## Contents

**NEW BRUNSWICK**  . 391

<table>
<thead>
<tr>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fredericton</td>
<td>393</td>
</tr>
<tr>
<td>Upper St John River Valley</td>
<td>399</td>
</tr>
<tr>
<td>Grand Falls</td>
<td>401</td>
</tr>
<tr>
<td>Edmundston &amp; Around</td>
<td>401</td>
</tr>
<tr>
<td>Western Fundy Shore.</td>
<td>402</td>
</tr>
<tr>
<td>St Stephen</td>
<td>402</td>
</tr>
<tr>
<td>St Andrews By-The-Sea.</td>
<td>404</td>
</tr>
<tr>
<td>Fundy Isles.</td>
<td>407</td>
</tr>
<tr>
<td>Campobello Island</td>
<td>409</td>
</tr>
<tr>
<td>Grand Manan Island</td>
<td>410</td>
</tr>
<tr>
<td>Saint John</td>
<td>412</td>
</tr>
<tr>
<td>Eastern Fundy Shore</td>
<td>417</td>
</tr>
<tr>
<td>St Martins</td>
<td>417</td>
</tr>
<tr>
<td>Fundy National Park</td>
<td>418</td>
</tr>
<tr>
<td>Alma</td>
<td>419</td>
</tr>
<tr>
<td>Southeastern New Brunswick</td>
<td>420</td>
</tr>
<tr>
<td>Moncton</td>
<td>420</td>
</tr>
<tr>
<td>Sackville</td>
<td>424</td>
</tr>
<tr>
<td>Northumberland Shore</td>
<td>424</td>
</tr>
<tr>
<td>Cape Jourimain</td>
<td>424</td>
</tr>
<tr>
<td>Shediac</td>
<td>424</td>
</tr>
<tr>
<td>Bouctouche</td>
<td>425</td>
</tr>
<tr>
<td>Miramichi River Valley Area</td>
<td>427</td>
</tr>
<tr>
<td>Miramichi</td>
<td>427</td>
</tr>
<tr>
<td>Miramichi River Valley</td>
<td>428</td>
</tr>
<tr>
<td>Northeastern New Brunswick</td>
<td>429</td>
</tr>
<tr>
<td>Caracou</td>
<td>429</td>
</tr>
<tr>
<td>Bathurst.</td>
<td>430</td>
</tr>
<tr>
<td>Campbelton</td>
<td>432</td>
</tr>
<tr>
<td>PRINCE EDWARD ISLAND</td>
<td>433</td>
</tr>
<tr>
<td>Charlottetown</td>
<td>436</td>
</tr>
<tr>
<td>Eastern Prince Edward Island</td>
<td>444</td>
</tr>
<tr>
<td>Wood Islands.</td>
<td>444</td>
</tr>
<tr>
<td>Souris.</td>
<td>446</td>
</tr>
<tr>
<td>Central Prince Edward Island</td>
<td>448</td>
</tr>
<tr>
<td>Victoria.</td>
<td>448</td>
</tr>
<tr>
<td>Prince Edward Island National Park</td>
<td>448</td>
</tr>
<tr>
<td>New Glasgow.</td>
<td>452</td>
</tr>
<tr>
<td>New London</td>
<td>453</td>
</tr>
<tr>
<td>Western Prince Edward Island</td>
<td>456</td>
</tr>
<tr>
<td>Summerside</td>
<td>456</td>
</tr>
<tr>
<td>Tyne Valley</td>
<td>458</td>
</tr>
<tr>
<td>NEWFOUNDLAND &amp; LABRADOR</td>
<td>459</td>
</tr>
<tr>
<td>St John’s</td>
<td>462</td>
</tr>
<tr>
<td>Avalon Peninsula</td>
<td>473</td>
</tr>
<tr>
<td>Baccalieu Trail.</td>
<td>477</td>
</tr>
<tr>
<td>Cape Shore</td>
<td>479</td>
</tr>
<tr>
<td>Eastern Newfoundland</td>
<td>480</td>
</tr>
<tr>
<td>Bonavista</td>
<td>482</td>
</tr>
<tr>
<td>Burin Peninsula</td>
<td>483</td>
</tr>
<tr>
<td>St-Pierre &amp; Miquelon</td>
<td>484</td>
</tr>
<tr>
<td>Central Newfoundland</td>
<td>487</td>
</tr>
<tr>
<td>Gander</td>
<td>488</td>
</tr>
<tr>
<td>Fogo Island &amp; Change Islands</td>
<td>490</td>
</tr>
<tr>
<td>Grand Falls-Windsor</td>
<td>491</td>
</tr>
<tr>
<td>Northern Peninsula</td>
<td>492</td>
</tr>
<tr>
<td>Deer Lake</td>
<td>492</td>
</tr>
<tr>
<td>Gros Morne National Park</td>
<td>492</td>
</tr>
<tr>
<td>St Barbe to L’Anse aux Meadows</td>
<td>496</td>
</tr>
<tr>
<td>Western Newfoundland</td>
<td>499</td>
</tr>
<tr>
<td>Corner Brook</td>
<td>499</td>
</tr>
<tr>
<td>Blomidon Mountains</td>
<td>502</td>
</tr>
<tr>
<td>Cape Ray</td>
<td>504</td>
</tr>
<tr>
<td>Killick Coast</td>
<td>505</td>
</tr>
<tr>
<td>Labrador</td>
<td>506</td>
</tr>
<tr>
<td>Labrador Straits</td>
<td>506</td>
</tr>
<tr>
<td>Northern Coast</td>
<td>510</td>
</tr>
<tr>
<td>Labrador West</td>
<td>512</td>
</tr>
<tr>
<td>MANITOBA</td>
<td>513</td>
</tr>
<tr>
<td>Winnipeg</td>
<td>515</td>
</tr>
<tr>
<td>Lower Fort Garry</td>
<td>526</td>
</tr>
<tr>
<td>Oak Hammock Marsh</td>
<td>526</td>
</tr>
<tr>
<td>Lake Winnipeg</td>
<td>527</td>
</tr>
<tr>
<td>Gimli</td>
<td>527</td>
</tr>
<tr>
<td>Hecla/Grindstone Provincial Park</td>
<td>528</td>
</tr>
<tr>
<td>Southeastern Manitoba</td>
<td>528</td>
</tr>
<tr>
<td>Whiteshell Provincial Park</td>
<td>528</td>
</tr>
<tr>
<td>Western Manitoba</td>
<td>528</td>
</tr>
<tr>
<td>Brandon</td>
<td>529</td>
</tr>
<tr>
<td>Riding Mountain National Park</td>
<td>529</td>
</tr>
<tr>
<td>Northern Manitoba</td>
<td>530</td>
</tr>
<tr>
<td>The Pas</td>
<td>530</td>
</tr>
<tr>
<td>Churchill</td>
<td>531</td>
</tr>
<tr>
<td>SASKATCHEWAN</td>
<td>536</td>
</tr>
<tr>
<td>Regina</td>
<td>539</td>
</tr>
<tr>
<td>Southern Saskatchewan</td>
<td>544</td>
</tr>
<tr>
<td>Moose Jaw</td>
<td>544</td>
</tr>
<tr>
<td>Ogeama</td>
<td>545</td>
</tr>
<tr>
<td>Swift Current</td>
<td>546</td>
</tr>
</tbody>
</table>
ON THE ROAD

Val Marie & Grasslands National Park ............ 547
Qu’Appelle Valley .................. 548
Eastern Saskatchewan 549
Yorkton .................. 549
Veregin .................. 550
Saskatoon .................. 550
Northern Saskatchewan ............ 556
The Battlefords .................. 556
Prince Albert National Park ............ 556

ALBERTA ............ 558
Edmonton ............. 562
West of Edmonton ............. 573
Calgary ............. 574
Banff & Jasper National Parks ............. 586
Kananaskis Country ............. 586
Canmore ............. 589
Icefields Parkway ............. 591
Banff Town ............. 594
Lake Louise ............. 602
Southern Alberta ............. 614
Dinosaur Provincial Park ............. 624
Head-Smashed-In Buffalo Jump ............. 624
Writing-on-Stone Provincial Park ............. 627
Waterton Lakes National Park ............. 627
Northern Alberta ............. 630
Mackenzie Highway ............. 631
Lake District ............. 631

BRITISH COLUMBIA ........... 632
Vancouver ............. 633
Lower Mainland ............. 664
Burnaby ............. 664
New Westminster ............. 665

Bowen Island ............. 667
Sea To Sky Highway ............. 668
Squamish & Around ............. 668
Whistler ............. 670
Sunshine Coast ............. 677
Roberts Creek ............. 678
Sechelt ............. 679
Vancouver Island ............. 681
Victoria ............. 681
Southern Vancouver Island ............. 693
Nanaimo ............. 698
Pacific Rim National Park Reserve ............. 703
Tofino ............. 704
Ucluelet ............. 707
Denman & Hornby Islands ............. 709
Campbell River ............. 711
Southern Gulf Islands ............. 716
Salt Spring Island ............. 716
Galiano Island ............. 720
Saturna Island ............. 720
Fraser & Thompson Valleys ............. 721
EC Manning Provincial Park ............. 721
Fraser River Canyon ............. 722
Kamloops ............. 723

Okanagan Valley ............. 724
Osoyoos ............. 728
Vaseaux Lake ............. 730
Kelowna ............. 734
Vernon ............. 739
The Kootenays & The Rockies ............. 741
Revelstoke ............. 741
Golden ............. 745
Yoho National Park ............. 747
Kootenay National Park ............. 749
Radium Hot Springs ............. 750
Fernie ............. 750
Rossland ............. 753
Nelson ............. 753
Cariboo, Chilcotin & the Coast ............. 756
Wells Gray Provincial Park ............. 757
Bella Coola Valley ............. 758
Northern British Columbia ............. 759
Haida Gwaii ............. 761
Prince George ............. 766
Alaska Highway ............. 769

YUKON TERRITORY 770
Whitehorse ............. 773
Alaska Highway ............. 778
Contents

Haines Highway .......... 782
Klondike Highway .......... 783
Carcross .................... 783
Stewart Crossing ............ 784
Dawson City ................. 785
Dempster Highway .......... 791
Arctic Parks ................. 792

NORTHWEST TERRITORIES .......... 793
Yellowknife .................... 796
Ingraham Trail ................. 803
North Slave .................... 803
Highway 3 ...................... 803
South Slave ..................... 804
Mackenzie Highway ............ 804
Fort Smith ...................... 805
Wood Buffalo National Park ........ 806
Deh Cho ......................... 807
Nahanni National Park Reserve ........ 808
Liard Trail ...................... 809
Sahtu ......................... 810
Norman Wells ................. 810
Western Arctic ................. 810
Inuvik ......................... 810
Tuktoyaktuk .................... 812
Banks Island .................... 812

NUNAVUT ............... 813
Iqaluit ......................... 815
Baffin Region ................. 819
Auyuittuq National Park .......... 820
Cape Dorset ..................... 821
Resolute ...................... 822
Quttinirpaaq National Park .......... 822
Kivalliq Region ................. 823
Rankin Inlet ..................... 823
Ukkusiksalik National Park .......... 824
Naujaat ...................... 824
Kitikmeot Region ................. 824
Cambridge Bay .................... 824

Canada Today ................. 826
History ...................... 828
Aboriginal Cultures ............ 839
Outdoor Activities ............ 843
Wildlife ...................... 847
Cuisines of Canada ............ 851
Wine Regions ................. 853

Directory A–Z ................. 856
Transportation ................. 867
Language ..................... 876
Index ......................... 883
Map Legend ..................... 894

SPECIAL FEATURES
Road Trips & Scenic Drives .......... 44
Travel with Children ............ 52
Canada's National Parks .......... 615
Aboriginal Cultures ............ 839
Outdoor Activities ............ 843
Wildlife ...................... 847
Cuisines of Canada ............ 851
Wine Regions ................. 853
Itineraries

The Central Corridor

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

Spend two days in the multicultural mecca of Toronto, 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 and pulls into colonial Kingston. From there, the misty, mansion-covered Thousand Islands dot the St Lawrence River; Gananoque makes a good break for a day in their midst. Make a half-day stop at Upper Canada Village, a re-created 1860s town, before heading to Ottawa for a couple of days to get your culture fix at the national museums. Save room for your next stop, Montréal, where the French exuberance seduces via Euro-cool clubs and foodie-beloved cafes. Had your fill? Swing over to the Laurentians to spend a day or two and hike, cycle or ski yourself back into shape. Finish in Québec City – the charismatic Old Town, walled and dramatically poised on a bluff, will leave an impression long after you return home.
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 best sights require a detour off the highway.

The road begins in St John’s, Newfoundland, Canada’s oldest city and a heck-of-a-pub-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 – then follow the St John River via Fredericton to Québec. The Gaspé Peninsula entices as a pastoral side-trip east. Otherwise, the highway follows the mighty St Lawrence River and reaches romantic Québec City.

Carry on the urban theme in Montréal, where the pâtisseries and café will keep you lingering, before plunging into Ontario at museum-fortified Ottawa. From there, follow in the fur traders’ footsteps to North Bay, 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 voilà, 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!
Wild, windswept and whale-riddled, this 1700km route through Nova Scotia, Newfoundland, Labrador and Québec unfurls sea-and-cliff vistas, Viking vestiges and much more.

Start in Halifax and spend a few days enjoying the beer, farmers markets and cosmopolitan life. Then hit the road to Celtic-tinged Cape Breton Island for two days. It’s about a five-hour drive, and there’s no ferry involved, as a causeway connects the mainland to the island. You won’t have time to traverse Cape Breton in depth, but you can certainly get a feel for its beauty in pastoral Baddeck and along the art-studio-dotted Cabot Trail. Industrial North Sydney is nearby 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, then steer for Gros Morne National Park, about four hours north on the Trans-Canada Hwy. This 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. This was North America’s first settlement, where Leif Eriksson and his Viking pals homesteaded 1000 years ago. Poke around for a day before backtracking about two hours to St Barbe, where the ferry for Labrador departs. Reservations are wise for the daily, two-hour crossing.

And then you’re in the Big Land. (Actually, the ferry lands in Québec, but more on that province later.) Turn your wheels northeast and head for L’Anse Amour, intriguing for its tall lighthouse and shipwreck-strewn hiking trail. Further along is Red Bay, Canada’s newest World Heritage site, which preserves a massive, 16th-century whaling port. To really get away from it all, drive 90km onward to Mary’s Harbour and spend the night on the offshore island that holds Battle Harbour, a restored village. After a few days in Labrador, it’s time to head back. Before getting on the ferry, detour for a few hours down Rte 138 in Québec. It makes a beautiful drive past waterfalls and overlooks the crashing surf. Afterward, you’ll need a couple of (long) days to retrace your path to Halifax.
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-the-sea Vancouver, where you'll be spoiled by urban hiking, biking and other activities, plus western Canada's best culinary 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 makes a good sipping base in the area.

Next it's time to get high in BC's Rocky Mountains. 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 its namesake ice fields. And Yoho is home to looming peaks and crashing waterfalls. Golden makes a good sipping base in the area.

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

From Banff, the Icefields Pkwy (Hwy 93) parallels the Continental Divide for 230km to Jasper. Try to keep your eyes at least partially on the road as you drive by the humongous 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 superb hiking, 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.
Get a taste of Gallic Canada on this 700km jaunt through New Brunswick and Québec.

Start in Caraquet and immerse yourself in Acadian culture at the historic sites and via local foods like pets de sœur (‘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, on the St Lawrence River, is your target. Explore 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 Forestville, from where you can head south to welcoming Tadoussac. It’s all about whale-watching in this boho little town; zodiacs motor out to see the blue whales that patrol the area.

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

This 650km loop lassos the core of the Maritime provinces (Nova Scotia, New Brunswick and Prince Edward Island).

Eat and drink your way through Halifax, then make a break northwest for New Brunswick. Festive Shediac 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.

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 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; there’s birdwatching, beach walking and swimming too. Stop in PEI’s compact, colonial capital Charlottetown before taking the ferry from Wood Islands back to Pictou in Nova Scotia. You can stroll Pictou’s boardwalk and, if you’re lucky, the town might be hosting its First Nations Powwow. It’s about two hours from here back to Halifax.
**1 WEEK Klondike Highway & 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 of 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 your journey ends.

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**1 WEEK Bite of British Columbia**

You don’t have to drive far to experience a range of 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, the foodie fare and the forested seawall vistas of Stanley Park. On day three, drive to the Tsawwassen ferry terminal for the dreamy boat trip 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 (Hwy 99) runs cliffside through formidable mountains to Whistler. The resort town has heaps of adrenaline activities and fun, ski-bum bars to occupy your final few days. It’s 130km back to Vancouver.
CAFE SCOTT PROVINCIAL PARK
At the rugged northern tip of Vancouver Island, this remote, logging-road-accessed park is not easy to get to, but it’s (arguably) home to BC’s best wilderness beaches. (p175)

LAKE SUPERIOR PROVINCIAL PARK
Wisy fog and dense birch forests give this park a distinctly primeval flavor. Shore-clasping drives and day hikes reward with isolated beaches, crashing waterfalls and mysterious, red-ochre pictographs. (p175)

CAPE SCOTT PROVINCIAL PARK
The Siksika (Blackfoot) First Nations have opened a superb historical center on their reservation. There’s a museum, plus guided tours and trails through quintessential prairie landscapes. (p628)

BLACKFOOT CROSSING HISTORICAL PARK
Spanning the southern border of Saskatchewan and Alberta, the park’s silence, isolation and unique microclimate are satisfying to the deepest levels of the soul. (p547)
**PANGNIRTUNG**
This artistic Baffin Island Inuit community is the gorgeous launching pad to the soaring cliffs and utterly spellbinding magnificence of Auyuittuq National Park. (p819)

**TORNGAT MOUNTAINS NATIONAL PARK**
You’ll have to fly or boat in to Labrador’s chilly tip, home to polar bears and some of the highest peaks east of the Rockies. Local Inuit guides lead the way for otherworldly hiking and flightseeing. (p509)

**GASPÉ PENINSULA**
This is the windswept, rocky spot where Jacques Cartier landed in 1534, surrounded by steep limestone cliffs, pebble beaches, whales, seals and the ever-crashing sea. (p308)

**TAYLOR HEAD PROVINCIAL PARK**
This beachy park on Nova Scotia’s undeveloped eastern shore juts out into the Atlantic, offering trails of wildflowers and beach grass and plenty of perfect sheltered coves for kayaking. (p390)
Map Legend

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

Activities, Courses & Tours
- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- 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
- Gate
- 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

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/Sight
- Forest
- Sportground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book.
Adam Karlin  
Québec  
Born in Washington DC and raised in the rural Maryland tidewater, Adam has been exploring the world and writing about it since he was 17, and considers it a blessedly interesting way to live one’s life – and also good fun.

John Lee  
Vancouver, Southern British Columbia  
Originally from the UK, John moved to British Columbia to study at the University of Victoria in the 1990s. Eventually staying and moving to Vancouver, he started a freelance travel-writing career in 1999. Since then, he’s been covering the region and beyond for Lonely Planet plus magazines, newspapers and online outlets around the world. Winner of numerous writing awards, very active on Twitter and a weekly columnist for Canada’s *The Globe and Mail* national newspaper, catch up with him at www.johnleewriter.com and @johnleewriter.

Carolyn McCarthy  
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Carolyn specializes in travel, culture and adventure in the Americas. She has written for *National Geographic*, *Outside*, *BBC Magazine*, *Boston Globe* and other publications. A former Fulbright fellow and Banff Mountain Grant recipient, she has documented life in the most remote corners of Latin America. Carolyn gained her expertise by researching guidebooks in diverse destinations. She has contributed to over 30 guidebooks for Lonely Planet, including *Colorado, USA*, *Argentina, Chile, Panama, Peru* and the USA National Parks guides. She is also the author of Lonely Planet’s *Trekking in the Patagonian Andes*.

Phillip Tang  
Toronto, Southern Ontario  
Phillip grew up on typically Australian pho and fish’n’chips. A degree in Chinese and Latin-American cultures launched him into travel and writing about it for Lonely Planet’s *Canada, China, Japan, Korea, Mexico, Peru* and *Vietnam* guides. Phillip has made his home in Sydney, Melbourne, London and Mexico City. His travels include most countries in Europe, much of Asia and Latin America, as well as the greatest hits of North America. More pics and words: philliptang.co.uk.

Ryan Ver Berkmoes  
Saskatchewan, Northern British Columbia, Yukon Territory  
Ryan has written more than 110 guidebooks for Lonely Planet. He grew up in Santa Cruz, California, which he left at age 17 for college in the Midwest, where he first discovered snow. All joy of this novelty soon wore off. Since then he has been traveling the world, both for pleasure and for work – which are often indistinguishable. He has covered everything from wars to bars. He definitely prefers the latter. Ryan calls New York City home. Read more at ryanverberkmoes.com and at @ryanvb.

Benedict Walker  
Nova Scotia, Prince Edward Island  
Born in Newcastle, Australia, Ben holds notions of the beach core to his idea of self, though he’s traveled hundreds of thousands of kilometers from the sandy shores of home. Ben was given his first Lonely Planet guide (*Japan*) when he was 12. Two decades later, he’d write chapters for the same publication: a dream come true. A communications graduate and travel agent by trade, Ben whittled away his twenties gallivanting around the globe. He thinks the best thing about travel isn’t as much about where you go as who you meet: living vicariously through the stories of kind strangers enriches one’s own experience. Ben has also written and directed a play, and toured Australia managing the travel logistics for top-billing music festivals.
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 Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, 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

Korina Miller
Alberta, Plan Chapters, Understand Chapters, Survival Guide Korina grew up on Vancouver Island and has been exploring the globe independently since she was 16, visiting or living in 36 countries and picking up a degree in Communications and Canadian Studies, an MA in Migration Studies and a diploma in Visual Arts en route. As a writer and editor, Korina has worked on nearly 60 titles for Lonely Planet and has also worked with LP.com, BBC, the Independent, the Guardian, BBC5 and CBC, as well as many independent magazines, covering travel, art and culture. She has currently set up camp back in Victoria, soaking up the mountain views and the pounding surf.

Kate Armstrong
New Brunswick Kate has spent much of her adult life traveling and living around the world. A full-time freelance travel journalist, she has contributed to around 40 Lonely Planet guides and trade publications and is regularly published in Australian and worldwide publications. She is the author of several books and children’s educational titles.

James Bainbridge
Ottawa, Northern & Eastern Ontario James is a British travel writer and journalist based in Cape Town, South Africa, from where he roams the globe and contributes to publications worldwide. He has been working on Lonely Planet projects for over a decade, updating dozens of guidebooks and TV hosting everywhere from the African bush to the Great Lakes. The coordinating author of several editions of Lonely Planet’s South Africa, Lesotho & Swaziland, Turkey and Morocco guides, his articles on travel, culture and investment appear in the likes of BBC Travel, the UK Guardian and Independent, Condé Nast Traveller and Lonely Planet Traveller.

Anna Kaminski
Manitoba, Northwest Territories, Nunavut Anna has been a travel writer with Lonely Planet for more than 15 years, and has contributed to numerous guides, most recently regions as far and wide as Costa Rica, Papua New Guinea, Sweden, Great Britain, Spain, Hungary, Vietnam and India. She tweets at @ACKaminski.

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