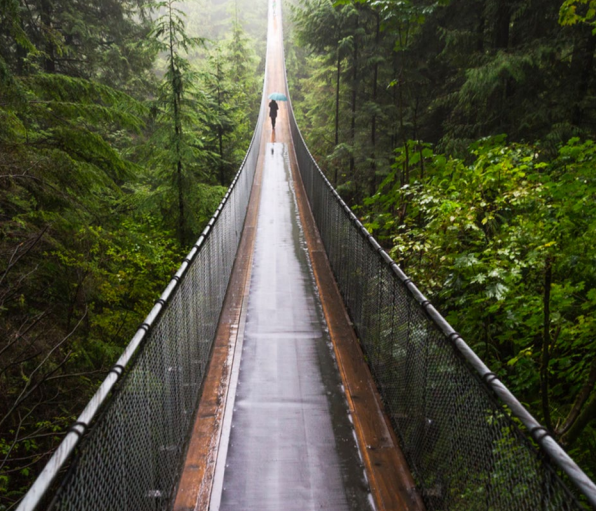


**CANADA**   
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# B2B: Explore Canada Frontliners Educational





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# EXPERIENCE CANADA

The globe's second-biggest country is a wonderful menagerie of diverse flora and fauna, stunning mountain ranges and rugged coastline. While the country truly comes to life during the winters, the other seasons too have something to offer. The vastness of the country, stretching from the Pacific to the Atlantic oceans, offers a delightful variety of cities, national

parks, wildlife reserves and, of course, the great countryside. From the glacier lakes, forests and natural hot springs of Western Canada to the historic cities of Ottawa, Montreal, Quebec in Eastern Canada, there's something for everyone. Discover the beautiful country with this handy guide to all the major attractions in Canada.

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## NEWS | DECEMBER 2018

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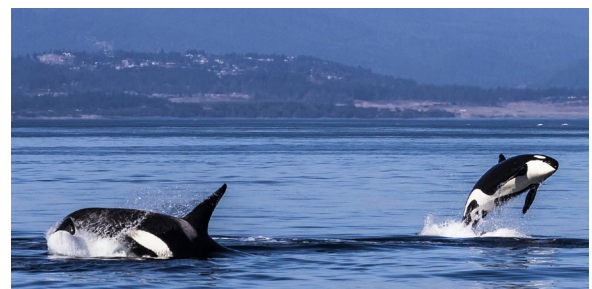


### WOW COMES TO CANADA

Wow air, the low-cost airline based out of Iceland, has recently announced that it will be starting direct flights to Vancouver, starting from June, 2019. The new Vancouver flight will fly six times per week. The inaugural flight will depart Gatwick Airport and reach Vancouver via Reykjavik, on June 6. While the total flight time from Reykjavik to Vancouver would be 7 hours 55 minutes, the flight from Gatwick would take around 14 hours, including a stopover. Thanks to the promotional offer, the introductory price for a one-way ticket will start at \$129 for Iceland. Skúli Mogensen, CEO, Wow air, said, "We are delighted to be adding Vancouver to our route network alongside Toronto and Montreal, bringing the total number of destinations to three."

### PROTECTING MARINE LIFE

New laws to protect whales, dolphins and porpoises are in place for all coasts of Canada, as the Department of Fisheries and Oceans works to protect the fragile marine life from human disturbances. While on tour to enjoy the marine life in Canada, certain things should be kept in mind. As of June 22, there are specific rules for whale watching and interacting with whales in Canada. Swimming and interacting with whales and other forms of marine life are strictly prohibited and may attract a penalty of up to \$100,000. Tourists must give a space of 100 metres while approaching whales, dolphins and porpoises, while the distance requirement is greater for whales found in the St. Lawrence Estuary Beluga in Quebec.





# EXPLORING CITIES

*Canada may be blessed with pristine coastline, lush countryside, extensive wine-producing regions, but the cities don't disappoint either. Toronto, Ottawa, Montreal and Quebec are some of the most popular cities in the country thronged by thousands of tourists every year.*



## ENJOY ART AND CULTURE IN TORONTO

Toronto is not only the financial capital but also the capital of arts, culture and literature. Towering skyscrapers dot the skyline, while art galleries, museums, historic monuments attract millions of aficionados of culture to the city every year. Start your day with CN Tower, a 1,815-foot modern engineering marvel. Take an elevator up to the revolving 360 degree restaurant for a world-class dining and sight-seeing experience. Want an even bigger thrill? Why not travel up another 33 storeys to the Skypod lookout. Still not daring enough? Strap on a harness, head outside and walk along the building's edge



### RIPLEY'S AQUARIUM

If you like a close encounter with a shark, then head over to Ripley's Aquarium of Canada. The Aquarium is home to over 16,000 marine animals. Open 365 days a year, you can always turn to the Ripley's Aquarium of Canada for an exciting day out with your little ones.

with nothing but air between you and the ground, in the not-for-the-faint-of-heart EdgeWalk experience.

If oddities intrigue you then head over to Ripley's Aquarium that holds 5.7 million litres of water for 16,000 marine animals, including southern stingrays, giant lobsters, pacific octopus, nettle jellyfish and many others. If you arrive at the city on the Christmas Eve, then do check out the Christmas decorations at the Yonge-Dundas Square, including 52,000 LED Christmas trees, vibrant entertainment, 360 degree theatrical experience and stunning light displays. If so much of sight-seeing has got your stomach growling, then check out the St. Lawrence Market for specialty food and the best bars and restaurants in town.



### **POWER CAPITAL OTTAWA**

Beautiful, cultured, and filled with power players, Ottawa is Canada's bustling capital city on Ontario's Ottawa River. Canada's federal seat of government is Ottawa's most-visited attraction.

Light up your spirits with the 34th edition of Christmas Lights Across Canada. Ottawa, the capital city of Canada, is illuminated with colourful lights from December 5th to January 7th. Facades of old historical buildings and the downtown are decorated with lights ushering in the festive season. The colourful event even includes a 13-minute multimedia show, inspired by the country's climate and nature, projected onto the Centre Block, the home of Canada's Senate and House of Commons. The lights and the decorations continue in the Ottawa Farmer's Christmas Market that runs throughout December. Come winter, the entire Rideau Canal turns into a giant ice skating rink. The 7.8 kilometre-long canal attracts skaters of all ages. Along the way, one would find heated change huts and vendors selling local culinary delights, including BeaverTails pastries, poutine soup, hot chocolate and several other tasty treats.

### **EXPERIENCE DIVINITY IN QUEBEC**

The most-populous city in Quebec, Montreal has a quaint historical charm to it. Walking around the Old

Port neighbourhood of Montreal, it would be hard to miss the two large towers of the Notre Dame Basilica peeking out above the skyline. If you're impressed by the outside, just wait until you walk in those doors. Completed in 1829, it's the first Gothic Revival-style church built in Canada, and the stained-glass windows and beautiful religious paintings leave many visitors in awe.

### **WINTER WONDERLAND IN OLD QUEBEC CITY**

The UNESCO World Heritage site is the cradle of French Canada. The best time to visit the city is during the winters. Start your day with a horse-drawn carriage ride through the quaint, old streets, exploring the Chateau Frontenac, the Citadel and the Plains of Abraham, before heading to the observatory for a panoramic view of the snow-covered city. Montmorency Falls, situated just outside Quebec, turns into a winter wonderland as the cliffs around the falls are frozen with solid ice. It provides the perfect opportunity to climb up the icy canyon walls. End your day with tobogganing on the unique slide made specifically for the purpose along the Chateau Frontenac, overlooking the St. Lawrence River. The city's German Christmas Market offers hand-made gifts and tasty treats. Adventure-seekers can head straight to Dufferin Terrace for a speedy toboggan run or Place D'Youville for skating.

# UNFORGETTABLE JOURNEYS

*Explore the hidden delights of the country with tours, cruises, bike rides, hiking and camping trips. Discover rare North Atlantic Right Whale or explore the lighthouses that dot the eastern coast of the country.*



## EXPLORING LIGHTHOUSES

Of the 160 plus lighthouses you find in Nova Scotia on the eastern coast, Peggy's Cove Lighthouse is the most photographed. Built in 1915, the postcard-perfect, red-and-white lighthouse sits on a granite outcrop overlooking a large bay. Countless visitors trek to the site every year, while travelling the lighthouse trail. Pay a visit to the Peggy's Cove Lighthouse, take a photo with this iconic structure, and then head to the nearby fishing village for some fresh lobsters and souvenirs.

## WHALE WATCHING ON THE ATLANTIC COAST

Consisting of the four provinces of New Brunswick, Nova Scotia, Prince



### PEGGY'S COVE LIGHTHOUSE

Famous for its picturesque location on the East Coast part of the country, Peggy's Cove Lighthouse is an iconic landmark in Canada and attracts tourists from all over the globe. Exercise caution while you're in the area, as it's advisable to stay away from those wet, dark rocks. Avoid swimming!

Edward Island, and Newfoundland and Labrador, the Atlantic coast of Canada is the most picturesque part of the country that make for some of the most exciting journeys. With over 45,000 kilometres of rugged coastline, Atlantic Canada is a paradise for nature lovers, sport enthusiasts and adventure seekers. From enjoying the highest tides in the world to watching the rare North Atlantic Right Whales to experiencing the unique 'singing sands' of Canada, there is plenty to do and see.

The Bay of Fundy in Nova Scotia attracts a wide variety of whales, including humpbacks, minke, pilot, fin and the endangered North Atlantic Right Whale. Tidal bore rafting should also be on the itinerary of travellers.



# EPICUREAN PLEASURES

*When visiting a new place or an entire country, one is always curious to find out about the culinary specialities of that place, because that's what sticks to our memory even when the journey ends. The memory of tasting some unique dishes, which are peculiar to a region or country, always brings back fond memories. With a host of speciality cuisines and delectable food and drink options, Canada is certainly among top culinary destinations for foodies to explore its varied food culture.*



## ON TOUR WITH A GLASS OF ICEWINE

When you're onboard a plane to Ontario, just don't forget to add Icewine to your bucket list. A Canadian treasure, Icewine is your perfect companion for a truly unique wine adventure. Discover the indulging secret of Icewine at Inniskillin, with its Extreme Canadian Icewine Experience. Learn the craft of producing the award-winning Icewine, designed to tantalize your taste buds and awaken the wine enthusiast in you.

## MAPLE SYRUP AT OTTAWA

Come spring, head out to the woods to have a seasonal taste that's



### INNISKILLIN WINERY

You can take a tour of the underground cellar at Inniskillin, to observe the wine processing steps and learn more about it along with a structured wine tasting tour. Tours accommodate a maximum of 30 people, and last 60-90 minutes. Reservations are recommended. Food/meal options are available.

distinctive to Canada – Maple Syrup. Made from the sap of the Maple tree, the Maple Syrup is what Ontarians are crazy about as it's made during the short "sugar bush season." During this season, around 106 gallons of syrup are made from 1,000 Maple trees. There are some top places to enjoy maple syrup produced in a traditional way at Stanley's Olde Maple Lane Farm in Edwards (since 1800s), Fulton's Pancake House and Sugar Bush in Pakenham, and Proulx Maple & Berry Farm in Cumberland, all located at a short distance from Ottawa. You can visit Vanier Museopark in downtown Ottawa for a more classical experience during its Maple Sugar Festival.

# CULTURAL VIBES

*Canada is known for fun-filled, family-friendly activities throughout the year. From Calgary Stampede to Zoolights, Canadians celebrate their unique culture with music, dance, sporting activities and colourful parade.*



## ZOOLIGHTS

Every year from November to January, Calgary celebrates ZOOLIGHTS – a festival celebrating family. Zoo displays, millions of lights, fire-pits, fun-filled family activities are some of the highlights of the festival. Get a photo with Santa, or stop by the Elf's toy shop or Candyland to pick up your favourite toy or sweet treat.

## MUMMERING FESTIVAL

Mumming is a peculiar but fun tradition that has found resurgence in recent times. In mumming, locals put on costumes and masks and visit neighbourhood homes. Between November 18 and December 15, a mummers festival takes place in St. John's, the provincial capital. The



## STAMPEDE CITY

The Calgary Stampede which is organized by thousands of volunteers and supported by civic leaders, has grown into one of the world's richest rodeos and a major tourist attraction for the city.

festival includes a colourful parade and workshop for picking up new skills, such as crafting hobby horses, ugly sticks and ribbon wigs.

## CALGARY STAMPEDE

The cowboy culture of Canada comes alive at the Calgary Stampede, often called 'greatest outdoor show on earth'. This annual July citywide phenomenon is a huge part of Calgary's identity and is not to be missed. Expect 10 days of high-adrenaline rodeo events and chuckwagon races, pancake breakfasts, concerts, a First Nations Village, and boot-stomping Western-style entertainment. Put on a pair of jeans, slip in those cowboy boots and join the hoopla.



# THRILLING ADVENTURES

*The country is a veritable playground for adventure seekers, sport enthusiasts, and nature lovers. From whale watching in the Atlantic to mountain climbing in the Rockies, there is something for everybody. Large swathes of snow-covered mountains, lush green forests provide the perfect opportunities for enjoying a wide variety of sports, from skiing on the gentle slopes of Whistler to hiking on the east coast trail. Animal lovers would love to kayak at Churchill with blue whales, while the glaciers in Banff are ideal for North Pole-like adventures.*



## SKIING

Grouse Mountain is one of the most famous ski resorts in the country, perched on the famous North Shore Mountains close to Vancouver. The resort provides some of the most panoramic views of the countryside. The Grouse Grind hiking trail reveals some of the most beautiful vistas of the mountainous region.

## WHALE-WATCHING AND ICEBERG-VIEWING

If you are visiting Canada in the summer months, make sure you visit the coasts of Newfoundland and Labrador. The province is famous for not only a wide variety of birds



## WHISTLER BLACKCOMB

It is an internationally known ski resort in North America.

The Peak 2 Peak Gondola is a world famous attraction, having won two Guinness World Records for being the "highest cable car above ground" and "the longest unsupported span between two cable car towers".

and whales but also for the floating icebergs that drift along the shores of Iceberg Alley. The Bay of Fundy in Nova Scotia attracts a wide variety of whales, including humpbacks, minke, pilot, fin and the endangered North Atlantic Right Whale. Tidal bore rafting should also be on the itinerary of travellers.

## WINTER SPORTS

Whistler Blackcomb, a ski resort situated in the province of British Columbia, was the 2010 official venue of the Olympic and Paralympic Winter Games. While the games have come and gone, the infrastructure still remains, much to the relief of sport



lovers. Located right next to each other you have two mountains covered in ski and snowboard runs for all skill levels, from glacier riding to bunny hills. If winter sports are not your forte, worry not. When the lengthy ski season comes to a close, people trade in their boards for bikes and hikes. If relaxation is what you seek, then spend your day at the spa and end the night at one of the awesome local restaurants. But if you're only going to do one thing, make it the Peak 2 Peak Gondola. Look down 1,427 feet through a glass floor while riding the record-setting longest gondola in the world, which spans 2.7 miles between the two mountains.

### **MOUNTAIN DINING**

Head to British Columbia for a hectic day of sledding, snow tubing, followed by a hearty dinner at the resort of Whistler on Blackcomb Mountain that includes piping hot fondue, fruit and cream pie, accompanied by local music and dances.

### **BRIDGE-CLIMBING**

Stanley Park in Vancouver comes alive during the Fall season. The area around Beaver Lake is covered with a carpet of fallen leaves in kaleidoscopic colours of burnt orange, brown and red. Perfect for families, the area is best explored on bike. Overcome your fear of heights in style, with the help of the 450-foot Capilano Suspension Bridge, which hangs 70 meters above the rushing Capilano River. Alternatively, you can scale the Grouse Mountain for a stunning view of downtown Vancouver.

### **COWBOY EXPERIENCE**

For the authentic cowboy experience, head over to Reesor Family Ranch. The history of the ranch goes back to the late 19th century, although the ranch today provides a host of tour packages for visitors, providing them with a taste of the ranch. Chose from a motley of tailor-made packages, including a cowboy adventure package, or a cowboy comfort romance package.







### TRAVELLING WITH REINDEER

Travel with herders in the Northwest Territories: The local Inuvialuit tribe, herders of reindeers, is your partner for a four-day arctic adventure, where you drive your own automobile down the mountain slopes.

### SPRINGTIME ACTIVITIES

Springtime is perhaps the best time to visit the Rockies. Stretching across the northernmost part of British Canada, the mountains and the parks in that region are the best places for cycling, hiking, skiing, mountaineering, snowboarding and a lot of other fun springtime activities. Start with exploring the mountain range by going for an ice walk around the Banff National Park area, then try out an



### GLACIER SKYWALK

A 1-kilometer, cliff-edge walkway built across a glass-floored platform, facing the giant glaciers, provides a scenic vista which requires you to stride boldly ahead.

adventure sport the nation is crazy about. From fat bike experience to cross-country skiing to dog sledging, the list is endless. For nature lovers, animals such as Bighorn sheep, Elk and Deer are a treat to watch.

### GLACIER-WALKING

Banff is a wonderful town in Alberta, Canada. Famed for its ice fields and glaciers, the place is a paradise for adventure lovers. The Columbia ice field, the largest one in the Rocky Mountains, is perfect place for glacier-walking. Book a tour in an Ice Explorer (a big-wheeled vehicle designed to roll over the icy terrain) or see it from above at the Glacier Skywalk. This cliff-edge walkway and series of glass platforms overlook the Sunwapta Valley.

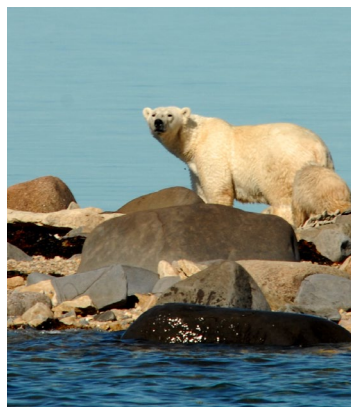
# NATURAL WONDERS

*Experiencing the raw beauty of Canadian landscape is highly evocative of an artist's impressions of paradise in its myriad forms. When exploring the rich natural creations in Canada, one would realize that the country has no dearth of Mother Nature's bounties, ranging from the Canadian Rockies to Niagara Falls to its various wildlife spots, the list is actually endless and humongous to cover in just one short trip.*



## NATURAL HOT SPRINGS IN CANADA

Well, if you're truly interested in experiencing a natural wonder that beholds you, then there's no better place than Cave and Basin National Historic Site at Banff, Alberta, where Mother Nature is at her creative best creating pools of natural hot springs to keep you warmed up. During the day, do head out to take a stroll on a network of boardwalks and traverse miles along the lush forest trails amidst bubbling springs, waterfalls, mineral pools and wildlife. For a complete rejuvenating experience, wind down those trails to Banff Upper Hot Springs, Canada's highest-elevation hot springs, to warm up your tired bones and experience a gentle,



## ARCTIC SAFARI IN MANITOBA

The Wapusk National Park in Manitoba is the heart of the bear country in Canada. Other delightful arctic creatures include moose, caribou and wolves.

calming effect that you wouldn't want to leave behind. While you're busy enjoying a complete, full-body immersion in those hot springs, the balmy effect of spring waters swoons you over. As the sun sets, take a guided lantern tour to explore the accessible cavern and discover the captivating secrets of this historic site.

## GLACIER LAKES

Adding to Canada's scenic landscapes are its unforgettable, turquoise-hued glacier lakes that complement the vast swathes of country's landmass. The wide, blue icy lakes at Banff National Park, with nothing but snow-capped mountains in view, are definitely the crowd-pullers and make for Instagram-worthy moments. Some of the most



famous lakes include Lake Louise (also famous for the Fairmont Hotel), Peyto Lake, Moraine Lake, and Vermillion Lake. Get your aqua fix as you head out in a rented canoe, or hike up the nearby trails for some amazing mountain views.

### **DINOSAUR PROVINCIAL PARK**

If you nurse a fondness for great outdoor activities, hiking or camping, then go on a fossil hunt at the Dinosaur Provincial Park, a UNESCO World Heritage Site, located in Canadian Badlands, about two-and-a-half-hour drive, outside Calgary near Brooks. Engage your inner curiosities, as you busily immerse yourself in unearthing the mysteries behind some 300 fossils that are found here. This place is the world's biggest source of Cretaceous fossils, and makes for a wonderful and knowledgeable experience.

### **SCOTTY THE DINOSAUR**

If dinosaurs intrigue you, get up close and personal with Scotty, one of the best preserved dinosaur skeletons in the world at the T. Rex Centre at Royal Saskatchewan Museum in Eastend. Discovered

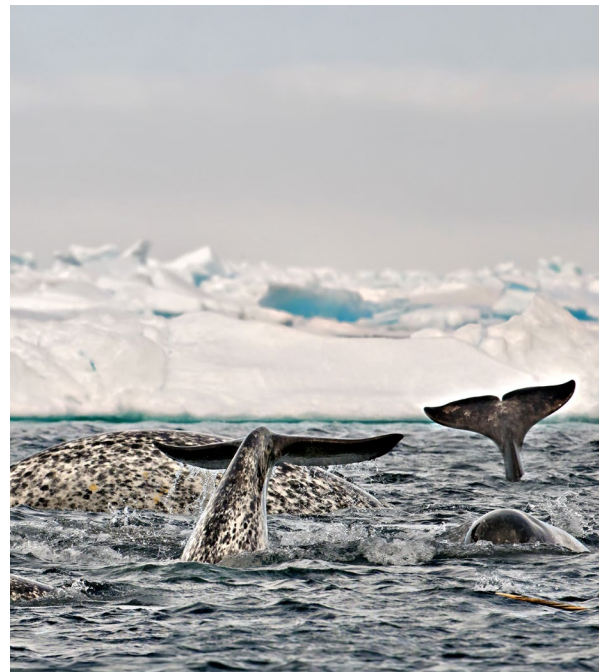
and excavated during the 1990s, the skeleton today attracts millions of viewers every year. It also provides you with the perfect selfie partner.

### **POLAR BEARS**

Get up and close to one of the world's most endearing creatures, the Polar Bear. This benign sight will be one of the many memorable moments that you will savor for your entire life. Visit the Churchill town in Northern Manitoba, especially from October to November for best viewing experience, and catch the exclusive glimpse of this majestic and powerful creature. During this time, Polar Bears begin their journey from their summer habitat on the tundra back to Hudson Bay. Thankfully, Churchill falls on this migratory path providing endless viewing opportunities and attracting hordes of tourists from across the world.

### **BELUGAS WHALE WATCHING**

Of all the experiences and activities in Canada, whale-watching is definitely a one-of-a-kind experience that stirs up many emotions within us. Watching the beluga whales squeak, splash and suddenly emerge from the blue waters of Arctic is something that stays with you



forever. A group of beluga whales is called a pod, and sometimes pods of hundreds of beluga whales are seen whistling, clicking, playing and parading in front of visitors, making for an unbelievable sight straight out of a sci-fi movie.

So, come and pay a visit to any one of the several Nunavut rivers in Hudson Bay to enjoy watching these white whales, where local guides in the four hamlets of Arviat, Chesterfield Inlet, Rankin Inlet, and Whale Cove, take you on a boat ride or land tour to see these stunning playful creatures at close hand. Still, not satisfied? Want an even closer look? Then you've got to visit Arctic Watch Wilderness Lodge in Cunningham Inlet, at Somerset Island, where some 2000 beluga whales play, molt, mate, and nurse their young ones just offshore. This photography-friendly space gives you ample opportunities to catch the live action and is primarily a hotbed of beluga whale-watching experience in Canada.

## NIAGARA FALLS

There's a thing with waterfalls – as you start approaching them, you hear a distinct murmuring of waters rolling nearby, sometimes it's difficult to gauge their source, but sometimes the sound of waters is so loud that you can feel the effect deep down your body. Only people who have visited Niagara Falls are the better judge of that experience. Standing tall at 165 feet and cascading down with sheer force are the three falls – American Falls, Bridal Veil Falls, and Horseshoe Falls – collectively known as the Niagara Falls.

The feeling of that fresh mist falling all over your face never gets old, but even then there's lot to do and see in the Niagara region apart from the majestic falls. The region is famous for its modern cuisines, wineries, world-class entertainment, casinos, outdoor and historical experiences. When it comes to exploring the Niagara Falls, you can experience it from front, back and even from the top with a helicopter ride. Visit the nearby Skylon Tower that allows you to soak up the beautiful







falls from 775 feet above the falls, with views stretching up to 80 miles.

### **NIAGARA FALLS IN WINTER**

Usher in the winter season with a visit to Niagara Falls, when the entire Niagara Parkway is lit up by millions of artificial lights. The Winter Festival of Lights that runs from November 3, 2018 to January 31, 2019, is perhaps the best time to visit the falls. In the morning, the spray and mist of the falls get transformed into natural ice sculptures due to the sub-zero winds, while two million illuminations and fireworks greet visitors at night at the parkway. The final three weeks of January is dedicated to a wine festival, in which wine connoisseurs are treated to a special kind of dessert wine



### **CATAMARAN CRUISE**

For touring the Great Gorge and the three falls, get on the observation deck of a Hornblower Catamaran and enjoy the close encounters to satiate your adrenaline rush. If you can wait up until night time, then enjoy the festive fervour of the region on a special "Illumination Night Cruise."

and a host of cocktails made from it. Nature lovers might even head to a butterfly conservatory nearby, where more than 2,000 varieties of butterfly are kept. Finally, adventure-seekers might enjoy an aerial view of the falls from an adrenaline-pumping helicopter ride.

### **JOURNEY BEHIND THE FALLS**

Step into an elevator that's located Behind the Falls and descend 150 feet below right into the centre of the Niagara Falls. Take a walk around the two tunnels, where you get to experience the thunderous roar of water cascading down from great heights at great speeds. Nothing matches the experience attached to this sort of a view.



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## **Destination Canada India GSA**

Tel: **+9122 2838 9777 / 2839 2795**

Email: **[exec.office@charsonadvisory.com](mailto:exec.office@charsonadvisory.com)**

Web: **<https://in-keepexploring.canada.travel/>**

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