

canada  
inside guide



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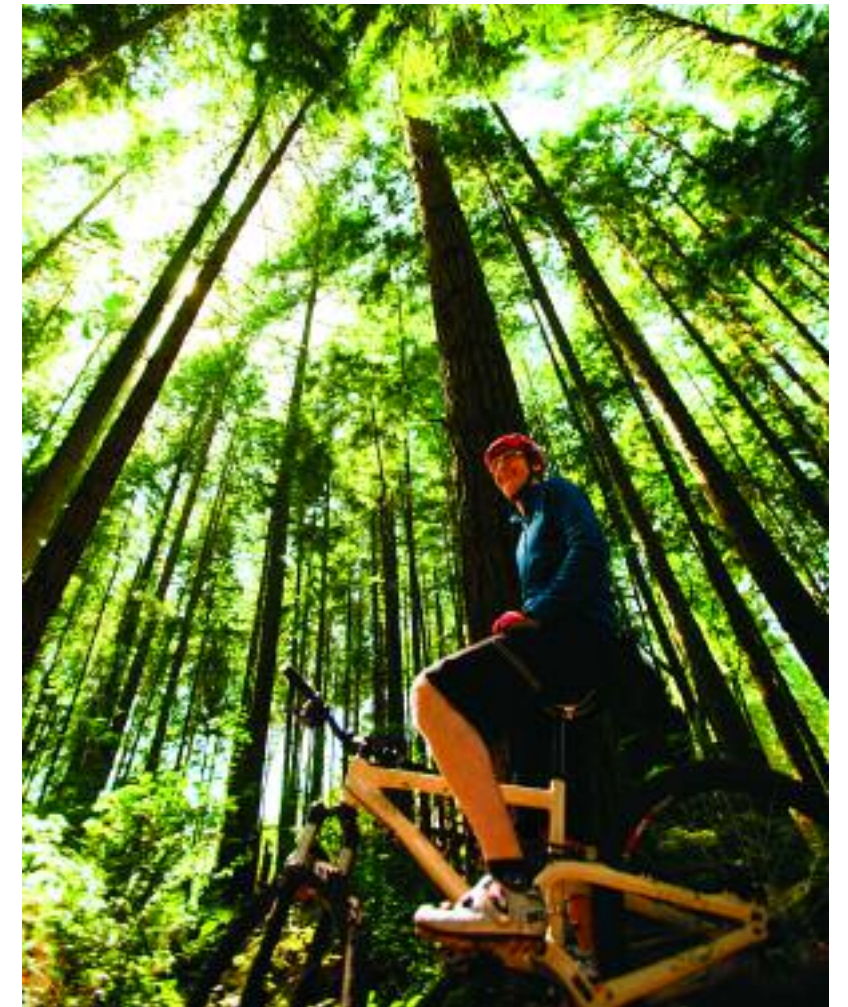
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## TRAVEL TIPS

# INSIDE GUIDE

From the bustle of our cosmopolitan cities to the romantic cuisine inspired by our landscapes, Canada has it all. With so much to see and do, you'll want to look through this travel guide, again and again, to help make the most of your stay. But don't wait until you get here. Take a look inside this guide, today, for profiles of some of the best destinations each province and territory has to offer.

The guide offers basic information on many of the festivals and events taking place this year in each of the regions. To learn even more about the exciting things to do across Canada, please visit [www.culture.ca](http://www.culture.ca) for an even further in-depth look. This site is an initiative of the Department of Canadian Heritage, and is a vast and helpful collection of resources on Canadian arts, heritage, nature, society, recreation and cultural tourism.

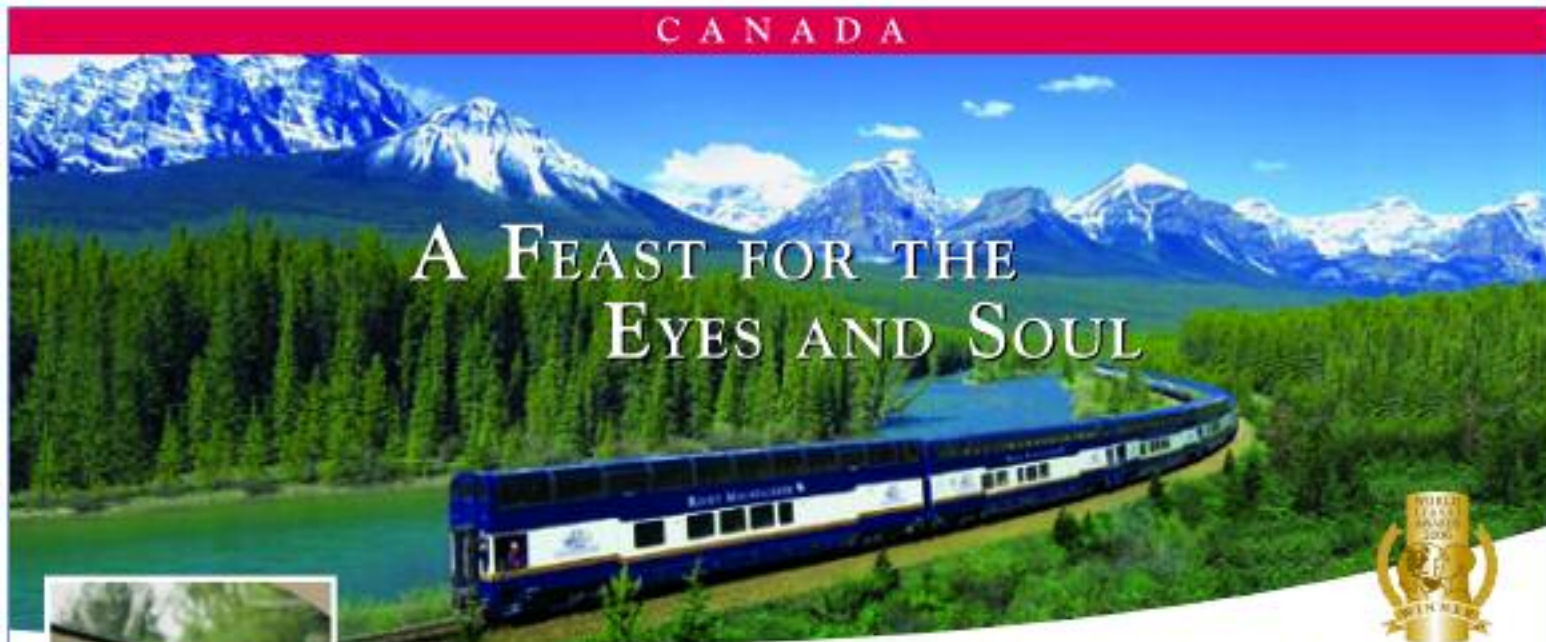


## TABLE OF CONTENTS

- 2 Map 4 British Columbia 6 Alberta 8 Saskatchewan 10 Manitoba  
12 Ontario 14 Quebec 16 New Brunswick 18 Nova Scotia  
20 Prince Edward Island 22 Newfoundland and Labrador 24 Yukon  
26 Northwest Territories 28 Nunavut

## CANADA

# A FEAST FOR THE EYES AND SOUL



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### NEW PASSPORT REQUIREMENTS FOR AMERICANS:

Beginning **January 23, 2007**, the U.S. government will be requiring that each U.S. citizen and permanent resident leaving the country or returning to the United States **by air** must carry a valid U.S. passport or other secure travel document such as a NEXUS Air card when used at a NEXUS Air kiosk.

It is anticipated that beginning **January 1, 2008**, U.S. citizens traveling between the U.S. and Canada **by land or sea** (including ferries), may be required to present a valid U.S. passport or other documents as determined by the Department of Homeland Security. Recent legislative changes may permit a later deadline and ample advance notice will be provided to the public.

Before your trip, be sure to visit the U.S. Department of State Web site: <http://www.travel.state.gov> for the most current information on passport requirements. For detailed information about obtaining or renewing your U.S. passport, visit the US Department of State's website: <http://www.travel.state.gov/passport> OR access passport application services from the United States Postal Service's website: <http://www.usps.com/passport>

### On the cover:



COVER PHOTO: Totem pole on the grounds of the Museum of Anthropology at the University of British Columbia, Vancouver, British Columbia



**FLYING TIMES (IN HOURS) BETWEEN MAJOR U.S. AND CANADIAN CITIES**

	BOSTON	CHICAGO	LOS ANGELES	MIAMI	NEW YORK	SAN FRANCISCO	SEATTLE	WASH., D.C.
Calgary	5-6	4	3	6	4-5	2-3	1-2	5-6
Charlottetown	2	5	9	9	4-5	12	12	5-6
Fredericton	1-2	4-5	7-8	8	3-4	8	10-11	4-5
Halifax	1-2	4-5	8	7	2	8-9	8	3-5
Iqaluit	4-5	5	9	6-7	5	8-9	8-9	4-5
Montréal	1-2	1-2	6	3-4	1	5-6	5-6	1-2
Regina	5	3-4	7	7	5	6	5	7
St. John's	5-6	6	8-9	8	3	9	12	6-7
Toronto	1-2	1-2	5	3	1-2	5	8	2
Vancouver	7	4	3	8-9	6	2	1	7
Whitehorse	12	7	5-6	12	8-9	5	3-4	8-9
Yellowknife	4-5	2	5	6	3-4	4-5	3-4	4

\*The above times are approximate. Please use as guide only.

**TEMPERATURES ACROSS CANADA (°FAHRENHEIT AND °CELCIUS)**

Average daily maximum and minimum temperatures for some of Canada's major cities.

		JAN.	MAY	JULY	AUG.	OCT.
Calgary	°F	21/0	61/37	73/48	72/46	54/34
	°C	-6/-18	16/3	23/9	22/8	12/1
Charlottetown	°F	27/12	55/39	73/57	73/57	53/41
	°C	-3/-11	13/4	23/14	23/14	12/5
Fredericton	°F	25/5	62/41	77/55	77/55	55/36
	°C	-4/-15	17/5	25/13	25/13	13/2
Halifax	°F	34/21	57/41	73/57	73/55	57/45
	°C	1/6	14/5	23/14	23/13	14/7
Iqaluit	°F	-8/-24	30/18	54/39	50/37	28/18
	°C	-22/-31	-1/-8	12/4	10/3	-2/-8
Montréal	°F	21/5	66/45	79/61	77/57	55/39
	°C	-6/-15	19/7	26/16	25/14	13/4
Ottawa	°F	30/16	64/48	81/63	79/63	59/45
	°C	-1/-9	18/9	27/17	26/17	15/7
Québec City	°F	21/5	66/45	79/61	77/57	55/39
	°C	-6/-15	19/7	26/16	25/14	13/4
Regina	°F	14/-8	66/39	79/52	77/50	54/28
	°C	-10/-22	19/4	26/11	25/10	12/-2
St. John's	°F	32/21	52/39	70/52	68/54	52/39
	°C	0/-6	11/4	21/11	20/12	11/4
Toronto	°F	30/16	64/48	81/63	79/63	59/45
	°C	-1/-9	18/9	27/17	26/17	15/7
Vancouver	°F	42/34	61/48	68/55	70/57	55/46
	°C	6/1	16/9	20/13	21/14	13/8
Whitehorse	°F	9/-8	55/34	70/46	64/45	40/27
	°C	-13/-22	13/1	21/8	18/7	4/-3
Winnipeg	°F	10/4	64/41	79/55	77/54	54/34
	°C	-12/-16	18/5	26/13	25/12	12/1
Yellowknife	°F	-8/-22	50/32	72/55	64/50	41/32
	°C	-22/-30	10/0	22/13	18/10	5/0

# BRITISH COLUMBIA



City of Vancouver

THIS PAGE, RIGHT: TOURISM BC; BOTTOM: TOURISM BC; OPPOSITE PAGE: TOURISM BC/TOM RYAN

## VANCOUVER AND WHISTLER

**VANCOUVER**, the gateway to the Pacific Rim, and host of the Vancouver 2010 Olympic and Paralympic Winter Games, is both sophisticated and outdoorsy. It's a city with a multicultural population and a laid-back attitude, where residents take time to enjoy local recreation and entertainment (604-683-2000, [www.tourismvancouver.com](http://www.tourismvancouver.com)). Visitors can explore the city's endless waterfront, most of which is bordered by a seawall popular with walkers, runners and cyclists. The seawall runs the perimeter of **STANLEY PARK**, along the edge of downtown and past popular neighborhoods such as **VALETOWN**, a trendy, cosmopolitan residential and shopping area, and **GRANVILLE ISLAND**, an arts district famous for its public market ([www.granvilleisland.com](http://www.granvilleisland.com)).

Just two hours north of Vancouver, along the breathtaking Sea to Sky highway, lies **WHISTLER** – a proud venue for the 2010 Olympic and Paralympic Winter Games. An alpine destination nestled in the pristine Coast Mountains, it's no wonder that Whistler is consistently rated North America's number one ski resort (1-800-944-7853, [www.tourismwhistler.com](http://www.tourismwhistler.com)). Truly natural, exquisite tranquility is literally steps away – as are superb hotels, gourmet restaurants and the carefree fun of nightclubs. In the summer, golf at the area's four challenging courses, or try the **WHISTLER BLACKCOMB MOUNTAIN BIKE PARK**, one of the biggest and best of its kind ([www.whistlerblackcomb.com/bike](http://www.whistlerblackcomb.com/bike)).

## VICTORIA AND VANCOUVER ISLAND

At 450 km (280 mi) long and covering over 31,000 km<sup>2</sup> (11,355 mi<sup>2</sup>), **VANCOUVER ISLAND** is the largest island on the Pacific coast of North America (250-754-3500, [www.islands.bc.ca](http://www.islands.bc.ca)). **VICTORIA**, the province's capital city, lies on the southern end of the island and is a vibrant city with a touch of tradition (1-800-663-3883, [www.tourismvictoria.com](http://www.tourismvictoria.com)). **THE FAIRMONT EMPRESS HOTEL** (1-800-257-7544, [www.fairmont.com](http://www.fairmont.com)), located on the city's inner harbor, is a must-visit for afternoon tea, and the classically styled **LEGISLATIVE BUILDINGS**, home to the government of British Columbia, are a short stroll away.

Victoria's villages – some trendy, some historical – give a glimpse of backyard life in this casual city's neighborhoods, where comfortable outdoor strolling takes place year-round. **CHINATOWN** is a bustling neighborhood right in the city center. On **ANTIQUER ROW**, wander in and out of charming shops where temptations include everything from 18th-century furnishings and jewelry to rare silverware and books.



Inner Harbour, Victoria

A visit to Vancouver Island is not complete without experiencing its myriad outdoor adventures. Go whale watching, walk or cycle well-maintained trails – like the **GALLOPING GOOSE TRAIL** ([www.crd.bc.ca/parks/galloping\\_goose.htm](http://www.crd.bc.ca/parks/galloping_goose.htm)) or the **JUAN DE FUCA MARINE TRAIL** ([www.env.gov.bc.ca/bcparks/explore/parkpgs/juan\\_fuc/hiking.html](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/juan_fuc/hiking.html)) – see big trees in **MACMILLAN PROVINCIAL PARK'S "CATHEDRAL GROVE,"** go fishing in **CAMPBELL RIVER**, kayak **CLAYOQUOT SOUND** on the west coast or explore the wonderfully wild **CAPE SCOTT PROVINCIAL PARK** on the northern tip of the island.

Washed by the Pacific Ocean, studded with clear lakes and filled with mountains, British Columbia is rich in natural beauty. Against spectacular backdrops, visitors can enjoy many exciting experiences – including world-class golf and skiing, wildlife viewing, museums and galleries, first-class dining and soothing spas. The province has a wide range of diverse landscapes, from the ice fields of the mountains to the pocket deserts of the Okanagan Valley. Visitors who travel the breadth of the province will cross at least five mountain ranges and valleys filled with wildlife and native plants. Other visitors may choose to focus their trip on specific destinations – perhaps the cities of Vancouver and Victoria or the wild Pacific Coast.

## GETTING HERE

**Major Airports:**  
Vancouver International Airport (YVR),  
Victoria International Airport (YYJ)  
**Flying Time:** 1 h from Seattle;  
3 h from L.A.; 6 h from New York  
**Airport Transfer time:**  
Taxi time from YVR to downtown  
approx. 35 minutes. Cost approx. \$25 USD.  
Taxi time from YYJ to downtown  
approx. 40 minutes. Cost approx. \$47 USD.

For More Info: 1-800 HELLO BC®, HelloBC.com  
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## THOMPSON OKANAGAN

The **OKANAGAN VALLEY** gets more sunshine than any other region in BC, and is one of the hottest new winemaking regions in the world (1-800-567-2275, [www.thompsonokanagan.com](http://www.thompsonokanagan.com)). The climate is ideal for producing grapes and there are over 60 wineries in the Okanagan Valley, many gaining international recognition. Local vineyards produce a wide variety of wines, including Merlot, Cabernet Franc, Pinot Noir, Riesling and

Gewürztraminer, among many others. The southern end of the Okanagan Valley receives less than 10 inches of rainfall each year, making it Canada's only true desert and home to an array of uniquely adapted wildlife species. The area also produces the earliest fruit crops in Canada – from cherries to wild asparagus, you can get it here first! Fruit trees bloom in April, with the first crop of cherries in late June, followed by apricots, peaches, pears and apples through the summer, and grapes in late September.

World-class skiing can be found at family-oriented resorts such as **BIG WHITE** (1-800-663-2772, [www.bigwhite.com](http://www.bigwhite.com)), **SILVER STAR** (1-800-663-4431, [www.ski-silverstar.com](http://www.ski-silverstar.com)) and **SUN PEAKS** (1-800-807-3257, [www.sunpeaksresort.com](http://www.sunpeaksresort.com)).



Thompson Okanagan

## KOOTENAY ROCKIES

It's not the altitude, but the sheer beauty of the towering mountains, glacier-fed lakes and evergreen valleys that takes a visitor's breath away. In the **KOOTENAY ROCKIES**, there's an adventure for everyone. A stay at a mountain lodge surrounded by wilderness is a dream vacation, and visitors have access to tranquil backcountry terrain (1-800-661-6603, [www.kootenayrockies.com](http://www.kootenayrockies.com)). In summer, the mountains yield scenic hiking and mountain biking trails. In winter, cross-country ski and snowshoe enthusiasts can set out on ambitious day treks or just be content to follow the trail at a leisurely pace. Days end with gourmet meals and soaks in the Rockies' famous hot springs.

Downhill skiers and snowboarders revel in the feather-light powder at alpine resorts like **RED RESORT** (1-800-663-0105, [www.redresort.com](http://www.redresort.com)), **WHITEWATER** (1-800-666-9420, [www.skiwhitewater.com](http://www.skiwhitewater.com)), **PANORAMA** (1-800-663-2929, [www.panorama-resort.com](http://www.panorama-resort.com)), **FERNIE** (1-866-633-7643, [www.skifernie.com](http://www.skifernie.com)), **FAIRMONT** (1-800-663-4979, [www.fairmontresort.com/ski](http://www.fairmontresort.com/ski)), **POWDER SPRINGS** (1-800-991-4455, [www.catpowder.com/indexsprings.html](http://www.catpowder.com/indexsprings.html)), **KICKING HORSE** (1-866-754-5425, [www.kickinghorseresort.com](http://www.kickinghorseresort.com)) and **KIMBERLEY** (1-877-754-5462, [www.ski-kimberley.com](http://www.ski-kimberley.com)). This area is renowned for its varied terrain – long, cruising runs, challenging moguls and sublime glade skiing are all part of the scene.

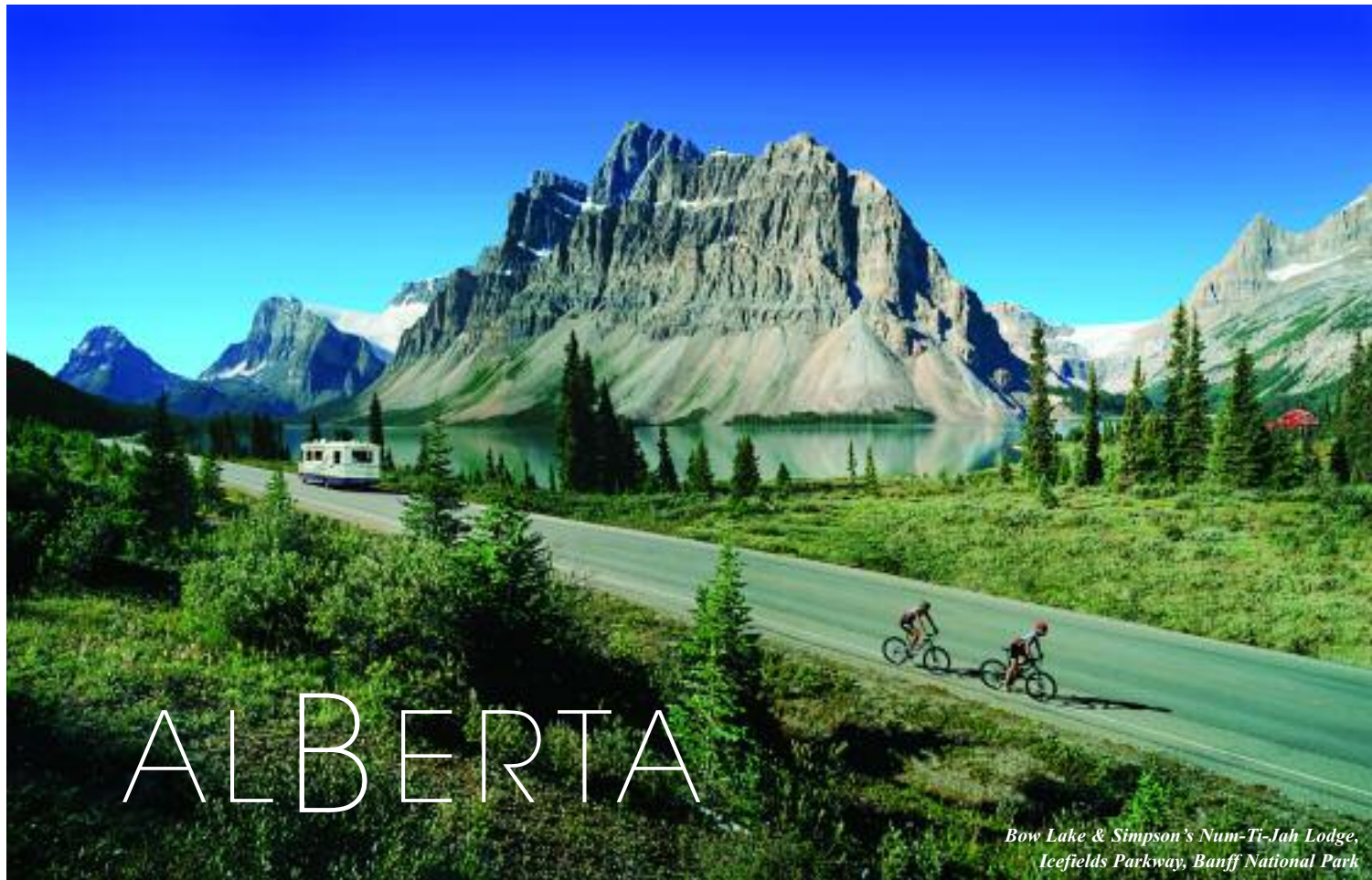
## NORTHERN BRITISH COLUMBIA AND CARIBOO CHILCOTIN COAST

With its snow-streaked mountains, primordial rainforests and silent totems, **NORTHERN BRITISH COLUMBIA** is about as unspoiled and beautiful as landscape can get (1-800-663-8843, [www.northernbctravel.com](http://www.northernbctravel.com)). The region quickly impresses visitors with its rich **FIRST NATIONS** culture, unique history and Canadian hospitality. But it is the alluring natural environment that is the north's greatest asset.

Surrounding the city of **PRINCE RUPERT**, you will find some of the most breathtaking scenery anywhere, as water, rainforest, mountains and fresh air meet ([www.tourismprincerupert.com](http://www.tourismprincerupert.com)). For those interested in aboriginal heritage and culture, the **'KSN HISTORICAL VILLAGE AND MUSEUM** is well worth a visit (1-877-842-5518, [www.ksn.org](http://www.ksn.org)). Located near **HAZELTON**, the site features both historical and living

displays of the Gitksan culture. Further south is the **CARIBOO CHILCOTIN COAST** – BC's own "wild west" is home to some of the world's largest cattle ranches (1-800-663-5885, [www.landwithoutlimits.com](http://www.landwithoutlimits.com)). Visitors can catch a rodeo, stampede or chuck wagon race, or stay at one of the many guest ranches, featuring everything from award-winning spas and cuisine to modern-day cowboy adventures. The area is also a fantastic destination for fishing, mountain biking, hiking and rafting.

British Columbia is a Mecca of opportunity for travelers, and offers an exciting trip for every type of vacation – from city getaway to backcountry adventure. No matter which experience you choose, you can be guaranteed a beautiful setting and friendly locals.



Bow Lake & Simpson's Num-Ti-Jah Lodge,  
Icefields Parkway, Banff National Park

# ALBERTA

Stand on a mountain peak with a chocolate-wrapped wildberry melting on your tongue, climb to world-class mountainside lodges or shift gears on elite mountain bike trails. Just dig it: dinosaur fossil safaris in the Badlands let you get your hands dirty. No matter what you do in Alberta, it will transform you. Experience the greatest attractions on earth: glaciers, alpine lakes, meadows, boreal forests, hoodoo formations, the Calgary Stampede and West Edmonton Mall. And since the province is open to all kinds of adventures, consider golfing with elk grazing nearby, canoeing protected rivers, strolling through an alpine village or dining on delicious prairie cuisine. The choice is yours.

## GETTING HERE

**Major Airports:**  
Calgary International Airport (YYC), Edmonton International Airport (YEG)

**Flying Time to Calgary:**  
4 h 50 min from New York;  
3 h from Los Angeles; 2 h 35 min from San Francisco; 5 h 35 min from Washington, D.C.

**Flying Time to Edmonton:**  
5 h 20 min from New York;  
3 h 30 min from Los Angeles;  
3 h from San Francisco;  
6 h from Washington, D.C.

**Airport Transfer time:**  
Taxi time from YYC to downtown approx. 25 minutes. Cost approx. \$40 USD.

**Taxi time from YEG to downtown approx. 30 minutes. Cost approx. \$50 USD.**

**Driving Distance from U.S. Border (Montana):**  
to Calgary 244 km (152 mi);  
to Edmonton 546 km (339 mi)

**For More Info:**  
1-800-ALBERTA  
(1-800-252-3782),  
www.GoCanadianRockies.com

## Culture

Canada's Festival City, **EDMONTON** has more than 30 established festivals each year devoted to music, performance, visual arts and much more. A couple of summertime favorites include the **EDMONTON INTERNATIONAL FRINGE THEATRE FESTIVAL**, Aug. 16–26, 2007 (780-448-9000, www.fringetheatreadventures.ca) and the **EDMONTON FOLK MUSIC FESTIVAL**, Aug. 9–12, 2007 (780-429-1899, www.edmontonfolkfest.org). Whichever festivals you choose to attend, you can count on enjoying a stimulating, professional cultural experience and a warm Edmonton welcome (1-800-463-4667, www.festivalcity.ca). The **BANFF SUMMER ARTS FESTIVAL** marries mountain culture with music and visual arts. The festival is as big and bold as Alberta, running May through August, with more than 150 events (1-800-413-8368, www.banffcentre.ca/bsaf). For an historical look at the province, hop over to the **ROYAL ALBERTA MUSEUM** (780-453-9100, www.royalalbertamuseum.ca). The **GLENBOW MUSEUM** is Western Canada's largest, and a haven for Western native artifacts (403-268-4100, www.glenbow.org).

## ACTIVITIES

Canada's Rocky Mountain playground is for all ages – and all seasons. Explore celebrated national parks including **JASPER**, **WATERTON LAKES**, **WOOD BUFFALO**, **ELK ISLAND** and **BANFF NATIONAL PARKS OF CANADA** (1-888-773-8888, www.pc.gc.ca). Visit five **UNESCO WORLD HERITAGE SITES**. Hike **WILLMORE WILDERNESS PARK**, an excellent place to spot wildlife. Situated west of Hinton, the park has 700 km (435 mi) of hiking trails. For an outdoor extravaganza, visit the **KANANASKIS COUNTRY** recreation area 100 km (63 mi) west of Calgary, where fly-fishing, rafting, horseback riding and mountain biking await.

When summer is on, so is the ride. Mountain bike trails attract everyone from plucky beginners to top-notch riders. Other summer activities include hiking, rafting, canoeing and kayaking, horseback trail riding, cave tours, wilderness photography and wildlife viewing. Golfing is a great option – there are 280 courses in the province, six of them among Canada's top-rated (www.golfcanada.com/destinations/alberta-golf.htm).

If you want to experience the very best in world train travel, Alberta's the place to do it. Royal Canadian Pacific (www.royalcanadian-pacific.com) and Rocky Mountaineer Vacations (www.rockymountaineer.com) have both won at the 2006 World Travel Awards

When winter rolls around, it's time for more adventure. Ski some of the biggest and best slopes at **SKI BANFF-LAKE LOUISE-SUNSHINE RESORTS** (1-877-754-7080, www.skibig3.com). Or try others: **MARMOT BASIN** in Jasper National Park is perfect for families (1-866-952-3816, www.skimarmot.com), while **CASTLE MOUNTAIN RESORT** in the south is for pure powder junkies (403-627-5101, www.skicastle.ca). If you don't feel like strapping on the boards, try snowmobiling, sleigh riding, Nordic skiing, cave exploration, dog sledding or skating.

In Alberta's spa country, relaxing is for all seasons. You'll find spas on mountainsides and next to urban shopping centers. Locals and visitors have been enjoying Alberta's natural hot springs since the late 1800s. The **ALBERTA SPA EXPERIENCE** (www.SpaCanadianRockies.com) includes stops at **THE BANFF UPPER HOT SPRINGS** and Jasper's **MIETTE HOT SPRINGS** (1-800-767-1611, www.hot.spring.ca). Just down the picturesque slope from Banff public hot pools is one of the province's poshest spas – **THE WILLOW STREAM**, at **THE FAIRMONT BANFF SPRINGS RESORT** (1-800-404-1772, www.fairmont.com). Retreat for hours or days – the province's soothing havens will help you come to your senses.

## Dining and Lodging

When it comes to Rocky Mountain cuisine, this province has great little gems. Try **EDEN at THE RIMROCK HOTEL** (403-762-3356, www.rimrockresort.com) and **BANFFSHIRE CLUB at THE FAIRMONT BANFF SPRINGS** (1-403-762-6860, www.fairmont.com), both awarded the C/AAA's Five-Diamond Award for "haute cuisine at its best." Four-Diamond Award winners include Banff's **RESTAURANT LE BEAUJOLAIS** (403-762-2712, www.lebeaujolaisbanff.com) and **THE POST HOTEL** (1-800-661-1586, www.posthotel.com) in Lake Louise. Don't forget that Alberta is cattle country: Steak is a must-taste tradition. Elegant steakhouses like **SALTLIK** (101 8th Ave. S.W., Calgary, 403-537-1160) and **HY'S STEAK LOFT EDMONTON** (10013 101A Ave. N.W., 780-424-4444) are always a hit. You'll also want to sample the wares of Alberta's brewpubs, including **BIG ROCK BREWERY's** popular Grasshopper Wheat Ale (5555 76th Ave. S.E., 403-720-3239).

Alpine lodges are the stars of Alberta's famed Western hospitality. Near Lake Louise, **SKOKI LODGE** (1-877-687-7669, www.skokilodge.com) sits atop a beautiful high-alpine region, while the romantic **BAKER CREEK CHALETS** (403-522-3761, www.bakercreek.com) are ideal hideaways. There are many guest ranches and wilderness retreats to suit your taste (www.RanchCanadianRockies.com).

## REGIONS

Edmonton is your gateway to the north and home to the massive **WEST EDMONTON MALL**. "The Greatest Indoor Show On Earth" spans an impressive 48 city blocks (1-800-661-8890, www.westedmall.com). Where else can you ride in a submarine while taking a break from shopping?

Calgary hosts the **CALGARY STAMPEDE**, the "Greatest Outdoor Show on Earth," July 6–15, 2007 (1-800-661-1260, www.calgarystampede.com). For a change of pace, head to **CANADA OLYMPIC PARK** (403-247-5452, www.canadaolympicpark.ca) and ride on a bobsleigh at speeds up to 120 km/h (75 mph).

The Canadian Rocky Mountains feature the famous **BANFF** and **JASPER NATIONAL PARKS OF CANADA** (1-888-773-8888, www.pc.gc.ca). Between them lies a driver's dream: the **ICEFIELDS PARKWAY**, surrounded by sprawling glaciers. Tour the **COLUMBIA ICEFIELD**, the largest icefield south of Alaska (www.columbiaicefield.com).

Step back in time in southern Alberta. The UNESCO World Heritage **HEAD-SMASHED-IN BUFFALO JUMP** and its interpretive center showcase the buffalo hunting culture of the Plains people

(403-553-2731, www.head-smashed-in.com). **DINOSAUR PROVINCIAL PARK** reveals 75 million years of history and the world's most extensive collection of fossil beds (403-378-4342, www.cd.gov.ab.ca). Tour the **ROYAL TYRRELL MUSEUM** (1-888-440-4240, www.tyrrellmuseum.com), and don't miss **WRITING-ON-STONE PROVINCIAL PARK**, where you'll come face-to-face with native carvings (petroglyphs) and paintings (403-647-2364, www.cd.gov.ab.ca). For some old-time fun, kick up your heels Friday nights at the **GREAT CANADIAN BARN DANCE**, a 40-acre family resort (1-866-626-3407, www.greatcanadianbarndance.com).

Central Alberta is home to **KALYNA COUNTRY ECOMUSEUM**, one of the oldest Ukrainian and East European settlements in all of Canada (1-888-452-5962, www.kalynacountry.ab.ca).

You'll find untouched wilderness with first-class amenities in northern Alberta, a haven for fishing, hunting and viewing wildlife. **WOOD BUFFALO NATIONAL PARK OF CANADA** has the world's largest free-roaming herd of bison (1-888-773-8888, www.pc.gc.ca).



Trail riding, near Medicine Hat



Edmonton Folk Music Festival



Subtly or otherwise, the vast expanse of land and sky in Saskatchewan has shaped this province throughout its history. Saskatchewan is home to approximately 100,000 lakes and countless rivers and streams that make it the perfect destination for water-based vacations – from fishing and lakeside resorts to canoeing and water sports. In fact, about one-eighth of Saskatchewan is water. Saskatchewan boasts a diverse history, skies that are larger than life and people who are down-to-earth. It's the home of the Royal Canadian Mounted Police, world-class golf courses, amazing art galleries and museums, events like you'll find nowhere else, and "Canada's football team," the Saskatchewan Roughriders. It's a place where sharing and laughter are a way of life, and the pace leaves time for living. Follow your heart. Explore Saskatchewan.

## GETTING HERE

**Major Airports:**  
Saskatoon International Airport (YXE), Regina International Airport (YQR)

**Flying Time to Regina:**  
5 h from New York; 7 h from Los Angeles; 6 h from San Francisco; 7 h from Washington, D.C.; 2 h from Minneapolis

**Flying Time to Saskatoon:**  
5 h 30 min from New York; 7 h from Los Angeles; 6 h from San Francisco; 7 h from Washington, D.C., 2 h 30 min from Minneapolis

**Driving Distance from U.S. Border (North Dakota/Montana):**  
to Regina 220 km (137 mi); to Saskatoon 477 km (296 mi)

**Airport Transfer time:**  
Taxi time from YXE to downtown approx. 10 minutes. Cost approx. \$11 USD.

Taxi time from YQR to downtown approx. 10 minutes. Cost approx. \$11 USD.

**For More Info:**  
1-877-2ESCAPE (1-877-237-2273), [www.sasktourism.com](http://www.sasktourism.com)

## SASKATOON

The city of bridges, **SASKATOON** is the ideal place for a relaxing urban holiday (1-800-567-2444, [www.tourismsaskatoon.com](http://www.tourismsaskatoon.com)). Shop 'til you drop in the hip Broadway district or enjoy a Shakespearean play at the river's edge, July 4 – Aug. 12, 2007 (306-653-2300, [www.shakespeareonthe.saskatchewan.com](http://www.shakespeareonthe.saskatchewan.com)). When the mercury rises, the city welcomes visitors for a jam-packed festival season. Shake and shimmy at the **SASKTEL SASKATCHEWAN JAZZ FESTIVAL**, June 22–July 1, 2007 (306-652-1421, [www.saskjazz.com](http://www.saskjazz.com)) and the **SASKATOON INTERNATIONAL FRINGE FESTIVAL**, Aug. 2–12, 2007 (1-888-667-2239, [www.saskatoon.fringe.org](http://www.saskatoon.fringe.org)). Take a break from big-city life and walk the **MEEWASIN VALLEY TRAIL** along the South Saskatchewan River (306-665-6887, [www.meevasin.com](http://www.meevasin.com)).

## REGINA

Saskatchewan's capital city **REGINA** is home to a multitude of attractions (1-800-661-5099, [www.tourismregina.com](http://www.tourismregina.com)). Make a pit stop at **WASCANA CENTRE**, one of North America's largest urban parks (306-522-3661, [www.wascana.sk.ca](http://www.wascana.sk.ca)). Located within the park are the **MACKENZIE ART GALLERY**, the **SASKATCHEWAN LEGISLATIVE BUILDING**, the **ROYAL SASKATCHEWAN MUSEUM**, the **SASKATCHEWAN SCIENCE CENTRE** and the **KRAMER IMAX THEATRE** (1-800-667-6300, [www.sasksciencecentre.com](http://www.sasksciencecentre.com)). Feeling lucky? Play the tables at **CASINO REGINA** in the refurbished Union Station

(1-800-555-3189, [www.casinoregina.com](http://www.casinoregina.com)). Regina also has a vibrant arts scene, including the **REGINA SYMPHONY ORCHESTRA** (306-586-9555, [www.reginasymphony.com](http://www.reginasymphony.com)) and the **GLOBE THEATRE** (1-306-525-6400, [www.globetheatrelive.com](http://www.globetheatrelive.com)). If you prefer the type of play that happens on the field, be sure to get tickets to see one of Canada's most storied professional sports franchises: the **CANADIAN FOOTBALL LEAGUE'S SASKATCHEWAN ROUGHRIDERS**. The season runs from June to October, 2007, and is sure to provide great family entertainment (1-888-474-3377, [www.saskriders.com](http://www.saskriders.com)).

## ACTIVITIES

Saskatchewan offers more than 50 canoe routes – popular choices include the **CHURCHILL** and **CLEARWATER** rivers, where you'll have a chance to see First Nations pictographs. Take an all-inclusive guided trip to learn about local history and geography, or take out a fishing boat instead. For anglers, there are countless drive- and fly-in camps throughout the province. The Saskatchewan *Fishing & Hunting Guide* and Tourism Saskatchewan's online database ([www.sasktourism.com](http://www.sasktourism.com)) list local fishing and hunting outfitters. Landlubbers can sign up for a horseback tour of the southern region and its wide-open prairies, grassy hills and coulees, or head north for lush aspen and boreal forests. When the snow falls, there are hundreds of groomed and marked trails for cross-country skiing (306-780-9236, [www.saski.ca](http://www.saski.ca)). Try **CYPRESS HILLS INTERPROVINCIAL PARK** (306-662-5411, [www.cypresshills.com](http://www.cypresshills.com)), **GREENWATER LAKE** ([www.se.gov.sk.ca](http://www.se.gov.sk.ca)), **THE BATTLEFORDS** ([www.tourism.battlefords.com](http://www.tourism.battlefords.com)), **GOOD SPIRIT LAKE** ([www.se.gov.sk.ca](http://www.se.gov.sk.ca)) or **LAC LA RONGE** ([www.se.gov.sk.ca](http://www.se.gov.sk.ca)) provincial parks. Snowmobiling is also a popular winter activity. Saskatchewan's many snowmobile clubs maintain 10,000 km (6,200 mi) of groomed trails (1-800-499-7533, [www.sasksnowmobiling.sk.ca](http://www.sasksnowmobiling.sk.ca)). Ice fishing, dog sledding and old-fashioned sleigh rides are favorites with locals and visitors alike.

ALL PHOTOS: TOURISM SASKATCHEWAN/DOUGLAS E. WALKER



## PARKS

The province is proud of its two million hectares (4.9 million acres) of national and provincial parklands. In the north-central region of the province, **PRINCE ALBERT NATIONAL PARK OF CANADA** covers 388,000 hectares (958,000 acres). The park is a transition area between the aspen parkland and the boreal forest, and boasts some 1,500 lakes and streams (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). **CYPRESS HILLS INTERPROVINCIAL PARK** in the southwestern corner of the province is the highest point between Labrador and the Rocky Mountains. Standing at 1,392 m (1,522 yd) above sea level and 610 m (667 yd) above the plain, these beautiful highlands provide the perfect habitat for lodgepole pine forests, fescue grasslands, rare wildflowers and abundant wildlife (306-662-5411, [www.cypresshills.com](http://www.cypresshills.com)).

## CULTURE

Saskatchewan celebrates its cultural diversity with numerous festivals and attractions. Check out Regina's **MOSAIC**, May 31– June 2, 2007 (306-757-5990, [www.reginamulticulturalcouncil.ca](http://www.reginamulticulturalcouncil.ca)) and Saskatoon's **FOLKFEST**, Aug. 16–18, 2007 (306-931-0100, [www.folkfest.sk.ca](http://www.folkfest.sk.ca)). The province is also home to two world-class art venues, the **MACKENZIE ART GALLERY** in Regina (306-584-4250, [www.mackenzieartgallery.sk.ca](http://www.mackenzieartgallery.sk.ca)) and the **MENDEL ART GALLERY** in Saskatoon (306-975-7610, [www.mendel.ca](http://www.mendel.ca)). Also worth noting: The history of Saskatchewan's aboriginal peoples can

## ATTRACTIONS

Regina is home to the **ROYAL CANADIAN MOUNTED POLICE NATIONAL TRAINING ACADEMY**. Here, you'll find the **RCMP HERITAGE MUSEUM** as well as the **RCMP SERGEANT MAJOR'S PARADE** and the **RCMP SUNSET RETREAT CEREMONIES** (306-522-7333, [www.rcmpheritagecentre.com](http://www.rcmpheritagecentre.com)). The **WESTERN DEVELOPMENT MUSEUM** has branches in Saskatoon, Moose Jaw, Yorkton and North Battleford, and each division pays tribute to Saskatchewan's pioneers (1-800-363-6345, [www.wdm.ca](http://www.wdm.ca)). In Regina, the **ROYAL SASKATCHEWAN MUSEUM'S EARTH SCIENCES GALLERY** not only showcases fossils, but also depicts three billion years of the area's geological history ([www.royalsaskmuseum.ca](http://www.royalsaskmuseum.ca)). Fans of paleontology should also stop by the **T.REX DISCOVERY CENTRE** in the town of Eastend. "Scotty" – one of the most complete Tyrannosaurus Rex skeletons ever found – resides here (306-295-4009, [www.dinocountry.com](http://www.dinocountry.com)). For a little R&R, make your way to **MANITOU SPRINGS RESORT & MINERAL SPA** where the water contains healing properties similar to those found in Israel's Dead Sea (1-800-667-7672, [www.manitousprings.ca](http://www.manitousprings.ca)). In downtown Moose Jaw, the **TEMPLE GARDENS MINERAL SPA AND RESORT HOTEL** has an indoor/outdoor pool with geothermal mineral waters, and beautiful views of Crescent Park (1-800-718-SPAS, [www.templegardens.sk.ca](http://www.templegardens.sk.ca)). After being pampered into submission, ramp things up again and tour the **TUNNELS OF MOOSE JAW** (306-693-5261, [www.tunnelsofmoosejaw.com](http://www.tunnelsofmoosejaw.com)). It's rumored that Al Capone and his gangsters used these underground passageways during the days of Prohibition.

be traced back 12,000 years. To learn about the Northern Plains people, visit **WANUSKEWIN HERITAGE PARK** located just outside Saskatoon (1-877-547-6546, [www.wanuskewin.com](http://www.wanuskewin.com)). The **FIRST NATIONS GALLERY** at the **ROYAL SASKATCHEWAN MUSEUM** in Regina (306-787-2815, [www.royalsaskmuseum.ca](http://www.royalsaskmuseum.ca)) presents exhibits outlining the province's First Nations history, while the **BATOCHÉ NATIONAL HISTORIC SITE OF CANADA** delves into the culture of the Métis people (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). All national and provincial site information can be found online at [www.pc.gc.ca](http://www.pc.gc.ca) or [www.se.gov.sk.ca](http://www.se.gov.sk.ca).

# MANITOBA



Floatplane flying into one of many fly-in fishing lodges in Manitoba, Canada

Welcome to Manitoba, where culture meets wilderness. The province – 1,225 km (761 mi) from top to bottom – features everything from northern tundra blanketed in blooms, to meandering rivers in the south. Between these two extremes, you'll find regions rich in activity and opportunity. Manitoba, northwest of Chicago, allows you to indulge in your kind of fun – from cultural exploration to adventure. The vibrant capital of Winnipeg and its surrounding area present superb arts and entertainment options, as well as a broad range of historic attractions, cultural encounters and dozens of festivals throughout the year. Manitobans invite you to soak up the experiences offered in one of the sunniest places in Canada.

## GETTING HERE

**Major Airport:**  
Winnipeg International Airport (YWG)

**Flying Time:**  
5 h from L.A.; 2 h from Denver; 2 h from Chicago; 3 h 30 min from New York; 1 h from Minneapolis

**Driving Distance:**  
Winnipeg is 1 h from the U.S. Border

**Airport Transfer time:**  
Taxi time from YWG to downtown approx. 20 minutes. Cost approx. \$12 USD.

**For More Info:**  
1-800-665-0040,  
www.travelmanitoba.com

## WINNIPEG

Manitoba's capital is a true prairie gem. There are enough attractions and experiences to please culture-seekers, families and outdoor enthusiasts alike. Get a sense of the province's past and present at **THE MANITOBA MUSEUM** in Winnipeg's historic **Exchange District** (204-942-6716, www.exchangedistrict.org) or at the **LOWER FORT GARRY NATIONAL HISTORIC SITE OF CANADA** (1-888-773-8888, www.pc.gc.org). Find out more about Manitoba's vibrant Francophone heritage by touring **GABRIELLE ROY HOUSE** (www.maisongabrielleroy.mb.ca) and the **ST. BONIFACE** neighborhood. But don't stop there – at least 35 other museums and historical sites await.

Take walking and river tours to learn about the province's geography and culture. Make your way to urban parks and green spaces for soul-soothing experiences, garden walks and bird-watching. Visit the **ROYAL CANADIAN**

**MINT**, which produces coins for more than 60 countries (1-866-822-6724, www.mint.ca). For some kids' play, run amok at **ASSINIBOINE PARK**, steal home base at the **CANWEST GLOBAL PARK** or join the fun at the **MANITOBA CHILDREN'S MUSEUM** (204-924-4000, www.childrensmuseum.com).



ALL PHOTOS COURTESY OF TRAVEL MANITOBA

## LODGING

Bed down at one of our country vacation farms or B&Bs and take in the rural charm. Sweeten your grand fishing adventure with a stay at a deluxe lodge, accessible by road and air. Or have the sleep of a lifetime in the middle of polar bear country, thanks to tundra vehicle "trains" and remote lodges. In Winnipeg, the historic **FORT GARRY HOTEL** features **TEN SPA** (1-800-665-8088, www.fortgarryhotel.com). **THE FAIRMONT WINNIPEG** (1-800-257-7544, www.fairmont.com), among

other hotels in the area, affords easy access to attractions, shopping and **THE FORKS** (www.theforks.com), the city's favorite indoor and outdoor gathering place. **INN AT THE FORKS AND RIVERSTONE SPA** are conveniently located on site (1-877-377-4100, www.inn-forks.com). Sign up for a romantic, family or girlfriends' getaway package – you can enjoy stays in **RIDING MOUNTAIN NATIONAL PARK OF CANADA** (1-888-773-8888, www.pc.gc.ca) and resorts in **WHITESHELL PROVINCIAL PARK** (www.whiteshell.mb.ca).

## CHURCHILL

Part of the fun of this incredible four-season destination on the shores of Hudson Bay is getting there: Churchill is accessible by plane and train. Crisp nights in January, February and March ensure optimal northern lights viewing and May and June provide excellent bird-watching opportunities for sub-arctic species. In July and August, beluga whales travel the waterways while boat tours visit the **PRINCE OF WALES FORT NATIONAL HISTORIC SITE OF CANADA** in Canada's most northerly seaport (1-888-773-8888, www.pc.gc.ca). October and November signal the arrival of hundreds of polar bears; these spectacular creatures gather on the caps to wait for the bay to freeze over. For a souvenir of Manitoba, pick up Inuit and aboriginal arts and crafts at the shops and boutiques in Churchill.

## SHOPPING AND DINING

Savor regional and ethnic cuisine at over 300 restaurants in the province. Manitoba's fantastic chefs are pleased to share their delectable concoctions, so finish off a day of golf, sightseeing or fishing with treats like bison carpaccio and perfect perogies.

Manitoba is a feast for shoppers. Winnipeg's **CORYDON AVENUE** is lined with outdoor cafes and boutiques offering fashion, home decor and giftware. **OSBORNE VILLAGE** caters to a young hip crowd, with several shops to choose from, while **POLO PARK SHOPPING CENTRE** (www.polopark.ca) and **ST. VITAL CENTRE** (www.stvitalcentre.com) serve up 360 stores. Manitoba is also a collector's paradise. Shop around for an amazing variety of antiques and collectibles, including items like William Morris carpets and 17th-century candlesticks.

## Culture

All over Manitoba, festivals celebrating the province's unique culture take place throughout the year. **BIRDS HILL PROVINCIAL PARK** hosts the annual **WINNIPEG FOLK FESTIVAL** from July 5–8, 2007 (204-231-0096, www.winnipegfolkfestival.ca). The **WINNIPEG FRINGE THEATRE FESTIVAL**, July 18–29, 2007, holds the title of North America's second largest celebration of fringe arts and entertainment (204-943-7464, www.winnipegfringe.com). **ISLENDINGADAGURINN**, Aug. 3–6, 2007, honors the province's large Icelandic community (204-642-7417, www.icelandicfestival.com). Canada's **NATIONAL UKRAINIAN FESTIVAL** celebrates old traditions and delectable Ukrainian cuisine in Dauphin, Aug. 3–5, 2007 (204-622-4600, www.cnuf.ca). **FOLKLORAMA**, Aug. 5–18, 2007, showcases world cultures with over 40 pavilions in Winnipeg (1-800-665-0234, www.folklorama.ca).

In winter, make your way to the **CENTARA CORPORATION INTERNATIONAL NEW MUSIC FESTIVAL**, Feb. 10–16, 2007 (204-949-3999, www.wso.mb.ca/nmf). To celebrate Canada's fur trading era, come to Western Canada's largest winter festival, **FESTIVAL DU VOYAGEUR**, Feb. 9–18, 2007 (204-237-7692, www.festivalvoyageur.mb.ca).

## Activities

Manitoba has incredible diversity in wildlife and wilderness terrain. In **Riding Mountain National Park** of Canada, bugle for elk, watch for cinnamon-colored black bear (1-888-773-8888, www.pc.gc.ca) or hike, bike or ski some of the 300 kms of trails. Rivers surge through Manitoba's boreal forests and tundra, making for top-notch whitewater and flatwater paddling. Many routes take in aboriginal culture, such as the pool-and-drop Bloodvein; and historical interpretation, such as the northern Hayes and Seal rivers, where beluga whales, seals and polar bears may show up. And no matter where you are, look up and delight in the shifting curtains of northern lights. Travel east to the Canadian Shield, where boreal forests teem with deer and warblers. If you head north to the **Hudson Bay** area, check out the polar bears and caribou, and take in the starkly beautiful coastline. Finally, don't miss the postcard-perfect agricultural lands and grasslands in the south.

Manitoba has some of the **best fishing and hunting in North America**. Fly-in lodges are the crème de la crème for fishing adventures. Many are located on remote lakes; some also offer plush accommodations and high-end cuisine. An incredible population of channel catfish lives in the Red River that flows through Winnipeg – "cats" often weigh in at over 10 kg (22 lbs). Some of the best fishing is found in Manitoba's Shield Country, where northern pike, walleye and lake trout thrive. Further north, lake trout and grayling are the most sought-after species. Cast your line and participate in **Manitoba's Master Angler Program, North America's oldest fishing awards program** (1-800-665-0040, www.travelmanitoba.com). Prime autumn waterfowl and whitetail deer hunting beckons in the southern part of Manitoba, widely recognized for its prairie farmland.

**OAK HAMMOCK MARSH** is among dozens of birding hotspots in Manitoba (1-800-506-2774, www.ducks.ca/ohmic). Located near Winnipeg, the protected area features more than 300 bird species. In the peak migration seasons of spring and fall, thousands of Canada geese and other waterfowl stage a natural pageant of sight and sound. Interpretive programming includes marsh walkabouts, canoeing, star gazing, birder tours and musical migration farewells.



CN Tower, Toronto

From energetic cosmopolitan cities to picturesque heritage towns, Ontario is yours to discover ([www.ontariotravel.net](http://www.ontariotravel.net)). Pamper yourself at a lakeside resort, catch a play in Toronto's theater district or ice skate on Ottawa's Rideau Canal. Just over one-hour driving time from the border, the cities of Toronto and Ottawa are easily accessible. Explore thousands of lakes, rivers and forests, and be swept away by the color and rhythm of the seasons. Delight in the mosaic of cultures that lends Ontario diversity and grace. Colorful, friendly and vibrant, Ontario is a traveler's dream.

#### GETTING HERE

**Major Airports:**  
Toronto Pearson International Airport (YYZ), Ottawa International Airport (YOW), London International Airport (YXU), Thunder Bay International Airport (YQT)

**Flying Time to Toronto:**  
1 h 30 min from New York, Boston or Philadelphia; 5 h from L.A.

**Airport Transfer time:**  
Taxi time from YYZ to downtown approx. 25 minutes. Cost approx. \$45 USD.

Taxi time from YOW to downtown approx. 15 minutes. Cost approx. \$20 USD.

**Driving Time from U.S. Border:** 1 h to Ottawa via Thousand Islands Bridge Crossing; 1 h 30 min to Toronto via Niagara Falls

**For More Info:**  
1-800-ONTARIO,  
[www.ontariotravel.net](http://www.ontariotravel.net)

#### COTTAGE COUNTRY AND NORTHERN ONTARIO

In Ontario you'll discover majestic landscapes and true adventure. Walk among the treetops at **HALIBURTON'S WALK IN THE CLOUDS**, just two driving hours north of Toronto. Duck into **COLLINGWOOD'S SCENIC CAVES**, be a daredevil and walk along Ontario's longest suspension bridge—slung 300 m (984 ft) — or stroll the world's longest freshwater beach at **WASAGA BEACH** along Georgian Bay. Take the Chi-Cheemaun ferry to mystical **MANITOULIN ISLAND**, the world's largest freshwater island, where you will find rugged coastline, inland lakes, relaxed accommodations and intriguing native culture.

In the summer, dip your paddle in one of Ontario's 400,000 lakes and rivers. Visit the awe-inspiring wilderness of **QUETICO PROVINCIAL PARK** or the sunrise over **LAKE OF THE WOODS**. Visit Thunder Bay's **FORT WILLIAM HISTORICAL PARK**, the world's largest re-created fur-trading post. Ride the rails of the **AGAWA CANYON TOUR TRAIN** in Sault Ste. Marie. Swim with polar bears in **COCHRANE**, then travel on the Polar Bear Express to **MOOSONEE/MOOSE FACTORY**. Find peace and tranquility at the beautiful **CREE ECO LODGE** on the mouth of James Bay.

#### NIAGARA REGION

The Niagara Peninsula offers "One Wonder After Another" all year. Beautifully groomed parkland and recreational trails along the **NIAGARA RIVER**, historic points of interest like the forts and battlefields of the War of 1812, and innovative restaurants and theater combine to make this a must-see destination. Take your visit to a higher level by experiencing the **HORSESHOE FALLS** from above with Niagara Helicopters. Try your luck or catch a show at the **NIAGARA FALLSVIEW CASINO RESORT**, a lavish new gaming, shopping and hotel complex overlooking the cascading falls.

Follow the **WINE ROUTE** and discover why Niagara vintners are winning international competitions. To ensure complete enjoyment of the area, try a winery cooking class. The graceful elegance of the town of

**NIAGARA-ON-THE-LAKE** is matched only by the energy of its arts scene. Home to the acclaimed **SHAW FESTIVAL** which presents the works of George Bernard Shaw, the 2007 season at Niagara-on-the-Lake will showcase Shaw's plays alongside works by Somerset Maugham, Tennessee Williams and St. John Hankin.



Fallsview Casino, Niagara Falls

#### TORONTO

Canada's largest city offers excitement all year round – from cultural festivals and concerts to screenings and sporting events. Experience the thrill of standing on the Glass Floor 342 m (1,122 ft) above the ground at the **CN TOWER**, Canada's tallest building. Explore Toronto's gothic castle, **CASA LOMA**, or step through the history of footwear at the **BATA SHOE MUSEUM**.

2007 will see the return of the **PHANTOM OF THE OPERA** (Feb – June 2007) and a Canadian premier of the Queen musical **WE WILL ROCK YOU** (opening March 2007).

Visit the **ART GALLERY OF ONTARIO**. Experience Emily Carr; New Perspectives on a Canadian

icon, a stunning and provocative exhibition on view from March 3 to May 20, 2007. See Ancient Peru Unearthed: Golden Treasures of a Lost Civilization at the Royal Ontario Museum March 10 to August 6, 2007.

Discover what was uncovered in an undisturbed, gold-filled tomb in this intriguing look into the mysterious pre-Incan Sicán civilization from northern Peru.

In June 2007, the new Michael Lee-Chin Crystal extension opens. Look for galleries of dinosaurs, gems and minerals, textiles and costumes and more opening throughout 2007/08.

If an adrenaline rush is what you're after, catch a Toronto Raptors or Toronto Maple Leafs game at the sleek new **AIR CANADA CENTRE**, then head

down to **QUEEN STREET WEST**, where you'll find fantastic live music, chic dance clubs and sophisticated lounges.

Toronto is the world's most multicultural city, where residents speak over 100 languages and dialects. Visit the six **CHINATOWNS**, move to the rhythm of the largest Caribbean festival in North America, **CARIBANA**, or enjoy lavish Korean musicals or performances of classical **BEIJING OPERA**. Choose from more than 7,000 restaurants that reflect the tastes, cultures and creative ingredients of the city's extraordinary diversity. Head over to **LITTLE INDIA** to sample some mouthwatering tandoori, or indulge in saganaki and ouzo along the **DANFORTH**, Toronto's bustling Greek neighborhood.

#### Lodging

Be our guest at more than 200 **RESORTS OF ONTARIO** properties. Whether you are looking for a relaxing romantic weekend getaway, a golf getaway, or a family vacation full of adventure and exciting activities, you are likely to find the perfect match for your vacation in Ontario's premier resort destinations.

Take your time to discover **ONTARIO'S FINEST INNS**. From quiet rural hideaways to elegant country estates, there are inns for every taste. Check out **PREMIER SPAS OF ONTARIO**, a select group of accredited spas that pride themselves on offering the best in spa services.

PHOTOS: ONTARIO TOURISM



Parliament Hill, Ottawa

#### STRATFORD

Only a 90-minute drive from Toronto, the **STRATFORD FESTIVAL** is North America's largest classical repertory theater. Up to a dozen plays and musicals are performed on three different stages each season. The 2007 season will feature Shakespeare, the Classics and two Broadway musicals.

#### OTTAWA, PRINCE EDWARD COUNTY AND THE THOUSAND ISLANDS

Ottawa is Canada's capital city, where French and English cultures mesh perfectly to create an exciting cultural milieu. The result is a truly cosmopolitan experience – a North American city with a distinctly European charm and flair.

Every winter the **RIEUAU CANAL** is transformed into the world's longest skating rink. Sip hot chocolate as you skate or sleigh down this landmark which is 7.8 km (4.8 mi) in length. In May, Ottawa hosts the **CANADIAN TULIP FESTIVAL**, when millions of tulips create a rainbow of color and beauty along a 15-km (9.3-mi) route. Every morning during the summer months, witness the pomp and ceremony of the changing of the guard at **CANADA'S PARLIAMENT HILL**. Visit the architecturally stunning **NATIONAL GALLERY OF CANADA**. In 2007 plan on attending an exhibition of Renoir's landscape paintings, June 8–Sept. 9.

The corridor between Kingston and Brockville, along the **ST. LAWRENCE RIVER'S THOUSAND ISLANDS**, is steeped in history. The communities along the seaway were settled by United Empire Loyalists following the American Revolution. Discover parkland and heritage sites such as **FORT HENRY** in Kingston and **UPPER CANADA VILLAGE** in Morrisburg. Enjoy fine dining, inns and summer theater or take a Thousand Islands cruise.

**PRINCE EDWARD COUNTY** is one of the hottest new wine and culinary districts in Canada. Visit the **WAUPOOS AND HUFF ESTATES WINERIES**, enjoy a cooking class at a historic inn or discover the cheese shops and ice cream parlors along the **LOYALIST PARKWAY**.





New France Festival, Québec City

# QUÉBEC

The cradle of French culture in North America, Québec offers a seamless blend of New World modernity and Old World charm. The province is the largest in Canada – more than twice the size of Texas! – and neighbors New York, Vermont, New Hampshire and Maine. It is a land of contrasts, blessed with four very different seasons and a huge variety of tourist experiences and attractions to go with them. Take a voyage of discovery through one of 21 regions – tour cosmopolitan Montréal or Québec City, get away from it all at a lakeside or riverside resort, escape on a peaceful nature retreat or pit yourself against the elements on an adventure odyssey.



## GETTING HERE

**Major Airports:**  
Montréal: Pierre Elliott Trudeau International Airport (YUL); Québec City: Jean Lesage International Airport (YQB)

**Flying Time:**  
1 h from New York;  
1 h 30 min from Philadelphia

**Airport Transfer time:**  
Taxi time from YUL to

downtown approx. 30 minutes.  
Cost approx. \$30 USD.

**Taxi time from YQB to downtown approx. 30 minutes.**  
Cost approx. \$25 USD.

**Driving Time:**  
Montréal is 45 min from the U.S. Border

**For More Info:**  
1 877 BONJOUR (266-5687),  
www.bonjourquebec.com

## LODGING

Québec boasts a tremendous range of accommodations: over 5,000 hotels, bed-and-breakfasts, tourist homes, youth hostels and other lodging in 21 regions. If you're looking for something off the beaten path, country inns and health spas offer original formulas combining outdoor fun, rest and relaxation in protected natural settings. There are also numerous parks and 700 outfitters' camps dotted through the forests – ideal for fishers and hunters, but also for nature lovers of all stripes.

## A GOURMET'S PARADISE

Québec deserves every bit of its reputation as a culinary capital. Masters of the art of fine living, Quebecers have cultivated a true passion for excellent food and great company. Award-winning chefs constantly seek to outdo each other's creativity, preparing both regional specialties and exotic dishes with equal flare.

## MONTRÉAL

The world's second-largest French-speaking city, **MONTRÉAL** is exciting and festive, but it also has an easy and relaxed atmosphere. The **OLYMPIC PARK**, built for the 1976 Summer Olympics, hosts many attractions: the world's tallest inclined tower, the **BIODÔME** (514-868-3000, www.biodome.qc.ca), with four ecosystems under one roof, and the **BOTANICAL GARDEN** (514-872-1400, www2.ville.montreal.qc.ca/jardin), the second largest in the world. Nearby, **OLD MONTRÉAL** and the piers in the **OLD PORT** are a hive of activity year-round. Hop on a tour boat to explore the St. Lawrence River or challenge the Lachine Rapids in a special jet-boat. Across from the Old Port, in the middle of the St. Lawrence, are **PARC JEAN-DRAPEAU** (514-872-6120, www.parcjeandrapeau.com) and a fabulous amusement park, **LA RONDE** (514-397-2000, www.laronde.com), not to mention the elegant **CASINO DE MONTRÉAL** (1-800-665-2274, www.casino-de-montreal.com).

Montréal's calendar of festivals and celebrations is chock full, with must-see events like the **GRAND PRIX OF CANADA** Formula 1 race, June 8–10, 2007 (514-350-0000, www.grandprix.ca), the **MONTRÉAL INTERNATIONAL JAZZ FESTIVAL**, June 28–July 8, 2007 (www.montrealjazzfest.com), the **JUST FOR LAUGHS FESTIVAL**, July 12–22, 2007 (www.hahaha.com) and the **MONTRÉAL HIGH LIGHTS FESTIVAL**, Feb. 22–Mar. 4, 2007 (1-888-477-9955, www.montrealhighlights.com).

In winter, Montrealers flock to their indoor "underground city," a 30-km (18-mi) subterranean network of shopping malls, movie theaters, concert halls and restaurants. More interested in sports than shopping? There are plenty of renowned slopes in the nearby **EASTERN TOWNSHIPS** (1-800-355-5755, www.eastertownships.cc) and **LAURENTIANS** (1-800-561-6673, www.laurentians.com).



Casino of Montreal

## QUÉBEC CITY

This fortified city, preparing to celebrate its **400th anniversary** in 2008 (www.monquebec2008.com), is a great place to soak up the past; **QUÉBEC CITY**'s old quarter is on the UNESCO World Heritage list.

**PLACE-ROYALE**, dating back to the earliest days of the colony, **LA CITADELLE** and its fortifications are all historical landmarks that add to the Old World charm and cachet of the modern city (418-694-2815, www.lacitadelle.qc.ca). On Cap Diamant, visit the **PLAINS OF ABRAHAM**, also known as Battlefields Park (418-649-6159, www.ccbnbc.qc.ca). In 1759, this vast green space was the site of a

clash between the French and British armies that marked a turning point in the history of North America.

The **ST. LAWRENCE ROUTE**, less than an hour's drive from Québec City, runs along the spectacular Charlevoix coast, with views that have inspired generations of artists. Summer visitors have been coming to the resort area at La Malbaie since the 19th century. Two superb parks, **GRANDS-JARDINS** and **HAUTES-GORGES-DE-LA-RIVIÈRE-MALBAIE** (1-800-665-6527, www.parksquebec.com), have earned the region its designation as a UNESCO World Biosphere Reserve.

Québécois love a good party,

and **MR. CHRISTIE'S QUÉBEC WINTER CARNAVAL**, Jan. 26–Feb. 11, 2007, is an excellent example (1-866-422-7628, www.carnaval.qc.ca). In summer, the city rocks in the streets with its **SUMMER FESTIVAL**, July 5–15, 2007 (1-888-992-5200, www.info.festival.com), lights up the skies with the **GRANDS FEUX LOTO-QUÉBEC** fireworks competition, July 21–Aug. 8, 2007 (1-888-934-FIRE, www.lesgrandsfeux.com) and salutes New France with its **FÊTES DE LA NOUVELLE-FRANCE**, Aug. 1–5, 2007 (1-866-391-FETE, www.nouvellefrance.qc.ca).

## GATINEAU

Sitting on the Québec side of the Ottawa River opposite Ottawa, Canada's capital, Gatineau features a thousand-and-one contrasts – an immense park with kilometer after kilometer of hiking trails, a busy casino, major convention-

friendly hotels interspersed with quaint inns and delectable restaurants, and a host of festivals and events all year round. This exciting destination is also home to the Canadian Museum of Civilization, an architectural masterpiece renowned for its Native American collections (www.civilization.ca).

## ACTIVITIES

Space as far as the eye can see. Rugged landscapes that molt with the changing seasons. Dense forests drift off into the Arctic or curl up to the Atlantic coastline, while spectacular parks display the treasure troves of a prolific nature. A land of gigantic experiences and emotions, Québec serves up a feast for the senses and beguiles the boldest adventurers. Golfing or biking. Hiking or horseback riding. Downhill skiing or snowshoeing. Snowboarding or snowmobiling. Tours of orchards or wineries. Cultural attractions and museums showcasing art and history all year round. Festivals and celebrations that fill up every month of the calendar. Québec offers all



Mont-Tremblant

of this and more, while showering you with an incomparable welcome and tantalizing sense of adventure. Just try to resist the temptation to join in the fun!

## PASSIONATELY ST. LAWRENCE

Southern Québec is split by the majestic **ST. LAWRENCE RIVER**, flowing from the Great Lakes to the Atlantic Ocean. Explore its historic waters in a variety of ways: pleasure boat trips, dinner cruises around the old ports of Montréal, Québec City and Trois-Rivières, whale-watching expeditions and

sea kayak outings, among others.

If you're traveling by car, two delightful routes run along the estuary. The **WHALE ROUTE**, on the north shore, and the **NAVIGATOR'S ROUTE** on the south shore. **THE KING'S ROAD**, which has linked Québec City and Montréal since 1737, is lined with villages that look like they're straight out of the 17th, 18th and 19th centuries with their lovingly preserved

architecture. Beyond Québec City, the **NEW FRANCE ROUTE** is another of the oldest roads on the continent, lined by heritage homes with colorful roofs all the way from the famous **MONTMORENCY WATERFALLS** to **SAINTE-ANNE-DE-BEAUPRÉ BASILICA** (www.ssadb.qc.ca). The route also allows views of the historic **ÎLE D'ORLÉANS**, renowned for its pastoral charms and cultural treasures (www.iledorleans.com).



# NEW BRUNSWICK

Hopewell Rocks

Dream of a place where tides rise and fall the height of a four-storey building twice a day, allowing you to stroll along the ocean floor and then kayak above the same spot hours later. This is only the beginning... A world of natural wonder waits to be discovered in New Brunswick.

## GETTING HERE

### Major Airports:

Greater Fredericton Airport (YFC),  
Moncton International Airport (YQM)  
Saint John Airport (YSJ)

### Flying Time:

1 h 30 min from Boston; 2 h from  
New York; 7 h 30 min from L.A.  
(Direct flights are available from  
Boston and Newark!)

### Airport Transfer time:

Taxi time from all airports to  
downtown approx. 15 minutes.  
Cost approx. \$18 USD.

### Driving Time:

New Brunswick meets the Maine border;  
7 h from Boston. VIA Rail stops at  
most major cities in New Brunswick.  
Cruise ships and ferries regularly  
dock in Saint John.

### For more info:

1-800-561-0123,  
www.tourismnewbrunswick.ca

## PARKS

New Brunswick's many **PROVINCIAL PARKS** and two **NATIONAL PARKS** span island retreats, coastal crags, horticultural wonders and panoramic mountain views (provincial parks: 1-800-561-0123, www.TourismNewBrunswick.ca; national parks: 1-888-773-8888, www.pc.gc.ca). The parks are home to hundreds of species of birds and a host of other wildlife – hike, bike or kayak for the best viewing opportunities. From the thrilling ride of an alpine slide to a round of golf at a championship golf course, the enjoyment to be had at each park is as unique as its environment.

## Activities

Climb the highest mountain in the maritimes, reel in fish and swim in New Brunswick's warm waters – some of the warmest north of Virginia – then take advantage of the province's down-home hospitality. Cozy B&Bs and inns offer easy access to sumptuous dining and a variety of festivals and events. Stroll through unique shops and galleries and wander around the markets. From the enchanting **ATLANTIC BALLOON FIESTA** to the beat of the **HARVEST JAZZ AND BLUES FESTIVAL**, local spirit is expressed in a multitude of events.

New Brunswick's five distinct scenic drives make exploring the province easy. Take the **RIVER VALLEY SCENIC DRIVE** and discover 400 km (248 mi) of inspiration along the St. John River. Along the route is the city of **EDMUNDSTON**, the door to New Brunswick and the legendary Republic of Madawaska. Stroll along the boardwalk and visit one of Canada's largest botanical gardens. Let the life of **FREDERICTON** flow through you in the vibrant riverfront capital (506-460-2020, www.fredericton.ca). Sites like the **HISTORIC GARRISON DISTRICT** reveal the province's rich heritage, while world-class galleries like **THE BEAVERBROOK ART GALLERY** speak volumes about culture.

The **FUNDY COASTAL DRIVE** takes you to Canada's Oldest Incorporated City, **SAINT JOHN** (1-866-GO-FUNDY, www.TourismSaintJohn.com). Here you'll find contemporary shopping and dining near historic sites like **THE NEW BRUNSWICK MUSEUM**. Take a thrill ride on the **REVERSING FALLS** and stroll to the harbor front to greet the cruise ships. The city of **MONCTON** (1-800-363-4558, www.gomoncton.com) is the center of family fun with **MAGIC MOUNTAIN WATER THEME PARK**. Watch your car coast uphill at

nearby **MAGNETIC HILL**, then wander over to the **MAGNETIC HILL ZOO**. One of New Brunswick's newest cities, **DIEPPE** (506-877-7900, www.dieppe.ca), is home to the largest single-storey shopping mall in Atlantic Canada, **CHAMPLAIN PLACE**. Right next door is **CRYSTAL PALACE AMUSEMENT PARK**, the only indoor amusement park in the Maritimes.

The **ACADIAN COASTAL DRIVE** provides access to celebrations of Acadian culture and the opportunity to enjoy warm saltwater beaches. Discover a place of unspoiled beauty at the **ECOLOGICAL PARK OF THE ACADIAN PENINSULA** in Lamèque. The spectacular surroundings of the city of **BATHURST** (506-548-0400, www.bathurst.ca) are complemented by views of the beautiful **CHALEUR BAY**, designated one of the Most Beautiful Bays in the World. Touch a blue lobster at the **NEW BRUNSWICK AQUARIUM** in Shippagan (506-336-3013, www.gnb.ca/aquarium) and be sure to visit the island of legends and laughs at **LE PAYS DE LA SAGOUINE** in Bouctouche for a toe-tapping good time (1-800-561-9188, www.sagouine.com).

The **MIRAMICHI RIVER ROUTE** takes you to the world-renowned salmon-fishing river. Canoe, kayak or float down river on an inner tube but, by all means, grab a fishing pole – the river route is all about fishing. While in the city of **MIRAMICHI** (506-623-2150, www.miramichi.org), stroll along **RITCHIE WHARF PARK** and taste some of the river's bounty before you leave.

The **APPALACHIAN RANGE ROUTE** takes you to the top of the Maritimes. The city of **CAMPBELLTON** is set amid one of the world's oldest mountain ranges and rests on the mouth of the renowned Restigouche River. In Campbellton, nature is right in front of your doorstep (1-888-813-4433, www.campbellton.org).



Charlo

ALL PHOTOS: TOURISM NEW BRUNSWICK

## CULTURE

New Brunswick's rich cultural mosaic is a unique blend of Aboriginal, Acadian, Brayon, Loyalist, Scottish and Irish heritages. See how life was lived in 18th- and 19th-century New Brunswick at the award-winning **VILLAGE HISTORIQUE ACADIEN** (1-877-721-2200, www.villagehistoriqueacadien.com) and **KINGS LANDING HISTORICAL SETTLEMENT** (506-363-4999, www.kingslanding.nb.ca).



Acadian Coast

## Attractions

One of the marine wonders of the world, the **BAY OF FUNDY** stretches along the southern coast of the province. The Fundy tides are the highest in the world, rising to over 16 m (52 ft) in some places. You can witness this at The Hopewell Rocks along the Fundy Coastal Drive. With 100-billion metric tons of seawater rushing in and out of the bay twice daily, bizarre things happen: Falls reverse themselves and start to flow backward, and powerful tides sculpt the landscape. At high tide, it's possible to kayak around miniature islands; at low tide, you can spelunk through caves and touch the base of giant rocks reaching up from the ocean floor.

New Brunswick is blessed with 2,250km (1,398 mi) of coastline. The Northumberland Strait extends northeast from the Bay of Fundy and is lined with some of Canada's most popular swimming beaches. There are over 85 salt-water beaches for you to explore and enjoy. One of the continent's last remaining white sand dunes can be found at **IRVING ECO-CENTRE, LA DUNE DE BOUCTOUCHE**. Further north lies the **CHALEUR BAY**, named one of the Most Beautiful Bays in the World.

Moving inland, rivers and waterways provide opportunities for canoeing, kayaking and fishing, including the renowned **MIRAMICHI** and **RESTIGOUCHE RIVERS**. The **ST. JOHN RIVER VALLEY** brims with beauty and is embraced by lush rolling hills.



# NOVA SCOTIA

Peggy's Cove

Spending time in Nova Scotia is a tonic for your body, mind and soul. The province has long been famous for its breathtaking coastline, mouth-watering seafood and rich musical tradition. Chances are, you'll want to extend your stay after experiencing the revitalizing sea breezes, the tranquil pace of life and the warmth of the people. The province also has several outstanding national and provincial parks, and 7,400 km (4,600 mi) of stunning seacoast. Swim, surf, hike and sea kayak at your leisure, or simply set out to discover the secrets of Nova Scotia's communities.

## GETTING HERE

**Major Airport:**  
Halifax International Airport (YHZ)

**Flying Time:**  
2 h from New York; 1 h 30 min from Boston

**Airport Transfer time:**  
Taxi time from YHZ to downtown approx. 25 minutes. Cost approx. \$40 USD.

**Driving Distance/Time:**  
Approx. 560 km (350 mi) by car from Calais, Maine, to Amherst, Nova Scotia.  
By car and ferry: A 5-h 30-min (approx.) cruise from Portland, Maine, to Yarmouth, Nova Scotia, on the Cat Ferry, or a 3-h cruise from Bar Harbor, Maine, to Yarmouth, Nova Scotia, on the Cat Ferry

**For More Info:**  
1-800-565-0000, [www.novascotia.com](http://www.novascotia.com)

## DINING AND LODGING

Nova Scotia's chefs mix local and international ingredients to present cuisine for the most fastidious foodies. Savor contemporary dishes made from fresh seasonal products and try local specialties like Blueberry Grunt and Rappie Pie.

**A TASTE OF NOVA SCOTIA** serves up famous Digby scallops, mussels, oysters, salmon, haddock, crab and lobster ([www.tasteofnovascotia.ca](http://www.tasteofnovascotia.ca)). Sample award-winning wines with a meal or at the province's many vineyards. Whether it's a cozy dinner for two at an intimate inn, a family picnic on the beach or a formal dinner overlooking the ocean, Nova Scotia has a wide range of dining options. When it's time to rest, choose to stay in the city and enjoy the gentle hum of urban life, doze off to the sound of lapping waves, revel in the charms of a country inn or live in high style at a 100-year-old B&B.

## ACTIVITIES

The richness of Nova Scotia's history has evolved over centuries. With Acadian, Gaelic, aboriginal and African roots, Nova Scotia overflows with culture. Throughout the year, more than 800 festivals and events capture the excitement of maritime traditions. Held annually in October, **CAPE BRETON ISLAND'S CELTIC COLOURS INTERNATIONAL FESTIVAL** provides a taste of Nova Scotia's Gaelic heritage. The island-wide celebration is guaranteed to keep your toes tapping – it offers everything from square dances in intimate community halls to grand concerts, and features hundreds of performers from Scotland, Ireland, the United States and Brittany (1-877-285-2321, [www.celtic-colours.com](http://www.celtic-colours.com)). You also won't want to miss the annual **ROYAL NOVA SCOTIA INTERNATIONAL TATTOO** in Halifax, the world's largest annual indoor show (1-800-563-1114, [www.nstatattoo.ca](http://www.nstatattoo.ca)). This military and civilian extravaganza is held during the first week of July and welcomes more than 2,000 local and international performers. July 13-16 the **2007 TALL SHIPS CHALLENGE** sails into Halifax harbour (1-902-405-7700, [www.wdcl.ca](http://www.wdcl.ca)). Stroll the bustling Halifax waterfront, take a tour of these amazing vessels and be taken back to the days of sail during this unique event. For those interested in the outdoors, Nova Scotia has it all – from rugged, challenging terrain to gentle, sandy beaches. No matter where you go, you'll never be far from the sea. Take a cruise around the province to spot whales and explore our historic seacoast. Try sea kayaking in pristine environments, take a thrilling tidal bore rafting trip on the Bay of Fundy or wait until low tide to walk on the ocean floor.

Cycling enthusiasts should note that the province boasts more kilometers of coastal cycling than any other region in Canada. And any way you look at it, Nova Scotia is a photographer's dream.

## CAPE BRETON ISLAND

Voted by *Travel and Leisure* magazine as the fourth best island to visit in continental North America, Cape Breton is a must-visit. The **CAPE BRETON HIGHLANDS NATIONAL PARK** and the **HIGHLANDS LINKS GOLF COURSE** have received major national and international recognition. ([www.cbisland.com](http://www.cbisland.com)). Drive the spectacular **CABOT TRAIL** and take in the vistas and landscapes, and the rugged coastline along the way. If you're a history buff, get a thrill exploring historic sites, museums and fortresses. Step back in time at the **FORTRESS OF LOUISBOURG NATIONAL HISTORIC SITE OF CANADA**, the largest reconstructed 18th-century French fortified town in North America (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). Over 100 costumed staff are available to guide you through the more than 60 buildings on site.

If golfing is your passion, Cape Breton's **FABULOUS FOURSOME COURSES** are ranked among *Golf Digest's* 50 best golf destinations worldwide. Designed along the shoreline, the courses offer fresh sea breezes, rolling fairways, challenging slopes and panoramic ocean views.



Fresh Nova Scotia Lobster

## PARKS

No matter what time of year you visit, Nova Scotia's national parks offer both beautiful scenery and a variety of outdoor adventures. Be sure to check out the **CAPE BRETON HIGHLANDS NATIONAL PARK OF CANADA**, with 950 km<sup>2</sup> (368 mi<sup>2</sup>) of protected highlands and coastal wilderness (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). Explore the park's 26 hiking trails, take an afternoon swim, spot abundant wildlife, camp under the open sky or simply breathe in fresh air while enjoying the scenic lookouts. Or head to **KEJIMKUJIK NATIONAL PARK AND NATIONAL HISTORIC SITE OF CANADA**, the only inland national park in the Maritime provinces, to paddle the many rivers and lakes (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)).

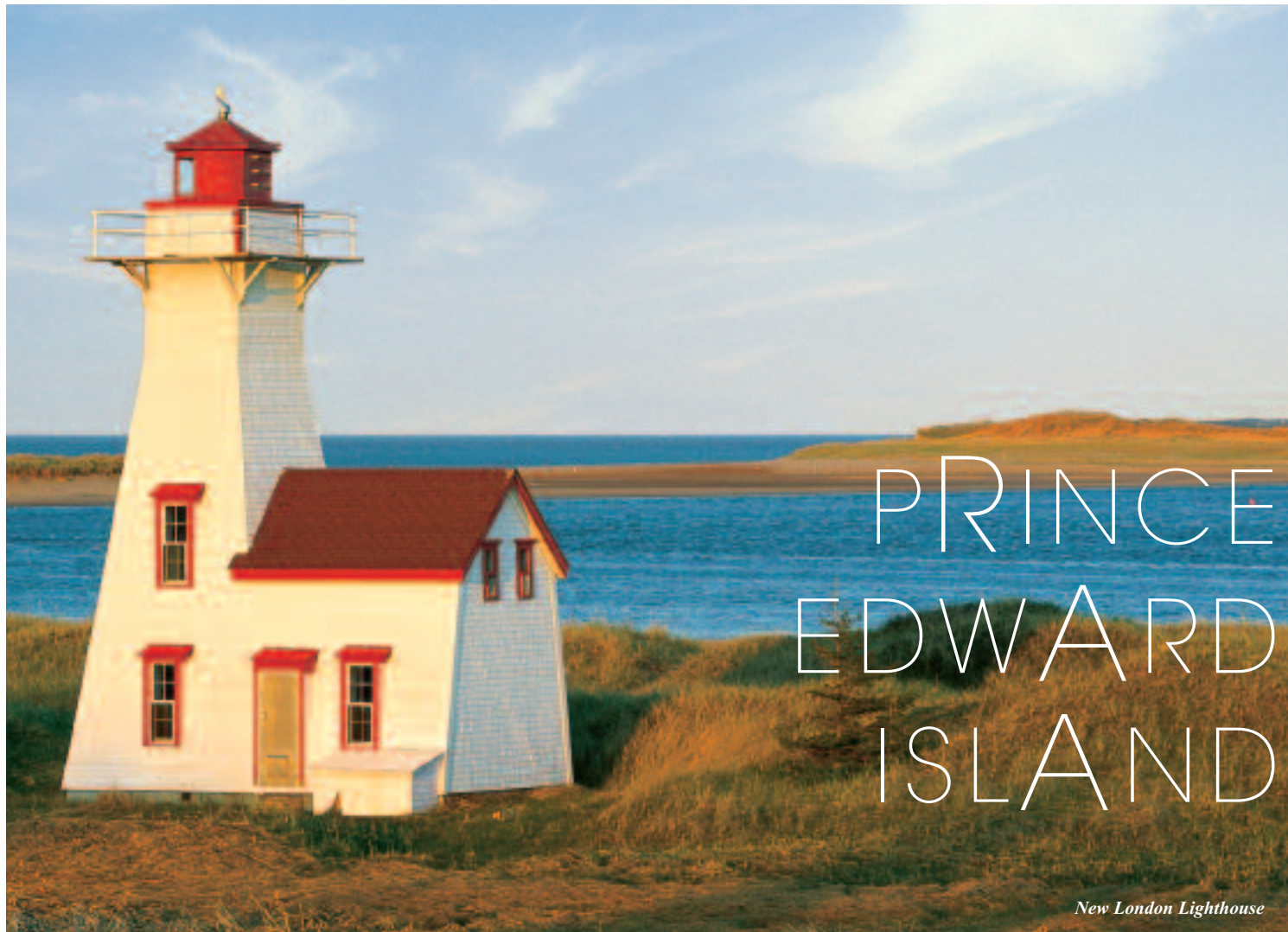
**HALIFAX** The waterfront in Nova Scotia's capital city is steeped in history and rich in culture. From the 1920s to the 1970s, **PIER 21 NATIONAL HISTORIC SITE OF CANADA** welcomed more than one million immigrants, refugees, soldiers and war brides to Canada, a testament to Canada's friendly nature (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). The waterfront is also home to cobblestone streets and restored historic properties. Visit the **HALIFAX CITADEL NATIONAL HISTORIC SITE OF CANADA**, the star-shaped fortress built by the British in 1856 to defend the territory against land-based attacks (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). Go on a guided tour, visit the exhibits, and take in the pageantry of the **78TH HIGHLAND REGIMENT**. In summer, sink your teeth into local seafood on outdoor patios, listen to live bands and let the gentle sea breezes cool you off. Or head to the splendid **PUBLIC GARDENS**. Located in the center of downtown Halifax, this 6.5-hectare (16-acre) haven showcases North America's oldest and finest Victorian gardens.

Halifax offers not only historical attractions, but cosmopolitan flair too. If you're looking for nightlife, head to the clubs in Halifax for jazz or blues – or to put your dancing shoes to good use. More music can be found at the **HALIFAX INTERNATIONAL BUSKERS FESTIVAL** ([www.buskers.ca](http://www.buskers.ca)). Held on the waterfront, the all-ages event features some of the best street performers in the world, including clowns, jugglers and musicians.



The Cabot Trail.

THIS PAGE, TOP: PETER LEVERMAN; BOTTOM: NOVA SCOTIA TOURISM; OPPOSITE PAGE: PETER LEVERMAN



New London Lighthouse

# PRINCE EDWARD ISLAND

Canada's gentle island province is also the country's smallest and greenest. Located in the Gulf of St. Lawrence, Prince Edward Island is blanketed with rich red earth. It is a special place, with rolling pastoral landscape often compared to a patchwork quilt. Many know Prince Edward Island as the home of one of the world's favorite fictional heroines, Anne of Green Gables. But our green terrain is also perfect for cycling, golfing and general touring. Nothing is far on an island that is only 64 km (40 mi) at its widest point and approximately 225 km (140 mi) from tip-to-tip. The Island is blessed with sandy beaches and pleasant swimming temperatures in July and August.

## GETTING HERE

**Major Airport:** Charlottetown (YYG)  
**Flying Time:** 2 h from Boston; 4-5 h from New York. Just 30 min from the Halifax International Airport in Nova Scotia

**Airport Transfer time:** Taxi time from YYG to downtown approx. 10 minutes. Cost approx. \$10 USD.

**Driving Distance from U.S. Border (Maine):** 480 km (300 mi)

**For More Info:** 1-888-734-7529, www.gentleisland.com

## CHARLOTTETOWN

Prince Edward Island's capital city **CHARLOTTETOWN** played host to the **CONFERENCE OF 1864**, a significant event in the confederation of the country – it's not uncommon for visitors to see modern-day "Fathers of Confederation" guiding walking tours or reenacting vigorous political debates. You'll also find picturesque tree-lined streets, fine inns and a lively waterfront, all within walking distance of downtown (www.visitcharlottetown.com).

Prince Edward Island has a wide selection of accommodations – www.gentleisland.com offers more than a thousand choices. Take advantage of the online reservation system to book your stay.

## ACTIVITIES

To get to know the area, choose from a dizzying array of activities and attractions. A typical day might begin with a morning walk on the beach, progress with lunch in a quaint café, an afternoon on the golf course or a biking excursion on the Confederation Trail and end with a lobster supper and an evening of storytelling around a campfire. You'll also find festivals across the island and throughout the year. Join in the festivities celebrating Celtic, Acadian or classical music, shellfish, potatoes or blueberries!

The nine-mile long Confederation Bridge is celebrating a 10-year anniversary with a World Cup Women's Cycling event in June. Be on hand as they time-trial across the Bridge, and race in various locations around the province. The Legends of Golf will be back after last year's success, with appearances by Jack Nicklaus and Tom Watson. Visit www.legendsofgolfpei.com for details on the 2007 event. And the British will invade the Confederation Centre of the Arts with a major musical revue of all the best Brit bands of the past few decades.

The annual **PEI INTERNATIONAL SHELLFISH FESTIVAL**, Sept. 14–16, 2007, has been growing and becoming more popular each year (www.peishellfish.com). Now, in addition to lively Celtic music, mussels, Malpeque oysters and lobster, chowder cook-offs and oyster-eating and -shucking contests, the event includes an **INTERNATIONAL CHEF'S CHALLENGE** with a \$10,000 (\$8,333USD) purse.

## PARKS

Prince Edward Island has 11 provincial campgrounds and 16 day-use parks. A touring program will reward those who visit four of the eight provincial park beaches – look for details at www.gentleisland.com.

Here are a few insider tips: Beautiful beaches can be found at **BASIN HEAD, PANMURE ISLAND** and **CABOT BEACH PROVINCIAL PARKS**. Picnickers might want to head to **CHELTON BEACH PROVINCIAL PARK, STRATHGARTNEY** or **WOOD ISLANDS**. **PRINCE EDWARD ISLAND NATIONAL PARK OF CANADA** is home to Cavendish, the location of the

famed Green Gables. The **GREENWICH PENINSULA**, also located in **PRINCE EDWARD ISLAND NATIONAL PARK**, is renowned for its spectacular protected dune system and its first-rate interpretation center that outlines the ecology of the area (1-888-773-8888, www.pc.gc.ca).

Prince Edward Island's **CONFEDERATION TRAIL**, extending from one tip of the island to the other, was completed in 2000, but work has continued to enhance the trail as a recreational resource. Spurs on the former railway line have been opened for cycling and hiking, allowing visitors to tour more of the island. A recently completed

expansion begins in the quaint fishing port of Murray Harbour and winds through the rolling countryside of the southeastern province to Iona. Other side trails include connections to the ferry terminal at Wood Islands and the Confederation Bridge in Borden-Carleton. For more information on Prince Edward Island's growing trail system, visit www.gentleisland.com.



## CULTURE

Community mailboxes are predominantly labeled with Scottish and Irish names – and French Acadian names, too – so it comes as no surprise that Celtic music is heard in almost every town and village. Drop in at one of the many **CEILIDHS** (Gaelic for a musical evening) held in intimate settings and featuring talented local performers. These casual evenings are fun for the whole family and a perfect way to meet bona fide Islanders. But as you tour the province, you'll hear more than fiddle tunes – the

summer-long **INDIAN RIVER FESTIVAL** (902-836-4933, 1-866-856-3733, www.indianriverfestival.com) presents classical music in the acoustically pure St. Mary's Church, while clubs and street corners host jazz musicians and other musical performers.

Prince Edward Island is also a prime site for theater-goers. Don't miss *Anne of Green Gables – The Musical™*, one of the popular performances at the **CONFEDERATION CENTRE OF THE ARTS** (1-800-565-0278, www.confederationcentre.com).

Summerside's **HARBOURFRONT JUBILEE THEATRE** will mount a touching musical production, *Anne & Gilbert*, which chronicles the fictional Anne of Green Gables' early days as a student, teacher and young woman on a quest for true love (902-888-2500, 1-800-708-6505, www.anneandgilbert.com). And don't forget to check out Georgetown's **KINGS PLAYHOUSE** (902-652-2597, www.kingsplayhouse.com), lively dinner theaters and the variety of productions staged in the parks.

THIS PAGE, TOP: JOHN SYLVESTER; BOTTOM: BRIAN MCINNIS; OPPOSITE PAGE: JOHN SYLVESTER



## FOOD

Diners may have noticed Prince Edward Island mussels popping up on menus across North America. Of course, the best place to enjoy the province's seafood is right at the source. Besides mussels, sink your teeth into steamed lobster and fresh Malpeque oysters. Round out your culinary adventure with summer bounty like strawberries, raspberries and blueberries, not to mention the famous Prince Edward Island potatoes. Around here, dining out can mean sitting down at the finest of tables for a five-course feast, sitting on a deck at a waterside café, or even picnicking peacefully by the shore. *Bon appétit!*



# NEWFOUNDLAND & LABRADOR

Spillars Cove

After making eye contact with a humpback whale and standing at the continent's eastern tip, relax over a meal of fresh halibut, then tuck yourself in for the night at a bed and breakfast steeped in history and comfort. Or hike a world-renowned coastal trail, learn to "run the goat" at a local dance, take in a play, go sea kayaking among icebergs, meet a "Viking" at a yell-in and explore the timeless coastal fishing villages we call outports. Newfoundland and Labrador expresses its hospitality through friendly smiles, fun-loving winks and famously warm welcomes. Come as you are and leave this place enriched by experiences that will change you for the better.

## GETTING HERE

**Major Airport:**  
St. John's International Airport (YYT)

**Flying Time:**  
3 h from New York; 5 h 30 min from Boston

**Airport Transfer time:**  
Taxi time from YYT to downtown approx. 10 minutes. Cost approx. \$13 USD.

**Driving Time:**  
7 h from Calais, Maine, to North Sydney, Nova Scotia

**Cruising Time:**  
5-6 h from North Sydney, Nova Scotia, to Port aux Basques, Newfoundland

**For More Info:**  
1-800-563-6353, [www.newfoundlandlabrador.com](http://www.newfoundlandlabrador.com)

## PARKS

**GROS MORNE NATIONAL PARK OF CANADA** is a UNESCO World Heritage Site. The power of the landscape grows on you as you travel by boat through fjords, stroll over sand dunes, hike among rare rocks and unusual geology, and meet the people who have adapted to this remarkable environment (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)).

**TERRA NOVA NATIONAL PARK OF CANADA** on Bonavista Bay is a great place to see bald eagles. Here you can take a boat ride to a remote campsite, go whale watching and explore the boreal environment (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)).

**J.T. CHEESEMAN PROVINCIAL PARK** near Port aux Basques is the summer home to the endangered Piping Plover. With its unusual sand dunes, marsh grass deltas and flyway path for migrating birds, southwestern Newfoundland is a favorite for twitchers, otherwise known as birdwatchers (709-729-2664, [www.newfoundlandlabradortourism.com](http://www.newfoundlandlabradortourism.com)).

## Culture

The diversity of cultural events and attractions in the province continues to make waves. Theater, dance, painting and visual arts have flourished in the past three decades and can be added to strong aptitudes in literature, decorative arts and design. Get out on foot and explore the shops, boutiques and galleries to discover the latest creations. Local themes, textures and materials dominate the scene as artists and artisans build on a centuries-old tradition of adapting and incorporating the Newfoundland and Labrador way of life. Nowadays, the old and the new exist cheek-by-jowl, often influencing one another. Music remains popular and 2007 sees the return of the 6th iteration of **FESTIVAL 500 SHARING THE VOICES**, an international gathering of choral groups from around the world. The festival takes place from July 1-8, 2007 ([www.festival500.com](http://www.festival500.com)). A favourite among fans of traditional music is the annual **NEWFOUNDLAND AND LABRADOR FOLK FESTIVAL** in St. John's Aug. 3-5, 2007 (1-866-576-8508, [www.sjfac.nf.net](http://www.sjfac.nf.net)). And the **GROS MORNE THEATRE FESTIVAL** in Cow Head, June 1-Sept. 15, 2007, deserves its growing reputation as top-notch summer entertainment (1-877-243-2899, [www.theatrenewfoundland.com](http://www.theatrenewfoundland.com)).

## ATTRACTIONS

Newfoundland and Labrador is a place of natural wonders, and whales top the list. Go to sea on one of the area's 60 tour boats for an encounter with a 30-ton humpback. You might also have a chance to feast your eyes on icebergs, and you're guaranteed to see the millions of seabirds that nest in the province every summer. Try the **WITLESS BAY ECOLOGICAL RESERVE** (1-800-563-6353, [www.newfoundlandandlabradortourism.com](http://www.newfoundlandandlabradortourism.com)) near St. John's, or **NOTRE DAME BAY**. If seabirds are a must, **CAPE ST. MARY'S ECOLOGICAL RESERVE** is excellent for spotting **NORTHERN GANNETS** on a sea stack just a few yards away (1-800-563-6353, [www.newfoundlandlabrador.com](http://www.newfoundlandlabrador.com)).

**CAPE SPEAR NATIONAL HISTORIC SITE OF CANADA**, located just south of St. John's, is the continent's most easterly point, and a good spot for whale watching (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). **L'ANSE AUX MEADOWS**

**NATIONAL HISTORIC SITE OF CANADA** in northern Newfoundland features a reconstructed village founded by 10th-century Viking explorers. This UNESCO World Heritage Site brings you right into the Viking way of life five centuries before Columbus' arrival (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). For more history, visit **RED BAY NATIONAL HISTORIC SITE OF CANADA** in southern Labrador where Basque whalers built the New World's first industrial complex in the 16th century (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)).

The Irish community of **TILTING** on Fogo Island, in central Newfoundland, fascinates everyone, especially visitors familiar with the Auld Sod who can't believe anything outside Ireland could be so authentic. In architecture, language and land use the community as a window on the past. *Failte go Tilting!* ([www.townoftilting.com](http://www.townoftilting.com))

## ST. JOHN'S

A five-minute walk west from where Britain's overseas empire was founded in 1583, you can enjoy the latest tastes in eastern Mediterranean cuisine at **THE GYPSY TEA ROOM**, a European-style bistro (195 Water St., 709-739-4766). A 30-minute hike up **SIGNAL HILL** takes you to the spot where Marconi received the first trans-Atlantic wireless message more than a century ago (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)). You can also

take a cruise to watch whales from **PIER 7** on Harbour Drive, go sea kayaking, buy hand-made Swedish soap, and visit galleries. For arts and crafts, try **DUCKWORTH STREET**, or to dance the night away, go to **GEORGE STREET** ([thetowncryer.net](http://thetowncryer.net)). Stroll the English-style **BOWRING PARK** where the swans glide majestically in the Duck Pond (709-576-8106, [www.stjohns.ca/visitors/index.jsp](http://www.stjohns.ca/visitors/index.jsp)). Or take an unusual walk – a guided **HAUNTED HIKE** through the spooky back alleys of the city

(709-685-3444, [www.hauntedhike.com](http://www.hauntedhike.com)). Who knows what awaits you? At the end of the day, bed down at the five-star **EVERTON HOUSE B&B** (1-866-754-1326, [www.evertonhouse.com](http://www.evertonhouse.com)), **THE SPA AT THE MONASTERY** (1-877-635-3772, [www.monastery-spa.com](http://www.monastery-spa.com)), or the funky, new boutique hotel **BLUE ON WATER** in the heart of the entertainment district (1-877-431-2583, [www.blueonwater.com](http://www.blueonwater.com)).

## Activities

Throughout the province, hiking and walking trails will take you along coastal cliffs, through evergreen forests and bogs decked with colorful wildflowers. The **SKERWINK TRAIL** on the Bonavista Peninsula passes unusual sea-carved rock formations and meanders through several communities. Best of all, it's uncrowded (709-466-3845, [www.thediscoverytrail.org](http://www.thediscoverytrail.org)). Snowmobilers also have a great time in Labrador because, at higher elevations, the season lasts well into May. And on the island of Newfoundland, both groomed and back-country trails entice those with a taste for winter adventure. **MARBLE MOUNTAIN RESORT** near Corner Brook averages 5 m (16 ft) of snow every winter, so there's lots to do for downhillers, snowboarders and backcountry enthusiasts (1-888-462-7253, [www.skimarble.com](http://www.skimarble.com)). Divers can explore ore boats sunk during World War II in the cool, clear waters of Conception Bay near St. John's (1-866-623 2664, [www.oceanquestcharters.com](http://www.oceanquestcharters.com)).

ALL PHOTOS: NEWFOUNDLAND AND LABRADOR TOURISM



Near Cape Bonavista



Tombstone Mountains

Discover a magical place where time stands still and light transforms the landscape, where nature's finest hour lasts forever and the spirit of the northern people can be felt through their stories – and their smiles. With a compelling blend of historical attractions and modern conveniences in one of the world's most magnificent natural settings, the Yukon is "Larger than Life." Experience beautiful scenery, friendly communities, long summer days and wide-open spaces – and the freedom to travel at your own pace. Come immerse yourself in the sights, sounds and sensations of a Yukon experience.

## GETTING HERE

**Major Airports:**  
Whitehorse International Airport (YXY), Dawson City Airport (YDA)

**Flying Time:**  
2 h 30 min to Whitehorse from Vancouver, B.C., Calgary and Edmonton, Alberta

**Airport Transfer time:**  
Taxi time from XYX to downtown approx. 10 minutes. Cost approx. \$12 USD.

**For More Yukon Info and Promotional Material:**  
Toll Free 1-866-253-7073, [www.travelyukon.com](http://www.travelyukon.com)

## ATTRACTIONS

During the last ice age, when most of North America lay under ice, an area known as Beringia stretched from Siberia across Alaska and into northern Yukon. Life-size replicas and interpretive panels at the **YUKON BERINGIA INTERPRETIVE CENTRE** present an enlightening look at extinct creatures such as the Woolly Mammoth, giant beaver and scimitar cat (867-667-8855, [www.beringia.com](http://www.beringia.com)).

Every year, salmon en route to their spawning grounds bypass the Yukon's hydroelectric dam by traveling through the **WHITEHORSE FISHWAY**, which includes the longest wooden fish ladder in the world at 2 m (6.6 ft) wide and 366 m (1,200 ft) long. View an array of fish species through the specially designed underwater windows (867-633-5965, [www.yukonfga.com](http://www.yukonfga.com)).

Join in the songs and relive the days of 1898 with superb **GOLD RUSH VAUDEVILLE** performances throughout the territory. Kick up your heels with can-can girls, madams and miners and absorb their stories of the greatest gold rush in history.

## Activities

The Yukon's long daylight hours in summer allow visitors to virtually double their vacation time. This means more time to experience a multitude of adventures:

Hike the **CHILKOOT TRAIL NATIONAL HISTORIC SITE OF CANADA** (1-800-661-0486, [www.pc.gc.ca/chilkoot](http://www.pc.gc.ca/chilkoot)), raft the mighty Tatshenshini and Alsek Rivers, fish at four-star lodges, mountain bike numerous trails and abandoned mining roads, or camp under the

midnight sun. Other options include flightseeing tours of Mt. Logan, Canada's highest peak, visits to traditional First Nations summer camps to share tea with Elders, and trips to artists' studios.

In addition to having an immense respect for their traditions and the legends of the land, Yukoners embrace winter with a warm-hearted passion. As the landscape turns into a flawless white blanket, winter enthusiasts are invited to indulge their action fantasies: dog mushing, northern lights

viewing, snowmobiling, skiing, snowboarding, tobogganing, ice fishing and snowshoeing. Winter is also a time for celebration: Events include the **YUKON QUEST INTERNATIONAL SLED DOG RACE, FROSTBITE MUSIC FESTIVAL** and **YUKON SOURDOUGH RENDEZVOUS FESTIVAL**. Best of all, visitors can join in the fun with the locals under the glow of the mystical northern lights.

For more information on summer or winter activities and events in Yukon, visit [www.travelyukon.com](http://www.travelyukon.com).



World Gold Panning Championships

## Cultural Events and Festivals

### August 20–26, 2007: World Gold Panning Championships

Champion gold panners from around the world participate in this unique competition. Only the top panners compete and the best win the prizes. Telephone: 867-993-5575 Website: [www.dawsoncity.ca/events](http://www.dawsoncity.ca/events)

### August 17–19, 2007: 20th Annual Yukon International Storytelling Festival

International drumming, dancing and storytelling with emphasis on the Circumpolar regions coalesces to create magic on the banks of the Yukon River. Telephone: (867) 633-7550 Fax: (867) 633-3883 Email: [yukonstory@yknnet.ca](mailto:yukonstory@yknnet.ca)

### June 8–10: Alsek Music Festival and Kluane Mountain Bluegrass Festival

Three days of the best in Yukon music under the majestic St. Elias Mountains. Three stages, kids' events, adult dances – an outdoor event for the whole family. Telephone: (867) 634-2520 Email: [alsekpres@alsekfest.com](mailto:alsekpres@alsekfest.com)

## REGIONS

Encompassing 4.8 percent of Canada's land mass, the Yukon is home to eight spectacular regions.

The **WATSON LAKE** region, known for its historic Alaska Highway, Sign Post Forest and northern lights displays, is the first region in the Yukon to welcome visitors traveling north on the Alaska Highway.

The **SOUTHERN LAKES** region is known for its vast waterways, secluded trails and powerful coastal mountains. The scenic route through this region connects six rural communities.

**WHITEHORSE**, the territory's capital, offers a variety of tourist services, internationally recognized events and a vibrant arts and cultural community that hosts festivals year-round.

**KLUANE** borders the Alaska Highway, showcasing diverse flora and fauna, cultural heritage and unrivaled scenery. Highlights include friendly communities, hiking trails, whitewater rafting and camping.

The **CAMPBELL** region is home to accessible back roads, idyllic lakes, sparkling rivers, intimate campgrounds and rare Fannin sheep, as well as many other indigenous mammals.

Discover the Yukon's rich, colorful mining history through museums, artifacts, mining equipment and historic buildings in the **SILVER TRAIL**. Backcountry excursions in this region, including access to some of Canada's wildest rivers, can be arranged with local operators.

The **KLONDIKE** region, most widely recognized as the site of the Klondike Gold Rush, embraces its mining past and aboriginal history. **DAWSON CITY** evokes the spirit of the days of 1898 with historic buildings, wooden sidewalks and lively vaudeville entertainment.

The territory's most remote region, **NORTH YUKON**, includes five large wilderness parks and the fly-in community of Old Crow. Travel the Dempster Highway year-round – it's the only public-access road in Canada to cross the Arctic Circle.

## SHOPPING, LODGING AND DINING

The Yukon offers an abundance of accommodations for all budgets: intimate cabins and inns, friendly B&Bs, four-star fly-in lodges and a range of hotels, motels and campgrounds. Dining out in Yukon also presents numerous options, from specialty items like Arctic char, bison burgers, halibut and lake trout, to fast food from international outlets. Yukon's galleries and shops show unique northern art. Pick up traditional First Nations art, contemporary designs, original paintings, gold nugget and mammoth ivory jewelry, sculptures, beadwork, woodcarvings and woven baskets.



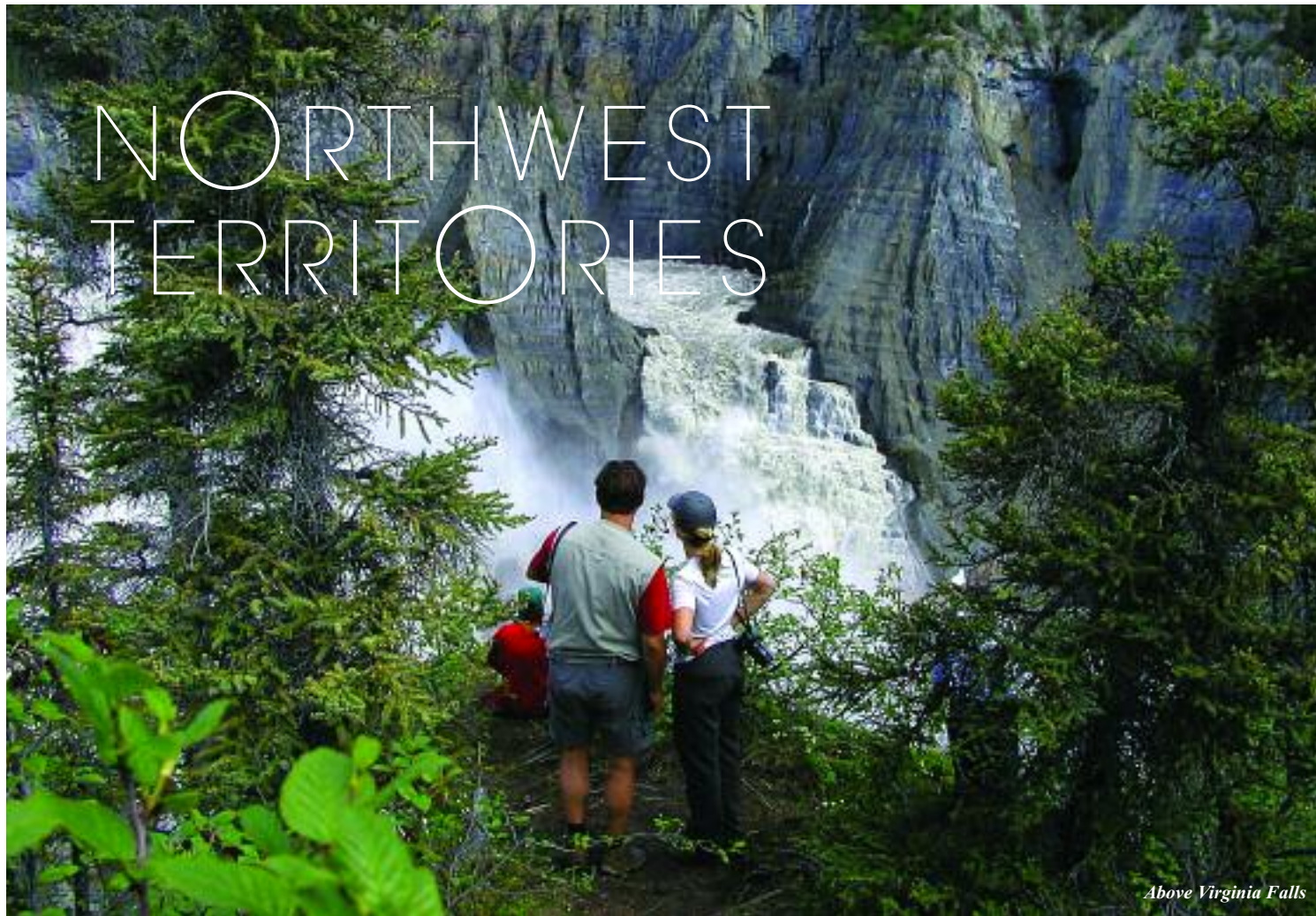
Emerald Lake, South Klondike Highway

## PARKS

**TOMBSTONE TERRITORIAL PARK** was established to protect the life, landforms and heritage of this sub-arctic wilderness area. Since the Dempster Highway runs through the park, there is easy access to this spectacular area. Hikers and photographers will be lured by dramatic views, tundra landscapes and massive granite peaks.

**KLUANE NATIONAL PARK AND RESERVE OF CANADA** forms one-third of the largest protected area in the world and is a UNESCO World Heritage Site. Kluane is home to Mt. Logan, Canada's highest peak at 5,959 m (19,545 ft); the mountain is majestically surrounded by the world's largest non-polar ice fields (1-888-773-8888, [www.pc.gc.ca/kluane](http://www.pc.gc.ca/kluane)).

**HERSCHEL ISLAND QIKIQ-TARUK PARK** became the Yukon's first territorial park in July 1987. Arrive by plane or boat and explore the rich cultural and natural heritage of the park. There is a small town site that features several buildings from the whaling era a century ago, as well as archaeological remains of earlier cultures. For more information on Yukon's parks, visit [www.travelyukon.com](http://www.travelyukon.com)



# NORTHWEST TERRITORIES

Above Virginia Falls

Magnificent mountains, captivating boreal forests, the subtle beauty of the rolling arctic tundra and the stark splendor of Canada's northern coastline: The Northwest Territories encompasses diverse landscapes in one of the last untrammelled areas of wilderness in the world. Watch free-roaming wildlife, enjoy superb fishing, hike challenging trails, paddle fast rivers, appreciate wildlife in their natural habitat, or camp in silent forests. This is also the birthplace of the Canadian diamond industry and the ancestral home of aboriginal peoples, including the Dene and Inuvialuit.

## GETTING HERE

**Major Airport:** Yellowknife Airport (YZF), Edmonton International Airport (YEG), Calgary International Airport (YYC)

**Flying Time to Yellowknife:** 4 h 30 min from San Francisco; 5 h 30 min from Chicago; 7 h 30 min from New York

**Airport Transfer time:** Taxi time from YZF to downtown approx. 18 minutes. Cost approx. \$18 USD.

**Driving Distance:** 2,100 km (1,300 mi) from the U.S.-Alberta border

**For More Info:** 1-800-661-0788, www.explorenwt.com

## WESTERN ARCTIC

This most northerly region of the Northwest Territories is accessible by plane from Yellowknife or by driving the Dempster Highway, a 730-km (450-mi) drive from Dawson City, Yukon, to Inuvik. The drive is truly spectacular – motorists pass over the Arctic Circle and through the rugged mountain scenery of the Ogilvie Range.

The homeland of the Inuvialuit Inuit and Gwich'in Dene, the western Arctic is known for its art: Inuvik's **GREAT NORTHERN ARTS FESTIVAL**, a 10-day extravaganza, is an excellent showcase (867-777-3536, www.gnaf.ca). While here, take the opportunity to arrange a trip to view herds of musk oxen in **ULUKHAKTOK**, one of the premier Inuit print-making communities in Canada.

Visit the world's largest concentration of ice-cored pingos, hills of ice covered in soil, in **TUKTOYAKTUK**, and fly into **TUKTUK NOGAI** and **AULAVIK NATIONAL PARKS OF CANADA**, the most remote national parks in the country, where musk oxen and caribou roam free (1-888-773-8888, www.pc.gc.ca).

## SAHTU REGION

A short plane trip from Yellowknife to Norman Wells brings visitors to the heart of the North Slave Dene homeland in the central Mackenzie River valley. The aboriginal people living in the five traditional communities in the Sahtu are experts at blending the old ways with new. Avid fishers will want to visit **GREAT BEAR LAKE**, the largest lake in Canada and the site for the all-tackle record for lake trout: 33 kg (73 lb), reached in 2001. In the fall, the Sahtu is a great destination for big-game hunting. Outfitters offer trips into the Mackenzie Mountains to hunt Dall sheep, large woodland caribou and moose.

## SOUTH SLAVE REGION

North of Alberta, the South Slave region of the Northwest Territories begins at the 60th parallel. Be sure to stop at the Visitors Centre to pick up a certificate to mark your entry into the exclusive club of those who have crossed the 60th parallel (867-920-8974, www.nwtparks.ca).

This is great country for outdoor adventures: Well-maintained highways run through huge expanses of boreal forest, ribboned with rivers and waterfalls. Wood bison, migratory birds, black bear, moose and various other types of wildlife are often visible from the road. In the community of **HAY RIVER**, luxuriate on the long, sandy beaches of **GREAT SLAVE LAKE**, the fifth largest in North America (867-874-6522, www.hayriver.com). Camp and swim here and take advantage of the opportunity to cast a line in the water – trout fishing on the Great Slave is fabulous.

Southwest of Hay River is **FORT SMITH** (867-872-8400, www.town.fort-smith.nt.ca), the gateway to **WOOD BUFFALO NATIONAL PARK OF CANADA**, one of Canada's largest parks and a UNESCO World Heritage Site (1-888-773-8888, www.pc.gc.ca). The park is well worth a visit to see wildlife, including the largest free-roaming herd of wood bison in the world. Fort Smith is the staging point for trips along the **SLAVE RIVER**, which has four sets of rapids to challenge any paddler, and flows around the nesting grounds of American White Pelicans.



Aurora borealis

## NORTH SLAVE REGION

As you leave the Deh Cho region, the **Merv Hardie** ferry takes you across the Mackenzie River to the North Slave region of the Northwest Territories. On the way to **YELLOWKNIFE**, the capital city of the Northwest Territories, you have a chance to see wood bison near Fort Providence.

The "diamond capital of North America," Yellowknife is nestled on the pink/grey granite of the Precambrian Shield on the north shore of Great Slave Lake. It is a modern city

of 20,000, complete with hotels, dining and shopping – it's also the seat of Canada's diamond industry. The historic old town, where the frontier flavor of the 1930s gold rush has been preserved, is a must-see (867-920-5600, www.city.yellowknife.nt.ca). **THE PRINCE OF WALES NORTHERN HERITAGE CENTRE** offers valuable insight to the history and cultures of the Northwest Territories (867-873-7551, www.pwnhc.learnnet.nt.ca). Yellowknife is also one of the best places in the world to view the dazzling displays of the aurora borealis.

The city's annual festivals are well worth checking out: **FOLK ON THE ROCKS**, July 13–15, 2007, brings southern and northern musicians together in a rollicking celebration under the mid-night sun (867-920-7800, www.folkontherocks.com).

In late March, the shake-off-the-winter-blues **CARIBOU CARNIVAL** (867-873-9698) offers a unique display of northern culture, complete with a talent show, outdoor events including an ice sculpture contest, and the 240-km (150-mi) **CANADIAN CHAMPIONSHIP DOG DERBY** (www.yellowknifedogderby.com).

North of Yellowknife, the trees disappear and the terrain gives way to the rolling barren lands of the Central Arctic, home to one of the great migrating caribou herds of the Northwest Territories. From here, the adventures continue by air: Yellowknife is the base for hunting, fishing and outdoor adventure destinations throughout the Northwest Territories. A wide variety of packages and tours are available.

## DEH CHO REGION

The mighty Mackenzie River, known as Deh Cho to the aboriginal peoples of the region, flows north from Great Slave Lake through 1,800 km (1,100 mi) of wilderness to the Beaufort Sea. The South Slavey Dene people in the southwestern Northwest Territories are known for the quality of their traditional arts and crafts, including intricate beadwork on clothing and footwear, and birch-bark baskets decorated with porcupine quills. Visit one of the traditional communities to learn about the South Slavey culture and lifestyle. Experience first-hand their

way of life at the **OPEN SKY FESTIVAL** in Fort Simpson (www.openskyfestival.ca).

Spectacular **NAHANNI NATIONAL PARK OF CANADA**, a UNESCO World Heritage Site, draws visitors with its dramatic scenery and challenging adventure opportunities (1-888-773-8888, www.pc.gc.ca). Paddlers on the Nahanni River face deep canyons, cataracts and waterfalls – this waterway is not for the faint of heart. **VIRGINIA FALLS**, twice the height of the falls at Niagara, is equally stunning from the ground and from the air: Flightseeing trips into the park are available through local outfitters.



Hay River Golf Course

THIS PAGE TOP: TESSA MACINTOSH/GNWT; THIS PAGE BOTTOM: FRAN HURCOMB/GNWT; OPPOSITE PAGE: GERD FRICKE/GNWT

# NUNAVUT



Cambridge Bay drum dancers

Your Arctic dreams are a lot closer than you think. Nunavut, Canada's newest territory, covers more than 2 million km<sup>2</sup> (780,000 mi<sup>2</sup>) of unspoiled northern landscape, yet is a mere five hours away by air from New York and Chicago. Immerse yourself in Inuit culture, explore miles of pristine wilderness and take in fascinating wildlife. No matter what you're looking for – rugged mountains, serene flat lands, roaming caribou herds, fast flowing rivers, unique culture – Nunavut has it.

## GETTING HERE

**Major Airports:** Ottawa International Airport (YOW), Montréal – Pierre Elliott Trudeau International Airport (YUL), Winnipeg International Airport (YWG), Edmonton International Airport (YEG)  
**Local Airports:** Iqaluit (YFB), Cambridge Bay

(YCB), Rankin Inlet (YRT), Baker Lake (YBK)

**Flying Time to Iqaluit:** 5 h from New York or Chicago

**Airport Transfer time:** Taxi time from YFB to downtown approx. 2 minutes. Cost \$5 USD.

**For More Info:** 1-866-NUNAVUT, www.NUNAVUTtourism.com

**Culture** Long before the European explorers discovered this land, the Inuit lived here. For thousands of years and with only traditional tools and techniques at their disposal, they have skillfully survived in one of the world's harshest climates. In fact, even today many Inuit still practice their ancient way of life. A visit to any community provides insight into how they have thrived.

If you're interested in discovering Inuit culture through art, get started at the weaving studio in **PANGNIRTUNG** or the printmaking shop in **CAPE DORSET**. Travel in western Nunavut's **KITIKMEOT** region and you'll find a culture distinct from that of the eastern areas. Experience a drum dancing event and let the dancers' elaborate beadwork and caribou-skin clothing take you back to another era. For another time-travel experience, arrange an evening of storytelling with local Elders in the **KIVALLIQ** region in the central part of Nunavut. You'll discover that the Inuit spent most of their history "living on the land" – some were still doing so less than 50 years ago. No matter what you explore in Nunavut, culture is guaranteed to play a big part.

## ACTIVITIES

Nunavut has some of the best outdoor adventures you'll find anywhere in the world. Tourists make annual pilgrimages to see the territory's captivating wildlife. Eastern Nunavut provides the best viewing opportunities for sea mammals such as narwhals, bowhead whales, belugas, polar bears and walrus. In the western regions, you can find musk ox, wolverines, grizzly bears and some of the best bird watching the world has to offer. And in central Nunavut, the size of the caribou herds will amaze. When you embark on a tour of the territory, don't forget your camera – you won't want to miss a single photo op.

Hikers will awaken their sense of discovery as they walk on vast expanses of land that have remained virtually untouched by humans. The terrain is often challenging and in many cases there are no defined trails. The flat, treeless tundra gives you a wide-open view of the majestic Arctic scenery. Nunavut is one of the world's last untouched areas to explore: It's possible to roam in this environment for hours without encountering another soul. To be on the safe side, make sure you hire a local guide or outfitter – having company will make the adventure all the more enjoyable.

The territory's waterways also offer experienced paddlers

unforgettable adventures. Whether it's sea kayaking around icebergs on **ELLESMERE ISLAND** or rafting the **COPPERMINE RIVER**, this is your prime water-world destination. If a winter visit sounds more appealing, dogsledding is a great way to experience the traditional lifestyle of the Inuit. Now, if you're after hunting or fishing, look no further. Nunavut has world-class fishing establishments in the **CAMBRIDGE BAY** and **KIVALLIQ** areas. Reel in some Arctic char, lake trout or Arctic grayling. Or hunt for big game like caribou, polar bear, walrus and musk ox.



Dog sledding in Nunavut

## IQALUIT

Canada's northernmost capital, **IQALUIT** provides opportunities for many unique experiences, and most of the amenities you would expect in any Canadian city.

The **UNIKKAARVIK VISITOR CENTRE** is a great place to start your journey in the Arctic. The friendly staff can help plan your trip to outlying areas (1-866-NUNAVUT). A tour of Iqaluit offers a glimpse into Nunavut's past, present and future. The city is a mix of traditional culture and modern growth: Sights in Iqaluit include the Nunavut Legislature and its Inuit art displays.

View tapestries, carvings and a beautifully carved narwhal tusk used in official ceremonies.

Iqaluit is the departure point for many other communities in Nunavut, including **RESOLUTE BAY**, **PANGNIRTUNG**, and **POND INLET**. And Resolute Bay acts as the launch pad for North Pole expeditions.

Make your Arctic dreams come true and visit the world's greatest undiscovered, untamed and unspoiled wilderness areas. For more information on Nunavut and its incredible opportunities, visit [www.NunavutTourism.com](http://www.NunavutTourism.com) or call 1-866-NUNAVUT.

PHOTOS ON LEFT COURTESY OF NUNAVUT TOURISM. PHOTO ON RIGHT COURTESY OF NUNAVUT TOURISM/TESSA MACINTOSH



Rankin Inlet Inukshuk

## PARKS

Nunavut is alive with parks. Since the territory is so vast, each park showcases unique geographic and environmental features.

**OVAYUK TERRITORIAL PARK** near Cambridge Bay gives visitors the opportunity to view many species of animals like musk ox, and birds in their natural environments. Though Mount Pelly's summit is only about 150 m (500 ft), it's noticeably higher than its surroundings and offers views of the colorful, flat tundra landscape. And don't ignore **QAUMMAARVIIT TERRITORIAL PARK**, near Iqaluit – it gives a glimpse into Nunavut's past with its archaeological sites and primitive landscapes.

Nunavut's **NATIONAL PARKS OF CANADA** are gems waiting to be discovered. Visit **AUYUITTUQ NATIONAL PARK OF CANADA**, located between **PANGNIRTUNG** and **QIKIQTARJUAQ**. It's the most accessible of the territory's national parks and provides incredible environments for hiking and rock or ice climbing. From the mountainous landscapes of **QUTTINIRPAAQ NATIONAL PARK OF CANADA** on **ELLESMERE ISLAND** to the undiscovered beauty of **SIRMILIK NATIONAL PARK OF CANADA** near Pond Inlet, Nunavut's national parks are unspoiled and untamed (1-888-773-8888, [www.pc.gc.ca](http://www.pc.gc.ca)).

When visiting any of Nunavut's parks, be ready for a challenging experience. Traveling our parks may be physically strenuous, but it is well worth the effort.





[www.canada.travel](http://www.canada.travel)

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