



lonely planet



-  HIGHLIGHTS
-  ITINERARIES
-  LOCAL EXPERTS
-  PULL-OUT MAP

Discover Canada

Experience the best of Canada

Discover Canada

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Throughout this book, we use these icons to highlight special recommendations:



The Best...

Lists for everything from bars to wildlife – to make sure you don't miss out



Don't Miss

A must-see – don't go home until you've been there

Local Knowledge

Local experts reveal their top picks and secret highlights



Detour

Special places a little off the beaten track



If you like...

Lesser-known alternatives to world-famous attractions

These icons help you quickly identify reviews in the text and on the map:



Sights



Eating



Drinking



Sleeping



Information

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- Grouse Mountain Skiing
- Swaying at Capilano Suspension Bridge
- Okanagan Valley Wineries
- Tofino Beach Bumming
- Haida Gwaii

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- Riding up Sulphur Mountain
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- Yoho National Park
- Calgary & Edmonton

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Canada

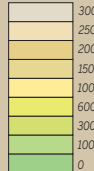


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Top Experiences



ELEVATION



0 500 km
0 300 miles



- 1 Banff National Park
- 2 Québec (Old Town)
- 3 Vancouver
- 4 Niagara Falls
- 5 Cape Breton Highlands
- 6 Whistler
- 7 Victoria & Around
- 8 Toronto
- 9 Thousand Islands
- 10 Icefields Parkway
- 11 Montréal
- 12 Grand Manan Island
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- 24 Churchill
- 25 Ottawa



This Is Canada

Canada is too polite to say so, but it's got the goods: a trio of cultured cities in Montréal, Toronto and Vancouver; an epic amount of terrain to play on outside the urban areas; and a welcoming, progressive vibe throughout.

The globe's second-biggest country has an endless variety of landscapes. Spiky mountains, glinting glaciers, spectral forests – they're all here, spread across six time zones. Wave-bashed beaches, too. With the Pacific, Arctic and Atlantic oceans on three sides, Canada has a coastline that would reach halfway to the moon, if stretched out. It's the backdrop for plenty of 'ah'-inspiring moments – and for a big provincial menagerie. That's 'big' as in polar bears, grizzly bears, whales and everyone's favorite, shrub-nibblin' moose.

Canada is a land of action. Whether it's snowboarding Whistler's mountains, surfing Nova Scotia's swell or walking on Banff's glaciers, outfitters will help you gear up for it. Gentler adventures abound, too, such as strolling along Vancouver's Stanley Park seawall, swimming off Prince Edward Island's pink-sand beaches, or ice skating Ottawa's Rideau Canal. Before you know it, you'll be zipping up the fleece and heading outdoors.

Canada is a local food smorgasbord. If you grazed from east to west across the country, you'd fill your plate like this: lobster with a dab of melted butter in the Maritime provinces, poutine (golden fries soaked in gravy and cheese curds) in Québec and wild salmon and velvety scallops in British Columbia. Tastemakers may not tout Canadian food the way they do with, say, Italian or French fare. So let's just call the distinctive seafood, piquant cheeses and off-the-vine fruits and veggies our little secret. Ditto for the bold reds and crisp whites the country's vine-striped valleys grow.

Canada parties all year long. Okanagan's icewine festival in January, Québec City's winter carnival in February, Whistler's ski and snowboard fest in April, Montréal's jazz fest in June, Toronto's film fest in September and Niagara's winter festival in December all rock the calendar.

It's the backdrop for plenty of 'ah'-inspiring moments

