎷 Jazz Fest International, (Jun); Folkfest, (Jul & Aug); First People's Festival, Royal BC Museum (Aug).



KEY

	Train station
	Bus station
	Parking
	Ferry
	Visitor Information

Bastion Square

Government St. ☎ (250) 952 5690.

🕒 daily. ♿
This beautifully restored square faces Victoria's picturesque harbor and contains some of the city's oldest 19th-century buildings. What were once luxury hotels and offices, built during the boom era of the late 1800s, now house boutiques and gift shops. Restoration began in 1963 when it was discovered that the Hudson's Bay Company's fur-trading



Bastion Square is a popular lunch spot for locals and visitors

post Fort Victoria, established in 1843, once stood on this site. Today, this pedestrian square includes the MacDonald Block building, built in 1863 in Italianate style, with elegant cast-iron columns and arched windows. The old courthouse, built in 1889, houses the BC Maritime Museum. In summer, both visitors and workers lunch in the courtyard cafés.

Market Square

560 Johnson St. ☎ (250) 386 2441.

🕒 10am–5pm daily. 🗓 Dec 25, Jan 1. ♿ limited. 📌 www.marketsquare.ca

Two blocks north of Bastion Square on the corner of Johnson Street, Market Square has some of the finest Victorian saloon, hotel, and store façades in Victoria. Most of the buildings were built in the 1880s and 1890s, during the boom period of the Klondike Gold Rush. After decades of neglect, the area received a much-needed face-lift in 1975. Today, the square is a shoppers' paradise, with a variety of stores selling everything from books and jewelry to musical instru-



One of the giant totem poles on display at Thunderbird Park

🌿 Thunderbird Park

cnr Belleville & Douglas Streets.
This compact park lies at the entrance to the Royal British Columbia Museum (see pp282–3) and is home to an imposing collection of plain and painted giant totem poles. During the summer months it is possible to watch native artists in the Thunderbird Park Carving Studio producing these handsome carved totems. The poles show and preserve the legends of many different tribes from the aboriginal peoples of the Northwest Coast.

🏠 Helmcken House

10 Elliot St. Square. ☎ (250) 356 7226, 1 888 447 7977. 🕒 May–Oct: 10am–5pm daily; Nov–Apr: noon–4pm Thu–Mon. 📶 🚻 📶
Located in Elliot Square in the Inner Harbour area, the home of Hudson's Bay Company employee Dr. John Sebastian Helmcken was built in 1852 and is thought to be British Columbia's oldest house. The young doctor built his house with Douglas fir trees felled in the surrounding forest. This simple but elegantly designed clapboard dwelling contains many of the original furnishings including the piano,

which visitors are permitted to play. Other exhibits include a collection of antique dolls and the family's personal belongings such as clothes, shoes, and toiletries.

🏠 The BC Experience

713 Douglas St. ☎ (250) 953 2033 (Tourism Victoria). 🕒 daily. 📶 📶
www.bcexperience.info
This multi-media showcase is housed in the former Crystal Garden Conservation Centre, an 80-year-old historic building designed by architect Francis Rattenbury as a salt water swimming pool. Interactive exhibits allow visitors to explore the geography, geology, climate, wildlife, and history of British Columbia. The centrepiece of the exhibition is a 372-sq m (4,000-sq ft), three-dimensional, solid terrain map of BC, the largest in the world.



Parrot in the Crystal Gardens

🏠 The Bay Centre

Government St. ☎ (250) 952 5690.
🕒 9:30am–6pm Mon, Tue & Sat; 9:30am–9pm Wed–Fri; 11am–5pm Sun. 📶
The Bay Centre is a shopping mall within walking distance of the Inner Harbour and was built behind the façades of several historic buildings on Government Street. The Driard Hotel, designed in 1892 by

John Wright, was saved from demolition by a public campaign, as were the fronts of the 1910 Times Building and the fine, 19th-century Lettice and Sears Building. Behind these elegant façades, there are three floors of stores selling everything from fashion and gifts to handmade chocolates and gourmet food.

🏠 Carr House

207 Government St. ☎ (250) 383 5843. 🕒 mid-May–mid-Oct: 10am–5pm daily. 📶 📶
www.emilycarr.com
Emily Carr, one of Canada's best-known artists (see pp28–29), was born in 1871 in this charming, yellow clapboard house. It was built in 1864 by prominent architects Wright and Saunders, under instruction from Emily's father, Richard Carr.

Located just a few minutes walk from Inner Harbour, both the house and its English-style garden are open to visitors. All the rooms are appropriately furnished in late 19th-century period style, with some original family pieces. Visitors can see the dining room where Emily taught her first art classes to local children. Emily's drawing of her father still sits upon the mantel in the sitting room where, as an eight-year-old, she made her first sketches.



The Carr House where renowned painter Emily Carr was born

📍 Beacon Hill Park

Douglas St. 📞 (250) 361 0600. 📍
 daily: 📞 📍 www.beaconhillpark.ca
 In the late 19th century this delightful park was used for stabling horses, but in 1888 John Blair, a Scottish landscape gardener, redesigned the park to include two lakes and initiated extensive tree planting. Once a favorite haunt of artist Emily Carr, this peaceful 74.5-ha (184-acre) park is now renowned for its lofty old trees (including the rare Garry oaks, some of which are over 400 years old), picturesque duck ponds, and a 100-year-old cricket pitch.

📍 Art Gallery of Greater Victoria

1040 Moss St. 📞 (250) 384 4101.
 📍 10am–5pm Mon–Wed, Fri, & Sat,
 10am–9pm Thu, 1–5pm Sun. 📞
 This popular gallery's contemporary, newly renovated facilities are located in the heritage neighborhood of Rockland, a few blocks west of Craigdarroch Castle.

Inside, visitors will find a diverse presentation of exhibitions including contemporary, Canadian, heritage and national touring exhibitions. On permanent exhibition is the work of British Columbia's premier artist, Emily Carr, featuring her paintings of the British Columbian coastal forests and depictions of the lives of native peoples, as well as excerpts from her writings and archival photographs.

In its quaint courtyard garden, the gallery also houses the only original Japanese Shinto shrine in North America.

📍 Craigdarroch Castle

1050 Joan Cres. 📞 (250) 592 5323.
 📍 Jun–Sep: 9am–7pm daily;
 Oct–May: 10am–4:30pm daily;
 📍 Dec 25, 26, Jan 1. 📞
 📍 www.craigdarrochcastle.com
 Completed in 1889, Craigdarroch Castle was the pet project of respected local coal millionaire, Robert Dunsmuir.

Although not a real castle, the design of this large house was based on that of his ancestral home in Scotland and mixes several architectural styles such as Roman and French Gothic.

When the castle was threatened with demolition in 1959, a group of local citizens formed a society that successfully battled for its restoration. Today, the restored interior of the house is a museum that offers an insight into the lifestyle of a wealthy Canadian entrepreneur.

The castle is noted for having one of the finest collections of Art Nouveau lead-glass windows in North America, and many of the rooms and hallways retain their patterned wood parquet floors and carved paneling in white

oak, cedar, and mahogany. Every room is filled with opulent Victorian furnishings from the late 19th century and decorated in original colors such as deep greens, pinks, and rusts. Several layers of the paint have been painstakingly removed from the drawing room ceiling to reveal the

original hand-painted, stencilled decorations beneath, including wonderfully detailed butterflies and lions.



A tower at Craigdarroch Castle in the French Gothic style of a château

📍 Government House

1401 Rockland Ave. 📞 (250) 387 2080. 📍 daily (gardens only). 📞

📍 www.itgov.bc.ca
 The present Government House building was completed in 1959 after fire destroyed the 1903 building, which was designed by renowned architect Francis Rattenbury.

As the official residence of the Lieutenant-Governor of British Columbia, the Queen's representative to the province, the house is not open to the public, but visitors can view 5.6 ha (14 acres) of stunning public gardens with beautiful lawns, ponds, an English rose garden, and a Victorian country garden. From Pearke's Peak, a mount formed from the rocky outcrops that surround the property, there are marvelous views of the grounds.



Shinto shrine detail at the Art Gallery



The 1959 Government House, built with blue and pink granite

The Royal British Columbia Museum

THE ROYAL BRITISH COLUMBIA MUSEUM tells the story of this region through its natural history, geology, and peoples. The museum is regarded as one of the best in Canada for the striking way it presents its exhibits. A series of imaginative dioramas re-create the sights, sounds, and even smells of areas such as the Pacific seashore, the ocean, and the rainforest, all of which occupy the second floor Natural History Gallery.

Every aspect of the region's history is presented on the third floor, including a reconstruction of an early 20th-century town. Visitors can experience the street life of the time in a saloon and a cinema showing silent films. The superb collection of native art and culture includes a ceremonial Big House.



19th-century Chinatown

As part of an 1875 street scene, this Chinese herbalist's store displays a variety of herbs used in traditional Chinese medicine.



First Nations' Ceremonial Masks

The mouse, raccoon, and kingfisher are carved on these masks, belonging to the Mungo family who wore them to dance on ceremonial occasions.

★ First People's Gallery

Made of cedar bark and spruce root in around 1897, this hat bears the mountain goat crest of the raven clan.



Third Floor

KEY TO FLOOR PLAN

- First People's gallery
- Modern History gallery
- Feature exhibits
- Natural History gallery
- National Geographic IMAX theater
- Nonexhibition space



Exterior of the museum

The museum's main exhibits building was opened in 1968 after years of having to occupy several sites in and around the Legislative Buildings. The museum also houses an archives building, and a Heritage Court.

Modern History Gallery

A variety of streets, stores and public buildings, from the 1700s to 1990s, are re-created in this gallery. Here, the Grand Hotel occupies an authentic wooden sidewalk.



VISITORS' CHECKLIST

675 Belleville St. ☎ 1 888 447 7977 or (250) 356 7226. 🗓 5, 28, 30. 🕒 9am–5pm daily. 📅 Dec 25, Jan 1. 📱 🗺 🗎 📺 📺
 🌐 www.royalbcmuseum.bc.ca

Second Floor

★ Natural History Gallery

A full-size prehistoric tusked mammoth guards the entrance to the Natural History gallery which includes several lifelike dioramas that re-create British Columbia's coastal forests and ocean life since the last Ice Age.



★ Pacific Seashore Diorama

This diorama uses sound, film, lighting, and realistic animals such as this northern sea lion.

GALLERY GUIDE

The main exhibits of the museum are housed on the second and third floors. The Natural History gallery, on the second floor, reconstructs a range of environments from the Coast Seashore to the Old Growth Forest displays. The third floor has the First People's and Modern History galleries.

First Floor

Main Entrance

STAR EXHIBITS

- ★ Pacific Seashore Diorama
- ★ Natural History Gallery
- ★ First People's Gallery



The lily pond in the formal Italian garden at Butchart Gardens

Butchart Gardens 20

800 Benvenuto Ave., Brentwood Bay.
 ☎ (250) 652 4422, 1 866 652 4422.
 📍 Victoria. 🕒 Victoria. 🕒 9am
 daily; closing times vary by season. 📄
 🌐 www.butchartgardens.com

THESE BEAUTIFUL gardens were begun in 1904 by Mrs. Jennie Butchart, the wife of a cement manufacturer. When her husband moved west to quarry limestone near Victoria, Mrs. Butchart began to design a new garden, which would stretch down to the water at Tod Inlet. When the limestone deposits ran out, Mrs Butchart decided to add to her burgeoning garden by landscaping the quarry site into a sunken garden which now boasts a lake overhung by willow and other trees laden with blossom in spring. A huge rock left in the quarry was turned into a towering rock garden. Today visitors can climb stone steps to see stunning views from the top. As their popularity grew, so the gardens were filled with thousands of rare plants collected from around the world by Mrs Butchart.

Today, the gardens are arranged into distinct areas. There is a formal Italian garden with a lily pond that features a fountain bought in Italy by the Butcharts in 1924. The rose garden is filled with the scent of hundreds of different blooms in summer. During the summer the gardens are illuminated and play host to evening musical performances.

Port Renfrew 21

📍 300. 📍 2070 Phillips Rd., Sooke
 (250) 642 6351.

PORT RENFREW IS a small, friendly fishing village and ex-logging town. A popular daytrip from Victoria, the town offers visitors access to Botanical Beach where a unique sandstone shelf leaves rock pools filled with marine life such as starfish at low tide.

Port Renfrew is famed for its hiking along old logging roads: the Sandbar Trail goes through a Douglas fir plantation to a large river sandbar where it is possible to swim at low tide. A more serious hike is the 48-km (30-mile) Juan de Fuca Marine Trail from Port Renfrew to China Beach. This trail offers a range of hikes, from treks lasting several days to short beach walks. The town is one of two starting points for the West Coast Trail in Pacific Rim National Park (see pp286–7).

Cowichan District 22

📍 & 📍 from Duncan. 📍 381A
 Trans-Canada Hwy, Duncan (250)
 746 4636, 1 888 303 3337.
 🌐 www.cowichan.net

LOCATED ON the south central coast of Vancouver Island, about 60 km (37 miles) north of Victoria, the Cowichan District incorporates both the Chemainus and Cowichan Valleys. Cowichan means “warm land” in the language of the Cowichan peoples, one of British Columbia’s largest First Nations groups; the area’s mild climate means the waters of Cowichan Lake are warm

enough to swim in during the summer months. The largest freshwater lake on the island, Lake Cowichan offers excellent fishing, canoeing, and hiking.

Between the town of Duncan and the lake lies the Valley Demonstration Forest which has scenic lookouts and signs explaining forest management. Duncan is known as the City of Totems as it displays several poles along the highway. The Cowichan Native Village is a heritage center which shows films on the history of the Cowichan Tribe. The gift shop sells traditional artifacts including Cowichan sweaters. At the large carving shed, sculptors create poles while guides tell the stories behind the images.



Stunning vista over Lake Cowichan in the Cowichan Valley

Chemainus 23

📍 4,200. 📍 9796
 Willow St. (250) 246 3944.

WHEN THE LOCAL sawmill closed in 1983, the picturesque town of Chemainus transformed itself into a major attraction with the painting of giant murals around the town that depict the history of the region. Local artists continued the project and today there are more than 34 murals on the outside walls of local buildings, based on real events



First Nations' faces looking down from a Chemainus town mural



Pleasure craft and fishing boats moored in Nanaimo harbor

in the town's past. Larger-than-life images of Cowichan natives, pioneers, and loggers dominate Chemainus and have revitalized the town. Visitors enjoy browsing in the town's various antique stores and relaxing in the many pleasant sidewalk cafés, espresso bars, and tearooms.

ENVIRONS: Some 70 km (45 miles) south of Chemainus, Swartz Bay is the departure point on Vancouver Island for ferries to the Southern Gulf Islands. Visitors are drawn to the 200 mostly uninhabited islands by their tranquillity and natural beauty. It is possible to stroll along empty beaches where sightings of eagles and turkey vultures are common. There are fishing charters for visitors who enjoy catching salmon and cod as well as kayaking tours offering stops on isolated shores to view otters, seals, and marine birds.

Salt Spring is the most populated island, with about 10,000 inhabitants. In the summer, visitors come to wander around the pretty Ganges Village, where a busy marina surrounds the wooden pier. The village offers stores, cafés, galleries, and colorful markets.

Nanaimo 24

☎ 78,800. 📍 🏠 🚗 📺 📶 2290 Bowen Rd. (250) 756 0106, 1 800 663 7337. 🌐 www.tourismnanaimo.bc.ca

ORIGINALLY THE site of five Coast Salish native villages, Nanaimo was established as a coal-mining town in the 1850s.

As the second largest city on Vancouver Island, Nanaimo has plenty of malls and businesses along the Island Highway, but it is the Old City Quarter on the waterfront in the heart of downtown Nanaimo that visitors enjoy most.

The Old City Quarter has many 19th-century buildings, including the Nanaimo Court House, designed by Francis Rattenbury in 1895.

The Nanaimo District Museum

at Piper's Park has a re-creation of Victoria's 19th-century Chinatown, complete with wooden sidewalks, a general store, a barber shop, and a schoolroom. Other exhibits include native artifacts displayed in a village diorama.

🏛️ Nanaimo District Museum

100 Cameron Rd. ☎ (250) 753 1821. 🕒 10am–5pm daily. 📺 📶 📖 book in advance.



A carved eagle soars over Port Alberni Pier

Port Alberni 25

☎ 26,800. 📍 🏠 🚗 📺 📶 Site 215, C10, RR2 (250) 724 6535.

PORT ALBERNI sits at the head of Alberni Inlet, which stretches 48 km (30 miles) from the interior of Vancouver Island to the Pacific Ocean in the west. The town depends upon the lumber and fishing industries and is a popular haunt for salmon fishers. Every year the Salmon Derby and Festival offers thousands of Canadian dollars for the biggest fish caught during the last weekend in August. The town's other attractions include a 1929 locomotive offering train rides along the waterfront

during the summer from the 1912 Port Alberni Railway Station to the steam operated MacLean Sawmill. Many visitors come to cruise on one

of two freighters, the 40-year-old M.V.

Lady Rose and the M.V. *Frances*

Barkley. The ships deliver mail down the inlet, as well as offering trips to Ucluelet, Bamfield, and other way-points near the Pacific Rim National Park.

They also carry kayaks and canoes for those hoping

to sail around the Broken Islands Group (see p286).

Just east of Port Alberni, it is possible to hike among awe-inspiring old growth Douglas firs and red cedars in the outstanding MacMillan Cathedral Grove Provincial Park.



A 1929 locomotive offering rides along Port Alberni's waterfront

Gold River 26

 1,900.  Highway 28 (250) 283 2418.

GOLD RIVER IS a logging village located at the end of the picturesque Hwy 28, near Muchalat Inlet. The village is a popular center for caving, containing over 50 caves in its environs. Just 16 km (10 miles) west of Gold River, the unique crystalline formations of the Upana Caves and the deeper grottos of White Ridge draw hundreds of visitors every summer.

Summer cruises on a converted World War II minesweeper, *M.V. Ucbuck III*, take visitors

to Friendly Cove where Captain Cook is said to have been the first European to meet local native peoples in 1778.

Gold River is a good base from which to explore **Strathcona Provincial Park** which lies in the center of Vancouver Island. Established in 1911, this rugged wilderness is BC's oldest provincial park and encompasses 250,000 ha







Mountain view at Strathcona Provincial Park

(617,750 acres) of impressive mountains, as well as lakes and ancient forests. However, much of the park's outstanding scenery can be explored only by experienced hikers.

Strathcona Provincial Park

Off Hwy 28.  (250) 337 2400.

 daily.  for campsites.  limited.

 Jul & Aug: call ahead for details.

Campbell River 28

 30,000.  1235 Shoppers Row (250) 286 1616, 1 800 463 4368.

 www.campbellrivertourism.com

LOCATED ON THE northeast shore of Vancouver Island, Campbell River is renowned as a center for salmon fishing.

Pacific Rim National Park Reserve 27

THE PACIFIC RIM NATIONAL PARK RESERVE is composed of three distinct areas: Long Beach, the West Coast Trail, and the Broken Group Islands, all of which occupy a 130-km (80-mile) strip of Vancouver Island's west coast. The park is a world famous area for whale-watching, and the Wickaninnish Interpretive Centre off Hwy 4 has the latest information on their movements. Long Beach offers a range of hiking trails, with parking at all trail heads and beach accesses. The most challenging hike is the 77-km (48-mile) West Coast Trail, between Port Renfrew and Bamfield. The Broken Group Islands are popular with kayakers.

The Schooner Trail is one of nine scenic and easy-to-follow trails along the sands of Long Beach.

The Wickaninnish Interpretive Centre has viewing platforms for whale-watching.

Long Beach

The rugged, windswept sands of Long Beach are renowned for their wild beauty, with crashing Pacific rollers, unbeatable surfing opportunities, rock pools filled with marine life, and scattered driftwood.



The Broken Group Islands

This is an archipelago of some 100 islets popular with kayakers and scuba divers.





The crashing waters of Elk Falls along the Campbell River

The waters of Discovery Passage are on the migration route for five major species of salmon, including the giant Chinook. There are boat tours,

which follow the fish up river. Visitors can rent a fishing boat or try their luck catching fish from the 200-m (656-ft)

Discovery Pier in the town.

Just 10 km (6 miles) northwest of Campbell River, Elk Falls Provincial Park houses large Douglas Fir forests and several waterfalls, including the impressive Elk Falls.

Telegraph Cove 29

100. Port McNeill. Port Hardy (250) 949 7622.

LOCATED ON THE northern end of Vancouver Island, Telegraph Cove is a small, picturesque boardwalk village, with distinctive high wooden houses built on stilts that look

over the waters of Johnstone Strait. In summer, about 300 killer whales, drawn to the area by the migrating salmon, come to cavort and scratch their bellies on the gravel beds in the shallow waters of Robson Bight, an ecological preserve established in 1982. Visitors may view the antics of the whales from tour boats or from the village pier.



Killer whales in the waters of Johnstone Strait, Vancouver Island



Migrating gray whales

and often move close enough to Vancouver Island's west shore to be sighted from land. From March to August there are daily whale-watching trips from Tofino and Ucluelet.

WHALE WATCHING

More than 20 species of whale are found in British Columbia's coastal waters. Around 17,000 gray whales migrate annually from their feeding grounds in the Arctic Ocean to breed off the coast of Mexico. The whales

tend to stay near to the coast

VISITORS' CHECKLIST

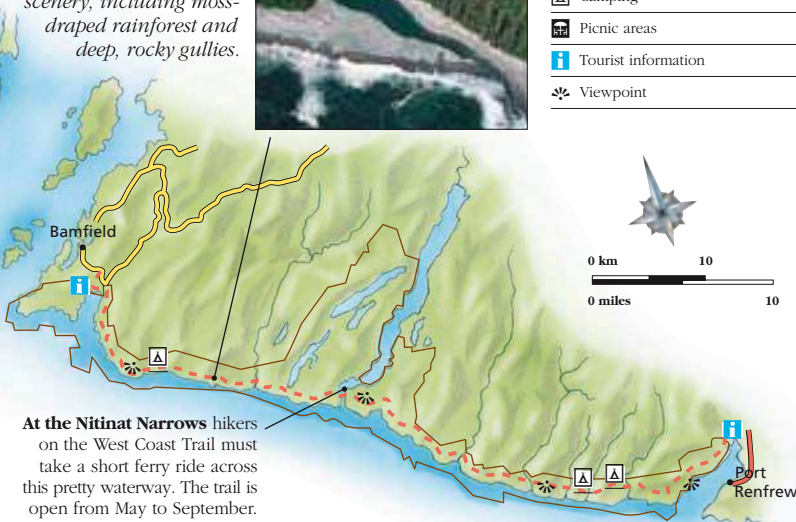
Hwy 4. (250) 726 7721. from Port Alberni. daily. Mar-Sep.

KEY

- Major road
- Minor road
- West Coast Trail
- National Park boundary
- Rivers
- Camping
- Picnic areas
- Tourist information
- Viewpoint

West Coast Trail

This trail passes stunning scenery, including moss-draped rainforest and deep, rocky gullies.



At the Nitinat Narrows hikers on the West Coast Trail must take a short ferry ride across this pretty waterway. The trail is open from May to September.



THE ROCKY MOUNTAINS

THE CANADIAN ROCKIES occupy a band of the provinces of British Columbia and Alberta nearly 805 km (500 miles) wide, and are part of the range that extends from Mexico through the United States into Canada. Between 65 and 100 million years ago, a slow but massive upheaval of the Earth's crust caused the rise of the Rocky Mountains and the dramatic, jagged appearance of their peaks, 30 of which are over



3,048-m (10,000-ft) high. A region of spectacular beauty, the landscape of the Rockies is dominated by snow-topped peaks, luminous glaciers, and iridescent glacial lakes, now protected in a series of national parks. The discovery of natural hot springs at Banff in 1883 prompted the federal government to create Canada's first national park. Since 1985 Banff, Jasper, Yoho, and Kootenay parks have become UNESCO World Heritage sites.

SIGHTS AT A GLANCE

Historic Towns and Cities

- Calgary 1
- Cranbrook 7
- Fernie 5
- Fort Macleod 2
- Fort Nelson 19
- Fort St. John 18
- Grande Prairie 17

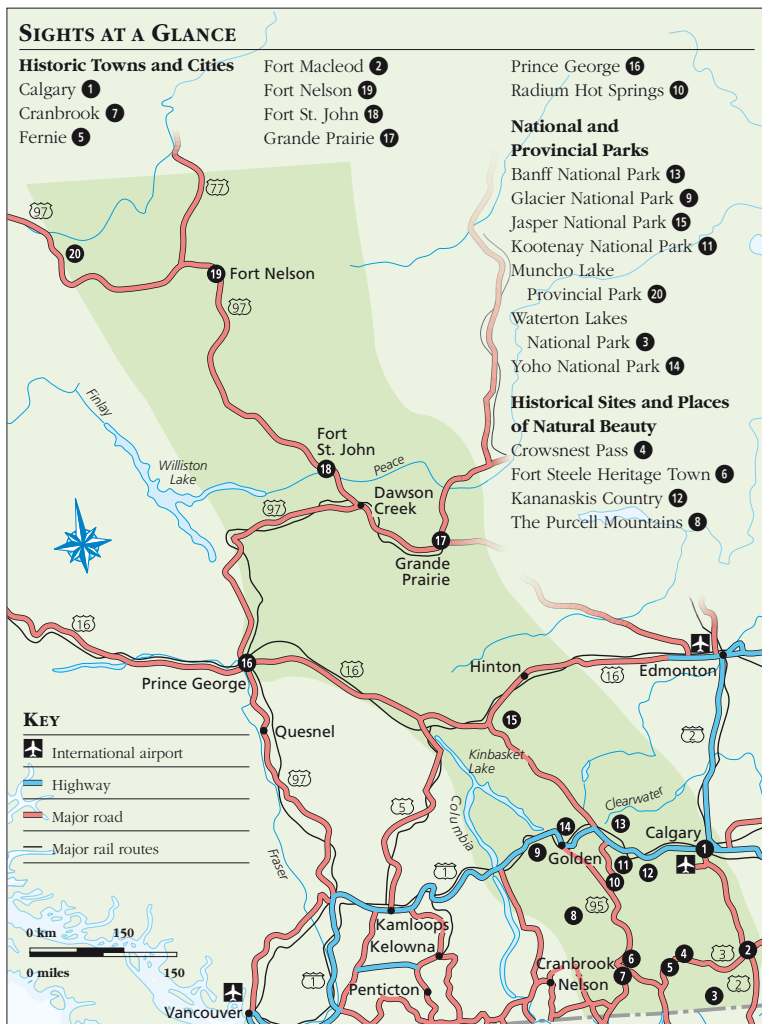
- Prince George 16
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National and Provincial Parks

- Banff National Park 13
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Historical Sites and Places of Natural Beauty

- Crowsnest Pass 4
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- Kananaskis Country 12
- The Purcell Mountains 8



Calgary ①



Blackfoot shirt in Glenbow Museum

ESTABLISHED IN 1875, Calgary is famous for hosting the Winter Olympics of 1988, and for its Stampede. Calgary covers the largest area of any city in Alberta, and lies between the eastern foothills of the Rockies and the Prairies. It is a sophisticated place, with skyscrapers, galleries, and theaters, but it retains the air of a frontier town where pick-up trucks and cowboy boots are not out of place. The city's western atmosphere belies the fact that its modern skyline has grown since the oil boom of the 1960s. Noted for its proximity to Banff National Park, Calgary's center, with its offices and stores, is 120 km (75 miles) east of Banff Townsite (see p301).

Calgary Tower

9th Ave. & Centre St. SW. ☎ (403) 266 7171. 🕒 daily. ♿

The Calgary Tower is the third-tallest structure in Calgary, with 2 elevators, which hurtle to the top in 62 seconds, and two emergency staircases composed of 802 steps apiece. From street level to the top, the tower measures 191 m (621 ft). At the top there are two restaurants and an observation deck, which offer some half-a-million tourists each year incredible views across to the Rockies and eastward over the vast plains of the Prairies.

Devonian Gardens

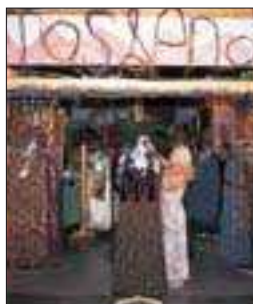
317 7th Ave. SW. ☎ (403) 221 4274. 🕒 9am–9pm daily. ♿

Devonian Gardens is a 1 ha (2.5 acre) indoor garden located downtown on the fourth floor of the Toronto Dominion Square complex. Reached by a glass-walled elevator from 8th Avenue, the gardens are a popular lunchtime haunt for office workers, offering a quiet



Secluded spot with fountains and fish pond in Devonian Gardens

sanctuary from the bustle of downtown. More than 135 varieties of tropical and native Albertan plants are intersected by winding pathways. There are waterfalls, fountains, sculptures, and monthly art exhibits.



Shopping at a designer boutique in downtown Eau Claire Market

Eau Claire Market

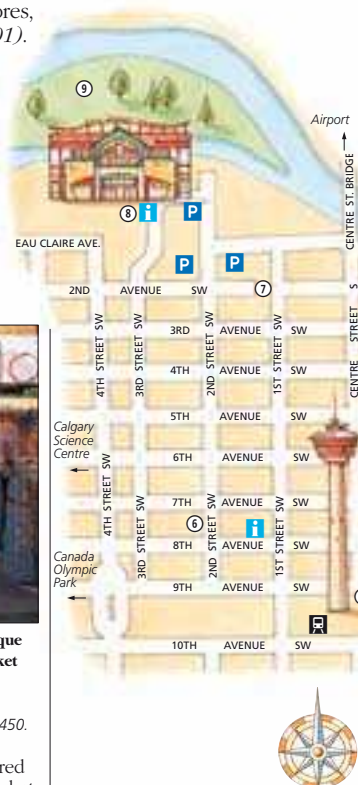
End 3rd St. SW. ☎ (403) 264 6450.

🕒 daily. ♿

Housed in a brightly colored warehouse, Eau Claire Market provides a welcome contrast to the surrounding office blocks downtown. Located on the Bow River, opposite Prince's Island Park, the market offers specialty stores selling a fine variety of gourmet foods, contemporary arts, street entertainers, craft markets, cinemas, cafés, and restaurants with outdoor terraces. A network of walkways connects to a footbridge that leads to Prince's Island Park.



Calgary Tower surrounded by the skyscrapers of the city's skyline



SIGHTS AT A GLANCE

- Calgary Tower ⑤
- Calgary Centre for Performing Arts ③
- Calgary Chinese Cultural Centre ⑦
- Devonian Gardens ⑥
- Eau Claire Market ⑧
- Fort Calgary ②
- Glenbow Museum ④
- Prince's Island Park ⑨
- Saint George's Island ①

🌿 Prince's Island Park

The pretty Prince's Island Park lies close to the city center on the banks of the Bow River. This tiny island is connected to the city via a pedestrian bridge at the end of 4th Street SW. During hot summers, visitors and locals picnic under the cool shade of the park's many trees, as well as using its walking and cycling trails.

🏛️ Calgary Chinese Cultural Centre

197 1st St. SW. ☎️ (403) 262 5071.

🕒 daily. 🎫 for museum. ♿

🌐 www.culturalcentre.ca

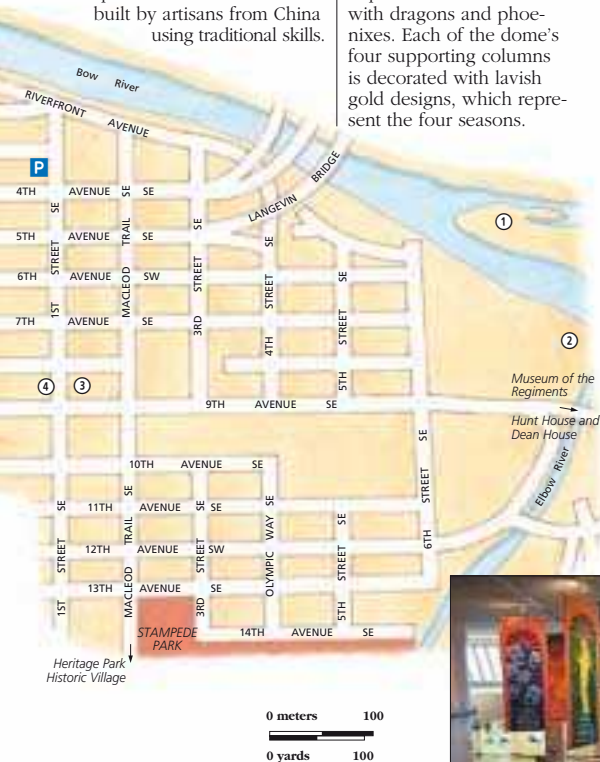
Located in downtown Calgary, the Chinese Cultural Centre was completed in 1993. It is modeled on the 1420 Temple of Heaven in Beijing, which was used exclusively by emperors. The center was

built by artisans from China using traditional skills.



Blue tiles inside the dome of the Calgary Chinese Cultural Centre

The Dr. Henry Fok Cultural Hall is the highlight of the building with its 21-m-high (70-ft) ceiling and an impressive dome adorned with dragons and phoenixes. Each of the dome's four supporting columns is decorated with lavish gold designs, which represent the four seasons.



KEY

P Parking

🚊 Railroad station

i Visitor information

VISITORS' CHECKLIST

📍 904,987. 🏠 17 km (10.5 miles) NE of city. 🚏 Greyhound Bus Station, 877 Greyhound Way SW. 📍 Tourism Calgary 200, 238 11th Avenue SE (403) 263 8510, 1 800 661 1678. 📅 Calgary Stampede (Jul); Calgary Folk Festival (Jul); Taste of Calgary (Aug).

🏛️ Glenbow Museum

130 9th Ave. SE. ☎️ (403) 268 4100.

🕒 daily. ♿ 🌐 www.glenbow.org

Located in the heart of downtown Calgary, the Glenbow Museum is western Canada's largest museum, hosting three major temporary exhibitions annually, in addition to having over 20 permanent galleries. The museum houses an excellent collection of European and contemporary art, as well as a wide range of objects that chronicle the history of the Canadian West through First Nations and pioneer artifacts. An extensive military collection includes medieval armor and Samurai swords. Glenbow's new gallery, Nitsitapiisinni, traces the story of the Blackfoot people through interactive displays and artifacts.

🎭 EPCOR Centre for the Performing Arts

205 8th Ave. SE. ☎️ (403) 294 7455.

🕒 daily. ♿ 🌐

www.epcorcentre.org

Opened in 1985, this large complex houses four theaters and a concert hall, as well as having five rental boardrooms. Located in the heart of the city on Olympic Plaza, the center has staged events as diverse as k.d. lang concerts and



The lobby of the EPCOR Centre for the Performing Arts



Mountie's cabin in the Interpretive Centre at Fort Calgary Historic Park

🏠 Hunt House and Deane House

806 9th Ave. SE. ☎ (403) 290 1875.

🕒 Deane House: daily. 📺

The Hunt House lies across the Elbow River from the Fort Calgary Interpretive Centre. This small log house is one of the few buildings left from the original settlement of Calgary in the early 1880s.

Nearby Deane House was built for the Superintendent of Fort Calgary, Captain Richard Burton Deane, in 1906. Today, the house is a restaurant where visitors can enjoy a meal in a delightful period setting.

🏠 Fort Calgary Historic Park

750 9th Ave. SE. ☎ (403) 290 1875.

🕒 May–Oct: daily. 📺 📺

Fort Calgary was built by the North West Mounted Police in 1875 at the conjunction of the

Bow and Elbow Rivers. The Grand Trunk Pacific Railway (later amalgamated with the CPR), arrived in 1883, and the tiny fort town grew to over 400 residents in a year. In 1887, a fire destroyed several of the settlement's key buildings and a new town was built out of the more fire-resistant sandstone. In 1914 the land was bought by the Grand Trunk Pacific Railway and the fort was leveled. Pieces of the fort were discovered during an archeological dig in 1970, and the well-restored site was opened to the public in 1978.

Today, the reconstructed fort offers an interpretive center, which houses a re-created quartermaster's store and carpenter's workshop. There are also delightful walks along the river. Costumed guides participate in dramatic reenactments.

CALGARY STAMPEDE

An exuberant ten-day festival of all things western, the Calgary Stampede is held every July in Stampede Park. Originally established as an agricultural fair in 1886, the Stampede of 1912 attracted 14,000 people. In the 1920s one of its still-popular highlights, the risky but exciting covered wagon races, became part of the show.

Today's festival has an array of spectacular entertainments that dramatize scenes from western history. They can be seen both on site and in Calgary itself. The fair starts with a dazzling parade through the city, and then features bull riding, calf roping, and cow tackling. The main events are the *Half-Million Dollar Rodeo*, and chuck-wagon racing which have combined prize money of over Can\$1.2 million.



🌿 Saint George's Island

Saint George's Island sits on the edge of the Bow River near downtown Calgary. The island houses the magnificent Calgary Zoo, the Botanical Gardens, and Prehistoric Park.

The zoo prides itself on the exciting presentation of its animals, which can be seen in their appropriate habitats. A series of environments called The Canadian Wilds has been created, highlighting the diversity of both the Canadian landscape and its wildlife. There are aspen woodlands where it is possible to see the endangered woodland caribou, and visitors can wander the pathways of the boreal forest environment, maybe spotting the rare whooping crane feeding in the shallow wetlands area.

The zoo is surrounded by the Botanical Gardens, which has a vast greenhouse displaying plants from different climate zones from around the world.

The Prehistoric Park offers a reconstructed Mesozoic landscape, where visitors can picnic among 22 life-size dinosaurs.



The stately whooping crane at Calgary Zoo, Saint George's Island

🌿 Stampede Park

1410 Olympic Way SE. ☎ (403) 261 0125. 🕒 daily. 📺 some events. 📺

Famous as the site of the Calgary Stampede, the park offers year-round leisure and conference facilities. There is a permanent horse racetrack, as well as two ice-hockey stadiums, one of which is housed inside the striking Saddledome, named for its saddle-shaped roof. Trade shows, such as antiques and home improvements, are also held here.



Heritage Park Historic Village houses some 70 historic buildings

🌿 Fish Creek Provincial Park

Bow Bottom Trail SE. 📞 (403) 297 5293. 🕒 daily, 🚰 partial.

Established in 1975, Fish Creek Provincial Park is one of the world's largest urban parks, covering 1,348 ha (3,318 acres) of forest and wilderness along the Fish Creek valley. Park guides hold slide shows on both the ecology and history of the region, detailing the park's many archeological sites, such as buffalo jumps dated between 750 BC and 1800 AD.

The park's forest is a mix of white spruce, aspen, and balsam poplar. In winter, many of the hiking trails become cross-country ski trails, popular with locals and visitors alike. The Canada goose, the great blue heron, and the bald eagle are among a variety of birds that visit the park during both summer and winter.

🏡 Heritage Park Historic Village

1900 Heritage Drive SW. 📞 (403) 268 8500. 🕒 May–Aug: daily; Sep & Oct: weekends only. 🗓 Nov–Apr. 🚰 🚰 🚰
www.heritagepark.ca

Heritage Park Historic Village sits on the shore of Glenmore Reservoir, and contains over 150 historic buildings, from outhouses to a two-story hotel, which have been brought here from sites all over western Canada. The buildings have been organized into time periods, which range from an 1880s fur trading post to the shops and homes of a small town between 1900 and 1914. Most of the 45,000 artifacts that furnish and decorate the village have been donated by residents of Calgary and the surrounding towns, and vary from teacups to steam trains.

Among the most thrilling of the exhibits, a working 19th-century amusement park has several rides, and three original operating steam locomotives. A replica of the SS *Moyie*, a charming sternwheeler paddle boat, takes visitors on 30-minute cruises around the Glenmore Reservoir. One of the most popular experiences is to ride one of two vintage electric streetcars to the park's front gates. The sense of stepping back in time is enhanced by the all-pervasive clip-clopping of horsedrawn carriages, and by the smells and sounds of shops such as the working bakery and the blacksmith's, all staffed by costumed guides.

🌿 Canada Olympic Park

88 Canada Olympic Rd. SW. 📞 (403) 247 5452. 🕒 9am–10pm Mon–Fri, 9am–5pm Sat & Sun. 🚰 🚰

Canada Olympic Park was the site of the 1988 XV Olympic Winter Games. Today, both locals and visitors can enjoy the facilities all year round, including riding on the

bobsleds and luge tracks. The views toward the Rockies and over Calgary from the 90-m (295-ft) high Olympic Ski Jump Tower are truly stunning.

Visitors can experience the thrills of the downhill ski run and the bobsleds on the simulators housed in the Olympic Hall of Fame and Museum.

🏛️ Calgary Science Centre

701 11th St. SW. 📞 (403) 268 8300.

🕒 Jun–Sep: daily; Sep–May: Tue–Sun.
 🚰 🚰 🚰 www.calgaryscience.ca

The Calgary Science Centre is a popular interactive museum, with over 35 exhibits of scientific wonders such as the book

of mirrors, the music area, and the human sundial. In the Discovery Dome, the latest multimedia technology brings all kinds of images to life on an enormous domed screen. Fascinating shows include detailed explorations of everything from an ordinary backyard to the solar system. On Friday evenings, visitors can observe the stars

using the high-powered telescopes in the observatory.

🏛️ Museum of the Regiments

4520 Crowchild Trail SW. 📞 (403) 974 2850. 🕒 10am–4pm daily.

🗓 Wed. 🗓 Donation 🚰
www.museumoftheregiments.ca

The Museum of the Regiments is devoted to the history of the Canadian Armed Forces. The largest of its kind in western Canada, it focuses on four regiments and the history of the military in Alberta with realistic displays that depict actual battle situations.



Victorian drink container at Heritage Park



Sherman tank on display outside the Museum of the Regiments



The mountain-ringed Lake Waterton in Waterton Lakes National Park

Fort Macleod ②

A 3,100. **☎** **F** Fort Macleod Museum, 25th St. (403) 553 4703. **W** www.fortmacleod.com

ALBERTA'S OLDEST settlement, Fort Macleod was established in 1874 as the first North West Mounted Police outpost in the west. Sent to control lawless whiskey traders at the Fort Whoop-up trading post, the Mounties set up Fort Macleod nearby (see p230).

Today's town retains over 30 of its historic buildings, and the reconstructed fort palisades (completed in 1957) house the fort's museum, which tells the story of the Mounties' journey.

The world's oldest and best preserved buffalo jump lies just 16 km (10 miles) northwest of Fort Macleod. **Head-Smashed-In-Buffalo Jump** was made a UN World Heritage site in 1987. This way of hunting buffalo, where as many as 500 men wearing buffalo skins stampeded herds of the animals to their deaths over a cliff, was perfected by the Blackfoot tribe. The site takes its name from the brave whose head was smashed in when watching the kill from below the cliff!

Head-Smashed-In-Buffalo Jump

Rte 785, off Hwy 2. **☎** (403) 553 2731. **🕒** daily. **♿** **🚰**

Waterton Lakes National Park ③

📍 Calgary. **ℹ** Park Info Centre, open mid-May–Sep (403) 859 2224. **🕒** daily. **♿** **🚰** partial. **W** www.pc.gc.ca

SCENERY AS AMAZING as any of that found in the Rockies' other national parks characterizes the less-known Waterton Lakes National Park. Located in the southwest corner of Alberta along the US border, the park is an International Peace Park and manages a shared ecosystem with Glacier National Park in the US.

The park owes its unique beauty to the geological phenomenon of the Lewis Overthrust, which was forged over a billion years ago (before the formation of the Rockies)

when ancient rock was pushed over newer deposits. Thus, the peaks of the mountains rise up sharply out of the flat prairies.

Waterton's mix of lowland and alpine habitats means it has the widest variety of wildlife of any of Canada's parks, from bears to bighorn sheep, and from waterfowl to nesting species such as sapsuckers.

Crowsnest Pass ④

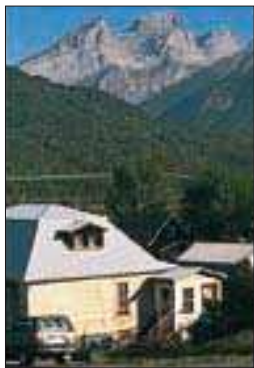
ℹ Frank Slide Interpretive Centre (403) 562 7388. **W** www.frankslide.com

CROWSNEST PASS is located on Highway 3, in Alberta close to the border with British Columbia. Like most Rocky Mountain passes, it is enclosed by snowcapped mountains.



Visitors on an underground tour of Bellevue Mine at Crowsnest Pass

In the early 1900s this area was dominated by the coal-mining industry and was the site of Canada's worst mine disaster. In 1903, a huge mass of rock slid off Turtle Mountain into the valley below, hitting part of the town of Frank, killing 70 people. The Frank Slide Interpretive Centre offers two award-winning audio/visual presentations called "In The Mountain's Shadow" and "On the Edge of Destruction." A trail through the valley is marked with numbered stops and leads hikers to the debris left by the disaster. Visitors can learn more about the history of local mining communities at the Bellevue Mine, which offers tours through the same narrow tunnels that working miners took daily between 1903 and 1961. Tours are available of Leitch Collieries, a fascinating early mining complex.



The Rocky Mountains tower over houses in the town of Fernie

Fernie 5

☎ 4,877. 📍 📞 Hwy 3 & Dicken Rd.
(250) 423 9207. 🌐 www.fernie.com

FERNIE IS AN attractive, tree-lined town beautifully set amid a circle of pointed peaks on the British Columbia side of Crow'snest Pass. The town owes its handsome appearance to a fire that burned it to the ground in 1908, since when all buildings have been constructed from brick and stone. Among several historic buildings, the 1911 courthouse stands out as the only châteauesque courthouse in BC.

Fernie is known for its winter sports, and boasts the best powder snow in the Rockies. The skiing season runs from November to April. The nearby Fernie Alpine Resort is huge and is capable of taking around 12,300 skiers up the mountain every hour. During the summer, the Mount Fernie Provincial Park offers a broad range of hiking trails through its magnificent mountain scenery. Boat trips on the many nearby lakes and rivers are popular, as is the fishing.

Various companies offer helicopter sightseeing trips that take visitors close to the mountains to see the formations and granite cliffs particular to this region of the Rockies.

Fort Steele Heritage Town 6

Hwy 95. 📞 (250) 426 7352. ☑ daily.
📍 📞 🌐 www.fortsteele.bc.ca

A RE-CREATION of a 19th-century pioneering supply town, this settlement was established in 1864, when gold was discovered at Wild Horse Creek. Thousands of prospectors and entrepreneurs arrived by the Dewdney Trail, which linked Hope to the gold fields. The town was named after the North West Mounted Police Superintendent, Samuel



19th-century barber's shop at Fort Steele Heritage Town

Steele, who arrived in 1887 to restore peace between warring groups of Ktunaxa native peoples and European settlers. The town underwent a brief boom with the discovery of lead and silver, but the main-line railroad was routed through Cranbrook instead, and by the early 1900s Fort Steele was a ghost town.

Today, there are over 60 reconstructed or restored buildings, staffed by guides in period costume, including the general store, livery stable, and Mountie officers' quarters, where personal items such as family photographs, swords, and uniforms create the illusion of recent occupation. Demonstrations of traditional crafts such as quilt- and ice cream-making are also held here. Tours at the nearby Wild Horse Creek Historic Site include the chance to pan for gold.

THE BUFFALO

The large, shaggy-headed type of cattle known as buffalo are really North American bison. These apparently cumbersome beasts (a mature bull can weigh as much as 900 kg/1,980 lbs) are agile, fast, and unpredictable.

Before European settlers began moving west to the plains, in the 18th and 19th centuries, the buffalo lived in immense herds of hundreds of thousands. It is estimated that as many as 60,000,000 roamed here. Initially hunted only by the Plains Indians, who respected the beasts as a source of food, shelter, and tools, the buffalo were subsequently hunted almost to extinction by Europeans.

By 1900 less than 1,000 animals remained. In 1874 a rancher called Walking Coyote bred a small herd of just 716 plains bison whose descendants now roam several Canadian national parks.



A North American plains bison



The luxurious dining car on a restored train at Cranbrook's rail museum

Cranbrook 7

18,050. (250) 426 5914.
Cranbrook St. N. (250) 426 5914.

Cranbrook is the largest town in southeast BC and lies between the Purcell and the Rocky Mountain ranges. A major transportation hub for the Rocky Mountain region, Cranbrook is within easy reach of a variety of scenic delights, including alpine forest and the lush, green valleys of the mountain foothills. A range of wildlife such as elk, wolves, cougar, and the highest density of grizzlies in the Rockies, may be spotted on one of many hikes available here.

The town's main attraction is the **Canadian Museum of Rail Travel**. Housed in the restored 1900 station, the museum possesses an archive of papers and photographs illustrating the history of the railroad. Outside, visitors can explore the lavish interiors of its collection of original trains.

The Canadian Museum of Rail Travel

57 Vanhorne St. S. (250) 489 3918. Apr–mid-Oct: daily; late Oct–Apr: Tue–Sat.

The Purcell Mountains 8

Kamloops. Hwy 95, Golden (250) 344 7125.

THE RUGGED and beautiful Purcell Mountains face the Rockies across the broad Columbia River Valley. The region is one of the most remote in the Rockies and

attracts hunters and skiers from across the globe. A high range of granite spires, called the Bugaboos, also draws mountain climbers. In the north of the Purcell range, and in one of its few accessible areas, the Purcell Wilderness Conservancy, covers a vast 32,600 ha (80,554 acres). Carefully regulated hunting expeditions for bear, mountain goats, and elk are permitted here.

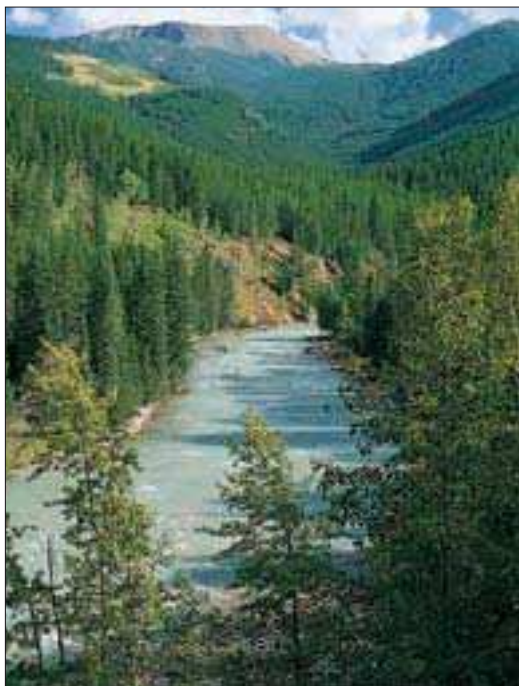
From the nearby pretty town of Invermere, it is possible to access one of the most difficult trails in Canada; the Earl

Grey Pass Trail extends some 56 km (35 miles) over the Purcell Mountains. It is named after Earl Grey, Canada's Governor General from 1904 to 1911, who chose the Purcell range as the place to build a vacation cabin for his family in 1909. The trail he traveled followed an established native route used by the Kinbasket natives of the Shuswap First Nations. Today the trail is notoriously dangerous; bears, avalanches, and fallen trees are often hazards along the way. Hiking along it requires skill and experience and should not be attempted by a novice.

Glacier National Park 9

Revelstoke/Golden. Revelstoke (250) 837 7500. daily.

GLACIER NATIONAL PARK COVERS 1,350 sq km (520 sq miles) of wilderness in the Selkirk Range of the Columbia Mountains. The park was established in 1886, and its growth was linked to the growth of the



The Purcell Mountains are noted for remote rivers, forests, and mountains



The Illecillewaet Glacier is one of 420 glaciers in Glacier National Park

railroad, which was routed through Roger's Pass in 1885. Today, many of the park's most accessible walking trails follow abandoned railroad lines. Other trails offer visitors stunning views of the park's 420 glaciers, including the Great Glacier, now known as the Illecillewaet Glacier.

The park is known for its very wet weather in summer and almost daily snowfalls in winter, when as much as 23 m (75 ft) of snow may fall in one season. The threat of avalanche is serious here, and visitors should visit the Roger's Pass Center for up to date information.

The Roger's Pass line was abandoned by the CPR because of avalanches, and a tunnel was built underneath it instead. The Trans-Canada Highway (Hwy 1) follows the route of the pass as it bisects the park, en route to the lovely town of Revelstoke. From here, visitors may access the forests and jagged peaks of Mount Revelstoke National Park.

Radium Hot Springs 10

🏠 1,000. 🏠 Chamber of Commerce (250) 347 9331, 1 800 347 9704.

THE SMALL TOWN of Radium Hot Springs is famous for its mineral springs and is a good base for exploring the nearby Kootenay National

Park. During the summer, flower-filled pots decorate the storefronts of the many coffee shops and pubs along the main street, and the town has more motel rooms than residents. Many of the 1.2 million annual visitors come to bathe in the healing waters of the springs. There are two pools, a hot soaking pool for relaxing in, and a cooler swimming pool.



Taking the waters at Radium Hot Springs

Locker rooms, swimsuits, showers, and towels can all be rented, and massages are readily available. Visitors can also explore the nearby Columbia Valley Wetlands. Fed by glacial waters from the Purcell and Rocky mountains, the Columbia River meanders through these extensive marsh lands, which provide an important habitat for over 250 migratory waterfowl such as Canada geese and tundra swans.

Kootenay National Park 11

🏠 Banff. 🏠 Park Info Centre, open May–Sep (250) 347 9615. 🕒 daily. ♿ 🗺 📶

KOOTENAY NATIONAL PARK covers 1,406 sq km (543 sq miles) and is known for its ecology, climate, and diversity of landscape. The 94-km (58-mile) Kootenay Parkway (Hwy 93S) bisects the park from north to south. It winds through the narrow gorge of Sinclair Canyon, past the

world famous Radium Hot Springs Pools, along the deep red cliffs of the Redwall Fault, and up over the Sinclair Pass. The road continues into the Kootenay River Valley, past Hector Gorge, and into the Vermilion River Valley. Short nature trails introduce you to magical Paint Pots, iron-rich mineral springs with rust-colored clay banks. Visitors will see the Marble Canyon, whose 35-m (96-ft) deep dolomite walls are carved by the glacial waters of Tokumm Creek. The Fireweed Trail at Vermilion Pass features vibrant regenerating forests growing along the Continental Divide, in the wake of old forest fires.



The ochre-colored Paint Pot pools in Kootenay National Park

Kananaskis Country 12

🏠 Canmore. 🏠 Suite 201, 800 Railway Ave., Canmore. (403) 678 5508. 🌐 www.kananaskisalberta.ca

KANANASKIS COUNTRY is a verdant region of the Rocky Mountain foothills, with mountain peaks, lakes, rivers, and alpine meadows. Located southwest of Calgary on the boundary of Banff National Park, this 5,000 sq km (1,930 sq miles) of wilderness is popular for hiking and viewing wildlife such as eagles, wolves, and bears. The town of Canmore serves as the center of this large recreational area, and has plenty of accommodations, as well as information on outdoor activities such as wildlife tours.

Banff National Park

THE BEST KNOWN of the Rockies' national parks, Banff was also Canada's first. The park was established in 1885, after the discovery of natural hot springs by three Canadian Pacific Railroad workers in 1883. Centuries before the arrival of the railroad, Blackfoot, Stoney, and Kootenay native peoples lived in the valleys around Banff. Today, Banff National Park covers an area of 6,641 sq km (2,564 sq miles) of some of the most sublime scenery in the country. The park encompasses impressive mountain peaks, forests, glacial lakes, and mighty rivers. Some five million visitors a year enjoy a range of activities, from hiking and canoeing in summer, to skiing in winter.



Peyto Lake

One of the most rewarding walks in Banff is a short stroll from the Icefields Parkway, near Bow Summit, which leads to a vista over the ice-blue waters of Peyto Lake.



Saskatchewan River Crossing

lies at the junction of three rivers, along the route used by 19th-century explorer David Thompson.



View from Icefields Parkway

Renowned for its stunning views of high peaks, forests, lakes, and glaciers, this 230-km (143-mile) road runs between Lake Louise and Jasper.

BEAR SAFETY

Both grizzly and black bears are found in the Rockies' national parks. Although sightings are rare, visitors should observe *The Mountain Guide*, a Parks Canada publication free to all park visitors that provides wildlife safety tips. The fundamental rules are:

- don't approach the animals, never feed them,
- don't run, and stay calm.

Bears have an excellent sense of smell, so if you are camping be sure to lock food or trash inside a car or in the bear-proof boxes provided.



Grizzly bear in Banff



Valley of the Ten Peaks

A scenic road from Lake Louise winds to Moraine Lake, which is ringed by ten peaks each over 3,000 m (10,000 ft) high.

Johnston Canyon

This spectacular gorge boasts two impressive waterfalls, and is one of the most popular trails in the park. The walk can be reached from the Bow Valley Parkway (see p300), and has walkways close to the falls. Displays along the way explain the canyon's geology.



VISITORS' CHECKLIST

Hwys 1 & 93. **f** Banff Visitor Centre, 224 Banff Ave., Banff (403) 762 8421. **🚌** Brewster Bus Depot, 100 Gopher St.
🕒 daily. **♿** **🚰** **📶** **📺**
🌐 www.banfflakelouise.com

KEY

Highway

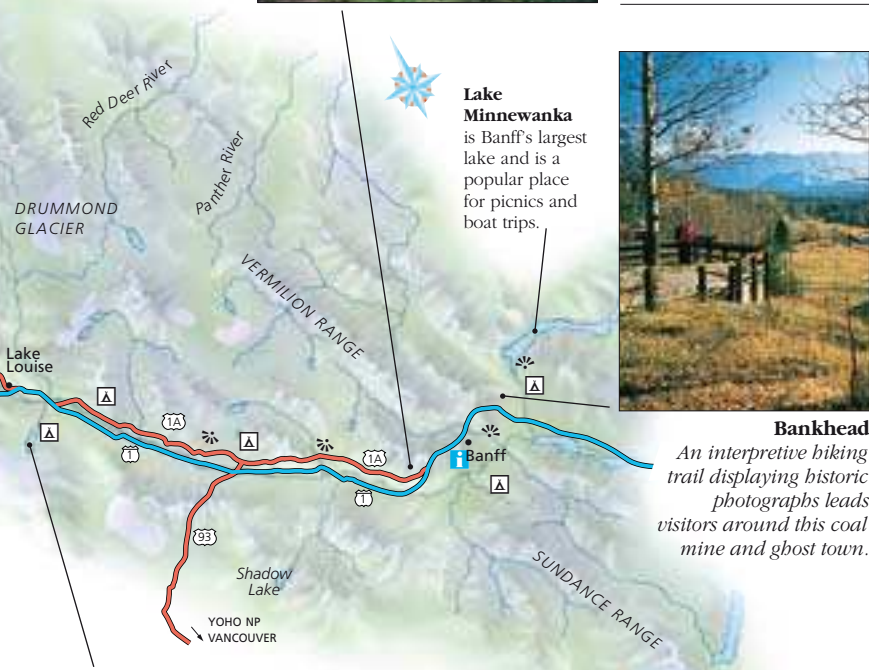
Major road

Rivers

Camping

Visitor information

Viewpoint



Lake Minnewanka is Banff's largest lake and is a popular place for picnics and boat trips.



Bankhead

An interpretive hiking trail displaying historic photographs leads visitors around this coal mine and ghost town.



Lake Louise

The turquoise waters of Lake Louise are an abiding symbol of the beauty of the Rockies. It was here that one of the first resorts was established in Banff, with visitors beginning to arrive in 1885.

Exploring Banff National Park



Wild goat by the Icefields Parkway

IT IS IMPOSSIBLE TO TRAVEL through Banff National Park and not be filled with awe. There are some 25 peaks that rise over 3,000 m (10,000 ft) in Banff, which are magically reflected in the turquoise waters of the park's many lakes. Banff townsite offers visitors a full range of facilities, including the therapeutic hot springs that inspired the founding of the park, and is an excellent base for exploring the surrounding country.

Even the highway is counted an attraction here. The Icefields Parkway (Hwy 93) winds through stunning mountain vistas and connects Banff to Jasper National Park, beginning from the renowned Lake Louise.

Icefields Parkway (Highway 93)

The Icefields Parkway is a 230-km (143-mile) scenic mountain highway that twists and turns through the jagged spines of the Rocky Mountains. The road is a wonder in itself, where every turn offers yet another incredible view as it climbs through high passes from Lake Louise to Jasper.

The road was built during the Depression of the 1930s, as a work creation project. Designed for sightseeing, the highway was extended to its present length in 1960, with plenty of pull-offs to allow visitors to take in the views.

Bow Summit is the highest point on the highway, at 2,068 m (6,785 ft), and has a side road that leads to the **Peyto Lake** viewpoint, which looks over snow-topped peaks mirrored in the brilliant blue of the lake. In summer, Bow Summit's mountain meadows are covered with alpine flowers. From here, it is also possible to see the Crowfoot Glacier, a striking chunk of ice in the shape of a crow's foot, hanging over a cliff-face. Farther north a trail leads down from a parking lot to **Mistaya Canyon** with its vertical walls, potholes, and an impressive natural arch. The highway passes close by the Icefields (which cross the park boundaries into Jasper National Park), and the Athabasca Glacier is clearly visible from the road. Mountain goats and bighorn sheep are drawn to the mineral deposits by the roadside.



The Bow Valley Parkway passing scenic country along the river

The Bow Valley Parkway

The Bow Valley Parkway is a 55-km (35-mile) long scenic alternative to the Trans-Canada Highway, running between Banff and Lake Louise. The road follows the Bow River Valley and offers visitors the chance to explore the gentle country of the valley with

many interpretive signs and viewpoints along the way. From the road it is possible to see the abundant wildlife such as bears, elk, and coyotes.

About 19 km (12 miles) west of Banff, one of the best short walks leads from the roadside to the **Johnston Canyon** trail. A paved path leads to the canyon and two impressive waterfalls. The path to the lower falls is wheelchair accessible, and the upper falls are a slightly longer 2.7-km (1.5-mile) hike. A boardwalk along the rock wall leads to the floor of the canyon, offering valley views close to the railroad crossing through the mountains. One of the most striking natural phenomena in the canyon is the Ink Pots, a series of pools where vivid blue-green water bubbles up from underground springs. Interpretive signs explain how this fascinating canyon took shape, and how the water created its unique rock formations.

Lake Minnewanka Drive

This narrow, winding 14-km (8.5-mile) loop road begins at the Minnewanka interchange on the Trans-Canada Highway. From here it is a pleasant drive to picnic sites, hiking trails, and three lakes. Lake Minnewanka is Banff's biggest lake, almost 20 km (13 miles) long.

A popular short trail leads to **Bankhead**, the site of an abandoned coal mine that was the first settlement in Banff and whose heyday was in the first half of the 19th century. The footpath displays old photographs and notices which depict the life of the miners.



Lake Minnewanka, the largest lake in Banff National Park



Banff Springs Hotel, styled after the baronial castles of Scotland

Banff

The town of Banff grew up around the hot springs that were discovered here in the 1880s. The Canadian Pacific Railroad's manager, William Cornelius Van Horne, realized the springs would attract visitors, so he built the grand Banff Springs Hotel in 1888. The resort was very popular, and the town expanded to accommodate the influx. Located at the foot of Sulphur Mountain, The **Cave and Basin National Historic Site** is the site of the original spring found by the railroad workers in 1883 and is now a museum telling the story of Banff's development. The **Upper Hot Springs Pool**, also at the base of Sulphur Mountain, is a popular resort where visitors can relieve their aches in the mineral-rich, healing waters.





At 2,295-m (7,529-ft) above sea level, Sulphur Mountain provides a spectacular view of the surrounding area. Although there is a 5-km (3-mile) trail to the top, a glass-enclosed gondola (cable car) carries visitors to the summit in eight minutes. Here the viewing platforms offer beautiful vistas of the Rockies.

Banff is busy all year round. In winter snow sports from skiing to dog-sledding are available, while summer visit-

ors include hikers, bicyclists, and mountaineers. The **Banff Park Museum** was built in 1903 and houses specimens of animals, birds, and insects.

Banff Park Museum

93 Banff Ave.  (403) 762 1558.

 daily.  Dec 25, Jan 1.  



Gondolas or cable cars taking visitors up Sulphur Mountain

Lake Louise

 by Samson Mall (403) 762 0270. One of Banff National Park's major draws, the beauty of Lake Louise is an enduring image of the Rockies. Famed for the blueness of its water and the snow-capped peaks that surround it, Lake Louise also boasts the Victoria Glacier, which stretches almost to the water's edge. Trails around the

lake offer exhibits that explain the lake's formation some 10,000 years ago, at the end of the last Ice Age. The amazing color of the water of this and other lakes in the park comes from deposits of glacial silt, known as rock flour, suspended just beneath the surface. Dominating the landscape at one end of the lake is the imposing hotel Château Lake Louise, built in 1894.

During the summer, a gondola carries visitors up to Mount Whitehorn for stunning views of the glacier and the lake. In winter, the area attracts large numbers of skiers, ice-climbers, and snowboarders.

In Lake Louise village visitors can stock up on supplies, such as food, clothes, and gas.

Moraine Lake

Less well known than Lake Louise, Moraine Lake is every bit as beautiful, with its shimmering turquoise color. The lake has a pretty waterside lodge that offers accommodations, meals, and canoe rentals. There are several trails that all start at the lake: one lakeside path follows the north shore for 1.5 km (1 mile), while the climb, which leads up Larch Valley-Sentinel Pass trail, offers more stunning vistas, ending at one of the park's highest passes.

Yoho National Park



Shooting star flower

INSPIRED BY THE BEAUTY of the park's mountains, lakes, waterfalls, and distinctive rock formations, this area was named Yoho, for the Cree word meaning "awe and wonder." Yoho National Park lies on the western side of the Rockies range in BC, next to Banff and Kootenay National Parks.

The Park offers a wide range of activities, from climbing and hiking to boating or skiing. The park also houses the Burgess Shale fossil beds, an extraordinary find of perfectly preserved marine creatures from the prehistoric Cambrian period, over 500 million years ago. Access to the fossil beds is by guided hike and is limited to 15 people each trip.



Emerald Lake

The rustic Emerald Lake Lodge (see p357) provides facilities at this quiet, secluded place in the middle of the park. The lake, which is named for the intense color of its waters, is a popular spot for canoeing, walking, and riding horses.


Natural Bridge

Found in the center of the park, over the waters of the Kicking Horse River, Natural Bridge is a rock bridge formed by centuries of erosion, which have worn a channel through solid rock.



KEY


 Highway

 Major road

 Rivers

 Campsite

 Picnic

 Visitor information

 Viewpoint



Hoodoo Creek

These fabulous, mushroom-like towers of rock have been created by erosion and can be accessed from a short, but very steep, trail.

WAPT
ICEFIELD

VANCOUVER,
GLACIER
NATIONAL
PARK

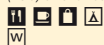


The Yoho Valley is noted for its stunning scenery, including the Takakkaw Falls.



VISITORS' CHECKLIST

Hwy 1. **I** Park Info. Centre, Field (250) 343 6783. **O** daily.



www.parks.canada.gc.ca/yoho

Takakkaw Falls

Takakkaw means "it is wonderful" in the language of the local natives, and these are among the most impressive falls in Canada, having a drop of 254 m (833 ft). The falls can be accessed along the Yoho Valley Road, which is open seasonally.

Burgess Shale is a UN World Heritage Site set up to protect two fossil beds. Day-long guided hikes here are by reservation only.



Kicking Horse River

This wild river rushes through Yoho alongside the original 1880s railroad. Today the tracks carry freight and the "Rocky Mountaineer" tourist train (see p407).

HANBURY
GLACIER



Lake O'Hara

Shadowed by the majestic peaks of Mounts Victoria and Lefroy, Lake O'Hara is astonishingly beautiful. However, guests wishing to use the area's excellent biking trails must book in advance as access is limited to protect this fragile environment.

0 km 3
0 miles 3

The Valley of the Ten Peaks reflected in the stunning turquoise waters of Moraine Lake ▷





Jasper National Park 15

THE LARGEST AND MOST NORTHERLY of the four Rocky Mountain national parks, Jasper is also the most rugged. Covering an area of 10,878 sq km (4,199 sq miles) of high peaks and valleys dotted with glacial lakes, Jasper encompasses the Columbia Icefield (see p308), a vast area of 400-year-old ice that is 900 m (2,953 ft) thick in places. From the icefield, fingers of ice reach down through many of Jasper's valleys.

Some of the most accessible hiking trails in the park start from the Maligne Lake and Canyon, and Jasper town. The town is located roughly in the park's center and is the starting point for many of the most popular walks and sights here, including the Miette Hot Springs.



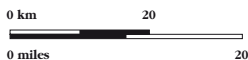
Pyramid Lake

Ringed by jagged peaks, both Pyramid and nearby Patricia Lake lie close to Jasper town.



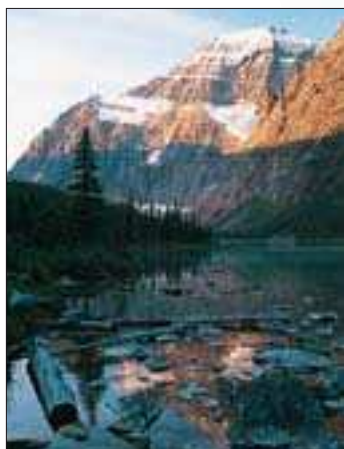
The Jasper Tramway

Only a few kilometers out of Jasper town is the popular Jasper Tramway, which takes visitors to a viewing platform near the summit of Whistler's Mountain at 2,285 m (7,497 ft). Panoramic vistas take in the park's mountains, forests, and lakes.



KEY

	Major road
	Minor road
	Rivers
	Camping
	Picnic
	Visitor information
	Viewpoint



Mount Edith Cavell

It is possible to drive up this mountain as far as Cavell Lake from where the trail leads to Angel Glacier and to the flower-strewn Cavell Meadows.





Maligne Canyon

One of the most beautiful canyons in the Rockies, its sheer limestone walls and several impressive waterfalls can be seen from the many footbridges that are built both along and across its walls.

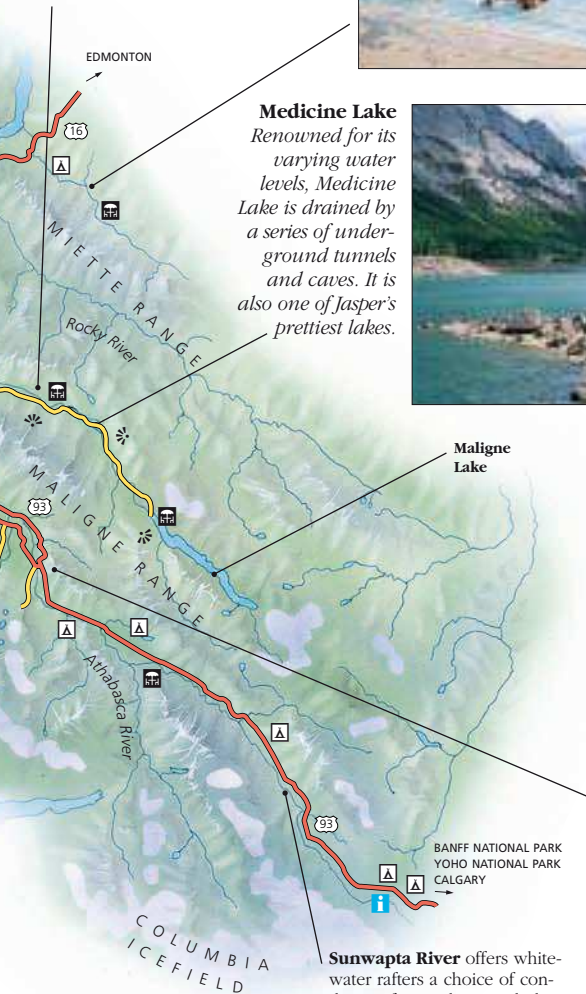
VISITORS' CHECKLIST

Hwys 93 & 16. **I** 409 Patricia St, Jasper (780) 852 3858.
R VIA Rail, Connaught St.
B Greyhound Bus Station.
O daily. **E** **T** **F** **W** www.jaspercanadianrockies.com



Miette Hot Springs

Visitors here enjoy relaxing in the warmest spring waters in the Rockies. The springs are said to have healing effects because of their high mineral content.

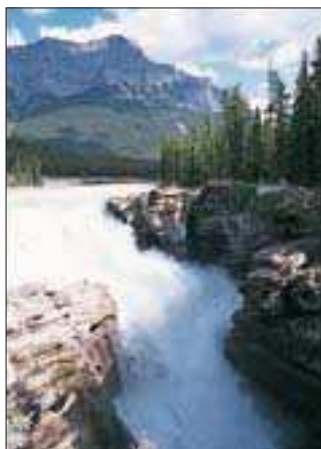


Medicine Lake

Renowned for its varying water levels, Medicine Lake is drained by a series of underground tunnels and caves. It is also one of Jasper's prettiest lakes.



Maligne Lake



Athabasca Falls

The dramatic, rushing waters of these falls are the result of the Athabasca River being forced through a narrow gorge.

Sunwapta River offers white-water rafters a choice of conditions, from calm to turbulent.

Exploring Jasper

ESTABLISHED IN 1907, Jasper National Park is as staggeringly beautiful as anywhere in the Rockies, but it is distinguished by having more remote wilderness than the other national parks. These areas can be reached only on foot, horseback, or by canoe, and backpackers need passes from the Park Trail Office for hikes that last more than one day. Jasper also has a reputation for more sightings of wildlife such as bear, moose, and elk than any of the other Rockies' parks.

Although most of the park services are closed between October and Easter, visitors who brave the winter season have an opportunity to cross-country ski on breathtaking trails that skirt frozen lakes. In addition, they can go ice fishing, downhill skiing, or on guided walking tours on frozen rivers. In the summertime there are a range of daytrips which are easily accessible from the park's main town of Jasper.

Columbia Icefield and Icefield Centre

Icefields Parkway. ☎ (780) 852-6288. ☐ May–Oct: daily. 📧

🌐 www.columbiaicefield.com

The Columbia Icefield straddles both Banff and Jasper National Parks and forms the largest area of ice in the Rockies. The Icefield covers 325 sq km (125 sq miles) and were created during the last Ice Age.

Around 10,000 years ago, ice filled the region, sculpting out wide valleys, sheer mountain faces, and sharp ridges. Although the glaciers have retreated over the last few hundred years, during the early years of the 20th century ice covered the area where the Icefields Parkway now passes.

The Icefields Centre has an interpretive centre that

explains the Ice Age and the impact of the glaciers on the landscape of the Rockies. Tours of the Athabasca Glacier, in 4-wheel drive Sno-coaches, are available from the Icefield Centre, which also has information on trails in the area.

Athabasca Falls

Located at the junction of highways 93 and 93A, where the Athabasca River plunges 23 m (75 ft) to the river bed below, these are among the most dramatic waterfalls in the park. Despite being a short drop compared with other falls in the Rockies, the force of the waters of the Athabasca River being pushed through a narrow, quartz-rich gorge transforms these waters into a powerful, foaming torrent.



Downhill skiing is just one of the outdoor activities around Jasper

Jasper

The town of Jasper was established in 1911 as a settlement for Grand Trunk Pacific Railroad workers, who were laying track along the Athabasca River Valley. As with Banff, the coming of the railroad and the growth of the parks as resorts went hand-in-hand, and the town expanded to include hotels, restaurants, and a visitor center. Today, many of the park's main attractions are close to the town, which is located at the center of the park, on both Highway 16 and Icefields Parkway (Hwy 93).

Just 7 km (4.5 miles) out of town is the Jasper Tramway station, from where visitors may take a brisk, seven-minute ride up **Whistlers Mountain**. The trip whisks visitors up to the upper terminal at 2,285 m (7,497 ft), where there is a clearly marked trail leading to



The wild waters of Athabasca River make it a popular venue for white-water rafting

the summit at 2,470 m (8,100 ft). On a clear day the view is incomparable. For those who would rather walk than ride the tram, there is a 2.8-km (1.7-mile) trail to the top of the mountain. The trail winds upward, offering panoramic views of both the Miette and Athabasca valleys, and, in July, the lush meadows are blanketed with colorful wild flowers.

Patricia and Pyramid Lakes

North of Jasper townsite, the attractive Patricia and Pyramid lakes nestle beneath the 2,763-m (9,065-ft) high Pyramid Mountain. A popular daytrip from the town, the lakes are noted for windsurfing and sailing. Equipment rental is available from two lakeside lodges.



The deep blue waters of Pyramid Lake beneath Pyramid Mountain

Maligne Lake Drive

Maligne Lake Drive begins 5 km (3 miles) north of Jasper townsite and leads off Hwy 16, following the valley floor between the Maligne and the Queen Elizabeth ranges. This scenic road travels past one magnificent sight after another, with viewpoints along the way, offering visitors panoramas of Maligne Valley. Among the route's most spectacular sights is the Maligne Canyon, reached by a 4-km (2.5-mile) interpretive hiking trail which explains the special geological features behind the gorge's formation. One of the most beautiful in the Rockies, Maligne Canyon has sheer limestone walls as high as 50 m (150 ft) and many waterfalls, which can be seen from several foot bridges. The



A boat cruise on Maligne Lake, the largest natural lake in the Rockies

road ends at the impressive Maligne Lake. The largest natural lake in the Rockies, Maligne is 22 km (14 miles) long and surrounded by snow-capped mountains. There are several scenic trails around the lake, one of which leads to the Opal Hills and amazing views of the area. Guided walks around here can be organized from Jasper, and it is possible to rent fishing tackle and canoes and kayaks to go out on the lake.

Medicine Lake

Medicine Lake is also reached from a side road off Maligne Lake Drive. The lake is noted for its widely varying water levels. In autumn the lake is reduced to a trickle, but in springtime the waters rise, fed by the fast-flowing Maligne River. A vast network of underground caves and channels are responsible for this event.

Miette Springs

F (780) 866 3939, 1 800 767 1611.

O mid-May–Sep: daily. **♿** **♿** Located 61 km (38 miles) north of Jasper along the attractive Miette Springs Road, these

springs are the hottest in the Rockies, reaching temperatures as high as 53.9°C (129°F).

However, the thermal baths are cooled to a more reasonable 39°C (102°F) for bathers. The waters are held to be both relaxing and healthy – they are rich in minerals, such as calcium, sulfates, and small amounts of hydrogen sulfide (which smells like rotten eggs).

The resort of Miette Springs now houses two new pools, including one suitable for children. The springs are part of a leisure complex that offers both restaurants and hotels.

Mount Edith Cavell

Named after World War I heroine nurse, this mountain is located 30 km (18.5 miles) south of Jasper townsite, and the scenic road that climbs it is well worth the drive. The road ends at Cavell Lake by the north face of the mountain. From here, a guided trail leads to a small lake beneath the Angel Glacier. A three-hour walk across the flower strewn Cavell meadows has views of the glacier's icy tongue.



A peninsula of ice from Angel Glacier seen from Mount Edith Cavell



Typical kitchen of the late 1900s at Grande Prairie Museum

Prince George 16

70,000. ☒ ☓ ☑ ☒ ☒ 1198
Victoria St. (250) 562 3700.
www.tourismpg.com

THE LARGEST town in central British Columbia, Prince George is a bustling supply-and-transportation center for the region. Two major highways pass through here, the Yellowhead (Hwy 16) and Highway 97, which becomes the Alaska Highway at Dawson Creek. Established in 1807 as Fort George, a fur-trading post at the confluence of the Nechako and Fraser rivers, the town is well placed for exploring the province.

Today, Prince George has all the facilities of a larger city, including a new university specializing in First Nations' history and culture, as well as its own symphony orchestra and several art galleries. The **Fort George Regional Museum** lies on the site of the original Fort, within the 26-ha (65-acre) Fort George Park, and has a collection of artifacts from native cultures, European pioneers, and early settlers.

An important center for the lumber industry, the town offers a range of free tours of local pulp mills, which take visitors through the process of wood production, from vast fields of young seedlings to hill-sized piles of planks and raw timber.

Fort George Regional Museum

20th Ave. & Queensway. ☒ (250) 562 1612. ☐ daily. ● Dec 25, Jan 1. ☒ donation. ♿

Grande Prairie 17

40,000. ☒ ☓ ☑ ☒ ☒ 11330
106th St. (780) 539 7688.
www.northernvisitor.com

GRANDE PRAIRIE is a large, modern city in the northwest corner of Alberta. Surrounded by fertile farming country, the city is a popular stop for travelers heading north toward Dawson Creek and the Alaska Highway (see pp260-1). The city is the hub of the Peace River region; it offers extensive opportunities for shopping in its giant malls and many downtown specialty stores, with the added draw of having no provincial sales tax (see p380).

Running through the city center is the attractive wilderness of Muskoseepi Park. Covering 45 ha (111 acres), the park offers a variety of outdoor activities including walking and biking trails, and cross-country skiing.

The **Grande Prairie Museum** is also housed in

the park and has ten buildings containing over 16,000 historical artifacts. There are several reconstructions, including a 1911 schoolhouse, a rural post office, and a church. A renowned display of dinosaur bones recovered from the Peace River Valley are also on display at the museum.

Bear Creek, which runs through Muskoseepi Park, has become a magnet for bird watchers as sightings of eagles are common. The Grand River wetlands, particularly those at Crystal Lake, located in the northeast corner of the city, contain one of the few breeding grounds for the rare trumpeter swan.

Grande Prairie Museum

cnr 102nd St. & 102nd Ave.
☒ (780) 532 5482. ☐ May-Sep: daily; Oct-Apr: Sun-Fri. ● Dec 25, Jan 1. ☒ ♿

Fort St. John 18

17,000. ☒ ☓ ☑ ☒ ☒ 9923, 96th
Ave. (250) 785 6037.

FORT ST. JOHN is located at Mile 47 of the Alaska Highway among the rolling hills of the Peace River Valley. During the construction of the Highway in 1942, the tiny town dramatically expanded from a population of about 800 to 6,000. When completed, the highway turned Fort St. John into a busy supply center that caters to visitors exploring the area, as well as



Lush farmland along the Peace River in northern British Columbia



The green waters of Muncho Lake framed by mountains in Muncho Lake Provincial Park

supporting the growth of agriculture in the surrounding countryside. However, the town boomed when oil was found here in the 1950s, in what proved to be the largest oil field in the province. Today, Fort St. John's pride in its industrial and pioneering heritage is reflected in the local museum, which has a 43-m (140-ft) high oil derrick at its entrance and a range of exhibits that tell the story of the local oil industry.

Fort Nelson 19

6,000. 5319 50th Ave. Stn. (250) 774 2541.

DESPITE THE growth of the oil, gas, and lumber industries in the 1960s and 70s, Fort Nelson retains the atmosphere of a northern frontier town. Before the building of the Alaska Highway in the 1940s, Fort Nelson was an important stop on route for the Yukon and Alaska, and until the 1950s was without telephones, running water, or electricity. Fur trading was the main activity until the energy

boom; even today both native and white trappers hunt wolf, beaver, and lynx, for both their fur and their meat.

Today, the town has an air and bus service, a hospital, and good visitor facilities such as motels, restaurants, and gas stations. Local people are famous for their friendliness, and during the busy summer months run a program of free talks describing life in the north to visitors. A small

museum displays photographs and artifacts that tell the story of the building of the 2,394-km (1,488-mile) Alaska Highway.

Muncho Lake Provincial Park 20

Off Hwy 97. mid-May–Sep: daily.

ONE OF THREE provincial parks (including Stone Mountain and Liard Hot Springs) that were established after the building of the Alaska Highway in 1942, Muncho Lake occupies the most scenic section of the road. The park

encompasses the bare peaks of the northern Rockies, whose stark limestone slopes incorporate the faults, alluvial

fans, and hoodoos that are a testament to thousands of years of glacial erosion. The

Highway skirts the eastern shoreline of the 12-km (7.5-mile) long Muncho Lake before crossing the Liard River where the Mackenzie Mountain range

begins. In early summer, passing motorists are likely to see moose grazing among meadows filled with colorful wildflowers. The park's bogs are popular with botanists eager to see the rare yellow Lady's Slipper orchid. The roadside also attracts goats, sheep, and caribou, drawn by delicious deposits of sodium, known as mineral licks.

Visitors may stay in the park at one of the campgrounds or lodges in order to explore its 88,000 ha (194,000 acres) of wilderness. The deep waters of Muncho Lake house a good supply of trout for anglers.



Lynx near Fort Nelson



SOUTHERN AND NORTHERN BRITISH COLUMBIA

SOUTHERN BRITISH Columbia covers the region south of Prince George, down to the US border. There is a vast variety of natural beauty here, including the forests and waterfalls of Wells Gray Provincial Park, and the lush valleys, wineries, and lake resorts of the Okanagan Valley. One of the most stunning wildernesses in North America, northern British Columbia spreads north of Prince Rupert, between the Coast Mountains



in the west, the Rockies in the east, and the Yukon. Its dramatic landscape, from the volcanic terrain around Mount Edziza with its lava flows and cinder cones to the frozen forests of Atlin Provincial Park, can be reached from the scenic Cassiar Highway. Some of the best sights can be enjoyed on the boat trip to Queen Charlotte Islands. For 10,000 years the archipelago has been home to the Haida people, famous for their totem-carving.

SIGHTS AT A GLANCE

Historic Towns and Cities

Castlegar 5
Hope 3
Kamloops 9
Ksan Village 13
Nakusp 7

Nelson 6
Prince Rupert 14
Quesnel 12
Sicamous 8
Whistler 1

National and Provincial Parks

Bowron Lake Provincial Park 11
Northern Parks 16
Wells Gray Provincial Park 10

Historic Sites and Areas of Natural Beauty

Fraser River 2
Okanagan Valley 4
Queen Charlotte Islands 15

KEY

- International airport
- Highway
- Major road
- Major rail routes





The Trans-Canada Highway overlooking the Fraser Canyon along the Fraser River

Whistler ①

⚠️ 10,000. 🚗 📞 4010 Whistler Way.
(604) 930 2769, 1 877 991 9988.

WHISTLER IS THE largest ski resort in Canada. Set among the spectacular Coast Mountains, just 120 km (75 miles) north of Vancouver, the resort is divided into four distinct areas: Whistler Village, Village North, Upper Village, and Creekside. Whistler and Blackcomb mountains have the greatest vertical rises of any ski runs in North America. The skiing here can be among the best in the world with mild Pacific weather, and reliable winter snow. In summer there is skiing on Blackcomb's Hortsman Glacier.

Although the resort is relatively new (the first ski lift was opened in 1961), Whistler Village offers visitors a full range of facilities. There are lots of places to stay, from comfortable bed-and-breakfasts, to luxurious five-star hotels. Café-lined cobbled squares and cozy bars and

restaurants cater to a diversity of tastes, while a variety of stores sell everything from ski wear to native arts and crafts in this friendly alpine village.

Fraser River ②

📍 Vancouver (1 800 667 3306).

THE MAJESTIC Fraser River travels 1,368 km (850 miles) through some of BC's most stunning scenery. The river flows from its source in the Yellowhead Lake, near Jasper, to the Strait of Georgia, near Vancouver. Along the way, it heads north through the Rocky Mountain trench before turning south near the town of Prince George. It continues by the Coast Mountains, then west to Hope through the steep walls of the Fraser Canyon, and on toward Yale.

It was Fraser Canyon that legendary explorer Simon Fraser found the most daunting when he followed the river's course in 1808. However, when gold

was discovered near the town of Yale 50 years later, thousands of prospectors swarmed up the valley. Today, Yale is a small town with a population of 200 and the delightful **Yale Museum**, where exhibits focus on the history of the gold rush, as well as telling the epic story of the building of the Canadian Pacific Railroad through the canyon. This section of river is also a popular whitewater rafting area, and trips can be arranged from the small town of Boston Bar. At Hell's Gate the river thunders through the Canyon's narrow walls, which are only 34 m (112 ft) apart.

📍 Yale Museum

31187 Douglas St. 📞 (604) 863 2324.

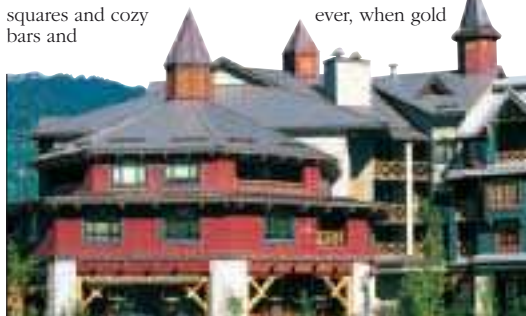
🕒 Jun–Sep: 10am–5pm daily. 🗺️ ♿

🌐 www.historicyale.ca

Hope ③

⚠️ 3,150. 🚗 📞 919 Water Ave.
(604) 869 2021.

LOCATED AT THE southern end of the Fraser Canyon, Hope is crossed by several highways, including Hwy 1 (the Trans-Canada) and Hwy 3. Hope is an excellent base for exploring the Fraser Canyon and southern BC, as well as being within easy reach of several provincial parks. The beautiful country of Manning Provincial Park, with its lakes mountains, and rivers, is noted for its outdoor activities – swimming, hiking, fishing, and sailing in summer, and downhill and cross-country skiing in winter.



The ski resort at alpine Whistler village in British Columbia

Okanagan Valley Tour 4



Okanagan wine

THE OKANAGAN VALLEY is actually a series of valleys, linked by a string of lakes, that stretches for 250 km (155 miles) from Osoyoos in the south, to Vernon in the north. The main towns here are connected by Highway 97, which passes through the desert landscape near Osoyoos, and on to the lush green orchards and vineyards for which the valley is most noted. Mild winters and hot summers have made the Okanagan one of Canada's favorite vacation destinations.



Kelowna 4

The biggest city in the Okanagan, Kelowna lies on the shores of Lake Okanagan between Penticton and Vernon, and is the center of the wine- and fruit-growing industries.

Summerland 3

This small but charming lakeside resort boasts several 19th-century buildings and stunning views from the top of Giant's Head Mountain.

Penticton 2

This sunny lakeside town is known for the long Okanagan Beach, windsurfing, and local winery tours, as well as for its Peach Festival, held every August.

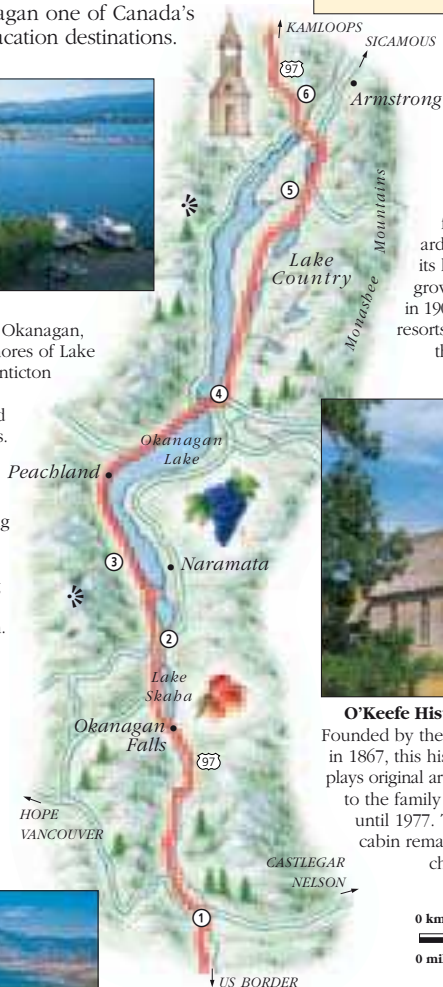


TIPS FOR DRIVERS

Starting point: On Highway 97 from Vernon in the north: Osoyoos in the south.

Length: 230 km (143 miles).

Highlights: Blossom and fruit festivals are held in spring and summer, when roadside stalls offer a cornucopia of fruit, and wine tours are available year-round.



Vernon 5

Surrounded by farms and orchards, Vernon owes its lush look to the growth of irrigation in 1908. Several small resorts are set around the nearby lakes.

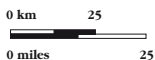


O'Keefe Historic Ranch 6

Founded by the O'Keefe family in 1867, this historic ranch displays original artifacts belonging to the family who lived here until 1977. The original log cabin remains, as does the church and store.

Osoyoos 1

Visitors are drawn here by hot summers, the warm waters and sandy beaches of Lake Osoyoos, and the nearby pocket desert.



KEY

— Tour route

— Other roads



Impressive and historic stone buildings in the attractive town of Nelson

Castlegar 5

7,000. 1995 6th Ave. (250) 365 6313.

LOCATED IN southeastern BC, Castlegar is a busy transportation hub. The town is crossed by two major high-ways, Hwy 3 and Hwy 22, and lies at the junction of the important Kootenay and Columbia rivers.

In the early 1900s, a steady influx of Doukhobors (Russian religious dissenters fleeing persecution) began arriving here.

The **Doukhobor Village Museum** reflects the group's heritage and houses a variety of traditional clothes and tools, and antique farm machinery.

Doukhobor Village Museum

Jct Hwy 3 & 3A. (250) 365 6622. May–Sep: daily.

Nelson 6

9,300. 225 Hall St. (250) 352 3433. www.discovernelson.com

ONE OF THE MOST attractive towns in southern British Columbia, Nelson overlooks Kootenay Lake. Established in the 1880s as a mining town,

with the coming of the railroad in the 1890s, Nelson flourished as a center for transporting ore and timber. The town owes its good looks to its location on the shores of the lake and to the large number of public buildings and houses that were constructed between 1895 and

1920. In 1986 the town

was chosen as the location for the Steve Martin comedy film, *Roxanne*.

British Columbia's best-known architect, Francis Rattenbury (see p278), played a part in the design of some of the town's most prestigious and beautiful structures, such as the elegant

Burns building which was built in 1899 for millionaire cattle rancher and meat packer, Patrick Burns.

Rattenbury also designed the Nelson Court House in 1908, a stately stone building with towers and gables.

Today, the town has a thriving cultural scene, with an art walk during the summer, as well as numerous cafés, book, and craft shops. Visitors also enjoy the short ride on Car 23, a 1906 streetcar that operated in the town between 1924 and 1949 (it was restored in 1992), and which today travels along Nelson's delightful waterfront. The infocenter provides visitors with a map and guide

Nakusp 7

1,700. 92 W. 6th Ave. (250) 265 3689.

WITH THE snow-topped Selkirk Mountains as a backdrop, and overlooking the waters of Upper Arrow Lake, Nakusp is a charming town. Originally developed as a mining settlement, the town is now known for its mineral hot springs. There are two resorts close to town; the Nakusp and Halcyon Hot Springs, both of which provide therapeutic bathing in hot waters, rich in sulfates, calcium, and hydrogen sulfide, said to be good for everyday aches, as well as arthritis and rheumatism.



The town of Nakusp overlooking picturesque Upper Arrow Lake



Traditional Doukhobor tunic

Roughly 40 km (25 miles) to the south of Nakusp, in the Slocan Valley, are two fascinating abandoned silver mining towns, New Denver and Sandon. Sandon had 5,000 inhabitants at the height of the mining boom in 1892. It also had 29 hotels, 28 saloons, and several brothels and gambling halls. A fire in 1900, poor metal prices, and dwindling ore reserves crippled the mines, and Sandon became a ghost town. Today, the town has been declared an historic site, and its homes and businesses are being carefully restored. The nearby town of New Denver suffered a fate similar to Sandon's, but is also noted as the site of an internment camp for the Japanese during World War II. The Nikkei Internment Centre on Josephine Street is the only center in Canada devoted to telling the story of the internment of over 20,000 Japanese Canadians. The center is surrounded by a formal Japanese garden.

Sicamous 8

 3,166.  110 Finlayson St.  (250) 836 3313.

SICAMOUS IS an appealing waterfront village known for its 3,000 houseboats, as well as its charming cobblestone streets hung with flower-filled planters. Located between Mara and Shuswap lakes, at the junction of the Trans-Canada Highway and Highway 97A, the town is ideally placed for touring the lakes, and the town of Salmon Arm, at the northern end of the Okanagan Valley (see p315). Over 250 houseboats are available for renting in the summer, and there are 12 marinas and a houseboat store. From the boats it is possible to view the inlets and forested landscape of Lake Shuswap where wildlife such as black bear, deer, moose, coyote, and bobcat have been spotted along the shore. In summer, visitors



Houseboats moored along the waterfront at Sicamous

and locals enjoy both the good public beach on the lake, as well as the pleasant walk along a marked waterfront trail.

Kamloops 9

 80,000.   297 First Avenue.  (250) 828 6818, 1 888 526 5667.  www.adventurekamloops.com

KAMLOOPS MEANS “where the rivers meet” in the language of the Secwepemc First Nations. The largest town by area in BC’s southern interior, it lies at the crossroads of the north and south Thompson Rivers. Three major highways also meet here; the Trans-Canada, Hwy 5, and Hwy 97 to the Okanagan Valley, as do the Canadian Pacific and Canadian National railroad.

European settlement began in 1812, when fur traders started doing business with local natives.





The **Museum and Native Heritage Park** focuses on the cultural history of the Secwepemc First Nations and has a variety of artifacts, including a birch-bark canoe, hunting equipment,

and cooking utensils. Outside, short trails lead visitors through the archeological remains of a 2,000-year-old Shuswap winter village site, which includes four authentically reconstructed winter pit houses and a summer camp. The village has a hunting shack, a fish-drying


rack, and a smoke house. The museum store sells pine-needle and birch-bark baskets, moc-casins, and a wide variety of beaded and silver jewelry.

In the town center, the Art Gallery has a small but striking collection that features landscape sketches by A.Y. Jackson, one of the renowned Group of Seven painters (see pp160–61).

Museum and Native Heritage Park

355 Yellowhead Hwy.  (250) 828 9801.  Jun–Sep: daily; Sep–May: 8:30am–4:30pm Mon–Fri.  

Wells Gray Provincial Park 10

 (250) 674 2194.  Clearwater.  Clearwater.  daily.

WELLS GRAY Provincial Park is one of the most beautiful wildernesses in British Columbia, and offers wonders comparable to the Rockies in the east. The park was established in 1939 and is distinguished by alpine meadows, thundering waterfalls, and glacier-topped peaks that rise as high as 2,575-m (8,450 ft). The Canadian National Railroad and Hwy 5 follow the Thompson River along the park’s western edge, and both routes offer travelers stunning views.

From the Clearwater Valley Road, off Hwy 5, there are several trails, from easy walks to arduous overnight hikes in remote country. A selection of small trails, just a few minutes from the road, lead to the spectacular sight of Dawson Falls.



A horse's snow shoe on display at Kamloops

Bowron Lake Provincial Park 11

C (250) 387 4550. **R** Quesnel.
F Quesnel. **O** daily (weather permitting). **L** partial.

BOWRON LAKE Provincial Park is located about 120 km (75 miles) east of Quesnel on Highway 26 in the Cariboo Mountains. The park is renowned for having a 112-km (70-mile) rectangular waterway composed of nine lakes, three rivers, streams, small lakes, and many portages (trails linking the waterways). There is a week-long canoe trip here, but it is limited to 50 canoeists at a time, and passes must be obtained from the visitor center. It is a special trip that allows visitors to come quietly upon wildlife such as moose or beaver. In late summer, bears come to feed on the spawning sockeye salmon in the Bowron River.



A grizzly bear standing up

mining towns between here and Kamloops. Quesnel occupies an attractive position in a triangle formed by the Fraser and Quesnel rivers. The town's sights include the Riverfront Park Trail System, a tree-lined 5-km (3-mile) path that runs along the banks of both rivers. Just outside the town's limits, Pinnacle Provincial Park features the geological wonder of hoodoos, rocky columns formed 12 million years ago when the volcanic surface was eroded by Ice Age meltwaters.

From Quesnel, 87 km (54 miles) east on Hwy 26, lies the historic mining town of **Barkerville**. The town was born when Englishman Billy Barker dug up a handful of gold nuggets in 1862.

Today, it is a good example of a perfectly preserved 19th-century mining town, with more than 120 restored or reconstructed buildings and costumed guides. Visitors can see a blacksmith at work in his forge, see showgirls put on the kind of display the miners would have seen at the theater, or take a ride on a stagecoach.

Quesnel 12

A 25,000. **X** **R** **F** **I** 705
 Carson Ave. (250) 992 8716.

QUESNEL IS A busy logging town that started life as a gold rush settlement between 1858 and 1861. The town was the last along the Gold Rush Trail, or Cariboo Road (now Hwy 97), which was lined with



A 19th-century horse and carriage in the streets of Barkerville

Barkerville

85 km E. of Quesnel, Hwy 26.

C (250) 994 3302. **O** daily. **L** **F** **I**

'Ksan Village 13

C (250) 842 5544, 1 877 842 5518.
O grounds: year round; houses: Apr–Sep: daily. **L** **F** **I** **W** www.ksan.org

Some 290 km (180 miles) east of Prince Rupert, 'Ksan Village is a re-creation of an 1870 native settlement, established in the 1950s to preserve the culture of the Gitxsan First Nations. Gitxsan natives have lived in the area for thousands of years, particularly along the beautiful Skeena River valley. Their way of life was threatened by an influx of white settlers who arrived in the 1850s at Prince Rupert to work their way up river to mine or farm.

Noted for their skill in creating carved and painted masks, totems, and canoes, Gitxsan



Gitxsan carved cedarwood totem pole in 'Ksan Indian village

elders are now schooling new generations in these skills at 'Ksan Village. Within the complex are seven traditional long houses containing a carving school, museum, and gift shop.

Prince Rupert 14

A 16,000. **X** **R** **F** **I** 100
 1st Ave. W. (250) 624 5637, 1 800
 667 1994. **W** www.tourismprince
 rupert.com

PRINCE RUPERT IS A vibrant port city, and the second-largest on BC's coast. Located on Kaien Island, at the mouth of the Skeena River, the city is circled by forests and mountains, and overlooks the beautiful fjord-studded coastline. The busy harbor is the main access point for the Queen Charlotte Islands and Alaska.

Like many of BC's major towns, Prince Rupert's development is linked to the growth of the railroad. Housed in the 1914 Grand Trunk Railroad Station, the Kwintitsa Railway Museum tells the story of businessman Charles Hay's big plans for the town, which were largely unfulfilled: he went down with the *Titanic* in 1912.

Tsimshian First Nations were the first occupants of the area, and as recently as 150 years ago the harbor was lined with their large cedar houses and carved totems. The **Museum of Northern British Columbia** focuses on northwest coast First Nations culture and

history. Tsimshian dance, song, and drama are performed in a traditional long house and there are Archaeological tours.

M Museum of Northern British Columbia

100 1st Ave. W. ☎ (250) 624 3207.

🕒 Jun–Aug: daily; Sep–May: Mon–Sat.

📅 Dec 25, 26. 🗺️ 🚻 📺

Queen Charlotte Islands 15

📍 & 🏠 Prince Rupert. 📞 3220 Wharf St., Queen Charlotte. (250) 559 8316 (open May–Sep). 🌐 www.qcinfo.ca

SHAPED LIKE a bent ice-cream cone, the Queen Charlotte Islands, also known as Haida Gwaii, are an archipelago of about 150 islands across from the city of Prince Rupert.

The islands were left untouched by the last Ice Age, and have an eco-system unique to Canada. The forests house distinctive species of mammal such as the dusky shrew and short-tailed weasel. There is also a large population of bald eagles, and the spring brings hundreds of migrating gray whales past the shores.

The islands have been the home of the Haida people for thousands of years. Today, the Haida are recognized for their artistic talents, particularly their carvings and sculptures from cedar wood and argillite (a black slate-like stone found only on these islands).

It was the Haida who led environmental campaigns against the logging companies



Atlin Lake in remote Atlin Provincial Park

in the 1980s, which led to the founding of the **Gwaii Haanas National Park Reserve** in 1988. The park houses centuries-old rainforest, including 1,000-year-old Sitka spruce, red cedar, and western hemlock.

G Gwaii Haanas National Park Reserve

☎ (250) 559 8818. 🕒 May–Sep. 🗺️

Northern Parks 16

Mount Edziza, Spatsizi; Hwy 37. Atlin; Hwy 7. 📞 (250) 387 4550.

THE PROVINCIAL parks of northern British Columbia comprise Mount Edziza Provincial Park, Spatsizi Plateau Wilderness Provincial Park, and, farther north, Atlin Provincial Park. These offer remote landscapes, with high peaks, icefields, and tundra.

Established in 1972, Mount Edziza Provincial Park is distinguished by its volcanic landscape which includes lava

ridges, basalt plateaus, and cinder cones. The park can be reached by a minor road off the Cassiar Highway (Hwy 37). There is no vehicle access within the park, and only long, rugged overland trails or chartered float planes take visitors through open meadows, arctic birch woods, and over creeks.

Across the highway lies the even more rugged country of Spatsizi Plateau Wilderness Provincial Park, which includes the snow-capped peaks of the Skeena Mountains. Gladys Lake, a small lake in the center of the park, is an ecological reserve for the study of sheep and mountain goats. Access to the park is again limited to a small road leading from the village of Tatogga along Hwy 37. The village also offers guides and float plane hire.

The spectacular Atlin Provincial Park is only accessible from the Yukon on Hwy 7, off the Alaska Hwy. About one-third of the park is covered by large icefields and glaciers.



Massett, one of three major towns on Graham Island, the most populous of the Queen Charlotte Islands





NORTHERN CANADA

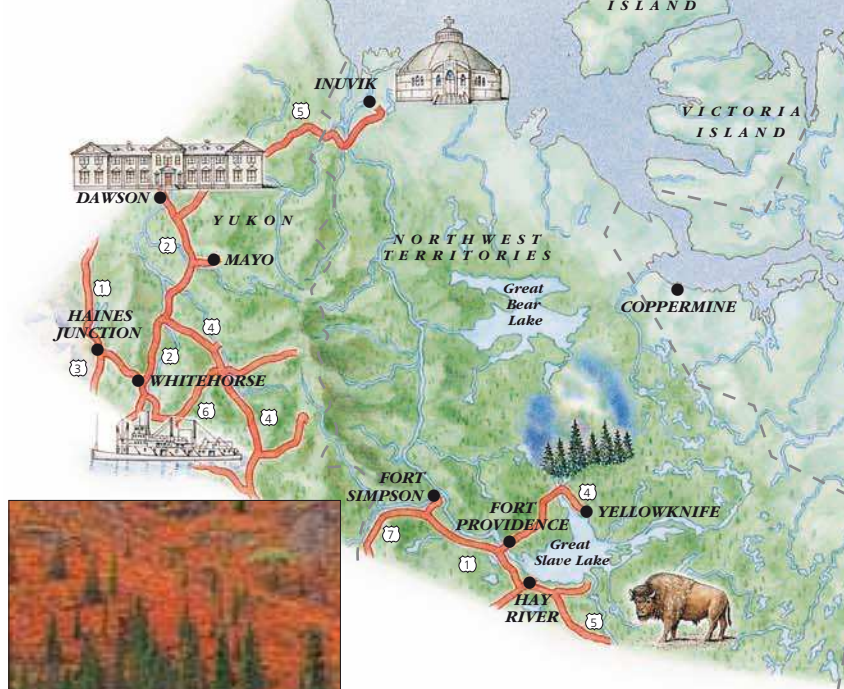


INTRODUCING NORTHERN CANADA 322-325
NORTHERN CANADA 326-339



Introducing Northern Canada

NORTHERN CANADA COVERS the Yukon, Northwest Territories, and Nunavut, and stretches up to within 800 km (500 miles) of the North Pole, and from the Atlantic Ocean west to the Pacific, 37 percent of Canada's total area. The landscape is incredibly harsh: barren, treeless, frozen tundra dominates most of the year, with subarctic forest, mountains, glaciers, and icy lakes and rivers. Nonetheless, an abundance of wildlife flourishes, with musk ox, caribou, polar bears, and seals. At the height of the brief summer the "midnight sun" provides 24-hour days, while the Aurora Borealis (see p335) illuminates dark winters with ribbons of colored light. Development in the far north has occurred only where conditions are hospitable, often where the land is most scenic and varied. Populated by First Nations people some 25,000 years ago and the Inuit about 3000 BC, this uniquely dramatic land is enjoyed by 500,000 visitors a year.



Glorious flaming fall colors rise above the evergreens in the north of the Yukon

GETTING AROUND

The watchword when traveling in this region is cost; trips, accommodations, and even food are all far more expensive than in the rest of the country. In the Yukon all major towns are connected by bus, but the most flexible way to travel around is by car. Air is the best means of traveling in Nunavut and the Northwest Territories. There are 600 landing strips and small airports here. Visitors should be aware that accommodations are equally restricted. In many settlements only one hotel is available, but the Yukon towns are well-equipped with places to stay.



0 km 250
 0 miles 250

SEE ALSO

- *Where to stay* p359
- *Where to eat* p379



Inuit in the Northwest Territories still run dog teams for transportation

Inuit Art and Culture

FOR CENTURIES, the hunting and trapping lifestyle has created a distinct culture for the Inuit. Their customs have remained largely the same throughout the communities of eastern and central Northern Canada, although regional differences can be seen in the varied artforms. The Inuit have a limited written tradition, and much of 21st-century culture is still oral. It might seem surprising, given the outstandingly harsh environment and limited natural resources, that their communities offer a flourishing artistic output, but it is the hardship of northern life that has promoted artistic achievement. For example, the Inuit use their tool-making skills for sculpture. Inuit culture is closely tied to their landscape and environment, which has inspired many artists and mythmakers.

Warm clothing is both functional and decorative. Often painstakingly handwoven from scraps from the remains of a kill, women dress their families mostly in fur and wool.



Inuit beadwork and jewelry was made in earlier times from bone and ivory; colored stones and beads are now used. Each piece shows birds, animals, or people, and is unique. Western influences include new designs in silver and gold.

This soapstone carving represents Inuk, the human superhero of many pre-Christian Inuit legends, with a friendly seal companion.



This woodblock print of a girl meeting a polar bear represents an artform developed in the 1950s. Stone cuts and stencils are also used to interpret drawings by older artists.



INUIT WOMAN PREPARING CHAR

The outdated, if not offensive, name for the Inuit people is “eskimo,” a native Cree word meaning “eaters of raw meat.” The Inuit traditionally eat their meat uncooked, as the Arctic has no trees for firewood. Much of the caribou, polar bear, and fish was sundried or mixed with sauces made from summer fruits and berries. The arrival of the stone and modern fuels has changed the menu somewhat, although tradition remains at the heart of the community’s eating habits.

These dancing costume ornaments are carved from ivory or walrusbone and worn by Inuit dancers to celebrate ceremonial events. As with clothing, Arctic bird feathers are used for decoration.



Inuit father and son in parkas, which are traditionally made by the women of the family.

They use caribou, wolf, and polar bear fur. Today, imported Western fabrics are added for decoration.

Inuit Homes

are no longer the traditional igloo. Most people have moved to camps or community housing.



Inuit fishermen have made the best possible use of their often limited natural resources and still rely largely on small-scale fishing for food.



INUIT MYTH

Set on the very fringes of the habitable world, the Inuit guarded against the threat of starvation with a supernatural belief system based on the respect of the animals they hunted, being careful to guard against divine retribution. Their myths promote the belief that every living creature has a soul, and that the village shaman could travel between the upper and lower worlds to commune with, and appease, the spirits in control of the hunt and the weather. Since earliest times hunting tools and weapons have been carved with the representations of the appropriate guardian spirit, and singers and musicians are well versed in legends of sea spirits and human heroes.



Carving of Inuk fighting his spirit

Traditional hunting and fishing remains at the core of Inuit culture, although in the 1960s the Ottawa government unsuccessfully tried to stop these ancient practices.

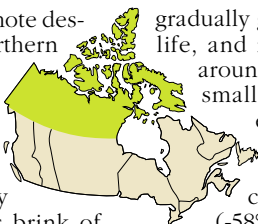


Drum dancing is one of the varied forms of traditional music, and plays an important part in most of life's great events: births, weddings, a successful hunt, and honoring a person who has died. Another form of music, throat singing, is usually performed by two women facing one another to recount a legend, life event, or myth.



NORTHERN CANADA

STILL ONE of the most remote destinations on Earth, Northern Canada's Arctic beauty is now accessible to adventurous travelers in search of untouched terrain for superlative, challenging hiking and exploring. Many of the settlements at this brink of the world were established only in the 20th century. Some of the first towns grew up around RCMP outposts, established to monitor trappers, explorers, and whalers in Canadian territory; more recently defense outposts have developed new settlements. Local Inuit communities have



gradually given up their nomadic life, and many are now settled around these outposts. These small towns are bases for exploring the stunning surroundings. In the winter the north is cold, descending to -50°C (-58°F), yet in summer warm air sweeps over the cold land, and the tundra bursts into bloom. The thaw acts in defiance of eight long months of winter when everything is draped in a blanket of white. This is a startlingly beautiful land with deserted plains, icy trails, rare wildlife, and gentle people, and is ripe for discovery.

SIGHTS AT A GLANCE

Historic Towns and Cities

- Burwash Landing 5
- Carcross 2
- Dawson City 7
- Fort Providence 11
- Haines Junction 3
- Hay River 12
- Inuvik 6

- Norman Wells 9
- Stewart Crossing 6
- Whitehorse 1
- Yellowknife 13

National Parks

- Kluane National Park 4
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Areas of Natural Beauty

- Baffin Island 17
- Baker Lake 15
- Banks Island and Victoria Island 16
- Rankin Inlet 14

KEY

- International airport
- Major road
- Major rail route



◀ The frozen seas surrounding the coast of Baffin Island

Whitehorse ①

WHITEHORSE TAKES ITS NAME from the local rapids on the Yukon River that reminded miners in the gold rush of “the flowing manes of albino Appaloosas.” The town evolved when 2,500 stamperders on the hunt for gold braved the arduous Chilkoot and White Pass trails on foot in the winter of 1897–98 and set up camp here by the banks of Lindeman and Bennett Lakes. Boatmen made over 7,000 trips through the rapids during the spring thaw of 1898 before a tramway was built around them. On the spot where gold miners could catch a boat downstream to the mines of the Klondike and the glittering nightlife of Dawson City in the Yukon, a tent town sprang up and Whitehorse was born. This regional capital is the fastest-growing town in the northern territories, but despite all modern amenities, the wilderness is always only a few moments away.

MacBride Museum

First Avenue & Wood St. ☎ (867) 667 2709. ☐ mid-May–Sep: daily; Sep–mid-May: noon–5pm Thurs–Sat. ♿ &

www.macbridemuseum.com

The MacBride Museum is housed in a log cabin along the river. Here the exciting history of the Yukon is revealed in its glory, with galleries featuring the gold rush, Whitehorse, natural history, the Mounties (RCMP), and First Nations of the region. Special features include an engine from the White Pass and Yukon Railroad, and a log cabin complete with recorded poetry readings from Yukon poet Robert Service (see p31). Also included is the restored old government telegraph office, originally built in 1900 and used as the focus for the new museum in the 1950s.

Log Skyscrapers

Lambert St. & Third Ave.

☎ (867) 667 3084.

Two blocks away from the Old Log Church Museum on Elliott Street are the unique log skyscrapers. Now several decades old, these log cabins have two or three floors.

Currently used for giftshops and exhibits, one was home to a Yukon member of parliament. Worth a detour, the cabins offer a pleasing diversion from the rather functional architecture that characterizes much of the rest of town.

Old Log Church Museum

Elliott St. & Third Ave. ☎ (867) 668

2555. ☐ Jun–Sep. ♿ &

In August 1900, Anglican missionary Rev. R. J. Bowen was sent to Whitehorse to build a church. He held services in one

tent and lived in a second, as the log building took shape. The church opened on October 17 and the log rectory was built that winter. These buildings are among the few remaining here from the gold rush period. In 1953, the log church became the Diocese of Yukon cathedral and is said to be the only log cathedral in the world. Now, exhibits and interactive programs feature Inuit and First Nations cultures, missionaries, and the development of the Anglican church in the north.



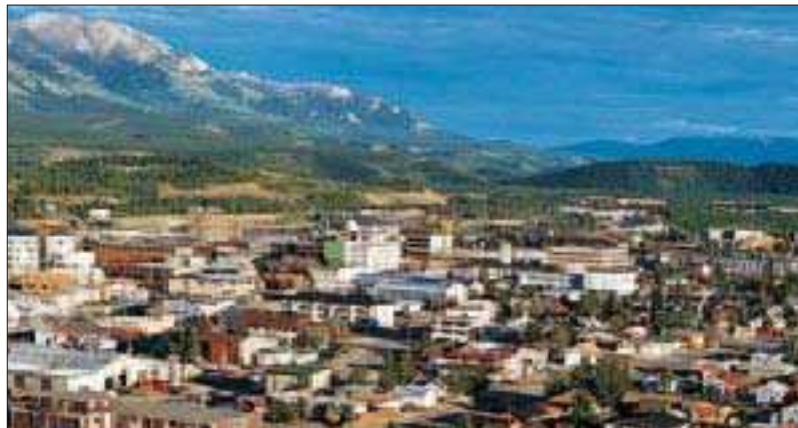
The Old Log Church, constructed entirely from local timber

S.S. Klondike

End Second Ave. ☎ (867) 667 3910.

☐ mid-May–mid-Sep: 9am–7pm daily. ♿ &

Originally built in 1929, the S.S. *Klondike* paddle-steamer sank in 1936. Rebuilt from its wreckage, the *Klondike* made 15 supply trips each season to Dawson City. In the early 1950s, bridges along the road to Dawson were built too low, blocking the passage of the sternwheelers, so all journeys stopped. The *Klondike* ceased



The city center of Whitehorse, sheltered in the Yukon River valley



S.S. Klondike in its permanent home in Whitehorse

operating in 1955 and was beached forever in Whitehorse. It is now restored to its heyday in every detail, right down to the 1937 *Life* magazines on the tables and authentic staff uniforms. Although no longer operational, the boat is a National Historic Site, with regular guided tours of the interior on offer.

Lake Laberge

Klondike Hwy. ☎ (867) 667 5340. ☐ daily, weather permitting. Largest of the lakes in the area, Lake Laberge is 62 km (39 miles) from Whitehorse along the Klondike Hwy. Frozen for half of the year,

with temperatures dropping below -30°C (-22°F), this popular summer swimming, fishing, and boating destination comes to life during the annual thaw. The lake is famous among locals as the site of the funeral pyre of Yukon poet Robert Service's Cremation of Sam Mc Gee, which relates the true-life demise of a local hero. Trout fishing is excellent; fish were barged here by the ton during the Klondike gold rush to feed the hordes of hopeful miners.



Local mountain goat

Yukon Wildlife Reserve

Takhini Hot Springs Rd. ☎ (867) 668 3225. ☐ daily. This sanctuary was set up in 1965 for research and breeding purposes and lies about 25 km (16 miles) from the town off the Klondike Hwy on the Takhini Hot Springs Road. A beautiful reserve of forest, grassland, meadows, and water areas, it has many indigenous animals of the far north roaming free in their natural settings. Moose, bison, elk, caribou, mountain goats, deer, Dall sheep, as well as musk ox can all be seen here protected in the 280-ha (700-acre) parkland of their natural roaming habitat.

VISITORS' CHECKLIST

- 👤 20,000. 🚌 Greyhound bus depot, 2191 2nd Ave.
- 🏠 Whitehorse Visitor Reception Centre, 100 Hanson St. (867) 667 3084, 1 800 661 0494. 📄 Yukon Quest, Yukon Sourdough Rendezvous, Frostbite Music Festival (Feb). 🌐 www.touryukon.com

WHITEHORSE CITY CENTER

- Log Skyscrapers ②
- MacBride Museum ①
- Old Log Church Museum ③
- S.S. Klondike ④

KEY

- P** Parking
- i** Visitor information



0 meters 250
0 yards 250



Kluane National Park displays radiant foliage in fall, as seen here in the Alsek River area

for excellent hiking here, and several conveniently start from the main road. There are some less defined routes, which follow the old mining trails.

There are trails to suit both the novice and experienced hiker, ranging from a two-hour stroll to a ten-day guided trek.

Kluane's combination of striking scenery and an abundance of wildlife, including moose, Dall sheep, and grizzly bears, make it the Yukon's most attractive wilderness destination. Trips into the park are organized from nearby Haines Junction. Due to the hazardous weather, untamed wildlife, and isolated conditions, safety measures are mandatory here.

Burwash Landing 5

88. **f** Whitehorse (867) 667 5340.

NORTHWEST OF Haines Junction by 124 km (77 miles), this little village at the western end of Kluane Lake lies just outside Kluane National Park on the Alaska Hwy. A community was established here in 1905, after a gold strike in a local creek, and Burwash Landing is now a service center. Visitors can also enjoy stunning panoramas of Kluane Lake to the south.

The village is noted for its Kluane Museum, with many animal-related exhibits, including a mammoth's tooth and numerous displays on local

natural history. Focus is also given to the traditional lifestyle of the region's tribe of Southern Tutchone native people.

m Kluane Museum

Burwash Junction. **f** (867) 841 5561.

o mid-May–mid-Sep: 9am–9pm daily. **♿** **♿**

Stewart Crossing 6

25. **f** **f** Whitehorse (867) 667 5340.

APPROXIMATELY 180 km (113 miles) east of Dawson City (see p334), Stewart Crossing is a small community at the junction of the Klondike Hwy and the Silver Trail, which leads to the small mining settlements of Mayo, Elsa, and Keno, once famous for their silver trade. During the gold rush in the late 19th century, the area was referred to as the “grub-stake,” because enough gold could be panned from the river sandbars here during the summer to buy the following

year's stake. Stewart Crossing is a modest service center that also operates as the starting-point for canoe trails on the Stewart River. Unusual for this wild terrain, these boat trips are suitable for children and beginners. Trips should be organized in Whitehorse or Dawson City.

Above the community is a scenic viewpoint that overlooks the spectacular Klondike River valley and the **Tintina Trench**. Providing in a glance visible proof of the geological theory of plate tectonics, the trench itself stretches for several hundred kilometers across the Yukon, with layers of millennia-old rock gaping open to the skies. “Tintina” means “chief” in the local native language, and this is one of the largest geological faults in the Yukon system. Stewart Crossing is an ideal place to view the trench, which runs up to here along the route of the Klondike Hwy, from a course parallel with the Yukon River that begins at Fortymile village.



Broad Valley by Stewart Crossing near the Yukon River, Yukon

The stunning beauty of a Yukon river valley in summer ▷







The Gaslight Follies Theatre in Dawson City

Dawson City 7

2,150. ☒ ☑ ☒ ☒ cnr Front & King Sts. (867) 993 5575. www.dawsoncity.ca

THE TOWN OF Dawson City came into prominence during the Klondike gold rush of 1898 (see pp46–7), when the population boomed and the city grew from a moose pasture into a bustling metropolis of some 30–40,000 people, all seeking their fortune in the new “Paris of the North.” The town continues to mine gold, but tourism is now the town’s most reliable source of income.

Dawson City Museum has exhibits on the Klondike, with features on the gold rush and artifacts from that period. A popular attraction is **Diamond Tooth Gertie’s**, the gambling hall complete with a honky-tonk piano and can-can girls.

Dawson City Museum

5th Ave. ☒ (867) 993 5291. ☐ mid-May–Sep: 10am–6pm daily; late Sep–May: by appointment. ☒ ☒

Diamond Tooth Gertie’s

cnr 4th Ave. & Queen St. ☒ (867) 993 5575. ☐ mid-May–mid-Sep: 7pm–2am daily. ☒ ☒

Inuvik 8

3,500. ☒ ☒ ☒ 2 Firth St. (867) 777 8600. www.inuvik.ca

ABOUT 770 KM (480 miles) north of Dawson City, Inuvik lies at the tip the Dempster Hwy, the most northerly road in Canada. At the heart of the Mackenzie River delta, Inuvik has only a very recent

history. Founded in the 1950s as a supply center for military projects in the NWT, the town prospered in the oil boom of the 1970s. Full of functional contemporary architecture, Inuvik’s charm lies more in its location as a very good visitors’ center for the region – there are a few hotels and

several shops, no mean feat for a town that boasts just a single traffic light. It is, nonetheless, the most visited town in the northern Arctic, popular as a craft center for the Inuit and as a starting point for a tour of the far north.

ENVIRONS: The settlement of Paulatuk lies 400 km (250 miles) east of Inuvik and is one of the smallest communities in the territory. It is well placed for hunting, fishing, and trapping game; these activities remain its staple support after many centuries. Its location is also useful as a stepping-stone

to the wilderness. Tourism is becoming popular, and trips leave from here with Inuit guides in search of wildlife. Visitors also come to see the unusual Smoking Hills nearby, which are composed of sulfide-rich sand and coal.



Inuvik welcomes its visitors

Norman Wells 9

800. ☒ ☒ ☒ NWT Tourism Office, 52nd St., Yellowknife 1 (800) 661 0788. www.normanwells.com

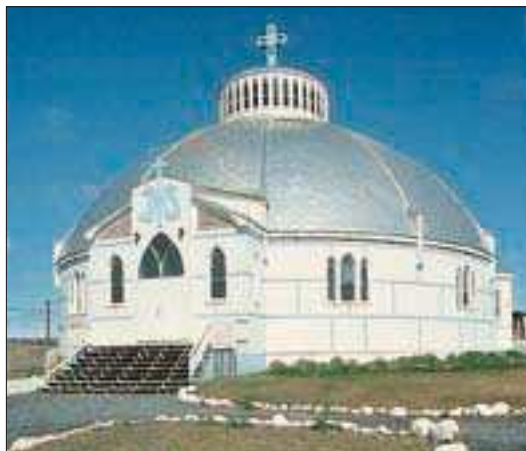
IN 1919 CRUDE OIL discoveries were made here near a small Inuit settlement. Oil production surged in World War II when the US established a pipeline to supply oil to the Alaska Highway while it was being built, and the town grew. The wells closed down in 1996.

Today Norman Wells is the starting point for the Canol Heritage Route, a long-distance path of wilderness trail through to the Canol Road above the Ross River in the Yukon Territory, which links up with the Yukon Highway system. There are few facilities along the trail, making it one of the toughest trekking paths in the world. Despite the difficulties, this is a popular destination with experienced hikers.

Nahanni National Park Reserve 10

(867) 695 2713. ☒ ☒ Fort Simpson. ☐ year round. ☒ ☒ Nahanni National Park Reserve, Box 348, Fort Simpson, NWT. www.pc.gc.ca

NAHANNI NATIONAL Park Reserve sits astride the South Nahanni River between the border with the Yukon and the small settlement of Fort Simpson. In 1978, it was



Inuvik’s town church and hall, shaped like an igloo against the climate



The vast expanses of Nahanni National Park in summer

the first place in the world to be designated a UN World Heritage Site to protect its wildlife. The park is a great wilderness with four vast river canyons, hot springs, and North America's most spectacular undeveloped waterfall, Virginia Falls. The falls, at 90 m (295 ft), are twice the height of Niagara but have less volume, and boast excellent flora and fauna. At least 13 species of fish enjoy the cascades, and more than 120 varieties of bird live overhead. Wolves, grizzly bears, and woodland caribou move freely in the park.

The park's main activities are, surprisingly, not wildlife-watching but whitewater rafting and canoeing. In summer, watersports take precedence over walking tours as the rivers thaw and the landscape bursts into bloom with wild flowers. The park can be reached by boat along the Nahanni River.

Fort Providence 11

 750.  NWT Tourism Office, 52nd St., Yellowknife 1 800 661 0788, (867) 873 7200.

THE DENE PEOPLE call this village "zhahti koe," which means mission house in their native tongue. Fort Providence began life as a Catholic mission and was later enlarged by the Hudson's Bay Company (see pp158–9), which set up an outpost here in the late 19th century. Attracted by this and

the prospect of employment, the local Dene First Nations people settled here permanently. Today the town is a Dene handicrafts center.

Just north of the village lies the Mackenzie Bison Sanctuary. The sanctuary is home to the world's largest herd of 2,000 rare pure wood bison. The park stretches for 100 km (60 miles) north along the banks of Great Slave Lake, and bison can be seen along the road.

Hay River 12

 3,600.   MacKenzie Hwy (867) 874 6522.  Jun–Sep.

SET ON THE BANKS of Great Slave Lake, the small community of Hay River is the major port in the Northwest Territories. A lifeline, the town supplies the High Arctic settlements and the northernmost towns in the country, particularly Inuvik, with essentials. When the river thaws in spring, it supplies freight. The town looks designed for the purpose it serves – the wharves are lined with barges and tugs, as well as the local fishing fleet.

Unusually for this area, Hay River's history stretches back over a millennium. The Dene moved here centuries ago, lured by the town's strategic position at the southern shore of the Great Slave Lake, for its hunting and fishing. Attractions here are based on local industry; as a shipping center, the harbor is a bustling place to spot barges. The original Dene settlement, now a village of 260 people, sits across the river north from the Old Town and welcomes visitors.



THE NORTHERN LIGHTS

The Northern Lights, or *aurora borealis*, are believed to be the result of solar winds entering the Earth's ionosphere some 160 km (100 miles) above the surface of the planet. Emanating from the sun, these winds collide with the gases present in the Earth's upper atmosphere, releasing energy that becomes visible in the night sky. The stunning consequences are visible in the Yukon and the NWT, most often from August to October. Some Inuit groups attach religious significance to the Lights, believing them to be the spirits of dead hunters, while 19th-century gold prospectors mistook them for vapors given off by ore deposits. Whatever one's beliefs, the sparkling ribbons of light are an awesome sight.

Yellowknife 13

ORIGINALLY A NATIVE Dene settlement, Yellowknife is named after the yellow-bladed copper hunting knives used by its first residents. The Hudson's Bay Company closed its outpost here in 1823 due to failing profits, but the Old Town thrived again with gold mining in the 1930s and again after 1945. With improved road communications, the city became the regional capital of the Northwest Territories in 1967. Growing bureaucratic needs and the occasional successful goldmine guaranteed that Yellowknife has flourished ever since the 1960s.



Makeshift houseboats on the Great Slave Lake

The Old Town

Just 1 km (0.5 mile) north of downtown, the Old Town is situated on an island and a rocky peninsula on Great

Slave Lake. By 1947 Yellowknife had outgrown itself, and the New Town rose from the sandy plain southward. An unusual community thrives

VISITORS' CHECKLIST

- 18,000. The Northern Frontier Regional Visitors' Centre, 4804 49th St. (867) 873 4262, 1 877 881 4262. The Caribou Carnival (Mar); Raven Mack Daze (Jun); Folk on the Rocks (Jul).
 www.northernfrontier.com

here on Yellowknife Bay, many living on makeshift houseboats. Also interesting is the variety of older architecture that can be seen from a stroll around this now residential area. Shops and accommodations are found farther south in the New Town. A good vantage point from which to survey the area is the Bush Pilot's Monument (a blue Bristol airplane) at the north end of Franklin Avenue.

The Wildcat Café

Wiley Road. (867) 873 8850.

Jun–Sep: 11am–9pm daily. &

The oldest restaurant in Yellowknife, this institution is open only during the summer. A true frontier stop, the sagging log cabin is set under the hill

YELLOWKNIFE CITY CENTER

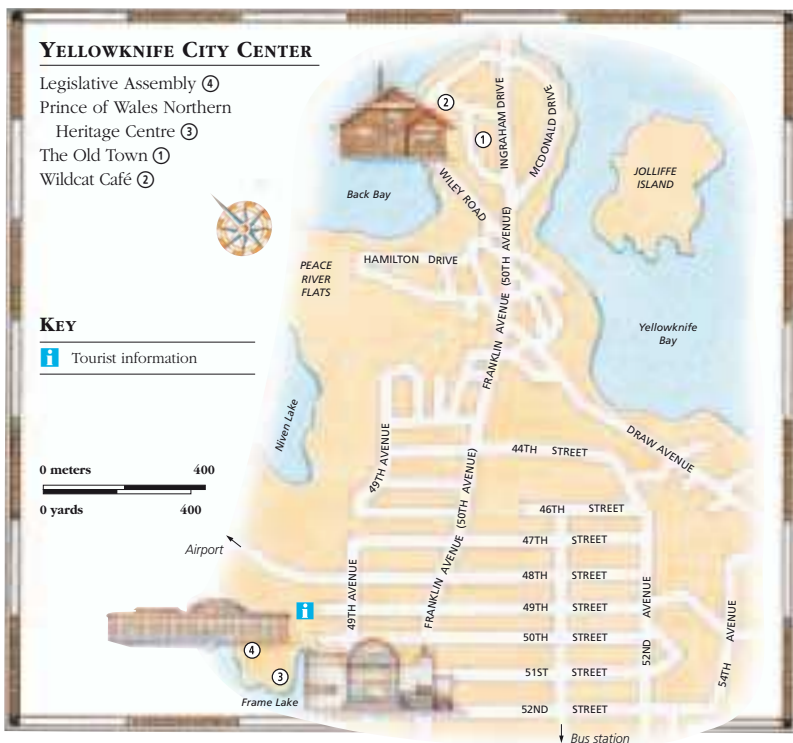
- Legislative Assembly ④
- Prince of Wales Northern Heritage Centre ③
- The Old Town ①
- Wildcat Café ②

KEY

- Tourist information

0 meters 400

0 yards 400



Bus station

of the Old Town and has been refurbished in 1930s style. Its atmospheric interior is reminiscent of the pioneer days. Rather showing its age, this establishment is the most photographed building in Yellowknife. It is also the most popular eating place – top dishes include hearty stew and fish.



Sampling the fare at the Wildcat Café is a truly northern experience

The Prince of Wales Heritage Centre

49th Street. ☎ (867) 873 7551.

☑ daily. 🌞 public holidays. 📞

This excellent local museum is a good introduction to the history of the Northwest Territories. There is a display on the lifestyles of the Dene and Inuit peoples, followed by one describing European development of the area. Another gallery retells the history of aviation in the Territories, with exhibits on natural sciences.

The Legislative Assembly

Frame Lake. ☎ (867) 669 2230.

1 800 661 0784. ☑ Mon–Fri. 📞

📅 Jul & Aug.

Built in 1993, this headquarters of local government has a tall domed roof. Signifying equal rights for all ethnic groups, the government chamber is the only round one of its kind in the country, with a large oval table to give all delegates equal responsibility, in the manner practiced by aboriginals. Decorated with paintings and Inuit art, the chamber is graced with a large polar bear rug. The official public government rooms can be toured when the council is not in session.

Rankin Inlet 14

🏠 2,058. ☎ (867) 979 4636. ☑

FOUNDED IN 1955 when North Rankin Nickel Mine opened, Rankin Inlet is the largest community in the stony plateau of Keewatin, the mainly Inuit district of Nunavut that stretches east of the Canadian Shield to Hudson Bay. This small town is the government center for the Keewatin region, whose population, now 85 percent aboriginal, has settled mainly on the coast. The Inlet is also the local tourism center.

This region is characterized by its historic rural way of life and stunning Arctic scenery.

Meliadine Park, 10 km (6 miles) from the town center, contains a traditional Thule (ancestor of the Inuit) restored native site with stone tent rings, meat stores, and semi-subterranean winter houses.

Meliadine Park

10 km (6 miles) northwest of Rankin

Inlet. ☎ (867) 645 3838. ☑ daily, weather permitting.

Baker Lake 15

🏠 1,385. ☑ ☎ (867) 793 2874.

BAKER LAKE IS geographically at the center of Canada and is the country's only inland Inuit community. Located at the source of the Thelon River, the area has always been a traditional summer gathering place for different Inuit peoples. Today it is an important center for Inuit art, especially textiles.



An Inuit igloo builder near Baker Lake, practicing this traditional skill

Heading westward, the **Thelon Game Sanctuary** can also be visited. Visitors can see herds of musk ox in their natural habitat and glimpse other indigenous animals and birds.

Thelon Game Sanctuary

300 km (200 miles) w. of Baker Lake.

☎ (867) 979 4636. ☑ daily.

Banks Island and Victoria Island 16

☎ (867) 979 4636.

LOCATED IN THE Arctic Ocean, Banks Island is home to the largest herds of musk ox in the world. They dwell in **Aulavik National Park**, on the remote northern tip of the island. This numbers among the world's most remote wildlife destinations, and is accessible only by plane. In common with large areas of the far north, trips are mostly undertaken by the wealthy and adventurous.

Split between the Northwest Territories and Nunavut, Victoria Island has a town in each – Holman in NWT and the Inuit Cambridge Bay in Nunavut, where local native people traveled each summer for char fishing and caribou and seal hunting. The town today is a service center for locals and visitors along the Arctic coast. Polar bears, musk ox, wolves, and Arctic birds live nearby.

Aulavik National Park

Sachs Harbour. ☎ (867) 690 3904.

☑ daily, weather permitting. 📞

Baffin Island 17



Purple Saxifrage
in summer

PART OF NUNAVUT, Baffin Island is one of the most remote places in North America. At 500,000 square km (193,000 square miles), the island is the fifth largest on the planet, with more than 60 percent of its landmass lying above the Arctic Circle. Sparsely populated, the island is inhabited by just 11,000 people, 9,000 of whom are Inuit. Most

people live in one of eight settlements scattered throughout the island, the chief of which is Iqaluit, capital of the province of Nunavut.

With its spectacular fjords and knife-edged mountains sparkling with glaciers, Baffin Island offers a chance to experience all the outdoor activities of the Arctic. Canoeing, kayaking, trekking, and thrilling walks are all unbeatable here. Many of the activities often take place in the company of abundant wildlife, including polar bears and whales.



Pond Inlet

Pond Inlet is a jewel in Nunavut's twinkling crown. Blessed with stunning scenery of mountains, glaciers, and icebergs, the town is surrounded by abundant Arctic marine life. Snowmobiling and dogsled rides to the floe edge are popular.

Nanisivik is the host of the Midnight Sun Marathon, held each year on July 1. Until 2002, lead and zinc were mined here.



AUYUITTUQ NATIONAL PARK

Auyuittuq is the third-largest national park in Canada at 21,470 square km (8,300 square miles). It is a rarity as one of the few national parks with land above the Arctic Circle. A spectacular destination, the park displays a pristine wilderness of mountains, valleys, and fjords. In spring the meadows thaw out from under their snowy coverlets, and wildflowers burst into bloom. Within the park borders, wildlife abounds, with animals ranging from snow geese and arctic foxes to polar bears sharing the territory. Even in the brief summer, the weather can be tricky with the risk of heavy snow. Temperatures are low year-round. The nearby town of Pangnirtung is a craft center.



Wildflowers flourish beneath Auyuittuq's frozen peaks



Cape Dorset is of interest archeologically as predecessors of the modern Inuit, the Thule and Dorset peoples, lived in this area.

KEY

- Rivers
- National Park boundary
- Viewpoint
- Domestic airport



Pangnirtung

This little town of 1,100 residents sits at the southern end of the Pangnirtung Fjord, the 100-km (62-mile) hiking trail which is the most popular on Baffin. During the summer the Pass is free of snow and can be negotiated for stupendous views of the fjord below.

VISITORS' CHECKLIST

- 11,400. Nunavut Tourism, Iqaluit (1 866 686 2888).
- Toonik Tyme (Apr), Iqaluit.
- www.nunavuttourism.com

ACCESSING CANADA'S NORTH

While tourism to Nunavut increases every year, visitors should be aware of severely limited travel and communications. The only access to these remote settlements is by air, which is very expensive compared to mainline routes. Despite the cost, the region has over 600 airports and small landing strips covering the region.



Iqaluit

Iqaluit is the gateway to exploring Baffin Island. Selected as the capital for the new territory of Nunavut (see p51), the little town has an Inuit population of about 60% and is a useful service center.



Kimmirut

Kimmirut is well known as an art colony, particularly for its Inuit stone-carvers. Slightly warmer than the rest of the island, the meadows here burst into flower during the short summer.





TRAVELERS' NEEDS



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SPECIALTY VACATIONS AND

ACTIVITIES 384-387



WHERE TO STAY

AS ONE MIGHT expect in a country of its size, Canada has a wide range of places in which to stay: from stately, world-famous hotels such as the Château Frontenac in Quebec City, to family-run bed-and-breakfasts in the countryside, the variety is immense. Canada offers excellent middle-range accommodations, and you will find rural inns, cottages to rent in



Hotel doorman

scenic spots, elegant town apartments, hostels, houseboats, and the most popular choice of all, the convenient motel. Whether you need a mid-journey bed for the night or a seasonal rental, you can always find the right place and may not even need to book in advance. The listings on pp344-59 describe in full a selection of destinations for every taste and budget.



A rental lodge in Banff National Park

GRADING AND FACILITIES

THERE IS NO government-sponsored hotel grading system in Canada, but the voluntary program "Canada Select" is usually very accurate. Each establishment is rated by numbers of stars. It is worth bearing in mind, however, that a 4-star hotel in a large city such as Toronto, for example, might not have the same level of facilities as one with the same rating in a small upscale resort with a château hotel.

The Canadian Automobile Association also operates an assessment system, mostly for hotels and motels along main highways, and these, while also non-official, are largely recognized as consistent and accurate. Air-conditioning comes as standard in most of the country during summer, except in national park lodges and cooler coastal and northern regions. Central heating country-wide is efficient. Cable TV, radio, irons and ironing boards, and coffee-making facilities are standard. Private

bathrooms are usual, but you will need to specify a bathtub or shower – also remember to ask for double or twin beds when booking a double room.

PRICES

WITH SUCH A wide range of accommodations, prices vary hugely. In a major town, the top hotel's presidential suite may command a daily rate in excess of Can\$1,000, while a hiker's hostel will provide a dormitory bed for under Can\$25. Budget hotels and B-and-Bs charge Can\$50-75 a night per person. Some prices rise in high season, but rates are discounted in low season.

RESERVATIONS

ADVANCE reservations are always recommended in the main cities, where festivals, conventions, meetings, and major sports and musical events are held year-round (see pp34-7). Provincial tourist offices or airlines (see p393) will assist in suggesting and arranging bookings.

CHILDREN

TRAVELING WITH children is relatively easy. Nearly every property will supply a cot or junior-sized bed in a parents' room. Major hotels offer baby-sitting services. A lone parent traveling with children may need written consent from the other parent under anti-abduction regulations.

DISABLED TRAVELERS

CANADA'S BUILDING laws require all new and renovated public buildings to provide wheelchair facilities with ramps, wide doors, and straight access to rooms. However, as many rural hotels date from the 19th century, facilities should always be checked in advance.



The imposing façade of The Royal York Hotel in Toronto (see p351)

LUXURY HOTELS

ALTHOUGH CANADA has few five-star hotels, the major cities boast some truly world-class establishments. The railroad age of the late 19th



Bedroom at Elmwood Inn, a B-and-B, Prince Edward Island (see p345)

century ushered in château-style hotels, which are unique Canadian architectural features. Nowadays, most of the castle-hotels, including the Château Frontenac, are owned and operated by Fairmont Hotels. Luxury chains are well represented: the Four Seasons, the Hilton, the Radisson, the Sheraton, and Westin chains operate in Toronto, Montreal, Calgary, and Vancouver.

CHAIN HOTELS

CANADA OFFERS numerous franchise and chain hotels and motels. Reliable and comfortable, if occasionally a little bland, chains vary in style and price from grand resort areas to the less expensive but equally well-known Best Western, Comfort, and Super 8. Popular with families and business travelers, many of the properties have offices for use, including fax, e-mail, and telegraph equipment. Children's facilities are usually good.

EFFICIENCY APARTMENTS

THERE IS A tremendous variety of these options available in Canada in addition to the traditional cottage rental industry. Motorhomes or RVs (Recreational Vehicles) are gaining in popularity and can be leased in all the major cities. Most nowadays have air-conditioning, refrigerators, ovens, and bathrooms. Campgrounds are found all over the country, from lush fields in the fertile southern national parks to well-insulated zones partly inhabited by the Inuit

in the north. The proliferation of this choice guarantees high quality and a well-priced stay: electrical connections, as well as laundry facilities, general store, and sports programs are often available for all ages.

For many, the cottage or cabin option is traditionally Canadian. Ontario is famous for its selection of rural vacation homes, again very well equipped, which are available weekly, monthly, or seasonally, and are always well located for nearby attractions. National parks also rent lodges and offer campgrounds.

BED-AND-BREAKFASTS

THE GROWING number of bed-and-breakfasts across Canada is testimony to their popularity. From historic inns to rustic quarters on vacation farms, each provides personalized service, a friendly local face, and insight into the region's way of life. Atlantic Canada is renowned for its

B-and-Bs, with many located in the elegant Victorian homes of historic towns. Call the provincial tourist office for a detailed list with tariffs. Most establishments have up to four rooms for rent.

ACCOMMODATIONS TAXES

BEAR IN MIND that accommodations of almost every kind are subject to two taxes on top of the basic tariff. The first, provincial sales tax, varies from province to province from about 4–9 percent. It must be paid on accommodations as well as on goods and other services. Rules vary slightly between provinces: Alberta levies only the PST on hotel and motel stays, with campsites, B-and-Bs, and guest-houses tax-free. Manitoba and Quebec offer partial rebates on accommodations tax to foreigners on production of the receipt. Forms are available from **Revenue Canada**, Visitors' Rebate Program, 275 Pope Rd., Summerside, PEI, C1N 6C6. Most provinces charge for every stay and do not offer a rebate of the PST.

The Goods and Services Tax (GST) is a standard national charge of 7 percent throughout the country; this affects most accommodation classes. In some provinces the GST and PST are combined as "general sales tax" of approximately 15 percent. Smaller hotels may not charge the GST, so inquire on arrival. However, the GST is entirely refundable to visitors. Keep receipts and contact Revenue Canada for a refund.



A bed-and-breakfast in the Rocky Mountains

Choosing a Hotel

THE HOTELS in this guide have been selected for their good value, excellent facilities, or location. This chart lists the hotels by region in the same order as the rest of the guide. The color codes of each region are shown on the thumb tabs. Entries are alphabetical within price category. For restaurant listings, see pages 364–79.

	NUMBER OF ROOMS	RESTAURANT	CHILDREN'S FACILITIES	GARDEN/TERRACE	SWIMMING POOL
NEWFOUNDLAND AND LABRADOR					
GRAND FALLS: <i>Mount Peyton Hotel</i> www.mountpeyton.com \$\$\$ 214 Lincoln Rd., NFD A2A 1P8. (709) 489 2251. (709) 489 6365. mpeyton@fortisproperties.com This friendly hotel offers hospitable service and one of the better restaurants in central Newfoundland.	150	●			
HAPPY VALLEY-GOOSE BAY: <i>Labrador Inn</i> www.labradorinn.nf.ca \$ 380 Hamilton River Rd., LAB AOP 1CO. (709) 896 3351, 1 800 563 2763. (709) 896 3927. The staff are big on northern hospitality here.	74	●			
L'ANSE AU CLAIR: <i>Northern Light Inn</i> www.northernlightinn.com \$\$ PO Box 92 L'Anse au Clair, NFD AOK 3K0. (709) 931 2332. (709) 931 2708. This family-style hotel overlooks the bay. The restaurant serves local favorites, including Caribou.	59	●			
NORRIS POINT: <i>Sugar Hill Inn</i> www.sugarhillinn.nf.ca \$\$\$ 115–129 Sextons Rd., NFD AOK 3V0. (709) 458 2147, 1 888 299 2147. (709) 458 2166. A quality inn located in the heart of Gros Morne National Park. The meals feature local seafood.	7	●			
ST. ANTHONY: <i>Haven Inn</i> www.haveninn.ca \$ Goose Cove Rd., NFD AOK 450. (709) 454 9100, 1 877 428 3646. (709) 454 2270. This modern hillside motel offers great views of St. Anthony's harbor. There are cozy fireplaces in the lounge and dining room.	29	●			
ST. JOHN'S: <i>Balmoral Inn</i> www.balmoralhouse.com \$ 38 Queens Rd., NFD A1C 2A5. (709) 754 5721, 1 877 428 1055. (709) 722 8111. This heritage property features elegant Queen Anne architecture, high ceilings, and attractive rooms decorated with antiques.	3				
ST. JOHN'S: <i>Hotel Fairmont</i> www.fairmont.com \$\$\$ Cavendish Square, NFD A1C 5W8. (709) 726 4980, 1 866 540 4450. (709) 726 2025. Managed by Fairmount Hotels. It offers views of Signal Hill and the harbor, as well as two on-site restaurants.	301	●	■	●	■
TRINITY BAY: <i>Campbell House</i> www.campbellhouse.nf.ca. \$ High St., Trinity Bay, NFD A0C 251. (1 877) 464 7700. (709) 464 3377. Two of these three waterfront homes are registered heritage properties. The oldest, built in 1842, has period antiques and decor.	5			●	
NEW BRUNSWICK, NOVA SCOTIA, AND PRINCE EDWARD ISLAND					
ANNAPOLIS ROYAL: <i>Milford House (Cottages)</i> \$\$\$ RR #4, NS B0S 1A0. (902) 532 2617, 1 877 532 5751. (902) 532 2617. www.milfordhouse.ca An earthy, but comfortable and welcoming retreat. There are no televisions in the rooms, but the establishment features a well-stocked library.	27	●		●	
BAY FORTUNE: <i>The Inn at Bay Fortune</i> \$\$\$\$ RR4, Souris, PEI COA 2B0. (902) 687 3745. (902) 687 3540. www.innatbayfortune.com This elegant seaside inn is home to one of Canada's finest restaurants (see p364).	18	●		●	
BOUCTOUCHE: <i>Le Vieux Presbytère</i> \$\$ 157 Chemin du Couvent, NB E4S 3B8. (506) 743 5568, 1 866 743 1880. (506) 743 5566. This charming Acadian country inn was built in 1880 and has gardens overlooking Bouctouche River.	22	●		●	
BRIER ISLAND: <i>Brier Island Lodge</i> www.brierisland.com \$ Westport, NS B0V 1H0. (902) 839 2300, 1 800 662 8355. (902) 839 2006. Located on a tiny island in the Bay of Fundy, this small lodge is ideally situated for coastal walks and whale-watching.	39	●			

Price categories for a standard double room per night, including breakfast (where served), taxes, and any extra service charges:
 \$ under Can\$100
 \$\$ Can\$100–\$150
 \$\$\$ Can\$150–\$200
 \$\$\$ Can\$200–\$250
 \$\$\$\$ over Can\$250

RESTAURANT
 Hotel restaurant or dining room, usually open to non-residents unless otherwise stated.
CHILDREN'S FACILITIES
 Indicates child cribs and/or a baby-sitting service available. A few hotels also provide children's portions and high chairs in the restaurant.
GARDEN/TERRACE
 Hotel with a garden, courtyard, or terrace often available for eating outside.
SWIMMING POOL
 Hotel with an indoor or outdoor swimming pool.

NUMBER OF ROOMS	RESTAURANT	CHILDREN'S FACILITIES	GARDEN/TERRACE	SWIMMING POOL
4	●			
8	●			
39				■
6		●		
213	●	■		■
103	●	■		■
34	●	■		
32				
200	●	■		
104	●	■	●	■
7				
7				

CAPE D'OR: *Cape d'Or Lighthousekeeper's Guesthouse* www.capedor.ca **\$**
 Cape d'Or Lighthouse, NS B0M 1S0. **F** (902) 670 0534.
 This remote destination is near coastal cliffs and trails on the Minas Basin. The rooms have spectacular views. **A P E**

CARAQUET: *Hotel Paulin* www.hotelpaulin.com **\$\$**
 143 Blvd. St-Pierre west, NB E1W 1B6. **F** (506) 727 9981, 1 866 727 9981.
FAX (506) 727 4808. Innkeeper Gerard Paulin is the third generation of Paulins to operate this historic seaside hotel built in 1891. **A P E**

CAVENDISH: *Kindred Spirits Country Inn and Cottages* **\$\$**
 Route 6, PEI COA INO. **F** (902) 963 2434, 1 800 461 1755. **FAX** (902) 963 2434.
www.kindredspirits.ca This charming inn is located next to Green Gables Amuse (see p76). An oasis of peace amid this busy tourist destination.
A May-Oct. TV P

CHARLOTTETOWN: *Elmwood Heritage Inn* **\$\$\$**
 121 North River Road, PEI C1A 3K7. **F** (902) 368 3310, 1 877 933 3310.
FAX (902) 628 8457. www.elmwoodinn.pe.ca elmwood@pei.sympatico.ca
 Based in Charlottetown's historic district, this is one of Canada's famous B-and-Bs. Beautifully furnished, it offers delicious food. **A TV P E**

CHARLOTTETOWN: *Delta Prince Edward Hotel* **\$\$\$\$\$**
 18 Queen St., PEI C1A 8B9. **F** (902) 566 2222, 1 866 894 1203.
FAX (902) 566 2282. www.deltaprinceedward.pe.ca The Prince Edward overlooks Charlottetown Marina. There are three on-site eateries, including a waterfront café. **A TV & P W E**

EDMUNDSTON: *Howard Johnson Hotel and Convention Centre* **\$\$**
 100 Rice St., NB E3V 1T4. **F** (506) 739 7321, 1 800 446 4656. **FAX** (506) 735 9101.
www.hojo.com Clean, friendly, and family-oriented, this hotel is attached to a 22-store mall and is close to Edmundston's attractions. **A TV & P W E**

GRAND TRACADIE: *Dalvay-by-the-Sea* **\$\$\$\$\$**
 PEI National Park, Box 8, York PEI COA 1P0. **F** (902) 672 2048.
FAX (902) 672 2741. www.dalvaybythesea.com
 This mansion was built by oil tycoon Alexander MacDonald in 1895. The restaurant specializes in island seafood (see p365). **A & P E**

HALIFAX: *Waverly Inn* www.waverlyinn.com **\$\$**
 1266 Barrington St., NS B3J 1Y5. **F** (902) 423 9346, 1 800 537 8195.
FAX (902) 425 0167. This heritage inn opened in 1876. It is just a few minutes' walk from the historic downtown of this maritime city. **A TV P E**

HALIFAX: *Delta Barrington* www.deltahotels.com **\$\$\$**
 1875 Barrington St., NS B3J 3L6. **F** (902) 429 7410, 1 877 814 7706. **FAX** (902) 420 6524.
 Located in the heart of the city's historic downtown. **A TV & P W E**

INGONISH BEACH: *Keltic Lodge* www.ingonish.com/keltic **\$\$\$\$\$**
 Middle Head Peninsula, NS B0C 1L0. **F** (902) 285 2880, 1 800 565 0444.
FAX (902) 285 2859. This grand resort is located on a rocky bluff overlooking Ingonish Harbour. Prices include a four-course dinner and breakfast. **A TV & P E**

LOUISBOURG: *Cranberry Cove Inn* **\$\$**
 12 Wolfe St., NS B1C 2J2. **F** (902) 733 2171 or 1-800-929-0222.
FAX (902) 733 2449. www.louisbourg.com/cranberrycove
 This attractive inn offers chic accommodations. **A P E**

LUNENBURG: *Lunenburg Inn* www.lunenburginn.com **\$\$**
 200 Dufferin St., NS B0J 2C0. **F** (902) 634 3963, 1 800 565 3963. **FAX** (902) 634 9419.
 Built in 1893, this beautiful Victorian building is located at the edge of Lunenburg's historic Old Town. **A P E**

Price categories for a standard double room per night, including breakfast (where served), taxes, and any extra service charges:

- (\$ under Can\$100
- (\$\$ Can\$100–\$150
- (\$\$\$ Can\$150–\$200
- (\$\$\$\$ Can\$200–\$250
- (\$\$\$\$\$ over Can\$250

RESTAURANT

Hotel restaurant or dining room, usually open to non-residents unless otherwise stated.

CHILDREN'S FACILITIES

Indicates child cribs and/or a baby-sitting service available. A few hotels also provide children's portions and high chairs in the restaurant.

GARDEN/TERRACE

Hotel with a garden, courtyard, or terrace often available for eating outside.

SWIMMING POOL

Hotel with an indoor or outdoor swimming pool.

NUMBER OF ROOMS	RESTAURANT	CHILDREN'S FACILITIES	GARDEN/TERRACE	SWIMMING POOL
29	●	■	●	
59				
238	●	■	●	■
8	●		●	■
60				
6	●			
103	●			■
26	●		●	
235	●			■
39	●		●	
21				
181	●			

MARGAREE VALLEY: Normaway Inn [W] www.normaway.com (\$\$\$) 29
691 Egypt Rd., NS B0E 2C0. [C] (902) 248 2987, 1 800 565 9463. [FAX] (902) 248 2600.
This 1920s resort is set on 100 ha (250 acres) in the Margaree Valley. It offers fishing, barn concerts, tennis, and a fine restaurant. [A] [P] [E]

MONCTON: Comfort Inn [W] www.choicehotels.ca (\$) 59
2495 Mountain Rd., NB E1G 2W4. [C] (506) 384 3175. [FAX] (506) 853 7307.
A chain motel that offers better-than-average accommodations. Close to Magnetic Hill and the Trans-Canada Highway. [A] [TV] [P] [E]

ST. ANDREWS: Algonquin Resort [W] www.fairmont.com (\$\$\$) 238
184 Adolphus St., NB E0G 2X0. [C] (506) 529 8823, 1 800 257 7544. [FAX] (506) 529 7162. This classic resort offers great views of Passamaquoddy Bay. Plenty of amenities, including an 18-hole golf course. [A] [TV] [P] [E]

ST. ANDREWS: Kingsbrae Arms, Relais & Châteaux (\$\$\$\$\$) 8
219 King St., NB E5B 1Y1. [C] (506) 529 1897. [FAX] (506) 529 1197.
[W] www.kingsbrae.com This elegant old-world inn has beautiful rooms with antiques, and superb dining. [A] [24] [TV] [P] [E]

SAINT JOHN: Country Inn and Suites (\$) 60
1011 Fairville Blvd., NB E2M 5T9. [C] (506) 635 0400, 1 888 201 1746.
[FAX] (506) 635 3818. [W] www.countryinns.com A homey atmosphere enhanced by country-style decor and a wood fire in the lounge. [A] [TV] [P] [E]

SAINT JOHN: Inn on the Cove [W] www.innonthecove.com (\$\$) 6
1371 Sand Cove Rd., NB E2M 4Z9. [C] (506) 672 7799, 1 877 257 8080.
[FAX] (506) 635 5455. This charming Victorian inn has oceanfront views and is an ideal base for exploring the Bay of Fundy. Excellent food. [A] [TV] [E]

SUMMERSIDE: Loyalist Country Inn (\$\$) 103
195 Harbour Drive, PEI C1N 5R1. [C] (902) 436 3333. [FAX] (902) 436 4304.
This is a well-appointed family hotel close to the marina. The hotel is located just 20 minutes from Confederation Bridge. [A] [TV] [P] [E]

WOLFVILLE: Blomidon Inn [W] www.blomidon.ns.ca (\$) 26
192 Main St., NS B4P 1C3. [C] (902) 542 2291, 1 800 565 2291. [FAX] (902) 542 7461.
This Victorian mansion is set back from the main street amid landscaped lawns. The inn is one of Nova Scotia's finest. [A] [P] [E]

MONTREAL

CHINATOWN: Holiday Inn Sélect Montréal Centre-Ville (\$\$\$) 235
99 Ave. Viger Ouest, QUE H2Z 1E9. [C] (514) 878 9888, 1 800 315 2621. [FAX] (514) 878 6341. [W] www.holidayinn.com Two pagodas on the roof help this modern hotel blend seamlessly into its surroundings. Miniature ponds, Chinese gardens and the *Chez Chine* restaurant dominate the lobby. [A] [TV] [P] [E]

DOWNTOWN: Hôtel de Paris (\$) 39
901 Rue Sherbrooke Est, QUE H2L 1L3. [C] (514) 522 6861. [FAX] (514) 522 1387.
The old graystone building with its fanciful turret is a short walk from the nightlife of Rue St. Denis. The rooms are comfortable. [A] [TV] [P] [E]

DOWNTOWN: Hôtel Viger [W] www.hotelviger.com (\$) 21
1001 Rue Saint-Hubert, QUE H2L 3Y3. [C] (514) 845 6058, 1 800 845 6058. [FAX] (514) 844 6068. The rooms are basic, but the rates at this small hotel are low; the location is near Vieux-Montréal, Chinatown, and Mont-Royal. [A] [TV] [P] [E]

DOWNTOWN: Hôtel Château & Tour Versailles (\$\$) 181
1808 Rue Sherbrooke Ouest, QUE H3H 1E5. [C] (514) 933 8111, 1 888 933 8111.
[FAX] (514) 933 8867. [W] www.versailleshotels.com The "château" part of this hotel is housed in two Victorian homes; the "tour" is a modern tower across the street. It has a very good French restaurant. [A] [24] [TV] [P] [E]

DOWNTOWN: Le Nouvel Hôtel www.lenouvelhotel.com 135 ● ■ ● ■ 1740 Blvd. René Lévesque Ouest, QUE H3H 1R3. (514) 931 8841, 1 800 363 6063. (514) 931 3233. Montreal's amateur comics test their talent at the Comedy Nest, the cabaret of this comfortable, modern hotel near the Centre Canadien d'Architecture.
DOWNTOWN: Clarion Hotel & Suites www.clarionmontreal.com 266 ● ● ● ● 2100 Blvd. de Maisonneuve Ouest, H3H 1K6. (514) 931 8861, 1 800 361 7191. (514) 931 7726. All suites have kitchens and dining areas, which make them ideal for families or for longer stays.
DOWNTOWN: Delta Montréal www.deltamontreal.com 456 ● ■ ● ■ 475 Ave. Président Kennedy, QUE H3A 1J7. (514) 286 1986, 1 877 286 1986. (514) 284 4342. This modern hotel has large comfortable rooms. Place des Arts and Montreal's department stores are nearby.
DOWNTOWN: Hôtel du Fort www.hoteldufort.com 124 ● ● ● ● 1390 Rue du Fort, QUE H3H 2R7. (514) 938 8333, 1 800 565 6333. (514) 938 3123. Most of the elegant rooms with kitchen facilities in this modern tower have good views of the harbor or the Montreal skyline.
DOWNTOWN: L'Hôtel de la Montagne 134 ● ● ● ● 1430 Rue de la Montagne, QUE H3G 1Z5. (514) 288 5656, 1 800 361 6262. (514) 288 9658. www.hoteldelamontagne.com A flamboyantly decorated lobby and rooftop pool make this hotel popular.
DOWNTOWN: Marriott Château Champlain www.marriott.com 611 ● ● ● ● 1 Place du Canada, QUE H3B 4C9. (514) 878 9000, 1 800 236 2427. (514) 878 6761. This tall white tower with arch-shaped windows has excellent views of Mont-Royal and the harbor.
DOWNTOWN: Montréal Bonaventure Hilton 395 ● ● ● ● 900 Place Bonaventure, QUE H5A 1B4. (514) 878 2332, 1 800 445 8667. (514) 878 3881. www.hiltonmontreal.com Built around a garden with an open-air pool that is open winter and summer, this hotel is located over the Place Bonaventure exhibition halls.
DOWNTOWN: Renaissance www.renaissance-mtl.com 459 ● ● ● ● 3625 Ave. du Parc, QUE H2X 3P8. (514) 288 6666. Rooms decorated in blond wood and pastels overlook Parc Mont-Royal. A comfortable bar dominates the lobby.
DOWNTOWN: Residence Inn by Marriott-Montréal 190 ● ● ● ● 2045 Rue Peel, QUE H3A 1T6. (514) 982 6064, 1 888 999 9494. (514) 844 8361. www.residenceinn-mtl.com All suites have fully equipped kitchens. The hotel also has a library with a fireplace.
DOWNTOWN: Hôtel La Reine Elizabeth www.fairmont.com 1050 ● ● ● ● 900 Ouest Blvd. René Lévesque, QUE H3B 4A5. (514) 861 3511, 1 800 257 7544. (514) 954 2256. This busy convention hotel is well located with comfortable rooms. The Beaver Club restaurant is on the ground floor.
DOWNTOWN: Hôtel Ritz Carlton www.ritzcarlton.com 229 ● ● ● ● 1228 Rue Sherbrooke Ouest, QUE H3G 1H6. (514) 842 4212. (514) 842 4907. Richard Burton and Elizabeth Taylor had one of their two weddings in this Edwardian-style hotel. The Ritz Garden is a good place for tea, and the Café de Paris is a fine French restaurant.
DOWNTOWN: Loews Hôtel Vogue www.loewshotel.com 142 ● ● ● ● 1425 Rue de la Montagne, QUE H3G 1Z3. (514) 285 5555. (514) 849 8903. The Vogue's elegantly decorated lobby looks out onto one of Montreal's trendiest streets. Its rooms are large and well equipped and each one has a whirlpool bath.
DOWNTOWN: Omni Montreal www.omnihotels.com 299 ● ● ● ● 1050 Rue Sherbrooke Ouest, QUE H3A 2R6. (514) 284 1110, 1 800 THEOMNI. (514) 845 3025. The marble lobby of this modern hotel has a wonderful restaurant/ bar with windows overlooking the street.
PLATEAU MONT-ROYAL: Le Jardin d'Antoine 25 ● ● ● ● 2024 Rue St.-Denis, QUE H2X 3K7. (514) 843 4506, 1 800 361 4506. (514) 281 1491. www.hotel-jardin-antoine.qc.ca The pretty garden that gives this hotel its name offers a peaceful respite from the nearby cafés and night-clubs. The more deluxe rooms at the back overlook the garden.

Price categories for a standard double room per night, including breakfast (where served), taxes, and any extra service charges:

- (\$)
- (\$\$) Can\$100–\$150
- (\$\$\$) Can\$150–\$200
- (\$\$\$\$) Can\$200–\$250
- (\$\$\$\$\$) over Can\$250

RESTAURANT

Hotel restaurant or dining room, usually open to non-residents unless otherwise stated.

CHILDREN'S FACILITIES

Indicates child cribs and/or a baby-sitting service available. A few hotels also provide children's portions and high chairs in the restaurant.

GARDEN/TERRACE

Hotel with a garden, courtyard, or terrace often available for eating outside.

SWIMMING POOL

Hotel with an indoor or outdoor swimming pool.

NUMBER OF ROOMS	RESTAURANT	CHILDREN'S FACILITIES	GARDEN/TERRACE	SWIMMING POOL
21				●
9				
27	●		●	
357	●			■
61	●	■		
120	●			
9	●		●	
30	●	■	●	■
149	●	■	●	■
48	●		●	■
7	●		●	
84	●			■

PLATEAU MONT-ROYAL: Auberge de la Fontaine (\$\$\$)

1301 Rue Rachel Est, QUE H2J 2K1. ☎ (514) 597 0166, 1 800 597 0597. FAX (514) 597 0496. W www.aubergedelafontaine.com Two Second-Empire homes have been converted into a stylish, eccentrically decorated hotel. 🍷 TV ♿

VIEUX MONTRÉAL: Auberge les Passants du Sans Soucy (\$\$)

171 Rue Saint-Paul Ouest, QUE H2Y 1Z9. ☎ (514) 842 2634. FAX (514) 842 2912. W www.lesanssoucy.com The lobby of this tiny hotel is a functioning art gallery. 🍷 TV ♿

VIEUX MONTRÉAL: Auberge du Vieux-Port (\$\$\$)

97 Rue de la Commune Est, QUE H2Y 1J1. ☎ (514) 876 0081, 1 888 660 7678. FAX (514) 876 8923. W www.aubergeduvieuxport.com This romantic hotel overlooks the Vieux Port. The roof terrace is ideal for drinks or tea. 🍷 P ♿

VIEUX MONTRÉAL: Hôtel Inter-Continental Montréal (\$\$\$\$\$)

360 Rue Saint-Antoine Ouest, QUE H2Y 3X4. ☎ (514) 987 9900. FAX (514) 847 8550. W www.intercontinental.com Roof turrets on this hotel help it blend into a row of 19th-century buildings. 🍷 24 TV P ♿

VIEUX MONTRÉAL: Hotel le Saint James (\$\$\$\$\$)

355 St. Jaques, QUE H2Y 1N9. ☎ (514) 841 3111, 1 866 841 3111. FAX (514) 841 1232. W www.hotelstjames.com Each room in the elegant historical building has its own feel and personality. Luxurious facilities. 24 TV P ♿

VIEUX MONTRÉAL: Hotel Saint Paul (\$\$\$\$\$)

355 Rue McGill, QUE H2Y 2E8. ☎ (514) 380 2222, 1 866 380 2202. FAX (514) 380 2200. W www.hotelstpaul.com A historic landmark, this hotel's classical beaux arts exterior houses an elegant and modern decor which has won several design awards. 🍷 TV P ♿

VIEUX MONTRÉAL: Pierre du Calvet AD 1725 (\$\$\$\$\$)

405 Rue Bonsecours, QUE H2Y 3C3. ☎ (514) 282 1725. FAX (514) 282 0456. W www.pierreducalvet.ca Fireplaces, marble bathrooms, antique furniture, and Oriental rugs grace this historic hotel's rooms. 🍷 ♿

QUEBEC CITY AND THE ST. LAWRENCE RIVER**BAIE SAINT-PAUL: Auberge La Maison Otis** (\$\$\$\$\$)

23 Rue Saint-Jean-Baptiste, QUE G3Z 1M2. ☎ (418) 435 2255, 1 800 267 2254. FAX (418) 435 2464. W www.maisonotis.com At the heart of this inn is an old stone house with seven exquisite rooms and one of the finest restaurants in the area. 🍷 TV P ♿

CÔTE NORD: Hôtel Tadoussac W www.hoteladoussac.com (\$\$\$\$\$)

165 Rue du Bord-de-l'Eau, Tadoussac, QUE G0T 2A0. ☎ (418) 235 4421, 1 888 222 3307. FAX (418) 235 4607. Canada Steamships built this hotel in 1942 for its passengers. Rates include breakfast and dinner. ☉ Oct-May. 🍷 24 TV P ♿

GASPÉ: La Gîte du Mont-Albert W www.sepaq.com (\$\$)

Parc de la Gaspésie, QUE G0E 2G0. ☎ (418) 763 2288. FAX (418) 763 7803. This mountain inn looks like a hunting lodge, enhanced by its rustic decor. The hotel also rents cottages. ☉ Oct-Feb. 🍷 ♿ P ♿

ÎLES-DE-LA-MADELEINE: Hôtel au Vieux Couvent (\$) 7

Havre-aux-Maisons, QUE G0B 1K0. ☎ (418) 969 2233. FAX (418) 969 4693. A former convent school, the dormitories have been converted into bedrooms, and the chapel is a seafood restaurant. ☉ Sep-Jun. 🍷 P ♿

LAC-SAINT-JEAN: Hôtel du Jardin (\$\$\$) 84

1400 Blvd. du Jardin, Saint-Félicien, QUE G8K 2N8. ☎ (418) 679 8422, 1 800 463 4927. FAX (418) 679 4459. This comfortable modern hotel makes a good base for exploring the Lac-Saint-Jean area. 🍷 TV ♿ P ♿

PERCÉ: <i>Hôtel-Motel La Normandie</i> www.normandieperce.com 45 ● ■ ● ■ 221 Route 132 east, Cap de Foi, QUE G0C 2L0. (418) 782 2112, 1 800 463 0820. (418) 782 2337. Most of the rooms of this inn overlook the sea and Rocher Percé. A fine seafood restaurant is on site.	
POINTE-AU-PIC: <i>Manoir Richelieu</i> www.fairmont.com 405 ● ■ ● ■ 181 Rue Richelieu, QUE 65A 1X7. (418) 665 3703, 1 800 257 7544. (418) 665 7736. This stone castle sits on a cliff surrounded by gardens overlooking the estuary.	
QUEBEC CITY: <i>Hôtel Particulier Belley</i> 8 249 Rue Saint-Paul, QUE G1K 3W5. (418) 692 1694. (418) 692 1696. This old tavern is next to the Marché du Vieux-Port. Some rooms have bare brick walls and others have skylights.	
QUEBEC CITY: <i>Le Priori</i> www.hotellepriori.com 26 ● ■ ● ■ 15 Rue Sault-au-Matelot, QUE G1K 3Y7. (418) 692 3992, 1 800 351 3992. (418) 692 0883. A whimsical little hotel at the foot of Cap Diamant. Many rooms have stone walls but modern furniture.	
QUEBEC CITY: <i>Hôtel Clarendon</i> www.hotelclarendon.com 143 ● ● ■ ● ■ 57 Rue Sainte-Anne, QUE G1R 3X4. (418) 692 2480, 1 888 222 3304. (418) 692 4652. The interior of this 1870 hotel is an Art Deco delight. There is live jazz in the lobby every evening.	
QUEBEC CITY: <i>Hôtel Dominion</i> www.hoteldominion.com 40 126 Rue Saint-Pierre, QUE G1K 4A8. (418) 692 2224, 1 888 833 5253. (418) 692 4403. Old photographs decorate the high-ceilinged rooms in this 1912 building.	
QUEBEC CITY: <i>Château Frontenac</i> www.fairmont.com 611 ● ■ ● ■ 1 Rue des Carrières, QUE G1R 4A7. (418) 692 3861, 1 800 251 7544. (418) 692 1751. Probably the most photographed hotel in Canada. Its baronial exterior is reflected inside in the wide hallways, wood paneling, and stonework. The rooms on the river have magnificent views.	
RIVIÈRE-DU-LOUP: <i>Hôtel Lévesque</i> 91 ● ■ ● ■ 171 Rue Fraser, QUE G5R 1E2. (418) 862 6927. (418) 867 5827. This waterfront hotel is ideal for families, with its pool, beach, and big rooms. It has two restaurants, one offering simple fare, the other specializing in gourmet menus.	
SEPT-ÎLES: <i>Hôtel Sept-Îles</i> 113 ● ● ■ ● ■ 451 Ave. Arnaud, QUE G4R 3B3. (418) 962 2581, 1 800 463 1753. (418) 962 6918. In the 1960s and 70s Sept-Îles' workers were the highest paid in Canada and spent their wages in the restaurant in this bayside hotel.	
SOUTHERN AND NORTHERN QUEBEC	
GATINEAU: <i>Auberge de la Gare</i> 42 205 Blvd. Saint-Joseph, QUE J8Y 3X3. (418) 266 2165, 1 877 778 8977. Serviceable, comfortable hotel in the heart of downtown Gatineau, close to the bridge and the attractions of Ottawa.	
LAURENTIAN MOUNTAINS: <i>Auberge de la Montagne-Coupée</i> 48 ● ■ ● ■ 1000 Chemin Montagne-Coupée, QUE J0K 2S0. (450) 886 3891, 1 800 363 8614. (450) 886 5401. www.montagnecoupee.com This modern establishment has a glass wall that looks out onto the mountains. Rates include breakfast and dinner.	
LAURENTIAN MOUNTAINS: <i>Hôtel Far Hills Inn</i> www.farhillsinn.com 70 ● ● ■ ● ■ Val-Morin, QUE J0T 2R0. (819) 322 2014, 1 800 567 6636. (819) 322 1995. This mountaintop resort has its own lake, tennis courts, and 130 km (80 miles) of hiking and cross-country ski trails.	
LAURENTIAN MOUNTAINS: <i>Auberge Le Rouet</i> 30 ● ● ■ ● ■ 1288 Rue Lavoie, Val-David, QUE J02 2N0. (819) 322 3221, 1 800 537 6838. www.aubergelerouet.com Pine trees and cross-country ski trails surround this rustic lodge. Rates include three meals served in a log-paneled dining room.	
LAURENTIAN MOUNTAINS: <i>Château Mont-Tremblant</i> 314 ● ■ ● ■ Station-de-Ski Mont Tremblant, QUE J0T 1Z0. (819) 681 7000, 1 800 257 7544. (819) 681 7644. www.fairmont.com This luxury hotel brings big-city amenities into the Laurentian wilderness.	

Price categories for a standard double room per night, including breakfast (where served), taxes, and any extra service charges:

- \$ under Can\$100
 \$\$ Can\$100–\$150
 \$\$\$ Can\$150–\$200
 \$\$\$\$ Can\$200–\$250
 \$\$\$\$\$ over Can\$250

RESTAURANT

Hotel restaurant or dining room, usually open to non-residents unless otherwise stated.

CHILDREN'S FACILITIES

Indicates child cribs and/or a baby-sitting service available. A few hotels also provide children's portions and high chairs in the restaurant.

GARDEN/TERRACE

Hotel with a garden, courtyard, or terrace often available for eating outside.

SWIMMING POOL

Hotel with an indoor or outdoor swimming pool.

NUMBER OF ROOMS	RESTAURANT	CHILDREN'S FACILITIES	GARDEN/TERRACE	SWIMMING POOL
38	●		●	■
40	●		●	■
22	●			
211	●	■	●	■
41	●		●	■
51	●			
159	●	■		■
TORONTO				
710	●	■	●	■
250	●	■	●	■
287	●			
538	●			■
56				

MAGOG: *Auberge l'Étoile sur le Lac* [W](http://www.etoile-sur-le-lac.com) www.etoile-sur-le-lac.com **\$\$**
 1150 Ouest Rue Principale, QUE J1X 2B8. **T** (819) 843 6521, 1 800 567 2727. **FAX** (819) 843 5007. Many of the rooms have balconies overlooking Lac Memphrémagog. In summer, meals are served on the lakeside terrace. **A** **TV** **&** **P** **E**

NORTH HATLEY: *Auberge Hovey Manor* [W](http://www.hoveymanor.com) www.hoveymanor.com **\$\$\$\$**
 Route 108 E. (Chemin Hovey), QUE JOB 2C0. **T** (819) 842 2421. **FAX** (819) 842 2248. Modeled on George Washington's Virginia home, many of the rooms here have fireplaces and four-poster beds. **A** **TV** **P** **E**

NUNAVIK: *Auberge Kuujuaq* **\$\$\$\$\$**
 Kuujuaq, QUE J0M 1C0. **T** (819) 964 2903. **FAX** (819) 964 2031. Lodging in Quebec's far north tends to be scarce and expensive. Book well ahead for a room in this little hotel. **A** **TV** **P** **E**

OUTAOUAIS: *Château Montebello* [W](http://www.fairmont.com) www.fairmont.com **\$\$\$\$\$**
 392 Rue Notre-Dame, Montebello, QUE J0V 1L0. **T** (819) 423 6341, 1 800 257 7544. **FAX** (819) 423 5283. Canadian workers built one of the largest log structures in the world during the Depression. It is now part of this charming riverside resort with golf course, riding trails, and tennis courts. **A** **TV** **U** **P** **E**

RICHELIEU VALLEY: *Hostellerie Les Trois Tilleuls* **\$\$\$**
 290 Rue Richelieu, Saint-Marc-sur-Richelieu, QUE J0L 2E0. **T** (514) 856 7787. [W](http://www.lestroistilleuls.com) www.lestroistilleuls.com This member of the Château & Relais organization is set in farm country one hour's drive from Montreal. Every room has a balcony overlooking the Richelieu River. **A** **TV** **P** **E**

ROUYN-NORANDA: *Hôtel Albert* **\$**
 84 Ave. Principale, QUE J9X 4P2. **T** (819) 762 3545. **FAX** (819) 762 7157. This old-fashioned downtown hotel was renovated in 1997 and has large comfortable rooms with some original features. **A** **TV** **P** **E**

TROIS-RIVIÈRES: *Delta Trois-Rivières* [W](http://www.deltahotels.com) www.deltahotels.com **\$**
 1620 Rue Notre-Dame, QUE G9A 6E5. **T** (819) 376 1991, 1 877 814 7706. **FAX** (819) 372 5975. This modern hotel is just a short walk from the old section of Trois-Rivières and the walkways along the St. Lawrence River. **A** **TV** **&** **P** **E**

















































































AIRPORT: *Regal Constellation Hotel* [W](http://www.regal-hotels.com) www.regal-hotels.com **\$\$**
 900 Dixon Rd., ONT M9W 1J7. **T** 416 675 1500. **FAX** 416 675 4611. This appealing chain hotel, situated close to the airport, has a splendid seven-story glass lobby. **A** **24** **TV** **P** **E**

AIRPORT: *Delta Toronto Airport Hotel* [W](http://www.deltahotels.com) www.deltahotels.com **\$\$\$**
 801 Dixon Rd, ONT M9W 1J5. **T** 416 675 6100, 1 877 814 7706. **FAX** 416 675 4022. A well-maintained modern hotel offering easy access to the airport. It has a lot of pool tables. **A** **TV** **&** **P** **E**

DOWNTOWN: *Bond Place Hotel* [W](http://www.bondplacehoteltoronto.com) www.bondplacehoteltoronto.com **\$\$**
 65 Dundas St. East, ONT M5B 2G8. **T** 416 362 6061. **FAX** 416 360 6406. Right in the center of downtown, a short walk from the Eaton Centre, this simple hotel is popular with package-tour operators. **A** **TV** **U** **E**

DOWNTOWN: *Days Hotel & Conference Centre* **\$\$\$**
 30 Carlton St., ONT M5B 2E9. **T** 416 977 6655. **FAX** 416 977 0502. A standard hotel, which has competitively priced, plain but functional rooms. It occupies a high-rise near College subway. **A** **TV** **P** **E**

DOWNTOWN: *Hotel Victoria* [W](http://www.hotelvictoria-toronto.com) www.hotelvictoria-toronto.com **\$\$**
 56 Yonge St., ONT M5E 1G5. **T** 416 363 1666. **FAX** 416 363 7327. reception@hotelvictoria.on.ca Pocket-sized hotel situated in the heart of the city. It has pleasant, European-style rooms. **A** **TV** **P** **E**

DOWNTOWN: Howard Johnson Yorkville  www.hojo.com \$\$ 71 89 Avenue Rd., ONT M5R 2G3. T 416 964 1220. FAX 416 964 8692. This modest hotel has a good location on the edge of Yorkville. The modern rooms are well maintained and spacious.    					
DOWNTOWN: Delta Chelsea Inn  www.deltachelsea.com \$\$\$ 1591 33 Gerrard St. W, ONT M5G 1Z4. T 416 595 1975. FAX 416 585 4302. Located close to the Eaton Centre, this is the biggest hotel in Toronto, with outstanding leisure facilities. There is an indoor waterslide for children. The rooms are spacious and attractively furnished.  24    					
DOWNTOWN: Marriott Courtyard  www.marriott.com \$\$\$ 575 475 Yonge St., ONT M4Y 1X1. T 416 924 0611. FAX 416 924 8692. While primarily a “business hotel,” there’s plenty here for the casual traveler too, from spacious rooms to coffee stores and a cocktail lounge.     					
DOWNTOWN: Novotel Toronto Centre  www.novotel.com \$\$\$ 262 45 The Esplanade, ONT M5E 1W2. T 416 367 8900. FAX 416 360 8285. This stylish establishment occupies a beautiful converted Art Deco building close to Union Station.     					
DOWNTOWN: Quality Hotel Downtown \$\$\$ 196 111 Lombard St., ONT M5C 2T9. T 416 367 5555. FAX 416 367 3470. An unassuming city center hotel with spotless rooms, continental deluxe breakfast included. It is located on a quiet street.    					
DOWNTOWN: Ramada Hotel and Suites \$\$\$ 102 300 Jarvis St., ONT M5B 2C5. T 416 977 4823. FAX 416 977 4830.  www.ramadahotelandsuites.com A convenient, high-rise hotel located on bustling Jarvis Street, five minutes’ walk east of Yonge. The hotel is a popular spot with visiting businessfolk.     					
DOWNTOWN: Renaissance Toronto Hotel at SkyDome \$\$\$ 348 1 Blue Jay Way, ONT M5V 1J4. T 416 341 7100. FAX 416 341 5091.  www.renaissancehotels.com Much loved by baseball fans, this hotel forms part of the SkyDome sports stadium (see p169). Some of the rooms actually overlook the playing area.     					
DOWNTOWN: Sutton Place Hotel  www.suttonplace.com \$\$\$ 294 955 Bay St., ONT M5S 2A2. T 416 924 9221. FAX 416 924 1778. This trendy hotel is popular with visiting actors and politicians alike. The rooms are well appointed and just a few steps from the city’s business and main shopping areas.       					
DOWNTOWN: Cambridge Suites Hotel \$\$\$\$ 229 15 Richmond St. E., ONT M5C 1N2. T 416 368 1990. FAX 416 601 3751.  www.cambridgesuitestoronto.com Situated in the heart of Toronto’s shopping district, this very spacious hotel has only suites. Each one has a living room and a fully-equipped work area.     					
DOWNTOWN: Radisson Plaza Hotel Admiral \$\$\$ 157 249 Queens Quay W., ONT M5J 2N5. T 416 203 3333. FAX 416 203 3100.  www.toronto.com/radissonadmiral Prestigious hotel occupying a prime waterfront location. It has stylish, comfortable rooms.     					
DOWNTOWN: Royal York  www.fairmont.com \$\$\$\$ 1365 100 Front St. W, ONT M5J 1E3. T 416 368 2511, 1 800 257 7544. FAX 416 368 9040. When it was completed in the 1920s, the Royal York (see p169) was the largest hotel in the British Empire. The public areas have now been refurbished to their original grandeur.      					
DOWNTOWN: Sheraton Centre Toronto Hotel \$\$\$\$ 1377 123 Queen St. W, ONT M5H 2M9. T 416 361 1000. FAX 416 947 4801.  www.sheratontoronto.com A massive hotel right in the center of Toronto, boasting a superb indoor-outdoor swimming pool, a waterfall garden, and duck pond.      					
DOWNTOWN: The Westin Harbour Castle  www.westin.com \$\$\$ 980 1 Harbour Square, ONT M5J 1A6. T 416 869 1600. FAX 416 361 7448. A prestige waterfront hotel, many of the rooms offer views of Lake Ontario. It also has a rooftop restaurant.      					

Price categories for a standard double room per night, including breakfast (where served), taxes, and any extra service charges:

- ⑤ under Can\$100
- ⑤⑤ Can\$100–\$150
- ⑤⑤⑤ Can\$150–\$200
- ⑤⑤⑤⑤ Can\$200–\$250
- ⑤⑤⑤⑤⑤ over Can\$250

RESTAURANT

Hotel restaurant or dining room, usually open to non-residents unless otherwise stated.

CHILDREN'S FACILITIES

Indicates child cribs and/or a baby-sitting service available. A few hotels also provide children's portions and high chairs in the restaurant.

GARDEN/TERRACE

Hotel with a garden, courtyard, or terrace often available for eating outside.

SWIMMING POOL

Hotel with an indoor or outdoor swimming pool.

NUMBER OF ROOMS	RESTAURANT	CHILDREN'S FACILITIES	GARDEN/TERRACE	SWIMMING POOL
380	●	■	●	■
210	●	■	●	■
294	●			
459	●			■
298	●	■	●	■
50	●			
72	●			■
25	●		●	■
23	●		●	
23				
28	●			
23				

DOWNTOWN: Four Seasons Hotel [W] www.fourseasons.com ⑤⑤⑤⑤⑤ 380
21 Avenue Rd., ONT M5R 2G1. ☎ 416 964 0411, 1 800 819 5053. FAX 416 964 2301. This luxurious hotel is popular with visiting celebrities. Located in chic Yorkville, a short walk north of Bloor Street. 📺 24 TV P ♣ 📧

DOWNTOWN: Hotel Intercontinental Toronto ⑤⑤⑤⑤⑤ 210
220 Bloor Street W., ONT M5S 1T8. ☎ 416 960 5200. FAX 416 960 8269. [W] www.toronto.interconti.com In the heart of fashionable Yorkville, this hotel has many amenities for business travelers. 📺 24 TV & P ♣ 📧

DOWNTOWN: King Edward Hotel ⑤⑤⑤⑤⑤ 294
37 King Street E., ONT M5C 1E9. ☎ 416 863 3131. FAX 416 367 5515. www.lemeridien-hotels.com Elegant hotel with attractive rooms. The doormen are the most stylish in town. 📺 24 TV ♣ 📧

DOWNTOWN: Toronto Marriott Eaton Centre ⑤⑤⑤⑤⑤ 459
525 Bay St., ONT M5G 2L2. ☎ 416 597 9200. FAX 416 597 9211. [W] www.marriott.com Ardent shoppers need look no further than this elegant hotel adjoining the Eaton Centre. 📺 TV & P ♣ 📧

NORTH YORK: Crowne Plaza Toronto Don Valley ⑤⑤⑤⑤ 298
1100 Eglinton Ave. E, ONT M3C 1H8. ☎ 416 449 4111. FAX 416 385 6700. [W] www.cptdv.com A pleasant chain hotel located in the leafy Don River Valley. Specializes in family packages, including free meals for kids. 📺 TV P ♣ 📧

OTTAWA AND EASTERN ONTARIO

ALGONQUIN PROVINCIAL PARK: Arowhon Pines Hotel ⑤⑤⑤⑤ 50
off Hwy 60, Algonquin Provincial Park, ONT P1H 2G5. ☎ (705) 633 5661. ☎ (1 416) 483 4393 (winter). FAX (705) 633 5795. [W] www.arowhonpines.ca The food inspires rave reviews. Rates include three meals a day. 📺 Nov–Apr. 📺 & P 📧

BROCKVILLE: Royal Brock Hotel and Resort [W] www.hotelbook.com ⑤⑤ 72
100 Stewart Blvd., ONT K6V 4W3. ☎ (613) 345 1400. FAX (613) 345 5402. Selected as one of the finest small hotels in Canada, the Brock offers award-winning cuisine prepared by a European chef. 📺 TV P ♣ 📧

HALIBURTON: Sir Sam's Inn [W] www.sirsamsinn.com ⑤⑤⑤ 25
Eagle Lake, ONT KOM 1N0. ☎ (705) 754 2188, 1 800 361 2188. FAX (705) 754 4262. This is an adults-only resort located in the heart of the highlands. Rates include a four-course dinner. 📺 Apr & Dec. 📺 TV P 📧

KAWARTHA LAKES: Eganridge Inn & Country Club ⑤⑤⑤ 23
RR3 Fenelon Falls, ONT KOM 1N0. ☎ (705) 738 5111, 1 888 452 5111. [W] www.eganridge.com Originally an 18th-century country estate, Eganridge is now an elegant inn located on Sturgeon Lake, on the Trent-Seven Waterway. 📺 Jan. 📺 TV & P 📧

KINGSTON: Marine Museum of the Great Lakes at Kingston ⑤ 23
55 Ontario St., ONT K7L 2Y2. ☎ (613) 542 2261. FAX (613) 542 0043. [W] www.marmuseum.ca These modest comfortable ship's cabins are a few blocks from the downtown area. 📺 Oct–Apr. P 📧

KINGSTON: Prince George Hotel [W] www.theprincegeorgehotel.com ⑤⑤ 28
200 Ontario St., ONT K7L 2Y9. ☎ (613) 547 9037. FAX (613) 547 0056. Built as a private home in 1809, it has been operating as a hotel for more than 150 years. Within walking distance of all attractions. 📺 TV 📧

KINGSTON: Hochelaga Inn [W] www.hochelagainn.com ⑤⑤⑤ 23
24 Sydenham St., ONT K7L 3G9. ☎ (613) 549 5534, 1 877 933 9433. FAX (613) 549 5534. Located in the heart of historic Kingston, this lovely old Victorian manor

hotel is the perfect place to pamper yourself. 📺 TV P					
NORTH BAY: <i>Pinewood Park Inn and Conference Centre</i> \$\$\$ 102 ● ● ■ 201 Pinewood Park Drive, ONT P1B 8J8. ☎ (705) 472 0810. 📠 (705) 472 4427. 🌐 www.clarionresortpineoodpark.com This well kept motel is five minutes from the Dionne Quints Museum (see p201). 📺 TV 📞 P 📠 📧					
OTTAWA: <i>Gasthaus Switzerland Bed & Breakfast Inn</i> \$\$\$ 22 89 Daly Ave., ONT K1N 6E6. ☎ (613) 237 0335. 📠 (613) 594 3327. 🌐 www.gasthausswitzerlandinn.com A charming old stone house just two blocks south of Rideau St. and the Byward Market (see p194). 📺 📞					
OTTAWA: <i>Lord Elgin Hotel</i> 🌐 www.lordelginhotel.ca \$\$\$ 250 100 Elgin St., ONT K1P 5K8. ☎ (613) 235 3333, 1 800 267 4298. 📠 (613) 235 3223. This is a 1940s hotel offering a great value in a prime location across from the National Arts Centre. 📺 TV P 📞 📠 📧					
OTTAWA: <i>Delta Inn</i> 🌐 www.deltahotels.com \$\$\$ 328 ● ■ ■ 361 Queen St., ONT K1R 7S9. ☎ (613) 238 6000, 1 877 814 7066. 📠 (613) 238 2290. Spacious, modern rooms, and the lobby fireplace is particularly attractive. 📺 TV 📞 P 📞 📧					
OTTAWA: <i>Château Laurier Hotel</i> 🌐 www.fairmont.com \$\$\$ 428 ● ■ ■ 1 Rideau St., ONT K1N 8S7. ☎ (613) 241 1414, 1 800 257 7544. 📠 (613) 562 7030. This famous old hotel looks like a French château and is close to Parliament Hill. 📺 TV 📞 📧					
THE GREAT LAKES					
BAYFIELD: <i>The Little Inn of Bayfield</i> 🌐 www.littleinn.com \$\$\$ 29 ● ■ ● Main Street, ONT NOM 1G0. ☎ (519) 565 2611, 1 800 565 1832. 📠 (519) 565 5474. One of the most charming hotels in Ontario occupies a restored 19th-century timber-and-brick building on the shores of Lake Huron. The rooms are decorated in period style. 📺 TV 📞 P 📞 📧					
MIDLAND: <i>Park Villa Motel</i> \$ 41 751 Yonge St. W., ONT L4R 2E1. ☎ (705) 526 2219. 📠 (705) 526 1346. Midland is short on amenities, but this standard motel, 2 km (1 mile) from the waterfront, with air-conditioned rooms is pleasant. 📺 TV P 📞 📧					
NIAGARA FALLS: <i>Sheraton on the Falls</i> \$\$\$ 670 ● ● ■ 5875 Falls Ave., ONT L2E 6W7. ☎ (905) 374 4444. 📠 (905) 371 0157. 🌐 www.niagarafallshotels.com One of Niagara's older hotels, this pleasant establishment stands at the foot of Clifton Hill. The bedrooms on the upper floors provide spectacular views of the Falls. 📺 TV P 📞 📧					
NIAGARA FALLS: <i>Oakes Hotel Overlooking the Falls</i> \$\$\$ 241 ● ● ■ 6546 Fallsview Blvd., ONT L2G 3W2. ☎ (905) 356 4514. 📠 (905) 356 3651. 🌐 www.niagarahospitalityhotels.com A dapper hotel by any standard, the Oakes is a sprightly high-rise offering great views of the Falls. 📺 TV P 📞 📞 📧					
NIAGARA FALLS: <i>Quality Inn Fallsview</i> 🌐 www.fallsresort.com \$\$\$ 274 ● ● ■ 4946 Clifton Hill, ONT L2E 6S8. ☎ (905) 358 3601 or 1 800 263 7137 📠 (905) 358 3818. This Quality Inn is a modern, motel-style place within earshot of the Falls. The rooms are spacious. 📺 TV P 📞 📧					
NIAGARA FALLS: <i>Sheraton Fallsview Hotel</i> \$\$\$ 407 ● ● ■ 6755 Fallsview Blvd., ONT L2G 3W7. ☎ (905) 374 1077. 📠 (905) 374 6224. 🌐 www.fallsview.com 📧 sheraton@fallsview.com Luxurious hotel providing panoramic views of the Falls. The restaurant is one of the best in town. 📺 TV P 📞 📞 📧					
NIAGARA-ON-THE-LAKE: <i>Globetrotters Bed and Breakfast</i> \$\$\$ 3 ● ● ■ 642 Simcoe St., ONT L0S 1J0. ☎ (905) 468 4021, 1 866 835 4446. 📠 (905) 468 2382. 🌐 www.globetrottersbb.ca This unique and charming bed-and-breakfast has beautifully appointed rooms which include Moulin Rouge, the Sultan's Tent, and Crystal Palace. Gourmet breakfasts. 📞 P 📞 📧					
NIAGARA-ON-THE-LAKE: <i>Prince of Wales Hotel</i> \$\$\$ 108 ● ● ■ 6 Picton St., ONT L0S 1J0. ☎ (905) 468 3246. 📠 (905) 468 5521. 🌐 www.vintageinns.com This stylish hotel occupies a tastefully refurbished old building right in the center of town. 📺 TV 📞 P 📞 📧					
SAULT STE. MARIE: <i>Quality Inn Bay Front</i> \$\$\$ 110 ● ● ■ 180 Bay Street, P6A 6S2. ☎ (705) 945 9264. 📠 (705) 945 9766.					

www.hotelsask.com Well appointed rooms and complementary airport pickup. Convenient for downtown stores.						
RIDING MOUNTAIN NATIONAL PARK: <i>Clear Lake Lodge</i> \$ 16 Wasagaming, MAN R0J 2H0. (204) 848 2345. (204) 848 2209. www.clearlakelodge.com The comfortable living room has a fireplace and guests have their own refrigerator in the common kitchen. Nov-Apr.						
SASKATOON: <i>Delta Bessborough Hotel</i> \$\$ 225 601 Spadina Crescent East, SASK S7K 3G8. (306) 244 5521, 1 877 814 7706. (306) 665 7262. www.deltahotels.com Set on the picturesque South Saskatchewan Rive. Popular Japanese restaurant on site.						
WINNIPEG: <i>Fraser's Grove</i> \$ 3 110 Mossdale Ave., MAN R2K 0H5. (204) 661 0971. www.bedandbreakfast.mb.ca/frasersgrove Comfortable modern home is near the river, golf courses, downtown, and Lake Winnipeg beaches.						
WINNIPEG: <i>Delta Winnipeg Downtown</i> \$\$\$ 392 350 St. Mary Ave., MAN R3C 3J2. (204) 942 0551, 1 877 814 7706. (204) 943 8702. www.deltahotels.com Comfortable downtown hotel. Noted for its billiards room and restaurant.						
WINNIPEG: <i>Fairmont Winnipeg</i> \$\$\$ 340 2 Lombard Place, MAN R3B 0Y3. (204) 957 1350. (204) 956 1791. Winnipeg's highest-rated hotel, in the heart of the business district. Rooms have data ports, Nintendo, and videos.						
VANCOUVER AND VANCOUVER ISLAND						
MALAHAT: <i>The Aerie</i> \$\$\$\$\$ 29 600 Ebedora Lane, BC V0R 2L0. (250) 743 7115, 1 800 518 1933. (250) 743 4766. Elegant terraced inn on a hillside, overlooking one of the island's most incredible vistas. Rooms are furnished with jacuzzi tubs, and the landscaped grounds contain ponds and fountains.						
NORTH VANCOUVER: <i>Thistledown House</i> \$\$\$ 5 3910 Capilano Rd., BC V7R 4J2. (604) 986 7173, 1 888 633 7173. (604) 980 2939. A heritage property built in 1920. Rooms are furnished with antiques from all over the world.						
PORT ALBERNI: <i>Eagle Nook Resort</i> \$\$\$\$\$ 23 Box 575, Port Alberni, BC V9Y 7M9. (250) 728 2370, 1 800 760 2777. (250) 728 2376. A resort accessible by water taxi or seaplane only. Soak in the hot tub before feasting on a gourmet meal.						
SOOKE: <i>Sooke Harbour House</i> \$\$\$\$\$ 28 1528 Whiffen Spit Rd., BC V0S 1N0. (250) 642 3421. (250) 642 6988. www.sookeharbourhouse.com Just 9 m (30 ft) from the sea and 35 km (23 miles) from Victoria, this clapboard inn is a wonderful getaway.						
SURREY: <i>Astin Pacific Inn</i> \$\$ 150 1160 King George Hwy, BC V4A 4Z2. (604) 535 1432. (604) 531 6979. This Mexican-style hotel has rooms facing a glass-roofed atrium with a swimming pool in the center.						
TOFINO: <i>Clayoquot Wilderness Resort</i> \$\$\$\$\$ 16 Box 130, Tofino. (250) 726 8235, 1 888 333 5405. (250) 726 8558. This floating inn and its surrounding wilderness is a paradise for ecologically minded tourists. Activities include horseback riding, hiking, and whale-watching.						
TOFINO: <i>Middle Beach Lodge</i> \$\$\$\$\$ 64 400 Mackenzie Beach Rd., BC V0R 2Z0. (250) 725 2900. (250) 725 2901. Two rustic lodges set on 16 ha (40 acres) of secluded oceanfront scenery, with a private beach. One resort is for families with young children, one strictly for adults.						
TOFINO: <i>Wickaninnish Inn</i> \$\$\$\$\$ 46 Off Osprey Lane, Chesterman's Beach. Box 250, BC V0R 2Z0. (250) 725 3100, 1 800 333 4604. (250) 725 3110. This luxury inn lies 3 miles south of Tofino by car. Rooms boast hot tubs, fireplaces, and ocean views.						
VANCOUVER: <i>Best Western Sands Hotel</i> \$\$\$ 119 www.rpbhotels.com						

Price categories for a standard double room per night, including breakfast (where served), taxes, and any extra service charges:

- ① under Can\$100
- ②② Can\$100–\$150
- ③③③ Can\$150–\$200
- ④④④④ Can\$200–\$250
- ⑤⑤⑤⑤⑤ over Can\$250

RESTAURANT

Hotel restaurant or dining room, usually open to non-residents unless otherwise stated.

CHILDREN'S FACILITIES

Indicates child cribs and/or a baby-sitting service available. A few hotels also provide children's portions and high chairs in the restaurant.

GARDEN/TERRACE

Hotel with a garden, courtyard, or terrace often available for eating outside.

SWIMMING POOL

Hotel with an indoor or outdoor swimming pool.

	NUMBER OF ROOMS	RESTAURANT	CHILDREN'S FACILITIES	GARDEN/TERRACE	SWIMMING POOL
1755 Davie St., BC V6G 1W5. ☎ (604) 682 1831, 1 800 663 9400. FAX (604) 682 3546. Located close to English Bay and Stanley Park. The shops and bistros on Davie Street make this a pedestrian haven. 📺 TV 🗺️ P 🍷 🍽️					
VANCOUVER: Days Inn Downtown 🌐 www.daysinnvancouver.com ③③③ 921 W Pender St., BC V6C 1M2. ☎ (604) 681 4335. FAX (604) 681 7808. Off-season rates and passes to the nearby YWCA fitness facility are some of the extras available at this European-style hotel. 📺 TV P 🍷 🍽️	85	●			
VANCOUVER: Georgian Court Hotel 🌐 www.georgiancourt.com ③③③ 773 Beatty St., BC V6B 2M4. ☎ (604) 682 5555. FAX (604) 682 8830. A four-star, intimate European-style hotel, with one of Vancouver's finest restaurants. It is close to the entertainment district. 📺 TV 🗺️ & P 🍷 🍽️	180	●			
VANCOUVER: Quality Hotel Downtown ③③③ 1335 Howe St., BC V6Z 1R7. ☎ (604) 682 0229, 1 800 663 8474. FAX (604) 662 7566. 🌐 www.qualityhotelvancouver.ca Close to everything, this boutique hotel was recently awarded Hotel of the Year by Choice Hotels. 📺 TV 🗺️ & P 🍷 🍽️	157	●	●		■
VANCOUVER: Delta Vancouver Suite Hotel ③③③③③ 550 West Hastings St., BC V6B 1L6. ☎ (604) 689 8188, 1 877 814 7706. FAX (604) 605 8881. 🌐 www.deltahotels.com This modern all-suite hotel is located in the scenic Waterfront district. Nearby are shopping, nightlife and other attractions. 📺 24 TV 🗺️ & P 🍷 🍽️	226	●	●		■
VANCOUVER: Four Seasons 🌐 www.fourseasons.com/vancouver ③③③③③ 791 West Georgia St., BC V6C 2T4. ☎ (604) 689 9333. FAX (604) 684 4555. Located in the business center, close to the Pacific Centre shops, this five-star hotel also features the Chartwell restaurant. 📺 24 TV 🗺️ & P 🍷 🍽️	376	●	■		■
VANCOUVER: Hotel Vancouver ③③③③③ 900 West Georgia St., BC V6C 2W6. ☎ (604) 684 3131, 1 800 257 7544. FAX (604) 662 1929. 🌐 www.fairmont.com This landmark hotel has offered luxurious service under its green copper roof since 1939. 📺 24 TV 🗺️ & P 🍷 🍽️	556	●	■		■
VANCOUVER: Hyatt Regency Vancouver 🌐 www.hyatt.com ③③③③③ 655 Burrard St., BC V6C 2R7. ☎ (604) 683 1234. FAX (604) 689 3707. Upscale convention hotel close to shopping and sightseeing attractions, visited by traveling businessmen and other international guests. 📺 TV 🗺️ & P 🍷 🍽️	644	●	●		■
VANCOUVER: Metropolitan Hotel Vancouver ③③③③③ 645 Howe St., BC V6C 2Y9. ☎ (604) 687 1122. FAX (604) 602 7846. 🌐 www.metropolitan.com This hotel is one of only 107 members of the "Preferred Hotels & Resorts" worldwide. 📺 24 TV 🗺️ & P 🍷 🍽️	197	●	■		■
VANCOUVER: Pan Pacific Hotel Vancouver ③③③③③ 999 Canada Place, BC V6C 3B5. ☎ (604) 662 8111. FAX (604) 685 8690. 🌐 www.panpac.com Located on the waterfront, this hotel draws a corporate and international clientele. 📺 24 TV 🗺️ & P 🍷 🍽️	506	●	■	●	■
VANCOUVER: Sutton Place Hotel 🌐 www.suttonplace.com ③③③③③ 845 Burrard St., BC V6Z 2K6. ☎ (604) 682 5511. FAX (604) 682 5513. An impressive property tailored to the needs of both business travelers and tourists. Located in the heart of the city, the hotel offers luxurious rooms and an excellent restaurant. 📺 24 TV 🗺️ & P 🍷 🍽️	397	●			■
VANCOUVER: Waterfront Hotel ③③③③③ 900 Canada Place Way, BC V6C 3L5. ☎ (604) 691 1991, 1 800 257 7544. FAX (604) 691 1828. 🌐 www.fairmont.com Modern glass-and-steel hotel across from the Vancouver Convention and Exhibition Center. First-class amenities. 📺 24 TV 🗺️ & P 🍷 🍽️	489	●	●		■
VICTORIA: Days Inn 🌐 www.victoriadaysinn.com ③③③	94	●			■

123 Gorge Rd. East, BC V9A 1L1. ☎ (250) 386 1422. ☎ (250) 386 1254. This inn is located five minutes' drive from downtown Victoria. The rooms are comfortable and peaceful. 📺 TV P 🍷								
VICTORIA: Abigail's Hotel 🌐 www.abigailshotel.com (5) (5) (5) (5) (5) 23 906 McClure St., BC V8V 3E7. ☎ (250) 388 5363, 1 866 347 5054. ☎ (250) 388 7787. A small Tudor-style inn built in the 1930s. Rooms are furnished with antiques, and there's a cozy library with a wood-burning fire. 📺 P 🍷								●
VICTORIA: Empress Hotel 🌐 www.fairmont.com (5) (5) (5) (5) (5) 476 721 Government St., BC V8W 1W5. ☎ (250) 384 8111, 1 800 257 7544. ☎ (250) 381 4334. This 1908 stately building overlooks the harbor, near the Parliament Buildings. High Tea is served in the grand lobby. 📺 TV & P 🍷 🍷								● ■ ● ■
VICTORIA: Humboldt House Bed & Breakfast (5) (5) (5) (5) (5) 6 867 Humboldt St., BC V8V 2Z6. ☎ (250) 383 0152, 1 888 383 0327. ☎ (250) 383 6402. 🌐 www.humboldthouse.com A romantic getaway. Gourmet breakfasts delivered to your room, complete with Jacuzzi and fireplace. 📺 🍷								
VICTORIA: Ocean Point Resort 🌐 www.oprhotel.com (5) (5) (5) (5) (5) 246 45 Songhees Rd., BC V9A 6T3. ☎ (250) 360 2999, 1 877 814 7706. ☎ (250) 360 5856. Located on Victoria's famous Inner Harbor with only the boardwalk between the hotel and the water's edge. World-class European spa and business center on premises. 📺 24 TV & P 🍷 🍷								● ● ■
THE ROCKY MOUNTAINS								
BANFF: Rundlestone Lodge 🌐 www.rundlestone.com (5) (5) (5) (5) 95 537 Banff Ave., AB T0L 0C0. ☎ (403) 762 2201. ☎ (403) 762 4501. Renovated in 1997, this lodge includes Jacuzzis and fireplaces in some rooms. The restaurant offers fine cuisine. 📺 TV & P 🍷 🍷								● ■
BANFF: Banff Springs Hotel 🌐 www.fairmont.com (5) (5) (5) (5) (5) 770 405 Spray Ave., AB T0L 0C0. ☎ (403) 762 2211, 1 800 257 7544. ☎ (403) 762 5755. This landmark hotel features fireplaces, tennis courts, a pool, ice rink, golf course, spa, shops, and restaurants. 📺 24 TV & P 🍷 🍷								● ■ ● ■
CALGARY: Elbow River Inn 🌐 www.elbowrivercasino.com (5) (5) 62 1919 Macleod Trail, AB T2G 4S1. ☎ (403) 269 6771. ☎ (403) 237 5181. The only Hotel Casino in Alberta, this sprawling property offers non-smoking rooms. 📺 TV & P 🍷								● ●
CALGARY: Quality Inn Motel Village (5) (5) 105 2359 Banff Trail, AB T2M 4L2. ☎ (403) 289 1973. ☎ (403) 282 1241. 🌐 www.qualityinnmotelvillage.com Newly renovated property with a modern lobby and a poolside restaurant. 📺 TV P 🍷 🍷								● ■
CANMORE: Quality Resort Château Canmore (5) (5) (5) 93 1720 Bow Valley Trail, NW AB T1W 2X3. ☎ (403) 678 6699. ☎ (403) 678 6954. 🌐 www.chateaucanmore.com Château Canmore consists of chalets and suites equipped with fireplace and microwave. 📺 TV & P 🍷 🍷								● ■ ● ■
CRANBROOK: Kootenay Country Comfort Inn (5) 36 1111 Cranbrook St. North, BC V1C 3S4. ☎ 250 426 2296. ☎ (250) 426 3533. 🌐 http://home.cyberlink.bc.ca/~motel This inn is a firm favorite with anglers fishing for trout in the nearby Premier Lake. 📺 TV & P 🍷								
FIELD: Emerald Lake Lodge (5) (5) (5) (5) (5) 109 PO Box 10, BC V0A 1G0. ☎ (800) 663 6336. ☎ (403) 410 7406. 🌐 www.emeraldlakelodge.com Set in Yoho National Park (see pp302–303), this remote outpost is popular with those who wish to explore the Canadian wilderness. It is an inviting, comfortable retreat. 📺 TV P 🍷 🍷								● ■
FORT NELSON: The Blue Bell Inn 🌐 www.bluebellinn.ca (5) 57 4203 50th Ave. South, BC V0C 1R0. ☎ (250) 774 6961. ☎ (250) 774 6983. A bright modern motel in a good location, the complex includes a 24-hour convenience store, a laundromat, and a fuel station. 📺 TV P 🍷								●
LAKE LOUISE: Lake Louise Inn (5) (5) (5) 232 210 Village Rd., AB T0L 1E0. ☎ (403) 522 3791. ☎ (403) 522 2018. 🌐 www.lakelouiseinn.com Just five minutes from the ski hill and Lake Louise, the rooms in this renovated property range from economy to superior. 📺 TV & P 🍷								● ■

Price categories for a standard double room per night, including breakfast (where served), taxes, and any extra service charges:

- Ⓐ under Can\$100
- Ⓑ Can\$100–\$150
- ⒸⒹ Can\$150–\$200
- ⒺⒻⒼ Can\$200–\$250
- ⒽⒾⒿⓀ over Can\$250

RESTAURANT

Hotel restaurant or dining room, usually open to non-residents unless otherwise stated.

CHILDREN'S FACILITIES

Indicates child cribs and/or a baby-sitting service available. A few hotels also provide children's portions and high chairs in the restaurant.

GARDEN/TERRACE

Hotel with a garden, courtyard, or terrace often available for eating outside.

SWIMMING POOL

Hotel with an indoor or outdoor swimming pool.

NUMBER OF ROOMS	RESTAURANT	CHILDREN'S FACILITIES	GARDEN/TERRACE	SWIMMING POOL
555	●	■	●	■
25	●			
30				
118	●		●	■
37	●	■	●	
6				
73	●	■		
128		■		■
134	●	■	●	■
204	●	■	●	■
102	●		●	
10	●	■		

LAKE LOUISE: Château Lake Louise www.fairmont.com ⒶⒷⒸⒹⒺⒻⒼ 555
111 Lake Louise Drive, AB T0L 1E0. (403) 522 3511, 1 800 257 7544. (403) 522 3834. With a bygone elegance, Château Lake Louise has been host to adventurers since 1890. Dining and shopping on site.

LAKE LOUISE: Simpson's Num-Ti-Jah Lodge ⒶⒷⒸⒹⒺⒻⒼ 25
Mile 22, Bow Lake Icefield Parkway, AB T0L 1E0. (403) 522 2167. (403) 522 2425. www.num-ti-jah.com Built on the shore of Bow Lake in 1937 by legendary guide Jimmy Simpson. The Elk Horn dining room offers the finest cuisine on the parkway (see p378).

PRINCE GEORGE: Economy Inn economyinn@shawcable.com Ⓐ 30
1915 3rd Ave., BC V2M 1G6. (250) 563 7106. (250) 561 7216. Very quiet downtown location close to all amenities, with a choice of smoking and non-smoking rooms.

RADIUM HOT SPRINGS: The Springs at Radium Golf Resort ⒶⒷ 118
8100 Golf Course Rd., Hwy 93/95, BC V0A 1M0. (250) 347 9311, 1 800 667 6444. (250) 347 6299. www.radiumresort.com This three-story boutique hotel has mountain views, and all rooms face one of two golf courses.

WATERTON LAKES: Prince of Wales Hotel ⒶⒷⒸⒹⒺⒻⒼ 37
Waterton Lakes National Park, AB T0K 2M0. (406) 892 2525. (406) 892 1375. www.princeofwaleswaterton.com This historic hotel is at home amid the grandeur of the Rockies. Its alpine style has made it one of Canada's most photographed hotels. Oct–Apr.

SOUTH AND NORTH BRITISH COLUMBIA

BARKERVILLE: Kelly House Ⓐ 6
2nd St., BC V0K 1B0. (250) 994 3328. (250) 994 3312. Lodging in two heritage buildings. Highlights include delicious breakfasts and the sound of music from the nearby theater.

HOPE: Manning Park Resort www.manningparkresort.com ⒶⒷ 73
Manning Provincial Park, BC V0X 1L0. (250) 840 8822, 1 800 330 3321. (250) 840 8848. A year-round family-oriented resort offering cabins, chalets, lodge rooms, and group facilities.

KAMLOOPS: Comfort Inn www.comfort.kamloops.com ⒶⒷ 128
1810 Rogers Place, BC V1S 1T7. (250) 372 0987, 1 888 556 3111. (250) 372 0967. The rooms are spacious in this three-storey studio property. The water slide on the grounds makes this inn ideal for families.

KELOWNA: Lake Okanagan Resort www.lakeokanagan.com ⒶⒷⒸⒹⒺⒻⒼ 134
2751 Westside Rd., BC V1Z 3T1. (250) 769 3511, 1 800 663 3273. (250) 769 6665. This family-orientated destination borders a beach. There is horse-back riding, golf, tennis, and a kids' camp in the summer.

PENTICTON: Penticton Lakeside Resort www.rpbhotels.com ⒶⒷ 204
21 Lakeshore Drive West, BC V2A 7M5. (250) 493 8221. (250) 493 0607. A private beach, pier, jet-skiing, and para-sailing make this modern resort particularly popular with families.

PRINCE RUPERT: Prince Rupert Crest Hotel www.cresthotel.bc.ca ⒶⒷ 102
222 W. First Ave., BC V8J 1A8. (250) 624 6771, 1 800 663 8150. (250) 627 7666. This is the only four-star hotel in the north with wonderful harbor views. Its very close to the historic Cow Bay area.

QUESNEL: Becker's Lodge www.beckerslodge.ca ⒶⒷ 10
Bowron Lake Provincial Park, 342 Kinchant St., BC V2J 2R4. (250) 992 8864, 1 800 808 4761. (250) 992 8893. Campsites, log cabins, and basic meals. Canoes are for rent for the circuit in the park (see p318). Oct–Dec.

WELLS: <i>White Cap Motor Inn & RV Park</i> (250) 994 3489, 1 800 377 2028. (250) 994 3426. www.whitecapinn.com Suites with kitchenettes, a children's playground, and an adjacent RV park.	\$	34					
WHISTLER: <i>Holiday Inn SunSpree Resort</i> www.whistlerhi.com (604) 938 0878, 1 800 229 3188. (604) 938 9943. In the heart of Whistler Village, this hotel boasts rooms equipped with kitchenettes, jetted soaker tubs, and fireplaces.	\$\$\$	114					
WHISTLER: <i>Château Whistler</i> www.fairmont.com (604) 938 8000, 1 800 257 7544. (604) 938 2099. Located at the base of Blackcomb Mountain, the hotel features rooms with fireplaces, Jacuzzis, and private check-ins.	\$\$\$\$\$	556					
WHISTLER: <i>Delta Whistler Resort</i> www.deltawhistler.com (604) 932 1982, 1 888 778 5050. (604) 932 7332. Located next to a golf course and the Whistler and Blackcomb gondolas, this resort has luxury amenities.	\$\$\$\$\$	288					
WHISTLER: <i>Pan Pacific Lodge Whistler</i> www.panpacific.com (604) 905 2999. (604) 905 2995. A luxury property with floor-to-ceiling windows. The outdoor pool has spectacular mountain views.	\$\$\$\$\$	121					
NORTHERN CANADA							
DAWSON CITY: <i>Midnight Sun Hotel</i> (867) 993 5495. (867) 993 6425. www.midnightsunhotel.com An attractive patio, and lounge look over the historic setting of the gold rush. Cabins back onto the casino.	\$\$	44					
FORT PROVIDENCE: <i>Snowshoe Inn</i> www.ssimicro.com/snowshoe (867) 699 3511. (867) 699 4300. This old-style inn offers relaxing charm. Rooms have kitchenettes.	\$\$	35					
FORT SIMPSON: <i>Nabanni Inn</i> (819) 695 2201. (819) 695 3000. Centrally located, the hotel has suites as well as self-catering facilities in addition to a bar. It is also famous for its delicious meals.	\$	34					
HAINES JUNCTION: <i>Kluane Park Inn</i> (867) 634 2261. (867) 634 2273. The most scenic hotel in the area, an outside deck overlooks dramatic arctic scenery and is host to regular barbecues in summer.	\$	20					
HAY RIVER: <i>Caribou Motor Inn</i> (867) 874 6706. (867) 874 6704. Conveniently located near this small town, many of the rooms feature luxurious whirlpools, steam baths, and Jacuzzis.	\$	29					
INUVIK: <i>McKenzie Hotel</i> (867) 777 2861. (867) 777 3317. mac@permafrost.com Friendly considerate staff, a jolly atmosphere and comfortable rooms make this a popular choice.	\$\$\$	32					
VICTORIA ISLAND: <i>Arctic Islands Lodge</i> (204) 697 2243 (ext.257), 1 888 866 6784. (204) 697 1880. www.cambridgebayhotel.com This hotel is known for its range of sporting facilities, including guided hunting trips.	\$\$\$\$\$	25					
WHITEHORSE: <i>Best Western Gold Rush Inn</i> (867) 668 4500. 867 668 7432. goldrush@yknnet.yk.ca This efficient hotel with friendly staff has a lobby packed with antiques from gold rush days.	\$\$	106					
WHITEHORSE: <i>High Country Inn</i> www.highcountryinn.yk.ca (867) 667 4471, 1 800 554 4471. (867) 667 6457. One of the province's most stylish and comfortable inns, a grand piano and log fires add to the luxurious atmosphere.	\$\$	100					
YELLOWKNIFE: <i>Discovery Inn</i> (867) 873 4151. (867) 920 7948. Rooms offer kitchenettes here, but there is also a very good licensed restaurant in the evenings.	\$\$	41					

WHERE TO EAT

WHAT MAKES Canadian cuisine unique is its regional specialties: Alberta beef, goldeye fish in Manitoba, salmon from BC, Nova Scotia lobster, and Quebec French pies and pastries. Game, including rabbit, caribou, and bison, which have been served in aboriginal homes for centuries, are now considered gourmet dishes at cosmopolitan restaurants. A tradition of French haute cuisine is evident in most of the country's major cities, particularly in top hotels. However, as Canada is a nation of immigrants, ethnic restaurants



Seafood on offer in Atlantic Canada

are common everywhere. German, Greek, Chinese, Thai, Indian, Ukrainian, African, and Italian cuisines, along with other international favorites, provide a wide range of choice at a price to suit every budget. Regional specialties can be sampled in their place of origin, but most of the larger towns will also offer a choice of the country's best local produce, and in some areas this includes Canadian wines and beers (see p363). The listings on pp364-79 describe a selection of restaurants chosen for their variety, service, and good value.



The top class Zoë's Restaurant in Château Laurier, Ottawa (see p373)

TYPES OF RESTAURANTS

EATING OUT IN Canada is surprisingly easy on the pocket, particularly compared to European and American prices. This makes a trip to a top restaurant to sample international cuisine (often made with local produce) very worthwhile. Eating places are extremely varied, with the tearoom, bistro, brasserie, and theater café competing with the more usual café, restaurant, and fast food outlet. Many pubs also serve excellent bar food, at reasonable prices. More unusual, but no less worthwhile, is the uniquely Canadian dining experience of the delicious lobster supper. Held throughout the summer on Prince Edward Island, these lively gatherings usually take place in church grounds

on wooden tables surrounded by local fishermen. Equally unique, though by no means public, are Inuit dinners. Traveling through the Arctic north may result in an invitation to join an Inuit family for the evening meal. Traditional dishes might include sun-dried caribou sweetened with berry sauces or smoked and dried local fish. These family dinners are usually alcohol-free and very lively.

VEGETARIAN

VEGETARIAN options are on the increase throughout the country. Expect to see at least one vegetarian dish on each menu. For those who eat fish, seafood has something of a national reputation. "Health Canada," the government plan for healthy eating,

took effect in the 1990s. Restaurants that subscribe to the plan sign menus with a heart symbol denoting low-fat dishes. Anyone on a special or weight-loss diet can feel free to ask the chef to leave out certain high-calorie ingredients. Fresh fruits are easily obtained throughout the south of the country, and are abundant and often day-old in the main growing areas of Ontario and BC's Okanagan Valley. Some of the best berries and peaches in the world can be enjoyed here in the summer. It is worth remembering that most food in the Northwest Territories and Nunavut is imported, and largely canned or frozen; apart from Inuit game kills, fresh food is hard to obtain, and very expensive, in these distant Arctic regions.



Open-air dining in downtown Montreal (see pp366-8)



Arowhon Pines Lodge in Algonquin Provincial Park, Ontario (see p372)

ALCOHOL

THE MINIMUM age of public purchase and consumption of alcohol is 19 throughout the country, except in Quebec where it is 18. Canada produces some fine wines (see p363), which are becoming more widely available.

Throughout much of Canada, the distribution of alcohol is controlled by the provincial government. It is not sold in corner stores or supermarkets, but liquor stores sell a good range of wine and spirits. A separate government run store sells only beer. Beer and liquor stores are not usually open on Sundays, so expect long line-ups before long weekends and holidays.

EATING HOURS AND RESERVATIONS

LUNCH TABLES are usually available from noon to 2pm, and dinner reservations from 6pm to 9pm, although later bookings should be accepted in larger cities. Reserving a table in advance is generally a good idea. It is considered polite to call ahead and cancel if you are unable to make your reservation.

PAYING AND TIPPING

IT IS POSSIBLE to eat well in Canada for a bargain price. A snack in a café seldom costs more than Can\$5. In a good restaurant, a three-course meal

with wine often costs between Can\$30–\$60. Even gourmet dinners can start at Can\$50. Luncheon items are generally less expensive, and are often similar to the evening menu. Restaurant tax is the 7 percent GST (Goods and Services Tax), plus a varying provincial sales tax, applicable everywhere except Alberta. Some provinces also add a separate liquor tax. Taxes are included on the final check. Tipping is generally expected, and should be about 15 percent of the check.

Service charges are rarely included, but might be included in the bill for a large group. In common with most countries, a tip should increase if you are bringing a larger party to a restaurant and for any exceptional service. Europeans should note that tipping is expected in bars and nightclubs. Penalizing staff for bad service is not common.

CHILDREN

CANADA IS a child-friendly society. Most restaurants offer high chairs or booster seats. The more upscale the venue, the more parents are required to keep children seated at table and to take noisy or upset youngsters outside until they calm down. A children's menu or half-portions may well be available for those under eight years old.

DISABLED FACILITIES

ALL NEW restaurants, as well as existing establishments undergoing renovation, have made their sites accessible to wheelchair users. A wide bathroom door and no interior steps from entrance to dining table are now compulsory across the country in new buildings. However, older, rural establishments should be checked out in advance.

DRESS CODE

VACATIONERS need not worry unduly about bringing formal clothes with them on a trip. Most restaurants operate "smart-casual" policy, especially at lunchtime, but exceptions to this can include sneakers (trainers), cut-off jeans, and dirty or ripped clothes. The rule generally runs as follows: the more expensive and exclusive the restaurant, the more formal the attire required. Evening dress is very rarely required in any venue.

SMOKING

OVER 70 PERCENT of Canadians do not smoke, and local by-laws restrict where the dwindling minority of smokers can smoke. In some cities, including Toronto, smoking is not allowed in bars and cafés, and this trend is spreading. Cigars are generally not popular in restaurants, so ask before lighting up. A note of caution: when picnicking in a park, be sure to extinguish your cigarette for fear of starting a forest fire.



Café-bars in cities are always inexpensive and popular options

A Glossary of Typically Canadian Food

WITH A RICH HISTORY of multiculturalism, Canada's culinary heritage is as diverse as it is intriguing. Although there is no national cuisine as such, regional specialties have their own strong identities. The major cities, in particular Montreal and Toronto, are centers of international cuisine, with restaurants ranging from Italian to Caribbean and Asian at prices to suit every budget. French Canada offers haute cuisine at the country's top dining spots in Quebec City and Montreal.

Provincial specialties offer good value and the chance to sample some of Canada's own excellent fish, beef, and homegrown fruit and vegetables. Seafood dominates Atlantic Canada and BC menus, while steaks and burgers should be sampled in the ranching areas of Alberta and Saskatchewan. Old-style Acadian cuisine, reminiscent of French country food, is available in New Brunswick and Nova Scotia. Summer in Ontario brings fresh fruits and vegetables that take less than a day to reach the table. In Northern Canada, age-old Inuit techniques produce a variety of sundried caribou and fish dishes.

SEAFOOD

BORDERED BY oceans on three sides, Canada offers wonderful seafood, particularly on its east and west coasts. Produce from here is freshly caught and can easily make it from the ocean to the dinnerplate within 24 hours.

Oysters, clams, and scallops are a main feature of East Coast menus. In New Brunswick, **fiddleheads** (fern shoots) and **dulse** (seaweed) are enjoyed sautéed as a vegetable accompaniment.

Prince Edward Island is famous for its **lobster**, which is simply boiled, broiled (grilled), or served whole with corn on the cob at one of the many church socials that run through summer on the little island; those who don't like crustacea can try **Atlantic salmon**.

Pacific salmon, crab, shellfish, and shrimp (prawns) dominate British Columbian fare, along with the typically northern fish the **Arctic char**. More unusual dishes, often incorporating historic pickling and preserving methods, include **Solomon Grundy**

(Nova Scotia's fine marinated herring), and **cod tongues**, as well as tasty **seal flipper pie** from Newfoundland. Since it was the fruits of the sea that tempted early explorers to this area, it is no surprise that **cod, clams, and mussels** are still much enjoyed for their quality, as are the newly-stylish fresh broiled **tuna** and **sardines**.

Freshwater fish, both the farmed and wild versions, is caught in the two million lakes dotted across Canada, and offers a delicate contrast to seafood. In the west of the country, the tender **Winnipeg goldeye, trout, and pickerel**, which is often cooked over open fires at informal summer outdoor shore lunches throughout the central region, are a uniquely Canadian treat.

Canada, and offers a delicate contrast to seafood. In the west of the country, the tender **Winnipeg goldeye, trout, and pickerel**, which is often cooked over open fires at informal summer outdoor shore lunches throughout the central region, are a uniquely Canadian treat.

MEAT

BASED IN CALGARY, Alberta's cattle ranches are the source of Canada's finest beef. Huge **burgers** and **steaks** are exceptionally high-grade here. Most beef in rural areas is

served simply, with salad and fries, but one much-loved local dish is **Calgary beef hash**, corned beef with baked beans and fried potatoes. Lamb and buffalo are also farmed, albeit in smaller numbers. The Yukon, Northwest Territories, and Nunavut supply much of the country's game; **caribou, musk ox, and moose** are all sent down south to be cooked in the European style. Local people, particularly the Inuit, smoke meat for the winter months. Their **smoked caribou** is delicious and very popular. Famous for making the most of a kill, native people use every part of the animal for either clothing or food; even **moose fleas** are something of a delicacy.

Goose, duck, and fish are all smoked or sundried too, providing staples for the very long winter. Caribou and birds are preserved by being hung out on lines to dry in the Arctic sun. Sauces made from wild berries moisten the meat, and may be sweetened to taste.

FRUIT AND VEGETABLES

ONTARIO IS the fruitbowl of Canada. In addition to its burgeoning wine industry, the area is known continent-wide for its strawberries and cranberries. Peaches and apples are also cultivated here in large quantities, as are blueberries, which also flourish in Nova Scotia and Quebec.



Lobster platter from Quebec City



A Chinese vegetable-seller in traditional dress in Toronto



Basket of apples from Ontario in Muskoka market

Many berries grow wild and can be picked while hiking for the evening meal. Corn, black beans, and the gourd vegetable squash (collectively known as the "three sisters") are produced in Ontario alongside zucchini (courgette), huge tomatoes, and fresh herbs, all of which are grown for domestic use and for export.

DESSERTS AND SWEETS

CANADA HAS produced a sweet famous the world over: maple syrup. Usually eaten with American (buttermilk) pancakes, the syrup can also be served French-style with *trempettes*, fried bread soaked in syrup and covered with heavy cream. The syrup is also used in tarts, bread, and pies. It can also round off a meal as maple sugar in coffee or aromatic maple fudge. French-Canadians are known for their rich desserts; *tarte au sucre* (sugar pie) is popular, as is *pudding au chomeur* (literally "unemployed pudding"), an upside-down cake with a caramel base. Fruit tarts from Quebec are also delicious.

FAST FOOD

THE STAPLE North American fare of hamburgers, hot-dogs, French fries, fried chicken, and pizza provides a recognizable selection of snacks for most visitors. For the adventurous, Quebec has managed to break into the world of fast food with *poutine*, a snack of French fries dripping with melted cheese and a rich beef or onion gravy.

A recent explosion in specialty coffee shops has raised the standard of some outlets;

freshly brewed multi-flavored cappuccinos served with a wide choice of muffins and bagels are highly popular. Doughnuts of many varieties are an old favorite: Canadians joke that the easiest way to

find a police officer is to visit a doughnut shop, because officers on patrol always seem to be taking a break in one.

FRENCH-CANADIAN FOOD

THE CENTER of French-style gourmet cuisine in Canada is Quebec. Dishes here are reminiscent of the best European food, and Montreal usually boasts at least two well-known French chefs working in its top restaurants at any time. *Canadien* cooks are changing with the times. Many of North America's most innovative chefs work in Montreal and Quebec City, blending elements of centuries-old farmers' traditions with the lighter cuisine of modern

Europe and America. For more traditional French-Canadian dishes, both cities and towns in the province usually serve specialties. These include *creton* (a spicy pork pâté), *tourtière*, (a pastry pie filled with ground pork or beef and cloves), and many varieties of *pâtisserie*. **Smoked beef** is another popular local delicacy.

The Maritime Provinces offer excellent, originally French, Acadian dishes from recipes which are hundreds of years old. As well as meat pies, pâtés, and stews, rich desserts and cakes feature in their hearty menus.

There are several top French restaurants in Canada, based largely in Montreal and Quebec City. Vieux-Montréal boasts a variety of French bistros

offering traditional delights

such as **snails in garlic**, **filet mignon** steak, and delicate **butter tarts** and *pâtisserie*; in true French tradition, the *prix-fixe* menus are always good value.

Quebec City offers more classic country fare such as Quebec

French pea soup, and **duck**. Breakfast

French-style is a treat; local **bricbees** and **croissants** are delicious with **café au lait**.



Maple Syrup

WHAT TO DRINK

Canada's two favorite beers, the lagers Molson "Canadian" and Labatt "Blue", are known the world over and are drunk, chilled, by Canadians in preference to any other beer. The first Canadian wine was made in 1811 for commercial sale, but it is only in recent years that Canadians have developed a taste for the grape. Canada produces excellent wines from hybrid grapes, thanks largely to European wine makers who emigrated to Canada after rigorous special training. Most wine comes from two areas: a pocket in the southern Okanagan Valley of British Columbia (see p315), and a 55-km (35-mile) strip along the Niagara Peninsula of southern Ontario, where the majority of grapes are grown. Familiar grape varieties such as the Chardonnays, Riesling, and Pinot Noir, are among the better known wines also produced in Ontario, and in the more temperate climate of British Columbia. Rye Whisky is distilled in BC; Canadian Club is the most popular brand, but local distilleries produce specialties.



Molson, the popular Canadian Beer

Choosing a Restaurant

THE RESTAURANTS in this guide have been selected across a wide range of price categories for their exceptional food, good value, or interesting location. Entries are listed by region, in alphabetical order within price category. The thumb tabs on the pages use the same color-coding as the corresponding regional chapters in the main section of this guide.

	OUTDOOR EATING	VEGETARIAN SPECIALTIES	BAR AREA	FIXED-PRICE MENU	CHILDREN'S FACILITIES
NEWFOUNDLAND AND LABRADOR					
CORNER BROOK: <i>The Wine Cellar</i> (S)(S)(S)(S) Glyn Mill Inn, Cob Lane. ☎ (709) 634 5181. 🌐 www.glynmillinn.ca This steakhouse has a strong local following. Try the char-grilled Alberta beef and desserts made from wild Newfoundland berries. ♿ 🍷		●			●
L'ANSE AU CLAIR: <i>Northern Light Inn</i> (S)(S) 58 Main St. ☎ (709) 931 2332. In an area where there are few restaurants, Northern Light offers dining that is reliable and filling. Seafood and Labrador caribou are specials. ♿ 🍷		●	■		■
ROCKY HARBOUR: <i>Ocean View Hotel</i> (S)(S)(S) Main St. ☎ (709) 458 2730. The dining room offers a spectacular view of Rocky Harbour. The menu features fresh seafood and home-made pies. ♿ 🍷 🍷		●	■		■
ST. JOHN'S: <i>Cioppino's</i> (S)(S)(S) 248 Water St. ☎ (709) 739 6770. Owner Anthony Noon makes everything in this tiny Italian restaurant by hand, including sausages, breads, and pastas. For dessert, the tiramisu is breathtaking. 🍷		●	■	●	■
ST. JOHN'S: <i>Bianca's</i> (S)(S)(S)(S) 171 Water St. ☎ (709) 726 9016. One of Atlantic Canada's finest restaurants, the extensive menu includes French-cut rack of lamb, salmon in bittersweet chocolate sauce, and, for dessert, Belgian chocolate torte or apple strudel. ♿ 🍷 🍷	■	●	■		
SAINT-PIERRE & MIQUELON: <i>Le Caveau</i> (S)(S)(S)(S) 2 Rue Maître Georges Lefevre. ☎ (508) 41 30 30. Possibly the best restaurant on this very French island, Le Caveau's menu takes full advantage of the local seafood and French bakery goods. A local favorite is the <i>Brioche d'escargots</i> in Roquefort dressing. 🍷 🍷	■	●	■		
TERRA NOVA NATIONAL PARK: <i>Clode Sound Dining Room</i> (S)(S)(S) Terra Nova Park Lodge. ☎ (709) 543 2525. This family dining room features a wide variety of pastas, seafood, and steaks, and traditional Newfoundland dishes. ☐ Summer only. ♿ 🍷	■	●	■		■
WITLESS BAY: <i>The Captain's Table</i> (S) Hwy 10. ☎ (709) 334 2278. Eat here after a boat tour of the fabulous Witless Bay Bird Sanctuary. The fish and chips are some of the best in Newfoundland, and the rich, creamy chowder is a secret family recipe. ♿ 🍷					■
NEW BRUNSWICK, NOVA SCOTIA, AND PRINCE EDWARD ISLAND					
ANTIGONISH: <i>Sunshine on Main</i> (S)(S)(S) 332 Main St. ☎ (902) 863 5851. 🌐 www.sunshineonmain.ca A favorite here is the Seafood Pot-au-Feu – lobster, shrimp, scallops, mussels, and haddock in a tomato and white wine broth. ♿ 🍷		●			■
BADDECK: <i>Telegraph House Inn</i> (S)(S) Chebucto St. ☎ (902) 295 1100. Located in a large Victorian mansion, this restaurant prepares traditional Nova Scotia lobster, trout, and salmon. ☐ summer only. ♿ 🍷					■
BAY FORTUNE: <i>Inn at Bay Fortune</i> (S)(S)(S)(S)(S) Hwy 310. ☎ (902) 687 3745. 🌐 www.innatbayfortune.ca Regularly listed among Canada's finest restaurants, the chef presents a menu of fresh island fish, lamb, and beef. Book the Chef's Table and enjoy seven specially prepared surprise courses. ♿ 🍷 🍷		●		●	■

<p>Price categories for a three-course meal for one, including half a bottle of wine (where available) and service:</p> <p>Ⓢ under Can\$25 ⓈⓈ Can\$25–\$35 ⓈⓈⓈ Can\$35–\$50 ⓈⓈⓈⓈ Can\$50–\$70 ⓈⓈⓈⓈⓈ over Can\$70</p>	<p>OUTDOOR EATING Some tables on a patio or terrace.</p> <p>VEGETARIAN SPECIALTIES One menu always includes a selection of vegetarian dishes.</p> <p>BAR AREA There is a bar area or cocktail bar within the restaurant, available for drinks and/or bar snacks.</p> <p>FIXED-PRICE MENU A fixed-price menu available at a good rate, for lunch, dinner or both, usually with three courses.</p> <p>CHILDREN'S FACILITIES Small portions and/or high chairs available on request.</p>	OUTDOOR EATING	VEGETARIAN SPECIALTIES	BAR AREA	FIXED-PRICE MENU	CHILDREN'S FACILITIES
<p>BOUCTOUCHE: <i>Le Tire-Bouchon</i> ⓈⓈⓈⓈ 157 Chemin du Couvent. ☎ (506) 743 5568. The dining room overlooks the garden. Chowders, scallops, lobster, fresh fish, chicken, and duck are all regular offerings. ☐ <i>Jun-end Sep.</i> 🍷</p>				■	●	■
<p>CARAQUET: <i>Hotel Paulin</i> ⓈⓈⓈ 143 Blvd. St. Pierre Ouest. ☎ (506) 727 9981. 🌐 www.hotelpaulin.com The restaurant in this family hotel serves regional fare, including fresh trout and salmon. ☐ <i>summer only.</i> 🍷</p>						■
<p>CHARLOTTETOWN: <i>Piece A Cake</i> ⓈⓈ 119 Grafton St. ☎ (902) 894 4585. 🌐 www.pieceacake.pe.ca A lively bistro that serves up an eclectic combination of dishes. The open kitchen allows diners to watch as the chef works his magic. 🍷 🍴</p>			●			■
<p>CHARLOTTETOWN: <i>Sirenella</i> ⓈⓈⓈ 83 Water St. ☎ (902) 628 2271. 🌐 www.sirenella.ca This Italian eatery is located a short stroll from pretty Peake's Wharf. Try the home-made spinach gnocchi served in cream sauce with gorgonzola and parmesan, or the herb-cured veal grilled in olive oil. 🍷 🍴</p>		■	●		●	■
<p>DALHOUSIE: <i>Manoir Adelaide</i> ⓈⓈⓈⓈ 385 Adelaide St. ☎ (506) 684 5681. Part of the Best Western chain, but the dining is far better than the average hotel fare. Fresh fish is grilled, steamed, or poached. 🍷 🍴</p>		■	●	■		■
<p>GRAND TRACADIE: <i>Dalvay-by-the-Sea</i> ⓈⓈⓈⓈ Prince Edward Island National Park. ☎ (902) 672 2048. 🌐 www.dalvaybythesea.com This historic inn (<i>see p345</i>) serves seafood dishes with an Australian flair including salmon with roasted seaweed and tomato salsa. 🍷 🍴</p>			●	■	●	■
<p>HALIFAX: <i>Sweet Basil Bistro</i> ⓈⓈⓈ 1866 Upper Water St. ☎ (902) 425 2133 🌐 www.scanwaycatering.com/sweetbasil A comfortable but sassy bistro across from the Historic Properties serves innovative dishes such as ravioli stuffed with butternut squash and fresh herbs, covered with a light parmesan and hazelnut sauce. 🍷</p>		■	●			
<p>HALIFAX: <i>Da Maurizio</i> ⓈⓈⓈⓈ 1496 Lower Water St. ☎ (902) 423 0859. 🌐 www.damaurizio.ca An elegant Italian restaurant. Creative offerings include pasta with a range of unusual sauces and luscious creamy desserts. 🍷 🍴 🍷</p>			●			■
<p>LUNENBURG: <i>The Lion Inn</i> ⓈⓈⓈⓈ 33 Cornwallis St. ☎ (902) 634 8988. This small restaurant in Lunenburg's historic Old Town has an excellent menu, including Nova Scotia rack of lamb. Make a reservation. 🍷 🍴</p>			●			
<p>MABOU: <i>Duncreigan Country Inn</i> ⓈⓈⓈⓈ Hwy 19. ☎ (902) 945 2207. In this small dining room, Eleanor and Steven Mullendore offer creative takes on regional dishes. The favorite is the fresh salmon grilled over an open flame with a Dijon, lemon, and honey marinade. 🍷</p>			●		●	■
<p>MONTAGUE: <i>Windows on the Water</i> ⓈⓈⓈ 106 Sackville St. ☎ (902) 838 2080. This delightful spot overlooking Montague Harbour features creative sandwiches and first-class chowders. 🍷</p>		■	●			■
<p>OYSTER BED BRIDGE: <i>Café St-Jean</i> ⓈⓈⓈⓈ Route 6 at Oyster Bed Bridge. ☎ (902) 963 3133. This restaurant takes full advantage of the local seafood, including fresh lobster from a nearby lobster pound, to present a menu of classic and Cajun dishes. The dessert crêpes are wonderful. ☐ <i>mid-Jun-mid-Oct.</i> 🍷</p>		■	●		●	■

Price categories for a three-course meal for one, including half a bottle of wine (where available) and service:

- \$ under Can\$25
 \$\$ Can\$25–\$35
 \$\$\$ Can\$35–\$50
 \$\$\$ Can\$50–\$70
 \$\$\$\$ over Can\$70

OUTDOOR EATING

Some tables on a patio or terrace.

VEGETARIAN SPECIALTIES

One menu always includes a selection of vegetarian dishes.

BAR AREA

There is a bar area or cocktail bar within the restaurant, available for drinks and/or bar snacks.

FIXED-PRICE MENU

A fixed-price menu available at a good rate, for lunch, dinner or both, usually with three courses.

CHILDREN'S FACILITIES

Small portions and/or high chairs available on request.

	OUTDOOR EATING	VEGETARIAN SPECIALTIES	BAR AREA	FIXED-PRICE MENU	CHILDREN'S FACILITIES
PARRSBORO: Harbour View Restaurant \$ 476 Pier Rd. ☎ (902) 254 3507. This restaurant is a favorite with locals, serving great chowders, fish and chips, coffee, and home-made pies, all with harbor views.					■
PRINCE WILLIAM: King's Head Inn \$\$ Kings Landing Historic Settlement. ☎ (506) 363 4999. 🌐 www.kingslanding.nb.ca Set in the Historic Settlement, all the recipes date from 1855, the year the inn was built. ☐ June–Thanksgiving. 🍷 dinner. 🍷 🍷	■	●	■		■
ST. ANDREWS: The Europe \$\$\$ 48 King St. ☎ (506) 529 3818. 🌐 www.leurope.ca After a day of beachcombing along the shores of the Passamaquoddy Bay, nothing is better than the hearty French, Swiss, and German dishes on offer here. 🍷			■		
SAINT JOHN: Beatty and the Bistro \$\$\$ 60 Charlotte St. ☎ (506) 652 3888. 🌐 www.dineaid.com Lamb is a specialty here, roasted and stuffed with cranberries, pecans, rosemary, and garlic. Another popular dish is chicken florentine, spinach and shrimp. ♿ 🍷 🍷		●			
SAINT JOHN: Billy's \$\$\$ Old City Market. ☎ (506) 672 3474. 🌐 www.billysseafood.com Dinner is chosen from the display of halibut, shrimp, oysters, and other seafood, then drinks are served while it is cooked to order. 🍷	■	●	■		
SHELBURNE: Charlotte Lane Café and Crafts \$\$\$ 13 Charlotte Lane. ☎ (902) 875 3314. Swiss-trained chef Roland Glauser presents delicious menu items such as chicken stuffed with camembert, asparagus, and garlic. 🍷	■	●			■
SUSSEX: Broadway Café \$\$ 73 Broad St. ☎ (506) 433 5414. An innovative lunch spot with a tempting assortment of sandwiches and home-made soups. 🍷 Sun. 🍷	■	●	■		■
WOLFFVILLE: Acton's Café \$\$\$ 268 Main St. ☎ (902) 542-7525. Acton's German-trained chef has created an international cuisine featuring ingredients from the farms of the Annapolis Valley. ♿ 🍷	■	●	■	●	

MONTREAL

CHINATOWN: Maison Kam Fung \$\$ 11 Rue St. Urbain. ☎ (514) 878 2888. This bright, airy restaurant serves the city's most reliable lunchtime dim sum. Dinnertime specialties are standard Cantonese. ♿ 🍷				●	■
DOWNTOWN: Schwartz's (Montréal Hebrew) Delicatessen \$ 3895 Blvd. Saint-Laurent. ☎ (514) 842 4813. Jewish immigrants from Romania made smoked brisket a staple of the Montreal diet. This place excels in cooking it. No alcohol or credit cards.				●	
DOWNTOWN: Brasserie Magnan \$\$ 2602 Rue Saint-Patrick. ☎ (514) 935 9647. This old-fashioned Montreal tavern serves roast beef, salmon pie, and huge steaks to a mixed clientele. Good selection of draft beers. ♿ 🍷	■		■	●	■
DOWNTOWN: Le Caveau \$\$ 2063 Rue Victoria. ☎ (514) 844 1624. Le Caveau's intimate dining rooms are spread over three floors in an old brick house surrounded by glass and steel towers. ♿ 🍷 🍷		●	■	●	■

DOWNTOWN: Phayathai \$\$ 1235 Rue Guy. ☎ (514) 933 9949. Classic Thai dishes served in a friendly ambience. Both the seafood and <i>galangal</i> (ginger) soups are excellent, as is the roast duck in curry sauce. 🍴		●		●		■
DOWNTOWN: L'Actuel \$\$\$ 1194 Rue Peel. ☎ (514) 866 1537. This cheerful Belgian-style brasserie serves a few dozen variations on the mussels and French fries theme, as well as other classic Belgian dishes such as smoked herring with potatoes. 🍴 🍷		●		■		●
DOWNTOWN: Biddle's Jazz and Ribs \$\$\$ 2060 Rue Aylmer. ☎ (514) 842 8656. Jazz musician Charlie Biddle built this restaurant so that his friends would have a place to play a little music and feast on barbecued ribs. 🎷 🍴			■			
DOWNTOWN: L'Orchidée de Chine \$\$\$ 2017 Rue Peel. ☎ (514) 287 1878. Diners in romantic little booths can feast on such Chinese delicacies as softshell crab, sautéed lamb with spicy sauce, and crispy duck. 🍴 🍷		●		■		■
DOWNTOWN: Restaurant Julien \$\$\$ 1191 Ave. Union. ☎ (514) 871 1581. A large canopied terrace makes this French restaurant a charming summer dining spot. The duck-breast tournedos and the chocolate marquise are delicious. 🍴 🍷 🍴			●		■	
DOWNTOWN: Café de Paris \$\$\$\$ Ritz-Carlton Hotel, 1228 Rue Sherbrooke Ouest. ☎ (514) 842 4212. During the summer, the formal Edwardian dining room in this upscale hotel spills over into the garden. The kitchen serves classic French cuisine. 🍴 🎷 🍷 🍴		●		■		■
DOWNTOWN: Beaver Club \$\$\$\$ Hôtel La Reine-Elizabeth, 900 Blvd. René Lévesque Ouest. ☎ (514) 861 3511. An elite ambience with classic roast beef, grilled salmon, and lamb, and the best martinis in town. 🍴 🍷 🍴		●		■		●
DOWNTOWN: Chez la Mère Michel \$\$\$\$ 1209 Rue Guy. ☎ (514) 934 0473. One of the oldest and most traditional French restaurants in the city. The Dover sole, served <i>à la meunière</i> or with lobster, is wonderful. 🍴 🍷						●
DOWNTOWN: Moïsbe's \$\$\$\$ 3961 Blvd. Saint-Laurent. ☎ (514) 845 3509. 🌐 www.moishessteakhouse.com This large noisy dining room is a carnivore's paradise. The Lighter family have been serving their thick steaks for 50 years. 🍴 🍷 🍴		●				■
DOWNTOWN: Nuances \$\$\$\$ Casino de Montréal, 1 Ave. du Casino. ☎ (514) 392 2708. The Casino de Montréal's grilled tuna with basil-flavored polenta and lamb with wine and thyme are as spectacular as the views. 🍴 🍷 🍴						●
DOWNTOWN: Le Passe Partout \$\$\$\$ 3857 Blvd. Décarie. ☎ (514) 487 7750. New York-born chef James MacGuire writes his own menu every day according to his fresh ingredients. Examples include duck terrine, sautéed veal, swordfish, and the best bread in Montreal. 🍴 🍷						●
DOWNTOWN: Queue de cheval \$\$\$\$ 1221 Rene Levesque W. ☎ (514) 390 0090. 🌐 www.queuedecheval.com Reservations are recommended at this downtown spot which is highly regarded for both its steaks, service and ambience. 🎷 🍷 🍴						
DOWNTOWN: Toqué! \$\$\$\$ 3842 Rue Saint-Denis. ☎ (514) 499 2084. 🌐 www.restaurant.toque.com Normand Laprise and Christin LaMarch have reigned as Montreal's most innovative chefs for more than a decade. 🍴 🍷 🍴		●				●
ILE SAINT-HELENE: Hélène de Champlain \$\$\$ 200 Tour de l'Isle. ☎ (514) 395 2424. It is hard to beat this setting – an old stone house in the heart of the St. Lawrence River region. The food is good too. 🍴 🍷 🍴						■

Price categories for a three-course meal for one, including half a bottle of wine (where available) and service:

☞ under Can\$25

☞☞ Can\$25–\$35

☞☞☞ Can\$35–\$50

☞☞☞☞ Can\$50–\$70

☞☞☞☞☞ over Can\$70

OUTDOOR EATING

Some tables on a patio or terrace.

VEGETARIAN SPECIALTIES

One menu always includes a selection of vegetarian dishes.

BAR AREA

There is a bar area or cocktail bar within the restaurant, available for drinks and/or bar snacks.

FIXED-PRICE MENU

A fixed-price menu available at a good rate, for lunch, dinner or both, usually with three courses.

CHILDREN'S FACILITIES

Small portions and/or high chairs available on request.

	OUTDOOR EATING	VEGETARIAN SPECIALTIES	BAR AREA	FIXED-PRICE MENU	CHILDREN'S FACILITIES
OUTREMONT: Maiko Sushi ☞☞ 387 Rue Bernard Ouest. ☎ (514) 490 1225. 🌐 www.maiko-sushi.com Diners here can enjoy more than just sushi, as there is a wide variety of Japanese dishes on offer. The blue-toned surroundings are subtle and agreeable, but booking in advance is advisable. 🍷 🍴	■	●	■		■
PLATEAU MONT-ROYAL: L'Anecdote ☞ 801 Rue Rachel Est. ☎ (514) 526 7967. Movie posters and chrome fittings give this burger joint a 1950s feel, but concessions to modern tastes include a vegetarian club sandwich.		●			■
PLATEAU MONT-ROYAL: Café Santropol ☞ 3990 Rue Saint-Urbain. ☎ (514) 842 3110. 🌐 www.santropole.com Quiches, thick sandwiches, and great soups in a trendy atmosphere. No alcohol, but the tea selection is wide and exotic. 🍷	■	●		●	■
PLATEAU MONT-ROYAL: L'Express ☞☞☞ 3927 Rue Saint-Denis. ☎ (514) 845 5333. This almost perfect re-creation of a Paris bistro is very popular. The ambience is lively, and the food good and reasonably priced. 🍷 🍴 🍷	■	●	■	●	■
PLATEAU MONT-ROYAL: Faros ☞☞☞ 362 Rue Fairmont. ☎ (514) 270 8437. Fine fresh seafood prepared in Greek style. The cozy restaurant in blue-and-white decor is full of nooks and crannies. 🍷 🍴	■	●		●	■
VIEUX MONTRÉAL: Stash's Café Bazaar ☞☞☞ 200 Rue Saint-Paul Ouest. ☎ (514) 845 6611. Stash's Polish kitchen turns out hearty winter sustenance, such as hot <i>borscht</i> . Diners sit at pews from a demolished convent. 🍷 🍴		●	■	●	■
VIEUX MONTRÉAL: Chez Delmo ☞☞☞☞ 211 Rue Notre-Dame Ouest. ☎ (514) 849 4061. Most patrons of this seafood restaurant sit at long bars of polished wood to slurp oysters, crack lobsters, and indulge in Arctic char. 🍷 🍴 🍷					
VIEUX MONTRÉAL: Les Remparts ☞☞☞☞☞ 93 Rue de la Commune Est. ☎ (514) 392 1649. Part of the city's original stone walls form the foundations of this cellar restaurant. The chef offers delights such as plum-stuffed rabbit. 🍷 🍴	■	●	■		■

QUEBEC CITY AND THE ST. LAWRENCE RIVER

BAIE SAINT-PAUL: Le Mouton Noir ☞☞☞ 43 Rue Sainte-Anne. ☎ (418) 240 3030. Overlooking the Gouffre River, this small restaurant marries French techniques with local delicacies in fish and poultry dishes. 🍷 🍴	■	●	■	●	■
CHARLEVOIX: Auberge Petite Madeleine ☞☞ Port-au-Persil. ☎ (418) 638 2460. This inn serves traditional recipes of Charlevoix, rich in local berries, maple syrup, and wild herbs. Grand views of the St. Lawrence accompany French-style dishes served with flair. 🍷	■	●		●	■
HAVRE-SAINT-PIERRE: Restaurant Chez Julie ☞ 1023 Rue Dulcinée. ☎ (418) 538 3070. This popular local has no pretensions. Huge portions of local seafood – the seafood pizza with béchamel sauce is quite extraordinary. 🍷		●		●	■
ILES-DE-LA-MADELEINE: La Saline ☞☞ 1009 Route 199, La Grave, Havre-Aubert. ☎ (418) 937 2230. Unpretentious seafood restaurant offers “ <i>pot-en-pot</i> ,” a creamy mix of fish, seafood, and potatoes with a flaky crust. 🍷 <i>mid-Sep–mid-May</i> . 🍷	■		■	●	■

<p>ILES-DE-LA-MADELEINE: <i>Auberge Marie Blanc</i> \$\$\$\$\$ 1112 Rue Commerciale, Notre-Dame-du-Lac. ☎ (418) 899 6747. A Boston industrialist built this romantic lodge on the shores of Lake Témiscouta for his beautiful Creole mistress. The menu focuses on local lamb, venison, rabbit, and partridge. 🍷 mid-Oct-May. 🍷 🍷</p>					
<p>ILE D'ORLÉANS: <i>Le Vieux-Presbytère</i> \$\$\$\$\$ 1247 Ave. Msgr-d'Esgly, Saint Pierre. ☎ (418) 828 9723. 🌐 www.presbytere.com This former priests' residence offers lovely views of the St. Lawrence. A game farm next door provides buffalo and elk steaks. 🍷 🍷</p>					
<p>LAC-SAINT-JEAN: <i>La Volière</i> \$\$\$ 200 4ième Ave. Péribonka. ☎ (418) 374 2360. Try local delicacies here such as grilled John Dory, <i>ouananiche</i> (land- locked salmon), and blueberry pie. There are also views of the rapids. 🍷</p>					
<p>MÉTIS-SUR-MER: <i>Au Coin de la Baie</i> \$\$\$\$\$ 1140 Route 132. ☎ (418) 936 3855. The simple decor does not detract from the view of Métis Bay. The scallops and cod fillets are excellent. 🍷 mid-Sep-mid-May. 🍷 🍷</p>					
<p>PERCÉ: <i>Auberge du Gargantua</i> \$\$\$ 222 Route des Failles. ☎ (418) 782 2852. The dining room looks out over the Gaspé interior, so it is appropriate that the menu should list several game specialties from this wilderness hunting area. 🍷 Dec-May. 🍷 🍷</p>					
<p>QUEBEC CITY: <i>Le Cochon Dingue</i> \$\$ 46 Blvd. Champlain. ☎ (418) 692 2013. This is a fun place, with eccentric decor, brisk service, and a menu of mussels or steak with French fries and sinful desserts. 🍷 🍷</p>					
<p>QUEBEC CITY: <i>À la Maison de Serge Bruyère</i> \$\$\$\$\$ 1200 Rue Saint-Jean. ☎ (418) 694-0618. This old house has been converted into three dining rooms, ranging from formal French to a lively Bavarian beer hall. 🍷 🍷 🍷</p>					
<p>QUEBEC CITY: <i>Aux Anciens Canadiens</i> \$\$\$\$\$ 34 Rue Saint-Louis. ☎ (418) 692 1627. Venison in blueberry wine and ham in maple syrup are among the Quebec dishes served in this 17th-century home. 🍷 🍷 🍷</p>					
<p>SEPT-ÎLES: <i>Café du Port</i> \$\$ 495 Ave. Brochu. ☎ (418) 962 9311. Soft colors, fresh seafood, and friendly service make this modest little restaurant worth investigating. 🍷 🍷</p>					
SOUTHERN AND NORTHERN QUEBEC					
<p>HULL: <i>Café Henry Burger</i> \$\$\$\$\$ 69 Rue Laurier. ☎ (819) 777 5646. 🌐 www.cafehenryburger.com Despite its name, chef Robert Bourassa's specialties are lamb in madeira, or delicately seasoned salmon, rather than hamburgers. 🍷 🍷 🍷</p>					
<p>LANIEL: <i>Pointe-aux-Pins</i> \$\$\$\$\$ 1955 Chemin du Ski. ☎ (819) 634 5211. A four-course dinner is on offer for those staying in the chalet complex from Thursday to Sunday. The ingredients range from piglet with blue potatoes to lamb with pesto sauce. 🍷 Mon-Wed; mid-Oct-mid-May. 🍷</p>					
<p>LAURENTIAN MOUNTAINS: <i>Rôtisserie au Petit Poucet</i> \$\$\$ 1030 Route 117, Val-David. ☎ (819) 322 2246. A rustic log restaurant serves huge meals of, among other dishes, roasted ham, pork, and caribou. The restaurant also smokes its own meat. 🍷 🍷</p>					
<p>LAURENTIAN MOUNTAINS: <i>Auberge des Cèdres</i> \$\$\$\$\$ 26 305ième Ave. Saint Hippolyte. ☎ (450) 563 2083. A Montreal financier built this rambling lakeside home as a summer retreat. The restaurant is renowned for its duck dishes. 🍷 🍷</p>					
<p>LAURENTIAN MOUNTAINS: <i>L'Eau à la Bouche</i> \$\$\$\$\$ 3003 Blvd. Sainte-Adèle, Sainte-Adèle. ☎ (450) 229 2991/227 1416. Nouvelle cuisine and Quebec cooking are combined here to produce such marvels as roast veal in Cognac and Roquefort sauce. 🍷 🍷 🍷</p>					

DOWNTOWN: Senator Diner \$ 249 Victoria St. ☎ 416 364 7517. 🌐 www.thesenator.com Serving good quality, slightly upscale diner food, this gorgeous authentic 1920s diner is right in the downtown core. Arrive early for Sunday brunch as it can be a long wait for a table. 🍷 ☑ for breakfast and lunch only.		●			■
DOWNTOWN: Filet of Sole \$\$ 11 Duncan St. ☎ 416 598 3256. Among the many seafood restaurants that dot downtown Toronto, this is one of the most popular, a lively affair situated in a converted warehouse with an emphasis on quantity. 🍷	■	●	■	●	■
DOWNTOWN: Shopsy's \$\$ 33 Yonge St. ☎ 416 365 3333. Shopsy's was founded as a delicatessen/diner shortly after World War II and has been popular ever since. The meat-loaded sandwiches are still delicious and the diner-style decor appealing. 🍷 🍴	■	●	■	●	■
DOWNTOWN: Café Nervosa \$\$\$ 75 Yorkville Ave. ☎ 416 961 4642. This chic café-restaurant is located in Toronto's ritziest neighborhood. The cuisine is a light mix of salads, pastas, pizzas, and seafood. 🍷 🍴	■	●	■	■	■
DOWNTOWN: Ematei Japanese Restaurant \$\$\$ 1st Floor, 30 St. Patrick St. ☎ 416 340 0472. This stylish and attractive Japanese place does a good line in sushi. It is located just east of the Art Gallery of Ontario (see pp174-5). 🍷		●		●	■
DOWNTOWN: La Fenice \$\$\$ 319 King St. W. ☎ 416 585 2377. 🌐 www.lafenice.ca This classy restaurant, with its chic modern furnishings, offers exquisite Italian cuisine with an imaginative blend of sauces and spices. 🍷 🍴		●	■		
DOWNTOWN: Hard Rock Café SkyDome \$\$\$ 1 Blue Jays Way. ☎ 416 341 2388. This burger bar and restaurant is part of the SkyDome sports complex (see p169) and is crowded with sports fans during games. 🍷 🍴		●	■	■	■
DOWNTOWN: Mata Hari Grill \$\$\$ 39 Baldwin St. ☎ 416 596 2832. 🌐 www.mataharigrill.ca Malaysian restaurant with jazz as background music and a good choice of wines. Satays and curry are the house specialties. 🍷 🍴 🍷	■	●			■
DOWNTOWN: Nami \$\$\$ 55 Adelaide St. E. ☎ 416 362 7373. Among Toronto's several Japanese restaurants, this is one of the best. Smoked eel is a particular specialty here. 🍷		●		●	
DOWNTOWN: Le Sélect Bistro \$\$\$ 328 Queen St. W. ☎ 416 596 6406. A thriving, buzzing eaterie which delivers a cornucopia of delightful French bistro dishes in a continental bohemian atmosphere. 🍷 🍴 🍷	■	●	■	●	■
DOWNTOWN: Wayne Gretzky's \$\$\$ 99 Blue Jays Way. ☎ 416 979 PUCK. 📠 416 586 0099. 🌐 www.gretzkys.com This popular restaurant and bar celebrates the achievements of ice hockey great Wayne Gretzky. Glass cases display Stanley Cup hockey sticks, magazines and other memorabilia. Large rooftop patio. 🍷 🍴	■	●	■	●	■
DOWNTOWN: Bouchon \$\$\$ 38 Wellington E. ☎ 416 862 2675. 🌐 www.bouchon.ca A delightful restaurant based in the unlikely location of a cellar in a wine bar. Steaks and seafood are common fare in this earthy French bistro. Canadian fusion flavors are a speciality. 🍷		●	■	●	
DOWNTOWN: Le Papillon \$\$\$ 16 Church St. ☎ 416 363 0838. Quebecois cuisine is hard to find in Toronto, but the French pies and pastries at this first-rate establishment help to fill the gap. 🍷 🍴		●	■		■
DOWNTOWN: Rodney's Oyster House \$\$\$ 469 King St. W. ☎ 416 363 8105. 🌐 www.rodneysosterhouse.com Oysters galore at this long-established eatery where the bivalve rules supreme. It attracts a mixed crowd of tourists and businessfolk. 🍷			■		■

Price categories for a three-course meal for one, including half a bottle of wine (where available) and service:

- \$ under Can\$25
 \$\$ Can\$25-\$35
 \$\$\$ Can\$35-\$50
 \$\$\$ Can\$50-\$70
 \$\$\$\$ over Can\$70

OUTDOOR EATING

Some tables on a patio or terrace.

VEGETARIAN SPECIALTIES

One menu always includes a selection of vegetarian dishes.

BAR AREA

There is a bar area or cocktail bar within the restaurant, available for drinks and/or bar snacks.

FIXED-PRICE MENU

A fixed-price menu available at a good rate, for lunch, dinner or both, usually with three courses.

CHILDREN'S FACILITIES

Small portions and/or high chairs available on request.

	OUTDOOR EATING	VEGETARIAN SPECIALTIES	BAR AREA	FIXED-PRICE MENU	CHILDREN'S FACILITIES
DOWNTOWN: Canoe [W] www.oliverbonacini.com Toronto Dominion Tower, 66 Wellington St. W. ☎ 416 364 0054. Canoe prides itself on its use of fresh Canadian ingredients such as Arctic char and caribou. It is situated on the 54th floor of the Toronto Dominion Tower office block. ☐ Mon-Fri. ♿ ♿ ♿		●	■		
DOWNTOWN: Lai Wah Heen Metropolitan Hotel, 108 Chestnut St. ☎ 416 977 9899. A chic and well-established restaurant, the Lai Wah Heen serves outstanding Cantonese cuisine from a menu of great originality and flair. Many locals swear by the dim sum. ♿ ♿ ♿		●		●	■
DOWNTOWN: Picante 326 Adelaide St. W. ☎ 416 408 2958. Gallant Spanish restaurant in the heart of downtown Toronto. The house specialties are <i>paella</i> and an appetizing range of <i>tapas</i> . ♿		●	■		
DOWNTOWN: Susur 601 King St. W. ☎ 416 603 2205. [W] www.susur.com A restaurant high in concept, Susur serves two fixed-price tasting menus with each of the seven courses diminishing in size as the meal progresses. The enthusiasm for serving fresh, local food is so marked that the menu is not revealed until 5:30pm each day, to allow chef Susur Lee time to acquire produce from local markets. ☉ Sun; Aug. ♿ ♿ ♿ ♿		●	■	●	■
GREEKTOWN: Avli 401 Danforth Ave. ☎ 416 461 9577. [W] www.avlirestaurant.com One of the best traditional Greek restaurants on a street packed with competitors. It serves all the standards and features wonderful casseroles. ♿ ♿		■	●		
GREEKTOWN: Pan on the Danforth 516 Danforth Ave. ☎ 416 466 8158. [W] www.panonthedanforth.com Specializing in Greek cuisine with a French twist, this restaurant has gained rave reviews in many media outlets. The menu is eclectic and the desserts, such as chocolate baklava, are understated but outstanding. 🎵 ♿		■	●	■	●
HARBORFRONT: Captain John's 1 Queen's Quay, West. ☎ 416 363 6062. ☎ 416 363 6065. This family-friendly restaurant offering seafood specialties is located aboard the Jadran ocean liner. Good value lunch buffet. ♿ ♿			■		■

OTTAWA AND EASTERN ONTARIO

ALGONQUIN PROVINCIAL PARK: Arowhon Pines off Hwy 60, Algonquin Provincial Park. ☎ (705) 633 5661 or 416 483 4393 winter. Even if you're not staying here (see p352), this one is worth the drive off the highway for a meal – the view from the six-sided log dining room is spectacular. Bring your own wine. ☉ Nov-Apr. ♿		●		●	■
KINGSTON: Candlelight Dining Fort Henry. ☎ (613) 530 2550. [W] www.foodandheritage.com To have dinner right inside Fort Henry (see p198) attended by soldier servants in period costume is a unique experience. ♿		●	■	●	■
KINGSTON: General Wolfe Hotel Wolfe Island. ☎ (613) 385 2611. [W] www.generalwolfehotel.com Getting here is half the fun, with a delightful free ride on the Wolfe Island ferry to Kingston's home of the gourmet dinner. ♿ 🎵 ♿ ♿ ♿			■	●	■
KINGSTON: Kingston Brewing Company 34 Clarence St. ☎ (613) 542 4978. A beautifully appointed, 65-seat restaurant, with an outdoor patio. There are no chemicals in the home-brewed ales and lagers. 🎵 ♿		■	●	■	

<p>NORTH BAY: <i>Churchill's Prime Rib</i> \$\$\$ 631 Lakeshore Drive. ☎ (705) 476 7777. This comfortable lakeside spot with fine views draws rave reviews from those who relish a hearty steak meal with local vegetables. ♿ ♻️ 🍷 🍴</p>		●	■	■	■
<p>OTTAWA: <i>Royal Thai</i> \$\$ 272 Dalhousie St. ☎ (613) 562 8818. The name says it all here – authentic Thai curries at very reasonable prices served in the center of town. ♻️ 🍴</p>		●	■	●	■
<p>OTTAWA: <i>Château Laurier Hotel</i> \$\$\$ 1 Rideau St. ☎ (613) 241 1414. This famous hotel (see p193) is a must; the twin restaurants of Zoë's and Wilfrid's cater to a wide variety of upmarket diners. ♿ ♻️ 🍷 🍴</p>		●	■	●	■
<p>OTTAWA: <i>Irish Village</i> \$\$\$ 67 Clarence St. ☎ (613) 562 0674. Irish Village consists of five different pubs, including The Snug, Black Rose, The Heart & Crown and McGintie's. There's live Celtic music several nights a week and a selection of Irish whiskies and beers. 🍷 ♻️ 🍴</p>		●	■	■	■
<p>OTTAWA: <i>Mamma Teresa Ristorante</i> \$\$\$ 300 Somerset W. ☎ (613) 236 3023. Traditional Italian fare is featured in addition to crispy pizzas, and this is a great place to watch for MPs, cabinet ministers, and media types. 🍷</p>		●	■	●	■
<p>OTTAWA: <i>Big Daddy's Crab Shack & Oyster Bar</i> \$\$\$\$ 339 Elgin St. ☎ (613) 228 7011. Very popular with the younger crowd, this place serves lots of Cajun-style cooking, as well as some more exotic fare. ♿ ♻️ 🍷 🍴</p>		●	■	■	■
<p>OTTAWA: <i>The Ritz</i> \$\$\$\$ 89 Clarence St. ☎ (613) 789 9797. Set in the popular Byward Market area with fine 19th-century decor and excellent staff, this is a good spot to watch for local celebrities. ♻️ 🍷</p>		●	■	■	■
<p>PETERBOROUGH: <i>Parkhill on Hunter</i> \$\$\$ 180 Hunter W. ☎ (705) 743 8111. Parkhill Café is a bistro that is rated by locals and visitors as "the" place to eat in Peterborough. ♿ 🍷</p>		●	■	■	■
THE GREAT LAKES					
<p>BAYFIELD: <i>The Little Inn of Bayfield</i> \$\$\$\$ Main St. ☎ (519) 565 2611. 🌐 www.littleinn.com One of Ontario's finest restaurants, located in one of its best hotels. The specialty is fish from Lake Huron – perch or pickerel. ♿ ♻️ 🍷 🍴</p>		●	■	■	■
<p>GODERICH: <i>Robindale's Fine Dining</i> \$\$\$ 80 Hamilton St. ☎ (519) 524 4171. Set in the pretty country town of Goderich, this first-rate restaurant occupies a tastefully converted Victorian house. The wide-ranging menu features local ingredients – the beef is mouthwatering. ♻️ 🍷</p>		●	■	■	■
<p>NIAGARA FALLS: <i>Capri</i> \$\$ 5438 Ferry St. ☎ (905) 354 7519. Something of a local institution, this family-run restaurant provides excellent Italian fare in generous portions. ♿ 🍷</p>		●	■	■	■
<p>NIAGARA FALLS: <i>The Pinnacle Restaurant</i> \$\$\$ 6732 Oakes Drive. ☎ (905) 356 1501. Perched on top of the Minolta Tower, there are great views of the Falls. The simpler dishes are tasty. ♿ 🍷</p>		●	■	■	■
<p>NIAGARA FALLS: <i>Yukiguni</i> \$\$\$ 5980 Buchanan Ave. ☎ (905) 354 4440. This popular Japanese restaurant offers some of the best food in town. The sizzling dishes are served in style – try the salmon teriyaki. 🍷</p>		●	■	■	■
<p>NIAGARA FALLS: <i>Skylon Tower</i> \$\$\$\$ 5200 Robinson St. ☎ (905) 356 2651. 🌐 www.skylon.com One of the busiest spots in town, the revolving restaurant on top of the Skylon Tower provides unparalleled views of the Falls. Honeymooners and young families alike enjoy favorites such as the Caesar salad. ♿ 🍷</p>		●	■	●	■

Price categories for a three-course meal for one, including half a bottle of wine (where available) and service:

- \$ under Can\$25
 \$\$ Can\$25–\$35
 \$\$\$ Can\$35–\$50
 \$\$\$ Can\$50–\$70
 \$\$\$\$ over Can\$70

OUTDOOR EATING

Some tables on a patio or terrace.

VEGETARIAN SPECIALTIES

One menu always includes a selection of vegetarian dishes.

BAR AREA

There is a bar area or cocktail bar within the restaurant, available for drinks and/or bar snacks.

FIXED-PRICE MENU

A fixed-price menu available at a good rate, for lunch, dinner or both, usually with three courses.

CHILDREN'S FACILITIES

Small portions and/or high chairs available on request.

	OUTDOOR EATING	VEGETARIAN SPECIALTIES	BAR AREA	FIXED-PRICE MENU	CHILDREN'S FACILITIES
NIAGARA-ON-THE-LAKE: Shaw Café and Wine Bar \$\$\$ 92 Queen St. ☎ (905) 468 4772. Named after playwright George Bernard Shaw, this fashionable café-bar is much favored by theater-goers. The menu is bistro-style. ♿ ♿ ♿	■	●	■		■
NIAGARA-ON-THE-LAKE: The Oban Inn \$\$\$ 160 Front St. ☎ (905) 468 2165. 🌐 www.vintageinns.com A classy affair of prettily folded napkins and highly polished cutlery. The food is great too – the poached salmon is recommended. ♿ ♿ ♿		●	■		■
NIAGARA-ON-THE-LAKE: The Olde Angel Inn \$\$\$ 224 Regent St. ☎ (905) 468 3411. 🌐 www.angel-inn.com The Olde Angel occupies a 19th-century roadhouse. Particular favorites include beef cooked in Guinness and roast duckling. ♿ ♿		●	■		■
PENETANGUISHENE: Blue Sky Family Restaurant \$ 48 Main St. ☎ (705) 549 8611. A traditional family-run diner, with bar stools, formica tables, and authentic fare – eggs and bacon, muffins, and the like. ♿				●	■
SAULT STE. MARIE: A Thymely Manner \$\$\$ 531 Albert St. ☎ (705) 759 3262. 🌐 www.thymelymanner.com This outstanding restaurant, easily the best in town, is noted for its locally raised lamb. The seafood is delicious too – try the lake trout. ♿ ♿		●			■
THUNDER BAY: Hoito Restaurant \$ 314 Bay St. ☎ (807) 345 6323. Hundreds of Finns emigrated to Thunder Bay in the early 20th century, and Hoito offers traditional Finnish food at reasonable prices. ♿			■	●	
WINDSOR: The Park Terrace \$\$\$\$ Windsor Hilton Hotel, 277 Riverside Drive W. ☎ (519) 973 5555. This plush hotel restaurant combines excellent food made from top local produce with fine views of Detroit just across the river. ♿ ♿ ♿		●	■	●	■

CENTRAL CANADA

EDMONTON: Sherlock Holmes \$ West Edmonton Mall. ☎ (780) 423 0202. A collection of restaurants in a New Orleans-style street atmosphere, including Sherlock Holmes (noted for its beer), Albert's (Montreal-smoked meat), and Hooters (scantily-clad waitresses). ♿ ♿	■	●	■	●	■
EDMONTON: Unbeardof Restaurant \$\$\$ 9602 82nd Ave. ☎ (780) 432 0480. 🌐 www.unbeardof.com Located in the Old Strathcona district, this popular restaurant's favorites include tenderloins of bison. 🍷 Mon. ♿ ♿		●		●	■
GULL HARBOUR: Viking Dining Room \$\$\$ Gull Harbour Resort, Hecla Provincial Park. ☎ (204) 279 2041. Icelandic fare includes Rulupsa lamb with molasses-based brown bread, fresh fish from Lake Winnipeg, and Vinarterta for dessert. ♿ ♿	■	●	■		■
MEDICINE HAT: Mario's Ristorante \$\$\$ 439-5th Ave. SE. ☎ (403) 529 2600. Located in historic downtown, Mario's serves traditional Italian pastas, veal, steak, chicken, and seafood, in a warm, classic atmosphere. ♿ ♿ ♿		●	■	●	
RED DEER: Shauney's \$\$\$ 4909 48 St. ☎ (403) 342 2404. Elegant dining in comfortable surroundings. Ostrich and bison are served, along with other exotic offerings. ♿ ♿		●	■	●	

Price categories for a three-course meal for one, including half a bottle of wine (where available) and service:

Ⓢ under Can\$25

ⓈⓈ Can\$25–\$35

ⓈⓈⓈ Can\$35–\$50

ⓈⓈⓈⓈ Can\$50–\$70

ⓈⓈⓈⓈⓈ over Can\$70

OUTDOOR EATING

Some tables on a patio or terrace.

VEGETARIAN SPECIALTIES

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CHILDREN'S FACILITIES

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	OUTDOOR EATING	VEGETARIAN SPECIALTIES	BAR AREA	FIXED-PRICE MENU	CHILDREN'S FACILITIES
SOOKE: <i>Sooke Harbour House</i> ⓈⓈⓈⓈⓈ 1528 Whiffen Spit Rd. ☎ (250) 642 3421. The award-winning menu can include sea asparagus and sea urchins served with vegetables and herbs from the gardens on site. ♿ ♫ 🍷		●			■
TOFINO: <i>Wickaninnish Inn & Pointe Restaurant</i> ⓈⓈⓈⓈⓈ Osprey Lane at Chesterman's Beach. ☎ (250) 725 3100. A beautiful dining room with a circular fireplace and views of the Pacific. The menu includes fresh seafood and Pacific Northwest wines. ♿ ♫ 🍷	■	●	■	●	■
VANCOUVER: <i>The Old Spaghetti Factory</i> Ⓢ 53 Water St. ☎ (604) 684 1288. Family dining in a lively atmosphere with friendly staff and a varied Italian menu. Dine outside in the heart of Gastown. ♿ ♫ 🍷	■	●	■	●	■
VANCOUVER: <i>Villa De Loupa</i> ⓈⓈ 869 Hamilton St. ☎ (604) 688 7436. Mouthwatering Italian food, such as risotto with fresh chives, free-range stuffed chicken, and olive-poached tomatoes. ♫ 🍷		●			
VANCOUVER: <i>900 West Hotel Vancouver</i> ⓈⓈⓈ 900 West Georgia St. ☎ (604) 669 9378. Guests can eat at the kitchen counter, or in the dining room at a table setting. Over 60 wines are on offer in the award-winning bar. 🎵 ♫ 🍷		●	■	●	
VANCOUVER: <i>Havana</i> ⓈⓈⓈ 1212 Commercial Drive. ☎ (604) 253 9119. 🌐 www.havana-art.com This authentic Cuban restaurant, with imported cocktails, is a lively slice of Havana in one of Vancouver's bustling neighborhoods. ♿ 🍷	■	●	■	●	■
VANCOUVER: <i>Cin Cin Restaurant</i> ⓈⓈⓈⓈ 1154 Robson St. ☎ (604) 688 7338. 🌐 www.cincin.net This popular restaurant is decorated in Italian Mediterranean style, with a clattering open kitchen and a sizzling alderwood grill. ♫ 🍷	■	●	■	●	
VANCOUVER: <i>The Fish House</i> ⓈⓈⓈⓈ 8901 Stanley Park Drive. ☎ (604) 681 7275. 🌐 www.fishhousestanleypark.com This fine fish restaurant is surrounded by greenery and panoramic views of English Bay. There is an early-bird special between 5 and 6pm. ♿ ♫ 🍷	■	●	■		■
VANCOUVER: <i>Piccolo Mondo Ristorante</i> ⓈⓈⓈⓈ 850 Thurlow St. ☎ (604) 688 1633. With 480 Italian wines in the cellar and family recipes to hand, guests can expect delicious northern Italian food in a relaxed atmosphere. ♫ 🍷		●			
VANCOUVER: <i>Tojo's Japanese</i> ⓈⓈⓈⓈ 777 West Broadway suite, 202. ☎ (604) 872 8050. 🌐 www.tojos.com Since opening in 1988, Tojo's has consistently served award-winning Japanese food. Most of the patrons are local media types. ♿ ♫ 🍷	■	●	■	●	■
VANCOUVER: <i>Bishop's</i> ⓈⓈⓈⓈⓈ 2183 W. 4th Ave. ☎ (604) 738 2025. 🌐 www.bishopsonline.com Owned by Welsh chef John Bishop, this restaurant is a highly acclaimed eatery, offering seasonal, contemporary West Coast cuisine. ♫ 🍷					
VANCOUVER: <i>C Restaurant</i> ⓈⓈⓈⓈⓈ 2–1600 Howe St. ☎ (604) 681 1164. 🌐 www.crestaurant.com A contemporary fish restaurant claiming the best seafood in town, with a charming patio bedecked in white linen and white tiles. ♿ ♫ 🍷	■	●	■	●	■
VANCOUVER: <i>Diva at the Met</i> ⓈⓈⓈⓈⓈ Metropolitan Hotel, 645 Howe St. ☎ (604) 687 1122. The terraced floors and open-style kitchen create a casual flair. The award-winning menu features eclectic takes on seafood and game. ♿ ♫ 🍷		●	■	●	■

VANCOUVER: Gotham Steak House & Cocktail Bar \$\$\$\$\$				
615 Seymour St. ☎ (604) 605 8282. They serve great steaks and a wide variety of seafood in an elegant, high-ceilinged room. Reservations are recommended. 🍷 🍴 🍴				
VANCOUVER: Lumière \$\$\$\$\$		●		●
2551 W. Broadway. ☎ (604) 739 8185. Amidst the minimalist decor of light maple and steel, diners are treated to French cuisine, Asian minimalism and North American flair. All set menus are 8–12 courses. 🍷 🍴 🍴				
VANCOUVER: West \$\$\$\$\$		●	■	●
2881 Granville St. ☎ (604) 738 8938. West Coast takes on tradition in this award winning restaurant. Fresh organic and local ingredients are used, with dishes such as Crisp Princess Island Ling Cod and Wentzel Duck Breast marinated with orange and coriander. 🍷 L. Mon & Tue. 🍷 🍴 🍴				
VICTORIA: Barb's Place \$	■	●		
Fisherman's Wharf, Erie St. Float. ☎ (250) 384 6515. A floating kitchen sitting on the docks of Victoria's harbor. Serves fish and chips and other tasty fare to a happy clientele. 🍷 Nov–Feb. 🍷				
VICTORIA: J & J Wonton Noodle House \$		●	●	■
1012 Fort St. ☎ (250) 383 0680. 🌐 www.jjnoodlehouse.com Big room with cozy atmosphere serving fresh home-made noodles to the locals and the lucky tourists who go out of their way to find it. 🍷 🍴				
VICTORIA: Il Terrazzo \$\$\$\$\$		●	■	
555 Johnson St. ☎ (250) 361 0028. 🌐 www.ilterrazzo.com Located in the heart of Old Town, in an original 1890 building, this restaurant boasts the best Italian food in Victoria. A beautiful courtyard is warmed by six fireplaces, ten months of the year. 🍷 🍴 🍴				
VICTORIA: Empress Room \$\$\$\$\$		●	■	●
Empress Hotel, 721 Government St. ☎ (250) 384 8111. Fine dining in a 1908 Edwardian dining room. An evening harpist sets an elegant mood, and the menu includes swordfish. 🍷 🎵 🍴 🍴				
VICTORIA: The Victorian \$\$\$\$\$		●	■	●
Ocean Pointe Resort, 45 Songhees Rd. ☎ (250) 360 2999. Candlelight, fine wine, delicious Pacific Northwest cuisine and views of the harbor can be expected at Victoria's premier resort. 🍷 🍴 🍴				
THE ROCKY MOUNTAINS				
BANFF: Giorgio's Trattoria \$\$		●		■
219 Banff Avenue. ☎ (403) 762 5114. 🌐 www.giorgiosbanff.com An intimate restaurant located in the heart of town, the food is Italian pastas and fresh pizza prepared in a wood-burning oven. 🍷 🍴 🍴				
BANFF: Coyote's Deli and Grill \$\$\$		●	■	■
206 Caribou St. ☎ (403) 762 3963. A small but very highly regarded restaurant which focuses on the delights of Southwestern cuisine. Arizona style prints adorn the walls to complete the regional effect. 🍷 🍴 🍴				
BANFF: Buffalo Mountain Lodge Dining Room \$\$\$\$\$		●	■	●
Tunnel Mountain Rd. ☎ (403) 762 2400. This wood-beamed dining room slightly off the beaten track serves Canadian Rockies fare: venison, caribou, deer, lamb, and beef. 🍷 🍴 🍴				
CALGARY: Ranchman's \$\$		●	■	●
9615 McLeod Trail South. ☎ (403) 253 1100. 🌐 www.ranchmans.com A Calgary tradition, this cowboy café and country music club displays trophy rodeo saddles and a chuck wagon above the stage. The menu features beef and chicken prepared in Texas-style smokers. 🍷 🎵 🍴				
CALGARY: Salilik Steakhouse \$\$		●	■	
101 8th Ave. SW. ☎ (403) 537 1160. The portions at this upmarket-looking, modern restaurant are known for being generous. As would be expected, the steaks are particularly delicious. Its popularity is so great that reservations are recommended. 🍷 L. Sat & Sun. 🍷				

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	OUTDOOR EATING	VEGETARIAN SPECIALTIES	BAR AREA	FIXED-PRICE MENU	CHILDREN'S FACILITIES
CALGARY: Catch \$\$\$\$ 100 Stephen Ave. ☎ (403) 266 0000. Located on the second level of the historic Bank of Canada building, this restaurant offers succulent seafood, such as wild spring salmon gravlax with digby scallops. 🍷 L Sat & Sun. ♿ 🍷 🍷	■	●	■	●	■
CALGARY: River Café \$\$\$\$ Prince's Island. ☎ (403) 261 7670. 🌐 www.river-cafe.com A distinctly Canadian restaurant located in a peaceful wooded garden. Wild game and the very best local produce. 🍷 Jan. ♿ 🍷 🍷	■	●	■		■
CALGARY: Rouge \$\$\$\$ 1240 8th Avenue SE. ☎ (403) 531 2767. 🌐 www.rougecalgary.com The 1891 home of Calgary pioneer A.E. Cross offers Arctic char and buffalo as well as many fish and chicken dishes. ♿ 🍷 🍷	■	●			
FAQUIER: Mushroom Addition \$\$ 129 Oak St. ☎ (250) 269 7467. Local wild mushrooms are served in nearly every dish. During the summer the place is adorned with fresh-cut flowers. ♿ 🍷	■	●			■
KIMBERLY: The Old Bauernhaus \$\$\$ 280 Norton Avenue. ☎ (250) 427 5133. This 18th-century Bavarian barn was disassembled, shipped to Canada and rebuilt in the 1980s. The first floor is now the restaurant serving hearty German fare. 🍷 Tues and Wed. ♿ 🍷 🍷	■	●			■
LAKE LOUISE: Elkhorn Dining Room \$\$\$\$ Mile 22 Bow Lake Icefield Parkway. ☎ (403) 522 2167. This historic building was built by artist Jimmy Simpson, and his watercolors adorn the walls. The cuisine focuses on local game. ♿ 🍷 🍷		●	■	●	■
LAKE LOUISE: Poppy Room \$\$\$\$ Chateau Lake Louise. ☎ (403) 522 3511 ext 1189. Every table has a view of Lake Louise in this busy dining room. Burgers, salads, pastas, and fish are offered on the menu. Breakfast is buffet-style. ♿ 🍷		●			■
NELSON: The Outer Clove \$ 536 Stanley St. ☎ (250) 354 1667. Chefs here use five pounds of garlic a day in a variety of ways, including the desserts, in this brightly painted old brick building. 🍷 Sun. 🍷 🍷	■	●			■
REVELSTOKE: The Peak's Lodge Resort \$\$\$ Trans Canada Hwy 1. ☎ (250) 837 2176. Beneath Boulder Mountain, this old lodge is furnished with antiques. The menu offers Alberta beef and BC salmon smoked on site. 🍷 🍷	■	●	■	●	■

SOUTHERN AND NORTHERN BRITISH COLUMBIA

FORT LANGLEY: Bedford House \$\$ 9272 Glover. ☎ (604) 888 2333. Located in historic Fort Langley, enjoy good food in a relaxed atmosphere with attentive staff and fine wines. ♿ 🍷 🍷 🍷	■	●	■		
KELOWNA: Williams Inn \$\$\$ 526 Lawrence Avenue. ☎ (250) 763 5136. The menu in this romantic two-storey home is European-style game, steak, lamb, seafood, chicken, and home-made dessert. ♿ 🍷 🍷	■	●		●	
NARAMATA: The Country Squire \$\$\$\$ 3950 1st St. ☎ (250) 496 5416. Delicious five-course meals are served over the evening; walk around the garden with a glass of Okanagan wine between courses. ♿ 🍷 🍷		●	■	●	

OSOYOOS: The Diamond Steak and Seafood House (S) (S) 8903 Main St. ☎ (250) 495 6223. Three dining rooms specialize in Greek and Italian cuisine with a variety of steaks, seafood, pasta, and pizza. Prime rib is a favorite. ♿ ♫ 🍷 🍴									
PRINCE RUPERT: Smile's Café (S) (S) 1 Cow Bay Rd. ☎ (250) 624 3072. A family seafood restaurant in a 1930s wharf building, decorated in netting and with old photographs. A coffee shop is also on site. ♿ ♫ 🍷 🍴									
WHISTLER: Black's Original Restaurant (S) (S) (S) 4270 Mountain Square. ☎ (604) 932 6408. 🌐 www.whistlerpubrestaurant.com An open-style restaurant located in the Westbrook Hotel at the base of the mountains. Turkey roast is served on Sundays and the British pub upstairs specializes in Guinness. ♿ 🍷									
WHISTLER: Bear Foot Bistro (S) (S) (S) (S) (S) 4121 Village Green. ☎ (604) 932 3433. 🌐 www.bearfootbistro.com The acid-washed cement floors, brown leather chairs, live jazz, and North America's largest selection of Cuban cigars create a sophisticated air. The food is innovative French. ♿ 🎵 🍷 🍴									
NORTHERN CANADA									
DAWSON CITY: Bonanza Dining Room (S) (S) (S) Eldorado Hotel, 3rd & Princess Sts. ☎ (867) 993 5451. Two rustic restaurants in this hotel serve simple bar food. The specials change daily. 🎵 🍷									
DAWSON CITY: Klondike Kate's (S) (S) (S) 3rd Avenue & King St. ☎ (867) 993 6527. 🌐 www.klondikekates.ca This popular, friendly café, named after a Dawson City dance hall girl, serves the best breakfast in the Yukon. 🕒 Oct-Mar. 🍷									
FORT PROVIDENCE: Snowshoe Inn (S) (S) 1 Mackenzie St. ☎ (867) 699 3511. Home-cooking comes to the fore in the largest restaurant in town; sophisticated seafood is also on offer. ♿ 🍷									
INUVIK: MacKenzie Hotel (S) (S) (S) (S) 185 MacKenzie Rd. ☎ (867) 777 2861. Inuit cooking, including char and caribou, can be sampled at this hotel restaurant (see p359). 🍷									
IQUALUIT: Kamotiq In Restaurant (S) (S) (S) (S) (S) 3506 Wiley Rd. ☎ (867) 979 5937. Two dining rooms, one shaped like an igloo, serve Arctic cuisine, steaks, seafood, and Mexican dishes. ♿ 🎵 🍷 🍴									
RANKIN INLET: Siniktavik Hotel (S) (S) ☎ (867) 645 2949 📠 (867) 645 2999. 📧 sinik@arctic.ca Warming stews and large steaks are available in this newly refurbished restaurant. 🍷									
WHITEHORSE: Yukon Mining Company (S) (S) (S) High Country Inn, 4051 4th Avenue. ☎ (867) 667 4471. Each evening an outdoor barbecue allows diners to appreciate the stunning scenery surrounding the hotel. Particularly popular are the salmon and halibut, as well as locally brewed beer. ♿ ♫ 🍷 🍴									
WHITEHORSE: The Cellar Dining Room (S) (S) (S) (S) 101 Main St. ☎ (867) 667 2572. Part of the Edgewater Hotel, this cellar venue is popular with townspeople and has a great atmosphere and excellent food. 🍷 🍴									
YELLOWKNIFE: Wildcat Café (S) (S) 3506 Wiley Road. ☎ (867) 873 8850. A real slice of wild Canadian life. Local food a speciality, in particular, hearty soups and casseroles (see p336). Dinners only. 🕒 winter. 🍷									
YELLOWKNIFE: The Prospector Bar and Grill (S) (S) (S) (S) (S) 3506 Wiley Rd. ☎ (867) 920 7639. Seaplane docking is available for fly-in clients looking for a bite to eat in the summer months. 🎵 🍷									

SHOPPING IN CANADA

SHOPPING in Canada offers more than the usual tourist fare of Mountie dolls and maple leaf T-shirts. Visitors can choose from a wide range of products, and buy everything from electronic equipment to clothes and jewelry. There is also a variety of goods unique to the country – maple syrup from Quebec, smoked salmon from British Columbia, and cowboy boots from Alberta, to



Doll from
Charlottetown

name a few. Native art inspired by centuries-old tradition, includes carvings by west-coast peoples and Inuit paintings and tapestries. In each major city there are covered malls, chainstores, specialty shops, and galleries, as well as street markets to explore. In country areas, beautifully-made crafts by local people can be found. Be aware that sales taxes are added to the price of many items.

SHOPPING HOURS

STORE HOURS vary, but in larger cities most stores are open by 9am and close between 5pm and 9pm. However, some grocery and variety stores are open 24 hours a day, and in major towns several pharmacies are also open for 24 hours. In most towns, stores have late closing until 9pm on Friday evening. However, in smaller towns and villages you should not expect any store, including the gas station, to be open after 6pm. Sunday openings are increasing: usually hours run from noon to 5pm but vary from province to province. Check first, as many may be closed in rural areas.

HOW TO PAY

MOST CANADIAN STORES accept all major credit cards, with VISA and MasterCard being the most popular. Some stores require a minimum purchase in order to use the card. They may limit the use of cards during summer and winter sales. Direct payment, or "Switch" transactions, are also widely used, with point-of-sale terminals for bank cards available in most supermarkets and department stores. Travelers' checks are readily accepted with proper identification; a valid passport or driver's license are the usually accepted forms.

US dollars are the only non-Canadian currency accepted in department stores. Bear in mind that the exchange rate is usually lower, sometimes as

much as 15 percent, than a bank will give. Large stores may offer money-changing facilities within the store.

SALES TAXES

CANADIANS LOVE to curse the National Goods and Services Tax (GST), which currently runs at 7 percent. It is added to most retail transactions; the major exception is basic food items. Visitors who are non-resident in Canada can apply for a GST rebate on most goods within 60 days of purchase. This excludes restaurant bills, drinks, tobacco, or transportation expenses. Refund forms are available in airports, duty free stores, hotels, and most Canadian Embassies. Include original receipts when sending the application to Revenue Canada (see p343) as photocopies are not accepted.

In addition to the GST, most provinces add a provincial sales tax, varying from 5–12 percent, on meals and store-bought items. Alberta, the Yukon, and the Northwest Territories do not impose this tax, and Quebec, Manitoba, Nova Scotia, and Newfoundland offer rebates to non-residents.

CONSUMER RIGHTS AND SERVICES

SMART SHOPPERS always check a store's refund policy before buying an item. Policies vary, some stores will refund money on unwanted items, others offer store vouchers, and many will not exchange or refund sale merchandise. Reputable stores will take back

defective merchandise within 28 days as long as it is accompanied by the original bill. As credit card fraud increases, it is wise to be cautious about buying by telephone using cards.



Native Canadian Wayne Carlick, carving soapstone, British Columbia

COMPLETELY CANADIAN

PRODUCTS MADE in Canada offer shoppers a wide variety of choice. Although most specialty items are on sale across the country, many goods are less expensive in their province of origin. Hand-knitted sweaters and pottery are particularly good value in Atlantic Canada, as is the much-praised Seagull pewter made in Nova Scotia. The Prairie provinces and Alberta specialize in cowboy attire; tooled belts, vests, cowboy hats, and boots. Farther west, British Columbian artisans produce elaborate carvings,



Shopkeeper at the Lonsdale Quay craft market in Vancouver (see p276)

including totem poles. Jade jewelry, from locally mined stone, is also reasonable here. Local specialties from Quebec and Ontario include maple syrup and sugar-related products. Quebec artisans make beautiful wood carvings too. In Ontario, native basketwork is good as a lasting souvenir. For those who need an extra suitcase to carry their finds home, the renowned Tilley travel cases and products are made and sold locally throughout Ontario.

Native carvings can be found across Canada, especially in the far north. Genuine Inuit carvings are inspected and stamped by the federal government. A sticker featuring an igloo marks a true piece; it will also be signed by the artist. Since the 1950s, the Inuit have been producing prints of traditional scenes, which are popular, as is native jewelry. Beautifully handmade parka jackets, embroidered panels, and soft deer hide moccasins make excellent gifts.

Contemporary Canadian art features highly in gift shops and galleries countrywide. Photographs and prints are recommended for the budget-conscious shopper. Recordings of Canadian music are freely available: Europeans will be pleased to find that tapes and CDs are at least 50 percent cheaper in Canada.

Modern sportswear and outerwear is both durable and beautifully designed. Camping, hiking, and boating equipment

are fine buys, as is fishing tackle. With such a strong tradition of outdoor life, a wide range of products is usually available at well below European prices.

DEPARTMENT STORES

THE BAY IS the major middle-range department store chain across the country.

Canadian department stores have suffered financially during the last years of the 20th century. They are changing to meet the competition of US chains, such as Wal-Mart and discount stores, and membership stores including Costco and Price Club. Chains such as Sears and Zeller's occupy the middle to lower end of the market place.

Canadian Tire sells everything from auto parts to sporting goods and has become a national institution.



Pottery jar, Nova Scotia

MALLS AND SHOPPING CENTERS

SUBURBIA MAY not offer the most culture in Canada, but some of the malls are fine destinations in themselves. The renowned modernist Eaton Centre in Toronto is enclosed by a glass and steel arched roof, with a wonderful sculpted flock of geese soaring over shoppers. Over 42 million visitors annually enjoy this showcase of modern architecture, though it has been derided as "brutalism" by conservative Torontonians. Canada has the world's largest mall, the West Edmonton Mall in Edmonton, Alberta. Over 800 stores, more than 100 restaurants, 34 movie theaters, a huge water park, an amusement park, a theme hotel, a mini-golf course, an ice rink, and a zoo with dolphins are just some of the sights that draw Canadians and visitors alike to this retail paradise.

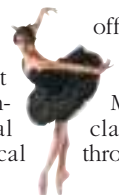
Exclusive stores are largely found in the country's retail capital, Toronto. Bloor Street and Yorkville Avenue are lined with status brands known the world over, such as Tiffany, Holt Renfrew, Ralph Lauren, and Gucci. Both Vancouver and Montreal have their own selection of world-class luxury stores. Montreal is notable as the fur capital of the country; good department stores will stock a selection of winter and summer furs at very reasonable prices. For those unable to travel to the north, Inuit art features highly in craft shops here.



The Underground City, with hundreds of boutiques, in Montreal

ENTERTAINMENT IN CANADA

ENTERTAINMENT in Canada boasts all the sophistication tourists have come to expect from a major North American country, coupled with delightful rural entertainments in relaxing local venues. Covering mainstream world-class productions in Ottawa and the larger cities, Canada also



Royal Winnipeg Ballerina

offers the latest in alternative acts and traditional artforms, particularly in its exceptional folk music heritage. Music of the highest quality, both classical and modern, is offered throughout the country, and major cities provide first-rate theater, dance, and film, not to mention many musical shows and film festivals.

INFORMATION

PROVINCIAL DAILY newspapers are the most reliable sources of information about forthcoming events; the *Vancouver Sun*, *Montreal Gazette*, *Ottawa Citizen*, and *Toronto Star* are the most popular. Listings are usually published at least once a week. The *Globe & Mail* and *National Post* are produced in Toronto but are sold country-wide and have excellent arts sections containing reviews of the latest attractions. Tourist offices (see p393) are helpful; some operators may assist in booking tickets. Visitor centers and hotel lobbies have weekly entertainment guides, such as *Where*, a magazine covering Vancouver. In Quebec, French-language entertainment is chronicled by two papers, *La Presse* and *Le Devoir*. *Maclean's* is a national weekly magazine with arts coverage.

BOOKING

TICKETMASTER outlets are found in many shopping malls and represent major halls across the country. Tickets to venues in Quebec are available from Admission Network. Different offices cater to different sports and artistic events in each city. Most venues, however, can be contacted directly for tickets.

DISABLED VISITORS

MAJOR CANADIAN venues are well equipped to deal with wheelchair users. All interior halls contain ramps and restroom access. Parking lots will have designated disabled spaces nearby. A hearing loop system is available at Ottawa's National Arts Centre (see p195),

and at most other major venues. Call ahead to check their availability. Outside ramps and elevators are provided to reach concerts halls and theaters at most large centers.

THEATER

TORONTO, OTTAWA, VANCOUVER, and Montreal are the four top theater centers in Canada (most of their productions are in English). Homegrown talent mixes here with shows imported from Europe and the US. Musicals and classical theater are always popular and tend to be fine quality. Shakespeare is popular, but there is a wide spectrum of shows – a stylish revival of the 1980s hit *Fame* was a long-running success in Toronto in the late 1990s. The main theaters listed opposite have a principal season from November to May, but summer attractions are on the increase. Musicals and historical reconstructions are always strong family entertainment; the best-known is the musical *Anne of Green Gables*, performed year-round since the 1950s in Charlottetown.

FILM

IMPORTED Hollywood blockbuster have no better chance of success than in Canada, where premieres are often parallel with the US, so visitors may well see films in advance of a showing in their own country. Huge IMAX™ and OMNIMAX™ movie screens, are to be found in the center of major cities, particularly in Ottawa and Hull.

Canada has a fine history of filmmaking; the documentary genre was invented here, and more recently its art films have attracted a wider audience. The main centers to see the new trends are Montreal, Vancouver, and Toronto. Robert LePage, Canada's own theater and movie impresario, has an international following among the cognoscenti. The surrealist David Cronenberg, director of *eXistenz* (1999), is also Canadian. Quebec's Denis Arcand directed *Jesus of Montreal* (1986), a film that, despite some controversial scenes, was highly praised. The National Film Board selects and releases



Façade of The Royal George Theatre, Niagara-on-the-Lake



The Ontario Place IMAX™ giant movie theater in Toronto

es a work by native talent each year, comprising feature films, animations, and documentaries. Ideal for spotting new talent in its birthplace, every year the Toronto International Film Festival provides a lively magnet to moviegoers, as do parallel festivals held in Montreal and Vancouver.

CLASSICAL MUSIC BALLET, AND OPERA

CLASSICAL MUSIC and opera draw large audiences in Canada, and this is reflected by the high quality of performers and venues. The Canadian Opera Company is based at the Hummingbird Centre for the Performing Arts (see p176) in Toronto, with a repertoire ranging from Mozart to cutting-edge pieces sung in English. The National Ballet of Canada is also based here, rival to the Royal Winnipeg Ballet; both companies feature period pieces and experimental work in their seasonal run. Fringe theater takes off in Toronto each summer with 400 shows selected by lottery. Well over 100,000 people annually visit the state-of-the-art Jack Singer Concert Hall in the EPCOR Centre for the Performing Arts to hear the celebrated Calgary Philharmonic Orchestra. The Vancouver Symphony Orchestra plays at the Orpheum Theatre in Vancouver.

ROCK, FOLK, AND POP MUSIC

DURING THE 1990s, Canadian pop music acquired a credibility even its kindest supporters would admit had previously been lacking. Quebec's Celine Dion is a superstar and Shania Twain, Bryan Adams, and k d lang are international stars. Alanis Morissette, a worthy successor to her country's heritage of folk rock, now tours the globe.

Canada is perhaps the best known for its folk music, with such stars as Leonard Cohen, Neil Young, and Joni Mitchell being the best-known faces from a centuries-old tradition. The product of an intensely musical rural people, the nature of Canadian song changes across the country,



Celine Dion, one of Canada's best-selling international artists

DIRECTORY

TICKET AGENCIES

Admission Network

- ☎ (613) 755 1111 Ottawa.
- ☎ (514) 790 1245 Montreal.
- ☎ 416 861 1017 Toronto.

Ticketmaster

- ☎ 416 870 8000 Toronto.

MAJOR VENUES

Hummingbird Centre for the Performing Arts

- ☎ 416 872 2262.

The National Ballet of Canada

- ☎ 416 345 9686 Toronto.

Royal Winnipeg Ballet

- ☎ (204) 956 0183.

The Newfoundland Symphony Orchestra

- ☎ (709) 753 6492.

EPCOR Centre for the Performing Arts

- ☎ (403) 294 7555.

Calgary Philharmonic Orchestra

- ☎ (403) 571 0270.

Vancouver Symphony Orchestra

- ☎ (604) 876 3434.

Orpheum Theatre

- ☎ (604) 665 3050.

Bell Centre

- ☎ (514) 932 2582.

moving from the lonesome Celtic melodies on the east coast to the yodeling cowboys in the west. Atlantic Canada has numerous tiny, informal venues, where an excellent standard of music can be found. Prince Edward Island often offers a violin accompaniment to its lobster suppers, and New Brunswick's folk festival celebrates both music and dance. Quebec's French folksters include singer Gilles Vigneault (see p24) who is also admired in Europe. The Yukon's memories of the gold rush surface in 19th-century vaudeville, reenacted by dancing girls and a honky-tonk piano in Whitehorse.

SPECIALTY VACATIONS AND ACTIVITIES

THE SHEER VARIETY of the massive, unspoiled landscape is, in many ways, what attracts visitors to Canada. Taking advantage of the 39 national parks, several of which are UN World Heritage sites, most specialty vacations tend to revolve around Canada's spacious natural playgrounds. The range of activities



Hiking sign in National Parks

available in this single country is wide: sledding and snowmobiling with Inuit guides or cruising in the spring through the flower-filled Thousand Islands of Ontario are both possibilities. Other choices include scenic train rides through the Rockies, trout-fishing in pristine secluded lakes, and adventurous world-class hiking.

HIKING

CANADA IS ONE OF the world's top hiking destinations, with excellent facilities and a wide variety of terrain for beginners and experts alike. Hiking trails range from a leisurely two-hour nature walk to several days' physically demanding trek through starkly beautiful wilderness.

The preferred starting places for hiking trails in each national park are well marked. Accommodations for longer trips are often available in lodges or hostels within a park; alternatively you can bring your own tent or rent one in a nearby town. Large-scale maps of any area, including national and provincial parks, can be obtained from **Canadian Topographical Series** in Ottawa.

Most of the more popular hikes require little preparation and only basic training. The best-known hiking areas are found in Alberta and British

Columbia, in particular in and around the "big four parks" of Kootenay, Yoho, Jasper, and Banff, which encircle the Rocky Mountains. The variety of lands here, from the lush, gently rolling country near Calgary to craggy mountain peaks, reinforces the popularity of the area. More centrally, the prairie provinces offer a surprising variety of walking, from the arid badlands of Alberta's dinosaur country to the wilderness hiking in Prince Albert National Park. In the east the mountains resume; the steep scenery of the Quebec park of Gatineau and the untamed wilds of the eastern and central Gaspé Peninsula both have wonderful scenery.

In northern Canada the hiking is more demanding but equally rewarding. Most walking and hiking takes place from April to August, when temperatures do rise slightly, although drops to -30°C (-22°F) are not unusual. At best, the weather remains



Turquoise Lake O'Hara in Yoho National Park

unpredictable. The Chilkoot Pass is a 53-km (33-mile) trail that follows the path of early gold prospectors in the late 19th century from Bennett in northern British Columbia to Dyea in Alaska. For the area, this is a relatively easy path to follow and gives a good taste of northern scenery. More arduous, not to say dangerous, is the memorable Pangnirtung Trail through the southeast of Baffin Island, which even in the summer has a permanently frozen ice cap. Inuit guides will take hikers through the frozen wastes by arrangement.

Occasionally wildlife-watching hikes are available, and teams of husky dogs carry visitors on sleds across ice paths in the wilderness to reach remote destinations. An unforgettable experience, these tours are expensive due to their remoteness and a lack of other modes of transportation.



Hikers near Weasel River, Auyuittuq National Park, Baffin Island

SAFETY MEASURES

TRAINING AND safety procedures must be followed for any hike. Always contact the local park or provincial tourist office for their advice and route maps before setting off.

Remember, however unlikely a meeting may seem, wildlife can be aggressive; following instructions on bear safety is a must (see p298). While less alarming, insects are a constant irritant: take all possible measures to repel blackflies and mosquitos. However clear and sparkling it may seem, do not drink stream or river water without thoroughly boiling it first as it may contain an intestinal parasite, which can lead to "beaver fever" or giardiasis.

In the far north, freezing weather conditions place a premium on safety measures. Never go on a trip without telling someone your planned route and expected time of arrival. Consult local wardens about wildlife and routes, and take the proper equipment. Even in the summer, freezing weather changes can be sudden, so be prepared. Those venturing into little-known territory must be accompanied by a trained guide or seek local advice on dealing with the unexpected.

EQUIPMENT

MOST HIKEING areas offer rental outlets for tents and cold-weather clothing. Nonetheless, sturdy walking boots, rain gear, and a change of spare clothing are essentials that hikers have to bring themselves, or buy in a nearby town. Appropriate medication and a first-aid kit should also be taken, in particular bug



Rental lodge by Emerald Lake in Yoho National Park

repellent, and antihistamine. Exposure, resulting in either sunstroke or hypothermia, can be guarded against by using appropriate clothes and medication. On a long trip, carry energy-giving foods such as chocolate or trail mix.

NATIONAL PARKS

CANADA'S 39 national parks cover the country's most beautiful mountains, lakes, rivers, forests, and coastline. Areas of unspoiled peace, they are the ideal destination for those seeking an outdoor vacation filled with sports, activities, or even a natural spa. The most celebrated upland areas are the "big four" parks in Alberta and BC, Kluane in the Yukon, and the arctic

flower-filled tundra of Auyuittuq National Park in southern Baffin Island.

Most of the parks are administered by the government heritage body, **Parks Canada**, and each has a visitors' center or park office to welcome visitors. Here walking, hiking, canoeing, and fishing information is available, often from guides who know every detail of the terrain. These offices also issue permits for fishing, which are necessary in each park. Hunting of any kind and use of firearms are all strictly forbidden in national parks, as is feeding the wildlife and damaging any trees and plants. Most parks have camping facilities, or rustic lodges and cottages. The parks generally charge for these facilities, and most have a daily, weekly, or yearly entrance fee, but some are free. Season tickets are available from either the individual park or the Parks Canada office in Hull.



Swimmers at Radium Hot Springs in the Rockies



Canoeists on Lake Wapizagonke, Parc National de la Mauricie

CANOEING

NATIVE CANADIANS perfected the canoe to maneuver around the country's vast system of waterways for food and survival; today canoeing is a largely recreational pursuit. In provincial or national parks with many lakes and rivers, canoeists can portage (or trek) to the backwaters, getting away from the most populated areas at a gentle pace.

Over 250,000 lakes and 35,000 km (20,000 miles) of waterways in Ontario make this the most accessible canoeing destination. Rivers and lakes making up more than 25,000 km (16,000 miles) of canoe routes run through the Algonquin, Killarney, and

Quetico parks. The Rideau Canal, which travels 190 km (120 miles) from Ottawa to Kingston is a favorite route through the province, taking in the capital, the sprinkling of tiny islands near the historic town of Kingston, and acres of fruit orchards by the fertile waterway. While traveling through the islands, be careful of the other marine traffic. The Canal connects with the St. Lawrence Seaway, the world's largest draft inland waterway, and shipping regulations are tight. Smaller craft may have to make way for tankers.

Most towns near canoeing routes will rent boats by the day, week, or month, and wetsuits, oars, and life jackets are usually available. Because of the popularity of watersports, Canada is an extremely reasonable place to buy fishing and canoeing equipment; many outfitters offer good-quality products at almost half European and US prices.

WHITewater RAFTING

WHITewater RAFTING may be attempted in the national parks of British Columbia. The Mackenzie River system, which runs from BC backwaters through the Northwest Territories, provides occasionally hair-raising rafting and canoeing. Most routes in the far north are for the experienced only. The toughest trek of all is the 300-km (180-mile) run of

the South Nahanni River near Fort Simpson in the Northwest Territories. New roads here and in the Yukon have boosted the number of visitors to yet another grueling set of waterways, the Yukon River system.

Inexperienced boaters and rafters can take advantage of two-week basic training courses offered all over the country. Lake canoeing in Wells Gray Provincial Park is popular throughout the province for those seeking a more relaxing alternative.



Windsurfing in Georgian Bay Islands National Park, Lake Ontario

OTHER WATERSPORTS

ALTHOUGH THE season may be short, sailing has always been a popular summer pastime. Canada contains a large proportion of the world's fresh



Whitewater rafting on the Athabasca River, Jasper National Park in the Rocky Mountains



Snowmobiling in Ontario across virgin powder snow

water, and there are allegedly more boats per head here than anywhere else in the world. The Great Lakes are the prime sailing and windsurfing areas, as are both east and west coastal regions from May to September. Swimming is also a favorite in warm weather; beaches on Prince Edward Island and Cape Breton off the east coast offer warm waters and sandy beaches, while lakes in Ontario, such as Lake Huron, provide inland swims. Torontonians sometimes swim in Lake Ontario in the summer.

FISHING

OVER THREE MILLION square miles of inland waters go partway to justifying Canada's reputation as a paradise for anglers. There are countless varieties of sports fish (see p21), not to mention the charterboat ocean fishing for salmon off the Pacific coast. Almost all parks offer fishing, often in secluded, pristine lakes and rivers. Be sure to contact the park's main office to obtain a fishing license. While most visitors fish in summer, a tiny wooden structure that sits on the frozen lake makes winter fishing more comfortable. These huts sit over a hole in the ice and are often heated. It may be worth buying rods and reels at your destination; Canadian fishing equipment is very high quality, with a good choice, and is usually very reasonably priced.

SKIING, SNOWBOARDING, AND SNOWMOBILING

NOT FOR NOTHING is Canada known as the Great White North, and its snowy terrain provides some of the world's best skiing. In the east, the Laurentian resorts of Mont Tremblant and Mont-Ste-Anne offer excellent downhill skiing. Moving west, the resorts of Whistler, Lake Louise, and Banff provide unforgettably dramatic skiing. High in the Rockies, powder snow awaits the adventurous; heli-skiing (lifting skiers by helicopter to pristine slopes) takes place on the deserted northern peaks. Many of the runs are higher than those in the European Alps, particularly in Banff and Lake Louise. These sites have held major competitions, including the Winter Olympics in 1976. Another advantage to skiing in Canada is the proximity of the mountains to major cities; it is perfectly possible to spend the day zipping down slopes and then dine out in town.



Canadian snowboard

Cross-country skiing is available across the country, but is particularly fine on southern and central Ontario's rolling terrain and Quebec's Laurentian mountain range and Eastern Townships. Most downhill ski resorts have a network of cross-country trails, but there are also dedicated cross-country ski areas and numerous parks with trails. Snowboarding has become increasingly popular in

DIRECTORY

MAPS

Canadian Topographical Series

☎ 1 (800) 214 8524.

Canada Map Office

☎ 1 (800) 465 6277.

Ulysses Travel Bookshop

4176 rue St. Denis, Montreal.

☎ (514) 843 9447.

Rand McNally (maps)

☎ 1 (800) 333 0136.

Open Air Books & Maps

25 Toronto St., Toronto.

☎ (416) 363 0719.

USEFUL ORGANIZATIONS

Parks Canada

☎ 1 888 773 8888.

Canadian Cycling Association

☎ (613) 248 1353.

Canadian Paraplegic Association

☎ 416 422 5644.

TRAVEL OPERATORS

Air Canada Vacations

☎ (905) 615 8000 Toronto.

☎ (514) 876 4141 Montreal.

American Express

☎ 1 (800) 668 2639.

Cosmos/Globus

☎ 1 (800) 556 5454.

Trek America

☎ 1 (800) 221 0596.

Questers Worldwide Nature Tours

☎ 1 (800) 468 8668.

snowsports centers across the country. All downhill resorts have a few slopes set aside for boarders.

Snowmobiles are a necessity for many living in rural areas, but snowmobiling is also a popular winter sport. Ontario has almost 50,000 km (35,000 miles) of snowmobile trails. Seasoned riders can cover up to 500 km (300 miles) in two days. Traveling in groups is advised; there are many new and popular pitstops en route. These "snow inns" often offer package deals.





SURVIVAL GUIDE



PRACTICAL INFORMATION 390-397
TRAVEL INFORMATION 398-411



PRACTICAL INFORMATION

CANADA IS A popular holiday destination, and offers visitors a mix of urban sophistication and outdoor pleasures. Visitors' facilities are generally excellent. Accommodations and restaurants are of international standard (see pp342-79), public transportation is efficient (see pp400-411), and tourist information centers are found nearly everywhere.



Whale-watching sign

The following pages contain useful information for all visitors. Personal Security and Health (see pp394-5) details a number of recommended precautions, while Banking and Currency (see p396) answers the important financial queries, together with taxation details. There is also a section on how to use the Canadian telephone and postal services.

WHEN TO GO

WEATHER and geography dominate any visit to Canada. The vastness of the country means that most trips will be centered on one or the other of the major cities, Vancouver, Toronto, Ottawa, and Montreal, although it is possible to stay in remote areas such as the isolated Inuit settlements dotted west and north of Hudson Bay. Depending on each visitor's individual interests, the best time to go will be dictated by local climate and the time of year.

In general, the climates on both the west and east coasts are temperate, while harsher weather occurs in the center of the country, in Saskatchewan, Manitoba, and Alberta, where the summers are fine but the winters long and hard.

Northern Canada is at its most welcoming during July and August when the land thaws, and the temperature is more likely to climb above zero.

In eastern Canada, Nova Scotia, New Brunswick, and Prince Edward Island, there are four distinct seasons, with snowy winters, mild springs, and long, crisp falls; summer is still the best time to visit the provinces' resorts. Quebec and Ontario have hot, humid summers and cold winters, with snow lingering until late March. Spring and fall are brief but can be the most rewarding times to make a visit.

The northeastern province of Newfoundland and coastal Labrador have the most extreme temperatures, ranging on a winter's day from 0°C (32°F) to -50°C (-41°F) in St. John's on Newfoundland's

east coast. Winter visitors to British Columbia and the Rockies can enjoy some of the best skiing in the world. This region is also noted for its temperate weather but can be very wet in spring and fall as Pacific depressions roll in over the mountains.

ENTRY REQUIREMENTS

ALL VISITORS to Canada should have a passport valid for longer than the intended period of stay. Travelers from the UK, US, EU, and all British Commonwealth countries do not require a special visa to visit Canada. Tourists are issued with a visitor's visa on arrival if they satisfy immigration officials that they have a valid return ticket, and that they have sufficient funds for the duration of their stay.



Children play in the Kids' Village at the Waterpark, the Ontario Place leisure complex in Toronto

Visitors can stay up to six months, but to extend their stay they must apply to Citizenship and Immigration Canada in Ottawa before expiration of their authorized visit. As visa regulations are subject to change, it is wise to check with the nearest Canadian Consulate, Embassy, or High Commission before leaving home or buying tickets.

Anyone under the age of 18 who is traveling unaccompanied by an adult needs a letter of consent from a parent or guardian giving them permission to travel alone.

TOURIST INFORMATION

CANADIAN TOURIST offices are famous for the amount and quality of their information, offering everything from local maps to hotel, B-and-B, or campground bookings. Special tours such as wilderness camping, archaeological digs, and wildlife-watching can often be arranged through the tourism service. All the provincial and national parks have visitors' centers, which generally provide maps detailing hiking trails and canoe routes.

The national Canadian Tourism Commission is the central organization, and each province has its own tourism authority. Most smaller towns also have their own seasonal tourist offices, which offer good free maps and detailed information. Each of the large cities has a main office as well as extra booths and kiosks open during busy summer months. Accommodations can usually be booked at the booths found in airports and regional offices.

OPENING HOURS AND ADMISSION PRICES

MOST MUSEUMS, parks, and other attractions throughout Canada charge an admission fee. The amount can vary enormously and many

CANADIAN TIME ZONES

Canada has six time zones spanning a four-and-a-half hour time difference from coast to coast. Between Vancouver and Halifax there are five zones; Pacific, Mountain, Central, Eastern, and Atlantic Standard Time, with an unusual half-hour difference between Newfoundland and Atlantic time. Every province except Saskatchewan uses Daylight Saving Time to give longer summer days, from the first Sunday in April to the last Sunday in October. Clocks go back an hour in October, forward an hour in April.



Time Zone	Hours minus GMT	Time Zone	Hours minus GMT
Pacific	-8	Eastern	-5
Mountain	-7	Atlantic	-4
Central	-6	Newfoundland	-3.5

sights offer a range of discount packages for families, children, and seniors. Tourist office leaflets, brochures, and local newspapers often carry discount coupons. Some galleries and museums have free-

of-charge days, evenings, or a free hour daily before closing time.

Opening times vary according to the time of the year. As a rule, most of the sights are open for longer through summer

but may close completely during the winter months. Many museums and galleries close one day each week, usually on a Monday or Tuesday, but not on weekends. Although many attractions are closed on major holidays, such as Christmas and New Year's Day, a surprising number are open all-year-round. School summer holidays in Canada are from June to Labor Day Weekend, which ends on the first Monday in September. Labor Day generally signifies the end of

summer. This is the weekend after which opening hours change over to shorter winter hours of operation. Rural sights generally have shorter hours year-round than those in cities.

SENIOR TRAVELERS

IN CANADA people over 60 are referred to as "seniors," and are offered a wide range of discounts. Reduced rates frequently apply to the cost of movie tickets, public transportation, entrance fees, and some restaurant menus. VIA Rail reduce their fares by 10 percent for seniors. When applicable, reductions range from 10 percent to 50 percent for people aged from 55, 60, or 65, depending on the province or attraction. If discounts are not advertised it is always a good idea to inquire.

Educational trips for senior citizens are run by **Elderhostel Canada**, a non-profit organization that offers good, cheap accommodation in university dorms. A typical holiday comprises morning lectures, guided tours in the afternoon, and a communal dinner.



"The Small Apple" tourist booth in Ontario



Tourists enjoying the scenery of Niagara Falls

TRAVELING WITH CHILDREN

ALTHOUGH Canada lacks the numbers of theme parks of the US, its beach resorts, parks, and city centers have much to offer children and families. Most types of accommodations state whether or not they welcome children. Those hotels that do often do not charge for a child sharing a parent's room. They will also normally provide cribs and high chairs, and sometimes have baby-sitting services.

Restaurants now generally welcome children, and many offer kids' menus and high chairs, or will warm up milk and baby food. Some fast food outlets have play areas. It is best to check in advance with more upscale establishments.

Both international and internal airfares are often cheaper for children, and babies under two years old who are not taking up a seat may travel free. On public transportation children under five travel free, and those under 12 have lower fares. If you are renting a car you can reserve one or two car seats for children from your rental firm (see p411).

ETIQUETTE

CANADA is very much a multicultural nation (see pp22-3), which welcomes and respects people and customs from the rest of the world. Native Canadians are never referred to as "Indians"; in general they are known as

Canada's "First Nations" or "natives," while "eskimos" are always known as Inuit (see p27). In Quebec, be prepared to hear French spoken first. It is also appreciated if visitors show that they have tried to learn a few French words.

Canada's relaxed, informal atmosphere is evident in its dress codes, which tend to be practical and dependent on the climate. Canadians favor jeans and sweatshirts, and dress in layers so they can add or subtract clothing, especially when moving between well-heated malls and winter streets. However, in the cities and larger towns more formal clothing is expected, particularly in more stylish restaurants, theaters, and other formal places. Even the more humble eateries insist on proper attire, and the sign "no shoes, no shirt, no service" is frequently seen in many tourist areas. Topless sunbathing is generally frowned upon in Canada.

Drinking in non-licensed public places is illegal, and it is also illegal to have opened bottles of alcohol in the car when traveling. It is against the law to smoke on buses and trains, in most taxis, in all public buildings, and some restaurants, although some still have smoking areas. Unlike the US, Canada still tolerates smokers, and in some cities, such as Toronto, rules have

been drawn up to accommodate them. Ask about smoking policies when booking a restaurant or hotel.

Unless a service charge is included in your check, the standard tip is 15 percent (more if the service is exceptional). Taxi drivers expect a similar tip, while barbers and hairdressers should receive about 10 percent of the total. Porters at airports and train stations, cloakroom attendants, bellhops, doormen, and hotel porters expect Can\$1 per bag, and it is customary to leave something for the hotel maids. Tipping bar staff in bars and nightclubs is also expected. Anyone in charge of a large party of visitors should prepare to be generous.

STUDENT TRAVELERS

WITH AN International Student Identity Card (ISIC), full-time students are entitled to substantial discounts on travel as well as admission prices to movies, galleries, museums, and many other tourist attractions. The ISIC card should be purchased in the student's home country at a Student Travel Association (STA) office in the nearest city.



International student I.D. card

There are also a wide range of bus and rail discounts available to students, such as the "Go Canada" Accommodation and Coach Pass, which offers both reduced-cost travel and stays in youth hostels across the country. The pass can be booked through local agents special-

izing in student travel. VIA Rail also offers students the "Canrail Pass," which allows a period of unlimited travel on all routes. Reasonably priced accommodations are available on university campuses in the larger cities during local student vacations. There are also comfortable hostels throughout the country, most of which are affiliated to the International Youth Hostelling Federation (IYHF). Eating out is inexpensive, so students can easily find great food on a budget.

ELECTRICITY

CANADIAN electrical appliances come with either a two-prong or three-prong plug, and most sockets will accept either. The system is a 110-volt, 60-cycle system. You need a plug adaptor if you are visiting from outside North America. Batteries are universal and are readily available for all appliances. Bear in mind that bargain electrical goods purchased here will probably need modification for use in Europe.



Standard plug

offer wheelchair access in most public buildings, as well as on public transportation.

Vancouver's buses all have low platforms, and VIA Rail trains can accommodate wheelchairs. Each province has varying requirements for disabled drivers, and information on this is available through the **Canadian Paraplegic Association (CPA)**. This Ottawa-based association also has details on companies that rent specially adapted cars and RV vehicles. Parking permits can be obtained in advance through the CPA but require a doctor's letter and a small processing fee.

There is a wide choice of hotels with disabled facilities in Canada. Most of the big chains such as Best Western and Holiday Inn are easily

accessible, as are some luxury hotels and youth hostels. The CPA also has details on the most disabled-friendly attractions. Many of the national and provincial parks have interpretive centers, short nature trails, and boardwalks that are wheelchair accessible.

CONVERSION CHART

Imperial to Metric

1 inch = 2.54 centimeters
1 foot = 30 centimeters
1 mile = 1.6 kilometers
1 ounce = 28 grams
1 pound = 454 grams
1 pint = 0.6 liters
1 gallon = 4.6 liters

Metric to Imperial

1 centimeter = 0.4 inches
1 meter = 3 feet, 3 inches
1 kilometer = 0.6 miles
1 gram = 0.04 ounces
1 kilogram = 2.2 pounds
1 liter = 1.8 pints

TRAVELERS WITH DISABILITIES

TRAVELERS WITH physical disabilities can expect some of the best facilities in the world in Canada. Increasingly, large towns and cities

DIRECTORY

IMMIGRATION

Citizenship and Immigration Canada

Jean Edmonds Towers,
365 Laurier Ave. W,
Ottawa, ON K1A 1L1.

☎ (613) 954 9019.

www.cic.gc.ca

Canadian High Commission

Macdonald House,
1 Grosvenor Square,
London, W1X 0AB.

☎ (020) 7258 6600.

Consulate General

1251 Avenue of the Americas,
New York, NY,
10020-1175.

☎ (212) 596 1628.

TOURIST INFORMATION

Canadian Tourism Commission

55 Metcalfe St.,
Ottawa, ON K1P 6L5.

☎ (613) 946 1000.

www.travelcanada.ca

Visit Canada

PO Box 170, Ashford,
Kent, TN24 0ZX.

☎ (0906) 871 5000.

Tourism Canada

501 Penn Ave.,
NW Washington DC, USA

☎ (202) 682 1740.

PROVINCIAL OFFICES

Travel Alberta

PO Box 2500, Edmonton,
AB T5J 2Z4.

☎ 1 (800) 252 3782.

Tourism Quebec

PO Box 979,
Montreal, PQ H3C 2W3.

☎ 1 877 266 5687.

Travel Manitoba

155 Carlton St., 7th Floor,
Winnipeg, MB R3C 3H8.

☎ 1 (800) 665 0040.

Tourism Saskatchewan

1922 Park St., Regina, SK
S4P 3V7.

☎ 1 (800) 667 7191.

Newfoundland and Labrador

Department of Tourism,
PO Box 8700,
St. John's, NF A1B 4I6.

☎ 1 800 563 6353.

Tourism New Brunswick

PO Box 12345,
Campbellton, NB E3N 3T6.

☎ 1 (800) 561 0123.

Ontario

Ministry of Tourism,
900 Bay St., 9th floor,
Hearst Block, Toronto,
ON M7A 2E1.

☎ 1 (800) 668 2746.

British Columbia

Tourism British Columbia,
865 Hornby St., 8th floor,
Vancouver, BC V6Z 2G3.

☎ 1 (800) 435 5622.

Tourism Prince Edward Island

PO Box 2000,
Charlottetown,
PEI C1A 7N8.

☎ 1 (888) 734 7529.

Nunavut Tourism

PO Box 1450,
Iqaluit, NT X0A 0H0.

☎ 1 866 686 2888.

Northwest Territories

NWT Arctic Tourism,
PO Box 610, Yellowknife,
NWT X1A 2N5.

☎ 1 (800) 661 0788.

Nova Scotia Tourism

PO Box 456,
1800 Argyle St., Suite 605,
Halifax, NS B3J 2R5.

☎ 1 (800) 565 0000.

Tourism Yukon

PO Box 2703,
Whitehorse,
Yukon, Y1A 2C6.

☎ 1 800 661 0494.

SENIOR TRAVELERS

Elderhostel Canada

4 Cataragui St, Kingston,
Ontario, K7K 1Z7.

☎ (613) 530 2222.

STUDENT TRAVELERS

STA Travel

☎ (020) 7361 6262 UK.
☎ 1 888 427 5639.

DISABLED TRAVELERS

Canadian Paraplegic Association

1101 Prince of Wales Dr.,
Suite 230, Ottawa,
Ontario, K2C 3W7.

☎ (613) 723 1033.

Personal Security and Health

WITH ITS COMPARATIVELY low crime rate, Canada is a safe country to visit. In contrast to many US cities, there is little street crime in the city centers, perhaps because so many Canadians live downtown that the cities are never empty at night. However, it is wise to be careful and to find out which parts of town are more dangerous than others. Avoid city parks after dark, and make sure cars are left locked. In the country's more remote areas visitors must observe sensible safety measures. In the remote country, wildlife and climatic dangers can be avoided by heeding local advice. If a serious problem does arise, contact one of the national emergency numbers in the telephone directory.

PERSONAL SAFETY

THERE ARE FEW off-limit areas in Canadian cities. Even the seedier districts tend to have a visible police presence, making them safer than the average suburban area at night. Always ask your hotelier, the local tourist information center, or the police, which areas to avoid. Although theft is rare in hotel rooms, it is a good idea to store any valuables in the hotel safe, as hotels will not guarantee the security of property left in rooms. Make sure you leave your hotel room key at the front desk.

Pickpockets can be a hazard at large public gatherings and popular tourist attractions, so it is a good idea to wear cameras and bags over one shoulder with the strap across your body. Try not to be seen with large amounts of cash, and if necessary use a coin purse

and a wallet for larger bills. Keep your passport apart from your cash and traveler's checks. Never hang your purse over the back of your chair in restaurants; put it on the floor beside your feet with one foot over the strap, or pinned down by a chair leg. Male travelers should not carry their wallets in their back pocket, as this makes a very easy target. Safe options for both sexes are zippered purse belts.

LAW ENFORCEMENT

CANADA is policed by a combination of forces. The Royal Canadian Mounted Police (RCMP) operate throughout most of the country, while Ontario and Quebec are looked after by provincial forces. There are also city police and native police on the reserves. For the most part, the officers are noted for their helpful attitude, but it is illegal to comment on (or joke about) safety, bombs, guns, and terrorism in places such as airports, where it is possible to be arrested for an off-the-cuff remark. Drinking and driving is also taken seriously here, and remember that open alcohol containers in a car are illegal. Narcotics users face criminal charges often followed by moves for deportation.



Canadian policemen on duty

LOST PROPERTY

AS SOON AS something is lost, report it to the police. They will issue a report with a number that you will need in order to make a claim on your insurance policy. If a credit card is missing, call the company's toll-free number and report it immediately. Lost or stolen traveler's checks must also be reported to the issuer. If you have kept a record of the checks' numbers, replacing them should be a painless experience, and new ones may be issued within 24 hours.

If you lose your passport, contact the nearest embassy or consulate. They will be able to issue a temporary replacement as visitors do not generally need a new passport if they will be returning directly to their home country. However, if you are traveling on to another destination, you will need a full passport. It is also useful to hold photocopies of your driver's license and birth certificate, as well as notarized passport photographs if you are contemplating an extended visit or need additional ID.

TRAVEL INSURANCE

TRAVEL INSURANCE is essential in Canada and should be arranged to cover health, trip-cancellation, and interruption, as well as theft and loss of valuable possessions.

Canadian health services are excellent, but if you do not wish to pay you will need insurance. If you already have private health insurance you should check to see if the coverage includes all emergency hospital and medical expenses such as physician's care, prescription drugs, and private duty-nursing. In case of a serious illness, separate coverage is also required to send a relative to your bedside or return a rented vehicle. Emergency dental treatment, and out-of-pocket expenses or loss of vacation costs also need their own policies. Your insurance company or travel agent should recommend the right policy, but beware of exclusions for pre-existing medical conditions.

MEDICAL TREATMENT

A COMPREHENSIVE range of treatment centers are available in Canada. For minor problems pharmacies are often a good source of advice, and walk-in clinics in the cities will treat visitors relatively quickly. In smaller communities, or in more difficult cases, go straight to the emergency room of the closest hospital, but be prepared for a long wait. In a serious medical emergency dial 911 in most areas, or 0 for the operator, to summon an ambulance.

Anyone taking a prescription drug should ask their doctor for extra supplies when they travel, as well as a copy of the prescription in case more medication is needed on the trip. It is a good idea to take a simple first-aid kit, especially for longer trips in the more remote or Arctic areas of the country. Generally this should include aspirin (or paracetamol), antihistamine for bites or allergies, motion sickness pills, antiseptic and bandages or band aids, calamine lotion, and bug repellent. Antibiotic creams are useful for intrepid wilderness hikers.

All the provincial capitals have dental clinics that will provide emergency treatment. The Yellow Pages telephone book lists dentists in each area together with opticians and alternative health practitioners.

NATURAL HAZARDS

THERE ARE times when Canada's mosquitoes and black flies can be so troublesome that moose and deer leave the woods for relief. Insects are a major irritant for tourists in rural areas. They are at their worst during annual breeding periods from late spring to midsummer, and all-year-round in Northern Canada. There are precautions one can take to alleviate the misery. Taking Vitamin B complex tablets for two weeks before traveling is thought to

affect the skin's chemistry and reduces the chance of bites considerably. Stick to light-colored clothes as the bugs are drawn to dark ones, and cover as much skin as possible with long sleeves, and pants tucked into boots and socks. It might even be worth investing in a gauze mask for your head and neck if you are planning to venture into deserted areas at peak breeding times.



Warning sign for motorists

Canada is notorious for cold winter weather, but tourists are not likely to suffer many serious problems. The media gives daily extensive coverage to the weather, and on days when frostbite is possible they offer detailed reports.

Dressing in layers and wearing a hat is necessary. Sunscreen is needed in summer, even on overcast days.

BEARS

CANADA'S national parks' service, particularly in the Rockies, supplies advice on bear safety (see p298), but unless you are camping or hiking in the woods it is unlikely that you will come across them. Encounters can be avoided by following a few basic rules: never leave food or garbage near your tent, car, or RV, do not wear scent, and make a noise (many hikers blow whistles) as you walk, as

DIRECTORY

EMERGENCY SERVICES

Police, Fire, Ambulance
In most of Canada and in large cities call 911, elsewhere dial 0.

CONSULATES AND EMBASSIES

United States

Vancouver, 1095 West Pender St.
☎ (604) 685 4311.

Ottawa, 490 Sussex Drive.
☎ (613) 238 5335.

Montreal, Complex Desjardins, South Tower. **☎** (514) 398 9695.

Toronto, 360 University Ave.
☎ (416) 595 1700

UK

Vancouver, 1111 Melville Street.
☎ (604) 683 4421.

Ottawa, 80 Elgin Street.
☎ (613) 237 1530.

Montreal, 1000 rue de la Gauchetière. **☎** (514) 866 5863.

Toronto, 777 Bay St.

bears are more likely to attack if surprised. If you do come across a bear, do not scream or run as bears are very fast, and do not climb trees – they are even better at that. Instead, keep still, speak to them in a low voice, and put your luggage on the ground to try and distract them.



A polar bear approaching a tourist Tundra Buggy, northern Manitoba

Banking and Currency



CANADIAN CURRENCY is based on the decimal system, and has 100 cents to the dollar. Two of the most useful coins are the 25-cent and \$1 pieces which operate pay telephones, newspaper boxes, and vending machines. They are also handy for public transportation in the larger cities, where as a matter of policy bus drivers often do not carry any change. It is a good idea to arrive with some Canadian currency, around Can\$50–100 including small change for tipping and taxis, but to carry most of your funds in Canadian dollar traveler's checks.



Sandstone façade of the Toronto Stock Exchange

BANKS

CANADA'S MAIN national banks are the Royal Bank of Canada, Bank of Montréal, TD Canada Trust, Canadian Imperial Bank of Commerce (CIBC), Scotiabank, and National Bank of Canada. These banks generally accept foreign ATM (automatic teller machine) cards, although it is wise to check with your bank first. ATMs can be found at bank branches, as well as grocery stores, shopping centers, gas stations, train and bus stations, and airports.

Banks are usually open Monday to Friday, from 9am to 5pm; some stay open later on Fridays, and a few open on Saturday mornings. All banks are closed on Sundays and on statutory holidays.

TRAVELER'S CHECKS

TRAVELER'S CHECKS issued in Canadian dollars are probably the safest and most convenient way to carry money for your vacation. They offer

security because they can be easily replaced if they are lost or stolen. They are also accepted as cash in a range of gas stations, shops, restaurants and hotels across the country. Buy checks in smaller denominations such as \$20 as most retailers

prefer not to give out large amounts of change. It is a good idea to find out which Canadian banks charge commission for changing traveler's checks, as many have arrangements with certain issuers of checks and make no charge. The Royal Bank of Canada and TD Canada Trust, for example, charge no commission on American Express checks in Canadian dollars. A passport or other form of ID is needed to cash traveler's checks

at a bank or at Bureaux de Changes offices such as American Express or Travelex.

CREDIT CARDS

CREDIT CARDS are used extensively in Canada, and American Express, Diner's Club, MasterCard/Access, and VISA are widely accepted. Credit cards are often asked for as a form of ID, and for placing large deposits – most car rental companies in Canada insist on a credit card or require a substantial cash deposit. Some hotels also prefer prepayment by credit card.

DIRECTORY

CURRENCY EXCHANGE AND WIRING MONEY

Travelex

Lost or stolen

☎ 1 (800) 223 7373.

Thomas Cook, Mastercard

☎ 1 800 732 1322 VISA

American Express

Check replacement, Canada

☎ 1 (800) 221 7282.

Western Union

Wiring money, Canada

☎ 1 (800) 235 0000.

Credit cards can also be used to secure cash advances, but you will be charged interest from the date of withdrawal.

WIRING MONEY

IF YOU RUN OUT OF money or have an emergency it is possible to have cash wired from home in minutes using an electronic money service. Both American Express and Travelex provide this service, as does Western Union which has 22,000 outlets all over North America.



Western Union's familiar logo

COINS AND BANK NOTES

CANADIAN COINS are issued in denominations of one cent (the penny), five cents (the nickel), ten cents (the dime), 25 cents (the quarter), \$1 (dubbed the "loonie" because it has an illustration of the bird, the Canadian loon on one side), and the \$2 coin or "twonie," which replaced the old bank note in 1996.

Bank notes are printed in denominations of \$5, \$10, \$20, \$50, \$100, \$500, and \$1,000. However, the larger denominations such as \$50 or \$100 dollar bills are sometimes viewed with suspicion as they are not used very often in small stores, or even in cafés and gas stations.

Media and Communications

CANADA HAS SOME OF THE most sophisticated communication systems in the world. There are public payphones everywhere – in cafés, bars, public buildings, gas stations, and post offices. Most operate with coins or cards, and while local calls are a bargain, international calls can be expensive. It is also possible to send telegrams, faxes, and even documents via Intelpost, a satellite communications system.

Canada Post, the country's mail service is certainly reliable, but it is renowned for being slow. It can be quick however, if you are willing to pay an extra fee for priority handling and delivery.

PUBLIC TELEPHONES

PUBLIC TELEPHONES operate on 25 cent coins, although there is an increasing number of phones that accept both credit and phone cards. Rates are generally cheaper between 6pm and 8am, and on weekends. All local calls cost a flat fee of 25 cents (private subscribers have free local calls). For any call outside the local area, including international calls, the operator will tell you how much to pay for the initial period and will then ask for more money as your call progresses. It is usually easier to make long distance calls using a phone card than to have the stacks of change required.



Public roadside telephones are found countrywide

POSTAL SERVICES

ALL MAIL FROM Canada to outside North America is by air and can take between three and seven days to arrive. If you are sending mail locally, it can also take days – not including the postal code will make the service even slower. To send mail, look for signs that say "Canada Post" since some post offices are located in malls.

MOBILE PHONES AND E-MAIL

IT IS POSSIBLE to rent a mobile phone while on vacation, or to have your own mobile tuned to local networks.

Visitors can use e-mail in the larger hotels or at one of many city-based internet cafés.

FAX AND TELEGRAM SERVICES

IT IS POSSIBLE to send a fax from the commercial outlets found in most towns. Telegrams are dealt with by Canadian National Telecommunications (CNT) or Canadian Pacific (CP). There are two main services, Telepost, which provides first-class delivery, and Intelpost, which sends documents abroad via satellite.

MEDIA

THE ONLY PAPERS that see themselves as national publications are *The National Post* and *The Globe and Mail*, both based in Toronto. There

DIRECTORY

PROVINCIAL CODES

Alberta - 403 & 780.
 British Columbia - 604 & 250.
 Manitoba - 204.
 New Brunswick - 506.
 Northwest Territories - 867.
 Nova Scotia - 902.
 Newfoundland & Labrador - 709.
 Ontario - 416 & 905 (Toronto).
 705 - (central and northeast).
 519 - (southwest peninsula).
 613 - (Ottawa region).
 807 - (northwest).
 Prince Edward Island - 902.
 Quebec - 514 & 540 (Montreal).
 819 - (north).
 418 - (east).
 Saskatchewan - 306.
 Yukon & Nunavut - 867.

is also a national news weekly called *Maclean's*. Most cities have their own daily newspapers and some, such as Toronto, have several. Many cities and regions have free weeklies that provide excellent coverage of local events.

Canada has a national 24-hour public broadcasting corporation (CBC), 80 percent of whose programs are produced locally. CBC also provides an excellent radio service, and can be a good source of information on local happenings and weather for visitors. They also have a national service in French.

USEFUL INFORMATION

Canadian Post Customer Services line.

☎ 1 (800) 267 1177.

REACHING THE RIGHT NUMBER

- For calls to another area code: dial 1 followed by the area code and the 7-digit local number. (In Toronto, dial the area code for all local calls.)
- For international calls: dial 011 then the code of the country (Australia 61, the UK 44) followed by the local area/city code (minus the first 0) and the number. To call the US from Canada dial

- 1, the area code, then the local number.
- For international operator assistance dial 0.
- For information on numbers within your local area dial 411.
- For information on long distance numbers call 1 followed by the area code then 555 1212.
- An 800 or 877 or 888 prefix means the call is toll free.

TRAVEL INFORMATION

THE MAJORITY OF visitors to Canada arrive by air, usually at one of the country's three largest international airports – Vancouver, Toronto, or Montreal. It is also possible to fly direct to cities such as Halifax, Winnipeg, Edmonton, Calgary, and St. John's, Newfoundland.

The size of the country makes flying between locations popular with visitors who wish to see more than one part of Canada. For example, on a short stay, it could prove difficult to see Toronto and Montreal in the east, as well as the



Maple leaf
Air Canada logo

Rocky Mountains in the west without spending some time in the air. There are other transportation choices that allow visitors to see much of Canada. The national rail network, VIA Rail, links most major cities, while long-distance bus routes provide a delightful, and often less expensive, way to see the country. There are short cruises and ferry rides that take in some spectacular scenery. Exploring Canada by car is also a popular choice, enabling visitors to get to locations that can be difficult to reach any other way.



Air Canada is the country's major air carrier

ARRIVING BY AIR

CANADA IS A destination for several international airlines, and the country's major carrier **Air Canada** is linked with national airlines around the world. All Europe's principal airlines fly into Toronto or Montreal, while Vancouver is a gateway for carriers such as Cathay Pacific, Qantas, and national airlines from the Far East.

Visitors who intend to see parts of the US as well as Canada can find plenty of connecting flights to such principal US destinations as New York, Los Angeles, Dallas, Chicago, and Atlanta.

INTERNATIONAL FLIGHTS

FLIGHTS BETWEEN Canada and Europe take from seven to nine hours; from Asia or Australia, across the Pacific, you may be in transit for as long as 25 hours. Older travelers or those with children may wish to consider a stop-over for the sake of comfort

(Hawaii is a popular choice). It is also a good idea to plan flights so that they account for international time differences.

Canada has 13 international airports, the busiest being at Toronto, Montreal, and Vancouver. It is also possible to fly direct into airports in cities such as Edmonton, Halifax,

Ottawa, Winnipeg, and St. John's, Newfoundland. All the major cities are connected with airports in the US. Several leading airlines offer special deals that allow visitors to fly to one part of North America and leave from another.

AIR FARES

FLIGHTS TO Canada from Europe, Australia, and the US can be expensive, especially during peak holiday periods such as Christmas, New Year, and the summer

AIRPORT	INFORMATION
St. John's	☎ (709) 758 8500
Halifax	☎ (902) 873 1223
Montreal (Trudeau)	☎ (514) 394 7377
Montreal (Mirabel)	☎ (514) 394 7377
Ottawa	☎ (613) 248 2100
Toronto	☎ (416) 247 7678
Winnipeg	☎ (204) 987 9402
Calgary	☎ (403) 735 1372
Edmonton	☎ (780) 890 8382
Vancouver	☎ (604) 207 7077

months between July and mid-September. It is always cheaper to book an Apex (Advanced Purchase Excursion) fare, which should be bought no less than seven days in advance, (most major airlines, including Air Canada, offer them). These tickets generally impose such restrictions as a minimum (usually seven days) and maximum (of 3–6 months) length of stay. It can also be difficult to alter dates of travel, and it is worth considering insuring yourself against last-minute, unforeseen delays or cancellations.

Charter flights sometimes offer a cheaper alternative, with savings of 20 percent on some tickets. Round-the-world fares are increasingly popular, as are package

vacations which provide a variety of choices. The kinds of deals available range from fly/drive vacations with a much reduced car rental as part of the price of the ticket, to a guided tour, including all accommodations, transportation, and meals.

ON ARRIVAL

JUST BEFORE landing in Canada you will be given customs and immigration documents to fill in. On arrival you will be asked to present them, along with your passport, to the appropriate customs and immigration officials.

The larger airports offer a better range of services, but most airports have shops, medical and postal services, foreign exchange bureaus,

newsstands, and bookstores. The major car rental companies have outlets at the airport, and buses, limousines, and shuttle buses into town are available. Most terminals offer facilities for disabled travelers.

Visitors hoping to



Roads to and from airports are well sign-posted

DIRECTORY

AIRLINES IN THE UK, US, AND CANADA

Air Canada
UK: (0990) 247 226. *US and CAN:* 1 888 247 2262.
W www.aircanada.ca

American Airlines
UK: (0345) 789789 (0208) 572 5555 (London only).
CAN: (1 800) 433 7300.
US: (1 800) 433 7300.
W www.aa.com

British Airways
UK: (0845) 77 99977.
CAN and US: (1 800) 247 9297.
W www.britishairways.com

catch a connecting flight to another part of the country will have to claim and clear their baggage through customs before checking in with the connecting airline. Arrangements for transferring to domestic flights are usually made when you book your trip. Ask airline staff if you need more information; in large airports such as Toronto's Pearson International there are three separate terminals.

DISTANCE FROM CITY	TAXI FARE TO CITY	BUS TRANSFER TO CITY
8 km (5 miles)	CAN\$16	NO SERVICE
42 km (26 miles)	CAN\$35	30–45 mins
22 km (14 miles)	CAN\$28	25 mins
55 km (34 miles)	CAN\$69	40–55 mins
18 km (11 miles)	CAN\$20	20–30 mins
24 km (15 miles)	CAN\$35	45–55 mins
10 km (6 miles)	CAN\$15	20 mins
16 km (10 miles)	CAN\$25	30 mins
31 km (19 miles)	CAN\$35	45 mins
15 km (9 miles)	CAN\$25–30	25–45 mins

Domestic Air Travel

BECAUSE OF THE DISTANCES involved, flying around the country has become an accepted part of Canadian life. There is a complex network of domestic flights, with numerous local airlines, some of which are linked to Air Canada. The smaller operators fly within provinces, and to remote locations where they are often the only means of transportation. In all there are some 125 domestic destinations. It is possible to book domestic flights with a travel agent before departure or, once in Canada, through local agents or on the internet. Domestic flights along the busier routes are becoming cheaper and discounts are often advertised in the local press. A range of pass deals are available exclusively for visitors from abroad. Light aircraft can also be chartered for fascinating but costly trips over far-flung landmarks such as Baffin Island.



Dash-7 aircraft during a trip in Canada's far north

AIR ROUTES AND AIRLINES

THE IMPRESSIVE array of domestic flights available here means that most of the nation's smaller urban areas are within reach of regular services. However, you will generally have to fly to the major city in the area, principally Vancouver, Toronto, or Montreal, and then take a connecting flight.

Some of the smaller airlines are connected with Canada's major carrier, **Air Canada**, and it is often possible to book your connection through the national airline. The

majority of the country's long-haul domestic routes run east-to-west, connecting the cities: from Halifax on the east coast, through to Montreal, Toronto, Ottawa, Winnipeg, Calgary, and Edmonton to Vancouver in the west. Longer north-to-south flights to places such as the Yukon and Northwest Territories usually originate from Edmonton and Winnipeg. In the remote north, light aircraft are the best way to reach a destination such as Baffin Island, (which can be reached by boat only in good weather) with the exception of Churchill, Manitoba, which is connected by train.

APEX FARES AND OTHER DISCOUNTS

THERE ARE several kinds of bargain tickets available within Canada and airlines such as **CanJet** and **WestJet** have increased competition and forced prices down. Charter airlines such as **Air Transat** fly between Canadian cities much like scheduled airlines. However, they are usually up to 20% cheaper than scheduled tickets and can be booked through tour operators. To take advantage of the reductions available through Apex (advanced purchase excursion) fares, you must book between 7 and 21 days in advance: the earlier the booking, the larger the discount. Each fare will have its own set of rules, which include restrictions on length of stay and time of travel (such as between certain hours or on certain days). Be aware that refunds are seldom given and it might be difficult to change your dates.

Seat sales are another bargain option whereby an airline will advertise exceptionally cheap tickets to boost travel on popular routes during quiet times of the year. There is, however, very little flexibility on these deals, and you have to fly within a specific period of time.

Air Canada offers pass deals for visitors who want to travel all over the country, as well as to the US. The passes are available only outside of North America. Most of the offers involve paying for a number of coupons, each of which represents a single flight within either the continent or a specific region. The passes also usually specify a period of time (7 to 60 days) for which they are valid.

FLY-DRIVE DEALS

A GOOD WAY to make the most of a visit to Canada is to book a fly-drive vacation. The deal invariably involves a substantial cut in the cost of the car rental. Arrangements can also be made to pick up and drop off your vehicle in different places. It would be possible, for example, to pick

up a car in Toronto, tour Ontario, dropping the car off in Ottawa before flying on to Vancouver on the west coast. Known as one-way car rental, these deals may involve large drop-off fees: from Toronto to Ottawa costs around Can\$200. Travel agents offer a wide range of such packages.

BAGGAGE RESTRICTIONS

PASSENGERS traveling economy on domestic flights should be aware that there are restrictions on the amount and weight of baggage that can be taken on board. The type of aircraft determines what can be carried, and light aircraft usually accept only hand-baggage.

In general, passengers are entitled to have two suitcases, each with an average weight of 32 kg (70 lb) per item. Hand-baggage must fit safely under aircraft seats or in overhead lockers. Garment bags may be carried on board some aircraft but must be soft-sided and comply with size

restrictions – length 112 cm (45 ins), depth 11 cm (4.5 ins) – so remember to check with your airline or travel agent when purchasing your ticket.

CHECKING IN

SECURITY is a necessity nowadays and can make the boarding procedure take longer. Within Canada you must check in at least 30 minutes prior to departure; for flights to the US, allow 90 minutes; and for international flights, leave at least 2 hours. Visitors from other countries traveling within Canada should carry a passport to verify that he or she is the traveler named on the ticket.

It is also worth noting that the daily peak periods at the larger Canadian airports are usually from 7am to 9am and from 3pm to 8pm. Passenger volume also increases significantly during the winter holiday season, March break, and the summer, so it is wise to allow extra time for parking, check-in, and security screening during these periods.



WestJet logo

DIRECTORY

DOMESTIC AIRLINES

Air Canada

☎ 1 (888) 247 2262.

🌐 www.aircanada.ca

🌐 www.flytango.com

🌐 www.4321zip.com

🌐 www.flyjazz.ca

Air North (Yukon)

☎ (867) 668 2228, 1 800 661

0407. 🌐 www.flyairnorth.com

Air Transat (Montreal)

☎ (450) 476 1011.

🌐 www.airtransat.com

Bearskin Airline

(Thunder Bay, Ontario).

☎ (807) 577 1141, 1 800 465

2327. 🌐

www.bearskinairlines.com

CanJet (Halifax, Nova Scotia)

☎ 1 800 809 7777.

🌐 www.canjet.com

First Air

(Ottawa, for far north flights)

☎ 1 800 267 1247.

🌐 www.firstair.ca

SkyService (Toronto, Ontario)

☎ (416) 679 5700.

🌐 www.skyserviceairlines.com

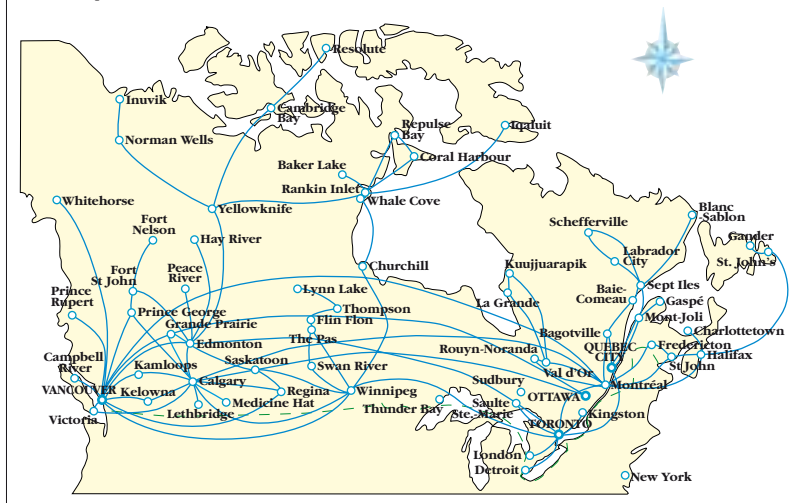
WestJet (Calgary, Alberta)

☎ 1 800 538 5696.

PRINCIPAL DOMESTIC AIR ROUTES

Canada's major airline is Air Canada. It provides links to a number of regional carriers to form a comprehensive domestic air network. CanJet covers much of eastern Canada, while WestJet specializes in western destinations.

0 km 500
0 miles 500



GETTING AROUND CANADA'S CITIES

ALTHOUGH the car is a popular way to travel in Canada, the country is noted for the fast, frequent, and efficient public transit systems of its cities. In general, the best way for visitors to explore Canada's urban centers is primarily on foot, using public transportation as a backup. The streets are clean and safe, and strolling through different neighborhoods is a pleasant way to get to know them. Most municipal transit systems are reasonably priced, with discounted multi-ticket deals and



Tourbus in Toronto

day passes. Driving around downtown areas can be daunting, particularly during the rush hour, and parking tends to be both difficult and expensive.

Most transit systems offer free maps, available at stations or tourist information centers. The following pages detail how to get around Canada's three largest cities, Vancouver, Toronto, and Montreal (*see endpaper for detailed transit maps*), as well as other provincial capitals and the most often visited towns and communities.

MONTREAL

MONTREAL'S bus and subway network is integrated so that the stations connect with bus routes and tickets can be used on either. Be sure to get a transfer ticket, which should take you anywhere in the city for one fare. Known as the Métro, Montreal's subway is clean, safe, and air-conditioned in summer and heated in the winter. It is by far the fastest and cheapest way to get around town (*see endpaper*). Free maps are available at any of the ticket booths. Visitors can buy a Tourist Pass for one or three days at major hotels and at the Visitor Information Office downtown.

Driving is not recommended here, as the roads are busy and parking is severely restricted, especially in the old town. It is best to use the city's park-and-ride system. Cabs can be hailed in the street. They have a white or orange sign on the roof; the sign is lit up when the cab is available.

Many streets in Montreal now have bike lanes. The Great Montreal Bike Path-Guide is available free at the tourist office. Bikes can be taken on the Métro anytime except during rush hour, from about 7am to 10am and 5pm to 7pm on weekdays. There are some lovely bike paths, such as the waterfront trail on the historic Canal de Lachine, and those

that lead through Cité du Havre and across Pont de la Concorde to the islands. There are a number of bicycle shops offering daily or weekly rental; they generally require a deposit of Can\$250 or more in addition to the daily rate.

TORONTO

THE TORONTO Transit Commission (TTC) operates a huge system of connecting subway, bus, and streetcar lines that serves the entire city. It is one of the safest and cleanest systems of its kind anywhere in the world. There are two major subway lines, with 60 stations along the way (*see endpaper*). Be sure to get a free transfer pass if

you intend to continue your trip by bus or streetcar after you leave the subway.

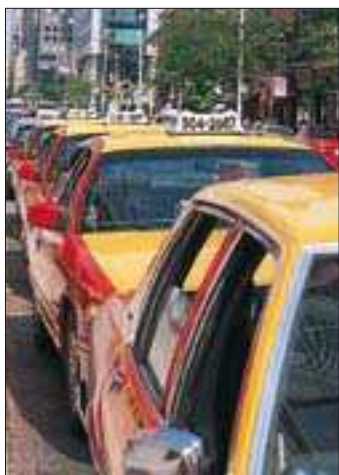
To ride buses and streetcars, you must have exact change, a ticket, or a token. Tickets and tokens are on sale at subway entrances and stores. The "Pick up a Ride Guide" shows every major place of interest and how to reach it by public transit, and is available at most subway ticket offices. A Light Rapid Transit line connects downtown to the lakefront (called Harbourfront). The line starts at Union Station and terminates at Spadina/Bloor subway station.

It is easy to catch a cab in Toronto; they can be hailed in the street, called in advance, or found outside hotels. There are several outlets that rent bicycles, but as downtown Toronto is busy with traffic, it is best to confine your cycling to the parks. The Martin Goodman Trail is a well-marked scenic bicycle route along the long, scenic waterfront.

As in Vancouver, you will need the right coins for the bus. The regular adult fare is Can\$2 across the whole system, and transfers are free for up to an hour. If you are going to be in Toronto for an extended period, it is worth considering a MetroPass for one month, or you can buy 10 tickets or tokens for Can\$19. There are day passes for use during off-peak hours.



Scenic riverside cycling path in Quebec City



Toronto taxicabs gather at a taxi stand

Ferries to the Toronto Islands run several times an hour at peak times in summer and continue well into the evening. There is also a road bridge.

VANCOUVER

VANCOUVER'S well-organized network of light rail (called SkyTrain), bus, and ferry services is run by BC Transit. An inexpensive Transit Guide is available from newsstands and information centers. It includes a map of the city showing all routes. Driving is not the best way to see the city as congestion is heavy,

and you are unlikely to find a spot to park. There is a park-and-ride system, where commuters can leave their cars at certain points around the city center.

The SkyTrain is a light rail system of driverless trains that connects downtown Vancouver with the suburbs of Burnaby, New Westminster, and Surrey. It travels partially beneath ground and partially overground on a raised track. The main terminal is at Waterfront Station at the bottom of Seymour Street. An

alternative to the SkyTrain is to use the city's downtown bus routes. These are worth riding as they offer delightful tours past the city's top attractions, although it is advisable to avoid rush hour traffic. Bus services end around midnight, but there is a scaled down "Night Owl" service.

One of the best ways to get around Vancouver is by water. The SeaBus is a 400-seat Catamaran that shuttles between Lonsdale Quay in North Vancouver and the downtown terminal at Waterfront Station. The trip takes around 15 minutes and includes wonderful

views of the mountains and Vancouver skyline. Aquabus Ferries connect stations on False Creek, Granville Island, Stamp's Landing, and the Hornby Street Dock.

If you want to take a cab it is best to call one of the main companies such as Black Top or Yellow Cab, as hailing a taxi in the streets is rarely successful. However, Vancouver is a great city for cyclists, with plenty of bike paths, including the 10 km (6 mile) road around Stanley Park. There is a park-and-ride service for bikes here, similar to the one elsewhere for cars.

Fares are the same for bus, SkyTrain, and SeaBus in the Vancouver area, but the price varies according to time of day and the distance you travel. Adult fares are cheaper after 6:30pm, and all day Saturday, Sunday, and holidays. There are three zones in the city, and the price of the fare depends on how many zones you cross. The off-peak adult fare in zone one is Can\$2.25. There are a wide variety of discounts available: a FareSaver book of 10 tickets or a day pass are good value. Children under 4 ride free, and those between the ages of 5 and 13 pay less (as do students with a valid GoCard), and seniors over 65 also get concessions. A transfer ticket is free and lasts for 90 minutes of travel.



SkyTrain traveling over the city bridge in Vancouver on a summer evening



The scenic approach to Château Frontenac in Quebec City, best appreciated on foot

OTTAWA

FORTUNATELY for visitors, many of the capital city's major tourist attractions are within walking distance of Parliament Hill. Ottawa's sidewalks are both wide and clean, and you can do most of your sightseeing on foot, using public transportation to cover the longer distances. The region of Ottawa-Carleton operates **OC Transpo**, a 130-route bus network. Fares are among the most expensive in Canada, with a two-tier system that charges more for traveling during rush hour, Can\$2.60 per ticket. You need the exact fare unless you buy tickets in advance. These are available at newsstands and corner stores. If you need to change buses, ask for a transfer, which can be used for up to an hour. It is possible to get a transfer for use on the separate Hull bus system across the Ottawa River, although you may have to pay a little more. All routes meet downtown at the Rideau Centre, and the stops are color-coded according to the route.

If you are using a car there are several reasonably priced municipal car lots – look for a

green 'P' sign. Taxis can be booked by phone or hailed at stands outside major hotels.

Bicycles are a good way to explore a city that has some 150 km (93 miles) of scenic paths. The Rideau Canal, that crosses the city from north to south, is bordered by delightful walking and bike paths.

CALGARY

CALGARY TRANSIT operates buses and a light-rail transit system known as the C-Train. For a flat fare of Can\$2.00 you can transfer to either using the same ticket, although day passes for around Can\$5.60 are good value for visitors hoping to see several sights in one day. The C-Train travels north

to the University and airport, and south to Macleod Trail. It is free in the downtown section between 10th Street and City Hall (buses are not). Maps are available from the **Calgary Transit** offices, where you can also buy tickets. C-Train tickets can be bought from machines located on the platforms.

If you wish to travel mostly within the city center, walking and public transportation are

your best options. However, the city's blocks are long, (Calgary is Canada's second largest city by area) and any trip to the outskirts and beyond requires a car. There are several rental companies, including all the major outlets, and charges are around Can\$50 per day, although weekend rates are much cheaper. Cabs are expensive here and cannot be hailed on the street, but they can be picked up at hotels or ordered by telephone.

WINNIPEG

MANY OF Winnipeg's attractions are within a 20-minute walk of one another in the downtown area, centered on the crossroads of Portage and Main Streets. **Winnipeg City Transit** operates an efficient bus system, which is also ideal for reaching farther-placed sights. There is a flat fare of Can\$1.85, or you can purchase a book of 10 tickets for Can\$18.00 from the Transit Service Centre based in the underground concourse at Portage and Main. (A transfer, valid for an hour, is available from the driver if you are changing buses.) The center is open weekdays between 8:30 am and 4:30 pm, and offers detailed information



Logo for the C-Train in Calgary

and a free route map of the city. There are also several pleasant bicycle paths that run through the city as well as to outlying districts.

QUEBEC CITY

THE CHARMING narrow streets of the old city are best seen on foot, especially since most of the historic sights are located within a small area of the walled city. If you need to travel farther to see one of the more distant sights such as the Musée du Québec, the bus system is frequent and reliable. Fares are cheaper if you buy a ticket before boarding and are on sale at several outlets in grocery stores costing Can\$2.50 per person. There are also one-day passes for Can\$5.65. The bus station is in the Lower Town on Boulevard Charest Est. Most of the main routes stop centrally on the Place d'Youville in the Old Town.

Taxi stands are located in front of the major hotels or outside city hall. Horse-drawn carriages or *calèches* may be hired for a gentle trot around the Old Town, but expect to pay Can\$50 for 40 minutes.

HALIFAX

THE COMPACT CITY of Halifax is best explored on foot or bicycle, which can be hired for a half or full day. Driving around is difficult: parking is hard to come by and expensive. To reach outlying districts there is the **Halifax Metro Transit** bus system. Fares are cheap, with a flat fare of Can\$2 charged downtown. It is also possible to purchase budget books of 20 tickets for Can\$32. In the city from Monday to Saturday during the summer season, a free bus service called "Fred" circles the downtown area about every 20 minutes.

CHARLOTTETOWN

SINCE THE completion of the Confederation Bridge in 1997, Prince Edward Island has become easily accessible by bus and car. Travelers still use the ferry service, which

runs from New Glasgow, Nova Scotia between May and November. There is a shuttle bus service from Halifax that travels to the island by ferry. The island's public transportation system is limited to a bus service in Charlottetown run by **Trius Tours**; this operates all year round. However, touring by car is most popular, and it is a good idea to reserve a car during the busiest months of July and August. Several companies offer organized bus, walking, and cycling tours.



Driving over Confederation Bridge to Prince Edward Island

ST. JOHN'S, NEWFOUNDLAND

IN COMPARISON to most of Canada's cities, parking is easy in St. John's. It is possible to buy a parking permit from one of many well-placed machines. They take quarters (25 cents) or dollar coins. Car rental here is less expensive than in many other Canadian cities and there is a good choice of companies.

The local bus service is run by Metrobus, and tickets cost Can\$1.75 every trip. If you are planning on spending some



Bus traveling over Harbour Bridge in New Brunswick

DIRECTORY

CITY TRANSPORTATION INFORMATION

**Vancouver
British Columbia Transit**
☎ (604) 521 0400.

**Toronto Transit
Commission (TTC)**
☎ 416 393 4636.

**Montreal
STCUM and AMT**
☎ (514) 288 6287.

**Ottawa
OC Transpo**
☎ (613) 741 4390.

**Calgary
Calgary Transit**
☎ (403) 262 1000.

**Winnipeg
Winnipeg City Transit**
☎ (204) 986 5700.

**Quebec City
STCUQ**
☎ (418) 627 2511.

**Halifax
Halifax Metro Transit**
☎ (902) 490 6600.

**Charlottetown
Trius Tours**
☎ (902) 566 5664.

**St. John's Newfoundland
Metrobus**
☎ (709) 570 2020.

time here it is worth investing in a lo-ride car for Can\$15.75. By riding on two routes, such as one downtown and one suburban bus, you get a bargain tour of the city.

Train Travel in Canada

THE CANADIAN RAIL network is run by the government-owned VIA Rail. The service has been significantly reduced since the late 1980s when many cross-country services, along with other lines, were cut. VIA Rail still provides a service on the famed 1950s *Canadian*, a beautifully restored train that travels across the country between Toronto and Vancouver, passing through stunning Rockies' scenery between Jasper and Kamloops.

Increasingly, Canadians fly long distances or use their cars to cover most of the shorter hauls. For visitors, traveling by train remains a wonderful way to see large parts of Canada (especially in those trains that have glass-domed observation cars). Smaller commuter networks around the major cities are also useful for visitors who wish to explore an area in detail.



Specialty trips on the Rocky Mountaineer travel through the Rockies

THE CANADIAN RAIL NETWORK

VIA RAIL CANADA INC. operates Canada's national passenger rail service. Despite the closing of several lines there are still 400 trains every week, which cover some 13,000 km (8,000 miles) on major routes between Vancouver and Toronto, traveling on to Montreal, Quebec, and Halifax. It is possible to cross the country by train – a trip that takes five days – by connecting up with these lines. The longest continuous route remains the Vancouver–Toronto trip on board the stylish and luxurious 1950s *Canadian*, with its observation and dining cars. Places with no road link, such as the town of Churchill in northern Manitoba, rely on the railroad. The line between Winnipeg and Churchill is

mostly used by visitors in October, heading north to see the polar bears (see p251).

VIA Rail operates both long-haul trains in eastern and western Canada, as well as inter-city trains in the populous Ontario Corridor, from Quebec City to Windsor, passing through Kingston, Montreal, Niagara Falls, Ottawa, and Toronto. This is a fast service that offers snacks and drinks on board most trains.

It is easy to travel onward to the United States, as VIA connects with the American rail network, Amtrak, at both Montreal and Vancouver. VIA Rail and Amtrak jointly run the Toronto–New York line through Niagara Falls, and Toronto–Chicago trains through Samia/Port Huron. The VIA station in Windsor is only a few kilometers from the Amtrak station in Detroit.

SMALLER NETWORKS

VISITORS SHOULD also be aware that VIA is not the only passenger rail service in Canada. The larger cities all have useful local commuter lines. Vancouver has **BC Rail** and the West Coast Express to Prince Rupert, while Toronto's Go Transit covers the city's outlying suburbs as far as Milton, Bradford, Richmond Hill, and Stouffville, and Montreal has AMT (see p405).

SPECIALTY TRIPS

THERE ARE several lines that offer visitors the chance to enjoy Canada's best scenery in comfortable, often luxurious trains. Among the best trips is the **Algoma Central Railway** in Ontario (see p223), which runs from Sault Ste. Marie to Hearst and has an excursion train from Sault Ste. Marie to the Agawa Canyon through spectacular landscapes from early June to October. There is a Snow Train excursion on weekends from late December to early March, also from Sault Ste. Marie.

Ontario Northland

Railway operates both freight and passenger services on its main line from North Bay to Moosonee. *The Polar Bear Express* is a summer excursion to Moosonee, which provides a close-up look at the northern wilderness. The passenger service continues south of North Bay to Toronto.

The most spectacular train ride in Canada is probably in British Columbia, where, from mid-May until early October, **Rocky Mountaineer Rail-tours** runs two-day excursions from Vancouver to Calgary via Banff or Jasper. The *Rocky Mountaineer* follows the original route of the Canadian Pacific Railroad. These trips operate entirely in daylight, and the package includes a night in Kamloops plus meals. There is also a dome car for viewing the stunning scenery that lies around every bend.

For a longer trip, visitors may want to take the six-day/five-night Golden/Crowsnest Tour, run by **Royal Canadian Pacific Luxury Rail Tours**.

The tour takes guests from Calgary, across the expansive prairie of Lethbridge, and on to Fort MacLeod, before entering the Rockies via the Crowsnest Pass. Guests can also learn about the history of the Canadian west from the area's most experienced naturalists and historians.

TRAVEL CLASSES

ON LONG-distance routes there are two main classes of travel available, Economy and a variety of Sleeper classes, known as VIA 1.

Economy Class offers comfortable, reclining seats in cars with wide aisles and large windows, as well as blankets and pillows for overnight trips. Passengers in Economy class also generally have access to one of the onboard snack bars or restaurants. Sleeper classes offer a range of options from double- and single-berth bunks to double bedrooms, which convert to luxurious sitting rooms by day. VIA



Maple leaf on VIA Rail logo

services in Western Canada such as the *Canadian*, offer the choice of "Silver & Blue" first-class cars that have access to a private observation car, as well as plush dining cars.

TICKETS AND BOOKINGS

RESERVATIONS FOR rail travel can be made through travel agents or direct through VIA Rail. There are a variety of discounts available on both economy and sleeper classes if you book round-trip tickets or in advance. Reductions on Ontario corridor lines are available if you book five days in

advance (on most other routes you need to reserve tickets seven days in advance.) There are also discounts for bookings made for travel during the off-peak period between October and December, and from January until the end of May.

The CANRAILPASS gives you 12 days of unlimited travel in economy class during a 30-day period. Just show your CANRAILPASS each time you obtain a ticket. The card is

DIRECTORY

VIA Rail

☎ 416 366 8411 Toronto and most other Canadian provinces.

Algoma Central Railway

☎ (705) 946 7300.
Toll-Free 1 800 242 9287.

Ontario Northland Railway

☎ (1 800) 461 8558.

Rocky Mountaineer Railtours

☎ (604) 606 7245.

Royal Canadian Pacific

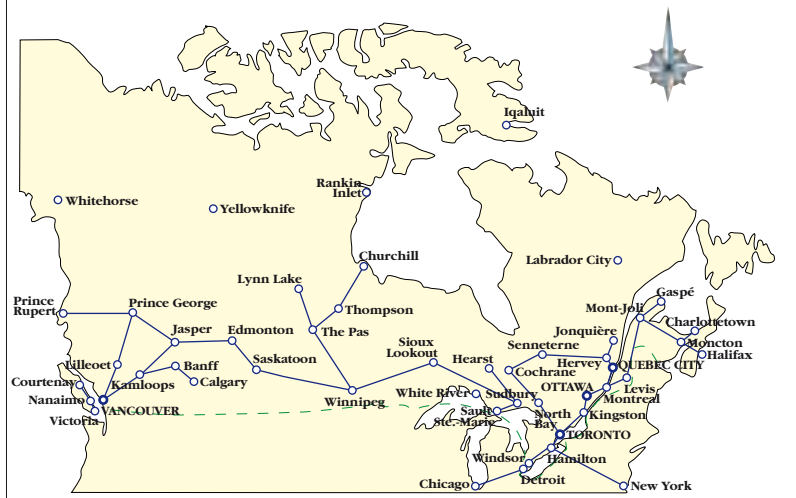
☎ (403) 508 1400.

valid on all VIA Rail routes, and you can make as many stops as you like during your trip. Up to three extra days' travel can be added, which can be bought in advance or at any time during the 30-day validity period. It is a good idea to reserve seats in advance during the summer as there are a limited number for pass holders. Throughout the VIA system, travelers over 60 are entitled to an additional ten percent reduction on fares.

PRINCIPAL RAIL ROUTES

VIA Rail is the main provider of passenger rail services throughout Canada. It is possible to reach all the major centers of the country, and regional operators link up with most town's outlying districts.

0 km 500
0 miles 500



Traveling by Bus

BUSES ARE THE least expensive way to get around Canada. The majority of bus routes west of Toronto are run by Greyhound Canada, including the epic trip along the Trans-Canada Highway (Hwy 1) between Toronto and Vancouver. East of Toronto there are several smaller companies that cover most areas. Although a long bus trip can mean one or more nights spent sitting upright, the buses are generally clean and comfortable, and offer plenty of rest stops. The network is also reliable and efficient with buses usually arriving on time. In more remote regions, check timetables in advance as there may be no service or only one bus a week.

LONG-DISTANCE BUSES

LONG-DISTANCE buses provide a cheaper and often faster option than the railroad. The main operator, Greyhound Canada, carries more than two million passengers each year to most of the towns and cities across the country. Although Greyhound lines operate in the west and center of the country, many routes are linked to bus lines in the east, and in the United States. West of Vancouver, Greyhound links up with Pacific and Maverick Coach Lines, east of Ottawa, with Voyageur Colonial, Orleans Express, and Acadian SMP. Greyhound's express services offer a faster, highway-based service on buses that have more leg room, movies, music, and snacks.

Although smoking is prohibited, most long-haul buses stop every three to four hours

so that travelers can leave the bus for a rest break. Rest breaks or driver changes take place at both bus and service stations, where you will find a variety of facilities ranging from restaurants and cafés to snack vending machines. All the buses are air-conditioned and have washrooms. Buses also offer passengers the advantage of picking up and arriving in convenient downtown areas.

DISCOUNTS AND PASSES

THERE IS A variety of discounted bus passes available to visitors. Children under five usually travel free, and travelers over 65 are entitled to discounts on both return tickets and pass deals. Fares are also cheaper if you book in advance or travel during the off-peak season, from January to June or from October to December. The Greyhound Canada Pass offers unlimited travel on both Greyhound and many other lines, such as those running eastward between Ontario and Quebec or across Saskatchewan, for a range of time periods: 7, 10, 15, 21, 30, 45, and 60 days. Prices range from approximately Can\$289 for 7 days

to Can\$640 for 60. The Canada Coach Pass Plus is similar, with the bonus of including travel across the country to Montreal, Quebec City, Halifax, St. John, and Charlottetown, as well as to New York City in the US.

Some pass deals booked overseas and through organizations such as Hostelling International include accommodation in more than 80 hostels from coast to coast; an example is the Go Canada Budget Travel Pass. This pass can also be used to travel on VIA Rail services between Toronto, Ottawa, and Montreal.

Rout-Passes offer access to some 35 intercity bus companies in Ontario and Quebec from mid-April to mid-November. Passengers do not need to



Greyhound bus logo

decide on their itinerary in advance, and reservations are not necessary. There is a wide range of Rout-Passes to choose from, and some include accommodation vouchers. The 16-day Rout-Pass can be bought only by members of the International Hostelling Association.

BUS STATIONS AND RESERVATIONS

BUSES FROM different carriers all operate from the same stations, making it easy to connect with other bus lines and municipal transit services. Reservations are not usually needed since buses are filled on a first-come, first-served basis. Passengers are advised to be there at least an hour ahead of departure time, leaving plenty of time to buy tickets and check their luggage. Do not panic if the bus fills up; it will generally be replaced with another one right away. Buying tickets in advance does not guarantee you a seat, and you will still have to line up to board the bus.

Most bus stations have a small restaurant or café where reasonably priced snacks and meals can be purchased. On long-distance journeys it is a



Boarding the bus on Ottawa's Parliament Hill



Tourists on a bus trip to the Athabasca Glacier in Jasper

good idea to take some food with you, otherwise you will have to rely on the sometimes over-priced, unappealing food available in service stations. At the larger stations it is possible to rent luggage lockers, leaving you free to explore unencumbered by suitcases. In the major cities such as Toronto, you have the choice of boarding in the suburbs or in the city center. Choose the city center since the bus may be full by the time it reaches outlying

districts. Always ask if there is an express or direct service to your destination; as some trips involve countless stops en route and can seem very long. A small pillow or traveling cushion, a sweater (to counter the sometimes fierce air-conditioning), and a good book or magazine can often help to make a long trip more comfortable.

BUS TOURS

THERE ARE SEVERAL TOUR companies that offer package deals on a variety of trips. An extensive range of tours is available, from city sightseeing and day trips to particular attractions, to expensive luxury, multi-day tours including guides, meals, and accommodations. There are specialized tours that focus on such activities as glacier hikes, white-water rafting, and horseback riding. A typical ten-day tour of the Rockies may take in everything from a cruise to Victoria, a hike in Banff, and a picnic on Lake Louise, to a trip to the Columbia Icefield, or a look at the history of gold rush country in the Cariboo

DIRECTORY

Greyhound Canada Inquiries

☎ 1 800 661 8747.
 🌐 www.greyhound.ca

Timetable Information

(CAN & US) ☎ 1 800 661 8747;
 (UK) ☎ 0870 888 0223.

Bookings (passes only)

(UK) ☎ 0870 888 0223.

BUS TOUR COMPANIES

Brewster Transportation

for tours in the west ☎ 1 877 791 5500. 🌐 www.brewster.ca

Great Canadian Holidays

for tours in the east ☎ (519)

region. Most companies will send you detailed itineraries in advance, and it is a good idea to make sure that there are no hidden extras such as tips, sales taxes, and entry fees, as these are often included in the price of the package. Some of the most beautiful scenery can also be seen on regular Greyhound routes, such as those in the Rockies.

BUS ROUTES

This map shows the main bus routes across Canada. It is possible to travel right across the country along the Trans-Canada Highway using Greyhound Canada and the bus companies that operate east of Toronto.

0 km 500
 0 miles 500



Driving in Canada



Driving Route
tour sign

IT IS A GOOD IDEA to rent a car when visiting Canada. Other modes of transportation will get you around the cities and from one rural town to another, but once you arrive in a remote country area, a car is the best way of exploring. Tours of regions such as Quebec's wild Gaspé Peninsula (see pp140–41), or British Columbia's Okanagan Valley (see p315) are best made by car. Several aspects of Canadian life

reflect the fact that this is a driver's country: there is an excellent, well-maintained highway network, and many places have huge out-of-town malls. However, city-center traffic congestion means that visitors to the major cities of Toronto, Vancouver, Montreal, and Ottawa may find that public transportation is quicker and cheaper than driving.

ARRIVING BY CAR

MANY PEOPLE drive to Canada from the US. The border here is the longest in the world. There are 13 major crossing points, the two busiest being from Detroit to Windsor and at Niagara Falls. Most of the highways entering Canada connect to the Trans-Canada Highway, which is the longest highway through the country, running for some 5,000 km (8,045 miles) from Victoria, BC, to St. John's in Newfoundland. Customs control ask that visitors declare their citizenship, their place of residence, and proposed

length of stay. You may be asked to show your passport and visa (see pp390–91). It is a good idea to fill up with less expensive fuel on the US side. It is also possible to enter the country from the Alaska side by the famed Alaska Highway (see pp260–61), which crosses the Yukon and ends in British Columbia at Dawson City.

DRIVER'S LICENSES

AN UP-TO-DATE driver's license from your own country usually entitles you to drive in Canada for up to three months. There are some provincial variations: in British

Columbia, Quebec, and New Brunswick your license will be valid for up to six months, in Prince Edward Island four months, and in the Yukon only one month. It is advisable to carry an International Driving Permit (IDP) with your license in case of problems with traffic officials or the police.

INSURANCE

WHETHER driving a rental or your own car you will need proof of insurance coverage, which is compulsory in Canada. If you are using your own car it is advisable to check whether your insurance is valid in Canada, as this may save money. The minimum liability cover is Can\$200,000, except in Quebec, where it starts at Can\$50,000. Most rental companies offer collision damage waiver and personal accident insurance for an additional charge; it is a good idea to have both. If you are driving a private car that is not registered in your own name, you will need to carry a letter from the owner that authorizes your use of the vehicle. For a rental vehicle you must carry the company's official documentation for the same reason. Arranging summer rentals and insurance in advance is recommended.



A Recreational Vehicle passes mountains and forests on a trip through Banff National Park, Alberta

CAR RENTAL

RENTAL CARS are available just about everywhere in Canada. Most major rental car dealers such as Hertz, Avis, and Tilden, have offices at airports and in towns and cities across the country. Among the less expensive options are booking a fly-drive package from home, or there may be discounts if you rent your car in advance. The cost varies greatly depending on the season, type of vehicle, and length of rental. Ask about hidden costs such as drop-off charges, provincial sales tax, and the Goods and Services Tax (GST). When picking up your car you may be asked to show your passport and return airline ticket. The minimum age for renting a car is usually 25 or, in some cases, 21. You will need a credit card for the deposit as it is all but impossible to rent a car in Canada without one. Children under 18 kg (40 lbs) require a child seat fixed in place with a seat belt. Most companies will arrange for one with a little notice. The biggest rental companies offer a wide choice of vehicles, ranging from two-door economy cars to four-door luxury models. Most cars come with a radio and air-conditioning. Bear in mind that nearly all rental cars in Canada have

automatic transmission. Manual models are unusual, although cars with specially adapted hand controls for disabled drivers are available from some of the larger companies. RVs (Recreational Vehicles) or camper vans can also be rented, but they are more expensive. They should be booked well in advance if you intend to travel in summer.

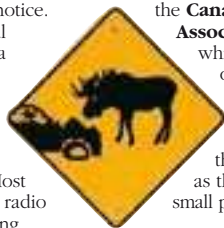
FUEL AND SERVICE STATIONS

FUEL PRICES are slightly higher than in the US and half the price you pay in the UK, especially in cities and large towns, although rural areas

often charge more. Unleaded gas and diesel only are available in Canada. Rental companies generally provide a full tank on departure, and give you the choice of paying for the fuel in advance or on return. Service stations are often self-service, which can be a problem if you need a mechanic. In major cities some stations are open for 24 hours, but in rural areas they often close at 6pm and are few and far between, especially in northerly regions. It is a good idea to fill up before setting off. Credit cards and traveler's checks are widely accepted.

RULES OF THE ROAD

CANADA'S Highway system is well maintained and has mostly two-lane all-weather roads. They are all clearly numbered and signed. Most highway signs are in English, and some bilingual, except for those in Quebec where they are only in French. A good road map is essential and can be obtained from any auto club such as the **Canadian Automobile Association (CAA)**, which is affiliated with other similar clubs in the world. It is worth checking the rules of the road with them as there are numerous small provincial variations.



Moose warning sign on highway

In Canada you drive on the right. You can turn right on a red light everywhere, except in Quebec. The speed limits are posted in kilometers-per-hour (km/h) and range from 30–40 km/h (18–30 mph) in urban areas to 80–100 km/h (50–60 mph) on highways. On multi-lane highways you pass on the left for safety. Some provinces require cars to keep their headlights on for extended periods after dawn and before sunset, for safety reasons. Seat belts are compulsory for both drivers and passengers.

Driving in the north involves special procedures because most of the roads are extremely hazardous due to ice, and are passable only during the summer months.

DIRECTORY

MAJOR RENTAL AGENCIES

Hertz

☎ 800 263 0600.
 🌐 www.hertz.com

Avis

☎ 800 331 1212.
 🌐 www.avis.com

National

☎ 800 387 4747.
 🌐 www.nationalcar.ca

AUTO CLUBS

Canadian Automobile Association

☎ (613) 247 0117.

American Automobile Association

☎ (407) 444 7000.

24-hour emergency road service

☎ 1-800-222-help.

WINTER DRIVING AND SAFETY

CANADIAN winters are harsh, and you should always check road conditions and weather forecasts before setting out on trips. Drifting snow and black ice are frequent hazards in winter or in northern regions. When driving in remote areas, make sure you have a full gas tank, and carry blankets, some sand, a shovel, and emergency food, such as chocolate bars, in case you get stuck. Jumper cables are also useful because extreme cold can drain a car battery quickly. Studded tires are useful in winter conditions and are permitted in most provinces. Check with local tourist offices.

During the summer months animals such as bears and moose can be a hazard, especially in parts of British Columbia. They can suddenly appear on roads when they rush out of the woods to escape the blackflies during spring and summer. Watch for road signs, and take extra care when you see deer or moose road signs as these indicate an area where animals are most likely to appear suddenly.

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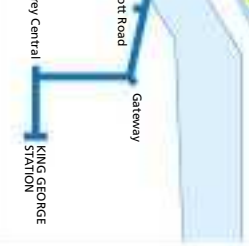
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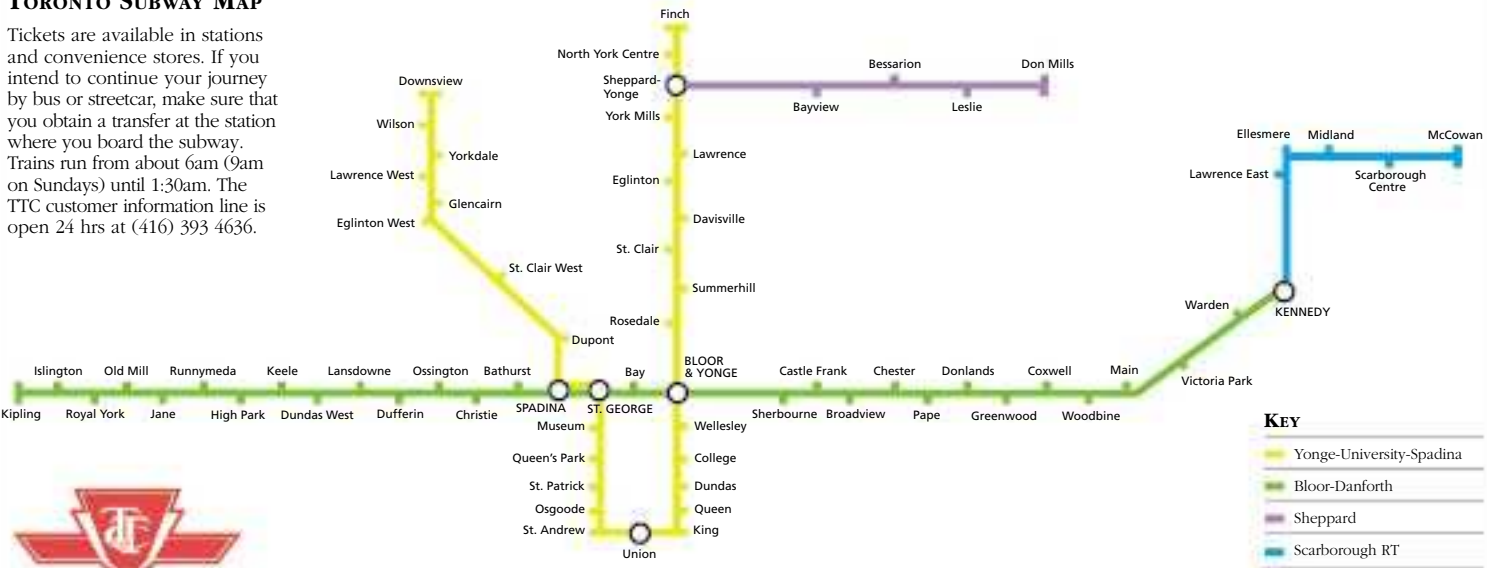


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TORONTO SUBWAY MAP

Tickets are available in stations and convenience stores. If you intend to continue your journey by bus or streetcar, make sure that you obtain a transfer at the station where you board the subway.
 Trains run from about 6am (9am on Sundays) until 1:30am. The TTC customer information line is open 24 hrs at (416) 393 4636.













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KEY TO MAIN SYMBOLS

 Museum or gallery	 Train station	 Closed
 Historic building or street	 Long-distance bus station	 Admission charge
 Church, cathedral, chapel	 Bus route	 No photography allowed
 Archaeological site, ruin	 Streetcar route	 Wheelchair access <i>(phone to check details)</i>
 Park or garden	 Métro or subway station	 Guided tours available
 Area of natural beauty	 Ferry pier	 Restaurant
 Nature preserve, zoo	 Population	 Café
 Aquarium	 Information	 Shop
 Theater, arts center	 Telephone number	 Website
 International airport	 Festival or annual event	 E-mail address
 Domestic airport	 Open	

SYMBOLS FOR HOTELS AND RESTAURANTS

 Price category (Canadian dollars)	 Television in most rooms	 Live music
 Fax number	 Parking	 Exceptional wine list
 Most rooms with bath or shower	 Fitness center	
 Room service	 Credit cards accepted	

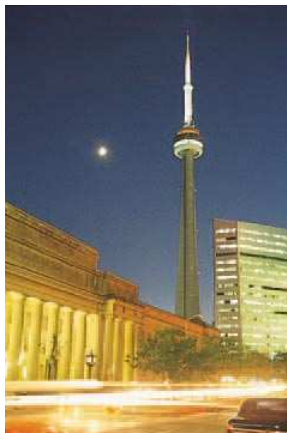
ADDITIONAL SYMBOLS FOR MAPS

 Bus station	 Picnic area	 Escalator
 SkyTrain station	 Viewpoint	 Coat check
 Tourist information	 Locks	 Men's and women's restrooms
 Parking	 Canoe route access	
 Camp site	 Elevator	

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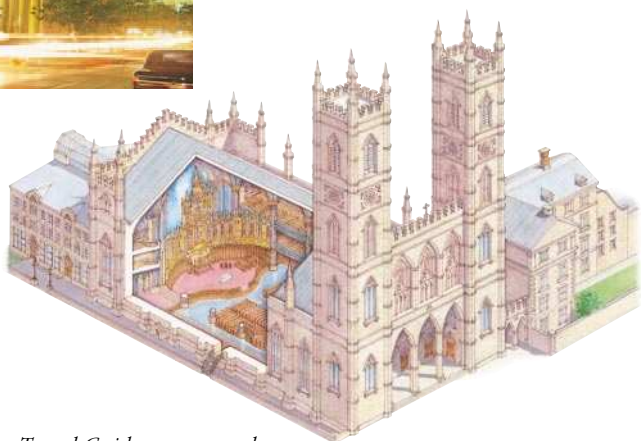


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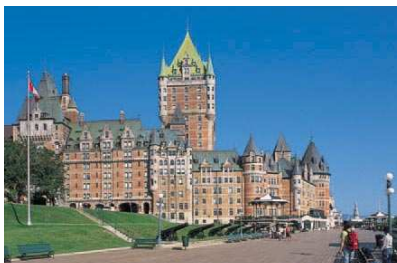
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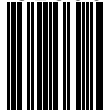


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