



**25 ONTARIO-MANITOBA BORDER (mile 159)**  
A sign on the north side of the steel rails denotes the border. On the Manitoba side is the undeveloped forest and lakes of Whiteshell Provincial Park, well known for its canoeing and fishing. Its 200 lakes, some of them formed by meteor craters, offer some of the best northern pike, perch and lake trout fishing in Western Canada.

**26 SIOUX LOOKOUT (mile 138)**  
Located on the English River/Lac Seul waterways,

the community is a magnet for sport fishermen and outdoor enthusiasts in addition to its vocation as a centre for the pulp industry.

**27 ARMSTRONG (mile 243)**  
This town is located at the north end of magnificent Lake Nipigon, which reaches 96 kilometres from north to south and 64 kilometres at its widest point. The area offers some of the best fly-in fishing and hunting in the region.

**28 LONGLAC (mile 100)**  
Located at the northern tip of Long Lake, the area played an important role as part of the historic canoe route for fur traders. This is a multilingual town (52% of the population speak English, 44% speak French and 4% speak other languages).

**29 HORNEPAYNE (mile 296)**  
The community started as a railway town but the major industry today is wood, as evidenced by the

piles of logs and pulp and plywood plants that border the railway tracks.

**30 GOGAMA (mile 86)**  
Gogama is typical of the small, relatively isolated settlements along this section of the railway that were created in order to service locomotives and were placed at approximately 240-kilometre intervals.

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**31 CAPREOL (mile 276)**  
The landscape around Capreol is a combination of rugged and exposed bedrock of the Canadian Shield and "muskeg," a native Indian word describing unstable and deep soil with high water content.

**32 SUDBURY (mile 262)**  
Whether due to a volcanic eruption or the impact of a meteor, the Sudbury area has been blessed with a rich abundance of mineral resources. The city is known as the nickel capital of Canada. At 381 metres high, the INCO smokestack dominates the skyline.

**33 PARRY SOUND (mile 150)**  
Parry Sound marks the eastern edge of the rugged Canadian Shield, that region of billion-year-old exposed bedrock that covers half of Canada, between the Great Lakes and Hudson Bay, and parts of northern United States.

**34 WASHAGO (mile 98)**  
Gateway to the Muskokas, this railway junction point at the head of Lake Couchiching is popular with cottagers, fishing enthusiasts and outdoor lovers.

**35 TORONTO (mile 0)**  
Toronto is Ontario's capital and the heart of business activity in Canada's most populous province. Appropriately, Toronto is the Huron word for "a place of meetings." Huge office towers dominate the skyline along the shores of Lake Ontario – a spectacular view best experienced from the observation gallery of the 180-storey CN Tower. The train boards at Union Station, immediately across from the imposing Royal York Hotel. Harbourfront, the Skydome and Bay Street are just a few blocks away.

THE CANADIAN		
WESTBOUND	CITY & CRS CODES	EASTBOUND
Tu,Th,Sa. 9:00	Dp. <b>TORONTO</b> (YBZ)	Ar. 20:00 Mo,We,Fr.
15:58	Dp. <b>SUDBURY JUNCTION</b> (XDY)	Dp. 13:21
9:25	Dp. <b>SIOUX LOOKOUT</b> (YXL)	Dp. 18:55
We,Fr,Su. 15:45	Ar. <b>WINNIPEG</b> (XEF)	Dp. 12:25
16:55	Dp.	Ar. 11:20
2:05	Ar. <b>SASKATOON</b> (YXE)	Dp. 2:10
2:30	Dp. Central Standard Time	Ar. 1:45 Su,Tu,Th.
Th,Sa,Mo. 8:05	Ar. <b>EDMONTON</b> (XZL)	Dp. 18:20
8:55	Dp.	Ar. 17:30
14:05	Ar. <b>JASPER</b> (XDH)	Dp. 12:20
15:30	Dp.	Ar. 11:00 Sa,Mo,We.
22:10	Ar. <b>KAMLOOPS</b> (YKA)	Dp. 2:25
22:45	Dp.	Ar. 1:50
Fr,Su,Tu. 7:50	Ar. <b>VANCOUVER</b> (XEA)	Dp. 17:30
		Fr,Su,Tu.

Schedules are subject to change without notice. Not all stops included on maps and schedules.

**RAILWAY SIGNS TO WATCH FOR**  
One of the railway traditions – the milepost – provides the key to locating a train's current position. Mileposts may be on either side of a train, and are usually rectangular white signs with black numbers.

Though Canada now uses the metric system, the original markers for railroads were, and still are, in miles. Each line is subdivided at Railway Division Points; these subdivisions are not a standard length, they were based on the distance a steam locomotive could travel in a day. The miles are counted from "0" going east to west.

**Siding and Station Name Boards**  
Newer siding and station name boards are white with a black name. Older station name boards are also white with a black name but the lettering is all capitals and the sign is mounted on a building.

**Mileposts**  
Milepost numbers rise from east to west and reset to zero at the start of each subdivision.

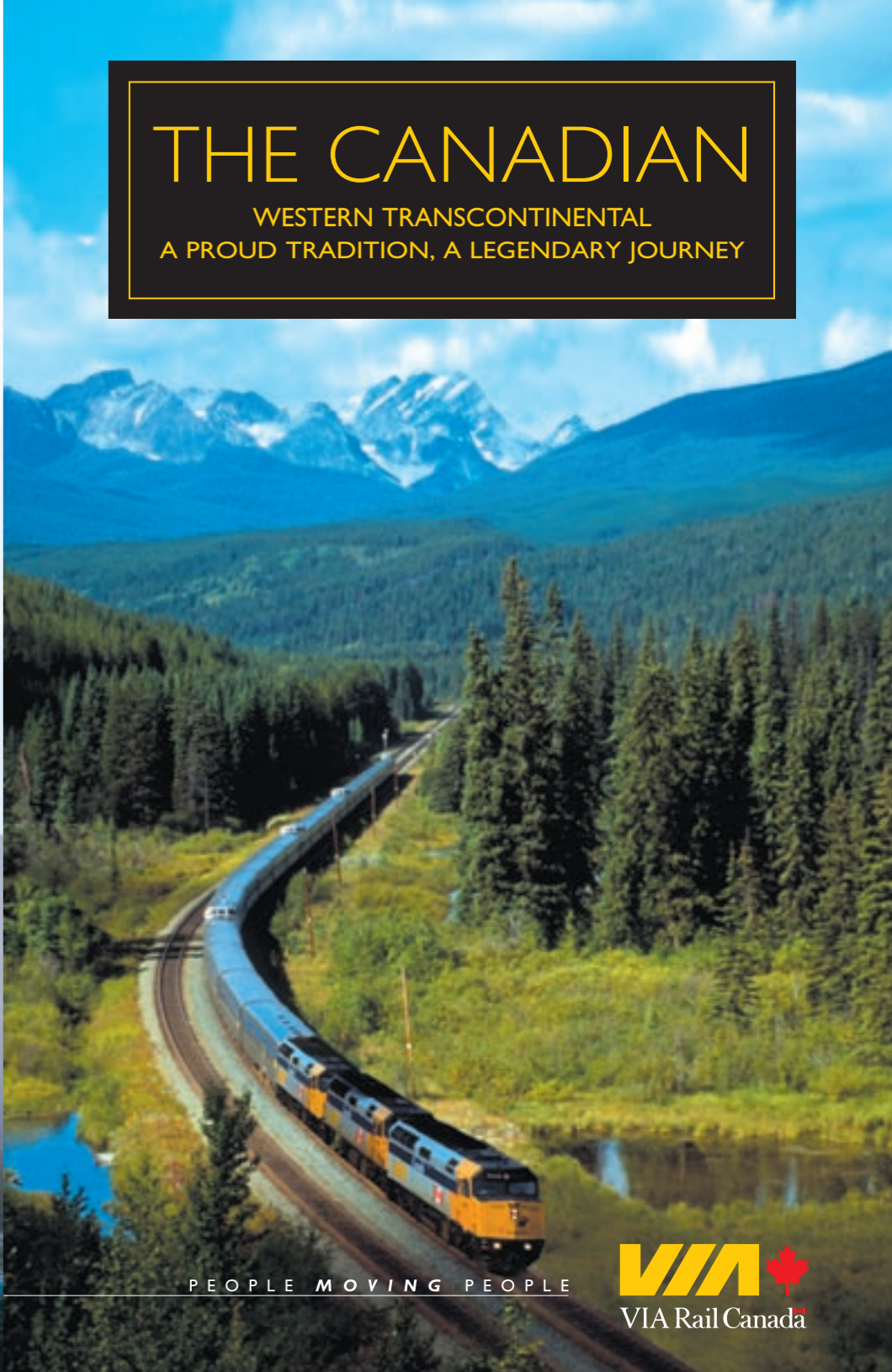


Book online, contact your travel agent or call  
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TTY 1 800 268-9503 (hearing impaired).



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**1 VANCOUVER (mile 131)**  
This city is home to half the population of British Columbia. And rightly so, given the fantastic setting between the Pacific Coast and the dark green forests of the Coast Mountains. Here, land is at a premium and the city skyline of Vancouver's West End seems to rise right out of Georgia Strait. A city of rich cultural diversity where North America and Asia meet, Vancouver is home to the second-largest Chinatown in North America. The market area of Granville Island and spectacular Stanley Park give Vancouver a relaxed cachet all its own.

**2 BOSTON BAR (mile 125)**  
This is the location of Hell's Gate, the most famous stretch of rapids in the province where the current is so swift that a fish ladder was built to help salmon swim upstream to spawn.

**3 LYTTON (mile 95)**  
This is a tiny town at the junction of the Thompson and Fraser Rivers. Here, the two mighty rivers run side by side in the same channel.

**4 ASHCROFT (mile 48)**  
18 cm of precipitation annually make it the "driest town in Canada." Here, you can see cactus, sagebrush and the trademark hoodoos – isolated pinnacles of rock that remain after a hill is worn away.

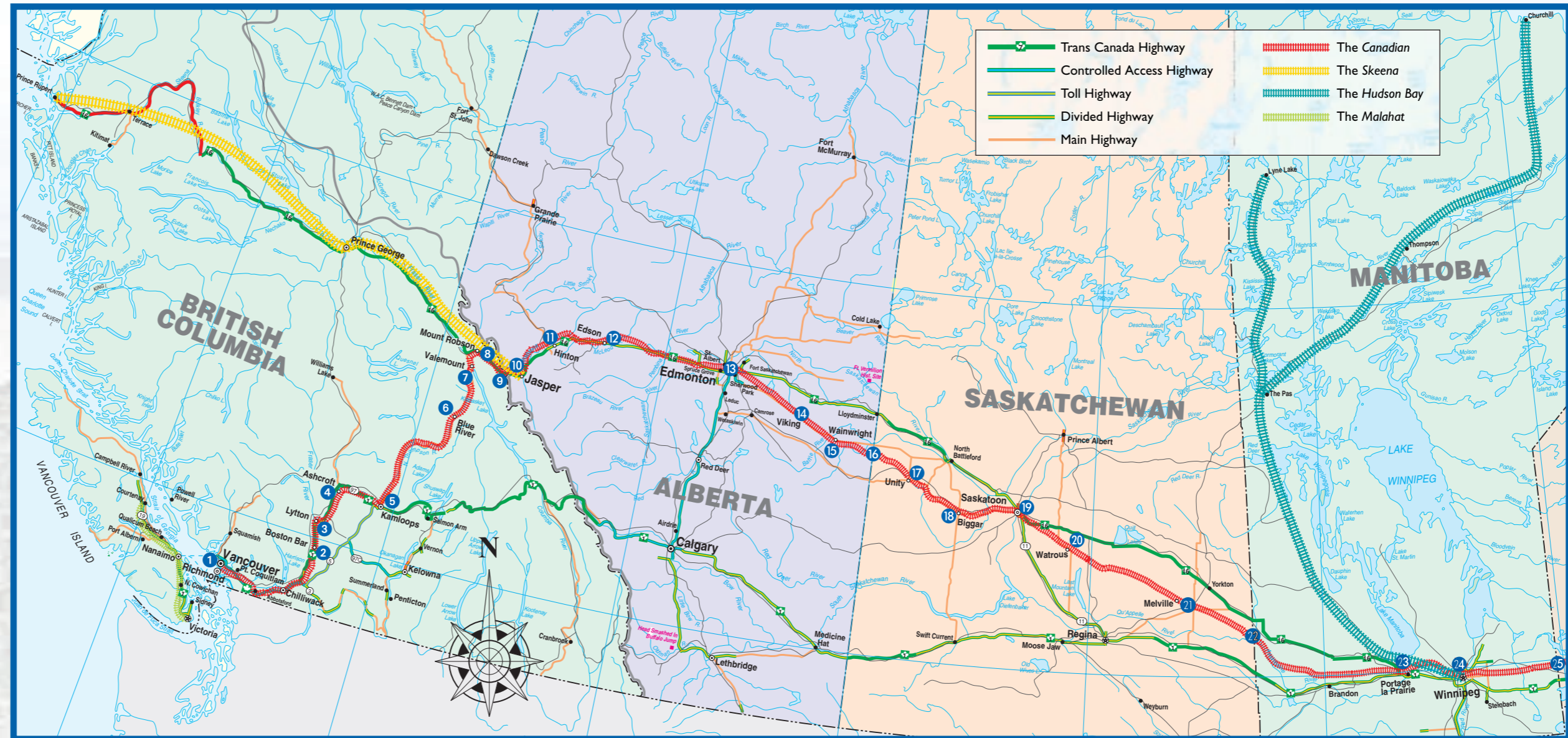
**5 KAMLOOPS (mile 0)**  
The town began as a trading post in 1812 and became a boomtown during the Caribou Gold Rush of 1862. The area is a study in contrasts. Here, the lush forests turn to the rolling hills of the arid high country scored by deep river canyons, which are fed by the many high-altitude lakes.

**6 BLUE RIVER (mile 132)**  
The town is home to one of the province's many heli-skiing outfitters and is a popular centre for fishing and outdoor adventure.

**Points of interest:**  
**Pyramid Falls (mile 113)** is briefly visible close to the tracks on the east side, like a partly collapsed set of rock shelves.

**7 VALEMOUNT (mile 74)**  
Located at the junction of the Rockies and the Caribou, Monashee and Selkirk Mountain Ranges, Valemount is a small lumber town on a long arm of water that was created by the huge Mica Dam almost 100 kilometres to the south.

**8 MOUNT ROBSON (mile 52)**  
As the highest peak (3,954 metres) in the Rockies, Mount Robson is easily recognizable and is often referred to as the "Monarch of the Canadian Rockies" or "The Dome."



**9 YELLOWHEAD PASS (mile 17)**  
The crest of the Yellowhead Pass is the border between Alberta and British Columbia and the division between Mountain and Pacific Time Zones. The Pass is one of the lowest points in the entire North American Continental Divide and all water systems flow either east or west from the Divide.

**10 JASPER (mile 0)**  
World-famous for skiing, hiking and outdoor sports, Jasper attracts tourists from around the world and is said to be among the country's most-photographed places. Because Jasper National Park is a wildlife sanctuary, it is common to see all sorts of wild animals in their natural habitat. Elk and mule deer often wander the main street of the town.

**11 HINTON (mile 184)**  
A coal mining town at the turn of the century, Hinton is a centre for winter sports and is well known for Nordic skiing in addition to a complete range of summer adventure activities such as canoeing.

**12 EDSON (mile 129)**  
This community is midway between Edmonton and Jasper National Park. From Edson, westbound passengers have their first view of the Rockies.

**13 EDMONTON (mile 0)**  
Alberta's capital, Edmonton is regarded as the gateway to the north given, its role as the staging point for explorers and adventurers from the early days of fur trading to the Yukon gold rush and the Alberta oil discoveries of 1947. The city is located on the banks of the North Saskatchewan River, which form a 27-kilometre greenbelt of parks, bicycle paths and green spaces. A few minutes from downtown, the gigantic West Edmonton Mall offers an amazing array of shopping, dining and entertainment possibilities, including an "indoor ocean."

**14 VIKING (mile 184)**  
Named for the many Scandinavians who settled the area in the early 1900s, the area around Viking (pop. 1,160) was significant for the Plains tribes that hunted buffalo before the arrival of Europeans.

**15 WAINWRIGHT (mile 140)**  
Home to a Canadian Forces Training base that is also the site of the Canadian Wildlife Service Peregrine Falcon Hatchery, Wainwright is characterized by the bobbing pumpjacks that tell you this is oil country.

**16 SASKATCHEWAN-ALBERTA BORDER (mile 101)**  
This provincial boundary also marks the division between Central and Mountain Time Zones.

**17 UNITY (mile 57)**  
The community is known for its local salt production mined 1,127 metres below ground.

**18 BIGGAR (mile 247)**  
The tiny town prides itself on its sense of humour. Thus the slogan "New York is big but this is Biggar." In fact, Biggar boasts an unusually large number of museums for a town this size.

**19 SASKATOON (mile 191)**  
Founded in 1882 as a temperance colony, this city is named after the abundance of delicious purple berries that are found along the banks of Saskatchewan River. Saskatoon is a Canadian leader in the high technology and mining industries, and is home to the University of Saskatchewan. The Ukrainian Museum of Canada is a tribute to the early settlers of the province and the influence this community has had is evidenced in the heritage architecture of the city.

**20 WATROUS (mile 129)**  
This area is famous for its mineral hot springs. The accumulated salt in adjacent Little Manitou Lake gives the water greater buoyancy than the Dead Sea.

**21 MELVILLE (mile 280)**  
The community is named for Charles Melville Hays, President of the Grand Trunk Pacific Railroad Company who died in the sinking of the Titanic in 1912.

**22 SASKATCHEWAN-MANITOBA BORDER (mile 213)**  
The *Canadian* is near the mid-point of its transcontinental journey.

**23 PORTAGE LA PRAIRIE (mile 55)**  
The city is so named because during the era of the North American fur trade, it was a resting area for voyageurs carrying canoes between the Assiniboine River and Lake Manitoba. Today, the major industry is food processing, largely due to its location, surrounded by some of the richest farmland in Manitoba.

**24 WINNIPEG (mile 0)**  
Manitoba's capital was originally the hub of the Canadian fur trade, given its strategic location at the junction of the Red, Assiniboine and Seine Rivers. Today, The Forks is a downtown meeting place that includes some of Winnipeg's better restaurants, shopping and live entertainment. The Winnipeg Art Gallery houses the world's largest collection of Inuit sculpture and art. Winnipeg is home to over 50 ethnic communities. In celebration of this diversity, the city holds its annual Folklorama, which features the food and cultural activities of the many communities that choose to make Winnipeg theirs.