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Canoeing

Canada was founded and explored by unhurried adventurers in birch bark canoes. Today canoeists have waterproof watches and a well developed sense of time and their canoes are aluminum, but the opportunities for adventure remain: tens of thousands of miles of unspoiled white water rivers and placid lakes are scattered across the country, from the Mattawin River in La Mauricie National Park, 124 miles northeast of Montreal, to the 2,000 lakes in Ontario's Algonquin Provincial Park, to Moon Lake, a prairie "pothole" in Riding Mountain National Park in Manitoba, to Emerald Lake in British Columbia's Yoho National Park.

Banff National Park, Alberta

