

Canada's best drives

summer 2005

YOUR ESSENTIAL GUIDE TO DRIVING THE WORLD'S GREATEST COUNTRY

All new drives
for 2005

15 great trips

Win a 2006 Toyota
Highlander Hybrid

Handy road trip check list



Discover our true nature

GET GOING CANADA
DRIVE THE WORLD'S GREATEST COUNTRY

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Introducing the 2006 Highlander Hybrid.
Available this summer.

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**A MESSAGE FROM THE
PRESIDENT OF TOYOTA CANADA INC. AND THE
CHAIR OF THE CANADIAN TOURISM COMMISSION**

There's a big, beautiful country out there with over 9,980,000 square kilometres of spectacular sights, sounds, smells, tastes and thrills waiting to sweep you off your feet. The adventure begins right at the end of your driveway.

Toyota Canada Inc. and the Canadian Tourism Commission (CTC), together with Imperial Oil (Esso), Hudson's Bay Company (Hbc), Royal Bank of Canada (RBC), Expedia, Hilton Family of Hotels, Delta Hotels, Fairmont Hotels & Resorts and National Car Rental are pleased to present *Get Going Canada 2005*.

Building on the enormous success of last year's program, this year's initiative is bigger, broader and even more exciting with more reasons to get out and "Drive the World's Greatest Country".

It all starts with this fact and fun-filled travel guide. We have carefully selected 15 of the country's most breathtaking drives, complete with pit stops, photo opportunities, travel tips, maps and other essential tourist information.

Also back by popular demand is the exciting Get Going Canada Contest. Be sure to enter for your chance to win an all-new 2006 Toyota Highlander Hybrid and other fabulous prizes. For details, please visit www.getgoingcanada.ca.

So this summer, take two days, two weeks or two months and fill them with wonders you'll never forget. Grab your keys (and your spirit of adventure) and head out to explore the natural beauty and incredible diversity of this great nation of ours.

Get Going Canada: drive the World's Greatest Country and enjoy the view!

Ken Tomikawa
President, Toyota Canada Inc.

Charles Lapointe, P.C.
Chair, Canadian Tourism Commission



How to Get Going

Do-it-yourself Adventure

Are you ready for a road trip? Once you've read this year's Get Going Canada Travel Guide we think you will be. But don't pack the car just yet. Some of the best fun of the trip can be from the planning stage before you even start your engine.

First, contact the Tourism bureau listed at the end of each drive and request any materials that could help you plan and enrich your adventure. Make sure to get detailed road maps and plot your route, deciding on your overnight locations.



Do a little online surfing and see what others have to say about the places and attractions you're planning on seeing.

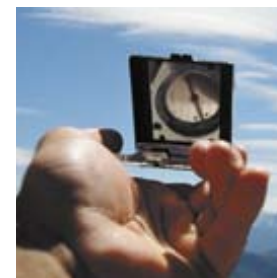
Check out your local bookstore for background on the things that most interest you: trail or wildlife guides, accommodation and restaurant listings, nautical maps or regional history.

Volumes could be written about any of the great excursions featured in this year's edition of Get Going Canada and a heap of fascinating details, attractions and locations were reluctantly saved for another day. Get Going Canada isn't meant to be your sole travel guide companion. Instead, we hope these tours will act as a springboard, compelling you to find out more and make these trips uniquely your own.

Drinks. Snacks. Magazines. Maps.

With over 270 On the Run stores at Esso stations across Canada, you can easily satisfy everyone's cravings wherever your road trip takes you. We've got the stuff you need to keep going. How do we know? At Esso, we're drivers too.

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Ready...Set... Get Going

Zen and the Art of Family Road Trips

- The key to a happy holiday is to relax, pace yourself and stay safe.
- Start travel before dawn when traffic is light and children are sleeping.
- Never leave kids or pets in a parked or idling car.
- Keep things that melt out of the back seat.
- Kids under 12 years old should not travel in the front seat.



- Buckle up: babies under 9 kg in a rear facing car seat (never in front of an airbag), 9 to 18 kg in a forward facing tethered restraint, kids under 8 years or 36 kg in a booster, everyone else with seat belts.
- Boosters save lives: kids using only seat belts are 3.5 times more likely to be significantly injured in a car crash than those using a certified booster.
- Even if you can drive "straight through", kids generally can't—allow time for children to run around.
- Car-sick kids should not read, play hand-held games or watch movies—they need to look outside the car to the horizon.

Pre-Trip Check List

- Vehicle maintenance recent and up-to-date
- Tire pressure checked
- Oil checked
- Extra washer fluid
- First aid kit and emergency supplies inspected, missing items replaced
- Spare tire present and in working order
- Portable air compressor
- Maps/Guide books/Itinerary/Contact numbers
- Cell phone/recharger
- New batteries for flashlights/portable electronics
- Snacks (easily accessible)
- Partially frozen drinks (easily accessible)
- Items most often used packed on top
- Children's luggage packed on top
- Extra bag for dirty clothes/laundry detergent
- Moist towelettes/paper towels/garbage bag
- Camera
- CDs/DVDs, music, movies, talking books
- Pillows/blankets
- Portable car games/cards
- Kids' individual backpacks
- New inexpensive toys/crafts/books/comics

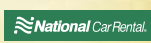


What do Canada and RBC Rewards® have in common? Great choice!

RBC rewards® From the Cabot Trail to the Dempster Highway, Canada has some spectacular drives. And the RBC Rewards program has what you need to make it better.

You can redeem your RBC Rewards points for everything from car rentals to accommodation to camping equipment. And just about everything in between. Just go to www.rbc rewards.com/go to see what you can get and how to redeem points.

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GET GOING CANADA & WIN!



2006 Toyota Highlander Hybrid

Drive the world's greatest country and enter for the chance to win and be one of the first to drive a ground-breaking Hybrid SUV: the 2006 Toyota Highlander Hybrid.

The 2006 Toyota Highlander Hybrid. Coming to Toyota dealers this summer. Enter on-line and you could win other great prizes too!



For details click on getgoingcanada.ca



Discover our true nature
www.travelcanada.ca/toyota



Never Quit

For entry and complete contest rules visit getgoingcanada.ca. Contest starts May 9, 2005 and closes September 5, 2005. Chances to win depend on total number of entries into the contest. No purchase necessary. Some restrictions may apply. Open to all residents of Canada with a valid driver's license. One entry per person. Approximate Retail Value of the 2006 Highlander Hybrid is \$43,000.00 (excluding freight, delivery and applicable taxes). Vehicle may not be exactly as shown.

Canada On and Off the Road

Fifteen self-directed excursions show off some of the best that Canada has to offer. Staying "Home" for the summer never looked so good.



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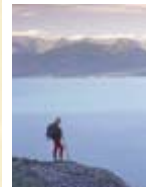
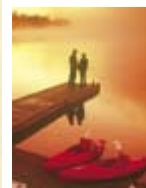
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Whales, Birds and Bergs Tour

Newfoundland & Labrador



Humpback Whale and Iceberg, Newfoundland & Labrador

In Newfoundland and Labrador, cod are known quite simply as Fish, and it was the Fish that brought Europeans to this first outpost in North America more than 500 years ago. Generations of hardy souls tamed the wild beauty and riches of this land—an independent country until 1949. Even today our newest province still retains a unique and separate identity. Outsiders are “from upalong”. Local folk may be hangashores, livyers, baymen, or townies, and place names are equally lyrical: Heart’s Delight, Nameless Cove and Little Seldom. The windswept province is jam-packed with a history and ecology as engaging as the poetry-laced dialect that knits her people together as tightly as the yarn in a fisherman’s wet woolen sweater.

Begin in St. John’s, then head out along such scenic drives as the Irish Loop, the Cape Shore, the Kittiwake Coast, sidetracking here and there for history and whale and iceberg-spotting. Then it’s north on the Viking Trail up the rugged west coast, doubling back later to end in Corner Brook, anywhere from 10 days to two weeks later.

A Whale of a City

In the venerable capital city St. John’s, climb to Signal Hill National Historic Site and, if you time it right, enjoy the colourful military drills staged by local cadets. Stroll streets lined with bright “salt-box” row houses and grand Victorian mansions, visit the fishing village of Quidi Vidi (pronounced Kitty Viddy), and drop by the Johnson Geo Centre.

Chances are you’ll see whales from many points along the coast in the late spring and summer—some 22 whale species frequent Newfoundland and Labrador’s waters. Then you’re off to Cape Spear National Historic Site for a souvenir photo at North America’s most easterly point.

Puffins and Pageants

Near Bay Bulls, the Witless Bay Ecological Reserve is home to 2.5 million seabirds and North America’s largest Atlantic Puffin colony. Take a boat tour around this reserve—and keep watching for whales; there are plenty here, too.

Now head west to the Discovery Trail for 500 years of history combined with nature. In Trinity, much of the old town retains its 1800s heritage character and period-garbed guides

grace the streets and stage the Trinity Pageant, a comedic town walking tour, several times weekly. At Bonavista, learn about Genoese

explorer John Cabot’s voyage from England to

Newfoundland in 1497. Drop by the Cape Bonavista Lighthouse Provincial Historic Site, the monument to Cabot near Bonavista Museum, and the replica of Cabot’s ship “The Matthew” and Matthew Interpretation Centre.



St. John's



You'll want to stop constantly to snap pictures of the countless fishing villages speckling the coastline. Eventually you'll reach Terra Nova National Park's Marine Interpretation Centre, where boats tour the park's sheltered bays and rugged shores, and hiking trails make fine vantage points for spying ospreys, eagles, lynx and moose.



recreate daily life in smoky sod huts, built as the Vikings would have made them 1,000 years ago. Nearby, in the replica Viking village of Norstead, join costumed interpreters in the dim light of the Viking-style

Chieftain's Hall and listen to haunting Norse tales. Step aboard the full-scale replica of the Viking ship *Snorri* and

learn how the Vikings mastered the North Atlantic.

The Earth's Mantle Exposed

From Gambo, birthplace of Joey Smallwood (Newfoundland's first Premier who brought the province into Confederation), travellers with an extra day or two can take side trips to Boyd's Cove Beothuk Interpretation Centre, Long Point Lighthouse, and Twillingate Museum. And whale and berg-watching boat tours go right into "Iceberg Alley" from here.

Still ahead: the UNESCO World Heritage Site Gros Morne National Park. Here, there are craggy mountains, deep inland fjords, hiking trails, and the Tablelands—a 600-metre-high plateau of exposed mantle rock disgorged millennia ago from the earth's interior.

Vikings Ahoy!

North on the Viking Trail, the Port au Choix National Historic Site offers 3,000-year-old artifacts of the Maritime Archaic Indians. L'Anse aux Meadows National (and UNESCO World Heritage) Historic Site honours the first Europeans to leave a record of their visit to this continent: the Vikings. You'll see amazing archaeological finds in the Visitor Centre, while on the grounds, guides

Basque Whalers and Partridgeberry Tea

Before or after L'Anse aux Meadows, spend a few days in wild southern Labrador, crossing the Strait of Belle Isle from the island of Newfoundland via the car-ferry Apollo. See if you can tell the difference between full-size bergs, smaller "growlers", and even smaller "bergy bits".

In Labrador, sample partridgeberry jams, drinks, and pastries. Explore the Red Bay National Historic Site, where you'll learn about another, little-known group of European visitors to these shores—16th century Basque whalers, and see the world's sole, preserved early Basque whaling boat, a fragile wooden "chalupa". At the Labrador Straits Museum near Point Amour, browse through more recent local tools, weapons, and household goods, and climb Atlantic Canada's tallest lighthouse at Point Amour Lighthouse Provincial Historic Site.

Then retrace your route back to the island and on to Corner Brook or back to St. John's, to head home carrying a list of spots you've saved for your next road trip in Newfoundland and Labrador.

For more information contact:
Newfoundland & Labrador Tourism
www.gov.nl.ca/tourism
or call 1-800-563-6353



Not to scale. Consult a detailed map.



Cape Breton Highlands and Sea

Nova Scotia

You're in a school concert hall and onstage a thin-sprite of a fiddler and a piper possessed are working the all-age audience into a frenzy. An impromptu dance breaks out and the musicians encourage you to join in—so you do—wondering when you last laughed this much. Music holds strong on Cape Breton Island, where five days is just a start to exploring this magical land of ceilidhs (kay-lees), friendly folk and stunning scenery. Drive, bike or hike the rugged and rolling coast. Kayak, and sit solitary with the sun on a secluded beach. Stay at charming inns, and experience ancient cultures of the Scots, Acadians and Mi'kmaq as you travel the island.

Stunning Beauty

Crossing the Canso Causeway to Cape Breton from mainland Nova Scotia is like a gateway to a new world. Baddeck, a resort-like village with marina and fine shops midway up this isle, is a popular base.

Telephone inventor Alexander Graham

Bell made his summer home here. Today, you'll find a museum dedicated to

Bell and his life's work. Play a round at the Bell Bay Golf Club, or

look for bald eagles over the Bras d'Or Lakes, an almost land-locked inlet of the sea, at Cape Breton's centre.

With more than 225 kilometres of coastline, it serves up secluded bays, inlets and home for birds and wildlife.

You must tour the Cabot Trail. Blessed with cliffs and coves, the staggering scenery graces North America's arguably most impressive road trip. It's a wonder how engineers carved this coastal highway, seemingly from rock face, curving up cliffs then twisting down, stunning sea views guaranteed.

Area side trips include the Gaelic College of Celtic Arts and Crafts at South Gut St. Ann's with its courses

in Gaelic, music, dance and Scottish arts, and Englishtown for a ferry ride and a museum dedicated to the late Cape Breton giant, Angus MacAskill. Jump on the ferry and you're on your way back to the Cabot Trail.

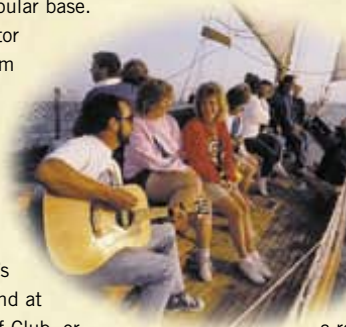
Further north, there's spectacular Cape Smokey, which ascends 365 metres and is capped with a provincial park and stunning ocean views. Ingonish is a resort community with

kayaking and the Highlands Links, one of Canada's 'must-play' courses. Carry on along the Cabot Trail, but take time to pull off into lovely, isolated fishing villages such as Neil's Harbour and Dingwall, Bay St. Lawrence, and Meat Cove to camp on a cliff overlooking the ocean.

Camp the National Park

Don't miss the majesty of the 950-square-kilometre Cape Breton Highlands National Park of Canada. Hike the Sky

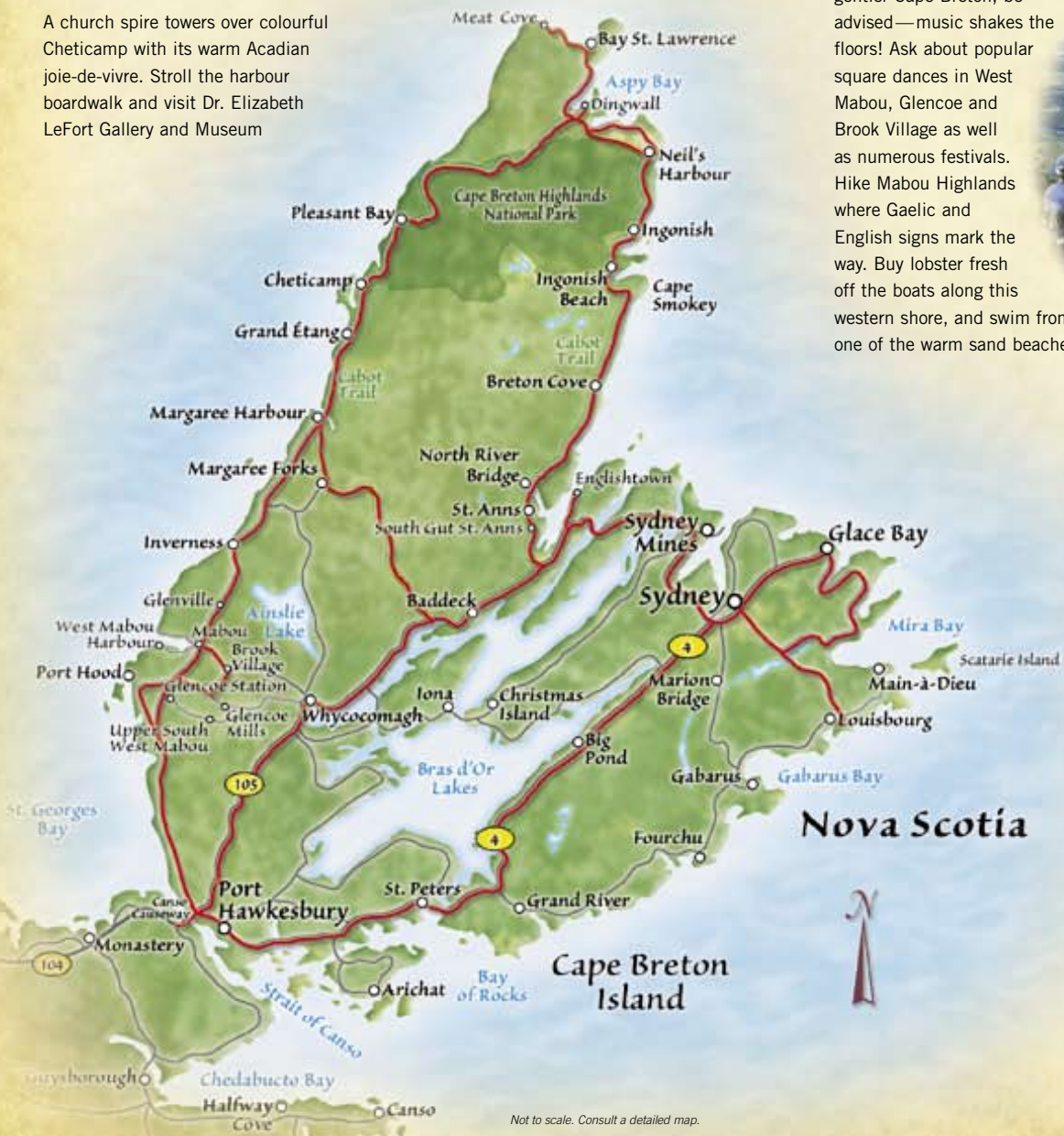
Line Trail (you'll feel like you're walking in the sky),



look for moose, camp and enjoy this amazing park, running from the Gulf of Saint Lawrence to the Atlantic Ocean. The coastal wilderness has four mountains, 26 hiking trails, picnic parks and beaches. On the west side, catch an awe-inspiring whale watching tour from Pleasant Bay. There's a Whale Interpretive Centre too.

A church spire towers over colourful Cheticamp with its warm Acadian joie-de-vivre. Stroll the harbour boardwalk and visit Dr. Elizabeth LeFort Gallery and Museum

at Les Trois Pignons for displays of Cheticamp-style hooked rugs and tapestries. In 'the Margarees', revel in a barn dance with top musical talent at the Normaway Inn, a tranquil 1920s lodge, fish or canoe the Margaree, a Canadian Heritage River, and hike jaw-dropping scenery.



Not to scale. Consult a detailed map.

Let's Ceilidh

From Cheticamp, the coastal Ceilidh Trail south leads to Glenville, home of North America's only single-malt whiskey distillery. It's worth a visit to the Glenora Distillery, where you'll find a pub, inn, restaurant, gift shop and ecomuseum. While some may see this rural area as a quieter, gentler Cape Breton, be advised—music shakes the floors! Ask about popular square dances in West Mabou, Glencoe and Brook Village as well as numerous festivals. Hike Mabou Highlands where Gaelic and English signs mark the way. Buy lobster fresh off the boats along this western shore, and swim from one of the warm sand beaches.



Loop back north through Baddeck to Sydney. Nova Scotia's second largest city has plenty to keep you occupied and is a good place to overnight. Nearby, open a portal to 1744 New France. The Fortress of Louisbourg National Historic Site is North America's largest historical recreation.

On the way back to Sydney, take a side trip to Glace Bay to see the Marconi National Historic Site and the Miners' Museum where you might catch the world-renowned Men of the Deeps—the only choir where singing ability (and it is fabulous) is secondary. Members must have worked the mines. Southwest of Sydney, Rita MacNeil fans won't want to miss dropping by Rita's Tea Room in Big Pond.

Celebrate the Road to the Isles

It's time to head back to mainland Nova Scotia along the Canso Causeway, the link between Cape Breton and the mainland. Ceilidhs, concerts, dances and fireworks will mark the Causeway's 50th Anniversary, August 7 to 14. You'll want to be there for the people, the party and the panorama.

For more information contact:
Nova Scotia Department of
Tourism, Culture and Heritage
www.novascotia.com
or call 1-800-565-0000



Driving The Golf Trail

Prince Edward Island

This is a land apart, of sandstone cliffs, long stretches of white, pink and red sand beaches, cozy villages nestled in a pastoral countryside and seemingly endless potato fields that yield more spuds than any other province in Canada. For its modest size, PEI also yields more golf courses than pretty much anywhere else. The tiny, crescent-shaped island is the proverbial pot of golfing-gold at the end of the Confederation Bridge rainbow. Only 224 kilometres long, PEI is packed with spectacular golf where each new fairway opens out onto unforgettable vistas.

Let the Games Begin

The island's gateway to golf is the 13-kilometre-long Confederation Bridge that spans the Northumberland Strait and links mainland New Brunswick at Cape Jourimain to the south coast of

with a heavily forested layout requiring the use of every club in the bag. On the way to Mill River, plan a stop at the huge PEI Potato Museum at O'Leary where you can learn everything there is to know about island spuds



Confederation Bridge

PEI. Here, from the town of Borden-Carleton, motoring west you can be hitting drives and making putts at the Summerside Golf and Country Club in less than 30 minutes. Summerside itself is a charming harbour town providing your first taste of PEI's Celtic heritage, down home hospitality and fresh seafood cuisine. Take time from the links to visit The College of Piping and Celtic Performing Arts, a vibrant Summerside venue where daily performances of bagpiping and Highland dancing are a summer-long treat.

Continuing west, take the scenic North Cape Coastal Drive or veer inland over roads that meander through PEI's quaint small towns and pretty countryside to the northwest region where the challenging Mill River Golf Course at Woodstock provides golfers

and sample "tater" snacks on site. The northwest district also offers four nine-hole courses including local favourite, the new St. Felix Golf and Country Club, in a picturesque domain of red sandstone cliffs and coastal lighthouses. Exploring the nooks and crannies of the area, you can stop at restaurants and sample seaweed pie or visit the historic site near Tignish where the region's eight founding families landed in 1799.

Sandy Beaches and Awesome Golf

Leaving the west and heading along the north coast's Blue Heron Drive, this is a stretch of spectacular beaches, sand dunes and some of the finest golf courses on the island. Here, also, is the resort haven of Cavendish, setting for author Lucy Maud Montgomery's

Mill River Golf Course, Prince Edward Island



world-famous *Anne of Green Gables* books about a spirited, pig-tailed orphan girl. Anne aficionados can visit the Anne of Green Gables Museum and Montgomery's birthplace; however, a golfer's primary interest will be a cluster of eight premier courses including the classic Green Gables, Glasgow Hills and The Eagles Glenn, with layouts that have helped rank PEI Canada's top golf destination according to *SCORE* magazine, the country's most respected golf journal.

Minutes south of Cavendish, the newest star on the island's golf horizon is Andersons Creek, a one-year-old championship track with a genius layout carved from a landscape of rolling hills and woodlands.

While the island is dotted with exceptional courses, the standard-bearer for PEI golf is the renowned Links at Crowbush Cove on the Kings Byway. Located on the sand-fringed north coast near Mount Stewart, this is a must-play trophy track just beyond the dunes where many of its 18 holes offer stunning views of the ocean. Further east along the coast, the best place to exchange a golf club for a fishing pole is North Lake. Here, some of the world's biggest fish (including Bluefin Tuna weighing more than 1,000 lb.) have been reeled in.



Birthplace of Confederation

The golf trail continues around to the east coast where sensational sister courses, Brudenell River and Dunderave, offer world-class layouts. Brudenell is also the home of the Canadian Golf Academy, a teaching facility that *SCORE* ranks No. 1 in Canada. Here, you can book a lesson with Anne Chouinard, coach to PEI native and LPGA star, Lorie Kane.

Following the east coast around the island's southern tip to Charlottetown, birthplace of Confederation, there's a nest of five courses just minutes from city centre.

Among them is Fox Meadow, an 18-hole masterpiece with views of Charlottetown harbour. In addition to a host of special events to mark its 150th anniversary this year, the city offers lively Irish pubs, seafood restaurants, a waterfront entertainment district and the Confederation Centre of the

its cultural cornucopia. Whatever golf route is followed, take time to enjoy a steaming lobster dinner at one of the island's rural churches or a lobster boil on a beach. Have some foot-stompin' fun at an island Ceilidh and be sure to have a feed of the island's world famous Malpeque oysters. Wherever



Eagles Glenn Golf Course

Arts where you can watch performances of *Anne of Green Gables The Musical™* during the summer-long Charlottetown Festival.

you travel across PEI, you can be sure that great golf and a charming island character are par for the course.

Beyond the 18th Hole

The island can feasibly be toured in two or three days, but five days to a week provides a more fulfilling time frame in which to absorb and explore

For more information contact:

Tourism PEI
www.peiplay.com/golf
or call 1-888-PEI-PLAY

Golf PEI
www.golfpei.ca
or call 1-866-GOLF-PEI



Not to scale. Consult a detailed map.



Wonders of the World Trail

New Brunswick

Ah. New Brunswick. Where else can you dig your toes into the tidal beach at The Hopewell Rocks, and six hours later ocean kayak along the very same stretch? Here you can stroll one of Canada's top seaside resort towns one day, then be hip-deep in the famed Miramichi River the next, heeding the enchanting siren call of a fly-fishing expedition. This East Coast gem beckons with Natural Wonders set against vibrant cityscapes; you'll find Acadian spirit, feisty festivals, magnificent whales, and the breathtaking beauty of Provincial and National parks. Pack a picnic, grab that special someone, and follow a local tradition—kiss each time you cross one of the province's 64 covered bridges.

Fundy Fun and City Nights

Start your five-day tour at provincial icon, The Hopewell Rocks, where Fundy's dramatic tides, the world's highest, have carved four-storey sculptures from the sea. Visitors from around the world come to marvel at the constant motion of the sea, watching

Sea, Sun and Sand

Parlee Beach Provincial Park, with glistening sandy beaches and warm salt water, is a popular gathering spot. Further up the Acadian coast sits nature's paradise, Kouchibouguac National Park of Canada. Swim, bike, camp and birdwatch. The park is home



Irving Eco-Centre, La Dune de Bouctouche

in awe as 200 billion tonnes of swirling sea water make a twice-daily sojourn into the narrow bay. Nearby, the forest, shoreline and rugged terrain of Fundy National Park of Canada offer a plenitude of interpretive services, as well as a trail system, golf course and heated saltwater pool, making it a great family destination for day use or camping.

Return to Moncton, a bilingual, booming city. There's top-notch Atlantic Canadian talent Fridays at the Moncton Market, or enjoy a show at McSweeney's Dinner Theatre.

to the second largest tern colony in North America, and its shifting sand shelters the endangered piping plover. Boat out to see colonies of harbour and grey seals. Just north of Bouctouche, amble along the 2 kilometre boardwalk that protects the sensitive eco-system of the sand dunes. The Irving Eco-Centre, La Dune de Bouctouche helps explain the importance of these giant dunes—some of the last in North America.

The further north of Moncton you explore in New Brunswick, the broader the vein of Acadian culture you'll find.

The Hopewell Rocks, Hopewell Cape, New Brunswick



The colourful characters of the fictitious Acadian fishing village, Le Pays de la Sagouine in Bouctouche, offer up a joyous celebration of that special brand of francophone charm. A serpentine wooden bridge leads from the mainland "village" to the L'isle aux Pucés, where you'll find colourful homes perched on stilts. Stay for a performance, or dine on typical Acadian fare like poutine rapée, (grated and mashed potatoes wrapped around fresh pork). On your way back to Moncton, stop in at 'lobster capital' Shediac. Captain Eric LeBlanc shows you how to haul traps, cook, shell and eat lobster, before providing a feed for all aboard one of his Croisières Shediac Bay Cruises.



Riverfront Ramblings

Further west along Route 2, enjoy a stroll through the riverfront capital of Fredericton. Soak up some of the city's rich history, arts and culture, not to mention sample the fare from the surprising number of excellent international restaurants here. Start in the Historic Garrison District, watch the changing of the guard, and explore the museums and shops. Nearby Kings Landing Historical Settlement invites visitors to step back into 19th century New Brunswick, with the picturesque St. John River at their side. Now, heading south you're in for a treat.

Canada's Seaside Resort, and Its Chocolate Town

From the quintessential seaside resort town of St. Andrews, board a zodiac, tall ship or traditional boat to see whales playing in the Bay of Fundy. St. Andrews is also popular for sea kayaking, charming shops, inns, and the horticultural haven Kingsbrae Garden. You'll also find the classic resort experience at The Fairmont Algonquin,



with its kilted bellhops. In Canada's "Chocolate Town" of St. Stephen, straddling the American border, the confectionary Ganong dynasty has made many tasty firsts since the family started making sweets in the 1870s, including the very first nickel chocolate nutbar. Drop by the Chocolate Museum in the former factory for the facts, then slip next door to Ganong's Chocolatier and pick up some hand-dipped delights.

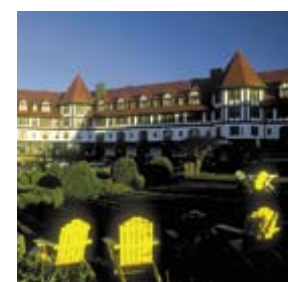
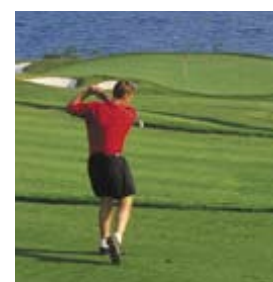
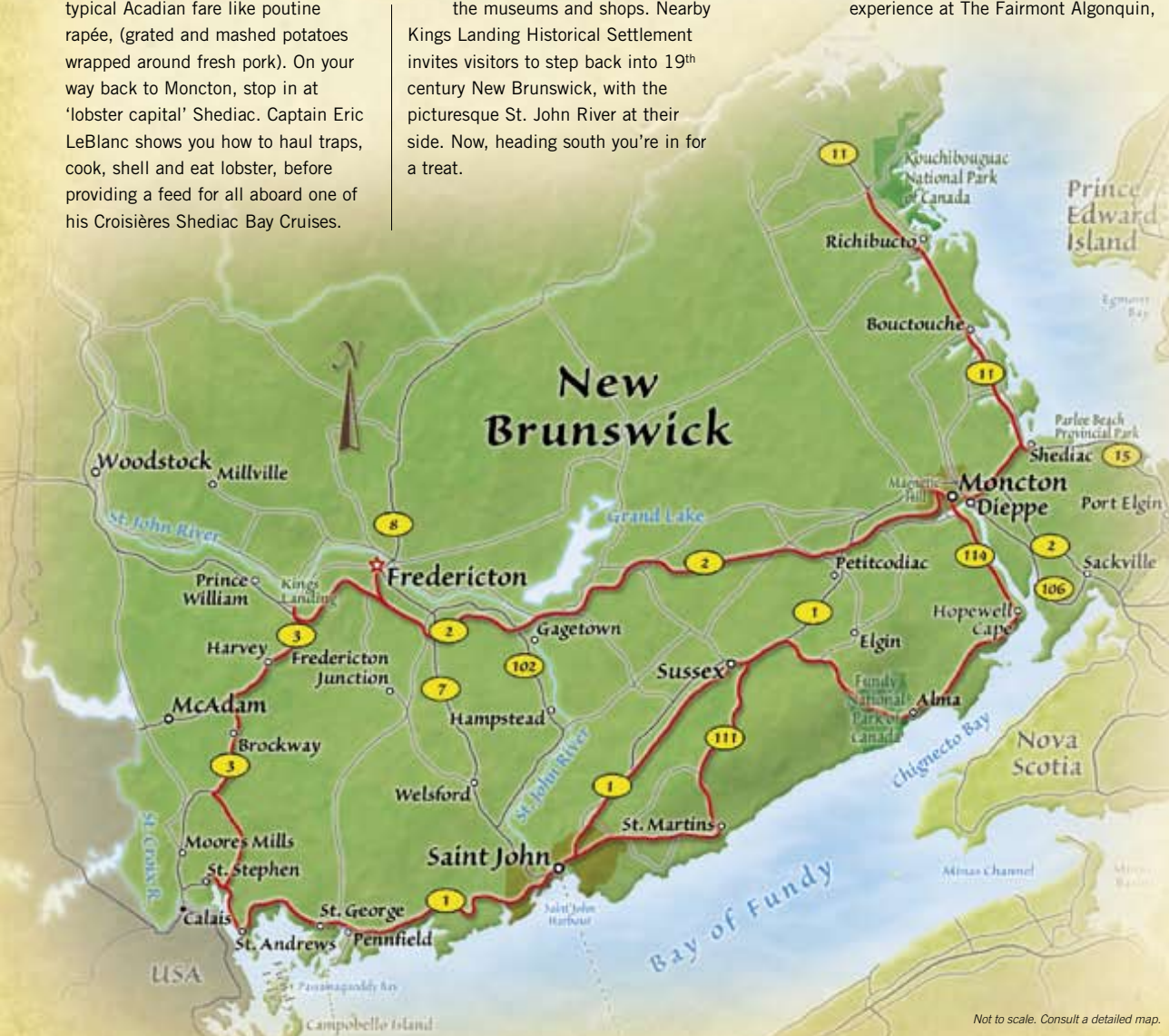
Trail Wonders and Port City Adventure

Saint John, Canada's oldest incorporated city, lies east on Route 1. Walking or taking the trolley are both great ways to see this port city with its beautiful old buildings and bustling historic City Market. Take a water taxi to the Reversing Falls and jet boat through the rapids. Stroll Harbour Passage along the waterfront, and visit Imperial Theatre and the uptown historic area.

Tumbling waterfalls, beaches and great views of nature's splendour are part of the Fundy Trail, a multi-use corridor along the cliff-tops of Fundy's coast, accessible by car, foot, bike or kayak. The trail opens up previously inaccessible coastal areas and begins near St. Martins, a village blessed with sea caves, beaches and covered bridges.

With so many Wonders, New Brunswick is bound to lure you back for a repeat visit or extended stay.

For more information contact:
New Brunswick Department of Tourism and Parks
www.tourismnbcanda.com
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The Kingdom of the Saguenay

Québec

When Jacques Cartier sailed up the rivière Saguenay, he found the land so vast that he called it The Kingdom. Close to 300 years later, settlers were drawn to test their fortunes with farming and lumber here. One name particularly evokes the pioneer spirit of rural Québec: Maria Chapdelaine. The novel of a Québécoise girl's coming of age on the north shore of Lac Saint-Jean conjures a vital picture of land, forest and inland sea. Today you'll find Maria's legacy in a region perfect for modern adventurers.

The Saguenay-Lac Saint-Jean area packs lakes, rivers, forests, mountains, plains and the Saguenay fjord in an area about the size of Belgium. The high cliffs and deep fjord of the rivière Saguenay run from Lac Saint-Jean to the mouth of the Saint Lawrence River.

Heading south along the Saint Lawrence, the traveller meets up with the

rolling hills and pretty villages of the Charlevoix, an inspiration to artists for more than a century. Whether it's cycling around Lac Saint-Jean, cruising the rivière Saguenay or hiking in one of the parks within the Charlevoix region, there is an abundance of soft adventure opportunities.

History and a River Runs Through It

Just 40 kilometres from Québec City, you'll find the wilderness of Parc national de la Jacques-Cartier, named for the river that runs through it that has sections perfect for both white water and flat water paddling. Plenty of hiking trails are on hand, and the chances are good you'll spot moose or blue heron.

When you reach Lac Saint-Jean, begin your circumnavigation of the lake at Alma—where you'll find a charming

section of the 256-kilometre Véloroute des Bleuets cycling trail—named for the abundance of blueberries in the fields and bogs of the area. The trail will take you both around the lake, and to historic areas around Alma that were founded in the heyday when the Isle-Maligne hydroelectric dam, Alcan smelter and Price Brothers paper mill were built

in the mid-1920s. The new L'Odyssee des Bâtisseurs Park focuses on water's role in the region's development and includes a variety of exhibits, a multimedia presentation, hiking trails and a dam.

Pulp and Paper Ghost Town

Circling west, near Desbiens, the spectacular rivière Métabetchouane offers good paddling and fishing along the former trade route of the Montagnais Indians, Jesuits and trappers. Explore the two-kilometre riverside hiking trail past waterfalls and cascades to the Caverne Trou de la Fée (or Fairy's Hole). Nearby, the Centre d'histoire et d'archéologie de la Métabetchouane depicts the contact point between the First Nations people and Europeans with a reconstructed Hudson's Bay fur trading post and exhibits from the



Parc national de la Jacques-Cartier



archaeological site here. There's also a monument to Jesuit explorer Jean de Quen, the first European to reach the lake in 1647.

Mashteuiatsh on Lac Saint-Jean's western shore is home to about 2,000 Montagnais people and the impressive Musée amérindien de Mashteuiatsh. Indigenous wildlife, such as foxes and bears, are among the 1,000 animals that roam around a wild natural setting at the Zoo sauvage de Saint-Félicien. Meanwhile, humans roll by in a screened-in enclosure on wheels.



Not to scale. Consult a detailed map.

The Village historique de Val-Jalbert in Chambord recreates the life of the pulp mill that operated from 1901 to 1927, complete with costumed interpreters, the original homes, mill, convent and general store. The village sat abandoned until 1985, when it was restored to give a window on the area's pulp and paper past. Stay in a refurbished hotel room above the General Store, or in one of the restored homes. Take a cable car to the summit of the magnificent Ouatouchouan waterfall, higher than Niagara.

Maria Chapdelaine Territory

On the north shore of the lake you are truly in Chapdelaine territory. The Musée Louis-Hémon in Péribonka pays tribute to the author of *Maria Chapdelaine* and the surroundings that inspired his most famous novel. Just east of Péribonka, Parc national de la Pointe-Taillon offers a raft of outdoor activities including swimming, cycling, hiking and boating—plus arguably the best beach in Lac Saint-Jean.



The Parc national du Saguenay flanks the fjord with great hiking from the pretty village of Sainte-Rose-du-Nord to the Saint Lawrence. The village of Tadoussac sits where the two rivers meet; in 1535 Jacques Cartier was so delighted with the beauty here, he dropped anchor to appreciate the view. The ferry crossing at Tadoussac may proffer a view of one of the rivers' famed whales, or the Saint Lawrence Marine Park has whale observation points particularly at Pointe-Noire near Baie Sainte-Catherine.

As you return toward Québec City, your voyage along the shore of the Saint Lawrence takes you past the scenic villages and amazing UNESCO Biosphere Reserve parks of the Charlevoix region. Your week exploring The Kingdom has shared inland sea and sea-bound rivers. Like Cartier, you may find yourself wanting to drop anchor for a few days more.

For more information contact:

Tourisme Québec

www.bonjourquebec.com

or call 1-877-BONJOUR

1-877-266-5687

Your next stop is the city of Saguenay, once one of New France's most important fur trading posts. La Pulperie de Chicoutimi was founded here more than 100 years ago and supplied its products to the French, British and American markets until its demise after dropping pulp prices and the 1929 stock market crash. In 1996 the complex was resurrected as a museum honouring the area's heritage.



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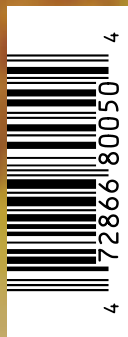
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Vive la Nature Québec



Eastern Townships, Québec

From the mostly rural Montérégie region just south of Montréal, through the Eastern Townships to the heart of Québec, up to Lanaudière, and on to the cradle of industry in Mauricie, you couldn't ask for a more inviting place to spend a week. Cultural and natural wonders abound, especially for the outdoors enthusiast. Paddle or hike through marshes and wetland, watch for birds in the Lac Saint-Pierre archipelago. And of course, don't forget to bring the bikes. All manner of cyclists will want to spend time here spinning on La Route verte, Québec's most extensive network of cycling trails. Choose to overnight in Granby or Sherbrooke's comfortable hotels, pamper yourself at an elegant North Hatley inn, or bond with nature while camping—and enjoy the active pastimes this countryside was made for.

Montréal's Playground

Only minutes from downtown Montréal lies a string of islands in the Saint Lawrence River that make up the Parc national des Iles de Boucherville. Start at Isle Grosbois Visitors Centre and learn about the more than 20 kilometres of hiking trails, kayaking and canoeing opportunities. See deer flitter around the park, tour the islands by *Rabaska* (Voyageur canoe) or island hop by cable ferry.



navigation. Now it's a good place for boaters and there's an idyllic cycling path between Chambly and Saint-Jean-sur-Richelieu. As you pass out of the Montérégie region, enjoy the many orchards of Québec's long-time apple capital, Rougemont.

From Hills to History

Heading southeast, you'll reach the Chambly Canal National Historic Site of Canada built in 1843 to circumvent the rapids and allow commercial

The Eastern Townships of Québec snug up to the U.S. border with picturesque villages and architectural heritage that feel a bit like a slice of New England on Canadian soil—a reminder of its United Empire Loyalist ancestry. Look for Estrian covered bridges and unusual barns.

Granby provides some urban buzz in this predominantly rural region. In addition to the animal kingdom at the Granby Zoo, you'll find the Amazoo, Québec's biggest heated wave pool. All around Granby you'll discover great cycling opportunities. The paved L'Estriade cycle path is at the centre of an integrated network of hundreds of kilometres of trails. La Granbyenne path delivers amazing views as well as access to Parc national de la Yamaska and the Lac Boivin Nature Interpretation Centre.



Magog

The Heart of Québec

After Sherbrooke, head northwest to the centre of Québec and Drummondville, where even the novice cyclist can enjoy the relatively flat terrain of the Circuit des traditions trails, which meander past riverside and historic architecture. Drop in to the Village Québécois d'Antan, for a traditional French-Canadian meal and a chance to step back in time.

Serenity of Biosphere Reserve

In Nicolet, a wooden footbridge on stilts passes through woodland and marshes, and brings visitors to the edge of Lac Saint-Pierre. This environmentally rich area is now a UNESCO World Biosphere Reserve. Snow geese stop here as they migrate each spring and fall. In between the two seasons, paddlers float past the 103 islands that dot the lake. Don't be surprised to see a heron fly overhead—this is the largest heron habitat in North America.

Where the Rivers Meet

It's time for a brief jaunt into the Mauricie region and its main centre, Trois-Rivières. Sitting at the point where the Saint Lawrence and rivière Saint-Maurice meet, Trois-Rivières was initially a fur-trading centre, then evolved into an international hub for pulp and paper. Its industrial heritage is evident at the Centre d'exposition sur l'industrie des pâtes et papiers, with its exploration of the paper industry and just outside the city, at the National Historic Site Les Forges-du-Saint-Maurice commemorating Canada's first ironworks—and first industrial settlement.

As you head back toward Montréal along the northern shore of Lac Saint-Pierre and the Saint Lawrence, you can reprise your commune with nature at the Réserve écologique des Tourbières-de-Lanoraie where informative guides will introduce you to a fragile eco-system and flora typically only found further north. This extraordinary peat bog is the only ecological reserve in Québec accessible to visitors.

The diversity of Québec's many regions is a part of its heart and its history. You can't hope to do it all on this seven-day trip, so slow down and savour what you see.

For more information contact:

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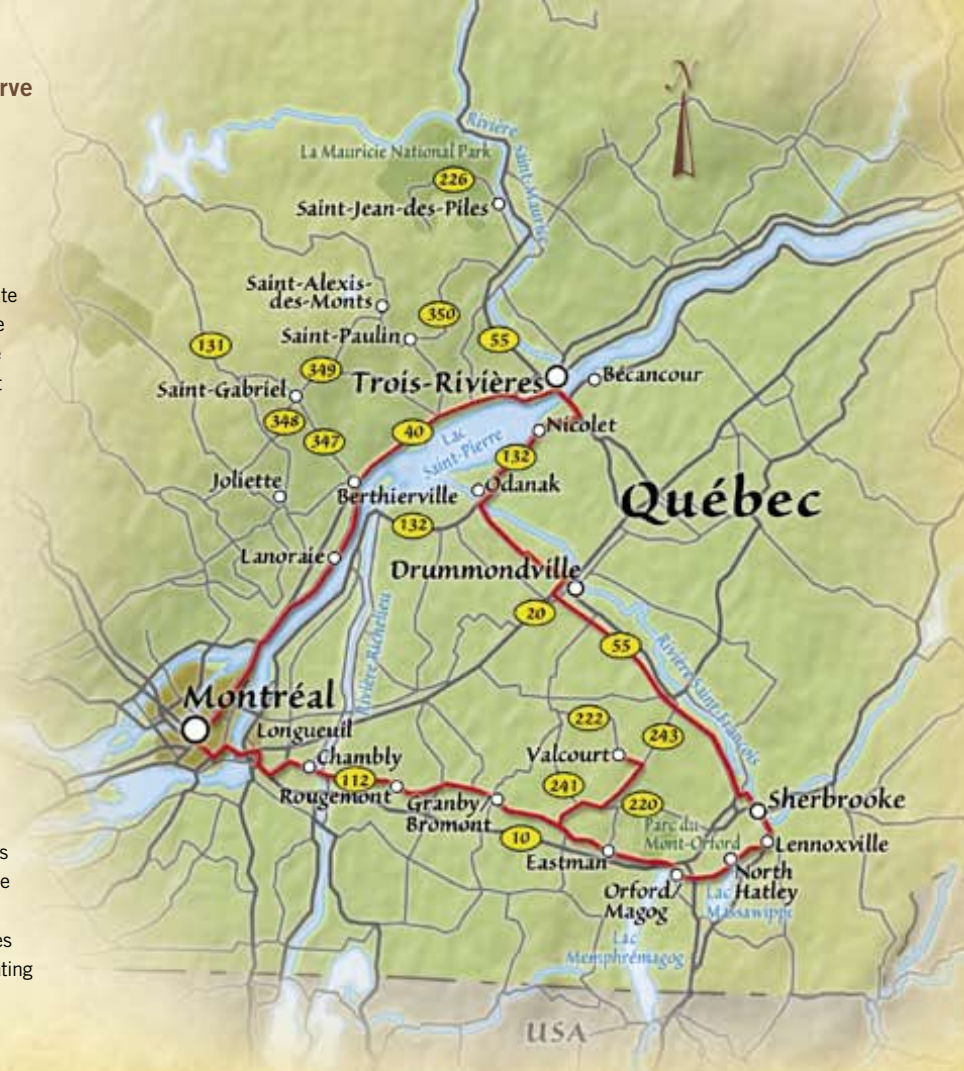
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Take a side trip north to the Bombardier headquarters in Valcourt where the Ski-Doo was invented. The Musée J.-Armand-Bombardier displays the evolution of the "snowcar" and features both prototypes and manufactured snowmobiles.

Southbound again, just outside the village of Eastman is the new Arbre Aventure, where you can travel along suspended footbridges high above the maple forest floor, while safely clipped into safety lines.

In the Orford-Magog area, cruise the scenic Lake Memphremagog, where the deep waters are home to the mysterious "Memphré", Québec's answer to the Loch Ness Monster. Throughout the summer, enjoy the classical concerts of Festival Orford.

Sherbrooke's riverside bikeway, the Réseau Cyclable des Grandes-Fourches radiates out from the city to the quaint town of North Hatley, where cyclists can make a "Croisière Cyclo" by pontoon ferry across Lac Massawippi, and then carry on to southern border towns.



Not to scale. Consult a detailed map.



Georgian Bay Adventure

Ontario

Georgian Bay has been the centre of life in this neck of the woods since before the giant Kitchikewana flung a fist of rocks north creating the 30,000 Islands. Today, Georgian Bay calls out to the adventurous spirit to explore by boat, canoe, sea kayak, foot and bike, as well as beneath the water with dry suit and air tank. Come wonder at rare northern ferns or the more than 40 types of wild orchids, explore a recreated 19th century Naval Base or the sunken wreck of the 19th century ship Arabia. The ambitious traveller could make this journey around Georgian Bay in about a week, but the voyage deserves twice that time.

Natural Adventures

At Scenic Caves Nature Adventures, near Collingwood, challenge yourself with an Eco Adventure: trek along a treetop boardwalk, ramble through fascinating caves and make an intense zip line descent. Afterwards, relax at one of the many all-season Blue Mountain resorts, get in a round of golf, or take in the vistas after a gondola ride up to the summit.

Head west to the birthplace of WW I and II flying ace Billy Bishop, in Owen Sound. The Bishop home, built in 1882, is now a museum that celebrates Bishop's achievements and Canadian aviation. Tom Thomson also grew up in the area and the Tom Thomson Memorial Art Gallery displays a collection of his works as well as those of his Group of Seven contemporaries.

A Rocky Finger Points North

It's hard to consider Wiarton without thinking about its mascot and harbinger of spring, Willie the groundhog, but the town has plenty of other assets. At the Spirit Rock Conservation Area, visit the ruins of a 19th century mansion atop the bluffs overlooking Colpoj's Bay. Where once

the Corran estate entertained society mavens and politicians, today it is populated by wildflowers and hikers following blazes to the Bruce Trail.

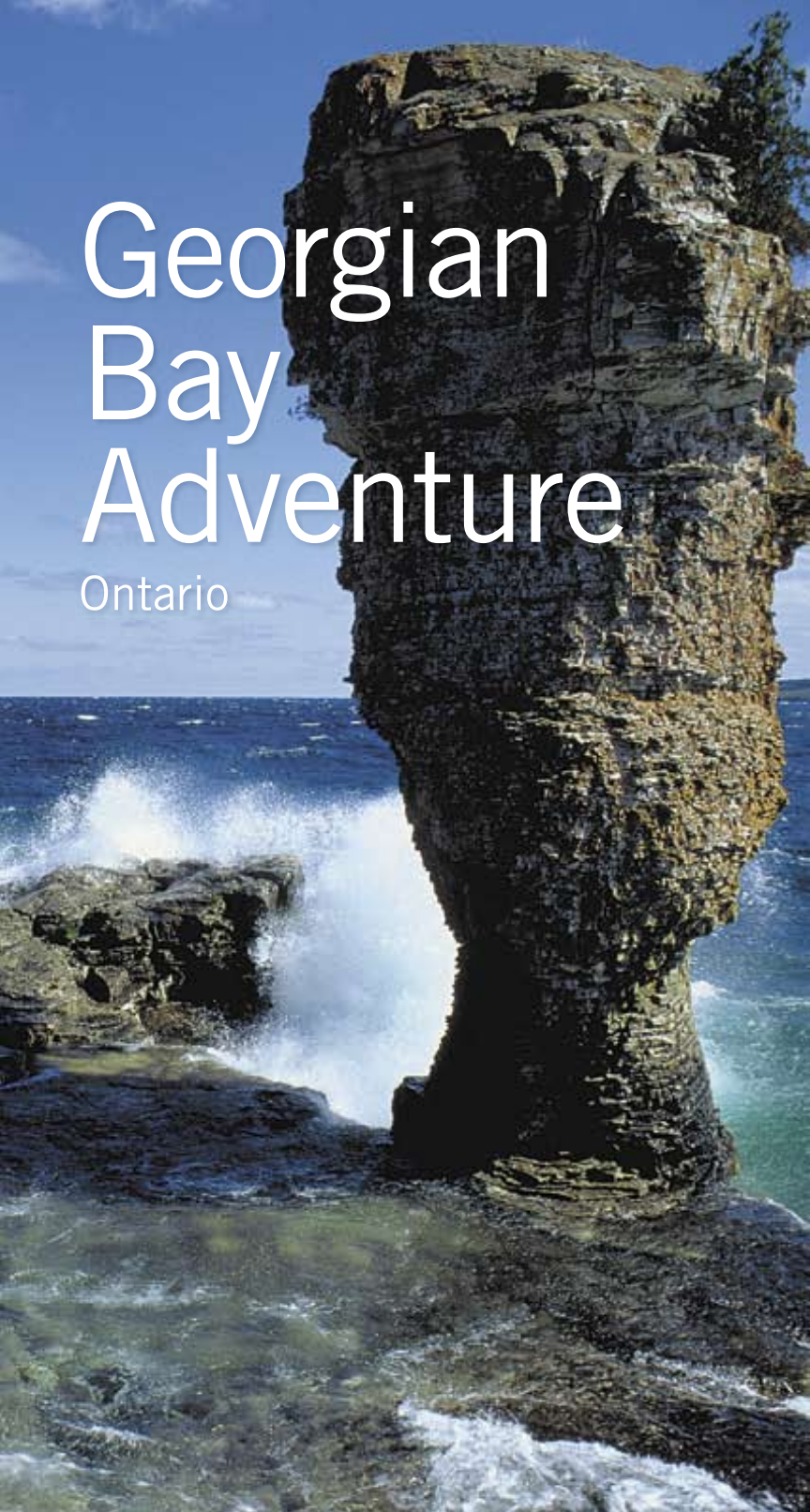
The famous Bruce Trail is part of the Niagara Escarpment UNESCO Biosphere Reserve. Beginning in Tobermory and reaching south to Queenston, the trail gets its name from the Bruce Peninsula. Some say the most rewarding portion of the trail is the 150 kilometres within the Bruce Peninsula, including the Cape Croker Loop on the Neyaashiinigiimiing or Cape Croker Indian Reserve, where you can walk along the same path the Chippewa people have for generations.

Thousand-year-old Cedars

Tobermory may be the Shipwreck Capital of Canada, but the surrounding mainland and island hiking trails offer enough spectacular views, sunsets and wildflowers to keep the landlubber happy. Southwest of Tobermory is the Bruce Peninsula National Park where 1,000-year-old cedars with trunks only a few centimetres thick cling tenaciously to cliff walls.



Scenic Caves Nature Adventures



Flowerpot Island, Fathom Five National Marine Park, Ontario



Canada's first underwater park, Fathom Five National Marine Park, attracts divers of all levels of skill to explore one of the 22 historic wrecks. For those who prefer to do their sightseeing without getting wet, the clear water here allows some of the wrecks to be visible from glass-bottomed boat cruises. One of the most popular day trips is to Flowerpot Island, only accessible by boat, where trails pass the famed "flowerpot" sea stacks, the lightstation, caves and rare Calypso orchids.



Bridal Veil Falls at Kagawong, or along the breathtaking edge of the Niagara Escarpment on the Cup and Saucer Trail.

From Little Current, cross the swing bridge back onto the mainland, then north along the edge of Killarney Provincial Park's forests and white quartzite cliffs. Veer east at Espanola to the nickel mining centre of Canada, Sudbury.

Tobermory has plenty to offer, including dive shops, boutiques, cafes and restaurants. From Tobermory, take the Chi-Cheemaun Ferry (meaning Big Canoe in Ojibway) to Manitoulin Island, the world's largest island contained in a freshwater lake.

The Great Manitou, Spirit of the Island

Manitoulin's a great place to bike, swim, sail, hike, fish, watch the night sky and learn some fancy dancing. For more than 40 years, Wikwemikong Unceded Indian Reserve, on the eastern peninsula of Manitoulin Island has celebrated native culture, drumming and dance with a Pow Wow. There are great resorts on Manitoulin, but book early for the August civic holiday weekend when both the "Wiki" Pow Wow and the big homecoming in Little Current, the "Hawaters Weekend" take place. Folk born on Manitoulin are affectionately known as Hawaters, after the abundant hawberries here—there's even hawberry ice cream. Hike to the



Not to scale. Consult a detailed map.

Visit Science North and take an incredible simulated flight through the bush in a Beaver float plane.



Sainte-Marie among the Hurons, Midland

Head south, through the sport fishing region around French River, known to harbour the mighty muskellunge.

At Parry Sound you can cruise the 30,000 Islands or carry on to Honey Harbour.

Here you'll find a good jumping off point to

island cottage country, or to take a water taxi to Georgian Bay Islands National Park of Canada where the

north of Beausoleil Island displays the wind-swept white pines that inspired the Group of Seven.


Saints and Sailors

A short jog west leads to Midland and recreated Sainte-Marie among the Hurons—the first European settlement in Ontario. Paddle the nearby wetlands of Wye Marsh Wildlife Centre, and chances are you'll see the beautiful Trumpeter swans that were successfully reintroduced to the marsh. From nearby Penetanguishene you can cruise or fish the 30,000 Islands or visit a recreated 19th century British naval base at Discovery Harbour.

Having taken in all the spectacular scenery, perhaps you have a hankering for a little bustle. Before heading home, check out the mini-golf, water slides and beach volleyball—or relax and catch some rays on a stretch of sand at the longest freshwater beach in the world at Wasaga Beach.

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Loyalist Landmarks

Ontario

Fort Wellington, Ontario

The corridor between Kingston and Brockville, along the scenic Saint Lawrence and 1000 Islands, is steeped with history. The vital communities along the seaway possess a proud heritage: settled by United Empire Loyalists after the American Revolution and fiercely defended by them during the war of 1812. Today's traveller will find an easy-going five-day journey, discovering parkland and heritage sites, enjoying restaurants, quaint bed and breakfasts, inns and summer theatre, not to mention relaxing on a 1000 Islands cruise.

Sailboats and Scones

Standing on the Kingston shore of Lake Ontario, catching a cooling breeze on a summer's day, enjoy the sight of colourful sailboats dancing on the waves. Sailors come from far and wide to the international regattas here. Take a ferry to Wolfe Island, the largest of the 1000 Islands, and cycle or ramble through the trails. Hop on a Confederation Trolley Tour to get the lay of the land, soaking up the ambiance of the classic Georgian limestone homes and regency public buildings that abound here, a testament to Kingston's brief role as the first capital of Canada. Enjoy tea and scones in the historic gardens of Bellevue House National Historic Site, Sir John A. MacDonald's residence in the 1840s. And don't



miss a visit to Fort Henry, the largest fort built west of Québec City, charged to protect the entrance to the then new (and hugely over budget) Rideau Canal and the Saint Lawrence River. Enjoy a spectacular Sunset Celebration or an authentic 1860s officers' banquet. A few minutes outside town, in one of Kingston's oldest homes, the MacLachlan

Woodworking Museum has plenty of hand tools plus demonstrations of pioneer crafts set against parkland and riverbank. Pick up provisions at Canada's oldest market behind the graceful city hall, or eat at one of Kingston's excellent restaurants. A stay in a delightful historic B&B or inn here is one more way to keep in touch with the city's heritage.

continued >

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More than 1000 Islands

It's time to head east to the Gateway to the 1000 Islands at Gananoque. There are actually about 1,864 islands, some only tiny islets supporting little more than the two requisite living trees. Cruises of the 1000 Islands can be taken from Kingston, Rockport, Ivy Lea or Gananoque. Don't miss one of the offerings from 1000 Islands Playhouse in Gananoque, where you can actually dock at the playhouse for the evening performance.

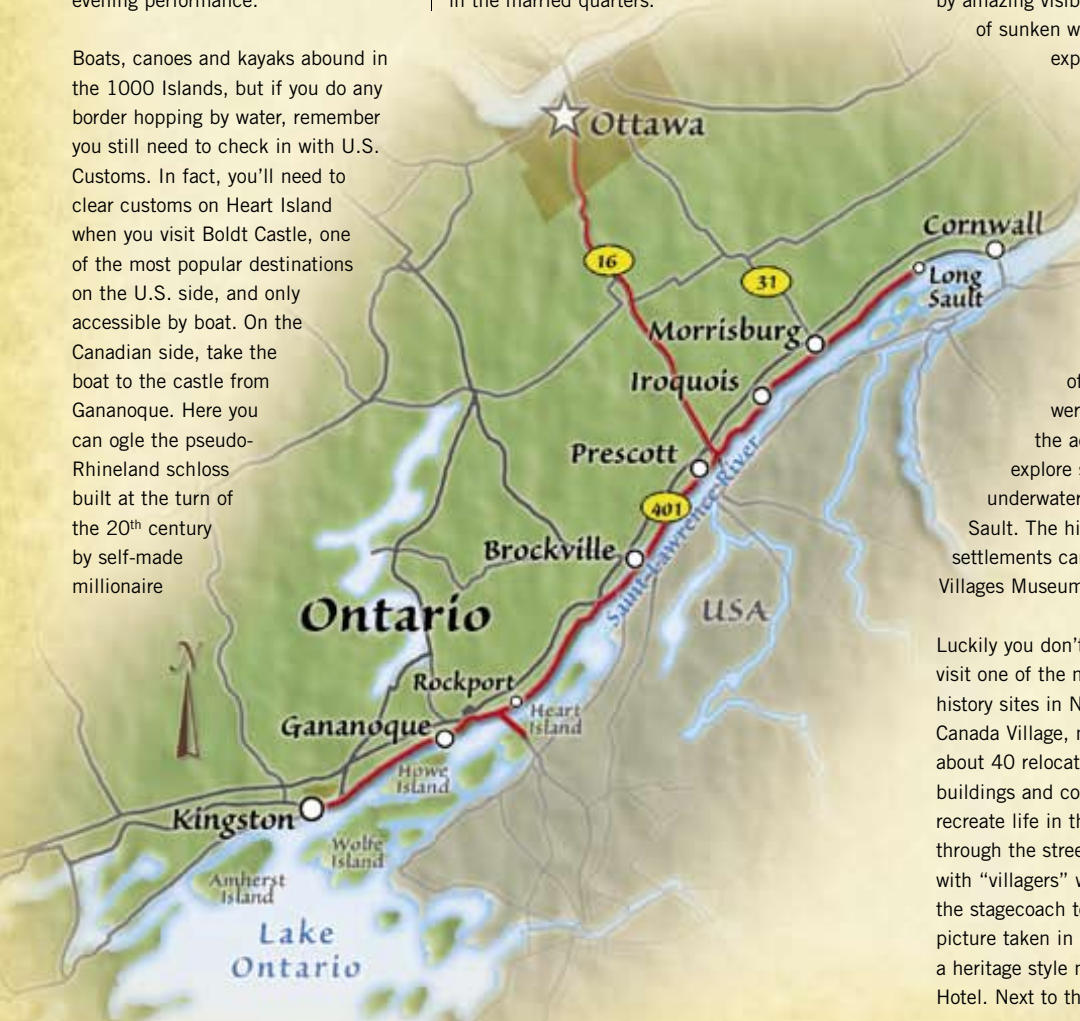


George Boldt, for his wife Louise. The unfinished castle was abandoned when Louise died in 1904, but thanks to restoration by the 1000 Islands Bridge Authority, you can see how the very rich vacationed a century ago.

Fort Wellington in Prescott was originally built in 1812 to protect shipping in the Saint Lawrence.

Try an atmospheric lamp-lit evening visit to the Fort or see firsthand the small space allotted a family in the married quarters.

Boats, canoes and kayaks abound in the 1000 Islands, but if you do any border hopping by water, remember you still need to check in with U.S. Customs. In fact, you'll need to clear customs on Heart Island when you visit Boldt Castle, one of the most popular destinations on the U.S. side, and only accessible by boat. On the Canadian side, take the boat to the castle from Gananoque. Here you can ogle the pseudo-Rhineland schloss built at the turn of the 20th century by self-made millionaire



Not to scale. Consult a detailed map.

Great Diving

The waters of the 1000 Islands not only draw boaters, but scuba enthusiasts as well, attracted to



Upper Canada Village

Kingston and Brockville in particular by amazing visibility and hundreds of sunken wrecks. Divers can explore the final resting place of ships from the War of 1812, or be amazed by an intact three-mast schooner. Meanwhile, when the Saint Lawrence Seaway flooded the riverbanks, six villages and thousands of acres of farmland were submersed. Today the advanced diver can explore some of those "lost" underwater towns near Long Sault. The history of these lost settlements can be found at the Lost Villages Museum.

Luckily you don't need air tanks to visit one of the most remarkable living history sites in North America, Upper Canada Village, near Morrisburg. Today about 40 relocated historic homes and buildings and costumed interpreters recreate life in the 1860s. Wander through the streets, stopping to chat with "villagers" while you wait for the stagecoach to pass. Have your picture taken in 1860s garb or enjoy a heritage style meal at the Willard Hotel. Next to the village lies the

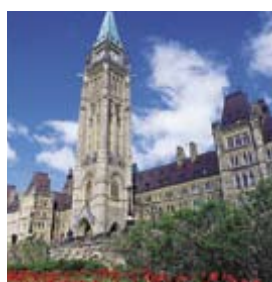
monument to Crysler's Farm, where outnumbered British forces drove American troops back across the river in 1813.

A Capital City

If you can pull yourself away from the lure of the Saint Lawrence, a cruise of the Ottawa River or Rideau Canal is only an hour north. Ottawa is packed with capital attractions like the Changing of the Guard on Parliament Hill. It's easy to spend days at world-class museums like the Museum of Civilization, the National Gallery, or the new Canadian War Museum. Treat yourself to an afternoon of shopping along the Sparks Street pedestrian mall and at the ByWard Market.

Your week along the Saint Lawrence has taken you from Canada's first capital to her present one, back in time and back and forth between international borders with plenty of adventure along the way.

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La Vérendrye Trail

Manitoba

Back in the mid-1700s, European fur traders had conquered the granite and forest wilderness north of Lake Superior and south of Hudson Bay, but other frontiers of what would be Canada remained unclaimed. Lured by tales of a western sea leading to the Pacific Ocean, Pierre Gaultier de Varennes, Sieur de La Vérendrye, assembled three sons and a nephew and began searching for that sea. Paddling the Winnipeg River, his sons reached Lake Winnipeg in 1733. Today, adventurers travelling this wild area will still find the rugged terrain that enthralled early explorers, territory now packed with wildlife sanctuaries, living history, and dozens of fine hiking trails.

Although there are plenty of B&B's and resorts along the way, don't forget to pack the camping gear, too. You'll be taking Highways 15, 44, 307 and 11 from Winnipeg to Shield Country, then follow Highways 12 and 4 to Lake Winnipeg, and Highway 59 back to Winnipeg. It can be a five-day drive, but makes an easy-going full week of sun-drenched discovery.

Prairie and Pines

Little more than an hour out of Winnipeg, fertile prairie gives way to the Whiteshell Provincial Park's Precambrian Shield forests, glacier-scoured granite, and clear, swift rivers. Just inside the park, watch wildlife at the Alfred Hole Goose Sanctuary (named after a local mink rancher who won a crock of whiskey by wagering he could keep four abandoned goslings alive), then stop at the tiny log Whiteshell Trappers Museum to discover fur-trapping history.

At West Hawk Lake, punched deep into the granite by a meteor one hundred million years ago, campers can tent or, for a little luxury, check into a log-cabin resort near Falcon Lake townsite. Either way, impudent pine grosbeaks and Canada jays will supervise your breakfast.

Allow lots of time to explore Whiteshell, named for the megis, a white shell sacred to the Anishinabe people. The Whiteshell Natural History Museum

at Nutimik Lake offers tours of nearby Bannock Point's sacred petroforms, stones arranged on bedrock in mystical shapes by First Nations people centuries ago. West Hawk Museum documents the park's unique geology, and the Whiteshell Fish Hatchery and Visitor

Centre offers fish-flavoured tours and exhibits. Tee off at Falcon Lake Golf Course, among Canada's top 30, cycle or hike parts of the TransCanada Trail or Mantario (Western Canada's longest Shield trail). Paddle unique spots like the Caddy Lake Tunnels, blasted through bedrock in 1877 by CP Rail.

Pinawa's Powerful Past

Just outside Whiteshell, via Provincial Road 307, the Seven Sisters Falls power dam offers views of the river and a couple of local, much-loved lunch spots. Further on, in Pinawa (Calm Waters in Cree), the Heritage Channel Walk and Ironwood Trail, 50-metre Pinawa Heritage Suspension Bridge, and local TransCanada Trail section offer woody ways to work off lunch. Outside Pinawa, the ruined Pinawa



Camping and kayaking on Manitoba's lakes and rivers



Dam, built in the early 1900s, makes for great photos—as do majestic Great Gray Owls. This is prime habitat for Manitoba's provincial bird.

North on Highway 11, along the Winnipeg River, try tours of Pine Falls' Tembec Paper Group and Manitoba Hydro's Pine Falls Generating Station, and drop by the Saint Georges Museum, where French settlers'

artifacts date back to the late 1800s. This stretch of the river offers some of Manitoba's best fishing spots, right from the riverbanks.

Sun, Sand... and an Inland Sea

Moving west, Highway 11 skirts the edge of Lake Winnipeg's beaches and campgrounds, including Traverse Bay, Victoria Beach, Patricia Beach, Beaconsia, North Beach, Belair, and Albert Beach. But the renowned three kilometres of white sand and grassy dunes at Grand Beach is king of them all. Considered one of the top 10 beaches in North America, the shallow water's perfect for toddlers, older kids love Thunder



Grand Beach

Mountain Waterslide Park, and nature buffs head for the hiking trails around the dunes. And of course there's plenty of sailboating, windsurfing, swimming, and just plain lazing on the beach.

Waterborne History

South of the beaches, on Highway 59 and jogging across the famed Red River at Highway 4, Selkirk and the Marine Museum of Manitoba's six historic ships await curious landlubbers. Early in the 19th century, the Scottish Earl of Selkirk brought Scots and other hardy folk to colonize the area known as the Red River Settlement. Scottish heritage continues to be celebrated here in the first week of July, with the Manitoba Highland Gathering's dance, pipe and drum competitions and "heavy games" that include the tossing of telephone-pole-sized wooden cabers.



En route back to Winnipeg, Lockport's Heritage Park contains the Kenosewun Centre with its displays of four distinct local Aboriginal cultures, and the St. Andrew's Locks and Dam National Historic Site, where you'll find the French lock design that eased navigation of the Red River.

Lower Fort Garry National Historic Site boasts North America's only intact stone fur trade fort. Enjoy the scenic drive along the River Road Heritage Parkway, dotted with historic homes and markers. The simple St. Andrew's-on-the-Red Anglican Church, western Canada's oldest stone church, still sports its buffalo hide kneelers and flanks St. Andrew's Rectory National Historic Site of Canada.

Before you spot Winnipeg's skyscrapers on the horizon, make a final stop at Birds Hill Provincial Park to search out rare orchids, wildflowers, and terrain sculpted by ancient glaciers. If you're here on the July long weekend, camp out for a day or two with about 40,000 other song-loving souls at the renowned open-air Winnipeg Folk Festival. Its natural setting is the perfect finale for this roots-oriented road trip of rugged landscapes and hardy adventurers.

For more information contact: **Travel Manitoba**
www.travelmanitoba.com
or call 1-800-665-0040



Not to scale. Consult a detailed map.



Riel to Grey Owl Trail

Saskatchewan

The gentle hills of northern and central Saskatchewan embrace the memory of the events that unfolded here in times past. You can almost hear the echo of Métis heroes Riel and Dumont who led the battle for their own nation but were defeated at Batoche. Further north, you reach the glacial lakes and boreal forests loved by one of Canada's famed and controversial naturalist writers, the Englishman known as Grey Owl. This land is steeped not just in history, but a beauty that welcomes you to experience nature first hand. Set aside a week for this time trip as you travel the routes that shaped Western Canada.

Time Travel

Just north of Saskatoon, Wanuskewin Heritage Park's grasslands and walking paths offer eloquent testament to the rigours of early native daily life. Bison once roamed this plain, and many tumbled over the cliff at Opamihaw (the one who flies) Buffalo Jump.

Archaeological finds date back 8,000 years or more and the habitation sites, tipi rings, bison remains and stone cairns all contribute to our understanding of what life was like before European contact. Here too you can experience the colour and rhythm of the Wanuskewin International Dance Troupe, as talented dancers share their history and culture through the language of traditional Northern Plains dance.

At the much more recent Seager Wheeler Farm National Historic Site east of Rosthern, visit Saskatchewan's settlement era, when this province's world-wide reputation for grain-growing was established—thanks in part to farmer Wheeler, who won five early 20th century World Wheat Championships. The farm is now a national historic site restored to its 1919 state as well as an agricultural research station with flower gardens, orchard, bird sanctuary and marsh.

In Rosthern, the Station Arts Centre, once a CN railway station, features an art gallery, tearoom, and performing arts theatre whose summer shows revolve around Prairie themes.

Sweetgrass and Musket Smoke

At Batoche National Historic Site, Duck Lake, and Fort Carlton, one of Western Canada's most historic chapters unfolded in the mid-1880s, the result of Western frustration over land appropriation.

Métis leaders at the small farming settlement of Batoche tried to have their grievances addressed, but failed—and resorted to armed resistance. Today, the site's Interpretive Centre, church, rectory, and graveyard offer testament to those events.

The Duck Lake Regional Interpretive Centre houses First Nations, Métis, and pioneer artifacts. In the town, larger-than-life outdoor murals depict the resistance period, one of them done by self-taught realist painter Glen Scrimshaw, a native of Big River who's lived in Duck Lake since 1991 and operates a gallery there. Stay in one of the local accommodations such as Jack Pine Stables, where you can experience Métis and First Nations' culture. Relax in a B&B style room, or experience an authentic tipi.



Prince Albert National Park of Canada, Saskatchewan



West of Highway 11, visit restored Fort Carlton, built by the Hudson's Bay Company in 1810 as a trading post to supply provisions to the Hudson's Bay Company fur trading network.

Living Prairie History

John G. Diefenbaker, 13th Canadian Prime Minister, called Prince Albert home, and while you're in town, drop by Diefenbaker House, The Chief's last residence. Also visit the Prince Albert Arts Centre, housed in the former Prince Albert Town Hall and Opera House, built in 1893 and now a National Historic Site, and head to the second floor Foyer Gallery to check out the latest regional art exhibition.

Mother Nature's Playground

On to Prince Albert National Park of Canada, where almost 3,875 square kilometres of aspen parkland, boreal forest, and glacial lakes shelter elk,

or BYO horseshoes. And don't forget to enjoy some serious beach time at what are arguably the nicest beaches in the province. The seven beaches around Waskesiu townsite as well as the more outlying beaches are very popular with locals and visitors alike. The water fun ranges from canoeing, kayaking, windsurfing, boating, sailing, tubing, water skiing, and wake boarding—not to mention just plain lazing and paddling.

Take time to hike or canoe to isolated Beaver Lodge on Ajawaan Lake, once the home of Grey Owl. It was here that Archie Belaney a.k.a. Wa-Sha-Quon-Asin, or He Who Flies by Night established a sanctuary for the then endangered beaver with his Mohawk wife Anahareo, though by many accounts he spent more time with his tame beavers Jellyroll and Rawhide than with his wife.



moose, black bears, wolves, bison, deer, beaver, otter, muskrat, and a multitude of waterfowl species—including rare white pelicans.

There are plenty of delightful places in and around the park for some rest and relaxation, including the Elk Ridge Golf Resort and the four-star Hawood Inn. Within the park, at Waskesiu townsite, explore historic buildings and unique shops, try lawn bowling

Outside the park, golfers can tee off at the Elk Ridge's 27-hole course or inside at the Waskesiu Golf Course, one of the province's prettiest. Remember the Lobstick rule here: on the first hole, you may re-play your ball if it hits the Lobstick, (tall spruce or pine living trail marker in Cree).

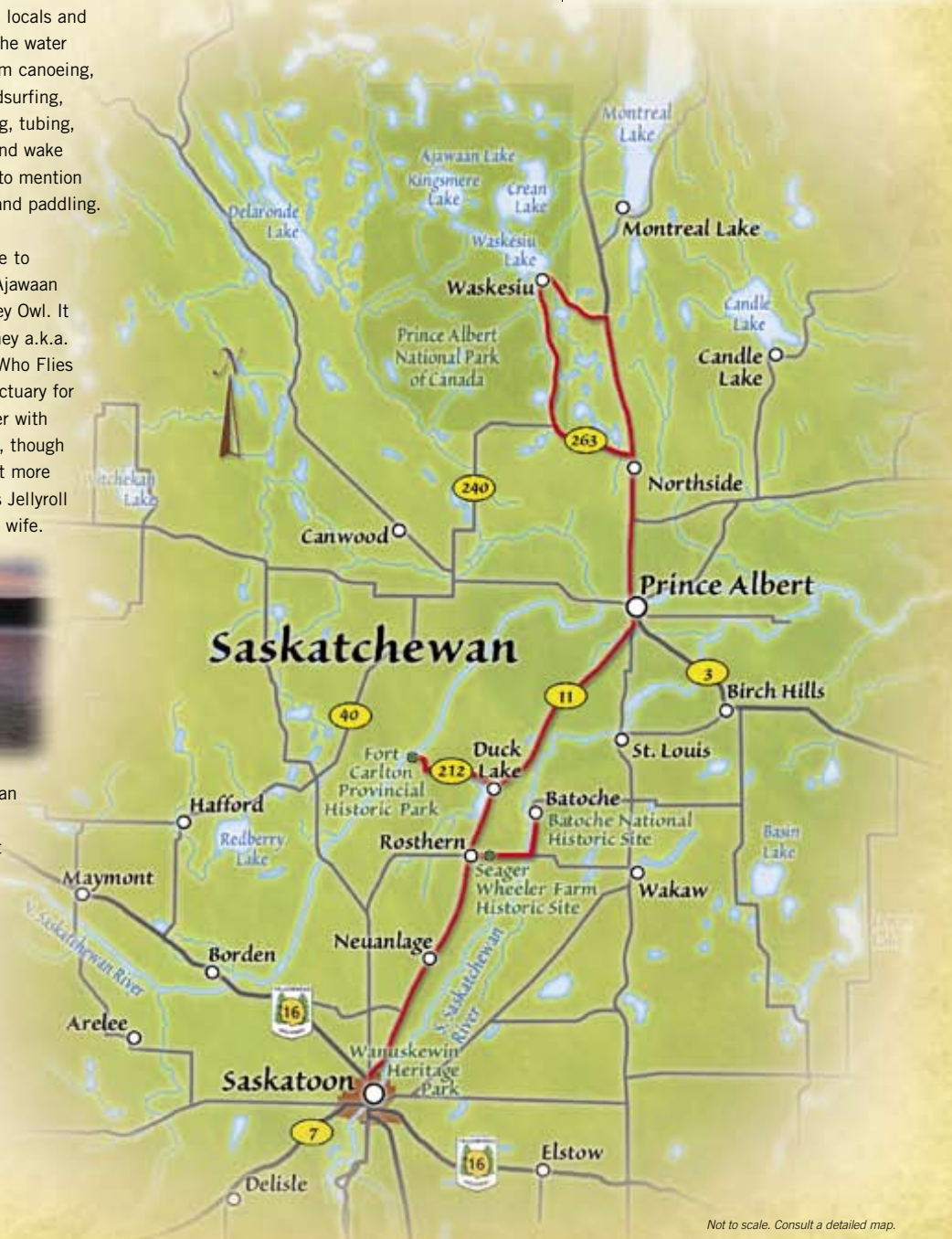
And when it is finally time to leave, meander along Highway 263, stopping to savour the scenery and watch the wildlife. You'll marvel at how much you can pack into a week here—and wish you could stay longer.

For more information contact:

Saskatchewan Tourism

www.sasktourism.com

or call 1-877-2ESCAPE



Not to scale. Consult a detailed map.



Mountain Peaks and Glaciers

Alberta



Moraine Lake, Banff National Park, Alberta

Some 15,000 years ago, the Canadian Rocky Mountains lay covered in an ice sheet so thick that it blanketed valleys and peaks alike. Then the air began to warm, and the ice, inch by inch, receded. Great boulders and tiny pebbles, caught up in the moving, frozen expanses, carved the land beneath them, deepening valleys and sharpening peaks.

The legacy of that Ice Age lingers along the 230-kilometre Icefields Parkway between Lake Louise and Jasper, high on the Continental Divide. The Columbia Icefield alone, its brilliant white ice shot through with cool tones of blue and green, stretches over 325 square kilometres, feeding six major glaciers and sending meltwaters to the Pacific, Atlantic and Arctic oceans.

Breathtaking glacier and mountain panoramas stretch along the Parkway as it traverses Banff and Jasper National Parks. Easy to drive in half a day, the route deserves much longer—walk on the Athabasca Glacier, where the ice beneath your feet fell as snow 400 years ago; linger at waterfalls below peaks named for alpine explorers; and above all, treasure the valleys where ancient ice still spills over the mountainsides.

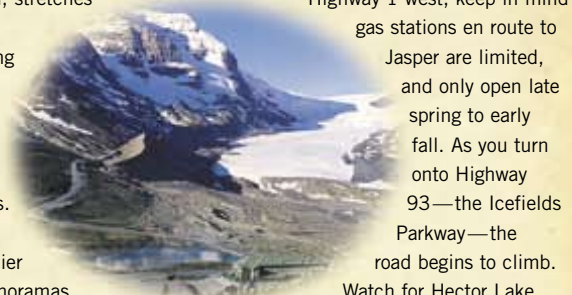
In the Beginning

The Stony Indians called Lake Louise the Lake of Little Fishes. It was renamed for Queen Victoria's fourth daughter, and remains Rocky Mountain royalty today. Only about two-and-a-half hours from Calgary, en route you'll travel through UNESCO World Heritage Site, Banff National Park and the mountain town of Banff. In the village of Lake Louise, you'll find accommodations and provisions. Four kilometres up Lake Louise Drive, you'll find the famed lake itself, framed by the venerable Fairmont

Chateau Lake Louise, and the gleaming Victoria Glacier. Hike to the Lake Agnes teahouse or canoe emerald gems like nearby Moraine Lake.

When you leave Lake Louise on Highway 1 west, keep in mind gas stations en route to Jasper are limited, and only open late spring to early fall. As you turn onto Highway 93—the Icefields Parkway—the road begins to climb. Watch for Hector Lake, set against the slopes of the Waputik Range, and then the lookout for Crowfoot Glacier which once sported the three “toes” of a crow—today it's down to only two.

Just a few kilometres later, a breezeless day makes a perfect mirror out of Bow Lake, reflecting Crowfoot Mountain with Bow Glacier glittering beyond it. The drive continues through alpine meadows and forest to Bow Summit, the Parkway's highest point at 2,068 metres. Take a short detour to the outstanding viewpoint overlooking Peyto Lake, where glacial silt turns the water the purest sky blue.



Columbia Icefield



The road then descends into the spruce-filled Mistaya River valley, with peak after peak leading to the Saskatchewan River Crossing, where the Mistaya joins the Howse and North Saskatchewan Rivers. The David Thompson Highway (Highway 11) meets the Parkway nearby, heading east to wilderness fishing, trail riding and hiking areas including Abraham Lake, the Cline River and White Goat Provincial Wilderness Area.

Ancient Ice

As you continue northwest on the Parkway, the North Saskatchewan River braids its way through gravel flats, and snowmelt on Cirrus Mountain seeps through cracks in the Weeping Wall, creating artful waterfalls. For walkers, the steep Parker Ridge trail is renowned for its Saskatchewan Glacier views.

Soon after you enter Jasper National Park, the Columbia Icefield sweeps into view with spectacular views of the Athabasca and Dome Glaciers. Pause at the Columbia Icefield Interpretive Centre and check out informative displays, then ride an Ice Explorer onto the six-kilometre-long Athabasca Glacier. The glacier-cooled breeze is a treat on a hot day, and you may even hear the ice groaning. If you're feeling energetic, hike to the glacier's toe, past moraines—piles of once ice-locked rocks.

Wild and Woolly

Be alert for wildlife along the Parkway: its mountains are home to black bears, mountain goats, bighorn sheep and elk—none of which should be approached or fed, of course, for your protection and theirs. After following the Sunwapta River, the road climbs again, through goat and sheep territory, to the interlaced waterfalls of Tangle Falls, and then to the Stutfield Glacier viewpoint. It's well worth taking the short access road to

Sunwapta Falls, to see water flowing out of the Chaba Valley over a series of rock "steps" into the Athabasca Valley, carving a deep hole into the limestone.

Shortly afterwards, the Parkway temporarily splits: opt for 93A to visit Athabasca Falls, where meltwaters thunder into a quartz and limestone canyon.

Further north, a winding road offers optional access to Mount Edith Cavell, where a lovely walk reveals alpine wildflowers, and the Angel Glacier hanging high against the rock.

The Parkway ends at the town of Jasper, with ample opportunities for hiking, golfing, rafting, canoeing and horseback riding. Soak at Miette Hot Springs; ride the Tramway up the mountain known as The Whistlers or enjoy the energy and sounds of the Jasper Heritage Folk Festival on July 29 and 30.

Here, and all along the Parkway, you'll find

yourself beside jewel-like rivers and lakes where icy water flows—direct from last winter's snowfall on the peaks, and from this summer's glacial meltwaters. Trail your fingers in the flow, and feel the connection to this magnificent landscape.

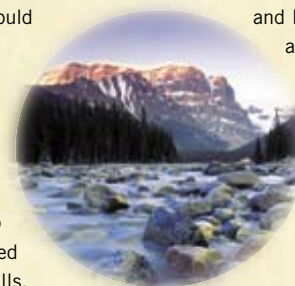
For more information contact:

Travel Alberta

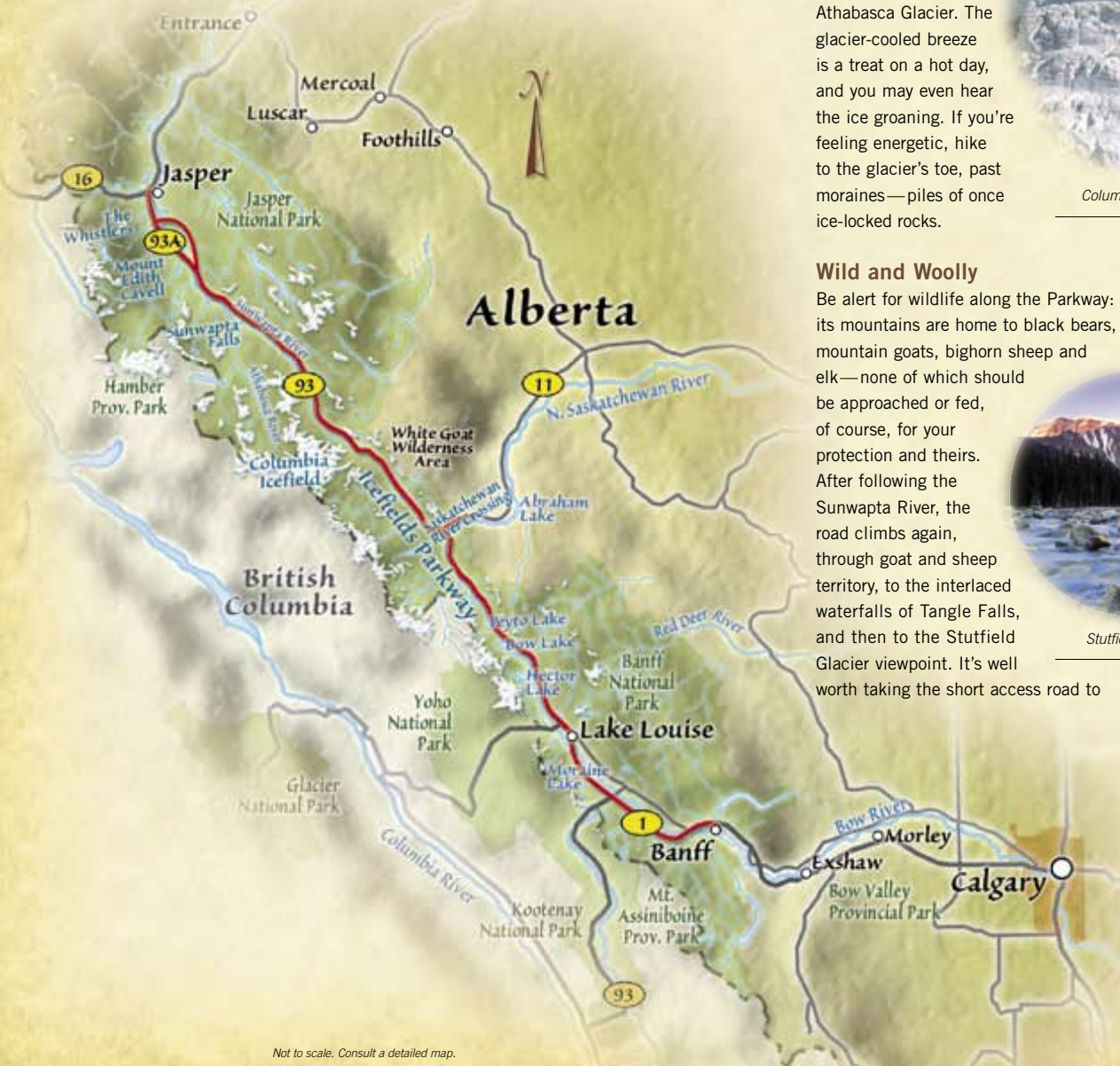
www.TravelAlberta.com
or call 1-800-ALBERTA



Columbia Icefield



Stutfield Glacier



Not to scale. Consult a detailed map.



Adventure By Land and By Sea

British Columbia

Mist-wreathed islands and inlets, glacier-capped mountain peaks and grasslands that seem to roll on forever... drive beyond British Columbia's cosmopolitan cities, and its Pacific Coast reflects a land still waiting to be discovered—a land where orcas breach in saltwater channels, and grizzly bears roam old-growth forests. This truly is the road less travelled.

Of course, it's not completely untravelled. The coastal native peoples lived here for some 8,000 years before Captain George Vancouver sailed between Vancouver Island and the mainland in 1792, searching for the Northwest Passage and charting the lace-like pattern of islands and channels. One year later, overland explorer Alexander Mackenzie reached the west coast at Bella Coola.

This sweeping 1,387-kilometre circle drive (plus two ferry sailings) echoes their discoveries, crossing from

Vancouver to Vancouver Island, and returning through Cariboo Chilcotin country. Taking the ferry is an adventure in itself—BC Ferries sail to Bella Coola from June through early September, and the year-round crossing from Vancouver to Nanaimo makes island exploration easy. Between the road and the ocean, allow at least a week, or 10 to 14 days with adventure options, to follow what the province calls the Coast Cariboo Circle Tour.

Island Time

Stunning views of Vancouver's skyscrapers and mountain peaks, accompanied by the tang of salt water on the breeze, speed your BC Ferries crossing to Nanaimo, on Vancouver Island. Plan to stroll the Harbourside Walkway here—it's the perfect setting for switching to island

time... letting the sound of wind in the boat riggings and water against the shoreline guide your way.

Take Highway 19 north, opting just south of Parksville for the oceanside 19A. It meanders past sandy beaches, great golf courses, and excellent places to hike, horseback ride and birdwatch for some 250 species. Along the way, Qualicum Beach takes advantage of

the temperate climate with gorgeous gardens and the under-canvas Bard to Broadway Summer Theatre, from late

June to early September. Denman and Hornby islands and Courtenay (a good base for exploring Mount Washington) are renowned for their artists; Campbell River for excellent outdoor adventure—while museums at Campbell River and nearby Quadra Island introduce coastal First Nations heritage. Highway 19 then links to the fishing haven of Port McNeill before reaching Port Hardy.

On the Water

BC Ferries offers several routes from Port Hardy to Bella Coola: a daylight same-day trip through to overnight options that stop at isolated coastal communities such as Klemtu, a centre of Kitasoo native culture. Deep glacial fjords, forests that seem to dip their toes in salt water, and wildlife from whales to sea lions highlight the crossing. As the ferry moves up



Canadian Open Sand Sculpting Competition, Parksville



BC Ferries' "Queen of the North" sails the Inside Passage, British Columbia



Burke Channel towards Bella Coola, imagine the 1862 Cariboo Gold Rush: if you'd caught gold fever back then, this could have been your route.

The Freedom Highway

Canneries, logs and fishing boats (think sport fishing!) line the bustling port of Bella Coola. Further inland on Highway 20, Hagensborg retains a Nordic feel, which you can explore at the early 1900s Norwegian Heritage House.

Travelling through the scented cedar and fir of the valley and the pines of the mountains—just south of where Mackenzie crossed two centuries ago—Highway 20 enters a steep stretch of gravel road where the Coast Mountain Range begins called The Hill. It's also known as the Freedom Highway because when completed by the locals in 1953, it finally linked Bella Coola with Williams Lake—and the outside world. This switchback route reaches an elevation of 1,524 metres at Heckman Pass—a great place for admiring the views.

From here to Williams Lake, outdoor adventures abound. Tweedsmuir Provincial Park, Anahim Lake and Nimpo Lake offer outstanding fishing for native trout and other species, plus hiking, canoeing and horseback riding opportunities, including fly-in and pack-in trips.

History buffs will appreciate the Bull Canyon and Battle Rock sites near Alexis Creek, where the Chilcotin

people protected their traditional territory. In Ts'yl-os Provincial Park, the salmon run from late August to early October at Chilko Lake, which also harbours trout and whitefish. Detour at Riske Creek for bighorn sheep spotting at Junction Sheep Range Provincial Park, and the dramatic Farwell Canyon.

Cowboy Country

At Williams Lake, you can explore Shuswap culture, from basket making to traditional foods, at the Xats'ull Heritage Village. Rodeo fans should

visit during the Canada Day weekend, when the Stampede's in town. You'll then travel south on Highway 97—the old Cariboo Waggon Road—counting down the miles at 100 Mile House (look for the giant cross-country skis), Mt. Begbie Lookout to Clinton then along 99 to Lillooet (Mile 0 on the Gold Rush Trail). This is guest ranch country, entirely the right place for trail riding, cattle driving and the cowboy way of life.

Par Excellence

Whistler's amazing winter assets may have made it the choice location for alpine and Nordic events at the 2010 Olympic and Paralympic Winter Games in Vancouver, but the mountain playground is just as packed with adventure from spring to fall. Named for the marmots that whistle on the rocky slopes high above the champion-designed golf courses and sparkling lakes, this is hiking, golfing, biking, spa and even boutique shopping heaven. It's a two-hour drive along the spectacular Sea to Sky Highway back to Vancouver, where the gardens of Stanley Park and the shops and museums of Granville Island beckon.

The Pacific Coast—from George Vancouver's landscape of coastal mountains and ocean coves to Alexander Mackenzie's journey of rivers, lakes and valleys—remains much as the two explorers discovered it: truly wild and truly remarkable. Discover it for yourself, by land and by sea.

For more information contact:
Tourism British Columbia
www.HelloBC.com
 or call 1-800 HELLO BC



Not to scale. Consult a detailed map.



Klondike- Kluane Loop

Yukon Territory



Kluane Lake, Yukon Territory

Klondike heritage meets the natural grandeur of the Kluane region on an unforgettable adventure through Canada's Yukon. Historic Dawson City still evokes a golden era when thousands of hopeful gold seekers poured into the Klondike in search of riches. A Canadian natural treasure, Kluane National Park and Reserve encompasses broad, lush valleys and mountain ranges that include vast ice fields and Mount Logan, Canada's highest peak.

The Klondike-Kluane Loop is a Yukon classic—a five-day excursion featuring gold panning, glaciers and grizzly bears. Revel in the Yukon pace and the crisp northern air as you weave along scenic highways and through friendly communities. It's a journey from the Yukon's colourful past—a time of free-wheeling characters and frontier spirit—to its glorious present as a wild land known for solitude, wildlife and breathtaking scenery.

The entire 1,400-kilometre route is well-maintained and most of it is paved. Along the way, you'll discover beautiful campgrounds and communities with full-service RV parks, motels and bed and breakfasts. Though it's a good idea to plan ahead, you'll want to allow for spontaneous adventures like flightseeing or inn-hopping.

Klondike Trail of '98

More than a century ago, news of a gold bonanza in the Klondike lured people from across North America to the Yukon. Bolstered by their dreams and heartened by incredible stories about rich strikes of gold, thousands of miners struggled across Chilkoot Pass and floated the Yukon River to Dawson City. As the 19th century came to a close, Dawson turned into a rollicking frontier town filled with desperate prospectors, shrewd entrepreneurs, Mounties and dancehall girls.

Today, travellers can head north from Whitehorse, the Yukon capital, and follow the North Klondike Highway deep into the heart of gold rush country. Visit the First Nations communities of Carmacks and Pelly Crossing, each with a cultural centre depicting the life of the Northern Tutchone people. Take a boat trip along the Yukon River to Fort Selkirk, a traditional meeting place and one of the oldest settlements in the

Yukon. It was once considered for the title of Territory capital, but today the highway passes it by and this amazing time capsule of an historic site can only be reached by river or by air.

Historic Dawson City

A lively place bursting with heritage sites and attractions, historic Dawson City retains the gritty feeling of an authentic frontier town. Boardwalks line dusty streets, false-fronted buildings lean precariously into alleyways and locals stroll through town dressed in Gold Rush-era fashions. Whether retiring to a stately restored inn or a cozy cabin, in the Klondike you feel like you stepped back 100 years.



Visitors come to Dawson City to explore national historic sites like the elegant Commissioner's Residence or Dredge #4, the largest bucket-line wooden-hulled dredge in North America. Tour the Klondike goldfields and sense the fever that gripped Dawson a century ago. Imagine the shattered dreams of young men who went home empty-handed.

The culture and spirit of northern people, both First Nations and those of more recent arrivals, capture the imagination. Discover the Yukon River and caribou stories of the Hän people who have fished and hunted in this region for countless generations. Enjoy true Klondike hospitality at a can-can dancehall show at Diamond Tooth Gertie's. Listen to readings of Robert Service, the bard of the Klondike who penned famous verses about the men who moiled for gold.

Top of the World

When you're happily exhausted from the bustle of Dawson City, it's time to explore one of the Yukon's most scenic byways. Take the free ferry ride across the Yukon River to the Top of the World Highway. This winding mountain road reveals expansive views at every curve as you drive along a series of ridges high above the tree line. You cross the Canada-U.S. border at the summer-only customs post, and then briefly follow the Taylor Highway in Alaska before looping back to the Yukon.

Kluane Parkway

From Beaver Creek to Haines Junction, the Alaska Highway parallels the majestic rim of the Kluane Front Ranges. The route passes Kluane Lake, the largest lake in the Yukon, as well as Sheep Mountain, and the

communities of Destruction Bay and Burwash Landing. This is a mountainous region of exceptional natural beauty where your chances are good to spot moose, bears and Dall sheep.

In the southwest corner of the Yukon lies Kluane National Park and Reserve, a mass of giant peaks, ice fields and glacial valleys crowned by Mount Logan, Canada's highest peak at 5,959 metres.

Kluane is the Yukon component of the largest international protected area in the world. Together, four interconnecting wilderness parks in B.C., Alaska and the Yukon are designated a UNESCO World Heritage Site.

Visitors explore this magnificent landscape on short roadside trails, longer day hikes, backcountry treks and river rafting expeditions. Wildflowers fill Kluane's alpine meadows and wildlife is abundant in the park's broad valleys. The St. Elias Ice Fields and hundreds of glaciers that lie beyond the front ranges can be viewed during a multi-day hike or on a flightseeing excursion. These are the largest non-polar ice fields in the world, and the Lowell Glacier's movements embellish many Southern Tutchone legends.

Grizzlies, Gold and Guitars

When the midnight sun peaks and the days are long and warm, the Yukon becomes a musical playground. Time your driving adventure with renowned music festivals in Haines Junction or Dawson City, highlighting local, national and international performers.



In mid-June, the back-to-back Alsek Music Festival and Kluane Mountain Bluegrass Festival rock Haines Junction, the picturesque mountain town nestled at the edge of Kluane National Park. The Dawson City Music Festival in July is "Canada's tiny, perfect festival", a celebration of musical talent with the backdrop of the Klondike.

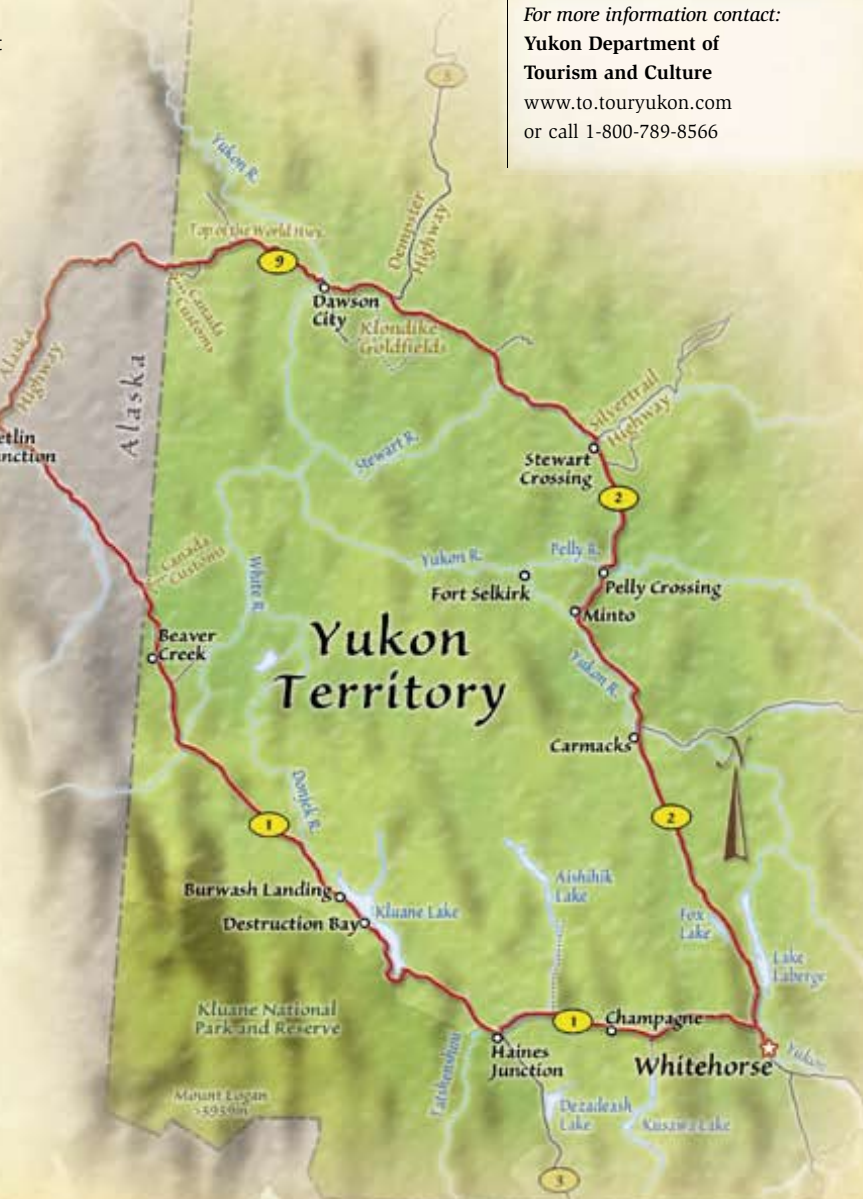
Starting and ending in Whitehorse, the Klondike-Kluane Loop packs many of the Yukon's premiere attractions into one circuit. Five days are recommended, but a more leisurely Yukon pace is the best way to enjoy the journey. You'll be enchanted by the spell of the Klondike and the Yukon's inspiring landscape.

For more information contact:

**Yukon Department of
Tourism and Culture**

www.to.touryukon.com

or call 1-800-789-8566

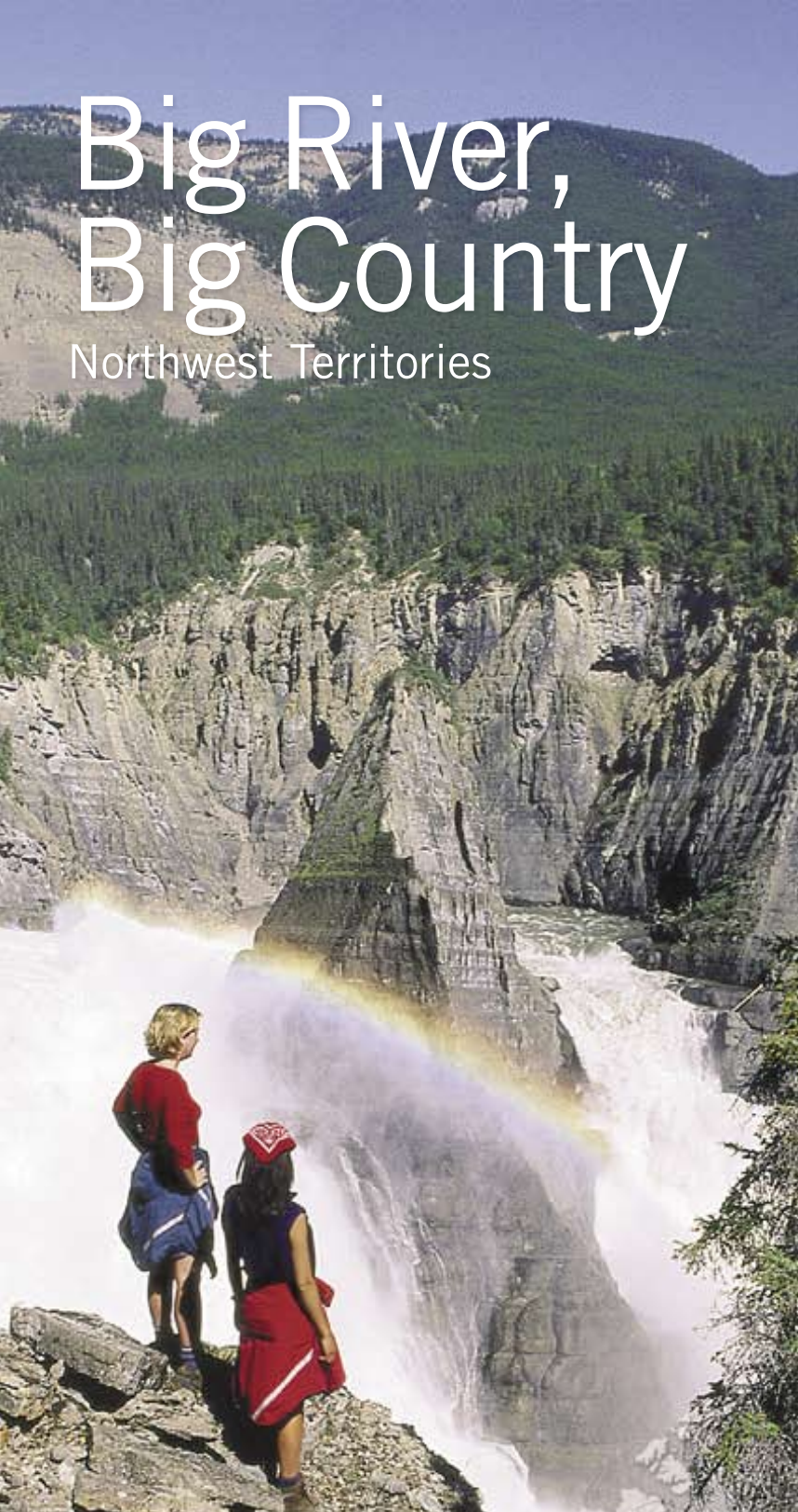


Not to scale. Consult a detailed map.



Big River, Big Country

Northwest Territories



Virginia Falls, Nahanni National Park,
Northwest Territories

The intimacy of small communities in the Northwest Territories is set against an open and seemingly endless landscape. With a population mix of Dene, Métis, Inuvialuit and “southern” folk, it’s here that traditional cultures and ways meet modern living. The Deh Cho Connection takes visitors along the Mackenzie, Liard and Alaska Highways, looping through boreal forest and plains, and past breathtaking waterfalls. While you’re taking in the beauty of the land, keep an eye out for caribou, lynx, bison, bear and beaver.

Unofficial Gateway to the North

In Enterprise, a sign on the window of Winnie’s Dene Art Gallery and Gift Shop reads, “It’s a boy”. The owner has just had a new grandchild and wants to share the good news with everyone. The gift shop features local crafts such as birchbark baskets, beaded slippers and moosehair tufting. Fuel up here, then turn off onto Highway 2 for Hay River.



Nation Reserve on the south shore across from Hay River shares and preserves Dene culture in a building designed with advice from Dene elders.

Stretch your legs on one of the town’s hiking trails before heading for the Territories/Alberta border and Fort Smith, the “Garden Capital of the North”.

White Water and Bison

An insouciant bear crosses the highway to Fort Smith. Further away, some bison stop grazing and move slowly into the brush. You’re not far from Wood Buffalo National Park, which was established in 1922 to protect one of the world’s last free-roaming herds of wood bison. This UNESCO World Heritage Site is the largest national park in Canada. A platform offers a good view of the Salt Plains, the remnants of a saltwater ocean that once covered the area.



The Hub

Nicknamed “the Hub”, the highway and railroad from northern Alberta converge here with the waterways flowing to the Arctic. Enjoy great sport fishing, or learn about the area’s commercial fishing industry on a harbour boat tour that also takes passengers past barges which transport supplies to isolated communities along the Mackenzie River. The Fisherman’s Wharf Outdoor Market held Saturdays from mid-June until mid-September features fresh fish and local artwork.

The Hay River Heritage Centre in the old Hudson’s Bay post on Vale Island has exhibits about the town’s history, including the 1964 flood that forced the town to move. The Dene Cultural Institute or Yamoza Kue Society in the Katlodeeche First



Fort Smith sits on the banks of the Slave River, which has four sets of rapids that are popular with whitewater kayakers. The Northern Life Museum has just reopened and features traditional artifacts and exhibits about the area's history. Mission Historic Park houses the historic Roman Catholic Mission buildings, including a lovely grotto. It was the Territories' centre for health care, education and missionary work for much of the 19th and 20th centuries. It's time to backtrack to the Hub, then north to the Territories' capital, Yellowknife.

Diamonds are a City's Best Friend

A visitor inside the Prince of Wales Northern Heritage Centre is getting directions to the washroom. "Go past the polar bear and turn left at the musk ox", an employee explains. A big stuffed polar bear greets visitors at the entrance, while displays introduce you to the history, flora and fauna of the Northwest Territories. Tours are given of the Legislative Assembly which opened on November 17, 1993.

While standing in the foyer, known as the Great Hall, visitors can get a clear view of the circular chambers where the Territories' 19 members sit.

Wander around old town and grab a bite at the Wildcat Café, which first opened in 1937 during Yellowknife's Gold Rush days. The café is open mid-May to early September. If you're in town July 15 to 17, 2005, the Folk on the Rocks Festival is celebrating its 25th anniversary with its usual eclectic mix of talent from the North and around the world.

With diamond mines about 300 kilometres north of Yellowknife, diamonds are the city's best friend. The Diavik Visitors' Centre has an exhibit explaining how diamonds are formed and mined. If you're looking for a serious souvenir, Canadian Arctic diamonds, cut and polished in Yellowknife, can be purchased (or simply admired) locally.



Western Forts

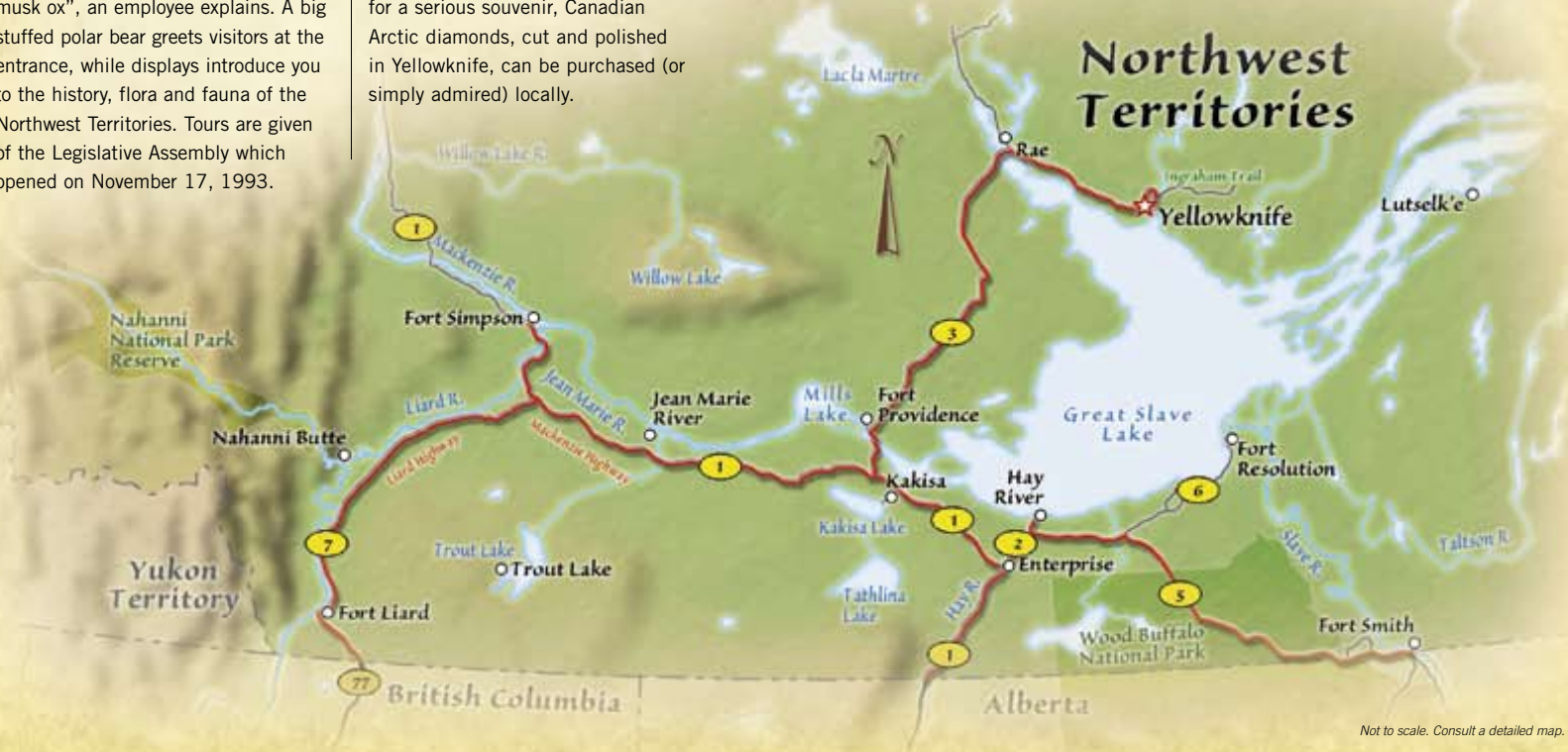
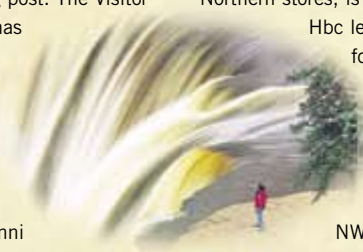
Located where the Liard and Mackenzie Rivers meet, Fort Simpson was initially a fur trading post. The Visitor Information Centre has an exhibit on the area's history and can arrange guided walking tours of the town. There are no roads to spectacular Nahanni National Park Reserve, but the Visitor Centre in Fort Simpson can help arrange a flightseeing day trip.

Fort Liard is best known for its birchbark baskets decorated with traditional Dene quillwork. Could the increase in local oil and gas exploration be due to the famed Money Tree? Shaped like a dollar sign, it's on the right side of the main road as you drive into the hamlet. Some of the former Hudson's Bay Company

(Hbc) buildings behind the Northern store are part of the town's history. The North West Company, which runs Northern stores, is the inheritor of the Hbc legacy for providing food and everyday products to remote northern communities.

Continuing south, NWT Highway 7 becomes B.C.'s Highway 77. The best way to appreciate this northern drive is to take your time and spend a week. Life up here moves at a relaxed pace, so enjoy the soothing rhythm of the land. You'll be carrying a part of it with you always.

For more information contact:
Northwest Territories Tourism
www.drive9.explorenwt.com
or call 1-800-661-0788



The Kitikmeot Expedition

Nunavut

The hope of discovering a Northern trade route from the Old World to the Orient lured early explorers to many points in Canada, including an extraordinary land where shaggy musk ox wandered vast tracts of tundra and massive polar bears ruled over glacial dunes. A century ago, Roald Amundsen was the first to sail the Northwest Passage. The midnight sun shone bright in summer's night sky and icy Arctic waters bathed miles of sparkling beach. Today's modern-day adventurers can still find that mysterious land. A journey to Western Nunavut's Kitikmeot Region will be illuminated by the bright smiles of Inuit people and the radiance of the aurora borealis.

Canada's youngest territory offers a voyage unlike others. There are no highways into Nunavut but regular flights are routed through Yellowknife, NWT to the Kitikmeot. After arriving in Cambridge Bay above the Arctic Circle, further exploration of Victoria Island will reward you with sights of centuries-old Inuit and European artifacts as well as Arctic wildlife. A flight west to Kugluktuk will take you to the mouth of the Coppermine River where fresh water makes its way to the Arctic Ocean, then you'll travel back eastward to Gjoa Haven and the Northwest Passage Territorial Historic Park.

Cambridge Bay

Set along the shores of the Queen Maud Gulf sits Cambridge Bay. Here you can immerse yourself in Inuit culture, catch the sight of musk ox grazing just out of town or take a walking tour to the wreck of Amundsen's half-sunken boat. There's also the Old Stone Church (not so old at circa 1953) built using seal oil, clay and frost-shattered rocks. It's not recommended to trek onto the tundra without a guide but the Arctic Coast Visitors' Centre can arrange bird, waterfowl and wildlife watching.

Cambridge Bay's traditional Inuit name is *Ikaluktutiak*—a good fishing place—and anglers will be treated to world-class trout and char fishing in nearby streams and lakes.

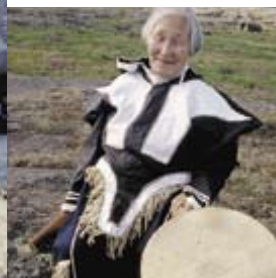
Build a fire and you'll be able to enjoy a fresh catch right off your hook or stop in at Kitikmeot Foods and ask about shipping home some char, caribou or musk ox.

In "Cam Bay" you can rent a vehicle or hike a 15-kilometre, well-maintained trail to "the baby, the lady and the giant"—also known as Mount Pelly in Uvayok Territorial Park. Legend tells that the mounds are a family that travelled in search of food but eventually perished of starvation. High-Arctic winters are harsh and dark, but every spring, the tundra bursts to life with the arrival of migratory birds—snow buntings, swans, geese, and falcons. Mid-summer, the land is covered with a blanket of Arctic poppies and purple saxifrage.

Along the road to the park, stop at well-marked archaeological sites. Spot an inukshuk (a rock cairn) and the remains of whalebone and rock structures.



Bloody Falls, Nunavut



Kugluktuk

Sparsely populated Nunavut is one-fifth the size of Canada with hundreds of kilometres separating small communities, but travelling between them is part of the experience. Flying westward, Kugluktuk is located at the mouth of the Coppermine River, considered one of the continent's great canoe trips. But you don't have to be paddling to take in the untamed beauty. The Kugluktuk Heritage Centre provides a great starting point for short tours and can help arrange a hotel or camping.

A rough 13-kilometre hike to the Kuklok (Bloody Falls) Territorial Park



trails past a background of rolling tundra and jagged cliffs. The site got its name from a 16th century massacre of Inuit by Dene

people. It's a terrific opportunity for wildlife watching and camping. The park is close to the tree line and moose, wolverines, wolves, musk ox, grizzlies and caribou often make their way down the river. But be prepared for wet, spongy ground and a few stream crossings. If you don't fancy the walk, you can hire a boat trip up the river or rent an all-terrain vehicle.

Gjoa Haven

When Amundsen settled at Gjoa Haven a century ago, he found a refuge for his ship the Gjoa. You can re-discover the accounts of many failed expeditions and Amundsen's successful one at the community museum and on a self-guided trail. The Northwest Passage Territorial Historic Park can be visited easily in an afternoon. Gjoa Haven is also the nearest community to where the members of the doomed Franklin Expedition perished half a century before Amundsen arrived. The location of Franklin's tomb remains a mystery today.

A visit to Arctic Canada offers a glimpse into a scene discovered by few. A week will let you raise your face to the midnight sun, immerse yourself in intriguing history and admire the Arctic wildlife. Like explorers from the past, you'll hear voices speaking the native language of Inuktitut and be able to pick up fine Inuit carvings crafted from bone or soapstone. Your quest for the extraordinary will be fulfilled here in western Nunavut but the expedition will undoubtedly leave you craving for more.

For more information contact:

Nunavut Tourism

www.nunavuttourism.com
or call 1-866-NUNAVUT



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2005 Calendar of Events

Just a tiny slice of the incredible festivals, fairs, celebrations, concerts, stampedes, sporting events, culture and just plain fun you can find across Canada this summer.

Newfoundland & Labrador

Festival 500 — Sharing the Voices

July 3–10
St. John's
www.festival500.com
or information@festival500.com
(709) 738-6013

Newfoundland & Labrador Folk Festival

August 5–7
St. John's
www.sjfac.nf.net or office@sjfac.nf.net
(709) 576-8508

Nova Scotia

Nova Scotia International Tattoo

July 1–9
Halifax
www.nstatattoo.ca or info@nstatattoo.ca
1-800-563-1114

2005 BMO Financial Group Canadian Women's Open Golf Championship

July 11–17
Halifax
www.glenarbour.com/Events/Open05
1-866-571-LPGA (5442)

Prince Edward Island

PEI International Shellfish Festival

September 16–18
Historic Charlottetown Waterfront
www.peishellfish.com
or info@capitalcommission.pe.ca
(902) 629-1864 or 1-800-955-2003

Atlantic Superstore Festival of Lights

June 30–July 2
Historic Charlottetown Waterfront
www.visitcharlottetown.com
or info@capitalcommission.pe.ca
(902) 629-1864 or 1-800-955-1864

New Brunswick

Festival acadien de Caraquet

August 1–15
Caraquet
www.festivalacadiencaraquet.com
(506) 727-2787

Harvest Jazz and Blues Festival

September 14–18
Fredericton
www.harvestjazzandblues.com
(506) 454-2583 or 1-888-622-5837

Québec

Les Grands Feux Loto-Québec

July 23–August 10
Parc de la Chute-Montmorency
www.lesgrandsfeux.com
or info@lesgrandsfeux.com
(418) 523-3389 or 1-888-934-3473

Festival international Nuits d'Afrique

July 14–24
Montréal
www.festivalnuitsdafrique.com
or info@festivalnuitsdafrique.com
(514) 499-9239

Ontario

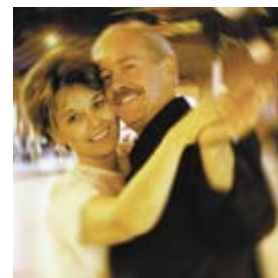
Beaches International Jazz Festival

July 14–24
Toronto
www.beachesjazz.com
(416) 698-2152

Shaw Festival

April 1–November 27
Niagara-on-the-Lake
www.shawfest.com
(905) 468-2153

continued >



Manitoba

Winnipeg Folk Festival

July 7–10
Birds Hill Provincial Park
www.winnipegfolkfestival.ca
or info@winnipegfolkfestival.ca
(204) 231-0096

Manitoba Summerfest

July 29–31
outskirts of Grand Beach
Provincial Park
www.manitobasummerfest.com
or gbec@mts.net
(204) 989-8075

Saskatchewan

Sasktel Saskatchewan Jazz Festival

June 24–July 3
www.saskjazz.com
or sask.jazz@sasktel.net
(306) 652-1421

Saskatchewan Air Show

July 9–10
Moose Jaw
www.saskatchewanairshow.com
or info@saskatchewanairshow.com
(306) 692-4411

Alberta

Banff Summer Arts Festival 2005

Summer, 2005
www.banffcentre.ca/bsaf

Jasper Heritage Rodeo

August 19–22
Jasper
www.jasperheritageprorodeo.com
or jaspercc@incentre.net

British Columbia

Bard on the Beach Shakespeare Festival

June 2–September 25
Vancouver
www.bardonthebeach.org
(604) 739-0559 or 1-877-739-0559

Tibet: Mountains and Valleys, Castles and Tents

Exhibit at the Royal BC Museum
March 4–October 10
Victoria
www.royalbcmuseum.bc.ca
(250) 356-RBCM (7226)
or 1-888-447-7977

Yukon Territory

Dawson City Music Festival

July 22–24
Dawson City
www.dcmf.com or info@dcmf.com
(867) 993-5584

Kluane Chilkat

International Bike Relay
June 18
Haines Junction
www.kcibr.org or info@kcibr.com
(867) 633-2579

Northwest Territories

Great Northern Arts Festival

July 15–24
Inuvik
www.gnaf.ca

Folk on the Rocks Music Festival

July 15–17
Yellowknife
www.folkontherocks.com

Nunavut

Nunavut Arts Festival

July 8–15
Cambridge Bay
www.NACAarts.org
or arts@nunanet.com
(867) 979-7808

Nunavut Day

July 9 in all communities
Every community holds local activities

Hbc Run for Canada

July 1—10k Run, 3k Walk, 1k Kids Run
British Columbia—Victoria
Alberta—Calgary
Manitoba—Winnipeg
Ontario—Toronto, Algonquin Park,
Ottawa
Nova Scotia—Halifax
www.hbcrunforcanada.com

For more events across Canada,
visit www.travelcanada.ca/festivals

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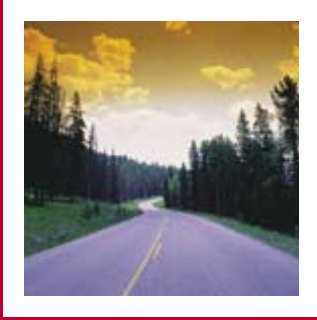
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