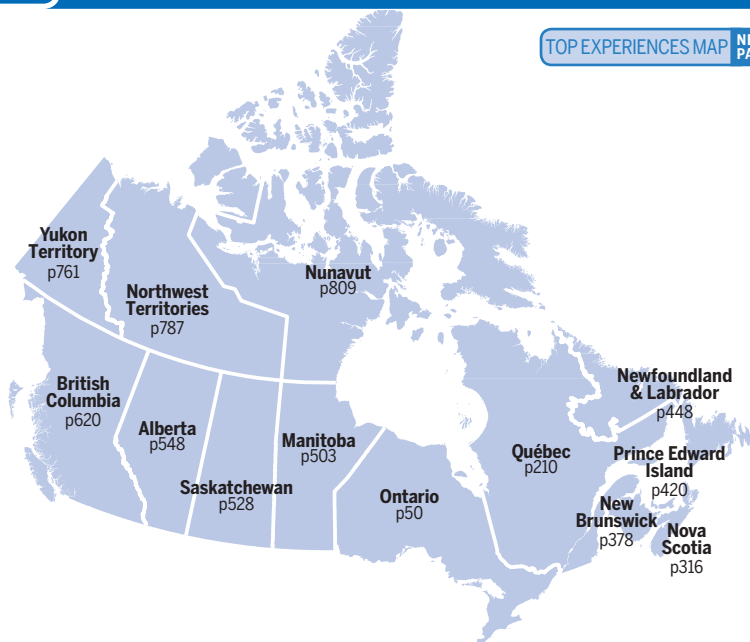


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...ine, and so are the  
... (a) and adjectives in  
... nouns. We've included masculine  
... forms where necessary, marked with

Hello.	Bonjour.	bon-zhoor
Goodbye.	Au revoir.	o-ter-veer
Excuse me.	Excusez-moi.	ek-skew-zoi
Sorry.	Pardon.	par-don
Yes./No.	Oui./Non.	wee./non
Please.	S'il vous plaît.	seel voo plai
Thank you.	Merci.	mair-si
You're welcome.	De rien.	der-yan

THIS EDITION WRITTEN AND RESEARCHED BY

Karla Zimmerman,

Catherine Bodry, Celeste Brash, John Lee, Emily Matchar, Brandon Presser,  
Sarah Richards, Brendan Sainsbury, Ryan Ver Berkmoes

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# PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions to help you put together your perfect trip

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and decided to hang around. These man...  
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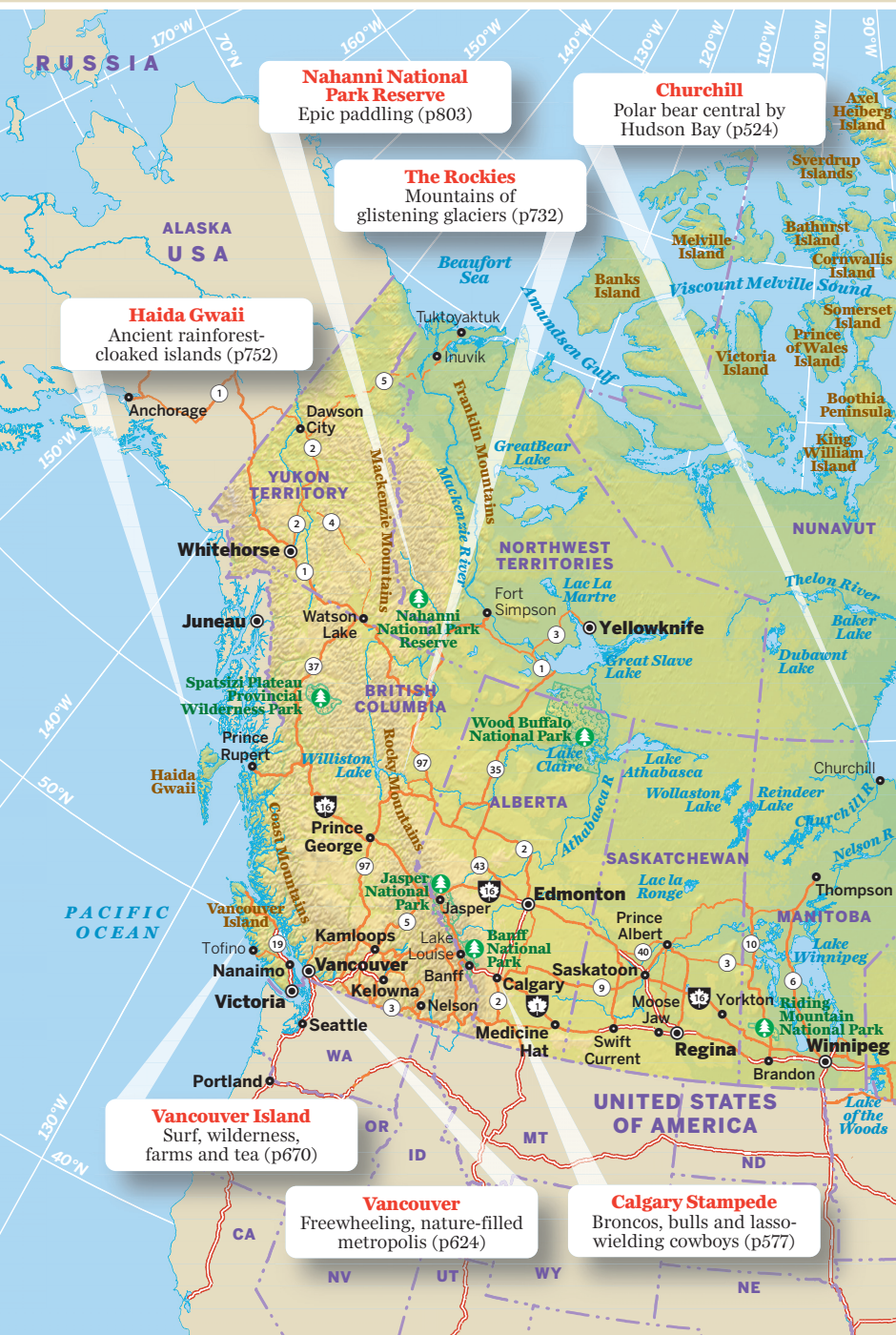
CANADA USA

1 = 4 people

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**Look out for these icons:**

Our author's recommendation



A green or sustainable option



No payment required

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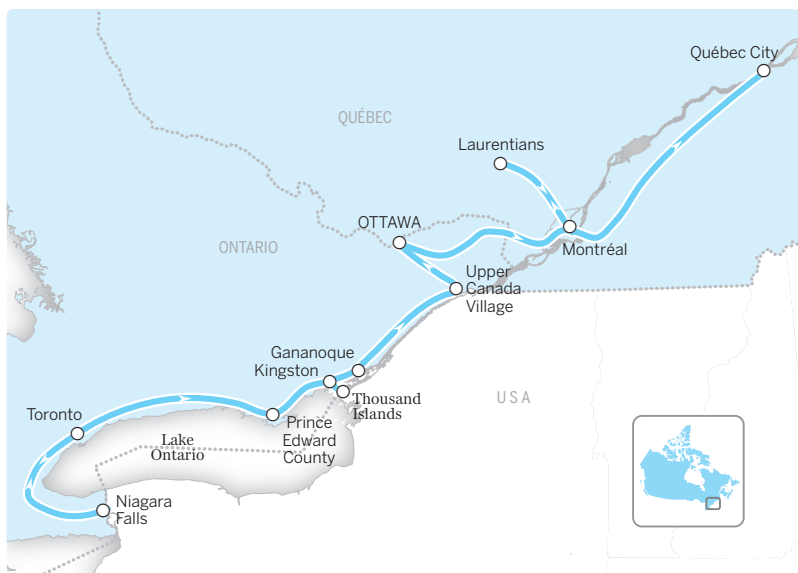
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# itineraries

*Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to [lonelyplanet.com/thorntree](http://lonelyplanet.com/thorntree) to chat with other travelers.*



Two Weeks

## The Central Corridor

This 1450km route from Toronto to Québec City swoops up Canada's largest cities, mightiest waterfalls and prettiest islands.

Start in the multicultural mecca of **Toronto** (two days), and wallow in the wealth of architecture, art museums, restaurants and nightclubs. Spend day three at **Niagara Falls**, then begin your eastward haul. The Loyalist Parkway (Hwy 33) rambles shoreside in winery-laden **Prince Edward County** (half-day) and pulls into colonial **Kingston** (one day). From there, the misty, mansion-covered **Thousand Islands** dot the St Lawrence River; **Gananoque** (one day) makes a good break in their midst. Stop at **Upper Canada Village** (half-day), a re-created 1860s town, before heading to **Ottawa** (two days) to get your culture fix at the national museums. Save room for your next stop **Montréal** (two days), where the French *joie de vivre* seduces via Euro-cool clubs and foodie-beloved cafes. Had your fill? Swing over to the **Laurentians** (two days) to hike, cycle or ski yourself back into shape. Finish in **Québec City** (two days). The charismatic old town, walled and dramatically poised on a bluff, will leave an impression long after you return home.



One Month

## Trans-Canada Highway

The world's longest highway – a 7800km belt of asphalt cinched around Canada's girth – is technically a patchwork of provincial roads. Scenic stretches alternate with mundane ones; many of the fine sights require detours off the highway. Pack patience and good music.

The road begins in **St John's**, Newfoundland, Canada's oldest city and a heckuva puff-filled good time. It rolls all the way through the province until it hits the sea, at which point you must ferry over to **North Sydney**, Nova Scotia, where the road resumes on beautiful **Cape Breton Island**. Continue to New Brunswick – or take the longer route to **Prince Edward Island's** pink beaches – then follow the St John River via **Fredericton** to Québec. The **Gaspé Peninsula** entices as a pastoral, silver-spined side trip east. Otherwise, the highway follows the mighty St Lawrence River and reaches romantic **Québec City**. Phew, that's only week one.

Carry on the urban theme in **Montréal**, where the croissants and cafe au lait will keep you lingering, before plunging into Ontario near museum-fortified **Ottawa**. From there, follow in fur traders' footsteps to **Sudbury** and **Sault Ste Marie**, the gateway to the Algoma wilderness that inspired the Group of Seven painters. Savor the superb stretch of road skirting Lake Superior to **Thunder Bay**. And voila, there goes week two.

Next the highway enters the prairie flatlands of Manitoba, where **Winnipeg** rockets up and provides an enlivening patch of cafes and culture. The road dawdles under Saskatchewan's big skies until reaching bad-ass **Moose Jaw**, where Al Capone used to hide his bootlegged booze. In Alberta, dinosaur junkies can detour to **Drumheller**. And put on your cowboy boots before arriving in **Calgary**, a former cow town that's become one of Canada's fastest-growing cities. So passes week three...

You're in the Rockies now. They offer a dramatic change of scenery as the highway meanders through **Banff** before entering British Columbia at **Yoho National Park** and reaching its highest point (1643m) at Kicking Horse Pass. The mountains eventually give way to river country. The most memorable section leads through the **Fraser River Canyon** from where it's only a quick jaunt to mod, multicultural **Vancouver** and the ferry to **Victoria**. Snap a picture at the Mile 0 sign. You made it!



Two Weeks

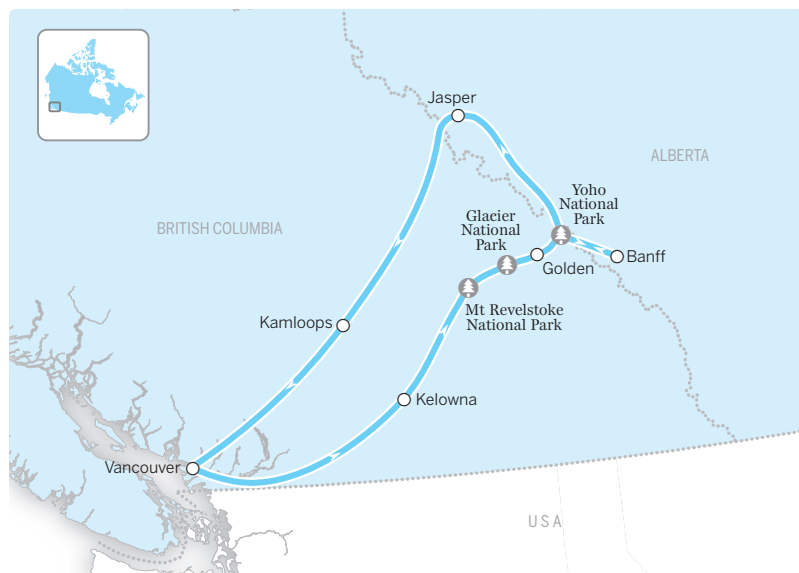
## Cabot & Viking Trails

Wild, windswept and whale-riddled, this 1400km route through Nova Scotia and Newfoundland unfurls sea-and-cliff vistas you can see right from the car. But it also provides plenty of opportunities to pull over and get the blood flowing with hikes, kayak trips and art studio visits.

Start in **Halifax** and spend a few days enjoying the beer, farmers market and cosmopolitan life. Day-trip out to **Maitland** to raft the tidal bore's waves. Then hit the road east to Celtic-tinged **Cape Breton Island**. It's about a five-hour drive, and there's no ferry involved, since a causeway connects the mainland to the island. As you approach the town of Baddeck, veer off on the Cabot Trail, a well-marked 300km loop through the region. It winds and climbs over coastal mountains, with heart-stopping sea views at every turn.

Enjoy it for the next three days, popping in to little towns along the way. **Chéticamp** makes a fine stop – it's a deeply Acadian fishing community known for its arts. It's also the gateway into **Cape Breton Highlands National Park**, where you'll likely see loads of moose and nesting bald eagle. When you reach **Pleasant Bay**, you can watch whales or chant with monks at the local Tibetan monastery. **Meat Cove** is a lovely place to stretch your legs with a hike. And don't forget to get your art fix at the studios along the **St Ann's Loop** before arriving in industrial North Sydney for the ferry to Newfoundland.

It's a six-hour sail over the Cabot Strait to **Port aux Basques**. The ferry goes daily, but be sure to book in advance. Spend a day in the sleepy town and its lighthouse-dotted environs, then steer for **Gros Morne National Park**, about four hours north on the Trans-Canada Highway. The world heritage site is rich with mountain hikes, sea kayak tours, fjord-like lakes and weird rock formations. After soaking it up for three days, continue on the Viking Trail to its awe-inspiring endpoint: **L'Anse aux Meadows National Historic Site**. This was North America's first settlement, where Leif Eriksson and his Viking pals homesteaded 1000 years ago. Poke around for a few days before turning around and heading back. You'll need a couple of (long) days to retrace your path to Halifax.



Two Weeks

## The Rockies

Prepare to feast on a smorgasbord of scenic delights on this 2000km trek, which loops through British Columbia and Alberta.

Start with a couple of days in mountain-meets-sea **Vancouver**, where you'll be spoiled by urban hiking, biking and other activities, plus western Canada's best cuisine scene. Make the wine pilgrimage east through rolling hills to the lake-studded **Okanagan Valley**, famous for its fruit orchards, crisp whites and bold reds. **Kelowna** (two days) makes a good sipping base in the area.

Next it's time to get high in BC's Rocky Mountains (two days). A trio of national parks pops up in quick succession, each providing plenty of 'ah'-inspiring vistas. **Mt Revelstoke** has a cool scenic drive and hikes. **Glacier** has 430 of the namesake ice sheets. And **Yoho** may be the best of all, home to looming peaks and crashing waterfalls. **Golden** is a convenient base.

Cross the border into Alberta, and park it in **Banff** (three days). You won't be able to stop the cliches from flying forth: grand! majestic! awe-inspiring! Allot plenty of time for hiking, paddling, gawking at glaciers and spotting grizzly bear (best done from a distance). Sapphire-blue Lake Louise is a must, surrounded by alpine-style teahouses that let you fuel your day-hike with scones, beer and hot chocolate.

From Banff, Hwy 93 – aka the Icefields Pkwy – parallels the Continental Divide for 230km to **Jasper** (three days). Try to keep your eyes at least partially on the road as you drive by the humungous Columbia Icefield and its numerous fanning glaciers. Foaming waterfalls, dramatic mountains and the sudden dart of a bear (or was that a moose?) are also part of the journey. Jasper itself is bigger and less crowded than Banff, and offers the requisite superb hiking, as well as horseback riding, rock climbing, mountain biking and rafting.

It's a shame to have to leave, but we must return to Vancouver. The Yellowhead Hwy (Hwy 5) plows south to **Kamloops**, a handy spot to spend the night before motoring back to the City of Glass.



One Week

## French Canadian Sampler

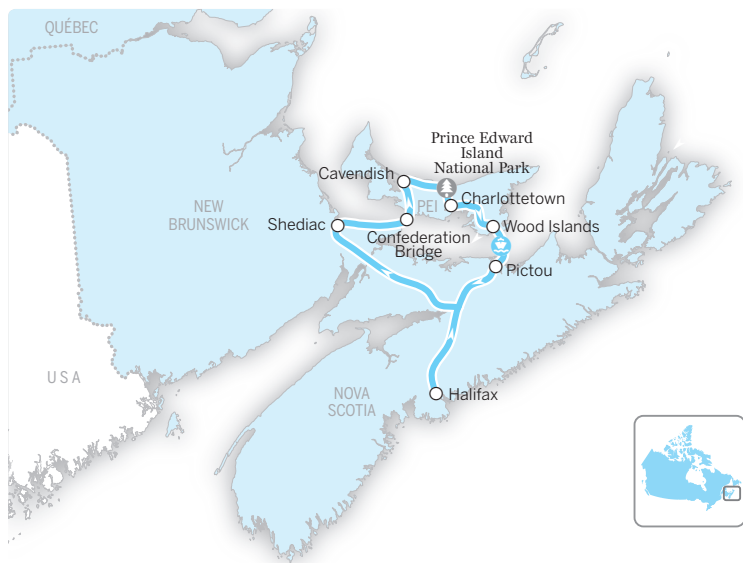
Get a taste of Canada's French side on this 700km jaunt through New Brunswick and Québec.

Start in **Caraquet** (one day) and immerse in Acadian culture at the historic sites and via local foods like *pets de soeur* ('nun's farts' in English – try one to see if you can figure out why). If you visit in August, the fiddle-fueled Festival Acadien takes over the town.

Ramble east through **Campbellton** and cross into Québec. **Rimouski** (two days), on the St Lawrence River, is your target. Browse its intriguing museums and delicious cafes, and day trip east up the Gaspé Peninsula on Rte 132, where fluttering Acadian flags, tidy farming hamlets and rocky shores flash by.

From Rimouski, a ferry crosses the river to Forrestville, from which you can head south to welcoming **Tadoussac** (two days). Its all about whale watching in this bo-ho little town. Zodiacs go out to see the mondo blue whales that patrol the area.

Finish your trip in atmospheric **Québec City** (two days). Check in at a cozy inn, wander the Old Town's labyrinth of lanes, and stop often to sip in the corner cafes.



One Week

## Heart of the Maritimes

This 650km loop lassoes the core of the Maritime provinces (Nova Scotia, New Brunswick and PEI).

Eat and drink your way through **Halifax** (two days), then make a break northwest for New Brunswick. Festive **Shediac** (one day) is home to the world's biggest lobster sculpture and – no surprise – the cooked version of the creature gets served in eateries all over town. Cap off the evening at the retro drive-in movie theater.

Barrel over the 12.9km **Confederation Bridge** that links New Brunswick to PEI and begin the pilgrimage to Anne's Land. Anne, of course, is the fictional red-headed orphan of Green Gables fame, and **Cavendish** (one day) is the wildly developed town that pays homage to her.

Continue the red theme by exploring the red sandstone bluffs at **Prince Edward Island National Park** (one day); there's birdwatching, beach walking and swimming, too. Stop in PEI's compact, colonial capital **Charlottetown** (one day) before taking the ferry from **Wood Islands** back to **Pictou** (half-day) in Nova Scotia. You can stroll Pictou's boardwalk and if you're lucky, the town might be hosting its First Nations Powwow. It takes about two hours to return to Halifax from here.



## One Week Bite of BC

▶ You don't have to drive far to experience a range of humbling, heart-leaping landscapes in southern BC. Ocean, mountains, forests, islands – all present and accounted for in roughly 550km.

Begin in **Vancouver** and take a couple of days to check out the indie shops, foodie fare and forested seawall vistas of Stanley Park. On day three, drive to the **Tsawwassen ferry terminal** for the dreamy boat trip snaking through fir-y isles to **Swartz Bay** on **Vancouver Island**. Zip over to **Victoria**, spending an overnight exploring the picture-perfect capital and its historic buildings. On day four, drive north up the island on Hwy 1, stopping off at **Chemainus**, a former logging settlement that's reinvented itself as an art town. Continue north for a late lunch and an overnight in **Nanaimo**, then, next morning, catch the ferry back to the mainland's Horseshoe Bay terminal in **West Vancouver**.

From here, the Sea to Sky Hwy (aka Hwy 99) runs cliffside through formidable mountains to **Whistler**. The resort town has heaps of adrenaline activities (skiing, snowboarding, ziplining, mountain biking) and fun, ski-bum bars to occupy days six and seven. It's 130km back to Vancouver.



One Week

## Klondike Hwy & Around

Heed the call of the wild, and set your wheels for this epic roadway. Know it'll be a lot of driving for one week (approximately 30 hours). But the road *is* the main attraction for the trip.

Start in **Skagway**, Alaska, as the Klondike Hwy does. Soon you'll leave the cruise ships behind and enter the rugged land Jack London wrote so much about. Follow the road to lively **Whitehorse**, which has groovy arts and organic bakeries. From there continue north to offbeat **Dawson City**. Linger a few days and check out the gold rush historic sites, take a mine tour and blow a kiss to the dancing girls. Day-trip to **Tombstone Territorial Park** for its wide, steep grandeur.

Next, follow the Top of the World Hwy (Hwy 9) across mountain tops to the Alaskan border, and connect down through the US and onto the Alaska Hwy in the Yukon at **Beaver Creek**. The road between here and well-stocked **Haines Junction** is sublime, paralleling Kluane National Forest and the St Elias Mountains. The gawk-worthy Haines Hwy rolls in to **Haines**, Alaska, where you'll finish.



### John Lee

[British Columbia](#), [Cuisines of Canada](#), [Wine Regions](#) Originally from St Albans in the UK, John moved to Canada's West Coast to study at the University of Victoria in the 1990s, moving to Vancouver and launching a full-time independent travel-writing career in 1999. Since then, he's been covering the region (and beyond) for major newspapers and magazines around the world. Becoming a Lonely Planet author in 2005, he has contributed to 18 titles, including writing

the most recent editions of the *Vancouver City Guide* and penning a daily blog for the LP website from the 2010 Olympic Winter Games. To read his latest stories and see what he's up to next, visit [www.johnleewriter.com](http://www.johnleewriter.com).



### Emily Matchar

[New Brunswick](#) Though American by birth, Emily has long suffered acute Canada-envy (and not just for the healthcare, either!). She's had some of her best adventures in the True North, from paddling with seals off the coast of British Columbia to eating poutine at 3am in Montréal to hanging out with canoe-makers in rural New Brunswick. These days, she makes her home quite a bit further south, in Chapel Hill, North Carolina, where she writes for a variety

of magazines, newspapers and websites. She's contributed to half a dozen Lonely Planet guides, including *USA*, *Mexico* and *Trips: The Carolinas, Georgia and the South*.



### Brandon Presser

[Ontario](#) For this, his second time coauthoring the *Canada* guide, Brandon had the distinct honor of tracing his father's old trucking route through the moose-clad recesses of northern Ontario. Brandon is himself no stranger to the area – he was born in Ottawa and spent much of his childhood in the region. After living in Paris, Tokyo and Boston, Brandon strapped on a backpack and joined the glamorous ranks of eternal nomadism. As a fulltime freelance travel writer he's

contributed to over 20 Lonely Planet titles from *Iceland* to *Thailand* and many '-lands' in between.



### Sarah Richards

[Québec](#) Loyal to the mountains and forests of her native BC, Sarah vowed never to love another Canadian province. But when she started her undergraduate degree at McGill University, a torrid love affair with the enticing vibe of Québec threatened to break her ties with home forever. After graduation, she roamed Asia and Europe for six years, before finding her way back into the arms of Montréal. She blames the soft scents of freshly baked croissants in the wind and the sinful delights of the city's vibrant nightlife for her betrayal.



### Brendan Sainsbury

[Alberta](#), [Northwest Territories](#), [Nunavut](#), [National Parks](#) An expat Brit from Hampshire, England, Brendan is a former fitness instructor, volunteer teacher, wannabe musician and travel guide who now writes about travel full-time. In 2003 he met a Canadian girl from Saskatoon while in Spain. After romancing in Cuba and getting married in Mexico, they now live (with their son, Kieran) in White Rock, BC. Brendan is a long-time lover of Alberta's national parks and is

the coauthor of Lonely Planet's current *Banff, Jasper & Glacier National Parks* guide.



### Ryan Ver Berkmoes

[British Columbia](#), [Manitoba](#), [Saskatchewan](#), [Yukon Territory](#) Ryan's been bouncing around BC and the Yukon for more than two decades. This time he added Manitoba and Saskatchewan. But what he really added was more critter-spotting than he'd ever imagined possible. But it's fitting given Ryan's background with moose. At his first newspaper job he was tasked with placing random moose jokes in the classifieds to pique reader interest (eg

What's a moose's favorite philosopher? Cam-moose). For better jokes than that, surf over to [ryanverberkmoes.com](http://ryanverberkmoes.com).



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Karla Zimmerman

**Coordinating Author, Newfoundland & Labrador** During her years covering Canada coast to coast for Lonely Planet, Karla has become an honorary Newfoundlander (with a rum-soaked certificate to prove it), an honorary Vancouverite (with a sushi addiction to prove it), and some would say an honorary Canadian (with a Tim Horton's fixation to prove it). On her most recent trip to The Rock, she heard a quote that pretty much sums it up: 'Moose? They're like boats –

they're everywhere.' When she's not north of the border, Karla lives in Chicago, where the donuts are good but not Canadian good. She writes travel features for newspapers, books, magazines and websites.



### Catherine Bodry

**Ontario** Catherine grew up just below the Canadian border, in Washington State, and has made countless trips to visit her northern neighbors. During her youth she camped on Vancouver Island, and when she got a little older she snuck across the border for the coveted 19-year-old drinking age. Since then, she's driven the Alaska Highway five times, explored the western coast by ferry, and filled her belly repeatedly across Ontario's farmland. Writing for Lonely Planet

feeds (and often fuels) her wanderlust: you'll find her in Lonely Planet's *Alaska, Pacific Northwest Trips* and *Thailand*. Check out [www.catherinebodry.com](http://www.catherinebodry.com) for more of her work.



### Celeste Brash

**Nova Scotia, Prince Edward Island, Travel with Children** 'This is where people from Tahiti go on vacation?' – this question is often asked of Celeste during her voyages through the Maritimes. Lighthouses and lupine are a far cry from palm trees and hibiscus of her island home of 15 years, but Celeste became certain long ago that Atlantic lobster is the best food on Earth, fell in love with the crisp air and is an unabashed Anne fan. After this trip she moved from the tropics to a similar latitude in Oregon to start more temperate adventures involving salmon and blackberries.

OVER MORE  
PAGE WRITERS

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