

4	THE BEST INSIDER TIPS
6	BEST OF ... GREAT PLACES FOR FREE p. 6 ONLY IN EASTERN CANADA p. 7 AND IF IT RAINS? p. 8 RELAX AND CHILL OUT p. 9
10	INTRODUCTION
16	WHAT'S HOT
18	IN A NUTSHELL
24	FOOD & DRINK
28	SHOPPING
30	THE PERFECT ROUTE
32	TORONTO
42	ONTARIO ALGONQUIN PARK, KINGSTON, MANITOULIN ISLAND, MIDLAND, NIAGARA FALLS, OTTAWA, POINT PELEE, SAULT SAINTE MARIE, SUDBURY, THUNDER BAY
54	MONTREAL
64	QUEBEC BAIE-COMEAU, BAIE-ST-PAUL, GASPÉSIE, MAGOG, MINGAN ARCHIPELAGO, QUEBEC CITY, SAGUENAY REGION, TROIS RIVIÈRES

ATLANTIC COAST	78
ANNAPOLIS ROYAL, CAPE BRETON, CARAQUET, FREDERICTON, FUNDY, HALIFAX, KOUCHIBOUGUAC, LUNENBURG, PRINCE EDWARD ISLAND, ST. ANDREWS	
NEWFOUNDLAND & LABRADOR	92
L'ANSE AUX MEADOWS, GROS MORNE NAT. PARK, LABRADOR, ST. JOHN'S, TWOILLINGATE	
TRIPS & TOURS	98
SPORTS & ACTIVITIES	104
TRAVEL WITH KIDS	108
FESTIVALS & EVENTS	112
LINKS, BLOGS, APPS & MORE	114
TRAVEL TIPS	116
USEFUL PHRASES	122
ROAD ATLAS	128
INDEX & CREDITS	142
DOS & DON'TS!	144