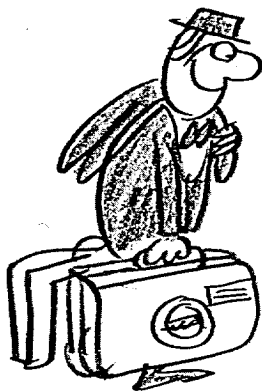


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for visitors invited to Canada
Department of External Affairs

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Canada

A guide for visitors invited to Canada by the Department of External Affairs

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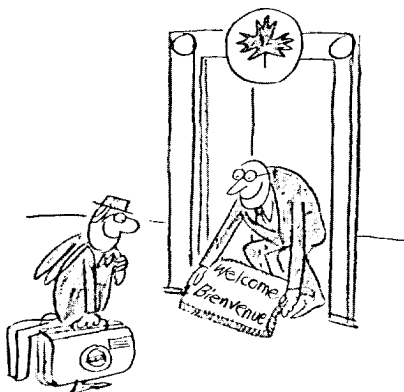


External Affairs
Canada

Affaires extérieures
Canada

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You have been invited to visit Canada as a guest of our Foreign Visitors Program. This program has been designed to provide visitors such as yourself with an opportunity to see our country and its people through experiences close to your own professional and personal interests. It is hoped that during your visit to Canada you will establish lasting personal and professional ties with the Canadians you meet, and that you will take home with you a deeper understanding of Canadian life, attitudes, outlook and policies.



Neither protocol nor ceremonial . . .

THE INVITATION

The terms of the invitation are important to note. You will be in Canada under the Foreign Visitors Program as a *private citizen* and will not be involved in the protocol and ceremonial an official or state visit would include. You will be free to observe aspects of Canadian social, economic, political, cultural and educational institutions and practices. You will also be able to visit historic sites and scenic areas and to attend cultural events, if you so desire.

Your invitation will include one or more of the following benefits, wholly or in part:

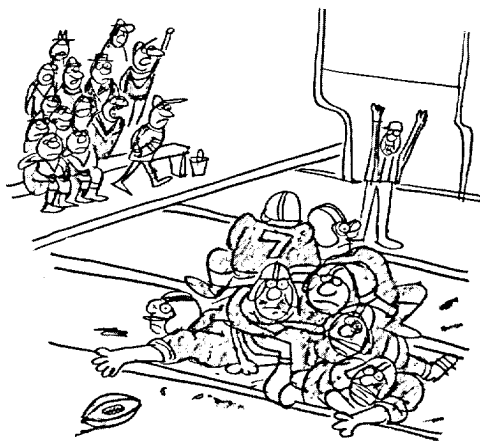
1. Prepaid round-trip economy air transportation by the most direct route from your home to Ottawa, Canada. In some countries excursion tickets are issued and if you intend to visit other countries at your own expense you may wish

to inquire if any travel restrictions are involved before you leave home. (You should also ascertain the need for visas and obtain them, if required, before your departure.)

2. Transportation by air, bus or train while you are in Canada.
3. A daily allowance — a *per diem* allowance as it is called — for meals, hotel rooms, taxi and bus fares within a city, telephone calls, laundry and dry cleaning, gratuities (tips) and similar necessary living expenses during the period of your visit. This allowance should be adequate to cover costs of moderate daily living. Expenditures of personal nature, i.e. gifts, souvenirs, entertainment, must be paid for out of personal funds.
4. Expenses as may be necessary for emergency medical aid.
5. Provision of some books and educational materials, where necessary.

Planning your trip

Following your acceptance of our invitation to visit Canada, we hope that you will discuss your plans fully with an information officer or other official at the Canadian mission in your country, to familiarize him completely with the interests you wish to pursue in Canada. Please be sure that you cover the ground thoroughly. Your hosts in Ottawa and across Canada will, of course, make every effort to see that your visit is enjoyable and rewarding. But they must know that you prefer an evening at the opera rather than attend a



Would you rather spend an evening at the opera?

hockey game, or to visit the Pickering nuclear station rather than an industrial site or university.

The Canadian post will send to the Department of External Affairs in Ottawa suggestions for your visit, your interests and what you would like your program to include. Plans and bookings will be made before you arrive so that your visit to Canada may go smoothly.

A personal interview with the Prime Minister, or other Government ministers, is rarely granted, but your other interests will most certainly be considered in the program for your visit. When you arrive in Ottawa you will be given an itinerary based on the information sent by the post in your own country. Time will be left in the program to allow for inclusion of other interests or to follow up leads that may develop once you have been in Canada for a while.

How to ask the best questions

Do ask questions of the Canadian post in your country. The post library, well stocked with books on Canada and probably on your field of interest in Canada, may add to your growing knowledge about the country. The post should provide you with a map of Canada, travel information regarding points of interest, briefing material such as recent Canadian statements, speeches and reference papers, and brief you in detail about the Visits Program objectives and if

time permits the arrangements made for you. If you wish to visit relatives or acquaintances during the visit, tell the person preparing your program so that this information can be passed on to those who will be developing it. Also please specify to the post whether or not you want a *full* schedule or one that allows you more time for reflection and writing.



Let us know if you want a program offering free time.



Do you hope to visit a lesser known region of Canada?

Selectivity

You can't see everything in one visit; you won't be able to meet everyone. It is better to concentrate on a few areas of importance to you, places and people you definitely want to see in conjunction with your expressed objectives for making the visit. You may wish to focus on lesser

known areas of Canada, or less publicized aspects of life here, such as urban renewal or certain industries. Keep in mind that it will not be possible to arrange everything. Holidays, or the schedules or travel plans of prospective interviewees, may necessitate plan modifications.

In a three-week visit, usually only three days are spent in Ottawa. Add this to weekends, when no formal arrangements are usually made for you, and 12 days only remain for professional contacts outside Ottawa and travel between cities or regions you will visit. You may want to use the free weekend periods to make personal visits or to do your sightseeing.

Your spouse

When interests of the invited guest and his or her spouse are similar, it may be decided that they should take advantage of the invitation to visit Canada to travel together. The program of a visitor with an accompanying spouse is more successful if *both* speak either English or French, particularly on those occasions when one is engaged in meetings and the other is sightseeing or shopping alone. Please keep in mind, however, that the Canadian Government does not pay costs of travel or living expenses for dependents of an invited foreign visitor. It does however provide a \$10.00 per day stipend for an accompanying spouse. Although it will not normally be possible

to have a separate itinerary arranged for a spouse, it is sometimes possible to include him or her in some of the activities arranged for the visitor.

What to pack

Knowing *where* you are going in Canada and *when* determines what you will pack and what you may expect when you arrive. Canada is a large country; geography and climate change from the Atlantic to the Pacific coasts and of course, up north to the Arctic. When you land, you will be a dot in the 9,976,139 square kilometres (3,851,809 square miles) of territory that is Canada. Travelling from east to west, you would cover 5,187 kilometres (3,223 miles), from south to north, some 4,267 kilometres (2,875 miles). Vancouver is closer to Yokohama, Japan, than to Canada's eastern most city, St. John's, Newfoundland. There are six time zones (see appendix for map). While a typical January day in Ottawa, Ontario, may be -16 degrees celsius (3 degrees fahrenheit), the same day may dawn a moderate six degrees (42.8 degrees fahrenheit) in Vancouver, British Columbia, or -6 degrees celsius (21 degrees fahrenheit) in St. John's, Newfoundland. Similarly, a beautiful June day in Ottawa may be as warm as 23 degrees celsius (73.4 degrees fahrenheit), while in Vancouver around 20 degrees (68 degrees fahrenheit) and St. John's a moderate 15 degrees (59 degrees fahrenheit). (See temperature chart in appendix for more detailed information.) But the sun often shines over Canada in winter.



One should know in advance what to pack.

and even the coldest days have their bright side. It is easy to see that the question of what to pack is an important one.

In general, however, cold weather and snow prevail in most regions except the west coast, from November to early April. Therefore, a heavy coat, scarf, warm gloves, rubber footwear or winter boots and a hat are essential in most regions. Streets may be bare or snow-packed. In most regions of Canada, spring weather begins slowly in mid-March. April is milder, and May is very pleasant as the landscape turns green and is

bursting into bloom. For spring and the similar, moderate weather of autumn, mid-September to mid-November, a light coat is essential. Summer is hot in most areas and lightweight clothing, preferably wash-and-wear or easy maintenance, is recommended, as well as a raincoat. A cardigan sweater is useful for cooler summer evenings.

As you may find yourself carrying your suitcases from time to time, travel lightly. One bag is best, two should be a maximum.

Other seasonal considerations

Different seasons and regions of Canada also mean a variety of cultural and sporting activities. The regular season for theatre, ballet, opera and symphony concerts is usually late September to May, although the National Arts Centre in Ottawa presents a festival of opera in July to celebrate Canada's national day. The summer is time for open air concerts, theatre productions such as the Stratford Shakespearean and Shaw Festivals in Ontario, and the fall is time for agricultural fairs. Summertime too is the season for national parks across Canada to open to visitors wishing to take a swim, or camp out. Banff National Park in Alberta, however, is open all year for summer and winter sports. Primary and secondary schools are usually closed during the summer; universities are often open but functioning with very reduced staff and services. Traditionally, Canadians vacation in summer, although many now prefer mid-winter holidays.

Holidays

Holidays in Canada include:

Sundays

New Year's Day* (January 1)

Good Friday
Easter Monday (Usually March or April)

Victoria Day (First Monday preceding May 24)

Canada Day* (July 1, Canada's national day. In Newfoundland, it is also observed as Memorial Day)

Civic Holiday — First Monday in August — for most federal civil servants and in the provinces of Manitoba, Ontario and British Columbia (B.C. Day), and also in the Northwest Territories

Labour Day (First Monday in September)

Thanksgiving (Second Monday in October)

Remembrance Day* (November 11)

Christmas Day* (December 25)

Boxing Day (December 26, or the first day following December 25 which is not a holiday)

Additional holidays are observed in the provinces and territories as follows:

Newfoundland:

St. Patrick's Day (March 17)



Holidays.

St. George's Day (April 21 or nearest Monday)

Orangemen's Day (July 12)

*If these holidays fall on non-working days, they are generally observed on the first working day immediately following.

Quebec:

Saint-Jean-Baptiste Day (June 24)

Yukon:

Discovery Day (Third Monday in August)

Victoria Day, Civic Holiday, Labour Day, Thanksgiving, Christmas and New Year's usually are extended into long weekends or holidays, and it is difficult to obtain professional appointments during these holiday periods. Thus, although Canada does not observe a large number of holidays, those listed here may affect your travel plans.

You have arrived

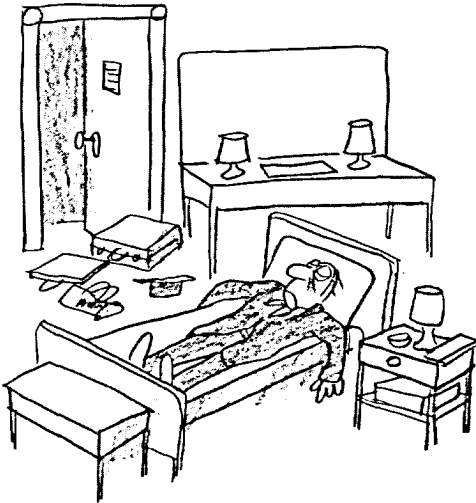
Upon arrival in Ottawa or other Canadian cities you go to your designated hotel by bus limousine service or taxi. Guests usually are not met at the airport unless an interpreter's services are required.

You will have been provided with the necessary information concerning hotel accommodation, name of contact person, etc., directly by the Canadian Post before your departure.

At the hotel

You will find a letter of welcome and portfolio containing a copy of the program arranged for you at the mail desk of the hotel when you arrive. The officer in charge of your visit will contact you to discuss your program and to arrange to meet you for a briefing on your first appointments. You will be given your expense cheque at the briefing.

Usually no appointments are made for the day of arrival after a long flight.



There are no appointments scheduled after a long flight.



Travellers cheques are so convenient. They're accepted everywhere in Canada.

Money matters

As mentioned above, you will receive a cheque for living expenses and information on the terms under which your visit has been arranged, when you first meet your Visits Program officer. You will be taken to a bank where you may cash your cheque. It is strongly advised that you convert the money received into travellers cheques, which are accepted across Canada upon identification.

You are responsible for paying costs of your hotel, meals, phone calls, tips, baggage handling and taxi fares in each city. The cheque you receive should cover these expenses adequately.

Escorts and interpreters

If you speak neither English nor French, an interpreter will meet you at your point of arrival or in Ottawa and remain with you during your stay in Canada. Please remember this person is with you to interpret. Do not expect the interpreter to carry baggage, or act as a chauffeur or pay bills for you. A good working relationship should be established early in your travels.

It is customary for persons who speak either French or English to travel unaccompanied. In some special cases, an escort may be provided.



The interpreter is not a baggage porter.

Bon voyage in Canada

On your arrival day in Ottawa, your program officer, with an interpreter, if required, will be on hand to discuss your itinerary and specific interests with you. These are of utmost importance since the final decisions on your program will essentially be your own. Your officer may suggest places to visit to help meet your professional needs. This is a good time to discuss any *special* wishes you have regarding accommodation.

Your basic revised itinerary will be given to you before you leave Ottawa. This includes names of local contacts in the locations you will visit and the names of hotels where you will stay. If necessary, changes may be made in your schedule after you leave Ottawa, but your program officer must be consulted since a change at one point may affect the entire schedule.

Besides, reservations and appointments have been made and you and the program officer are responsible for meeting these obligations. Your program officer will keep in touch with you throughout your visit.

You will meet with the head of the Visits Program in Ottawa, usually on your arrival day, to discuss any problems that may have arisen or any special requests you may have.

Most of your travel in Canada will be by air. It is much faster and more efficient, given the

limitations of a three-week stay or less and the size of the country, to travel by plane than by rail or road.



One often travels by plane in this large country.

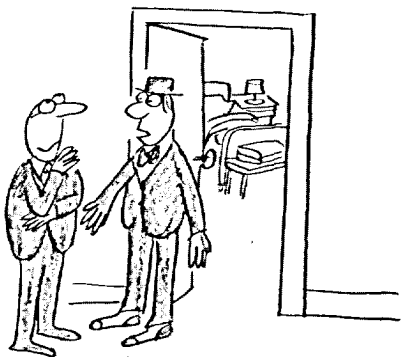
Travelling in Canada

What to expect, accommodation

The hotels chosen for you along the way have been selected for their convenient location, comfort and reasonable rates. Custom and practice differ in hotels from one country to another. You will find in Canada, for example, that shoes should not be left outside your room for overnight polishing. There are shoe-shine stalls in some shopping plazas and hotels and in some shoe repair shops. There are no concierges in

Canadian hotels, but the bell captain, chief porter or reservation clerk usually are happy to answer any questions you may have. Consult the house-keeper for service such as extra towels, bed boards, extra blankets or pillows, and the like. Canadian hotels usually supply ice for beverages free of charge in ice machines on every floor of the building.

Most hotels in Canada do not include the price of meals in their rates. Thus a breakfast in the hotel will be added to your bill. As hotels do not have a service charge, you should tip for individual services rendered (see page 31). All hotels provide soap and linens, and a bag for laundry. Most hotel rooms have telephones, television sets and private baths. If you wish to be awakened at a particular hour, notify the hotel



Shoes should not be left outside your room for overnight polishing.

switchboard operator. Check the hotel desk occasionally for mail and messages. If your telephone has a colored light attached, this will flash silently to indicate the hotel desk has a message which arrived when you were not in your room. Simply lift the receiver of the telephone and dial the main desk number for your message.

Hospitality will be offered to you along the route during your visit. Cancelling an accepted invitation at the last minute should be avoided unless you are extremely tired or indisposed. If you must cancel, call your program officer or local contact as soon as possible so as to provide your host with adequate notice.



It is better to be five minutes early for an appointment than five minutes late.

Punctuality

In Canada it is expected that arrival for an appointment is at the exact time arranged. It is always better to be five minutes early. The people you are scheduled to see have voluntarily agreed to the meeting and are business and professional people with responsibilities and schedules of their own. They will probably be gracious to a visitor who arrives late for a meeting, but this might result in a hurried or shorter interview. If, for any reason, you are delayed or unable to keep an appointment, notify the person concerned immediately.

Travelling in Canada

Things to know

Banks

Every community has a bank. The usual hours of business are from 10:00 to 15:00, Monday to Thursday; 10:00 to 18:00 on Friday. Some banks in larger cities are open for longer periods. Most banks are closed on Saturday and always on Sunday and legal holidays. Before cashing a cheque, banks require the endorsement of one of their account holders. Your local contact can direct you to a bank and can provide information on which banks exchange foreign currency. Some hotels are also equipped to exchange foreign currency, as are the major airports. U.S. currency is generally accepted in Canada, but it is preferable

to convert cash or travellers cheques into Canadian funds at a bank.

Business cards

Since you will be meeting people who share your professional interest, you may wish to bring "business cards" or "calling cards" to exchange with them.

Electricity

All standard electrical outlets in Canada provide 110 volts, 60 cycles, alternating current. Hotels do not usually provide adapters.



All standard electrical outlets provide 110 volts, 60 cycles, alternating current.

Laundry

Hotel laundry services are expensive and may be slow. It is advisable to bring clothing that requires as little care as possible, such as "wash and

wear". Clothing to be laundered through the hotel should be sent out immediately upon your arrival. Be certain it will be ready before the date you plan to vacate the hotel. Laundromats, with coin-operated washers and dryers, are available in most cities for those who wish to do their own laundry. There are also coin-operated dry cleaning facilities available in most major cities.

Meals

You will find that meals served by hotel dining rooms and room service are the most expensive. Hotel coffee shops, and other restaurants and cafés may provide greater selection at more moderate prices, but again, standards vary greatly. Government offices often have a cafeteria in the building. There may be times when you are invited to have a "no host" meal. This is a term used by Canadians which means that meals and tips are paid on an individual basis. In this case you would be expected to pay for your own meal.

Medical attention

Should you require hospitalization, a doctor, or dentist, call your local contact or the hotel switchboard operator. If you are taking medicine prescribed by your doctor, you should bring a copy of the prescription in case you need to have it renewed by a doctor in Canada.

Money

Canadian money consists of the following coins: 1 cent (penny), 5 cents (nickel), 10 cents

(dime), and 25 cents (quarter). Paper money (bills) is issued in denominations of \$1, \$2, \$5, \$10, \$20, \$50, \$100, and up, although many places of business will not accept bills of over \$20.

It is best to carry money in the form of travellers cheques. Be sure to keep a record of the cheque numbers in case of loss. Never leave either money or valuables in suitcases or in your hotel room. The desk clerk in your hotel can deposit your valuables in the hotel safe.

Taxis and public transportation

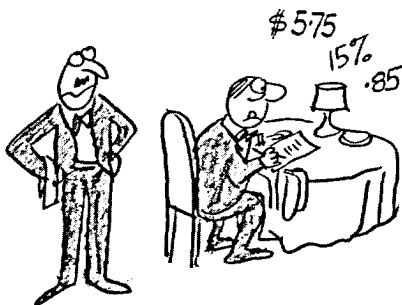
Most large hotels have a taxi stand or a doorman to call a cab for you. To get a cab yourself either telephone a taxi company, or raise your hand to a passing cab, or call out "Taxi". Some



Be prepared . . . have the exact fare or a bus ticket.

cab drivers cannot provide change for more than a \$5 bill, so it is good practice to have single \$1 bills and change on hand.

Ask the desk clerk at your hotel for information about buses, public transit systems, or subways. The exact money in coins is required for such public transportation in many cities. Bus tickets are available only at bus company offices or in some stores which display identifying signs.



Tips in Canada are not included in hotel and restaurant bills.

Tipping

Since in Canada tips and service charges are not included in your hotel or restaurant bill, tips are normally paid directly to the person providing the service. An average scale for tipping would be 25 cents per bag for baggage porters and hotel bellboys who carry luggage to your hotel room. In larger cities and better hotels it is customary to tip 50 cents per bag. (In motels, guests often carry

their own bags.) The doorman, if he calls a taxi for you, receives 50 cents. In restaurants, leave about 15 percent of the total bill; (normally this is not automatically added to the bill when it is presented to you but should be paid nevertheless). Most taxis have meters which determine the fare according to time and distance, but taxi drivers expect a tip of 15 percent to be added to the fare.

Air mail postage rates

(Letter mail and postcards)

Canada postage stamps must be used on all mail posted in Canada. Rates for letters and postcards are listed below, effective April 1978.

OVER	TO	CANADA	U.S.A.	FOREIGN
0	1 oz.	17¢	17¢	30¢
1 oz.	2 oz.	22¢	26¢	54¢
2 oz.	3 oz.	34¢	38¢	72¢
3 oz.	4 oz.	34¢	50¢	72¢
4 oz.	5 oz.	50¢	62¢	\$1.44
5 oz.	6 oz.	50¢	74¢	\$1.44
6 oz.	7 oz.	66¢	86¢	\$1.44
7 oz.	8 oz.	66¢	98¢	\$1.44

For postage rates over 8 oz. consult Post Office. Stamped air mail letter forms are available at post offices, 30¢ each.

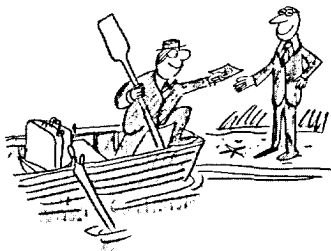
Heading home

If your invitation provides round-trip international travel, your reservation for travel back to your home will probably have been made before you left home. Canadian government travel regulations specify that no charges may be made in your airline ticket without the authorization of your Visits Program officer.

If you decide to return to your country by an indirect route, you are responsible for any costs beyond the value of your ticket.

If you must return home before the expiration of your invitation, you will be required to return to the Department of External Affairs the part of your *per diem* living allowance covering days you did not spend in Canada.

If you wish to remain in Canada beyond the period of your invitation, you will be responsible for all expenses incurred for your extended stay.



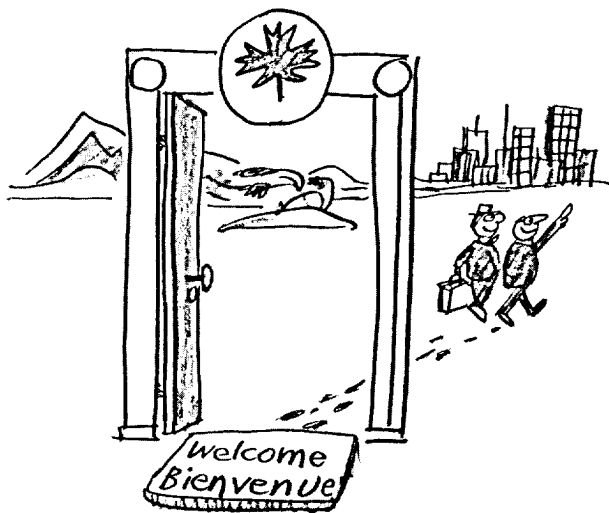
You are welcome to make a detour on your way home . . . at your expense.

A final word

During your visit to Canada you will no doubt make a number of Canadian acquaintances who will look forward to keeping in touch with you. But there are others also interested in hearing from you.

The Department of External Affairs, sponsor of your visit, is interested to know how you feel about your experiences in Canada. If on returning home you write about your trip, the Department, through the Embassy, would be pleased to receive copies of the articles. You may also wish to share your thoughts and suggestions with the Canadian Embassy, High Commission, Consulate General or Consulate in your country. Comments from visitors such as yourself help us to improve the Visits Program for future visitors.

Bon voyage in Canada. We hope your journey will be pleasant and rewarding.



Bon voyage in Canada.

APPENDIX

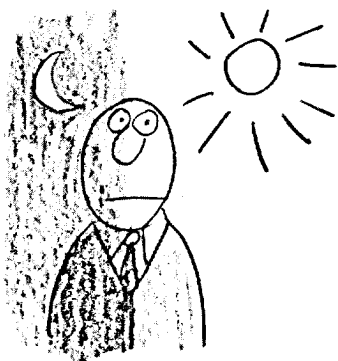
STANDARD TIME ZONES IN CANADA

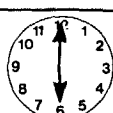
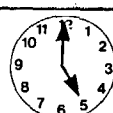
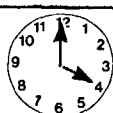
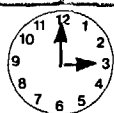
DAYLIGHT SAVING TIME:

Each year on the last Sunday of April, Daylight Saving Time comes into effect. All timepieces are advanced by one hour. The only Canadian province that does not use Daylight Saving Time is Saskatchewan.

STANDARD TIME:

On the last Saturday in October, Canada reverts to Standard Time.





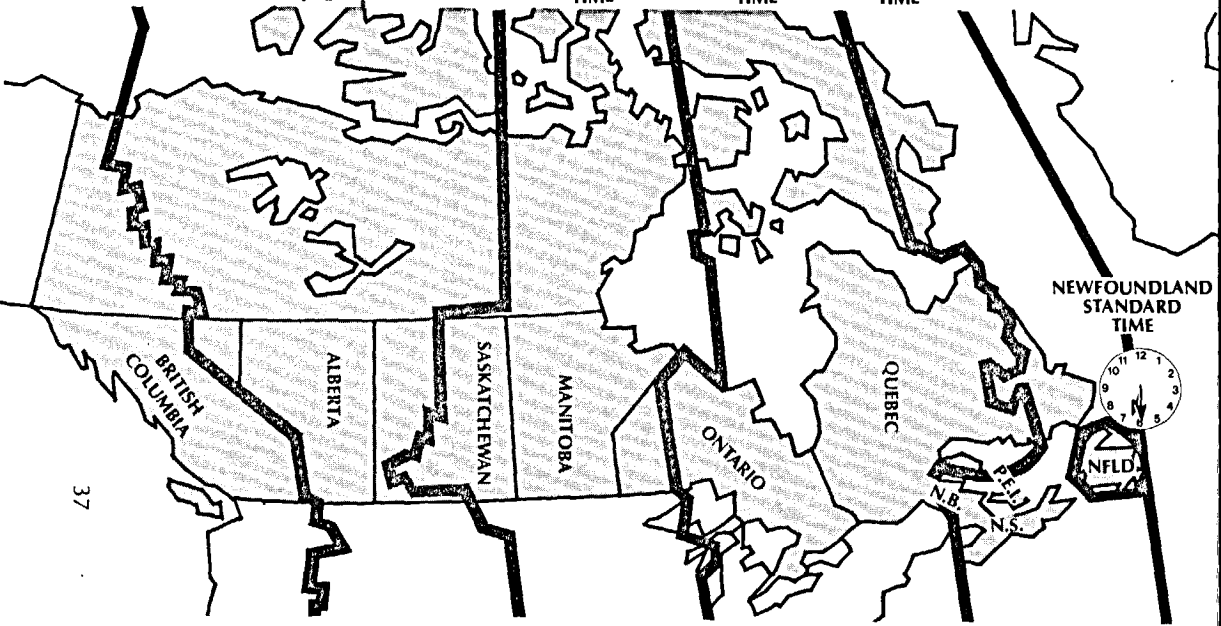
PACIFIC STANDARD TIME

MOUNTAIN STANDARD TIME

CENTRAL STANDARD TIME

EASTERN STANDARD TIME

ATLANTIC STANDARD TIME



NEWFOUNDLAND STANDARD TIME



Temperature chart

Winter months *Degrees Celsius*

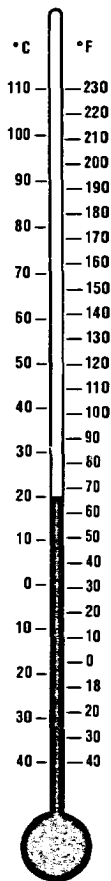
	NOV.		DEC.		JAN.		FEB.		MAR.		APR.	
	L	H	L	H	L	H	L	H	L	H	L	H
Newfoundland												
St. John's	0	7	-5	2	-6	1	-7	0	-4	1	-2	6
Prince Edward Island												
Charlottetown	0	6	-7	-1	-12	-3	-12	-4	-7	1	-1	7
Nova Scotia												
Halifax	1	8	-5	2	-8	0	-9	-1	-4	3	0	8
Yarmouth	2	9	-3	3	-6	1	-6	1	-3	4	1	8
New Brunswick												
Fredericton	-3	6	-12	-2	-16	-4	-16	-3	-18	3	-2	9
Saint John	-1	7	-8	0	-6	-2	-11	-2	-11	3	0	8
Québec												
Gaspé	-5	3	-13	-4	-17	-7	-17	-6	-5	-1	-3	5
Montréal	-1	5	-9	-3	-13	-5	-13	-4	-6	2	1	10
Québec	-3	3	-11	-4	-15	-7	-14	-6	-8	0	-1	7
Ontario												
Ottawa	-3	4	-12	-4	-16	-6	-16	-6	-8	1	-1	10
Thunder Bay	-7	1	-14	-6	-19	-8	-18	-7	-11	-1	-3	7
Toronto	1	7	-5	1	-8	-1	-8	-1	-4	4	2	11
Manitoba												
The Pas	-13	-4	-22	-13	-27	-16	-24	-12	-17	-4	-6	7
Winnipeg	-9	-1	-17	-9	-22	-13	-21	-10	-13	-2	-2	9
Saskatchewan												
Prince Albert	-11	-2	-21	-10	-24	-13	-22	-10	-15	-2	-3	9
Regina	-11	-1	-18	-8	-22	-11	-21	-9	-13	-2	-3	10
Alberta												
Banff	-8	1	-13	-4	-16	-6	-14	-2	-9	3	-4	9
Calgary	-8	3	-13	-2	-15	-3	-14	-2	-9	3	-3	11
Edmonton	-9	1	-16	-7	-18	-8	-17	-6	-10	1	-2	11
Jasper	-8	2	-13	-4	-16	-6	-13	-1	-8	4	-3	11
British Columbia												
Prince Rupert	3	8	1	5	-1	4	-1	5	1	7	3	10
Vancouver	4	9	2	7	1	6	1	8	3	11	6	14
Victoria	5	9	3	7	2	6	3	8	4	10	6	13
Yukon												
Whitehorse	-13	-6	-20	-12	-19	-11	-19	-9	-11	-1	-6	5
Northwest Territories												
Yellowknife	-18	-10	-29	-21	-32	-23	-31	-21	-24	-12	-14	-2

Average daily minimum and maximum temperatures at selected points across Canada.

Summer months *Degrees Celsius*

MAY		JUNE		JULY		AUG.		SEPT.		OCT.	
L	H	L	H	L	H	L	H	L	H	L	H
2	10	6	15	11	21	12	20	7	16	3	11
4	14	10	19	15	23	14	23	11	19	6	13
5	14	9	19	13	23	14	23	11	19	6	14
6	14	9	18	12	21	13	21	10	18	6	14
4	17	9	22	13	26	12	24	8	20	2	13
5	14	9	18	12	21	13	21	9	18	5	13
2	12	8	19	12	24	9	23	6	19	1	12
8	18	14	23	17	26	16	24	11	19	5	13
6	16	12	22	15	25	14	23	9	18	4	11
6	18	12	24	14	27	13	26	9	21	3	13
3	14	8	20	11	23	11	22	7	17	1	11
8	18	13	24	16	27	16	26	12	22	6	14
2	16	8	21	12	24	10	23	4	16	-2	8
5	18	11	23	14	27	12	26	7	19	1	11
3	18	8	22	12	25	10	23	4	17	-1	10
3	19	8	23	11	27	9	26	4	19	-2	12
1	15	4	18	6	23	5	22	2	16	-2	10
3	17	7	20	9	24	8	23	4	18	-1	12
4	18	8	21	11	24	8	22	4	17	-1	11
!	16	5	20	7	23	6	22	3	17	-1	11
6	13	8	16	10	17	11	17	9	16	6	12
8	18	11	21	13	23	12	23	10	19	7	14
8	16	10	18	11	20	11	20	10	18	8	14
1	14	6	19	7	19	6	18	3	13	-2	5
-1	9	7	16	11	21	10	18	4	11	-3	2

Comparative
Thermometer
Readings



Distances between major Canadian

St. John's Halifax Quebec Montreal Ottawa

Halifax	1549				
Quebec	2208	912			
Montreal	2691	1341	270		
Ottawa	2893	1542	460	202	
Toronto	3245	1894	809	554	424
Winnipeg	5054	3704	2628	2363	2162
Regina	5621	4270	3220	2930	2728
Edmonton	6414	5096	4835	3723	3522
Calgary	6370	5019	4014	3678	3477
Vancouver	7557	6206	5136	4866	4664
Victoria	7659	6308	5238	4968	4766

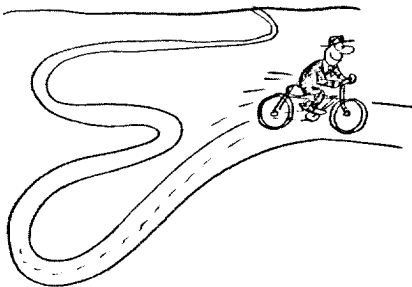
Distances between major Canadian

St. John's Halifax Quebec Montreal Ottawa

Halifax	968				
Quebec	1372	567			
Montreal	1682	838	168		
Ottawa	1808	964	286	126	
Toronto	2028	1184	503	346	265
Winnipeg	3159	2315	1664	1477	1351
Regina	3513	2669	2019	1831	1705
Edmonton	4009	3185	2507	2327	2201
Calgary	3981	3137	2494	2299	2173
Vancouver	4723	3879	3151	3041	2915
Victoria	4787	3943	3215	3105	2979

cities in kilometres

Toronto Winnipeg Regina Edmonton Calgary Vancouver



2053						
2619	566					
3413	1360	659				
3368	1315	749	290			
4555	2502	1936	1333	1187		
4658	2605	2038	1435	1290	102	

cities in miles

Toronto Winnipeg Regina Edmonton Calgary Vancouver

1283						
1637	354					
2133	850	412				
2105	822	468	181			
2847	1564	1210	833	742		
2911	1628	1274	897	806	64	

General weather information and seasons

Vacation seasons

Spring Season — mid-March to mid-May

Summer Season — mid-May to mid-September

Autumn Season — mid-September to mid-November

Winter Season — mid-November to mid-March

Month	Weather	Suggested clothing and remarks
Jan. and Feb.	General winter temperatures (see temp. chart)	Winter apparel (overcoat, hat, footwear, gloves). Snow in most provinces. Excellent months to enjoy winter activities. Motorists should ensure cars are winterized.
March	Moderating	Winter apparel with some medium-weight wear. Snow begins to disappear; however, in main winter vacation areas winter activities may still be enjoyed. Cars should still be winterized.
April	Days become milder but evenings cool	Medium-weight apparel including topcoat. Snow disappears — however, some of the higher mountainous areas still offer spring skiing.
May	Warmer in daytime — cool at night	Medium-weight and summer apparel. Enjoyable period for those who prefer spring travel. The country is green again and spring flowers are in bloom by middle of the month.



Month	Weather	Suggested clothing and remarks
June	Warm	Summer clothing with some medium-weight wear as a precaution against cool evenings. Ideal for summer travel. All summer outdoor activities.
July and Aug.	Normally warmest months of summer	Summer clothing. Ideal for summer travel. Summer activities in all areas.
Sept.	Days warm with evenings cool	Summer clothing along with medium-weight wear. Ideal for autumn travel. In most areas, foliage takes on fall colouring around September 20. Ideal for colour photography.
Oct.	Cool	Medium-weight apparel including topcoat. Excellent weather for autumn vacation. Leaves and other foliage in full autumn colour during

continued...

General weather information and seasons

Month	Weather	Suggested clothing and remarks
Oct. continued...		early part of this month. Many wonderful opportunities for colour photography.
Nov.	Cool — frosty	Medium-weight apparel including topcoat. First signs of winter. Late season travel usually good. Motorists should have cars winterized. First snow generally appears.
Dec.	Winter temperatures	Winter apparel as in January. Winter season. Under normal conditions, first heavy snows arrive around mid-December, usually the start of winter sport activities. Motorists should ensure cars are winterized.

Note: *during winter months all main highways are snowplowed and usually snowbare.*

Sunshine and snow chart

Centre	Hours of Summer Sunshine				Winter Snow	
	June	July	Aug.	Sept.	cm	In.
Newfoundland						
Gander	154	192	179	134	298.0	119.2
Torbay	189	194	170	133	353.3	141.3
Prince Edward Island						
Charlottetown	221	244	236	177	281.8	112.7
Nova Scotia						
Annapolis Royal	208	224	220	164	170.0	68.0
Halifax	212	239	219	169	160.3	64.1
New Brunswick						
Fredericton	205	228	219	159	221.0	88.4
Moncton	205	228	219	159	271.0	108.4
Saint John	202	211	210	168	200.0	80.0
Québec						
Lac St-Jean	221	247	214	145	164.5	65.8
Montréal	222	244	223	170	252.0	100.8
Québec	200	221	206	155	309.3	123.7
Ontario						
Algonquin Park	250	280	252	158	228.3	91.3
Huntsville	230	265	253	171	287.3	114.9
Ottawa	250	274	249	177	201.3	80.5
Peterborough	236	254	223	172	181.3	72.5
Toronto	263	286	256	201	136.5	54.6
Manitoba						
Churchill	209	286	232	99	138.0	55.2
The Pas	237	294	254	163	133.0	53.2
Winnipeg	250	294	263	178	123.5	49.4
Saskatchewan						
Prince Albert	254	304	269	180	112.8	45.1
Regina	236	329	288	203	100.3	40.1
Swift Current	269	339	294	198	100.5	40.2

Sunshine and snow chart continued:

Centre	Hours of Summer Sunshine				Winter Snow	
	June	July	Aug.	Sept.	cm	In.
Alberta						
Banff	196	254	212	167	183.8	73.5
Calgary	236	315	268	189	142.5	57.0
Edmonton	251	302	268	188	132.3	52.9
Jasper	207	255	214	171	105.5	42.2
Lethbridge	274	339	298	209	150.0	60.0
British Columbia						
Nelson	215	307	262	178	225.0	90.0
Vancouver	223	280	254	178	61.3	24.5
Victoria	263	322	287	205	25.3	10.1
Yukon						
Whitehorse	295	241	219	148	108.0	43.2
Northwest Territories						
Yellowknife	271	250	225	134	86.3	34.5



Storage

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