

Canada Offers Wide Variety Outdoors

By PAT McCLOSKEY

Canada is blessed with every conceivable type of geographical terrain. And for each type there exists a corresponding outdoor activity.

There is something in Canada to suit the needs of every individual, family or group.

The center for much of Canada's outdoor participation is in its world-renowned system of national parks. These huge wilderness tracts, now totalling 29, have been set aside for this and future generations to bear witness to the beauty and variety of the land.

To achieve this end, the parks offer a wide range of activities from trail riding to canoeing, hiking and camping. Interpretative programs and brochures explain the uniqueness of each area and some of the flora and fauna curiosities within the park.

Parks Popular

Though the mountain and ocean parks in particular have heavy summer crowds, visitors in the spring and

fall have every opportunity to enjoy the parks.

Other national parks such as Kejimikujik (Nova Scotia), Fundy (New Brunswick), Terra Nova (Newfoundland), Riding Mountain (Manitoba), and Prince Albert (Saskatchewan), have plenty of space and activities for summer visitors.

An even larger number of provincial parks throughout the country have been established to acquaint people with the land.

In recent years the country has taken to hiking. A network of trails leading through timberline terrain, coastal seascapes, lush wetland forest and low rolling country, meets the demand created by a renewed inter-

est in the outdoors.

Ontario's famous Bruce Trail leads 435-miles along the Niagara Escarpment. It will eventually link up with the New York State Finger Lakes Trail and the Appalachian Trail forming a hiking path from Georgia to Georgian Bay.

Completes New Trail

The newly-completed Rideau Trail joins Kingston, Ontario with Ottawa, while in the Laurentian Mountains north of Montreal, 250 miles of trails meander through forests and over hills from Shawbridge to Ste-Agathe.

In the west, the 130-mile Centennial Trail stretches from the Coast Mountains ringing Vancouver, inland to Manning Provincial Park. Much of the Centennial lies in valleys, but the approach to the park climbs to an elevation of 5,000 feet.

For the golfer, Canada offers nearly one thousand courses distributed throughout the ten provinces and two territories.

The extensive network of waterways found in many Canadian provinces has been the scene lately of a revival of canoeing. While many national and provincial parks are hard pressed to keep up with the demand for rentals, canoes can often be rented from private outfitters.

Such areas as Ontario's Quetico Provincial Park on the Minnesota border, Quebec's La Verendrye Park and the inland water system of New Brunswick offer many possibilities for long and short wilderness canoe trips.

The increasing awareness of the importance of ecology, and the subsequent interest in preserving a natural state, has contributed to the increase of another creature in the woods—the photographer.

Canada offers much for outdoor photography. It fronts on three oceans, and the landscape in between includes rolling hills, flatlands, mountain ranges and arctic regions, covered by deciduous and coniferous forests and tundra.

For more information contact your local Canadian Government Travel Bureau office, or write Bureau headquarters at 150 Kent Street, Ottawa, Ontario K1A 0H6.

Outdoor Cookbook Offered Free

"Creative Cooking on Your Outdoor Gas Grill," a handy guide for outdoor cooking enthusiasts, contains care and use hints, cooking suggestions and recipes.

Write: Cookbook, American Gas Association, 1515 Wilson Blvd., Arlington, Va. 22209, for a free copy.

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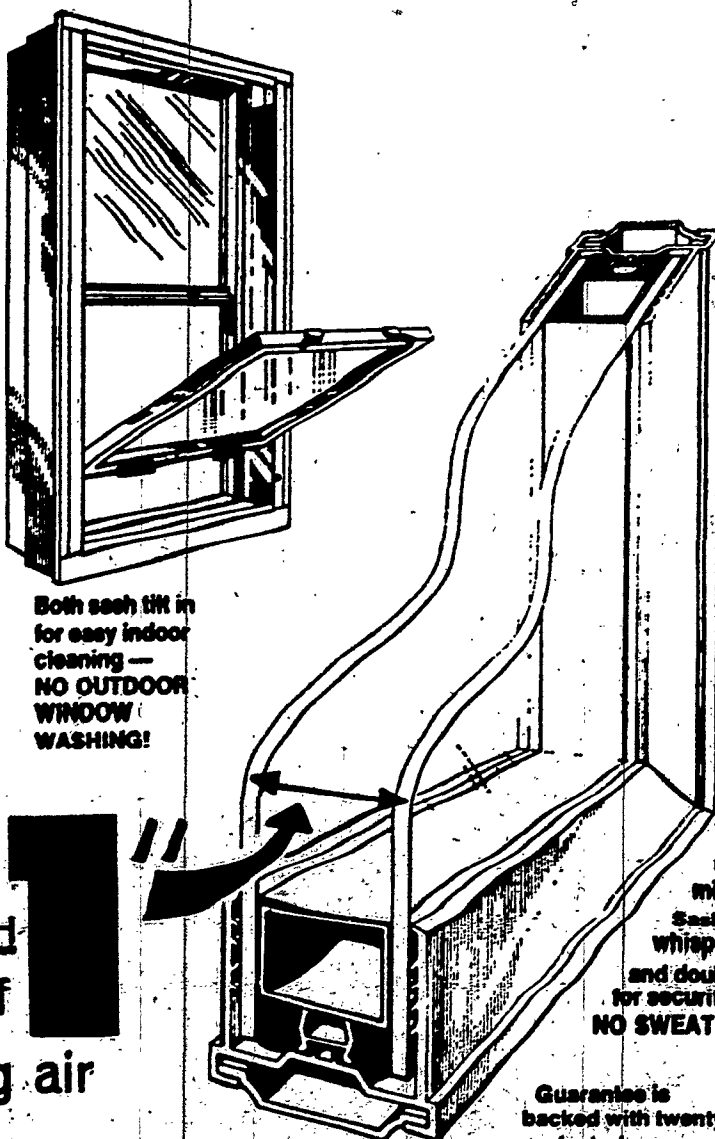
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