Discover Canada’s Wide Open Spaces!

Set off on a fascinating visual journey through the magnificent landscapes of Canada. Here’s the perfect guide to dream of the picturesque fishing villages of the Atlantic provinces or the majestic Rockies, plan a trip to the vast Prairies, the Great Lakes, Québec or the northern territories, recall fond memories of Canada’s richly diverse major cities, or simply offer the many charms of this unique and multifaceted country as a gift.

Magnificent photography
for a taste of what awaits you.

Thematic sidebars
to learn a little more.

In-depth articles on major themes
for a better understanding.

Clear, precise maps
to better find your way.

A lively presentation
to capture the excitement of Canada, from sea to shining sea!
Fabulous Canada

Discover Canada's Wide Open Spaces!
The inukshuk, a traditional Inuit navigational aid and marker, has become one of the symbols of Canada.

© Dreamstime.com/Matt Ragen
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portrait</td>
<td>7</td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td>33</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>43</td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>61</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>77</td>
</tr>
<tr>
<td>Québec</td>
<td>89</td>
</tr>
<tr>
<td>Ontario</td>
<td>131</td>
</tr>
<tr>
<td>Manitoba</td>
<td>161</td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>173</td>
</tr>
</tbody>
</table>
Alberta ........................................... 183
The Rocky Mountains ............................... 201
British Columbia ................................... 209
Yukon ............................................ 235
The Northwest Territories ........................... 243
Nunavut .......................................... 249
Major Themes ..................................... 255
Index ............................................ 286
List of Maps

Alberta ......................................................................................... 182
British Columbia ................................................................. 208
Calgary ......................................................................................... 184
Charlottetown ........................................................................ 78
Edmonton ..................................................................................... 194
Fredericton .................................................................................. 44
Halifax ......................................................................................... 62
Manitoba ...................................................................................... 160
Montréal ....................................................................................... 90
New Brunswick ........................................................................... 42
Newfoundland and Labrador ................................................... 32
Nova Scotia .................................................................................. 60
Ontario ......................................................................................... 130
Ottawa ......................................................................................... 134
Prince Edward Island .................................................................. 76
Québec ......................................................................................... 88
Québec City ............................................................................... 112
Regina ......................................................................................... 174
The Rocky Mountains ................................................................ 200
St. John’s ................................................................................... 34
Saskatchewan ............................................................................. 172
The Territories (Yukon, N.W.T., Nunavut) ................................ 234
Toronto ......................................................................................... 138
Vancouver .................................................................................... 210
Victoria ......................................................................................... 214
Whitehorse ............................................................................... 238
Winnipeg ..................................................................................... 162
Yellowknife ................................................................................. 244

Map Symbols

- International airport
- Regional airport
- Aquabus (Vancouver)
- Cemetery
- Church
- Stairway
- Funicular
- Train station
- Bus station
- Glacier
- Hospital
- Tourist information
- Market
- Metro
- Mountain
- Museum
- Park
- Lighthouse
- Bicycle route
- Beach
- Landmark
- Gate (Québec City)
- Wildlife reserve / Bird sanctuary
- Golf course
- Passenger ferry
- Car ferry
GEOGRAPHY

Canada is a federation composed of 10 provinces and the three territories into which the vast northern regions above the 60th parallel are divided: Yukon, the Northwest Territories and Nunavut, which have less autonomy from the federal government.

The most recent province to enter Canadian Confederation was Newfoundland and Labrador, in 1949. The majority of its 508,000 inhabitants live along the coastline of a large island, called Newfoundland or “The Rock,” dividing the Gulf of St. Lawrence to the west from the Atlantic Ocean to the east. The capital, St. John’s, overlooks the Atlantic. Labrador, a mainland region bordering Quebeck on the Labrador Peninsula, was granted to Newfoundland after lengthy legal proceedings pitting the two British colonies against one another.

The smallest Canadian province, Prince Edward Island, is located in the Gulf of St. Lawrence, between Quebec, New Brunswick and Nova Scotia. The island’s 139,000 residents had a memorable year in 1997, when the Confederation Bridge, linking the island to the mainland, was opened.

Nova Scotia is surrounded by the Gulf of St. Lawrence, the Atlantic Ocean and the Bay of Fundy, and linked to the continent by a narrow strip of land, the Chignecto Isthmus. North of the peninsula, Cape Breton Island completes the province’s territory. This was the first place in North America settled by Europeans, namely the French, who named it Acadia. The Acadians were later deported by the English, who then settled the area and built Halifax, the provincial capital and one of Canada’s busiest ports. Some Acadians stayed in Nova Scotia or returned; they remain a small minority in the overall population of 935,000.

Over 751,000 people live in New Brunswick, Canada’s only officially bilingual province. The French-speaking third of the population, the Acadians, have a unique accent, their own flag and a history that is distinct from that of the French population in the rest of Canada. The provincial capital is Fredericton.

Quebec is unique in Canada. Its vast territory is three times the size of France and yet it has a population of only 7,700,000. Its French-speaking majority distinguishes it not only from the rest of Canada but from all of North America as well. The use of French has been legislated in order to counteract the assimilation that threatens francophone communities elsewhere in Canada. Montreal and its metropolitan region are home to nearly half of the population of Quebec, including nearly all the newcomers who settle in the province. Quebec City is the capital.

Ontario is geographically the second-largest province in Canada, but the most populous, with 12,800,000 inhabitants. Toronto, the capital of Ontario and Canada’s biggest city, is home to most of Canada’s major corporations. This huge cosmopolitan city rivals those in the United States. Much of the Quebec–Ontario border follows the Ottawa River. The National Capital Region includes Ottawa, the federal capital, located on the Ontario side of the river.

In Manitoba, you have to cover hundreds of kilometres before the landscape starts to rise. The capital and major city of this province, Winnipeg, was built south of the lake of the same
name, on the banks of the Red River. The whole northeastern part of the province opens onto Hudson Bay, and from there, onto the Atlantic. Manitoba has a population of 1,200,000.

The straight borders of Saskatchewan say a lot about its geography. Saskatchewan has a population of 1,015,000. The two main cities are Saskatoon, a world centre for potash mining, and Regina, the provincial capital.

Saskatchewan and its neighbour to the west, Alberta, are the only two provinces that are completely landlocked. Alberta’s territory is divided into various zones: mountains (the Rockies), boreal forests, wheat fields, pastures and even deserts. Edmonton is the provincial capital. Oil wealth has caused the population to climb to 3,500,000, and has brought about the re-stabilization of government finances and made Calgary one of the country’s most important business centres.

The British Columbia Pacific coastline stretches from Alaska to Washington State. Three quarters of the province lies above 930m and a mountain chain reaching 3,000m stands between the coast and the horizon. The choppy coastline is dotted with hundreds of islands. The biggest one, Vancouver Island, is home to Victoria, the provincial capital. Vancouver is also the name of the province’s major city, on the mainland coast. The climate is much milder here in winter than in the rest of Canada. Over 4,400,000 people live in British Columbia.

The Yukon is located in the mountainous region between Alaska, the Mackenzie Mountains to the east and British Columbia to the south. Whitehorse is the administrative capital for the 31,000 inhabitants of the territory, but the most famous spot in the Yukon remains Dawson. Not far from this small town, a little river called the Klondike is associated with the most famous gold rush in the west.

Sandwiched between Yukon to the west and Nunavut to the east are the Northwest Territories. The villages and hamlets that dot this territory are home to some 43,000 people, around half of whom are First Nations and Inuit and the other half anglophones and francophones of European descent. Yellowknife is the capital and largest city.

In April of 1999, the Northwest Territories were divided in two. The northeastern section, including most of the Arctic islands, became Nunavut, a territory whose population of 31,000 people is mainly Inuit. Iqaluit is the capital.
MAJOR THEMES
Major Themes

Summer Activities

**BIRDWATCHING**

The wilds of Canada attract all sorts of birds, which can easily be observed with the help of binoculars. Some of the more noteworthy species that you might spot are hummingbirds, golden eagles, bald eagles, peregrine falcons, double-crested cormorants, pelicans, grouse, ptarmigans, grey jays and countless varieties of waterfowl including the mallard, barnacle goose, Canada goose and trumpeter swan.

**CANOEING**

Canada’s vast territory is spotted with a multitude of lakes and rivers, making it a canoe enthusiast’s dream. Many of the parks and reserves are departure points for canoe trips of one or more days. Wilderness campsites have been laid out to accommodate canoers during long excursions. Canoe rentals and maps of possible routes are usually available at park information centres. It is always best to have a map that indicates the length of the portages in order to determine how physically demanding the trip will be.

**CYCLING**

Visitors can go cycling all over Canada, along usually quiet secondary roads or park trails. Bicycles can often be rented on site.

**GOLF**

Magnificent golf courses in remarkable natural settings can be found throughout southern Canada. Stretching along the...
ocean or through narrow mountain valleys, these courses boast exceptional views and challenging holes. A few courses have been laid out in parks, where peace and quiet reign supreme and luxurious hotels are just a short distance away.

**HIKING**

An accessible activity for most everyone, hiking can be enjoyed in all national and most provincial parks. Before setting out, you should plan your excursion well by checking the length and level of difficulty of each trail. Some parks have long trails that require more than a day of hiking and lead deep into the wild. When taking one of these trails, which can stretch dozens of kilometres, it is crucial to respect all signs. There are maps that show the trails and the locations of wilderness campsites and shelters.

To make the most of an excursion, it is important to bring along the right equipment. You’ll need a good pair of walking shoes, appropriate maps, sufficient food and water and a small first-aid kit containing a pocket knife and bandages, as well as a raincoat with hood in case of foul weather.

**KAYAKING**

Kayaking isn’t a new sport, but its popularity is on the rise. More and more people are discovering this wonderful way to travel on water in a safe and comfortable vessel at a pace well suited to appreciating the surrounding nature. In fact, being in a kayak gives you the impression of sitting right on the water and being a
THE TRANS CANADA TRAIL

The Trans Canada Trail, a fascinating multi-purpose trail, was inaugurated on September 9, 2000. Once completed, it will be the longest trail of its kind in the world, covering some 21,000km from one end of Canada to the other. It will connect St. John’s, the capital of Newfoundland and Labrador, to Victoria, the capital of British Columbia, and will include a northern portion starting in the Alberta city of Calgary and leading to Tuktoyaktuk in the Northwest Territories and Chesterfield Inlet in Nunavut. The trail will be used for walking, hiking, cross-country skiing, cycling, horseback riding and snowmobiling, and will include both existing trails and new segments. The project is financed through public donations and government subsidies, and almost 15,000km of trail have already been marked to date. For more information, visit the Trans Canada Trail’s Web site at www.tctrail.ca.
part of nature, for a fascinating change of perspective. Many companies offer kayak rental and organize guided expeditions on Canada’s waterways.

**RAFTING**

Rafting, which involves tackling rapids in an inflatable dinghy, is perfect for thrill-seekers. These rafts hold around 10 people and offer the strength and flexibility required to take on the rapids. People particularly relish the sport in the spring, when river waters are high and the current is faster. Generally, companies that offer rafting provide all the equipment necessary to ensure the comfort and safety of the participants. So, hop in!

**SWIMMING**

Throughout Canada you can find places to swim in freshwater lakes and rivers as well as on the seacoasts. Without question Canada’s swimming sites are one of its most precious natural attractions. Sand beaches are also often beautiful places to stroll, and many offer opportunities to canoe or kayak nearby.

**WHALE-WATCHING**

Whales are common along the coasts of British Columbia, in Québec’s St. Lawrence River estuary, and in the Gulf of St. Lawrence. Visitors wishing to catch a closer view of these impressive but harmless sea mammals can take part in a whale-watching cruise or go sea-kayaking.
Pays-Bas: Interforum Bénélux, 117, boulevard de l’Europe, 1301 Wavre, 010 42 03 30, fax: 010 42 03 52
Belgique: Interforum, 3, allée de la Seine, 94854 Ivry-sur-Seine Cedex, 514-843-9882, poste 223, fax: 514-843-9448, info@ulysse.ca, www.guidesulysse.com
Canada: Guides de voyage Ulysse, 4176, rue Saint-Denis, Montréal (Québec) H2W 2M5, voyage@ulysse.ca, www.guidesulysse.com

Guides de voyage Ulysse sarl, 127, rue Amelot, 75011 Paris, France,
Europe: 514-843-9447,
Guides de voyage Ulysse, 4176, rue Saint-Denis, Montréal (Québec) H2W 2M5,
Canada: Nos distributeurs

Pour tout autre pays, contactez les Guides de voyage Ulysse (Montréal).
Capture the Excitement of Travel!

Also available in the Fabulous Series

www.ulyssesguides.com
Discover Canada’s **Wide Open Spaces**!

Set off on a fascinating visual journey through the magnificent landscapes of Canada. Here’s the perfect guide to dream of the picturesque fishing villages of the Atlantic provinces or the majestic Rockies, plan a trip to the vast Prairies, the Great Lakes, Québec or the northern territories, recall fond memories of Canada’s richly diverse major cities, or simply offer the many charms of this unique and multifaceted country as a gift.

*Magnificent photography*  
for a taste of what awaits you.

*Thematic sidebars*  
to learn a little more.

*In-depth articles on major themes*  
for a better understanding.

*Clear, precise maps*  
to better find your way.

*A lively presentation*  
to capture the excitement of Canada, from sea to shining sea!