



Canada



THIS EDITION WRITTEN AND RESEARCHED BY

Korina Miller

Kate Armstrong, James Bainbridge, Anna Kaminski, Adam Karlin, John Lee, Carolyn McCarthy, Phillip Tang, Ryan Ver Berkmoes, Benedict Walker

PLAN YOUR TRIP

Welcome to Canada.....	6
Canada Map	8
Canada's Top 25	10
Need to Know	24
What's New	26
If You Like.....	27
Month by Month.....	31
Itineraries	36
Scenic Drives & Train Trips	44
Travel with Children....	52
Regions at a Glance....	57

ON THE ROAD

ONTARIO 62

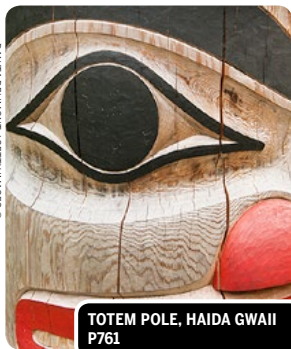
Toronto.....	67
Niagara Peninsula	118
Niagara Falls	118
Niagara Peninsula Wine Country	126
Niagara-on-the-Lake	127
Southwestern Ontario.....	130
Hamilton	131
Guelph	133
Kitchener-Waterloo	135
Stratford	139
Lake Huron Shoreline ...	142
London.....	145
Lake Erie Shoreline	150
Muskoka Lakes	154
Georgian Bay.....	158
Parry Sound	158
Midland & Penetanguishene	159
Collingwood & Blue Mountain	161
Bruce Peninsula.....	162
Northern Ontario	167
Killarney Provincial Park	167
Sudbury	169
Lake Superior Shoreline	173
Thunder Bay	178
North Bay	186
Eastern Ontario	187
Algonquin Provincial Park	187
Haliburton Highlands ...	191
Peterborough & the Kawarthas	192
Land O' Lakes	193
Prince Edward County...	194
Kingston.....	197
Thousand Islands.....	202
Ottawa	208

QUÉBEC..... 225

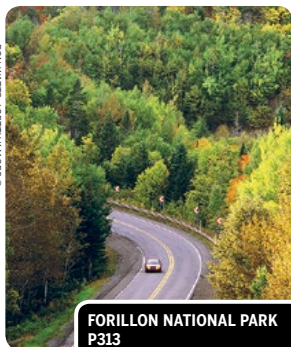
Montréal.....	229
The Laurentians	258
Québec City.....	272
Charlevoix	291
Baie St Paul.....	291
Île Aux Coudres	293
La Malbaie.....	294
Saguenay.....	296
South Shore	302
Gaspé Peninsula.....	308
Parc National de la Gaspésie	312
Forillon National Park ...	313
Gaspé.....	314
Matapédia Valley	318
North Shore.....	319
Mingan Archipelago National Park	322
Îles de la Madeleine... 	324
Far North	327
Abitibi-Témiscamingue ..	327
James Bay.....	328
Nunavik	329
The Outaouais.....	329
Gatineau	329

NOVA SCOTIA..... 330

Halifax	334
Dartmouth.....	347
Peggy's Cove.....	348
South Shore	349
Acadian Shores.....	357
French Shore.....	357
Yarmouth	358
Annapolis Valley.....	360
Annapolis Royal	363
Wolfville & Grand Pré ...	364
Central Nova Scotia... 	368
Maitland.....	368
Truro.....	369



TOTEM POLE, HAIDA GWAII
P761



FORILLON NATIONAL PARK
P313

Contents

Sunrise Trail	373
Pictou	374
New Glasgow	376
Antigonish	376
Cape Breton Island ...	377
Ceilidh Trail	377
Cabot Trail	379
The Far North	383
North Sydney	385
Sydney	386
Eastern Shore	389

NEW BRUNSWICK . 391

Fredericton	393
Upper St John River Valley	399
Grand Falls	401
Edmundston & Around ..	401
Western Fundy Shore ..	402
St Stephen	402
St Andrews By-The-Sea ..	404
Fundy Isles	407
Campobello Island	409
Grand Manan Island ...	410
Saint John	412
Eastern Fundy Shore ..	417
St Martins	417
Fundy National Park ...	418
Alma	419
Southeastern New Brunswick	420
Moncton	420
Sackville	424
Northumberland Shore	424
Cape Jourmain	424
Shediac	424
Boucoute	425
Miramichi River Valley Area	427
Miramichi	427
Miramichi River Valley ...	428

Northeastern New Brunswick	429
Caraquet	429
Bathurst	430
Campbellton	432

PRINCE EDWARD ISLAND 433

Charlottetown	436
Eastern Prince Edward Island	444
Wood Islands	444
Souris	446
Central Prince Edward Island	448
Victoria	448
Prince Edward Island National Park	448
New Glasgow	452
New London	453
Western Prince Edward Island	456
Summerside	456
Tyne Valley	458

NEWFOUNDLAND & LABRADOR 459

St John's	462
Avalon Peninsula	473
Baccalieu Trail	477
Cape Shore	479
Eastern Newfoundland	480
Bonavista	482
Burin Peninsula	483
St-Pierre & Miquelon ..	484
Central Newfoundland	487
Gander	488
Fogo Island & Change Islands	490
Grand Falls-Windsor ...	491
Northern Peninsula ...	492

Deer Lake	492
Gros Morne National Park	492
St Barbe to L'Anse aux Meadows	496

Western Newfoundland 499

Corner Brook	499
Blomidon Mountains ...	502
Cape Ray	504
Killick Coast	505
Labrador	506
Labrador Straits	506
Northern Coast	510
Labrador West	512

MANITOBA 513

Winnipeg	515
Lower Fort Garry	526
Oak Hammock Marsh ...	526
Lake Winnipeg	527
Gimli	527
Hecla/Grindstone Provincial Park	528
Southeastern Manitoba	528
Whiteshell Provincial Park	528
Western Manitoba ...	528
Brandon	529
Riding Mountain National Park	529
Northern Manitoba ...	530
The Pas	530
Churchill	531

SASKATCHEWAN . 536

Regina	539
Southern Saskatchewan	544
Moose Jaw	544
Ogema	545
Swift Current	546

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

UNDERSTAND

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
Nauyasat	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

SURVIVAL GUIDE

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

SPECIAL FEATURES

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

Itineraries



2
WEEKS

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.



1 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 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!



Cabot & Viking Trails

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.



2 WEEKS The Rockies

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

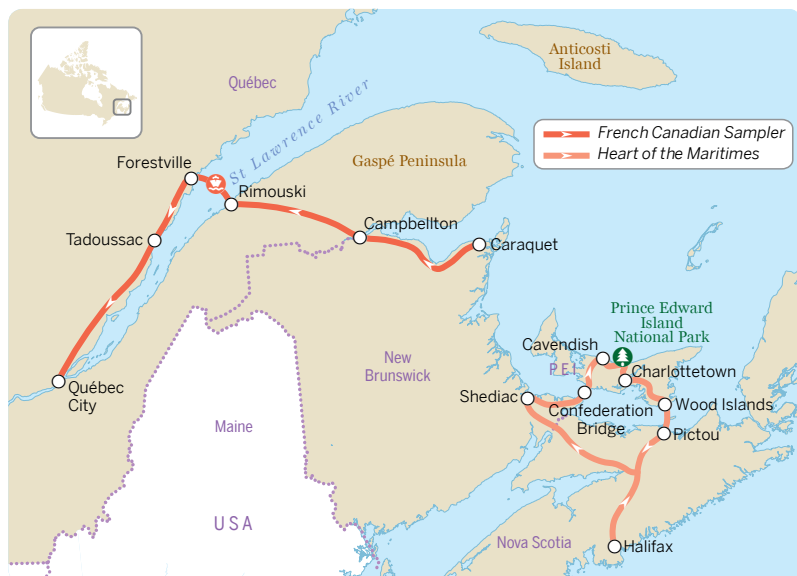
Start with a couple of days in mountain-meets-the-sea **Vancouver**, where you'll be spoiled by urban hiking, biking and other activities, plus western Canada's best culinary scene. Make the wine pilgrimage east through rolling hills to the lake-studded **Okanagan Valley**, famous for its fruit orchards, 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** is a convenient base.

Cross the border into Alberta, and park it in **Banff**. You won't be able to stop the clichés 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 tea-houses 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.

1
WEEK

French Canadian Sampler

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.

1
WEEK

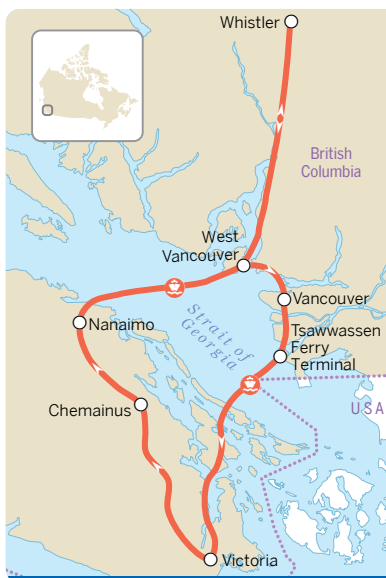
Heart of the Maritimes

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

Eat and drink your way through **Hali-fax**, 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

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.

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.

Off the Beaten Track: Canada

CAPE 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. (p715)

LAKE SUPERIOR PROVINCIAL PARK

Wispy 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

BLACKFOOT CROSSING HISTORICAL 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)

CYPRESS HILLS INTERPROVINCIAL 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

- Body surfing
- 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/Forest
- Sight (Building)
- Sportsground
- 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

Newfoundland & Labrador 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.

OVER MORE
PAGE WRITERS

Published by Lonely Planet Global Limited

CRN 554153

13th edition – April 2017

ISBN 978 1 7865 7335 3

© Lonely Planet 2017 Photographs © as indicated 2017

10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: lonelyplanet.com/ip.

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© 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.'