

Canadian Outdoors Unlimited Variety

In a land as vast and lightly populated as Canada (21.5 million people occupy close to four million square miles), the opportunities for outdoors activities are almost unlimited. There are plenty of lakes and streams, fields and forests, mountains and valleys for everyone.

You can hike, fish, boat, ski, canoe, camp, birdwatch or golf to your heart's content. Each of the 10 provinces and two territories has abundant natural beauty and facilities for a variety of activities.

You can enjoy the thrill of deep sea fishing in all four Atlantic provinces, Prince Edward Island, New Brunswick, Nova Scotia and Newfoundland. The prized catch is tuna, but smaller fish, such as mackerel, are also in good supply.

In British Columbia, in the west, salmon is the predominant saltwater game fish.

Fish Distribution

The distribution of freshwater fish species is on a north-south basis. In the southern regions, you find bass, muskellunge (also known as maskinonge or muskie) and pike. Moving north, trout becomes more frequent.

In the north, too, are the great northern pike, prized trophy of many anglers. Farther north still, you come across such species as arctic char and arctic grayling.

Fishing regulations and seasons vary from province to province and visitors are advised to check in advance with the individual provinces they will be visiting.

Hiking is an activity that has enjoyed an upsurge in popularity. For really experiencing the feel of the land it's hard to top.

Favorite locations for hiking in Canada are in the national parks, although a few of the 29 parks, especially those situated in the western mountains and on the oceans, tend to become very busy during July and August.

Five parks where you can count on facilities and space are Kejimikujik in Nova Scotia; Fundy, New Brunswick; Terra Nova, Newfoundland; Riding Mountain, Manitoba and Prince Albert, Saskatchewan. It's best to visit places like Banff and Jasper, Alberta, in the fall, after the summer crowds are gone.

Popular for Hiking

Some popular hiking trails include the 170-mile British Columbia Centennial Trail, starting in the Coast Mountains ringed Vancouver then heading in to the British Columbia interior; the Bruce Trail, stretching 435 miles from the Niagara Peninsula in southern Ontario, to the Bruce Peninsula, and the Highland Hiking Trail and Two Rivers Trail in Ontario's Algonquin Provincial Park.

Canada's wilderness waterways fire the imagination of today's city bound "explorer." He dreams of reliving his heritage, going back in time to become a frontiersman, trapper or fur trader, once again experiencing the tranquility and beauty of a clear, clean stream in an untouched forest.

Because of the wilderness character of some of Canada's best canoeing regions,

an experienced guide should be hired.

Among boating campers, the Rideau Lakes region in eastern Ontario is one of the most popular waterways. A 126-mile-long chain of lakes, rivers and canals links Lake Ontario and the national capital city of Ottawa at the junction of the Ottawa and Rideau rivers.

Canada has about 1,000 golf courses, almost all of them combining challenge with scenic beauty.

For further information about outdoors activities in Canada contact your nearest Canadian Government Travel Bureau office or write Bureau headquarters at 150 Kent Street, Ottawa K1A 0H6, Canada.

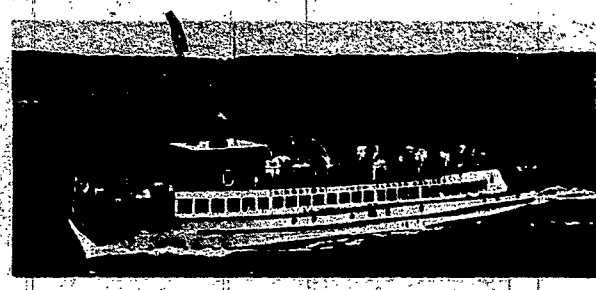
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