



Canada



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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 multicultural **Toronto**, wallowing 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 recreated 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** – its charismatic walled Old Town, dramatically poised on a bluff over the St Lawrence, will leave an impression long after you return home.



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 (1627m) 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!



2 WEEKS 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 European 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.



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 if you fancy tipling for a night or two.

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 to take these in, with a decent array of tourist facilities, restaurants and stores.

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, with a pair of alpine-style tea-houses to 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? Or was it a wolverine?!) 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.



Top: Upper Canada
Village (p214), Ontario
Bottom: Confederation
Bridge (p438), Prince
Edward Island



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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 such as *pêts 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 in the Old Town, wander its labyrinth of lanes and stop often to sip in the corner cafes.

1
WEEK

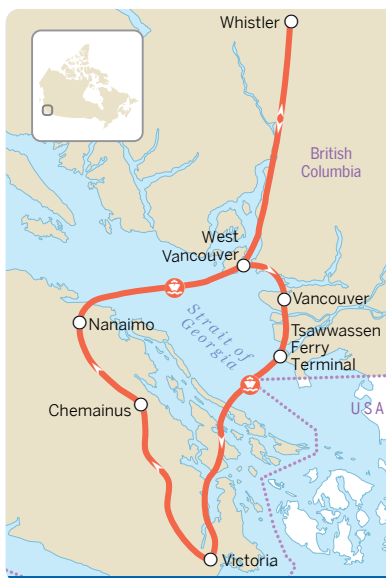
Heart of the Maritimes

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

Eat and drink your way through **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 bird-watching, 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 are 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 stay 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 120km 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 mountaintops 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 Park and the St Elias Mountains. The gawk-worthy Haines Hwy rolls into **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. (p719)

UKKUSIKSALIK NATIONAL PARK

Nunavut's frontier on the frontier, this remote national park juxtaposes bleak tundra landscapes with an abundance of unusual wildlife spearheaded by polar bears. (p825)

ALASKA
USA

YUKON
TERRITORY

BRITISH
COLUMBIA

NORTHWEST
TERRITORIES

UKKUSIKSALIK
NATIONAL PARK

NUNAVUT

ALBERTA

SASKATCHEWAN

MANITOBA

BLACKFOOT
CROSSING
HISTORICAL
PARK

VERGIN

UNITED STATES
OF AMERICA

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. (p624)

VERGIN

A small prairie village and national historic site cataloging the history and culture of the Doukhobors, a religious sect (championed by Leo Tolstoy) who settled here after their exile from Russia in 1897. (p553)

PACIFIC
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ST JOSEPH ISLAND

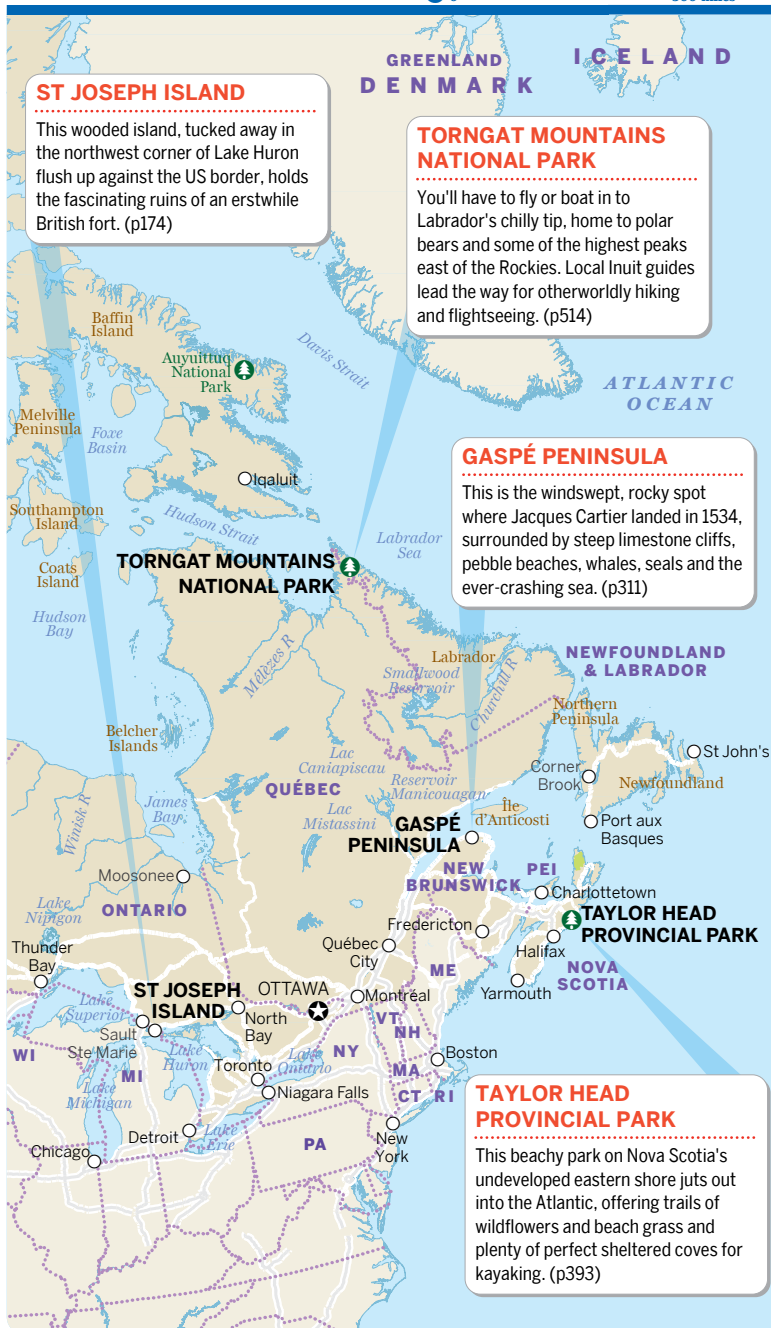
This wooded island, tucked away in the northwest corner of Lake Huron flush up against the US border, holds the fascinating ruins of an erstwhile British fort. (p174)

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. (p514)

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. (p311)



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. (p393)

Behind the Scenes

SEND US YOUR FEEDBACK

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OUR READERS

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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
- Hut/Shelter

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

in the courts, ghettos and prisons of Kingston, Jamaica. Anna has contributed to almost 30 Lonely Planet titles. When not on the road, Anna calls London home.



Adam Karlin

Newfoundland & Labrador Adam has contributed to dozens of Lonely Planet guidebooks, covering an alphabetical spread that ranges from the Andaman Islands to the Zimbabwe Border. As a journalist, he has written on travel, crime, politics, archeology and the Sri Lankan Civil War, among other topics. He has sent dispatches from every continent barring Antarctica (one day!) and his essays and articles have featured in the BBC, NPR and multiple nonfiction anthologies. Adam is based out of New Orleans, which helps explain his love of wetlands, food and good music. Learn more at <http://walkonfine.com/> or follow on Instagram @adamwalkonfine.



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Craig has an MBA from the University of Hawai'i and is also a Japanese interpreter, pilot, hiking guide, tour leader, karate instructor, marriage celebrant and budding novelist. Check out www.craigmclachlan.com



Korina Miller

New Brunswick 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 lonelyplanet.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.



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Ontario Liza has been a travel writer since 2003, when she made a move from being a corporate lawyer to travel writing (and never looked back). She's written dozens of guidebooks and articles as well as apps and blogs to destinations throughout the Americas. She takes decent photos too. Liza is a graduate of Brown University and Stanford Law School. She lives very happily in Denver, Colorado, with her husband and fellow Lonely Planet writer, Gary Chandler, and their two kids.



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Alberta Gregor is a US-based writer whose love of foreign languages and curiosity about what's around the next bend have taken him to dozens of countries on five continents. Chronic wanderlust has also led him to visit all 50 states and most Canadian provinces on countless road trips through his native North America. Since 2000, Gregor has regularly contributed to Lonely Planet guides, with a focus on Europe and the Americas. Titles include *Italy, France, Brazil, Costa Rica,*

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Anna Kaminski

Manitoba, Northwest Territories, Nunavut Originally from the Soviet Union, Anna grew up in Cambridge, UK. She graduated from the University of Warwick with a degree in Comparative American Studies, a background in the history, culture and literature of the Americas and the Caribbean, and an enduring love of Latin America. Her restless wanderings led her to settle briefly in Oaxaca and Bangkok and her flirtation with criminal law saw her volunteering as a lawyer's assistant



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



Brendan Sainsbury

British Columbia Born and raised in the UK in a town that never merits a mention in any guidebook (Andover, Hampshire), Brendan spent the holidays of his youth caravanning in the English Lake District and didn't leave Blighty until he was 19. Making up for lost time, he's since squeezed 70 countries into a sometimes precarious existence as a writer and professional vagabond. His rocking chair memories will probably include staging a performance of *A Comedy of Errors* at a school in war-torn Angola, running 150 miles across the Sahara Desert in the Marathon des Sables, and hitchhiking from Cape Town to Kilimanjaro with an early, dog-eared copy of Lonely Planet's *Africa on a Shoestring*. In the last 11 years, he has written over 40 books for Lonely Planet.



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John Lee

British Columbia Born and raised in the historic UK city of St Albans, John grew up in London, gorging on the capital's rich diet of museums and galleries. Slowly succumbing to the lure of overseas exotica, he arrived on Canada's West Coast in 1993 to begin an MA in Political Science at the University of Victoria. Regular trips home to Britain ensued, along with stints living in Tokyo and Montreal, before he returned to British Columbia to become a full-time freelance writer in

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