

n Canada

Ships like Bluenose II will participate in some of the many sailing events



Horseback riding at Gladstone Ranch in Alberta

Photo: Daniel Wilner

dance theatre, choirs, orchestras, jazz, folk music, exhibitions, percussion and pop. Canadian artists will be joined by artists from England, the United States, Holland, Wales, Japan, India, Cuba, Ghana, Austria and West Germany.

Regional attractions

Canada is divided into five main regions – Atlantic Canada, Quebec, Ontario, Heartland Canada and Canada West – and each region offers a uniqueness with special landmarks, museums and attractions. All areas offer beautiful scenery and countryside, efficient services, reasonable prices, major and interesting cities with soaring skylines and/or old historic sections, art galleries and cultural facilities, sport and recreation areas, parks and numerous restaurants that provide fine dining experiences.

The Atlantic region comprises four provinces that share a common bond with history and the sea – New Brunswick, Prince Edward Island, Nova Scotia and Newfoundland. The area is laced with Viking legend, Indian memory, Scottish tradition and French Acadian background.

Quebec is the country's largest province and the heart of French Canada. It contains a blend of the old and new, a mixture of contrasts from rural simplicity to cosmopolitan sophistication.

Ontario is a province of great diversity offering modern cities, the rugged outdoors and luxury resorts. It has Canada's capital city, Ottawa and Canada's largest city, Toronto.

The provinces of Manitoba, and Saskatchewan, with their myriad of lakes perfect for fishing, boating and swimming, lie at Canada's heartland. Each is a blend of cultures reflected in many festivals throughout the year.

With rugged wilderness and thriving cities, Alberta, British Columbia, the Yukon and the Northwest Territories constitute Canada West. The towering Rockies beckon skiers, hikers, naturalists and outdoor enthusiasts, while the land of the midnight sun has a haunting beauty of its own.

Canada is one of the sunniest countries in the world, with a climate that varies from region to region and a distinctive change of season. Summers are warm and sunny and conducive to water sports and many outdoor activities like mountain climbing in the Rockies, canoeing deep into the Canadian wilderness, or deepsea fishing off the Atlantic or Pacific coasts. The brightly coloured autumn, when the flocks of geese and other

And getting around Canada is easy too....

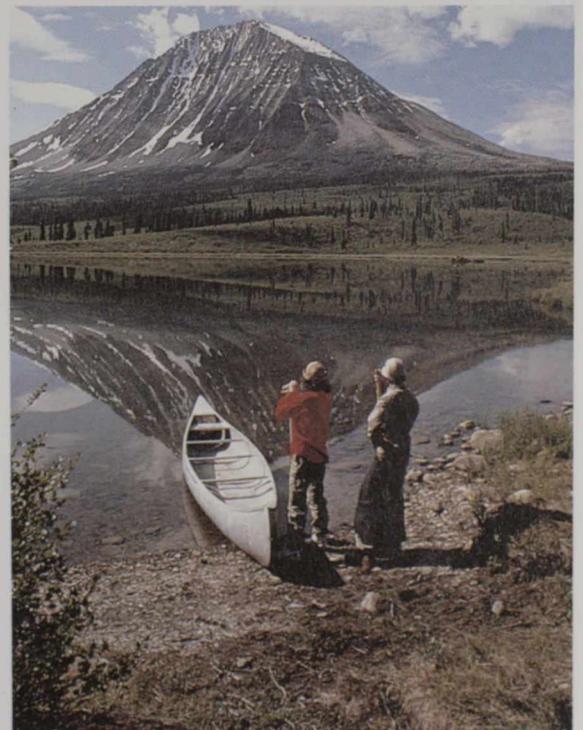
A comprehensive transport network, covering all provinces and territories makes getting about Canada simple and efficient. Modern highways, scheduled and charter air services, rail and ferry links are well geared to both local and national sightseeing.

migratory birds fly over en route to the south often has fresh clear weather. It is cooler than in the summer but an excellent time for hiking, sight-seeing and fishing or attending one of the many fairs, festivals or farmers' markets bursting with produce that are held in towns and villages across the country. In the winter it is generally cold except in parts of British Columbia around Vancouver Island and the lower mainland, but there is usually ample sunshine making it a wonderland for the countless skiers, curlers, skaters, snowmobilers, snowshoers, ice fishermen, tobogganers, carnival-goers and nature lovers. Spring is a transition time with warm days and cool nights and many things to enjoy from skiing in mountain areas to strolling in parks as flowers bloom. 



Cable Head Beach in PEI, one of the country's many opportunities for seaside activity

Canoeing in Nahanni National Park, NWT



Bush plane against a prairie sunset in Saskatchewan

