

 EYEWITNESS

INSPIRE / PLAN / DISCOVER / EXPERIENCE

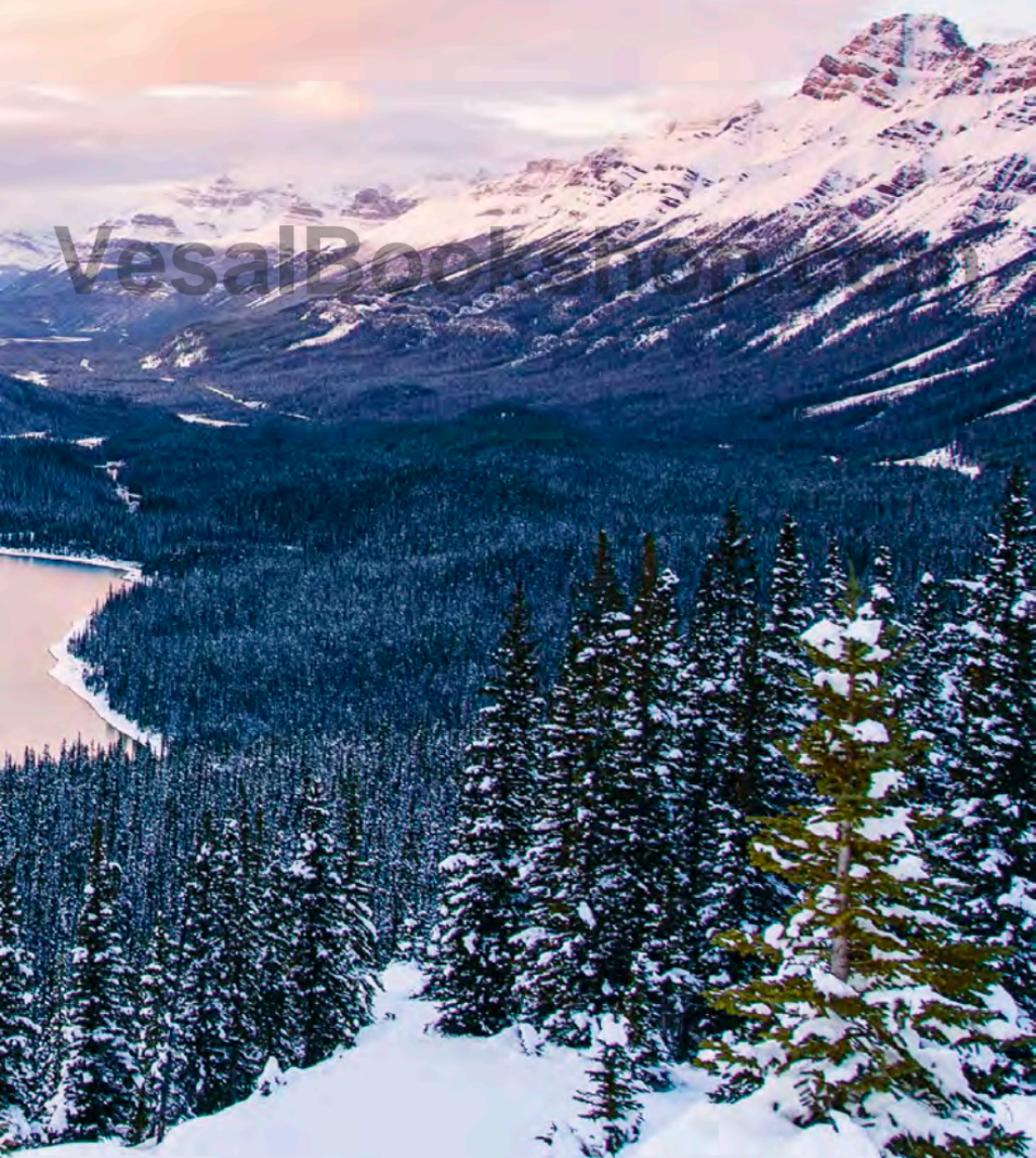
CANADA





CANADA

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Left: Snow-dusted red canoes in storage

Previous page: Banff National Park at sunset

DISCOVER

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Torontoskyline at dusk



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Reasons to Love Canada.....	10
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WELCOME TO CANADA

Soaring snow-capped mountains and rugged coastlines. Vast stretches of pristine Arctic wilderness. Vibrant cosmopolitan cities, furious ice hockey games, and dollops of maple syrup: this enormous country has it all. Whatever your dream trip to Canada includes, this DK Eyewitness Travel Guide will prove the perfect companion.



1



2



3

1 Female grizzly bear in the rainforest in BC.

2 Soaring skyscrapers in downtown Toronto.

3 Rugged mountains reflected in Moraine Lake, Banff National Park.

Sprawling across the northern end of the American continent and stretching up into the Arctic Ocean, Canada is unimaginably vast. Only 10 percent of the country is populated – the rest is untamed wilderness, where shimmering glaciers, dramatic ocean vistas, and forests of fiery maple trees will leave you awestruck. Hike exhilarating trails beneath snowy peaks, paddle a canoe on backcountry rivers, or head to the Arctic for the greatest light show on earth: the Northern Lights. Everywhere there is wildlife as amazing as the land it inhabits – from breaching whales to grizzly bears.

Canada's urban areas, too, will not disappoint. There's delightful diversity across the country's main cities, from French-speaking Quebec City's European ambiance to Montreal's bustling

multicultural neighborhoods, and from the gleaming skyscrapers of Toronto to the dynamic buzz of Vancouver. Farther afield, you'll find pretty French-style towns, small indigenous communities, and charming fishing villages. In every place you stay, you'll receive a famously warm and polite Canadian welcome.

The sheer scale of Canada, and the endless number of breathtaking experiences on offer, can seem overwhelming. We've broken the country down into easily navigable chapters, with detailed itineraries, expert knowledge and colorful, comprehensive maps to help you plan your visit. Whether you're staying for a weekend, a week, or longer, this Eyewitness guide will ensure you see the very best of Canada. Enjoy the book, and enjoy Canada.



REASONS TO LOVE CANADA

Vast, vibrant and breathtakingly beautiful, the world's second-largest country offers endless possibilities for travelers. Ask any Canadian and you'll hear a different reason why they love Canada. Here, we pick some of our favorites.



1 THE ROCKIES

With soaring peaks, crystal-clear lakes and acres of forests, the beauty of the Canadian Rockies (p128) is spellbinding. Ski the slopes, hike the trails or take in the amazing views.



3 WHALE WATCHING

The thrill of seeing a breaching whale gushing out of the water or a mother and calf plying the waves is incredible. Tour boats sail off both the Atlantic and Pacific coasts.

2 THE NORTHERN LIGHTS

Seeing these eerie and elusive ribbons of light tops many a bucket list. Churchill (p177), the Yukon (p350) and the Northwest Territories (p360) are some of the top viewing spots.



CAPTIVATING CITIES **4**

The French flair of Montreal (p238), the cosmopolitan cool of Vancouver (p74) and the multicultural energy of Toronto (p178) make a dynamic contrast to Canada's scenic landscapes.



SPECTACULAR **5** TRAIN JOURNEYS

Marvel at dazzling fall colors on the Algoma Central Railway, pristine wilderness on the Polar Bear Express, or stunning snow-capped peaks on the Rocky Mountaineer (p384).

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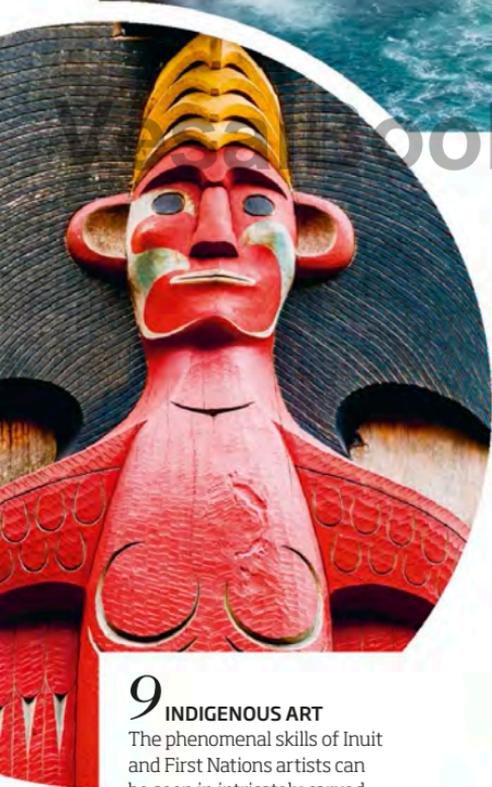
POUTINE **6**

Hot, crispy french fries, topped with cheese curds and salty brown gravy; it's easy to crave this simple comfort food that hails from Quebec but is loved right across the country.



7 NIAGARA FALLS

The thunderous torrent plunging over Horseshoe Falls (p204) is one of North America's greatest natural spectacles. Take a boat cruise into the mist at the bottom of the falls to truly feel their power.



9 INDIGENOUS ART

The phenomenal skills of Inuit and First Nations artists can be seen in intricately carved totem poles, sensuous sculptures and vibrant paintings across the country.

8 LIFE ON THE LAKES

Paddle a canoe, cast a fishing line or catch the wind in your sails. From the bustling Great Lakes to the quiet backcountry, Canada is dotted with lakes to enjoy a wealth of watersports.





10 ICE HOCKEY

The nation's most popular sport is played year round, though the top NHL games are held from October to April. You can catch the action in dozens of ice rinks around the country.



DISCOVERING DINOSAUR FOSSILS 11

Explore some of the world's richest fossil beds at Dinosaur Provincial Park, then follow the Dinosaur Trail through badlands studded with bizarre hoodoo rock formations (p168).

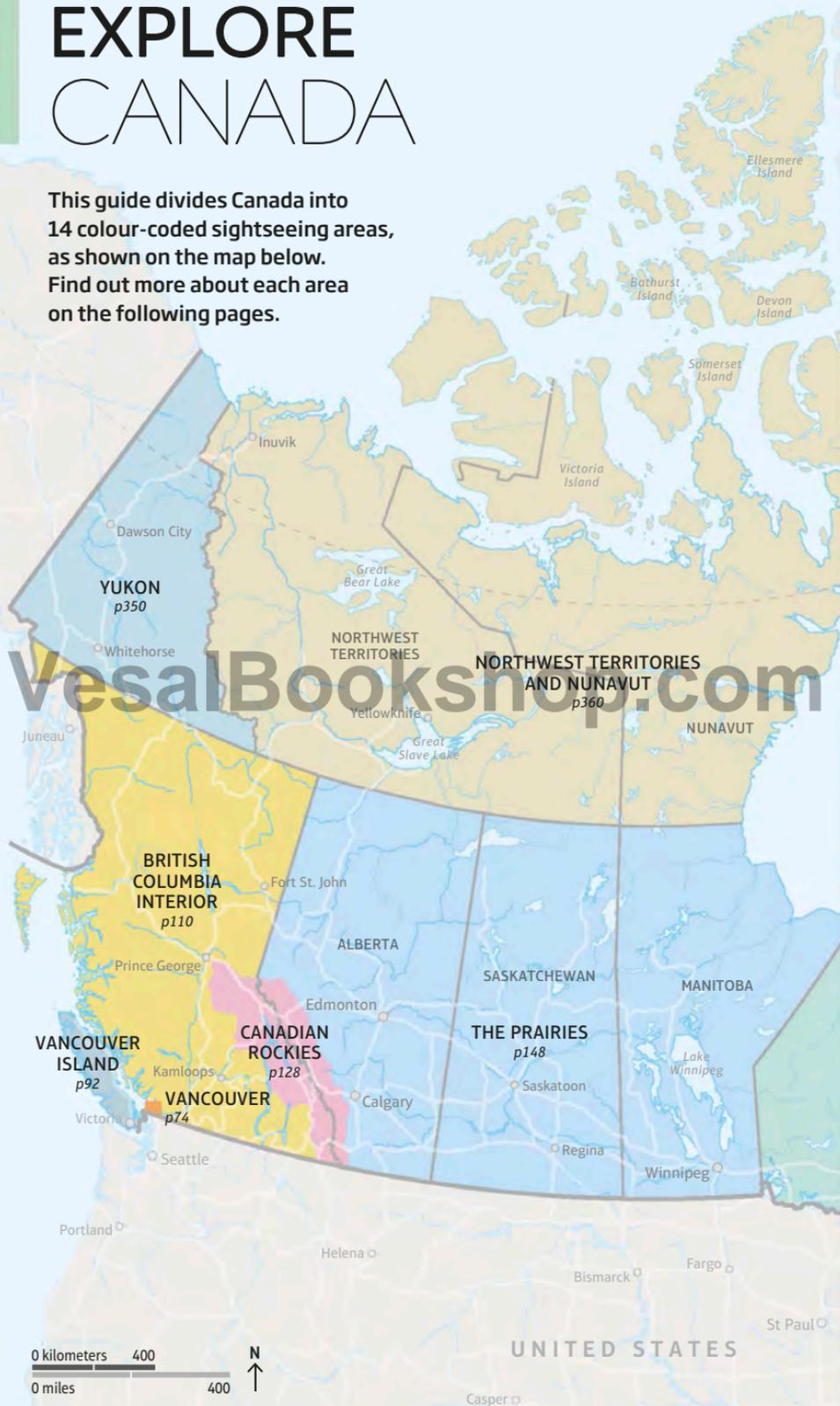


HIKING OFF THE CABOT TRAIL 12

Amazing trails through Cape Breton Highlands National Park (p316) capture all the beauty of Atlantic Canada: sandy beaches, green highlands, dense forests, and marvelous ocean views.

EXPLORE CANADA

This guide divides Canada into 14 colour-coded sightseeing areas, as shown on the map below. Find out more about each area on the following pages.



NORTH AMERICA



DENMARK
(Greenland)

CANADA

DENMARK
(Greenland)

U. S. A.

Pacific
Ocean

Atlantic
Ocean

MEXICO

CUBA

Baffin
Island

Arctic
Circle

Labrador
Sea

Southampton
Island

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Hudson
Bay

LABRADOR

NEWFOUNDLAND
AND
LABRADOR
p332

St. John's

NEWFOUNDLAND

Gulf of
St Lawrence

Sydney

QUEBEC PROVINCE
p276

NEW
BRUNSWICK
THE
MARTIMES
p304

P.E.I.

NOVA
SCOTIA

Halifax

ONTARIO
p200

QUEBEC CITY
p260

MONTREAL
p238

Sherbrooke

Portland

Boston

New York

Philadelphia

Atlantic
Ocean

Thunder Bay

Lake
Superior

North Bay

Sault Ste. Marie

Lake
Huron

Lake
Michigan

TORONTO
p178

Niagara Falls

Lake
Erie

Detroit

Cleveland

Chicago

Ottawa

Albany

GETTING TO KNOW CANADA

Blessed with ancient forests, rugged mountains, and bustling cities, Canada is astonishingly vast, stretching west from the Atlantic to the Pacific, and north to the Arctic Ocean. Each region has a history and essence distinctly its own, resulting in a rich choice of sights and experiences to explore.



PAGE 74

VANCOUVER

Canada's cosmopolitan western seaport enjoys a stunning location, tucked between an island-studded strait and rugged coastal mountains. The shimmering glass skyscrapers of its buzzing downtown sit alongside trendy restaurants, art galleries, and boutiques in the historic Gastown district. Vancouver is also home to Canada's largest Chinatown, where mouthwatering eateries can be found on every corner. Beyond the center, abundant parks and gardens call out to be explored, and outstanding First Nations art can be viewed at the University of British Columbia.

Best for

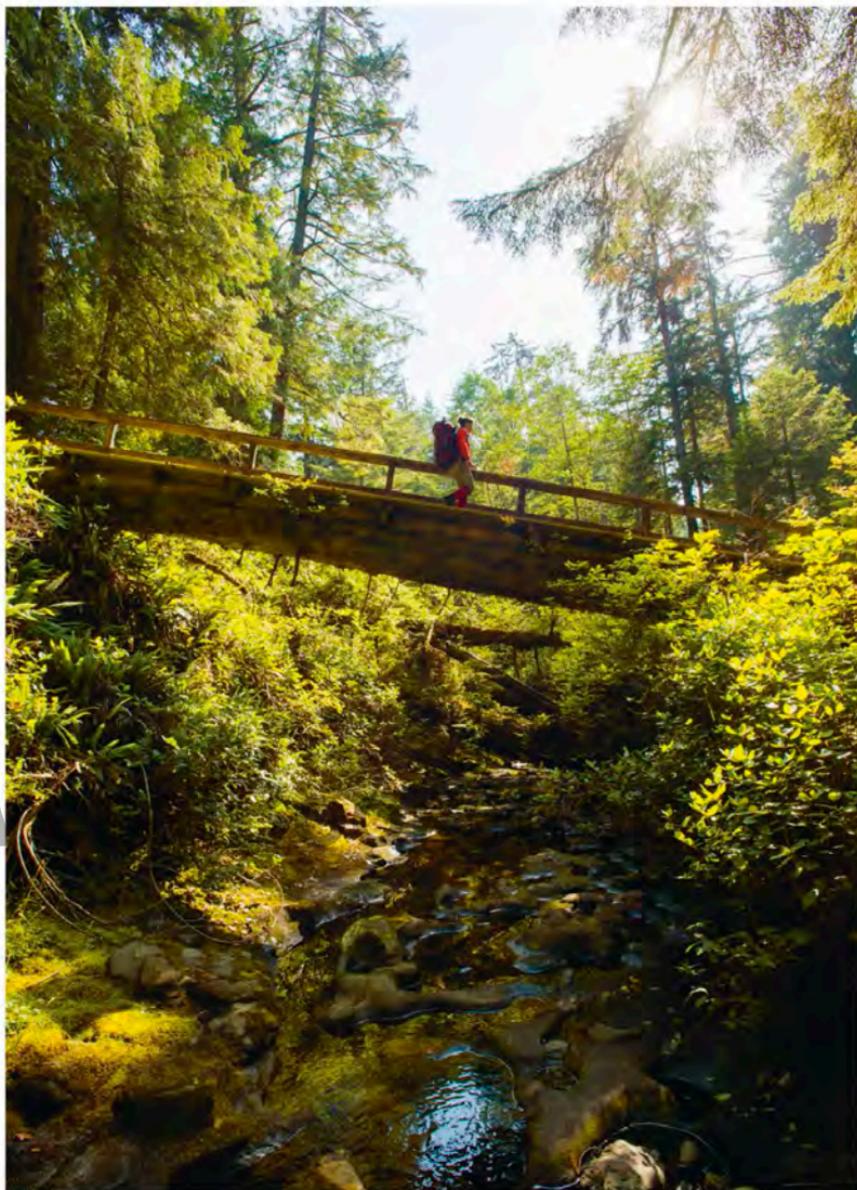
Ethnic restaurants and vibrant nightlife

Home to

Stanley Park, Granville Island, and the Gastown district

Experience

A bike ride around the perimeter seawall in Stanley Park



VANCOUVER ISLAND

This mountainous island has a wild beauty and a relaxed pace of life. The towns of its southeastern corner offer a lively food and arts scene, while Victoria, the pretty provincial capital, has a charming harbor and fine museums packed with the works of First Nations artists. To the west of the island lies the Pacific Rim National Park Reserve, which features miles of lush coastal rainforest and rugged surfing beaches. It is a renowned whale-watching spot, with these popular visitors often venturing so close to the shore that they can be glimpsed from land.

Best for

Cold-water surfing and hiking the coastal rainforest

Home to

Pacific Rim National Park Reserve, Royal British Columbia Museum, and Victoria

Experience

A whale-watching excursion in the island's busy local waters



BRITISH COLUMBIA INTERIOR

Thundering waterfalls, majestic rivers, and mineral hot springs are among the beautiful landscapes that lie between the western Coast Mountains and the Rockies to the east. Thanks to British Columbia's mild climate, orchards and vineyards flourish here in the southern Okanagan Valley. In sharp contrast, the dramatic wilderness of the northern parks includes ice fields, tundra, and volcanic terrain, while the Haida Gwaii islands preserve ancient rainforest.

Best for

Skiing and snowboarding against a spectacular backdrop

Home to

Whistler Blackcomb, Okanagan Valley, and the Kootenays region

Experience

A vineyard tour and wine tasting in the Okanagan Valley



PAGE 128

CANADIAN ROCKIES

Jagged snowy peaks, luminous glaciers, and shimmering turquoise lakes are strung across Canada's stretch of the Rocky Mountains. Both stunning natural features and a wealth of wildlife – from grizzly bears to bison – are protected in a series of national and provincial parks, which are populated by splendid scenic drives and hiking trails. Outside the parks, the region offers historic towns such as Fort Steele, beauty spots like Kananaskis Country, and the soothing waters of Radium Hot Springs.

Best for

Hiking trails and wildlife encounters

Home to

Banff National Park, Yoho National Park, and Jasper National Park

Experience

A luxurious soak in the Miette Hot Springs within Jasper National Park

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PAGE 148

THE PRAIRIES

Golden wheat fields and grasslands that reach to the horizon characterize the prairies of central Canada. But this vast area is home to further varied landscapes, from aspen parkland in the west, through the sandy beaches of Lake Winnipeg in the east, to the frozen tundra of northern Manitoba. Bookending the region are the cities of Calgary (best known for its western-themed events) and cosmopolitan Winnipeg. Those keen to glimpse polar bears or the Northern Lights should head northward, where remote Churchill on Hudson Bay remains a popular place to experience both.

Best for

Dinosaur fossils and polar bear spotting

Home to

Calgary, Royal Tyrrell Museum, and Prince Albert National Park

Experience

The awe-inspiring spectacle of the Northern Lights in Churchill





TORONTO

The iconic CN Tower, which dominates the skyline for miles around, is a suitable focal point of Canada's largest city. Close up, Toronto's dynamic buzz radiates from the lakefront parks of the Harbourfront, through the shiny skyscrapers of downtown, to the tempting sights and smells of Chinatown and other vibrant ethnic neighborhoods. The city's cultural offerings are immense; spend your time exploring Toronto's excellent museums and art galleries, its bustling markets, and its lively historic districts teeming with hip restaurants, bars and boutiques.

Best for

World-class museums and stylish restaurants

Home to

CN Tower, Royal Ontario Museum, and the Art Gallery of Ontario

Experience

A three-course meal in the CN Tower's revolving restaurant, with glorious views of the city below

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ONTARIO

Studded with sparkling lakes and waterways, this enormous province stretches from the Great Lakes to Hudson Bay. Northern Ontario is a land of turbulent rivers, dense forests, and Arctic tundra, accessible only by air and a handful of scenic road and rail routes. The fertile southern and eastern regions have sleepy farming towns, island-dotted bays, and sprawling wilderness areas around Lake Superior and in Algonquin Provincial Park. They are also home to the nation's capital, Ottawa; Toronto, its largest city; and its biggest visitor attraction, Niagara Falls.

Best for

Stunning lakes and thrilling outdoor activities

Home to

Ottawa, Niagara Falls, and the National Gallery of Canada

Experience

A boat ride to the mist-veiled base of Niagara Falls