

Country Guide for
CANADA



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1 CONTACT ADDRESSES

Location: North America.

Canadian Tourism Commission
8th Floor West, 235 Queen Street, Ottawa, Ontario K1A 0H6, Canada

Tel: (613) 946 1000. Fax: (613) 954 3964.

E-mail: ctc_feedback@businteractive.com

Web site: <http://www.canadatourism.com>

Canadian High Commission

Immigration division: 38 Grosvenor Street, London W1X 0AA

Tel: (09068) 616 644 (recorded visa information; calls cost 60p per minute). Fax: (020) 7258 6506 (fax-back service for information on visas, immigration and application forms).

Web site: <http://www.canada.org.uk/visa-info/>

Opening hours: 0800-1100 Monday to Friday, excluding public holidays (personal callers only).

Cultural section: Canada House, 5 Trafalgar Square, London SW1 5BJ

Tel: (020) 7258 6600. Fax: (020) 7258 6434.

Visit Canada Centre

PO Box 5396, Northampton NN1 2FA

Tel: (0906) 871 5000 (24-hour consumer and tourism enquiries line; calls cost 60p per minute) or (0870) 161 5151 (travel trade only). Fax: (0870) 165 5665. E-mail:

visitcanada@dial.pipex.com

Web site: <http://www.canadatourism.com>

British High Commission

80 Elgin Street, Ottawa, Ontario K1P 5K7

Tel: (613) 237 1530. Fax: (613) 237 7980. E-mail: dist@bis-canada.org

Web site: <http://www.britain-in-canada.org>

Consulates in: Halifax, St John's, Montréal, Toronto, Vancouver and Winnipeg.

Canadian Embassy

501 Pennsylvania Avenue, NW, Washington, DC 20001

Tel: (202) 682 1740. Fax: (202) 682 7689.

Web site: <http://www.canadianembassy.org>

Canadian Consulate

2 GENERAL

1251 Avenue of the Americas, New York, NY 10020-1175

Tel: (212) 596 1628. Fax: (212) 596 1790.

Web site: <http://canada-ny.org>

Consulates General in: Atlanta, Boston, Buffalo, Chicago, Dallas, Detroit, Los Angeles, Miami, Minneapolis and Seattle.

Embassy of the United States of America

Street address: 490 Sussex Drive, Ottawa, Ontario K1P 5T1

Postal address: PO Box 866, Station B, Ottawa, Ontario K1P 5T1

Tel: (613) 238 5335. Fax: (613) 688 3082.

Web site: <http://www.usembassycanada.gov>

Consulates General in: Calgary, Halifax, Montréal, Québec, Toronto and Vancouver.

Note: Note: For major regional Tourist Information Offices, see individual Provinces/Territories sections.

Country Dialling Code: 1.

General

Area: 9,958,319 sq km (3,844,928 sq miles).

Population: 30,301,185 (1998).

Population Density: 3.0 per sq km.

Capital: Ottawa. Population: 1,000,000 (1997, including Hull).

Geography: Canada is bounded to the west by the Pacific Ocean and Alaska, to the east by the Atlantic Ocean, to the northeast by Greenland, and to the south by the 'Lower 48' of the USA. The polar ice-cap lies to the north. The landscape is diverse, ranging from the Arctic tundra of the north to the great prairies of the central area. Westward are the Rocky Mountains, and in the southeast are the Great Lakes, the St Lawrence River and Niagara Falls. The country is divided into ten provinces and three territories. A more detailed description of each province can be found under the separate provincial entries.

Government: Constitutional Monarchy. Head of State: HM Queen Elizabeth II, represented by Governor-General Adrienne Clarkson since 1999. Head of Government: Prime Minister Jean Chrétien since 1993.

Language: Bilingual: French and English. The use of the two languages reflects the mixed colonial history - Canada has been under both British and French rule.

Religion: 46.2% Roman Catholic, 17.5% United Church of Canada, 11.8% Anglican, 24.5% other Christian denominations and other religions.

Time: Canada spans six time zones. Information on which applies where may be found in the regional entries following this general introduction. The time zones are:

Pacific Standard Time: GMT - 8.

Mountain Standard Time: GMT - 7.

Central Standard Time: GMT - 6.

Eastern Standard Time: GMT - 5.

Atlantic Standard Time: GMT - 4.

Newfoundland Standard Time: GMT - 3.5.

Note: Note: From the first Sunday in April to the last Sunday in October, one hour is added for Daylight Saving Time (except in Saskatchewan).

Electricity: 110 volts AC, 60Hz. American-style (flat) 2-pin plugs are standard.

Communications:

Telephone: Most public telephones operate on 25-cent coins. There is a reduced rate 1800-0900 Monday to Friday, and 1200 Saturday to 0900 Monday. For long-distance calls, telephone cards are available. Credit card telephones are to be found in larger centres. Full IDD is available. Country code: 1. Outgoing international code: 011.

Mobile telephone: Digital PCS (1900MHz) services area available in and around major centres, while older analog and digital cellular networks are available in less populated areas. A 'dual mode' handset is required outside the digital service areas. The only GSM network is Microcell, operating under the Fido brand name (web site: <http://www.microcell.ca>). Network operators include Bell Mobility (web site: <http://www.bellmobility.ca>), Clearnet (web site: <http://www.clearnet.com>) and Rogers AT&T (web site: <http://www.rogers.com>). Handsets can be hired from Rent Express (tel: (416) 622 7368 or (888) 622 7368; web site: <http://www.rentexpress.com>), although it may be cheaper to buy a pay-as-you-go phone.

Fax: Services are available in commercial bureaux and most hotels all day at locally agreed rates.

Internet/E-mail: Major ISPs include Sympatico (web site: <http://www.sympatico.ca>) and Inter.net (web site: <http://www.ca.inter.net/index.stm>). There are cybercafés all over the country. Internet terminals are usually available at airport and in photocopy shops.

Telegram: These are handled by Canadian National Telecommunications or Canadian Pacific, and any telegrams must be telephoned or handed in to the nearest Canadian Pacific or Canadian National office (address in local phone book). Services available include Telepost, providing first-class door-to-door delivery, and Intelpost, which offers satellite communications for documents/photographs to London, Washington DC, New York, Berne and Amsterdam. In Newfoundland & Labrador, telegrams are sent through Terra Nova Tel.

Post: All mail from Canada to outside North America is by air. Stamps are available in hotels, some pharmacies and railway stations, or in vending machines outside post offices and shopping centres. Poste Restante facilities are available. Intelpost is offered at main postal offices for satellite transmission of documents and photographs. Post office hours: generally 0930-1700 Monday to Friday and 0900-1200 Saturday, but times vary according to province and location; city offices will have longer hours.

Press: There is one national daily newspaper, the National Post, and Toronto's The Globe & Mail also has national distribution. Daily newspapers published in the larger population centres have a wide local and regional circulation. French-language dailies are published in seven cities, including Montréal, Québec and Ottawa. In Alberta, the main English-language newspapers are the Calgary Herald, The Edmonton Journal, The Calgary Sun and The Edmonton Sun; in British Columbia, the Vancouver Sun; in Manitoba, the Winnipeg Free Press and The Winnipeg Sun; in New Brunswick, the Daily Gleaner and The Times Transcript; in Newfoundland & Labrador, the Telegram and The Western Star; in Nova Scotia, The Chronicle-Herald and The Daily News; in Ontario, The Globe & Mail (the main national newspaper), The National Post, The Toronto Star, The Toronto Sun, The Ottawa Citizen and the Ottawa Sun; in Québec, The Gazette (daily); in Prince Edward Island, the Guardian and the Patriot; in Saskatchewan, the Leader Post, Star-Phoenix, Times-Herald and the Daily Herald; and in Yukon, The Whitehorse Star.

BBC World Service frequencies: From time to time these change.

Central, Mountain and Pacific Canada:

MHz17.8415.226.1955.975

Atlantic and Eastern Canada:

MHz15.229.5906.1755.975

3 PASSPORT

	<i>Passport Required?</i>	<i>Visa Required?</i>	<i>Return Ticket Required?</i>
British	Yes	No/3	Yes
Australian	Yes	No	Yes
Canadian	-	-	-
USA	2	No	No
OtherEU	Yes	No	Yes
Japanese	Yes	No	Yes

Restricted entry and transit: The Government of Canada refuses admission to holders of passports, identity or travel documents issued by Bophuthatswana, Ciskei, Transkei, Venda or the Palestine government.

Note: (a) Visitors to Canada must satisfy an examining officer at the Port of Entry that they are genuine visitors and have sufficient funds to maintain themselves during their stay in Canada and to return to their country of origin, as well as evidence of confirmed onward reservations out of Canada. Persons under 18 years of age who are unaccompanied by an adult should bring with them a letter from a parent or guardian giving them permission to travel to Canada. (b) Passport and visa regulations are subject to change at any time; it is advisable to check with the nearest Canadian Consulate, Embassy or High Commission prior to travel.

PASSPORTS: Passport valid for at least 1 day beyond the intended departure date from Canada required by all except the following:

- (a) 1. Canadian citizens holding a Canadian Certificate of Identity, Canadian birth certificate or a certificate of Canadian citizenship;
- (b) permanent residents of Canada with proof of status, ie Permanent Resident Card, Record of Landing, Returning Resident Permit (IMM 1288) or a Refugee Travel Document issued by the Government of Canada to refugees who have been resettled in Canada;
- (c) Convention Refugees and Members of Designated Classes who have been accepted for resettlement in Canada and are in possession of valid and subsisting Canadian Immigrant Visas (IMM 1000) where the immigrant category is coded CR or DC;
- (d) 2. citizens of the USA holding proof of citizenship (eg US birth certificate or US naturalisation papers);
- (e) persons entering from St Pierre & Miquelon or the USA who are legal permanent residents of the USA and hold a US alien registration card (Green Card);
- (f) citizens of France who are residents of and entering from St Pierre & Miquelon;
- (g) nationals who are residents of and entering from Greenland.

Note: Identity/travel documents issued to non-national residents of the country of issue, refugees or stateless persons are recognised for travel to Canada.

VISAS: Required by all except the following:

- (a) 3. nationals of countries shown in the chart above (except holders of passports endorsed 'British Subjects' and 'British Protected Persons', who do require a visa);
- (b) nationals of Andorra, Antigua, & Barbuda, Bahamas, Barbados, Botswana, Brunei, Costa Rica, Cyprus, Dominica, Grenada, Hong Kong (SAR), Hungary, Iceland, Israel (blue passports), Japan, Kiribati, Korea (Rep.of) Liechtenstein, Malaysia, Malta, Mexico, Monaco, Namibia, Nauru, New Zealand, Norway, Papua New Guinea, St Kitts & Nevis, St Lucia, St Vincent & the Grenadines, Samoa, San Marino, Saudi Arabia, Singapore, Slovenia, Solomon Islands, Swaziland, Switzerland, Tuvalu, Vanuatu, Vatican City and Zimbabwe;
- (c) those visiting Canada who, during that visit, also visit the USA or St Pierre & Miquelon (a French Overseas Territory) and return directly to Canada as visitors within the period authorised on their initial entry (or any extension thereto).

Types of visa and cost: Visitor: Can\$75 (approximately £33) for a single entry; Can\$150 (approximately £67) for multiple entries. Transit: necessary for all nationals who require a Visitor visa. Although Transit visas are not required by British citizens, they may be required by foreign nationals with British passports; check with the Embassy or High Commission for details.

Validity: Up to 6 months depending on circumstances of individual applicant. The determination regarding length of stay in Canada can only be decided by the examining officer at the port of entry. If no actual departure date is indicated within the visitor's passport, then the visitor will be required to depart within 3 months from the date of entry. Visitors must effect their departure from Canada on or before the date authorised by the examining officer on arrival. If an extension of stay is desired, an application must be made in writing to the nearest Canada Immigration Centre well before the expiry of the visitor visa.

Application to: Consulate (or Consular section at Embassy or High Commission); see address section.

Application requirements: (a) Valid passport. (b) Proof of immigration status in country of residence. (c) Application form. (d) 2 passport-size photos. (e) Proof of sufficient funds for length of stay (this may entail providing a letter from one's employer, mortgage statements or bank statements or letter of invitation from a Canadian resident). (f) Private medical insurance. (g) Evidence of employment (in some cases). (h) Details of travel plans. (i) *Fee. (j) For those applying by post, a 18 x 25cm, registered, self-addressed envelope with 'CVV' written in the top left-hand corner and a 50p stamp.

Note*: If submitting a postal application, payment must be in the form of a bank draft in Canadian Dollars payable to the Receiver General of Canada.

Temporary residence: A work permit is required for temporary residence in Canada. Persons who wish to proceed to Canada for the purposes of study or temporary employment should contact the nearest Canadian High Commission, Embassy or Consulate, as authorisation is normally required prior to arrival. Those taking up temporary employment will require an Employment Authorization, for which a fee is charged. Persons going for study purposes must obtain a Student Authorization; a charge is made for this service.

Working days required: 6-10.

4 MONEY

Currency: Canadian Dollar (C\$) = 100 cents. Notes are in denominations of C\$1000, 500, 100, 50, 20, 10 and 5. Coins are in denominations of C\$2 and 1, and 50, 25, 10, 5 and 1 cents.

Credit cards: Most international credit cards are accepted.

Travellers cheques: To avoid additional exchange rate charges, travellers are advised to take travellers cheques in Canadian Dollars; these are widely negotiable.

Currency restrictions: There are no restrictions on the import or export of either local or foreign currency provided declared on arrival.

Banking hours: 1000-1500 Monday to Friday. Business accounts can only be set up on presentation of a letter of credit from a home bank. Some banks in major centres have extended hours; visitors should check locally.

5 DUTY FREE

The following goods may be taken into Canada without incurring customs duty:
200 cigarettes and 50 cigars and 200g of loose tobacco and 400 tobacco sticks per person over 18 years of age; 1 bottle (1.1 litres) of spirits or wine or 24 bottles or cans (355ml) of beer or ale per person over 18 years of age if entering Alberta, Manitoba and Québec and over 19 years if entering British Columbia, Ontario, New Brunswick, Newfoundland & Labrador, Northwest Territories, Nova Scotia, Prince Edward Island, Saskatchewan and Yukon; gifts to the value of C\$60 per gift (not being advertising matter, tobacco or alcoholic beverages); a small amount of perfume for personal use.

Prohibited items: The import of firearms, explosives, endangered species of animals and plants, animal products, meat, food and plant material is subject to certain restrictions and formalities. The import of fresh fruit is prohibited. Enquire at the Canadian High Commission or Embassy for further details.

Note: There is a Goods and Services Tax (GST) of 7% on all goods and services. Visitors may reclaim this tax on accommodation and any goods purchased and taken out of the country. The goods must be available for inspection on leaving the country. The total amount on each receipt for eligible exported goods must be at least C\$50; visitors must also claim at least C\$14 per rebate form. However, GST is not reclaimable on food, drink, tobacco or any form of transport. To claim a rebate, a GST form must be completed, with all original receipts and aircraft boarding pass attached, and posted to the address on the form. Forms are available in hotels and tourist offices. GST must be claimed before applying for provincial tax, with the exception of Québec and Manitoba, where the provincial sales tax can be reclaimed at the same time as GST on the GST form. GST forms should be sent to Visitor Rebate Program, Summerside Tax Centre, Revenue Canada, Summerside, C1N 6C6.

6 PUBLIC HOLIDAYS

Jan 1 2001 New Year. Apr 13 Good Friday. Apr 16 Easter Monday. May 22 Victoria Day. Jul 2 Canada Day. Aug 6 Civic Holiday. Sep 3 Labour Day. Oct 8 Thanksgiving. Nov 11 Remembrance Day. Dec 25 Christmas Day. Dec 26 Boxing Day. Jan 1 2002 New Year. Mar 29 Good Friday. Apr 1 Easter Monday. May 20 Victoria Day. Jul 1 Canada Day. Aug 5 Civic Holiday. Sep 2 Labour Day. Oct 14 Thanksgiving. Nov 11 Remembrance Day. Dec 25 Christmas Day. Dec 26 Boxing Day.

7 HEALTH

	<i>Special Precautions</i>	<i>Certificate Required</i>
Yellow Fever	No	No
Cholera	No	No
Typhoid and Polio	No	-
Malaria	No	-
Food and Drink	1	-

1: Tap water is considered safe to drink. Milk is pasteurised and dairy products are safe for consumption. Local meat, poultry, seafood, fruit and vegetables are generally considered safe to eat.

Rabies is present. For those at high risk, vaccination before arrival should be considered. If you are bitten, seek medical advice without delay. For more information, consult the Health appendix.

Health care: There is no reciprocal health agreement with the UK, but doctors will continue medication for prescriptions issued in Europe. Private health insurance of up to C\$50,000 is absolutely essential as hospital charges are very high (from US\$1000-2000 a day, often with 30% surcharge for non-residents imposed in some provinces). Health facilities are excellent (similar to the USA). Personal first-aid kits should be carried by travellers to more remote northern areas. Dial 911 for emergencies.

Note: Visitors intending to stay in Canada for more than six months, either as tourists, students or employees, may be required to take a medical examination. Visitors working in an occupation in which protection of public health is essential may be required to undergo a medical examination even if employment is only temporary. Check with the Canadian Consulate or High Commission for further information.

Travel - International

AIR: Canada's principal national airline is Air Canada (AC).

Approximate flight times: From London to Calgary is 9 hours, to Halifax is 6 hours 30 minutes, to Montréal is 7 hours, to Toronto is 7 hours 30 minutes and to Vancouver is 10 hours. From Los Angeles to Montréal is 7 hours 5 minutes, to Toronto is 5 hours 25 minutes and to Vancouver is 3 hours 10 minutes.

From New York to Montréal is 1 hour 15 minutes, to Toronto is 1 hour 20 minutes and to Vancouver is 8 hours.

From Singapore to Montréal is 25 hours, to Toronto is 24 hours and to Vancouver is 16 hours 30 minutes.

From Sydney to Montréal is 22 hours 20 minutes, to Toronto is 22 hours 35 minutes and to Vancouver is 18 hours 45 minutes.

International airports: Canada has 13 international airports. All have full banking and catering facilities, duty-free shops and car hire. Airport-to-city bus and taxi services and, in some cases, rail links, are available.

Calgary (YYC) (web site: <http://www.calgaryairport.com>) is 8km (5 miles) from the city (travel time - 30 minutes).

Edmonton (YEG) (web site: <http://www.edmontonairports.com>) is 28km (17 miles) from the city (travel time - 30 minutes).

Gander (YQX) is 3km (2 miles) from the city (travel time - 10 minutes). Halifax (YHZ) (web site: <http://www.tc.gc.ca/HalifaxAirport/>) is 42km (26 miles) from the city (travel time - 30 minutes).

Hamilton (YHM) is 10km (6 miles) from the city (travel time - 20 minutes).

Montréal (YUL) (Dorval) (web site: <http://www.admtl.com/>) is 25km (15 miles) from the city (travel time - 25 minutes).

Ottawa (YOW) (Macdonald-Cartier) (web site: <http://www.ottawa-airport.ca/>) is 15km (8 miles) from the city (travel time - 25 minutes).

St John's (YYT) is 8km (5 miles) from the city (travel time - 10-15 minutes).

Saskatoon (YXE) is 7km (4.5 miles) from the city (travel time - 10 minutes).

Toronto (YYZ) (Lester B Pearson) (web site: <http://www.gtaa.com>) is 27km (17 miles) from the city (travel time - 20 minutes).

Vancouver (YVR) (web site: <http://www.yvr.ca/>) is 15km (9 miles) from the city (travel time - 25-45 minutes).

Winnipeg (YWG) (web site: <http://www.waa.ca/ywg.htm>) is 10km (6 miles) from the city (travel time - 20 minutes).

Departure tax: Vancouver has an airport improvement fee which is C\$15 for international departures and approximately C\$10 for departures to other North American destinations, including Hawaii and Mexico.

Montréal (Dorval) has a departure tax of C\$10 for international departures and C\$7.50 for departures to other North American destinations. Transit passengers and children under two years of age not occupying a seat are exempt.

SEA: The principal Canadian ports on the Atlantic Ocean (east coast) are Halifax (Nova Scotia), St John (New Brunswick) and St Johns (Newfoundland). Montréal and Québec have ports on the St Lawrence Seaway, which links the Atlantic Ocean with the Great Lakes and the industrial heartland of Canada and the USA. Toronto's port is on the northwestern shore of Lake Ontario. The port of Vancouver is on the west coast. All are served by international shipping lines, but Montréal is the only port for passenger liners from Europe.

RAIL: The Canadian rail system connects to the USA at several points. Major routes are: New York-Montréal, New York-Buffalo-Niagara Falls-Toronto, Chicago-Sarnia-London-Toronto, Cleveland-Buffalo-Niagara Falls-Toronto and Detroit-Windsor-Toronto. VIA Rail Canada, the country's main rail operator, issues two discount passes for rail travel within Canada and the USA: the North American Rail Pass (available to anyone) is valid for 30 days and allows unlimited travel on VIA trains in Canada and practically any Amtrak train in the USA, with direct access to over 900 Canadian and US cities and towns; the Northeastern North America Rail Pass (only available to people living outside Canada or the USA) is valid for 15 days of unlimited travel on any VIA trains in eastern Canada and practically any Amtrak train in the eastern USA. For details

of ticket prices and reservations, contact VIA Rail in Canada (tel: (514) 871 600; web site: <http://www.viarail.ca>) or their UK representative Leisurail (tel: (0870) 750 0222).

ROAD: The only road access to Canada is through the southern border with the USA or from the west through Alaska. Apart from private motoring, the most popular way of travelling by road is by bus. The biggest coach company in the world is the Greyhound Bus Company (see Coach section in Travel - Internal) and this is one of the most common routes to Canada from the United States. There are many crossing points from the United States to Canada, but some of the most common are: New York to Montréal/Ottawa; Detroit to Toronto/Hamilton; Minneapolis to Winnipeg; Seattle to Vancouver/Edmonton/Calgary.

Travel - Internal

AIR: There are a number of regional airlines, the principal ones being:

Atlantic Coast: Air Nova, Air Atlantic; Western Canada: Time Air, Air BC;

Central Canada: Air Alliance, Air Ontario, West-Jet.

There are also around 75 airlines operating local services. Reductions are available for those aged 13-21, with substantial reductions for those under 12. Horizon Air offer 1-, 2- and 3-week air passes giving unlimited travel in Alberta and British Columbia as well as six US states and prices **are from £139. Passes are available in the UK through the Airpass Sales Office (tel/fax: (01737) 555 300)** and may only be purchased outside of Canada.

Departure tax: From C\$5 to C\$15, depending on the airport of departure and the destination.

SEA/RIVER/LAKE/CANAL: Canada has many thousands of miles of navigable rivers and canals, a vast number of lakes and an extensive coastline. The whole country is well served by all manner of boats and ships, particularly the east and west coasts, where the ferries are fast, frequent and good value. The St Lawrence Seaway provides passage from the Atlantic Ocean to the Great Lakes. For further details, see individual regional entries or contact the Visit Canada Centre (see address section).

RAIL: VIA Rail Canada operates extensive services across Canada. The regional railways are Ontario Northland, Algoma Central, British Columbia Railway, Great Canadian Railtour Company, Québec North Shore & Labrador, Toronto Hamilton, Buffalo Railway, White Pass and Yukon Route. Children under two years of age not occupying a separate seat may travel free (one per adult) and children 2-16 years of age pay half fare. Persons over 60 years of age and students carrying an International Student Card (ISIC), will receive a 10-50% discount (depending on the type of ticket); student discount fares also apply to young people aged 12-17. VIA Rail operates a Western transcontinental service (the Canadian) between Toronto (Ontario) and Vancouver (British Columbia), running three times weekly east and west, transiting Winnipeg, Saskatoon, Edmonton and Jasper. Passengers are drawn to this route by the spectacular scenery of the three mountain ranges which are passed en route - the Rockies, the Selkirks and the Coastal. The route also features views of ancient glaciers, large lakes and waterfalls. All trains operating between Vancouver and Toronto include showers in sleeping cars. The transcontinental service can be accessed by regular services from the Atlantic provinces and from Québec City and Montréal. Rapid intercity services are available between Québec, Montréal, Halifax, Toronto, Windsor and Ottawa. On these journeys the fare price includes a meal, snacks and drinks. VIA Rail also operates an overnight Eastern transcontinental service between Montréal (Québec) and Halifax (Nova Scotia). Long-distance trains are extremely comfortable, with full restaurant services, air conditioning, spacious reclining seats, etc. The Rocky Mountaineer service offers the opportunity to travel between Calgary, Banff, Jasper and Vancouver during daylight hours, enabling passengers to view the extraordinary passing scenery. Customers can purchase either a one-way or round-trip fare. A one-way trip takes two days and covers approximately 443km (275

miles) each day. Included in the price is a one-night stopover in Kamloops, bus transfer from train to Kamloops hotel, two continental breakfasts, two light lunches and complementary beverages (coffee, tea, fruit juices, soft drinks). Alcoholic beverages, films and souvenirs are available on board at an additional cost. For visitors seeking a route into the Canadian wilderness, the Polar Bear Express (Toronto-North Bay-Cochrane-Moosonee) runs daily (except Friday) from late June to early September. Passengers are advised to make hotel reservations in Moosonee in advance. Particularly scenic routes include Sault Ste. Marie-Eton-Hearst (with superb views of the Montréal River and hundreds of lakes), Winnipeg-Hudson Bay-Churchill, Edmonton-Jasper-Prince George-Prince Rupert (with exceptional scenery between Burns Lake and Prince Rupert), North Vancouver-Squamish (a one-day 87-km (54-mile) round-trip tour of the Howe Sound on a steam locomotive to the logging town of Squamish where there are many First Nation arts and crafts and the 374m/1000ft Shannon Falls), Victoria-Courtenay (along sheer cliffs to Malahat Summit with good views of Vancouver Island) and Vancouver-Whistler-Lillooet-Prince George (along the fjord-like coast of Howe Sound, then the craggy cliffs and rushing white-water streams in the heavily forested Cheakamus Canyon to Alta Lake, then the snow-covered mountains looming over the verdant forests and farmlands of the Pemberton Valley, before the final descent into Fraser River Canyon). VIA Rail also offers tailor-made adventure rail trips (VIA Adventures) to far-flung destinations, some of which are inaccessible by road, offering drop-off and pickup services and special facilities for carrying bulky items such as canoes and bicycles.

Discount Rail Passes: The Canrailpass must be purchased outside Canada and a valid passport presented at time of purchase; it allows unlimited journeys on the Canadian railway system for 12 days within a 30-day period and is only valid on VIA Rail trains. At the time of writing, prices are £280 (high season) and £250 (low season). There is also a Student Canrailpass available to holders of International Student Cards (ISIC) and a Senior Canrailpass available to persons aged 60 and over. Both these passes are priced at £180 (high season) and £170 (low season). The Alaska Pass offers 8-, 15-, 22- and 30-day travel within Alaska and British Columbia, including travel on BC Ferries and Rail, Greyhound Lines of Canada, Alaskan Express, Norline Coaches, White Pass & Yukon Railroad and Alaska Railroad.

For more information on rail itineraries, timetables, fares and special discounts, contact VIA Rail **in Canada** (tel: (514) 871 600; web site: <http://www.viarail.ca>); or their UK representative Leisurail (tel: (0870) 750 0222); or the Visit Canada Centre (see address section).

ROAD: The road network covers vast distances as the country is over 7600km (4800 miles) from west to east and 4800km (3000 miles) from north to south. The longest road is the Trans-Canada Highway, running west to east for 8000km (5000 miles). Petrol and oil are sold by the litre, and costs per litre should be obtained at time of travel. The Canadian Automobile Association (tel: (613) 247 0117; fax: (613) 247 0118; web site: <http://www.caa.org>) is affiliated to most European organisations, giving full use of facilities to members. Road signs are international.

Coach: One of the cheapest and most convenient ways of travelling the country apart from private motoring is by coach. Each region is well served by a large network of coach lines, the most extensive being the Greyhound Bus Company, which extends over 193,000km (120,000 miles) of North America. Greyhound's Canada Travel Pass ticket must be purchased outside of North America and entitles the holder to unlimited travel over periods of 7 days (£99), 15 days (£149), 30 days (£175) and 60 days (£219) in Alberta, British Columbia, Manitoba, Northwest Territories, Ontario, Saskatchewan and Yukon and as far east as Montréal. The Greyhound Canada Travel Pass PLUS offers unlimited travel for 15 days (£159), 30 days (£209) and 60 days (£259) throughout all of Canada, including the area east of Montréal to the Maritimes. The Go Canada pass, which includes hostel accommodation, costs £319 for 15 days/nights and £469 for 30 days/nights. Further information may be obtained in the UK from Greyhound World Travel Ltd (tel: (01342) 317 317 (reservations); fax: (01342) 328 519; web site: <http://www.greyhound.com>).

Grayline Coaches is another bus company that offers excursions to major Canadian resorts. Canada also has regional bus services, the most important of which are as follows:

Atlantic Canada: Acadian Lines, Terra Nova Transport, SMT Eastern and CN Roadcruiser.

Central Canada: Canada Coach Lines, Gray Coach Lines, Voyageur and Voyageur Colonial, Grey Goose Bus Lines Limited, Saskatchewan Transportation and Orleans Express.

West Canada: Brewster Transport, Greyhound Lines of Canada and Vancouver Island Coach Lines.

Besides long-distance travel, all these companies operate a range of services, such as regional tours and escorted sightseeing for groups. RoutPass offers 14-, 15-, 16- and 20-day passes for travel in eastern Canada. Children are not charged if under five years old; half the adult fare is charged for children aged 5-11 years old. Greyhound Lines of Canada offers unlimited travel passes for periods of 7, 15, 30 and 60 days. The Greyhound Canada Pass includes all scheduled routes on Greyhound plus Greyhound Lines Inc: Montréal to New York and Vancouver to Seattle; Voyageur Colonial: Toronto to Montréal/Ottawa and North Bay to Montréal; Brewster Transportation: Banff to Jasper; Adirondack Trailways: New York to Buffalo to Toronto and Saskatchewan Transportation Co: Alaska to Saskatoon. Other coach companies operating in Canada include Gray Coach: Toronto to Niagara Falls and Buffalo and Arctic Frontier Carriers: Hay River to Yellowknife. The All Canada Pass, available for periods of 15 and 30 days, includes all these previous routes plus Orleans Express: serving Montréal, Québec City and Rivière du Loup; Acadian Lines: Amherst to Truro and Halifax; and SMT Lines: routes through New Brunswick. These passes must be purchased outside Canada and are available through Greyhound World Travel Ltd. Persons aged over 65 are eligible for reductions on fares in some provinces.

Bus: Metropolitan buses operate on a flat-fare system (standard fares, irrespective of distance travelled). Fares must be paid exactly, which means that drivers do not carry change or issue tickets. Transfers should be requested when boarding a bus.

Car hire: Available in all cities and from airports to full licence holders over 21 years old. Major companies from which cars can be booked in the UK for use in Canada are Avis, Budget, Dollar, Hertz, Thrifty, and Tilden.

Traffic regulations: Traffic drives on the right. Road speeds are in kilometres per hour and are: 100kph (60mph) on motorways, 80kph (55mph) on rural highways and 50kph (30mph) in cities. Distances are measured in kilometres. Many road signs throughout the country are bilingual (English and French). Seatbelts are compulsory for all passengers. Radar detection devices are strictly prohibited in many states and may not be carried in automobiles. Studded tyres are illegal in Ontario, but are permitted without seasonal limitations in the Northwest Territories, Saskatchewan and Yukon, and are allowed only in winter in other provinces.

Note: The official date on which winter begins, for this and other purposes, will vary from province to province. Documentation: An International Driving Permit is recommended though it is not legally required. Visitors may drive on their national driving licences for up to three months in all provinces, with the following exceptions: Yukon - one month; Prince Edward Island - four months; British Columbia, New Brunswick and Québec - six months.

JOURNEY TIMES: The following chart gives approximate journey times from Ottawa (in hours and minutes) to other major cities/towns in Canada.

Air	Road	Rail
Toronto	1.00	5.00
Montréal	0.30	2.00
Edmonton	4.30	5.00
Québec	1.00	6.00

Halifax2.0024.0024.00
Winnipeg2.3032.0032.00
Calgary4.0050.00-
Vancouver5.0062.0075.00
Regina5.0040.00-

8 ACCOMMODATION

There is a wide range of accommodation from hotels to hostels. Standards are high, with full facilities.

International hotel chains are represented in major cities, but advance booking is essential. Guest-houses, farm vacations, bed & breakfast establishments and self-catering lodges are available throughout the country. Hunting and fishing trips to the wilderness areas of the north are often best arranged through 'Outfitters'. These are guides (often licensed by the local tourist office) who can arrange supplies, tackle, transport and accommodation. For further information, contact the Visit Canada Centre or the Hotel Association of Canada, Suite 1016, 130 Albert Street, **Ottawa, Ontario K1P 5G4** (**tel:** (613) 237 7149; fax: (613) 237 8928; e-mail: hac@hotels.ca; web site: <http://www.hotels.ca>).

Grading: There is no national system of accommodation grading. Some provinces operate their own voluntary grading programmes; see the individual Provinces/Territories sections for details.

CAMPING/CARAVANNING: Mobile trailers and caravans are extremely popular ways of traversing the enormous expanse of the Canadian landscape. There are two different types of vehicle available: a 'motorhome' is a vehicle with connected driving cab and living space, equipped for up to five adults; whilst a 'camper' is a vehicle with a separate driving cab, more like a truck with a caravan on the back, equipped for up to three adults. There are various different models according to the size of the accommodation and facilities required, but most have a fridge, cooker, sink, heater, fitted WC and showers. All vehicles are fitted with power steering. Petrol consumption is about 24km (15 miles) per imperial gallon (but petrol costs half as much as it does in Europe). Hiring is available to those who hold full licences and are over 25. The cost of hire can vary according to the season. High season runs from June to the end of September, and low season is the rest of the year. Full details can be obtained from the Visit Canada Centre. Camping facilities in the National Parks are generally open only from mid-May until the end of **September**. **For further information, contact Canadian Heritage** (**tel:** (819) 997 0055; web site: <http://www.pch.gc.ca/english.htm>).

9 RESORTS & EXCURSIONS

Canada offers a huge range of attractions, from large cosmopolitan cities such as Montréal and Toronto in the south to isolated Inuit (Eskimo) settlements dotted around the frozen shores of Hudson Bay. The contrasting Pacific and Atlantic seaboards and the thousands of lakes and rivers of the interior provide superb watersports and fishing. The Rocky Mountains and other ranges offer breathtaking scenery on a grand scale. Some of the best resorts are in the series of great National Parks which preserve the wildlife and forests of Canada in their virgin state. Those in the north provide basic amenities for tours of the beautiful northern wilderness. A taste of the pioneering west can be had in the rich farming and grain regions of central Canada. Further north is the New Frontier of Yukon, the Northwest Territories and Nunavut. For a more detailed

description of the historic sites and natural attractions of each region see Resorts & Excursions in the individual Provinces/Territories sections.

10 SPORT & ACTIVITIES

Outdoor pursuits: Outdoor pursuits: Canada's vast wilderness areas and rich natural beauty offer scope for all kinds of outdoor activities. From fishing in the countless lakes and rivers to trekking in the back country, long-distance canoeing, horseriding, rafting and skiing, there are wonderful opportunities for those with a pioneering spirit. All activities are easy to arrange, given Canada's well developed infrastructure: outfitters, guides, equipment hire and charters can be organised practically anywhere. Activities are often best pursued in national parks, of which there are about 41 in the whole of Canada, with other conservation areas and provincial parks adding to the range of facilities. At least one of the parks is larger than Switzerland (Wood Buffalo Park in Alberta and the Northwest Territories) and seven of them have been listed by UNESCO as World Heritage sites. The national parks are administered by Parks Canada, 25 Eddy Street, Hull, Quebec K1A 0M5 (tel: (1 888) 773 8888 (toll free; USA and Canada only); e-mail: parks_webmasterf@pch.gc.ca; web site: <http://www.parkscanada.pch.gc.ca>). Each national park has an information centre where advice on outdoor activities can be obtained, as can weather reports, and reports of bear sightings. Permits are required for fishing and camping and can be bought at these centres. Regulations common to all national parks include prohibitions on firearms, snowmobiles and off-road vehicles. Natural features may not be removed or damaged and hunting is also forbidden in most parks. Permits are required for all motor vehicles (approximately \$5-\$10 per person per day). Regional and national passes are available. Camping regulations vary, but in general, an overnight permit is required, whether or not the traveller camps at a campsite. Visitors intending to fish should note that regulations apply regarding closed seasons, quotas and equipment. Fishing permits are also usually required from the provincial authorities. For further information, contact regional tourist boards or the Visit Canada Centre (see address section).

Hiking: Hiking: All the national parks and most of the provincial parks have well marked and well maintained trails. Maps may be obtained from information centres, but those intending to go into the back country should obtain the appropriate map from the Canadian Topographical Series. Walkers should not venture into the wilder areas without ensuring that they are fit and properly equipped. Canada's long-distance footpaths include the Voyageur Trail along the northern shores of Lakes Superior and Huron and the 690-km/428-mile Bruce Trail from Queenstown on the Niagara River to Tobermory on the Bruce Peninsula.

Canoeing: Canoeing: Regional tourist boards can supply lists of outfitters who will help make arrangements. Aeroplane and boat drop-offs, and boat and equipment hire are among the services offered, and maps can be supplied. The most challenging canoeing is in the northern areas, in the Northwest Territories and British Columbia, while the rivers and lakes in Ontario are often easier to negotiate. Further advice and information can be obtained from the Canadian Recreational Canoeing Association, PO Box 398, 446 Main Street West, Merrickville, Ontario K0G 1N0 (tel: (613) 269 2910; fax: (613) 269 2908; e-mail: staff@crca.ca; web site: <http://www.crca.ca>). Excellent facilities for sailing and other watersports are available throughout the country.

Wintersports: Wintersports: Both downhill and cross-country skiing can be enjoyed in innumerable resorts throughout Canada. Most cities are close to ski resorts. Prices of ski passes and accommodation tend to be lower than in Europe.

Spectator sports: Spectator sports: Ice hockey is played at the highest level and top-class competition can be enjoyed as a spectator sport in all the cities throughout Canada. Canadian football, which is similar to American football, is played everywhere, but European football (soccer) is becoming increasingly popular. Professional baseball is enjoyed in several cities in the summer months.

Facilities for golf and tennis are excellent throughout the country. Most large hotels have some sports facilities. A number of tour operators offer all-in golfing packages.

11 SOCIAL PROFILE

Food & Drink: Canadian cuisine is as varied as the country. The hundreds of miles of coastline offer varied seafood, and the central plains provide first-class beef and agricultural produce. The colonial influence is still strong, with European menus available in all major cities. The French influence in Québec is easily discernible in the many restaurants which specialise in French cuisine. Waiter service in restaurants is common. Dress requirements and billing procedures vary.

Drink: Spirits may only be purchased from specially licensed liquor stores or restaurants displaying the sign 'Licensed Premises' if alcohol is served on the premises. Many allow customers to bring their own beer or wine. A wide variety of alcohol is sold in most hotels, restaurants and bars. A selection of European/American wines and spirits is also imported, although the Canadians also enjoy their own, such as rye whisky. Bars may have table or counter service and payment is generally made after each drink. Opening hours vary from province to province. The legal age for drinking in bars is 18 or 19 depending on local regulations.
See also Social Profile in the individual Provinces/Territories sections.

Nightlife: Every major provincial capital in the more populated areas has nightclubs, and hotel dinner/dancing. Ottawa, Toronto, Montréal, Winnipeg and Vancouver are centres for ballet, opera and classical music, with visits from leading orchestras and internationally renowned performers. Entertainment in the more remote towns is scarce.

Shopping: Fine examples of Canadian craftware are available, such as art wood carvings, pottery, cottons and native artefacts. Some countries have restrictions against the import of endangered animal species products, such as polar bear, seal, walrus, etc, so visitors should check entry regulations in their home country before departure. Most provinces, except Alberta, the Northwest Territories and Yukon, levy a sales tax which varies from 4% to 11% in shops, restaurants and some hotels. Tax can be refunded when leaving Canada, but only in Newfoundland, Nova Scotia, Québec and Manitoba (see the special note under Duty Free). In addition to the provincial taxes, there is a goods and service tax of 7%. Shopping hours: 0900-1800 Monday to Friday, with late-night shopping in some stores up to 2100 Thursday and Friday. Most shops and stores are also open Saturday and some local stores Sunday. Some shops open 24 hours a day.

Special Events: A list of some of the major festivals and special events may be found in the individual Provinces/Territories sections.

Social Conventions: Handshaking predominates as the normal mode of greeting. Close friends often exchange kisses on the cheeks, particularly in French areas. Codes of practice for visiting homes are the same as in other Western countries: flowers, chocolates or a bottle of wine are common gifts for hosts and dress is generally informal and practical according to climate. It is common for black tie and other required dress to be indicated on invitations. Exclusive clubs and restaurants often require more formal dress. Smoking has been banned in most public areas.

Most restaurants, theatres and cinemas, if they permit smoking, have large 'no smoking' areas. Tipping: Normal practice, usually 15% of the bill, more if service is exceptional. Waiters and taxi drivers should be tipped this amount. Barbers and hairdressers should receive about 10% of the bill. Porters at airports and railway stations, cloakroom attendants, bellhops, doormen and hotel porters generally expect C\$1 per item of luggage. Tipping your server is standard practice in bars and nightclubs.

12 BUSINESS PROFILE

Economy: Canada is one of the world's major trading nations and the seventh-largest exporter and importer, thus qualifying for membership of the so-called G8 group of major industrial economies. The country has immense natural resources and a high standard of living. Agriculture and fisheries are particularly important: Canada exports over half of its agricultural produce - principally grains and oil seeds - and is the world's leading exporter of fish. Timber is another important sector, given that over 40% of the land area is forest. As a mineral producer, Canada exports crude oil and natural gas, copper, nickel, zinc, iron ore, asbestos, cement, coal and potash. Energy requirements are met by a mixture of hydro-electric (two-thirds), nuclear and oil-fired generating stations. Manufacturing covers the whole range of activities from heavy engineering and chemicals through vehicle production and agro-business to office automation and commercial printing. Canada has a declining, though nonetheless substantial, trade surplus. Slightly over 75% of the country's trade is with the USA, making this the world's largest single bilateral trade route. A free trade agreement signed with the USA in 1989 boosted trade still further. This also provided the basis for the North American Free Trade Agreement (NAFTA) which was signed on August 12, 1992, by the Prime Minister of Canada and the Presidents of the USA and Mexico. After the USA, Canada's trade partners are, in order of descending volume: Japan, the UK, Germany, Taiwan and France.

Business: Usual courtesies observed including exchange of business cards, making appointments, etc. Office hours: 0900-1700 Monday to Friday.

Commercial Information: The following organisations can offer advice: Canada-United Kingdom Chamber of Commerce, 38 Grosvenor Street, London W1X 0DP (tel: (020) 7258 6572 (trade information service; enquiries cost £10 plus VAT for non-members); fax: (020) 7258 6594); or Canadian Chamber of Commerce, Head Office, Delta Office Tower, 350 Sparks Street, Suite 501, Ottawa, Ontario K1R 7S8 (tel: (613) 238 4000; fax: (613) 238 7643; web site: <http://www.chamber.ca>). Each province and territory has its own regional chamber of commerce; consult the individual Provinces/Territories sections for more information.

Conferences/Conventions: All the major business centres, ie Toronto, Calgary, Edmonton, Montréal, Ottawa and Vancouver, offer extensive convention and conference facilities. For general information on conferences and conventions in Canada, contact the Meetings and Incentive Officer at the Canadian High Commission in London (see address section). Consult the individual Provinces/Territories sections for more information.

13 CLIMATE

Climate graphs for the various provinces and territories may be found in the relevant entries below.

Required clothing: March: Moderate temperatures. Winter clothing with some mediumweight clothing.

April: Milder days but the evenings are cool. Mediumweight clothing including a topcoat is recommended.

May: Warm days but cool at night. Mediumweight and summer clothing recommended.

June: Warm, summer clothing with some mediumweight clothing for cool evenings. The weather in June is ideal for travel and all outdoor activities.

July/August: These are the warmest months of the year. Lightweight summer clothing is recommended.

September: Warm days and cool evenings. Light- to medium-weight clothing recommended.

October: Cool, with the first frost in the air.

November: Cool to frosty. Medium- to heavy-weight clothing is recommended. First signs of snow. Motorists should have cars prepared for winter and snow tyres are recommended.

December/January/February: Winter temperatures. Winter clothing is necessary (eg overcoat, hat, boots and gloves). Heavy snowfall in most provinces.

14 HISTORY AND GOVERNMENT

History: After the American War of Independence, eastern Canada was settled by loyalists from the USA holding allegiance to the defeated British Crown. In 1791 the country was divided between regions occupied by the English-speaking and the longer-established French-speaking community, but the arrangement did not work and was replaced by a united system 50 years later. Canada suffered a 6-year war during which the Americans made an unsuccessful invasion attempt. Canada became a Dominion of the British Empire in the mid-19th century, with an autonomous government but with the monarch as head of state. Despite the reservations of the French-speaking population, principally in Québec where a secessionist movement has been active (occasionally violently) since the 1970s, the Canadian government has displayed a strong loyalty to the 'mother country', notably during both World Wars. From 1968 to 1984, politics were dominated by the charismatic figure of Pierre Trudeau, leader of the Liberal Party and four times Prime Minister. After his retirement from politics in 1984, his party was eventually ousted by the opposition Progressive Conservatives under Brian Mulroney. Under Mulroney, the Québec issue came to the fore once more. Several attempts were made to resolve it by negotiation, principally the 1990 Meech Lake accord, but all of these foundered on the objections of other provinces or the refusal of the Québécois to accept what they felt to be inadequate provisions. Another historical problem which the Mulroney government went some way to resolving was the question of land taken from the indigenous Canadian peoples, collectively known as the Inuit, who inhabit the sparsely populated frozen expanses of northern Canada. The issue is not dissimilar to that faced by Koori (aboriginal) peoples in Australia, in that the Inuit maintain that traditional lands were taken from them by force or subterfuge by previous governments. In 1991, a 350,000 sq km area of the Northwest Territories was relinquished to the Inuit as the semi-autonomous Nunavut territory. In June 1993, with his government hugely unpopular because of economic problems as well as Québec, Mulroney stepped down as Conservative leader. A senior colleague, Kim Campbell, took over with only a few months left before a general election. Campbell could do little to prevent the Conservatives' decline and the party suffered a crushing defeat - in which they were left with just 2 parliamentary seats - at the November 1993 poll. The new prime

minister was Liberal Party leader Jean Chrétien, who introduced a major package of economic reforms designed to expand the economy and implement the North American Free Trade Agreement with the USA and Mexico as soon as possible. The Québec problem proved more intractable: after the election of a new Québécois provincial premier, Jacques Parizeau - an avowed separatist - in 1994, a referendum was set twelve months later to ask the Québécois whether they wished to leave the Canadian federation. The result, which was an extremely narrow vote in favour of remaining inside Canada, proved little more than that the province is still deeply divided. A resolution of the issue now seems as distant as ever. After four years as the largest opposition party, however, the main Québécois party fell back badly at the most recent parliamentary election in June 1997. Bolstered by a strong economic performance, the Chrétien government was re-elected with a small absolute majority in the House of Commons. The Reform party, with 60 seats, became the main opposition, ahead of the Bloc Québécois with 44 and the Conservatives who managed to recover from 2 to 20 seats. In March 1999, the Ottawa government granted self-government to the newly-created territory of Nunavut in northeast Canada. Approximately 95% of Nunavut's 25,000 population are Inuits. The main problems facing the territory are economic: traditional sources of work, fur trading and whaling have been in terminal decline for years, as have attempts to develop oil and mining industries. The new administration in Iqaluit, the capital of Nunavut formerly known as Frobisher Bay, is pinning its hopes on eco-tourism to reduce the current heavy reliance of subventions from central government.

Government: Executive power is vested in the British monarch, the Head of State, who is responsible for appointing the Governor General, currently Adrienne Clarkson. The Prime Minister, elected cabinet ministers, a 104-member Senate and a House of Commons make up the Federal Parliament. Members of the House of Commons are directly elected, while members of the Senate are appointed by the Prime Minister. The ten provinces of Canada each have a Lieutenant Governor and a local legislature, in power for up to five years. There are also three territories (Yukon, the Northwest Territories and the recently established Nunavut) constituted by Acts of Parliament. Several recent attempts to amend the Constitution have been rejected by popular referendum.

15 OVERVIEW

Country Overview: Canada, bounded by the Pacific and Atlantic Oceans, Alaska, Greenland, and the 'Lower 48' of the USA, possesses a diverse landscape, ranging from the Arctic tundra of the north to the great wheatlands of the central area. Westward are the Rocky Mountains, and in the southeast the Great Lakes, the St Lawrence River and Niagara Falls. The country is divided into ten provinces and three territories.

Canada offers a huge range of attractions, from large cosmopolitan cities such as Montréal and Toronto in the south to isolated Inuit (Eskimo) settlements around the frozen shores of Hudson Bay. The Pacific and Atlantic seaboards and the thousands of lakes and rivers of the interior provide superb watersports and fishing. The Rocky Mountains and other ranges feature breathtaking scenery on a grand scale. Some of the best resorts are in the series of great National Parks that aim to preserve the wildlife and forests of Canada in their virgin state. A taste of the pioneering west can be witnessed in the farming and grain regions of central Canada. Further north is the New Frontier of Yukon, the Northwest Territories and Nunavut.

The hundreds of miles of coastline offer varied seafood, and the central plains provide first-class beef and agricultural produce. The French influence is easily discernible in Québec's many restaurants.

Every major provincial capital has nightclubs and hotel dinner/dancing. Ottawa, Toronto, Montréal, Winnipeg and Vancouver are renowned centres for ballet, opera and classical music. Entertainment in the more remote towns can be scarce.