

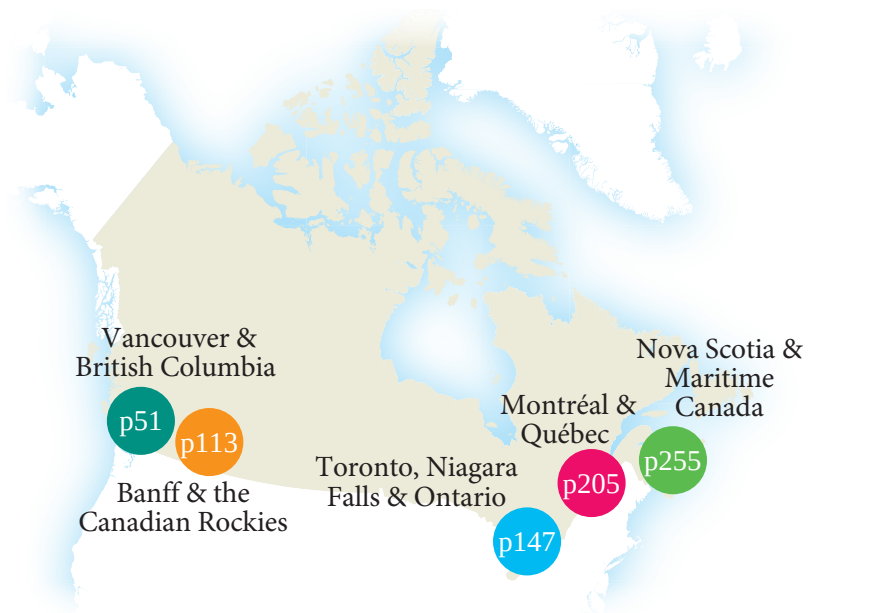


Discover Canada

Experience the best
of Canada

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A map of Canada with various regions highlighted in colored circles. The circles are labeled with page numbers: Vancouver & British Columbia (p51), Banff & the Canadian Rockies (p113), Toronto, Niagara Falls & Ontario (p147), Montréal & Québec (p205), and Nova Scotia & Maritime Canada (p255).

Vancouver & British Columbia

p51

p113

Banff & the Canadian Rockies

Montréal & Québec

Nova Scotia & Maritime Canada

p255

Toronto, Niagara Falls & Ontario

p147

Vancouver & British Columbia

Highlights 54

- Vancouver
- Whistler
- Victoria & Around
- Okanagan Valley
- Tofino

Banff & the Canadian Rockies

Highlights 116

- Banff National Park
- Jasper National Park
- Athabasca Glacier
- Lake Louise
- Yoho National Park

Toronto, Niagara Falls & Ontario

Highlights 150

- Niagara
- Toronto
- Thousand Islands
- Lake Superior Provincial Park
- Ottawa

Montréal & Québec

Highlights 208

- Montréal Jazz Festival
- Québec City Old Town
- Wet & Wild Tadoussac
- Baie St-Paul
- Îles de la Madeleine

Nova Scotia & Maritime Canada

Highlights 258

- Cape Breton Highlands
- Grand Manan Island
- Halifax
- Cavendish
- Digby & Annapolis Valley

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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. These landscapes form the backdrop 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, kayaking in Québec's Îles de la Madeleine or walking on Banff's glaciers, outfitters will help you gear up. 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.

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 ice wine 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 of Lights in December all rock the calendar.

“
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”



Canada





- 1 Banff National Park
- 2 Old Town, Québec
- 3 Vancouver
- 4 Niagara Falls
- 5 Cape Breton Highlands
- 6 Whistler
- 7 Victoria & Around
- 8 Toronto
- 9 Montréal
- 10 Jasper National Park
- 11 Grand Manan Island
- 12 Icefields Parkway
- 13 Haida Gwaii
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- 24 Churchill
- 25 Digby & Annapolis Valley