



CSP

CANADA
SPECIALIST
PROGRAM

Ontario Capitals & Country Life

Enjoy the multi-cultural character of Canada's biggest city, then head into rural Ontario to see Niagara Falls, visit historical villages, and take river or lake cruises in cottage country. Explore the country's capital city, then tour wine growing regions and dine on regional cuisine.



ONTARIO

QUEBEC



- ① Toronto
- ② Niagara Falls
- ① Toronto
- ③ Barrie
- ④ Big Chute
- ⑤ Bala
- ⑥ Gravenhurst
- ⑦ Bracebridge
- ⑧ Huntsville
- ⑨ Barry's Bay
- ⑩ Eganville
- ⑪ Pembroke
- ⑫ Carp
- ⑬ Ottawa
- ⑭ Kingston
- ⑮ Belleville
- ⑯ Port Hope
- ① Toronto

Approx. distance
= 534 mi (860 km)
9 days

Start: DAY 1 – Toronto, Ontario

The Distillery District

Prowl through specialty shops, galleries, restaurants and cafes filling a warren of 40 heritage buildings and 10 streets within the old Gooderham and Worts Distillery, a downtown national historic site that is the biggest and best-preserved collection of Victorian Industrial Architecture in North America.

Multi-cultural Toronto

Diversity of race, religion and lifestyle help define Toronto. Journey down Little Italy's streets lined in trattorias and cafes that come to life at night. Greektown on the Danforth is North America's largest Greek neighborhood and features traditional cuisine and music. And Chinatown's market area of shops and eateries also includes the cultural offerings of Vietnam, Thailand and Cambodia.

Casa Loma

Step back in time in a European-style castle at the former home of a Canadian financier. Complete with decorated suites, secret passages, an 800-foot (243 m) tunnel and towers, it also features a 5-acre estate garden open May through October. Self-guided audio tours are available in eight languages, English, French, Japanese, German, Italian, Spanish, Mandarin and Korean.

CN Tower

Whisk up to 346 m (1,136 ft) in 58 seconds to the lookout atop one of the Seven Wonders of the Modern World according to the American Society of Civil Engineers. Take in panoramic views and enjoy the cuisine at the revolving 360 Restaurant.

DAY 2

Travel southeast to Hamilton, Ontario via Queen Elizabeth Highway then southeast to Niagara Falls on the same highway. Distance is 79 mi (127 km).

Niagara Falls, Ontario

Niagara Falls

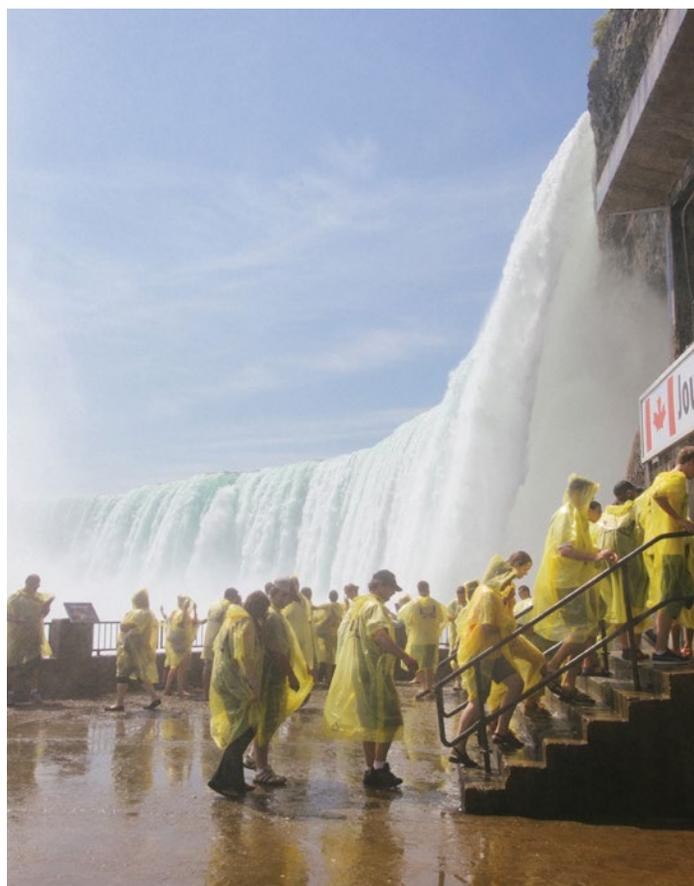
An iconic waterfall on the Niagara River straddling the international border between Ontario and New York state. The falls are wide, and the average gush of 4 million cubic ft of water (110,000 m³) falling over the crest every minute has inspired more than a dozen daredevils over the past century to leap into the gorge, some in barrels.

Maid of the Mist/Journey Behind the Falls/Skylon Tower

Board the Maid of the Mist boat ride to the foot of the falls for a wet and wild view of the 13-storey curtain of water from below. On the Journey Behind the Falls you descend in tunnels to observation decks behind the falls. Hear the thunder of water from a boardwalk at the edge of the whitewater or travel 775 ft (236 m) up the Skylon Tower for a panoramic view.

Niagara's Wine Region

In a rural region just minutes from the falls, 25 vineyards dot the landscape around the charming historic village of Niagara-on-the-Lake. Ontario wines win international awards, especially for their sweet Icewines made in winter from frozen grapes. Follow the Wine Route through the countryside by car, bike or guided tour and dine on regional cuisine at winery restaurants. *Overnight at a B&B or inn or travel back to Toronto for an overnight stay.*



DAY 3-4

From Toronto, travel north via Highway 400 for 59 mi (95 km) to Barrie, Ontario.

Barrie, Ontario

Barrie Boat Cruises

Spend an afternoon or evening cruising Kempenfelt Bay on Lake Simcoe and see summer homes and local landmarks around the bay. Join a brunch, lunch or dinner cruise on the triple-deck, 265-passenger paddle wheeler, Serendipity Princes, or charter a yacht for a private excursion.

The Arbraska Barrie Treetop Trekking Park

Fly through the treetops on Ontario's longest zip line, 900 ft (275 m) of adrenaline rush. Travel north on Highways 400 and 34 for 47 mi (76 km) to Big Chute.

Big Chute, Ontario

Big Chute Marine Railway National Historic Site

The Trent-Severn Waterway meanders 240 mi (386 km) through south central Ontario from Lake Ontario to Georgian Bay with 20 mi (32 km) of manmade channels and 45 locks. The Big Chute Marine Railway at Lock 44 is the only operational marine railway of its kind in North America, a virtual roller coaster that lifts vessels and their occupants 60 ft (18 ms) between the Severn River and Gloucester Pool. Operating from May until October. Travel north and east on Highways 34, 400 and 38 for 27 mi (44 km) to Bala.

Bala, Ontario

Johnston's Cranberry Marsh and Muskoka Lakes Winery

Cranberries are harvested in fall when machines remove the fruit from the vines, the beds are flooded and the berries to float in a red carpet at the surface to be corralled. Johnston's is one of Canada's oldest cranberry farms and it also produces cranberry and other fruit wines. Tour the farm, taste the wines and shop in the Cranberry Store. Travel south east on Highway 169 for 17 mi (28 km) to Gravenhurst.

Gravenhurst, Ontario

The R.M.S. Segwun and Wenonah II

Built in 1887, the iconic 99-passenger Segwun is North America's oldest operating steamship. Wenonah II, launched in 2002, combines turn-of-the-century charm with modern conveniences. Enjoy a meal in onboard dining salons as you cruise on lakes in Ontario's cottage country past the palatial summer homes of Millionaires Row. Take an overnight voyage, staying in one of the area's resorts. June through October for cruises.

Muskoka Wharf

Stroll the boardwalk from the steamship docks to the Muskoka Boat & Heritage Centre that celebrates Gravenhurst's history of steam and boat building. See classic, restored wooden launches in the museum docks. Explore the wharf's shops and restaurants and drop in at the Farmers Market. There is an Antique and Classic Boat Show in July and a Dockside Festival of the Arts in August.

Bethune Memorial House National Historic Site of Canada Visit the 1890 birthplace of, Dr. Norman Bethune and see videos and displays in English, French or Chinese, of this physician, medical innovator and advocate for socialized medicine who toiled in China to help the poor in the early 20th century. In China, generations after his death, his story continues to be taught as an example of selfless humanitarianism to millions of Chinese students. Travel north on Highway 11 for 14 mi (23 km) to Bracebridge.

Lady Muskoka Cruises

Captain Al delivers an informative and entertaining commentary on the Muskoka area's local folklore and historical sites as he shares his sense of humor on a lake cruise. Travel north on Highway 11 for 26 mi (42 km) to Huntsville. Overnight in the area.

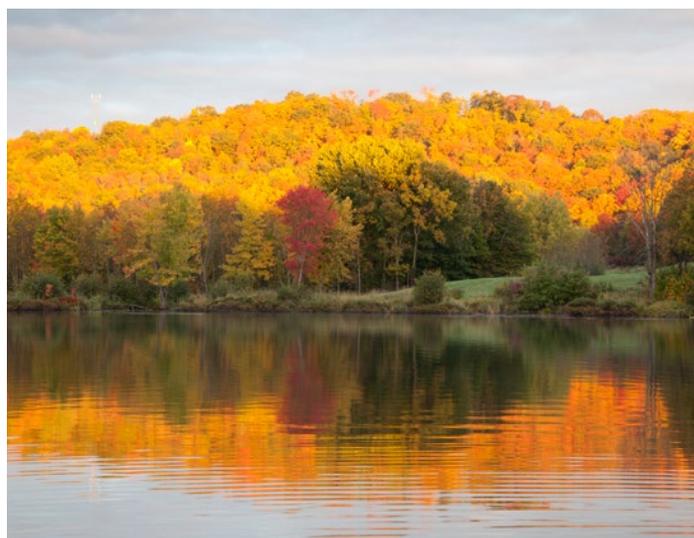
Huntsville, Ontario

Group of Seven Outdoor Gallery

See 30 re-creations of the internationally renowned Group of Seven's works on the walls of Main Street in downtown Huntsville.

Muskoka Heritage Place Museum, Pioneer Village and Train

Costumed narrators guide visitors through 16 pioneer buildings, an insight into late 1800s community life including a Portage Flyer steam train you can ride. The Muskoka Museum is a chronological journey through the region's history. Open May through October.



DAY 5

Travel east via Highway 60 for 96 mi (155 km) to Barry's Bay.

Algonquin Park

Maple forested hills, giant white pines, rocky ridges, spruce bogs, and thousands of lakes and streams make up this famed Ontario park that inspired the Group of Seven artists. Explore the rugged backcountry by canoe or on foot. Less demanding is a drive along Highway 60 for camping, swimming, museums, hiking, picnicking and dropping in to two visitor's centers. Camp or overnight at one of three inns including the rustic/chic Killarney Lodge.

Barry's Bay, Ontario

Barry's Bay Railway Station and South of 60 Arts Centre

One of the few original railway stations left in Ontario, built by the Ottawa Arnprior and Parry Sound Railway that first chugged down the tracks in 1894. Today, the restored station houses the South of 60 Arts Centre, a studio and gallery featuring the works of local artisans.

Madawaska Kanu Centre

Enjoy a raft trip on the Madawaska River, one of Ontario's most popular whitewater runs, or bodysurf through rolling waves and take a spin in some of the river's natural Jacuzzis. *Travel east on Highway 60 for 34 mi (55 km) to Eganville.*

Eganville, Ontario

The Bonnechere Caves

Stalactites, or rock icicles, hang from the ceiling as your flashlight sweeps across cave walls embedded with thousands of fossils. Under a hill of limestone in a former tropical seabed 500 million years old, the caves are a rock-entombed treasury of creatures older than dinosaurs. *Travel north on Highway 41 for 22 mi (36 km) to Pembroke. Overnight in Pembroke.*



DAY 6

Pembroke, Ontario

Canadian Forces Base Petawawa Military Museums

A dynamic and educational museum filled with historical artifacts, dioramas and heroic and heart-wrenching stories about Canada's military past. Recently renovated, it is considered one of the best base museums in the country.

Champlain Trail Museum

Stroll through a museum and pioneer village containing Ottawa Valley artifacts including a replica of Samuel de Champlain's astrolabe – the original was found nearby after being lost for 254 years. Wander through a reconstruction of old-time Pembroke, peeking into an early doctor's office, a general store and a 1930's barber shop and beauty parlor.

Pembroke Heritage Murals®

A huge outdoor art gallery, 31 murals painted on the walls of downtown buildings depict Pembroke's history from the early 1800's to the present. During summer, watch new murals in progress and talk to the artists. *Travel south and east on Highways 17 and 417 for 76 mi (122 km) to Carp.*

Carp, Ontario

The Diefenbunker, Canada's Cold War Museum

Built to protect the government from nuclear attack, this once-secret bunker is now a museum and National Historic Site to preserve Canada's Cold War history. French or English tours are available. *Travel east on Highway 417 for 23 mi (37 km) to Ottawa. Overnight in Ottawa.*



DAY 7

Ottawa, Ontario

Rideau Canal - UNESCO World Heritage Site

An historic waterway and a naturally frozen skating rink in winter, the Rideau Canal winds into the heart of the national capital before reaching the Ottawa River through locks alongside Parliament Hill. Opened in 1832, it is North America's oldest continuously operated canal. From May through October the canal is open to sightseeing cruises and pleasure craft. Kayaks, canoes and paddleboats can be rented at the Dow's Lake Pavilion.

Parliament Hill

The seat of Canada's federal government and the setting for year-round national celebrations, Parliament hill overlooks the Ottawa River. Guided tours take visitors through public galleries, to the Senate and House of Commons (when not in session) and to the top of the Peace Tower, where an observation deck provides a 360° view of the capital. Watch the Changing of the Guard ceremony every summer morning on the front lawn; each summer evening there is a Sound and Light show.

Ottawa's ByWard Market

One of Canada's oldest and biggest public markets established in 1826 is a much-loved shopping district by day and gathering place in restaurants and clubs by night. Watch the bustle from a sidewalk café or pub, shop for fresh produce or prowl specialty stores for the works of local artisans.

Ottawa Museums & Galleries

Experience the best of Canadian culture all in one place. The National Gallery presents the country's national art collection with international exhibitions year round, while the Museum of Civilization celebrates international as well as Canadian culture, including the world's largest indoor collection of totem poles in its Grand Hall. The Canadian War Museum pays tribute to the country's military past and the Aviation Museum displays one of the world's finest aircraft collections.



DAY 8

Travel south on Highway 416 and west on Highway 401 for 120 mi (193 km) to Kingston, Ontario. Overnight in Kingston..

Kingston, Ontario

The 1000 Islands

Cruise the St. Lawrence River where this chain of small islands –1,793, actually – dots the waters for 50 mi (80 km) starting at Kingston. Twenty of these islands form the St. Lawrence Islands National Park, Canada's smallest. Watch for palatial summer island homes built by wealthy landowners like early 1900's Singer Castle on Dark Island and Boldt Castle on Heart Island.

Historical Kingston

Stroll the waterfront where the St. Lawrence River flows out of Lake Ontario through the 1,000 Islands. With bustling streets amid 19th century limestone architecture, this former capital of Canada retains a small town atmosphere with a long military tradition, historic neighborhoods with casual boutiques and bistros and plenty of parkland.

Scuba diving on Kingston's Shipwrecks

Dive onto a three-masted schooner or a coastal freighter converted to a car ferry - about 100 shipwrecks dating back to the 19th Century are believed to be in the region, the cool waters preserving wooden wrecks that would have disappeared elsewhere. Visibility ranges from 12 to 30 meters (40 to 100 feet).

Fort Henry National Historic Site

Step through the fortification's wooden gates into a reproduction of 19th century military life where military interpreters in period uniforms staff the fort and conduct re-enactments of British drills and battle tactics. The Muster Parade features young visitors dressed in costumes and taught to march by a member of the Guard and the Sunset Ceremony every Wednesday in July and August is an evening of music, gun salutes and fireworks at this UNESCO World Heritage Site.



DAY 9

Travel east on Highway 401 for 48 mi (78 km) to Belleville.

Belleville, Ontario

Prince Edward County Wine Region

Ontario's newest wine region is a peaceful rural setting where gourmet chefs use fresh local produce and artisanal products to create meals in fine casual bistros and restaurants. Tour the dozen wineries to sample, sip and buy many red and white varieties.

The Waring House Restaurant, Inn and Cookery School

In the village of Picton, savor regional Canadian cuisine at this fine dining room with a seasonal menu. The cooking school offers a variety of recreational hand-on classes for beginners to gourmets under the guidance of local and guest chefs. Everyone cooks, everyone eats.

Sandbanks Provincial Park

Giant dunes form two of the largest freshwater bay mouth sandbars in the world on the shores of Lake Ontario, a popular spot for windsurfing, sailing, canoeing, camping, bird watching and swimming off golden beaches. *From Belleville travel east on Highway 401 for 53 mi (85 km) to Port Hope.*

Port Hope, Ontario

Heritage Port Hope

This historic community, with over 280 heritage homes and buildings, carries the official provincial heritage distinction of having the "Best Preserved Main Street in Ontario". Some neighborhoods, like the downtown commercial core, have changed so little from Victorian days you feel as if you're shopping and dining in a time capsule. *Travel on Highway 401 for 68 mi (109 km) to Toronto. Check into Pearson International Airport for your flight home or extend your stay in the Toronto area.*

End of tour!



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