

Contents

List of Maps ix

What's New in Canada 1

1 The Best of Canada 8

- | | | | |
|---|----|--|----|
| 1 The Best Travel Experiences | 8 | 7 The Best Biking Routes | 13 |
| 2 The Best Family Vacations | 9 | 8 The Best Culinary Experiences | 14 |
| 3 The Best Nature & Wildlife
Viewing | 10 | 9 The Best Festivals & Special Events | 16 |
| 4 The Best Views | 10 | 10 The Best Luxury Hotels & Resorts | 17 |
| 5 The Most Dramatic Drives | 11 | 11 The Best Bed & Breakfasts | 19 |
| 6 The Best Walks & Rambles | 12 | 12 The Best Camping & Wilderness
Lodges | 19 |

2 Planning Your Trip to Canada 21

by Bill McRae

- | | | | |
|---|----|---|----|
| 1 The Regions in Brief | 21 | 9 Getting There | 40 |
| 2 Visitor Information | 25 | 10 Packages for the Independent
Traveler | 44 |
| 3 Entry Requirements & Customs | 26 | 11 Escorted General-Interest Tours | 45 |
| 4 Money | 29 | 12 The Outdoor Adventure Planner | 46 |
| 5 When to Go | 31 | 13 Getting Around | 49 |
| 6 Health & Safety | 32 | 14 Tips on Accommodations | 50 |
| 7 Specialized Travel Resources | 34 | 15 Tips on Dining | 53 |
| 8 Planning Your Trip Online | 37 | 16 Suggested Itineraries | 53 |
| <i>Frommers.com: The Complete
Travel Resource</i> | 38 | 17 Recommended Books & Films | 56 |
| <i>Online Traveler's Toolbox</i> | 39 | <i>Fast Facts: Canada</i> | 58 |

3 Nova Scotia 63

by Paul Karr

- | | | | |
|--|----|---|----|
| 1 Exploring the Province | 63 | 4 Kejimikujik National Park | 73 |
| 2 Wolfville: Introduction to
the Annapolis Valley | 67 | 5 From Digby to Yarmouth: A Taste
of the Other Nova Scotia | 74 |
| 3 Annapolis Royal: Nova Scotia's
Most Historic Town | 70 | <i>Whale-Watching at Digby Neck</i> | 75 |

6	The South Shore: Quintessential Nova Scotia	80	8	The Eastern Shore: Rugged Coastline from Halifax to Cape Breton Island	103
	<i>The Dauntless Bluenose</i>	85	9	Cape Breton Island	106
7	Halifax: More Than a Natural Harbor	91	10	Cape Breton Highlands National Park	116
	<i>A Side Trip to Peggy's Cove</i>	97		<i>A Scenic Drive</i>	117

4 New Brunswick **119**

by Paul Karr

1	Exploring the Province	119	6	Fundy National Park: Exploring the Wild Coast	142
2	Around Passamaquoddy Bay: Campobello Island & More	123		<i>Seeking Adventure on Cape Enrage</i>	144
3	Grand Manan Island	128	7	Moncton: A Rival to Saint John	146
4	Saint John: New Brunswick's Largest City	131	8	Kouchibouguac National Park	149
5	Fredericton	137	9	The Acadian Peninsula	151

5 Prince Edward Island **155**

by Paul Karr

1	Exploring the Island	155	3	Prince Edward Island National Park	163
2	Queens County: The Land of Anne	158	4	Charlottetown	165
	<i>The Birth of Anne Shirley</i>	159	5	Kings County: An Escape from Anne's Land	171
	<i>A PEI Tradition: The Lobster Supper</i>	162	6	Prince County: PEI in the Rough	175

6 Newfoundland & Labrador **178**

by Paul Karr

1	Exploring Newfoundland & Labrador	178	4	The Great Northern Peninsula: Way Off the Beaten Path	191
2	Western Newfoundland: Your Introduction to The Rock	182	5	Terra Nova National Park	193
3	Gros Morne National Park: One of Canada's Treasures	186	6	The Bonavista Peninsula: Into Newfoundland's Past	195
	<i>Journey to the Center of the Earth</i>	188	7	St. John's: Bright Lights, Big City	199
			8	The Southern Avalon Peninsula	206
			9	The Labrador Coast: Wilderness Adventure & More	209

7 Montréal 213

by Herbert Bailey Livesey

- | | | | |
|---|-----|---|-----|
| 1 Essentials | 214 | 5 Seeing the Sights | 244 |
| <i>The Neighborhoods in Brief</i> | 218 | 6 Special Events & Festivals | 256 |
| 2 Getting Around | 222 | 7 Outdoor Activities & Spectator Sports | 256 |
| <i>Fast Facts: Montréal</i> | 224 | 8 Shopping | 259 |
| 3 Where to Stay | 226 | 9 Montréal After Dark | 263 |
| 4 Where to Dine | 236 | | |

8 Québec City & the Gaspé Peninsula 275

by Herbert Bailey Livesey

- | | | | |
|---|-----|--|-----|
| 1 Essentials | 276 | 7 Outdoor Activities & Spectator Sports | 301 |
| <i>The Neighborhoods in Brief</i> | 277 | 8 Shopping | 303 |
| 2 Getting Around | 280 | 9 Québec City After Dark | 304 |
| <i>Fast Facts: Québec City</i> | 281 | 10 Day Trips from Québec City: Ile d'Orléans & More | 309 |
| 3 Where to Stay | 283 | 11 The Charlevoix Region: Baie-St-Paul, La Malbaie & Tadoussac | 318 |
| 4 Where to Dine | 288 | 12 The Gaspé Peninsula | 323 |
| 5 Seeing the Sights | 293 | | |
| 6 Special Events & Festivals | 300 | | |

9 Ottawa & Eastern Ontario 329

by Herbert Bailey Livesey

- | | | | |
|--|-----|---|-----|
| 1 Essentials | 330 | 6 Outdoor Activities & Spectator Sports | 356 |
| <i>Fast Facts: Ottawa</i> | 333 | <i>Ottawa's Pride: The Rideau Canal</i> | 357 |
| 2 Where to Stay | 334 | 7 Ottawa After Dark | 359 |
| 3 Where to Dine | 339 | 8 Exploring Eastern Ontario: Kingston & More | 362 |
| <i>Pubbing It outside Ottawa</i> | 341 | <i>Along the St. Lawrence: The Thousand Islands</i> | 364 |
| 4 Seeing the Sights | 347 | | |
| <i>A Scenic Drive</i> | 352 | | |
| 5 Special Events & Festivals | 355 | | |

10 Toronto 372

by Hilary Davidson

- | | | | |
|----------------------------|-----|--------------------------------------|-----|
| 1 Essentials | 373 | <i>Fast Facts: Toronto</i> | 380 |
| 2 Getting Around | 377 | 3 Where to Stay | 382 |

4 Where to Dine	393	8 Shopping	417
5 Seeing the Sights	401	9 Toronto After Dark	420
6 Special Events & Festivals	412	<i>Landmark Theaters</i>	423
7 Outdoor Activities & Spectator Sports	413		

11 Southwestern Ontario **427**

by Hilary Davidson

1 Exploring the Region	427	3 Hamilton	442
<i>The Real Uncle Tom's Cabin</i>	430	4 London: A Family Friendly Town	446
2 Niagara-on-the-Lake & Niagara Falls	431	5 Goderich & Bayfield	449
<i>Touring Niagara-on-the-Lake</i> <i>Wineries</i>	434	6 Stratford & the Stratford Festival	450
<i>A Family Adventure</i>	440	<i>The Play's the Thing</i>	452
<i>Niagara Parkway Commission</i> <i>Restaurants</i>	442	7 Elora & Fergus: The Elora Gorge & More	457

12 North to Ontario's Lakelands & Beyond **459**

by Hilary Davidson

1 Exploring the Region	459	5 The Muskoka Lakes: A Land of Resorts	470
2 From Collingwood/Blue Mountain to Tobermory/Bruce Peninsula National Park	462	<i>Rest, Relax, Recharge</i>	476
3 Manitoulin Island: A Spiritual Escape	465	6 Algonquin Provincial Park: Canoeing, Fishing & More	477
4 Along Georgian Bay: Midland & Parry Sound	467	7 Some Northern Ontario Highlights: Driving along Highways 11 & 17	479
<i>The Tragic Tale of Sainte Marie</i> <i>Among the Hurons</i>	468		

13 Manitoba & Saskatchewan **491**

by Bill McRae

1 Exploring the Provinces	491	3 Whiteshell Provincial Park & Lake Winnipeg	514
<i>Farm & Ranch Vacations</i> <i>on the Prairies</i>	494	4 West along the Trans-Canada Highway to Spruce Woods Provincial Park & Brandon	516
2 Winnipeg: Capital of Manitoba	496	5 Riding Mountain National Park & Duck Mountain Provincial Park	517
<i>Taste of France across the River: The</i> <i>Historic District of St. Boniface</i>	502		

- | | | | |
|--|-----|--|-----|
| 6 On to the Far North & Churchill,
the World's Polar Bear Capital | 518 | 8 Saskatchewan Highlights along
the Trans-Canada Highway | 528 |
| 7 Regina: Capital of
Saskatchewan | 520 | 9 Saskatoon: The Progressive City
on the Plains | 530 |
| <i>The Trial of Louis Riel</i> | 523 | 10 Prince Albert National Park: A Jewel
of the National Park System | 538 |

14 Alberta & the Rockies 540

by Bill McRae

- | | | | |
|---|-----|---|-----|
| 1 Exploring the Province | 541 | 6 Kananaskis Country & Canmore . . . | 572 |
| <i>Getting a Taste of the Old West
at a Guest Ranch</i> | 544 | 7 Banff National Park: Canada's
Top Tourist Draw | 578 |
| 2 Calgary: Home of the Annual
Stampede | 544 | 8 Jasper National Park: Canada's
Largest Mountain Park | 600 |
| <i>Fast Facts: Calgary</i> | 548 | 9 Edmonton: Capital of Alberta | 613 |
| 3 Southern Alberta Highlights | 563 | <i>Fast Facts: Edmonton</i> | 616 |
| 4 Waterton Lakes National Park | 565 | <i>Edmonton's Klondike Days</i> | 617 |
| 5 Introducing the Canadian Rockies . . | 567 | | |

15 Vancouver 631

by Donald Olson

- | | | | |
|---|-----|----------------------------------|-----|
| 1 Essentials | 632 | 4 Where to Dine | 657 |
| <i>Neighborhoods in Brief</i> | 640 | 5 Exploring Vancouver | 668 |
| 2 Getting Around | 642 | 6 Shopping | 685 |
| <i>Fast Facts: Vancouver</i> | 645 | 7 Vancouver After Dark | 688 |
| 3 Where to Stay | 647 | | |

16 Victoria & British Columbia 691

by Bill McRae & Donald Olson

- | | | | |
|--|-----|---|-----|
| 1 Exploring the Province | 691 | 4 Vancouver Island's West Coast:
Pacific Rim National Park, Tofino &
Ucluelet | 729 |
| <i>Three Trips of a Lifetime</i> | 696 | <i>Walking the Wild Side: A Glimpse
of First Nations Life</i> | 734 |
| 2 Victoria: Victorian England Meets
Canadian Wilderness | 699 | 5 Vancouver Island's East Coast:
Parksville to Campbell River &
Quadra Island | 740 |
| <i>Fast Facts: Victoria</i> | 705 | 6 The Inside Passage: Prince Rupert &
the Queen Charlotte Islands | 745 |
| <i>Taking Afternoon Tea</i> | 727 | | |
| 3 A Side Trip from Victoria: Goldstream
Provincial Park | 729 | | |

viii CONTENTS

7 Cariboo Country to Prince George . . .	751	9 The Okanagan Valley: A Taste of the Grape	772
8 Whistler: One of North America's Premier Ski Resorts	757		

17 The Yukon, Northwest Territories & Nunavut 778

by Bill McRae

1 Exploring the North	779	6 The Top of the World Highway . . .	806
2 The Alaska Highway: On to the Last Frontier	785	7 North on the Dempster Highway to Inuvik	807
3 Whitehorse: Capital of the Yukon	788	8 Yellowknife: Capital of the Northwest Territories	808
4 The Chilkoot Trail & White Pass . . .	797	9 Nunavut: The Inuit Homeland	816
5 Dawson City: An Authentic Gold-Rush Town	799		

Appendix: Canada in Depth 820

by Bill McRae

1 History 101	820	4 Toward World Power	826
2 The Fall of Québec	821	<i>Canada's Cultural Mosaic</i>	828
<i>Dateline</i>	821	5 Onward into the 21st Century: The Creation of Nunavut & More	828
3 A Confederation of Provinces	822		

Index 830

List of Maps

Canada	22	Niagara-on-the-Lake & Niagara Falls	433
Nova Scotia & Prince Edward Island	65	Niagara Falls	439
Halifax	93	Hamilton	443
Cape Breton Island	107	Stratford	451
New Brunswick & the Gaspé Peninsula	121	The Muskoka Lakes Region	471
Saint John	133	Northern Ontario	480
Fredericton	139	Manitoba	493
Prince Edward Island	157	Saskatchewan	495
Charlottetown	167	Winnipeg	497
Newfoundland & Labrador	179	Alberta	543
Newfoundland	183	Calgary	545
St. John's	201	The Canadian Rockies	568
Greater Montréal	216	Banff National Park	579
Montréal Métro	223	Banff Town	583
Downtown Montréal	228	Jasper Town & Jasper National Park	601
Québec City	278	Edmonton	615
Québec City Environs	311	Greater Vancouver Area	634
Ottawa	331	Vancouver	636
Eastern Ontario	363	Southern British Columbia	692
Metropolitan Toronto	374	Victoria	703
The TTC Subway System	379	Vancouver Island	731
Downtown Toronto	384	Pacific Rim National Park	733
Midtown Toronto	386	The Yukon, the Northwest Territories & Nunavut	781
Southern Ontario	429		