

# Index

## A

Abitibi-Témiscamingue 324-5  
 Aboriginal people 845-50  
   beliefs 767  
   festivals 32, 93, 171, 366, 372, 518  
   First Nations 845-8  
   Inuit 822, 834, 848-9  
   Métis 848  
 Acadian Peninsula 429  
 Acadian people 377, 455  
 Acadian festivals 356, 429  
 accommodations 868-70, *see also individual locations*  
 activities 27, 851-5, 870, *see also individual activities*  
 adventure sports 27, 774, *see also individual activities*  
 Advocate Harbour 369-70  
 African slaves 353  
 air travel  
   to/from Canada 880  
   within Canada 881-3  
 Alaska Highway 768, 770-1, 780-4  
 Alaska Marine Highway System 768  
 Alberta 59, 554-629, **555**  
   accommodations 554  
   climate 554, 556  
   driving distances 559  
   fast facts 556  
   food 554  
   highlights 555  
   history 556  
   itineraries 557  
   travel seasons 554  
   travel to/from 556-7  
 Algoma Central Railway 177  
 Algonquin Provincial Park 190-4

Alma 420  
 Amherst 370  
 amusement parks 54  
   Moncton 421  
   Nanaimo 702  
   Toronto 86, 88  
 animals 856-9, *see also individual species*  
 Annapolis Royal 359-61  
 Annapolis Valley 355-65  
 Anne of Green Gables 20, 451  
 Antigonish 374  
 Appalachian Trail 312, 499  
 aquariums  
   Acadian Peninsula 429  
   Norris Point 489  
   Québec 279  
   St Andrews-by-the-Sea 404, 405  
   Toronto 26  
   Ucluelet 712  
   Vancouver 637  
 Arctic parks 796  
 Art Gallery of Ontario 79-80  
 arts, *see also individual arts*  
   aboriginal 846, 849  
   Algonquin School 172  
   festivals 93, 161, 260, 465, 649, 816  
 ATMs 874  
 Aulavik National Park 619, 817, **618**  
 aurora borealis 16, 30, 529, **16**  
 Auyuittuq National Park 619, 826-7, **618**  
 avalanches 744  
 Avalon Peninsula 472-6

## B

B&Bs 868-9  
 Baffin region 22, 824-9, **22**  
 Baie Comeau 318  
 Baie Ste-Catherine 296-7  
 Baie St-Paul 291-3

Baie Trinité 318  
 Banff National Park 584-612, 615, **586, 7, 613, 614**  
 Banff Town 590-600, **592**  
 Banks Island 817  
 Bar U Ranch 623  
 Barkerville 759  
 Barrington 354  
 Basin Head Provincial Park 444  
 Bastille Day 481  
 Bateman, Robert 26  
 Batoche National Historic Site 552  
 Battleford 552  
 Bay of Fundy 17, **17**  
 beaches 30, 551  
 Bear River 359  
 bears 856-7, *see also polar bears*  
 Beaver Creek 784  
 beer 631, *see also breweries*  
   festivals 140, 371, 649  
 beetles 785  
 Bell, Alexander Graham 382  
 Bella Coola Valley 760-1  
 bicycling, *see cycling*  
 Big White Ski Resort 741  
 birds 859, *see also individual species*  
 birdwatching 529, 859  
 Avalon Peninsula 472-3  
 Cap Tourmente National Wildlife Area 291  
 Grand Manan Island 410  
 black bears 856-7  
 Black Loyalists 353  
 Blackfoot Crossing Historical Park 626  
 Blackfoot people 626  
 Blue Mountain 165-7  
 boat travel  
   to/from Canada 881  
   within Canada 883  
 Bonaventure 315

Bonavista 478-9  
 Bonnechere Caves 224  
 books 832  
   food 862  
   history 840, 844  
   wine 865  
 border crossings 880-1  
 Bouctouche 425-6  
 Bowen Island 671  
 Bowron Lake Provincial Park 758  
 Bracebridge 160-1  
 Brackley Beach 447-8  
 Brandon 525-6  
 Brandywine Falls Provincial Park 675  
 Brantford 135-7  
 Bras d'Or Lake 382-3  
 breweries  
   Alberta 566, 587-8, 611  
   British Columbia 645, 660, 661, 704, 709, 719  
   Newfoundland 463  
   Nova Scotia 333, 341  
   Ontario 71, 110, 160  
   Québec 253, 322  
 Brimstone Head 486  
 British Columbia 59, 630-771, **632-3**  
   accommodations 630  
   beer 631  
   climate 630  
   fast facts 631  
   ferries 757  
   food 630, 631, 733  
   highlights 632-3  
   internet resources 46, 631  
   parks 631  
   scenic drives 45-6  
   time 754  
   travel seasons 630  
   travel to/from 631  
   wildlife 631  
   wine 865  
 Brockville 205-7  
 Bromont 265

Bruce Peninsula 167-72  
 Bruce Trail 126  
 budgeting 25  
 Burin Peninsula 479-80  
 Burnaby 670-1  
 Burwash Landing 784  
 bus travel  
   to/from Canada 881  
   within Canada 883-4  
 business hours 875

## C

Cabot, John 835  
 Cabot Trail 13, 376-82,  
   **13, 44**  
 Calgary 571-84, **572-3**  
   accommodations 576-9  
   activities 576  
   children, travel with 580  
   drinking & nightlife 581-2  
   entertainment 582-3  
   festivals & events 576  
   food 579-81  
   shopping 583  
   sights 573-5  
   tourist information  
     583-4  
   tours 576  
   travel to/from 584  
 Calgary Stampede 18, 34,  
   576, **18**  
 Cambridge Bay 830  
 Campbell River 715  
 Campbellton 430  
 camping 869  
 Campobello Island 408-9  
 Canmore 586-8  
 canoeing & kayaking  
   853-4, *see also* rafting  
 Algonquin Provincial  
   Park 191-2  
 Banff Town 594  
 Broken Group Islands  
   Unit 708  
 Gros Morne National  
   Park 490  
 Mauricie 271  
 Mt Carleton Provincial  
   Park 400  
 Nahanni National Park  
   Reserve 813  
 Tobique 400  
 Yellowknife 801  
 Yukon River Quest 774  
 Yukon Territory 777-8,  
   788-9  
 Canol Heritage Trail 815  
 Canso 387-8  
 Cap Chat 309

Cap Tourmente National  
 Wildlife Area 291  
 Cape Breton Highlands  
 National Park 378-9,  
   616, **44, 617**  
 Cape Breton Island  
   375-86, **51**  
 Cape Chignecto Provincial  
   Park 369-70  
 Cape d'Or 369  
 Cape Dorset 827  
 Cape Enrage 420  
 Cape George 374-5  
 Cape Jourmain 424-5  
 Cape Scott Provincial  
   Park 718  
 Cape Shore 475-6  
 Cape Spear 471-2  
 Cape St Mary 355  
 car travel 881, 884-6  
   driver's licenses 884  
   rental 885-6  
 Caraquet 429-30  
 Carcross 788  
 Cariboo 758-61  
 caribou 857  
 Carleton-sur-Mer 316  
 Carmacks 788  
 Carmanah Walbran  
   Provincial Park 701  
 carnivals 93, 465, 547, 562,  
   576, 649  
 Cartier, Jacques 835  
 Cathedral Provincial  
   Park 731  
 Cavendish 451-6  
 Ceilidh Trail 375-6  
 cell phones 24, 876  
 Change Islands 486-7  
 Chapleau 180  
 Charlevoix 18, 291-7,  
   **292, 18**  
 Charlottetown 435-41, **436**  
 Chester 346  
 Chicoutimi 300-1  
 Chilcotin 758-61  
 children, travel with 52-6  
   amusement parks 54,  
     86, 88, 421, 702  
 Calgary 580  
 Edmonton 567  
 festivals 576, 649  
 Halifax 339  
 Montréal 245  
 Ottawa 214  
 Québec City 279  
 St John's 465  
 Toronto 73  
 Vancouver 643  
 Winnipeg 518

Chilkoot Trail 787-8  
 Chiputneticook Lakes 402  
 churches 239  
 Churchill 21, 528-31  
 cider 701  
 cinema, *see* film  
 climate 24, *see also*  
   *individual regions*  
 climate change 787, 833  
 Cochrane 187-8  
 Collingwood 165-7  
 Comox Valley 714-15  
 Conception Bay 474-5  
 Confederation 839-40  
 Confederation Trail 439  
 consulates 871  
 Coombs 705-6  
 Corner Brook 496-9, **497**  
 covered bridges 398,  
   417-18, 421-2  
 Cowichan Valley 700-2  
 Cranbrook 753  
 credit cards 874  
 cross-country skiing, *see*  
   *also* skiing  
 Canmore 587  
 Jasper 608  
 Crownsnest Pass 628  
 currency 24  
 customs regulations 870  
 cycling 854-5, 883, *see*  
   *also* mountain biking  
 Banff Town 594  
 Calgary 577  
 Cape Breton Highlands  
   National Park 378  
 Confederation Trail  
   (Prince Edward Island)  
   439  
 Fundy National Park 419  
 Halifax 337  
 Icefields Parkway 589  
 Kettle Valley Rail Trail 741  
 Kouchibouguac National  
   Park 426  
 Legacy Trail (Alberta)  
   26, 594  
 Montréal 244  
 Prince Edward Island  
   439  
 Swartz Bay 698  
 Toronto 89  
 Vancouver 648  
 Cypress Hills  
   Interprovincial Park  
   544-5

## D

Dalvay by the Sea 447  
 dangers, *see* safe travel

Dartmouth 343-4  
 Dawson City 789-95, **790**  
 Deer Island 407-8  
 Deer Lake 488  
 Deh Cho 811-14  
 Dempster Highway 795-6  
 Denman Island 713  
 Destruction Bay 784  
 Digby 358-9  
 Digby Neck 357-8  
 Dinosaur Provincial Park  
   622  
 Dinosaur Trail 612, 621  
 dinosaurs 544, 621  
 disabilities, travelers  
   with 877  
 distilleries  
   British Columbia 682,  
     701  
   Ontario 153  
   Prince Edward Island  
     443  
 diving 29  
 dogsledding  
   Yellowknife 801  
   Yukon Quest 774  
 drinking & nightlife, *see*  
   *individual locations*  
 drinks, *see also* wine  
   beer 631  
   cider 701  
   sourtoe 794  
 driving, *see* car travel,  
   scenic drives  
 Drumheller 19, 612, 621-2

## E

East Point 445  
 Eastend 544  
 Eastern Ontario 190-224,  
   **191**  
 Eastern Townships 263-9  
 EC Manning Provincial Park  
   724-5  
 economy 832-3  
 Economy (Nova Scotia)  
   367  
 Edmonton 557-70, **558**,  
   **560-1**  
   accommodations 562-4  
   children, travel with 567  
   drinking & nightlife  
     566-7  
   entertainment 567-8  
   festivals & events 562  
   food 564-6  
   shopping 568-9  
   sights 559-62  
   tours 562

Edmonton *continued*  
 travel to/from 569  
 travel within 569-70  
 Edmonton International  
 Fringe Festival 568  
 Edmundston 402-3  
 electricity 871  
 elk 857  
 Elk Island National Park  
 570  
 Elliston 479  
 Elmira 140  
 Elora 141-3  
 embassies 871  
 emergencies 876, 892  
 entertainment, *see*  
*individual locations*  
 Eriksson, Leif 834  
 events, *see* festivals &  
 events  
 exchange rates 25

**F**

Fergus 141-3  
 Fernie 751-3  
 ferries  
 to/from Canada 881  
 within Canada 883  
 Festival International de  
 Jazz 14, 33, 246, **14**  
 festivals & events 31-5,  
*see also* film festivals,  
 food festivals, *individual*  
*locations*  
 film 832  
 film festivals  
 Atlantic Film Festival 338  
 Banff Mountain Film &  
 Book Festival 596  
 Canadian International  
 Documentary Festival  
 92  
 Open Roof Festival 93  
 Silver Wave Film Festival  
 395  
 Toronto International  
 Film Festival 93-4  
 Toronto LGBT Film  
 Festival 92  
 Vancouver International  
 Film Festival 649-50  
 Whistler Film Festival  
 679  
 First Nations people 537,  
 845-8  
 Fisherman's Cove 344

fishing 428, 855  
 Five Islands 367  
 flies 164  
 Flin Flon 527  
 Florenceville 398-9  
 Fogo Island 486-7  
 food 860-3, *see also* food  
 festivals, *individual*  
*locations*  
 blogs 863  
 books 862  
 maple syrup 32, 266  
 Newfoundland dishes  
 468  
 oysters 453  
 poutine 284  
 Québécois dishes 226  
 seafood 29  
 food festivals 861  
 London 151  
 Montréal 246  
 Penticton 734  
 Saskatoon 547  
 Saturna Island 723  
 Stratford 144  
 Toronto 92, 93  
 Whistler 679  
 Vancouver 649  
 Ford, Rob 71  
 Fort Beauséjour National  
 Historic Site 424  
 Fort Erie 129  
 Fort Langley 671-2  
 Fort Providence 807-8  
 Fort Simpson 812  
 Fort Smith 809-10  
 fossils 316, 368, 370  
 Fraser River Canyon 725  
 Fraser Valley 724-7, **725**  
 Fredericton 393-8, **394**  
 French language 889-93  
 French Shore 355-65, 495  
 Frontenac Arch 206  
 Function Junction 678  
 Fundy Isles 407-12  
 Fundy National Park 418-19  
 Fundy Trail Parkway 420  
 fur trade 836

**G**

Galiano Island 722-3  
 Gananogue 204-5  
 Gander 484  
 gannets 314  
 Garibaldi Provincial Park  
 675  
 Gaspé 312-13  
 Gaspé Peninsula 307-17,  
**308, 28**

gay travelers 871-2  
 festivals 93, 151, 215,  
 518, 649, 679  
 Halifax 341  
 Montréal 255  
 Ottawa 221-2  
 Toronto 81, 112  
 Vancouver 661  
 geology 169  
 Georgetown 444  
 Georgian Bay 162-72, **163**  
 Gibsons 683-4  
 Gimli 524  
 Glace Bay 385  
 Glacier National Park  
 615, 748  
 Godbout 318  
 Golden 748-9  
 Goldstream Provincial  
 Park 697  
 grain elevators 526  
 Grand Falls 402-3  
 Grand Falls-Windsor 487  
 Grand Manan Island 410-12  
 Grand Métis 308  
 Grand Pré 363-4  
 Grand Prix du Canada 246  
 Grasslands National Park  
 543  
 Gravelbourg 542-3  
 Gravenhurst 159-60  
 Great Bear Rainforest 761  
 Green Gables 20, **20, 616**,  
*see also* *Anne of Green*  
*Gables*  
 Greenwich 445  
 grizzly bears 29, 856-7, **856**  
 Gros Morne National Park  
 488-92, 616  
 Grosse Ile 302, 323-4  
 Group of Seven 172  
 Guelph 137-9  
 Guysborough 387  
 Gwaii Haanas National  
 Park Reserve 764-5

**H**

Haida Gwaii 10, 764-7, **10**  
 Haida cultural center 765  
 Haines (Alaska) 785-6  
 Haines Highway 784-6  
 Haines Junction 782-3  
 Haiiburton Highlands 194  
 Halifax 332-43, **334**  
 accommodations 338-9  
 activities 337  
 children, travel with 339  
 drinking 340-1  
 entertainment 341-2

food 339-40  
 gay & lesbian  
 travelers 341  
 highlights 337  
 shopping 342  
 tourist information 342  
 tours 337  
 travel to/from 343  
 travel within 343  
 Hamilton 135-7  
 Hartland 398  
 Havre St-Pierre 320  
 Hay River 808-9  
 Head-Smashed-In Buffalo  
 Jump 622-3  
 health 872-3  
 health care 833  
 Hecla-Grindstone  
 Provincial Park 524  
 Hidden Lake Territorial  
 Park 806-7  
 hiking 852-3  
 Algonquin Provincial  
 Park 192  
 Banff Town 594-5  
 Bruce Trail 126  
 Cabot Trail 376-82  
 Cape Breton Highlands  
 National Park 378  
 Cape Chignecto  
 Provincial Park 369-70  
 Chilkoot Trail (Yukon)  
 787-8  
 Fundy National Park 419  
 Goldstream Provincial  
 Park 697  
 Grand Manan Island 411  
 Gros Morne National  
 Park 489  
 Halifax 337  
 International  
 Appalachian Trail  
 312, 499  
 Jasper National Park 607  
 Juan de Fuca Provincial  
 Park 699  
 Kluane National Park &  
 Reserve 783-4  
 Kouchibouguac National  
 Park 426  
 Lake Louise 602  
 Legacy Trail 594  
 Mt Carleton Provincial  
 Park 400-1  
 Parc des Grands Jardins  
 293  
 Revelstoke 748  
 Sunshine Coast Trail 685  
 Tadoussac 298  
 Toronto 89-90  
 West Coast Trail 708

Whistler 678-9  
 Yellowknife 801  
 Yukon Territory 787-8  
 historical sites 27, 836  
 history 834-44  
 aboriginal 849  
 books 840, 844  
 British rule 837-9  
 Canadian Pacific Railway 840  
 European explorers 834-6  
 first inhabitants 834  
 French vs English 836-7  
 fur trade 836  
 internet resources 836, 842  
 land rights 844  
 museums 839  
 post-WWII 842-4  
 Québec separatism 843  
 Scottish heritage 382  
 Seven Years' War 837  
 Vikings 494, 834-6  
 hitchhiking 886  
 hockey 401, 522, 852, *see also* ice hockey  
 holidays 875, 876  
 homestays 869  
 Hopewell Rocks 420-1  
 Hornby Island 713  
 horseback riding 595, 607  
 hostels 870  
 hotels 869, 870  
 Hudson's Bay Company 836-7  
 Huntsville 161-2  
 Hyder (Alaska) 771

**I**  
 ice hockey 22, *see also* hockey  
 ice hotel 281  
 ice skating  
 Halifax 338  
 Jasper 608  
 Montréal 245  
 Ottawa 213  
 Toronto 90

ice wine 132  
 icebergs 485  
 Icefields Parkway 588-90  
 Île d'Anticosti 320-1  
 Île de la Grande Entrée 324  
 Île d'Orléans 288-90  
 Île du Cap aux Meules 321-2  
 Île du Havre Aubert 323  
 Île du Havre aux Maisons 323

Île Verte 305  
 Île-aux-Coudres 293-4  
 Îles de la Madeleine 321-4  
 immigration 880  
 Ingraham Trail 806-7  
 in-line skating  
 Halifax 338  
 Toronto 89  
 insurance 873  
 car 884-5  
 health 872  
 International Appalachian Trail 312, 499  
 International Peace Garden 526  
 internet access 873  
 internet resources  
 activities 870  
 British Columbia 631  
 food 862  
 health 872  
 Ontario 63  
 Québec 226  
 tourist information 25, 877  
 wine 865, 866  
 Inuit people 822, 834, 848-9  
 Inuvik 815-17  
 inventions 844  
 Iqaluit 820-4  
 itineraries 36-43, **36, 37, 38, 39, 40, 41**  
 Ivvavik National Park 619, 796, **619**

**J**  
 James Bay 325-7  
 Jasper National Park 584-612, **604**  
 Jasper Town 604-12, **606**  
 Joggins 370  
 Johnson's Crossing 782  
 Juan de Fuca Marine Trail 699  
 Juan de Fuca Provincial Park 699

**K**  
 Kamloops 725-7  
 Kananaskis 585-6  
 Katannilik Territorial Park 825  
 Kawartha's 195  
 kayaking, *see* canoeing & kayaking  
 Kejimikujik National Park 351-2  
 Kelowna 736-41, **738**

Kennebecasis River Valley 418  
 Kensington 453  
 Kermodé bear 761  
 Kettle Valley Rail Trail 741  
 Killarney Provincial Park 174  
 Kimberley 753  
 King François I of France 835-6  
 King's Landing Historical Settlement 398  
 Kingston 199-204, **200**  
 Kitchener-Waterloo 139-41  
 Kitikimeet region 830  
 Kivalliq region 829-30  
 Klondike Gold Rush 789  
 Klondike Highway 786-9  
 Klwane National Park and Reserve 783-4  
 Kootenay National Park 751  
 Kootenays 743-58, **746-7**  
 Kouchibouguac National Park 426-7

**L**  
 La Malbaie 294-6  
 La Ronge 553  
 Labrador 503-9, **505**  
 climate 457, 459  
 fast facts 503  
 food 468  
 highlights 458  
 history 459  
 language 459  
 planning 459  
 travel seasons 457  
 travel to/from 459-60  
 wildlife 459  
 Labrador Straits 503-6  
 Lac Brome (Knowlton) 265  
 Lac St-Jean 301  
 Lake District 629  
 Lake Erie Shoreline 155-8  
 Lake Huron Shoreline 146-9  
 Lake Louise 600-4, **601**  
 Lake Ontario 87  
 Lake Superior Provincial Park 179-80  
 Lake Superior Shoreline 178-82  
 Lake Winnipeg 524  
 land disputes 411  
 Land O' Lakes 196  
 land rights 844  
 language 24, 889-93  
 L'Anse aux Meadows 493-4  
 L'Anse-St-Jean 299-300  
 Laurentians 259-63

Le Massif 291  
 Legacy Trail 594  
 legal matters 873  
 Lennox Island 456  
 Les Bergeronnes 299  
 lesbian travelers 871-2  
 festivals 93, 151, 215, 518, 649, 679  
 Halifax 341  
 Montréal 255  
 Ottawa 221-2  
 Toronto 81, 112  
 Vancouver 661  
 Lethbridge 623-5  
 Lévesque, René 843  
 Lévis 287  
 Liard Trail 814  
 lighthouses 28  
 literature, *see* books  
 live music 27-8  
 Liverpool 350-1  
 London 149-53  
 Louisbourg 385-6  
 Lower Fort Garry 523  
 Lunenburg 348-50, **349**

**M**  
 Machias Seal Island 411  
 Mackenzie Highway 629  
 magazines 878  
 Magog 266-7  
 Mahone Bay 346-8  
 Maitland 365-6  
 Malpeque 453  
 Manitoba 59, 510-31, **511**  
 accommodations 510  
 climate 510, 512  
 fast facts 512  
 food 510  
 geography 512  
 highlights 511  
 history 512  
 parks 512  
 tourist information 513  
 travel seasons 510  
 travel to/from 512  
 Manitoulin Island 16, **16**  
 maple leaf symbol 835  
 maple syrup 32, 266  
 maps 873  
 markets 29  
 Annapolis Royal 361  
 Bromont 265  
 Coombs 705  
 Edmonton 569  
 Halifax 342  
 Kelowna 739  
 London 151

markets *continued*

Montréal 233, 251-2, 253  
 Nelson 756  
 North Pender Island 722  
 Québec City 285  
 Richmond 672  
 Salt Spring Island 719  
 Toronto 73, 83  
 Vancouver 642, 643-4,  
 658, 668  
 Victoria 696  
 Whistler 676  
 Mary's Point 420  
 Matane 308-9  
 Matapédia Valley 317  
 Mauricie 269-71  
 Mayne Island 724  
 Meacham 549  
 measures 878  
 media 849  
 medical services 872  
 Mennonites 140  
 Merrickville 207  
 Meteghan 355  
 Métis people 523, 552,  
 840-1, 848  
 Midland 164-5  
 Mingan 320  
 Mingan Archipelago  
 National Park 320  
 Minto 788  
 Miquelon 480-3  
 Miramichi 427-8  
 Miramichi River Valley 428-9  
 Mississagi Provincial Park 176  
 mobile phones 24, 876  
 Moncton 421-4, **422**  
 money 24, 25, 870-1, 873-4  
 money pit 347  
 Mont St-Pierre 310-11  
 Montague 443-4  
 Montgomery, Lucy Maud  
 451  
 Montmagny 302  
 Montréal 229-58, **230**,  
**232-3**, **236-7**, **240**  
 accommodations 246-8  
 activities 244-5  
 children, travel with 245  
 churches 239  
 coffee 252  
 drinking 253-4  
 entertainment 254-6  
 festivals & events 246  
 food 248-53

Map Pages **000**  
 Photo Pages **000**

gay & lesbian  
 travelers 255  
 itineraries 231  
 shopping 256-7  
 sights 231-44  
 tourist information 257  
 tours 244-5  
 travel to/from 257-8  
 travel within 258  
 walking tour 243, **243**  
 wi-fi access 257  
 Montréal Jazz Festival 14,  
 33, 246, **14**  
 Mont-Ste-Anne 290-1  
 mouse 29, 417, 857  
 Moose Factory 187-8  
 Moose Jaw 541  
 Moosonee 187-8  
 Morrisburg 207  
 motels 870  
 motorcycle travel 881,  
 884-6  
 Mt Assiniboine Provincial  
 Park 750  
 Mt Carleton Provincial Park  
 400-2  
 Mt Revelstoke National  
 Park 747-8  
 Mt Stewart 445-6  
 mountain biking 854-5, see  
 also cycling  
 Canmore 587  
 Fernie 752  
 Fundy National Park 419  
 Jasper 607  
 Penticton 733-4  
 Quadra Island 716  
 Whistler 678  
 Murray River 442  
 Museum of Anthropology  
 645-6  
 Muskoka Lakes 158-62

## N

Nááts'ihch'oh National  
 Park 620  
 Nahanni National Park  
 Reserve 12, 620,  
 813-14, **12**  
 Nanaimo 702-5, **703**  
 Natashquan 321  
 national, provincial &  
 territorial parks 613-20,  
 796  
 Algonquin Provincial  
 Park 190-4  
 Arctic parks 796  
 Aulavik National Park  
 619, 817, **618**  
 Auyuituq National Park

619, 826-7, **618**  
 Banff National Park  
 584-612, 615, **613**  
 Basin Head Provincial  
 Park 444  
 Bowron Lake Provincial  
 Park 758  
 Brandywine Falls  
 Provincial Park 675  
 Cape Breton Highlands  
 National Park 378-9,  
 616, **617**  
 Cape Chignecto  
 Provincial Park 369-70  
 Cape Scott Provincial  
 Park 718  
 Carmanah Walbran  
 Provincial Park 701  
 Cathedral Provincial  
 Park 731  
 Cypress Hills  
 Interprovincial Park  
 544-5  
 Dinosaur Provincial  
 Park 622  
 EC Manning Provincial  
 Park 724-5  
 Elk Island National  
 Park 570  
 Fundy National Park  
 418-19  
 Garibaldi Provincial  
 Park 675  
 Glacier National Park  
 615, 748  
 Goldstream Provincial  
 Park 697  
 Grasslands National  
 Park 543  
 Gros Morne National  
 Park 488-92, 616  
 Gwaii Haanas National  
 Park Reserve 764-5  
 Hecla-Grindstone  
 Provincial Park 524  
 Hidden Lake Territorial  
 Park 806-7  
 Ivvavik National Park  
 619, 796, **619**  
 Jasper National Park  
 584-612, 615, **614**  
 Juan de Fuca Provincial  
 Park 699  
 Katannilik Territorial  
 Park 825  
 Kejimikujik National Park  
 351-2  
 Killarney Provincial  
 Park 174  
 Kluane National Park  
 and Reserve 783-4

Kootenay National  
 Park 751  
 Kouchibouguac National  
 Park 426-7  
 Lake Superior Provincial  
 Park 179-80  
 Mingan Archipelago  
 National Park 320  
 Mississagi Provincial  
 Park 176  
 Mt Assiniboine Provincial  
 Park 750  
 Mt Carleton Provincial  
 Park 400-2  
 Mt Revelstoke National  
 Park 747-8  
 Nááts'ihch'oh National  
 Park 620  
 Nahanni National Park  
 Reserve 620, 813-14  
 New River Provincial  
 Park 407  
 Ouimet Canyon  
 Provincial Park 184  
 Pacific Rim National  
 Park Reserve 707-8  
 Parc de Miguasha 316  
 Parc des Grands Jardins  
 293  
 Parc des Hautes Gorges  
 de la Rivière Malbaie  
 296  
 Parc National du Canada  
 Forillon 311-12  
 Point Pelee National  
 Park 156, 616, **616**  
 Presqu'île Provincial  
 Park 196  
 Prince Albert National  
 Park 552-3  
 Prince Edward Island  
 National Park 446-7,  
 616, **616**  
 Qaummaarviit Territorial  
 Park 821  
 Quttinirpaaq National  
 Park 828-9  
 Riding Mountain  
 National Park 526-7,  
 616, **616**  
 Sable Island 620, **620**  
 Sleeping Giant Provincial  
 Park 182  
 Spruce Woods Provincial  
 Park 525  
 Strathcona Provincial  
 Park 715-16  
 Taylor Head Provincial  
 Park 388-9  
 Terra Nova National Park  
 483-4  
 Thousand Islands  
 National Park 204

- Tombstone Territorial Park 796
- Tornat Mountains National Park 507, 620
- Tuktut Nogait National Park 817
- Ukkusiksalik National Park 830
- Wapusk National Park 529, 619, **16, 618**
- Wasaga Beach Provincial Park 166
- Waterton Lakes National Park 615, 625-8
- Wells Gray Provincial Park 759
- Whiteshell Provincial Park 525
- Wood Buffalo National Park 629, 810-11
- Writing-On-Stone Provincial Park 625
- Yoho National Park 615, 749-50, **614**
- National Gallery of Canada 209, 211
- Naufrage 445
- Nelson 754-7
- New Brunswick 58, 390-430, **391**  
 accommodations 390  
 activities 397  
 climate 390, 392  
 driving distances 392  
 fast facts 392  
 food 390  
 geography 392  
 highlights 391  
 history 392  
 itineraries 397  
 language 392  
 travel seasons 390  
 travel to/from 392-3
- New Carlisle 315
- New Glasgow (Nova Scotia) 373
- New Glasgow (Prince Edward Island) 449-50
- New London 452
- New Richmond 316
- New River Provincial Park 407
- New Westminster 671
- New World Island 484-6
- Newfoundland 58, 457-509, **458**  
 accommodations 457  
 climate 457, 459  
 customs 469  
 driving distances 460  
 fast facts 461
- food 457, 468  
 geography 459  
 highlights 458  
 history 459  
 language 459  
 planning 459  
 travel seasons 457  
 travel to/from 459-60
- newspapers 878
- Niagara daredevils 127
- Niagara Escarpment 169
- Niagara Falls 13, 122-30, **13**
- Niagara Peninsula 130-2
- Niagara-on-the-Lake 132-5
- Norman Wells 814-15
- North Bay 188-90
- North Cape 456
- North Hatley 267-8
- North Pacific Cannery 763
- North Pender Island 721-2
- North Rustico 450-1
- North Slave 807-8
- North Sydney 383-4
- North Vancouver 667-9
- North Vancouver Island 716-18
- northern lights 16, 30, 529, **16**
- Northern Ontario 172-90, **173**
- Northwest Territories 60, 797-817, **798**  
 accommodations 797  
 climate 797  
 fast facts 799  
 food 797  
 geography 799  
 highlights 798  
 history 799  
 itineraries 800  
 tourist information 801  
 travel seasons 797  
 travel to/from 799  
 travel within 799-800
- Nova Scotia 58, 328-89, **330-1**  
 accommodations 328  
 climate 328  
 culture 329  
 fast facts 329  
 food 328  
 highlights 330-1  
 history 329  
 travel seasons 328  
 travel to/from 329-32  
 travel within 332
- Nunavik 327
- Nunavut 60, 818-30, **819**  
 accommodations 818
- climate 818, 820  
 fast facts 820  
 food 818  
 highlights 819  
 history 820  
 tourist information 820  
 travel seasons 818  
 travel to/from 820
- O**
- Oak Hammock Marsh 523-4
- Ogema 542
- oil 832-3
- Okanagan Valley 727-43, **729**
- Old York 73
- Oliver 732
- Ontario 57, 62-224, **64, 136, 173, 191**  
 accommodations 62  
 climate 62, 65-6  
 culture 65  
 driving distances 67  
 fast facts 63  
 food 62  
 geography 65-6  
 highlights 63  
 history 65  
 internet resources 63  
 itineraries 66  
 planning 63  
 travel seasons 62  
 travel to/from 67
- opening hours 875
- Orillia 158-9
- Orwell 441-2
- Osoyoos 728-31
- Ottawa 208-24, **210-11, 216**  
 accommodations 215-18  
 activities 213-14  
 children, travel with 214  
 drinking & nightlife 221-2  
 entertainment 222  
 festivals & events 214-15  
 gay & lesbian travelers 221-2  
 food 218-21  
 itineraries 208  
 shopping 222-3  
 sights 209-13  
 tourist information 223  
 tours 214  
 travel to/from 223  
 travel within 223-4
- Ouimet Canyon Provincial Park 184
- oysters 453
- P**
- Pacific Rim National Park Reserve 707-8
- Pangnirtung 825-6
- Panmure Island 442-3
- Parc de la Chute Montmorency 290
- Parc de la Gaspésie 310
- Parc de la Jacques Cartier 288
- Parc de Miguasha 316
- Parc des Grands Jardins 293
- Parc des Hautes Gorges de la Rivière Malbaie 296
- Parc du Bic 305-6
- Parc du Mont Orford 267
- Parc du Mont-Mégantic 268-9
- Parc du Mont-Tremblant 262-3
- Parc National du Canada Forillon 311-12
- Park Corner 452
- Parksville 705-6
- Parrsboro 368-9
- Parry Sound 162-3
- Pas, the 527
- passports 880
- Peace River 628-9
- Peggy's Cove 344-5, **28**
- Pemberton 682
- Penticton 732-6
- Percé 313-15
- Peterborough 195
- Petty Harbour 472
- phonecards 876
- Pictou 372-3
- pirates 834
- Pisew Falls 528
- planning, *see also individual locations*  
 budgeting 25  
 calendar of events 31-5  
 Canada basics 24-5  
 Canada's regions 57-60  
 children, travel with 52-6  
 internet resources 25  
 itineraries 36-43  
 repeat visitors 26  
 travel seasons 24, 31-5
- Point Pelee National Park 156, 616, **616**
- Point Prim 442
- Pointe a La Croix/Listujuj 317
- Pointe à la Garde 316-17
- Pointe-des-Monts 318
- polar bears 29, 529, 530, 827, 857, **21, 30**

politics 833  
 pond hockey 401  
 Pond Inlet 827-8  
 population 833  
 Port Alberni 706-7  
 Port au Choix 492-3  
 Port aux Basques  
 499-501, **500**  
 Port Carling 161  
 Porter Airlines 119  
 postal services 875  
 poutine 284, **860**  
 Powell River 685  
 powwows 171, 366, 372,  
 443, 537  
 prairies 17  
 Prescott 205-7  
 Presqu'île Provincial  
 Park 196  
 Prince Albert National Park  
 552-3  
 Prince Edward County  
 196-9  
 Prince Edward Island 58,  
 431-56, **432-3**  
 accommodations 431  
 climate 431  
 culture 434  
 food 431  
 highlights 432-3  
 history 434  
 travel seasons 431  
 travel to/from 434-5  
 Prince Edward Island  
 National Park 446-7,  
 616, **448-9, 616**  
 Prince George 768-70  
 Prince Rupert 761-4  
 Prohibition 481  
 Prospect 345  
 provincial parks, see  
 national, provincial &  
 territorial parks  
 public holidays 875, 876  
 puffsins 479

## Q

Quadra Island 716  
 Qualicum Beach 705-6  
 Qu'Appelle Valley 540  
 Québec 57, 225-327, **227**  
 accommodations 225  
 climate 225, 228  
 culture 226  
 driving distances 229

fast facts 226  
 food 225, 226  
 geography 228  
 highlights 227  
 history 228  
 internet resources 226  
 itineraries 226  
 travel seasons 225  
 travel to/from 229  
 Québec City 14, 271-87,  
**272, 274, 276, 14**  
 accommodations 280-2  
 activities 279  
 children, travel with 279  
 drinking 284-5  
 entertainment 285  
 festivals & events 280  
 food 282-4  
 free attractions 278  
 highlights 273  
 shopping 285  
 sights 272-9  
 tourist information 285-6  
 tours 279-80  
 travel around 286-7  
 travel to/from 286  
 Québec City's Winter  
 Carnival 31  
 Québec's separatism 843  
 Queen Charlotte Islands,  
 see Haida Gwaii  
 Quttinirpaaq National  
 Park 828-9

## R

radio 878  
 Radium Hot Springs 751  
 rafting 853-4, see also  
 canoeing & kayaking  
 Banff Town 595  
 Fraser River Canyon 725  
 Golden 748  
 Jasper 608  
 Maitland 365-6  
 Nahanni National Park  
 Reserve 813  
 Wakefield 224  
 Whistler 678-9  
 Rankin Inlet 829-30  
 Regina 535-40, **536**  
 Région Évangéline 455  
 Réserve Faunique des Chic  
 Chocs 310  
 Resolute 828  
 Revelstoke 744-7  
 reversing rapids 413  
 Richmond 672-3  
 Rideau Canal 23, 213,  
**23, 33**

ride-sharing 887  
 Riding Mountain National  
 Park 526-7, 616, **617**  
 Riel, Louis 523, 552, 840-1  
 Rimouski 306-7  
 Rivière du Loup 303-5  
 Rivière Éternité 300  
 road rules 886  
 road trip music 51  
 Roberts Creek 684  
 rock climbing 855  
 Canmore 587  
 Penticton 734  
 Rocky Mountains 10,  
 743-58, **746-7, 10**  
 rodeos 562, 576, **18**  
 root cellars 479  
 Rosseau 161  
 Rossland 754  
 Rustico 448-9

## S

Sable Island 388, 620, **620**  
 Sackville 424  
 safe travel  
 hitchhiking 886  
 road hazards 886  
 Toronto 118  
 women travelers 878-9  
 Saguenay 297-302  
 Sahtu 814-15  
 Saint John 412-17, **414**  
 Salmon Glacier 771  
 Salt Spring Island 719-21  
 Sambre 344  
 Saskatchewan 59, 532-53,  
**533**  
 accommodations 532  
 climate 532, 534  
 driving distances 534  
 fast facts 534  
 food 532  
 geography 534  
 highlights 533  
 history 534  
 parks 534  
 tourist information 535  
 travel seasons 532  
 travel to/from 534-5  
 Saskatoon 545-51, **546**  
 Saturna Island 723-4  
 Sault Ste-Marie 176  
 scenic drives 28-9, 44-51  
 Acadian Peninsula 429  
 Cabot Trail 376-82  
 Dinosaur Trail 612, 621  
 Fundy Trail Parkway 420  
 Highway 1 726

Jasper Town to Maligne  
 Lake 605  
 Kennebecasis River  
 Valley 418  
 Lower St John River  
 Valley 399  
 Manitoba 525  
 New Brunswick 399, 418,  
 420, 429  
 Niagara Peninsula 130-1  
 Nova Scotia 50-1  
 Okanagan Lake 734  
 Ontario 48  
 Robert Campbell  
 Highway 782  
 Route 138 (Québec) 504  
 Thunder Bay to  
 Manitoba 185  
 Yukon Territory 782  
 scenic flights 813  
 seafood 29  
 seal hunting 490  
 Seaside Adjunct  
 (Kejimikujik National  
 Park) 352  
 Sechelt 684-5  
 Sept Îles 318-19  
 Service, Robert 775  
 Seven Years' War 837  
 Shaw Festival 134  
 Shediac 425  
 Shelburne 353-4  
 Sherbrooke (Nova Scotia)  
 388  
 Sherbrooke (Québec) 268  
 shopping, see markets,  
*individual locations*  
 Shubenacadie 365  
 Siksika people 626  
 Skagway (Alaska) 786-7  
 skiing 851-2  
 Banff Town 595  
 Big White 741  
 Blue Mountain 165-7  
 Canmore 587  
 festivals 32  
 Fundy National Park 419  
 Gros Morne National  
 Park 490  
 Grouse Mountain 668  
 Jasper Town 608  
 Kananaskis 585  
 Lake Louise 602  
 Le Massif 291  
 Marble Mountain 496  
 Mont Ste Anne 290-1  
 Mont Sutton 265-6  
 Mont-Tremblant 261  
 Nelson 755  
 Ottawa 213-4



Penticton 734  
 Revelstoke 744-7  
 St-Sauveur-des-Monts 259-60  
 Whistler 677  
 Yellowknife 801  
 slavery 153, 154, 353  
 Sleeping Giant Provincial Park 182  
 Smithers 767  
 smoking 878  
 snowboarding 851-2, see also skiing  
 Banff Town 595  
 Lake Louise 602  
 Penticton 734  
 Whistler 677  
 snowmobiling 175  
 Souris 444-5  
 sourtoe drink 794  
 South Coast Outposts 502-3  
 South Pender Island 721-2  
 South Slave 808-11  
 Southern Gulf Islands 719-24, **720**  
 Southern Vancouver Island 697-700  
 Southwestern Ontario 135-58, **136**  
 sports, see activities, adventure sports, *individual sports*  
 spruce beetles 785  
 Spruce Woods Provincial Park 525  
 Squamish 673-5  
 St Andrews by-the-Sea 403-7, **404**  
 St Ann 450  
 St Anthony 494-5  
 St Barbe 493-4  
 St Jacobs 140  
 St John's 460-71, **462**  
 St Martins 417-18  
 St Peter's 445-6  
 St Siméon 296  
 St Stephen 403  
 St Thomas 150  
 Ste-Anne de Beaupré 290  
 Ste-Anne-des-Monts 309-10  
 Ste-Flavie 307-8  
 Ste-Irénée 294  
 Ste-Rose du Nord 301-2  
 Steveston 672-3  
 Stewart 771  
 Stewart Crossing 788-9  
 Stewart-Cassiar Highway 768, 770

St-Gabriel de Valcartier 287-8  
 St-Jérôme 259  
 Stoneham 288  
 storm-watching 709  
 Stowe, Harriet Beecher 154  
 St-Pierre 480-3  
 Stratford 143-6  
 Statford Theater Festival 32, 144  
 Strathcona Provincial Park 715-16  
 St-Sauveur-des-Monts 259-60  
 Sudbury 174-6  
 sugar shacks 266  
 Summerside 453-5, **454**  
 surfing 27, 855  
 Sutton 265-6  
 swans 143  
 Swift Current 543-4  
 swimming 90  
 Sydney 384-5

## T

Tadoussac 297-9  
 Tangier 389  
 Tatamagouche 371-2  
 taxes 874  
 Taylor Head Provincial Park 388-9  
 tea farm 700  
 Telegraph Cove 718  
 telephone services 24, 875-6  
 Temagami 188  
 Terra Nova National Park 483-4  
 territorial parks, see national, provincial & territorial parks  
 Teslin 782  
 The Pas 527  
 Thelon River 829  
 theme parks, see amusement parks  
 Thompson 527  
 Thompson Valley 724-7, **725**  
 Thousand Islands 204, **48**  
 Thunder Bay 182-7  
 tidal bores 366, 421  
 tides 413, 419  
 Tignish 456  
 time 24, 876-7  
 tipping 874  
 Titanic 332, 333, 461, 841  
 tobacco growing 157  
 Tobique Valley 400-2

Tofino 709-11, **854**  
 Tombstone Territorial Park 796  
 Tornat Mountains National Park 507, 620  
 Toronto 20, 67-122, **69, 74-5, 78, 84, 21**  
 accommodations 94-100  
 activities 89-90  
 children, travel with 73  
 coffee 108  
 drinking & nightlife 110-13  
 entertainment 113-17  
 festivals & events 92-4  
 food 100-10  
 gay & lesbian travelers 81, 112-13  
 itineraries 70  
 offbeat attractions 86  
 shopping 117-18  
 sights 68-89  
 tourist information 118-19  
 tours 90-2  
 travel to/from 119-20  
 travel within 120-2  
 walking tour 91, **91**  
 Toronto International Film Festival 94  
 totem poles 767, **845**  
 tourist information 877  
 tours 887  
 Arctic 821  
 wine 364-5  
 Yellowknife 801-3  
 Tracadie-Sheila 429  
 train travel  
 to/from Canada 881  
 within Canada 888  
 train trips 44-51, 177  
 Trans-Canada Highway 14, **14**  
 travel to/from Canada 880-1  
 travel within Canada 881-8  
 traveler's checks 874  
 Treaty of Utrecht 837  
 trekking, see hiking  
 Trent-Severn Waterway 197  
 Trinity 476-8  
 Trinity Bay 475  
 Trois Pistoles 305  
 Truro 366-7  
 Tuktoyaktuk 817  
 Tuktot Nogait National Park 817  
 TV 878  
 Twillingate Island 484-6

Tyne Valley 455-6

## U

Ucluelet 711-13  
 Ukkusiksalik National Park 830  
 Uncle Tom's Cabin 154  
 Underground Railroad 153, 154  
 Unesco World Heritage sites  
 Banff National Park 584-612  
 Dinosaur Provincial Park 622  
 Grand Pré National Historic Site 26, 363-4  
 Gros Morne National Park 488-92  
 Gwaii Haanas National Park Reserve 764  
 Head-Smashed-In Buffalo Jump 622-3  
 Jasper National Park 584-612  
 Joggins 370  
 Kluane National Park and Reserve 783-4  
 Kootenay National Park 751  
 L'Anse aux Meadows 493  
 Lunenburg 348-50  
 Nahanni National Park Reserve 813-14  
 Parc de Migouasha 316  
 Québec Old Lower Town 276-7  
 Québec Old Upper Town 273  
 Red Bay 506  
 Rideau Canal 213  
 Waterton Lakes National Park 625-8  
 Wood Buffalo National Park 629  
 Yoho National Park 749-50

## V

vacations 875, 876  
 Val Marie 543  
 Valcourt 266  
 Val-David 260-1  
 Vancouver 12, 634-67, **635, 638-9, 12**  
 accommodations 650-3  
 activities 647-8  
 breweries 660  
 children, travel with 643  
 drinking & nightlife 659-61



Vancouver *continued*  
 entertainment 661-3  
 farmers markets 658  
 festivals & events 649-50  
 food 653-9  
 gay & lesbian  
 travelers 661  
 history 634, 647  
 itineraries 636  
 shopping 663-5  
 sights 634-47  
 tourist information 665  
 tours 648-9  
 travel to/from 665-6  
 travel within 666-7

Vancouver Island 23,  
 686-718, **686-7, 23**

Veregin 551

Vernon 741-3

Victoria 687-97, 446, **688, 690**

Viking Trail 19, 488, 493, **19**

Vikings 834-6, 494

Ville de Mont-Tremblant  
 261-2

visas 24, 877-8

volunteering 878

## W

walking, *see* hiking

walking tours  
 Montréal 243, **243**  
 Toronto 91, **91**

Wallace 370

Wapusk National Park 529,  
 619, **16, 618**

Wasaga Beach Provincial  
 Park 166

Waterton Lakes National  
 Park 615, 625-8

Watson Lake 781-2

weather 24, *see also*  
*individual regions*

weights 878

Welland Canal 123

Wells Gray Provincial  
 Park 759

Wendake 287

Wentworth 371

West Coast Trail 708

West Pubnico 354

West Vancouver 669-70

Western Arctic 815-17

whales 858-9

whale-watching 29, 529,  
 858  
 Avalon Peninsula 472-4  
 Churchill 529  
 Digby Neck 357-8  
 Grand Manan Island 411  
 St Anthony 494-5  
 Tadoussac 297-8  
 Telegraph Cove 718  
 Victoria 689-91

Whistler 675-83, **676**

White Night 94

Whitehorse 775-80, **776**

Whiteshell Provincial  
 Park 525

white-water rafting, *see*  
*rafting*

wi-fi 873

wildflowers 529

wildlife 856-9, *see also*  
*individual species*

wildlife-watching 29

Williams Lake 759

Windsor 153-5, 364-5

windsurfing 855

wine 27, 132, 864-6  
 books 865  
 festivals 31, 131, 155,  
 649, 679, 866  
 internet resources 865,  
 866  
 tours 130-1, 364-5

wine regions  
 Niagara Peninsula 130-2  
 Okanagan Valley 730-1  
 Vancouver Island 701  
 Wolfville 364-5

Winnie the Pooh 182

Winnipeg 512-23, **514, 516**  
 accommodations 519  
 activities 513-18  
 children, travel with 518  
 drinking & nightlife 521  
 entertainment 521-2  
 festivals & events 518  
 food 519-21  
 shopping 522  
 sights 513-18  
 tourist information 522  
 tours 517-18  
 travel to/from 522-3  
 travel within 523

Winnipeg Jets 522

Wolfville 362-3

wolves 190

women travelers 878-9

Wood Buffalo National Park  
 629, 810-11

Wood Islands 442

work 879

Writing-on-Stone Provincial  
 Park 625

## Y

Yarmouth 354-5

Yellowknife 800-6, **802**

Yoho National Park 615,  
 749-50, **614, 853**

Yorkton 551

Yukon Territory 60, 772-96,  
**773**  
 accommodations 772  
 climate 772  
 culture 774  
 environment 787  
 fast facts 775  
 food 772  
 highlights 773  
 history 774  
 parks 774-5  
 tourist information 775  
 travel seasons 772  
 travel to/from 775

## Z

ziplining 496

zoos  
 African Lion Safari 136  
 Assiniboine Park Zoo 518  
 BC Wildlife Park 726  
 Bird Kingdom 125  
 Calgary Zoo 573-4  
 Granby Zoo 265  
 Polar Bear Habitat &  
 Heritage Village 187  
 Saskatchewan Forest  
 Park & Zoo 547  
 Valley Zoo 567  
 Victoria Bug Zoo 689

# Behind the Scenes

---

## SEND US YOUR FEEDBACK

We love to hear from travelers – your comments keep us on our toes and help make our books better. Our well-traveled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to postal submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit [lonelyplanet.com/contact](http://lonelyplanet.com/contact) to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit [lonelyplanet.com/privacy](http://lonelyplanet.com/privacy).

---

## OUR READERS

**Many thanks to the travelers who used the last edition and wrote to us with helpful hints, useful advice and interesting anecdotes:**

Amanda Rutland, Ann Poole, Anna Spruce, Anthony Aarts, Anton Krist, Celine Castonguay, Christian De Win, Dolores Wongel, Duncan Spriggs, Erik Huber, Frank Smithson, Gemma Chapman, Giorgio Ferrante, Greg Hakonson, Hsuan Kai Kao, Joanna Emery, Katia Moretti, Katrin Sippel, Kim Dorin, Mario Prim Silva, Mathilde Foix-Cablé, Matthew Lombardi, Pat Stevenson, Paul Sampson, Sebastian Cool, Stefan Memminger, Steve Power, Susan Mitchell, William & Mary Lawrence

## AUTHOR THANKS

### Karla Zimmerman

Thanks to St John's gurus Bryan Curtis, Sarah Mathieson and their compadres. Huge gratitude to Lisa Beran for woman'ing the wheel once again. Kudos to fellow scribes Celeste, John, Ben, Andy, Sarah, Brendan, Caroline and RVB for awesome work. Thanks most to Eric Markowitz, the world's best partner-for-life.

### Celeste Brash

Thanks to Andrea Young at Destination Halifax and Isabel MacDougall with PEI Tourism, to the good folks of Digby Backpackers, Bear on the River and Kiwi Kaboodle, John Tattrie, everyone at Authentic Seacoast in Guysborough, Coastal Adventures Sea Kayaking, Kate Prest and Doug in Pictou, Isaac in Mabou, Sandra in Creignish, Beartown Baskets, Juana in North Sydney and Brian and Al in Wolfville. I wish I could work with Karla Zimmerman on every book. Biggest thanks as always to my family.

### John Lee

Thanks to the too-numerous-to-mention visitor center staff as well as the hundreds of locals I met en route for their friendly tips and advice for places to check out. I'd also especially like to thank my father – William Lee – for first bringing me to Vancouver for a visit from the UK during the Expo '86 world exposition all those years ago.

### Sarah Richards

Special thanks to Marie and Jean-François in Percé, Bruno at Auberge St-Antoine, and all those friendly travellers who shared their Québec anecdotes, advice and impressions with me along the way.

## Brendan Sainsbury

Thanks to all the untold bus drivers, tourist info volunteers, Parks Canada guides, restaurateurs, coffee baristas, theatrical performers and indie punk rockers who helped me during my research. Special thanks to my wife Liz and seven-year-old son Kieran for their company on the road, and to my sis-in-law Tina Varughese for putting me up in Calgary.

## Caroline Sieg

Thanks to everyone who shared their tips with me and for the friendly conversations at all the local watering holes, where (thankfully) few things change.

## Andy Symington

The kindness and hospitality shown to me in Nunavut and the NWT was extraordinary. Particular thanks go to Eena Angmarliik, Ted Duinker, Sarah Jancke, Aaron Spitzer, Ooleepeeka Arnaqaaq, Louis Robillard, James Williams, James Paris, Mike Freeland and Bronwen Livingston, Richard Zaidan, Omar in Iqaluit and the guy with the spider wrench in Fort Smith. Thanks to Karla, Brendan and my fellow authors, my family for their support, José Eliseo Vázquez González for getting me to that flight when all was lost, and, with much love and gratitude, to Elena Vázquez Rodríguez for staying close while we're far apart.

## Ryan Ver Berkmoes

The number of folks to thank outnumber Kermode bears, but here's a few: Russ

Lester, my fearless co-pilot, the opinionated Susan Clarke, the organized Karla Zimmerman and the pinch-hitting Korina Miller. It's always good to share BC with John Lee. At LP, I am deeply indebted to the indefatigable Mark Griffiths, Martine Power and Saralinda Turner, who showed incredible understanding when I needed it. And while there may not be golden bears, there is the golden Alexis Averbuck, who discovered and shared my love for this beautiful part of the world.

## Benedict Walker

This work is dedicated to Cheryl and Bruce Cowie, and Jessica and Casey Labelle, my Canadian family, for whom my love and gratitude knows no bounds. To Wendy and Heather in Toronto for keeping me sane and smiling. To the Delruess and Fauberts for your welcoming and encouragement, the folks at Stage and Screen Travel for keeping me busy between gigs, and to Trish Walker, the best Mum in the world: you are always in my heart!

## ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007) 'Updated World Map of the Köppen-Geiger Climate Classification', *Hydrology and Earth System Sciences*, 11, 1633–44.

Transit map: Vancouver TransLink Map © TransLink 2013.

Cover photograph: Whiteshell River, Manitoba, Dave Reede/Alamy

## THIS BOOK

This 12th edition of Lonely Planet's *Canada* guidebook was researched and written by Karla Zimmerman, John Lee, Ryan Ver Berkmoes, Sarah Richards, Celeste Brash, Benedict Walker, Andy Symington, Caroline Sieg and Brendan Sainsbury. This guidebook was commissioned in Lonely Planet's Oakland office, and produced by the following:

**Commissioning Editors** Jennye Garibaldi, Korina Miller

**Coordinating Editors** Saralinda Turner, Tracy Whitmey

**Senior Cartographer** Mark Griffiths

**Book Designer** Wendy Wright

**Managing Editors** Bruce Evans, Martine Power, Angela Tinson

**Assisting Editors** Amy Karafin, Kellie Langdon, Robyn Loughnane, Anne Mulvaney,

Rosie Nicholson, Charlotte Orr, Gabrielle Stefanos

**Assisting Cartographers** Julie Dodkins, Mick Garett, Rachel Imerson, Eve Kelly

**Cover Research** Naomi Parker

**Language Content** Branislava Vladislavjevic

**Thanks to** Anita Banh, Ryan Evans, Samantha Forge, Larissa Frost, Genesys India, Jouve India, Trent Paton, Muzzy Prinsep, Luna Soo, Kerrienne Southway, Brian Turnbull

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Sento Hot Baths/Onsen
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Body surfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- BART station
- Border crossing
- Boston T station
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/Muni station
- Monorail
- Parking
- Petrol station
- Subway/SkyTrain station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Note: Not all symbols displayed above appear on the maps in this book

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'