



GO EAST

MONTREAL | TORONTO | QUEBEC | OTTAWA

EXPLORE THE PAST IN HISTORIC CITIES, SAMPLE SEASONAL FOOD AND
TAKE IN EPIC LANDSCAPES. EASTERN CANADA IS THE PLACE TO BE.



As vast as it is beautiful, Canada offers spectacular landscapes of forests, lakes and mountains. You could spend a lifetime here, looking for grizzly bears and whales. But it's the cities of Eastern Canada that tell the history of the nation, from the cobblestone streets of Old Quebec, to grand buildings such as the Fairmont Chateau Laurier hotel in Ottawa. The culture and cuisine of Canada are revealed in these cities, with that cinematic countryside always on your doorstep.



MONTREAL

AS FAR AS THE EYE CAN SEE

Montreal pre-dates the birth of Canada by two centuries, and a fitting place to explore the city's history is in the lanes of Vieux-Montréal, where many of the buildings date back to the 1600s. If you head to Pointe-à-Callière you will be on the exact spot where the city was founded in 1642 and you can spy the remains of Fort Ville-Marie through a glass floor. Meanwhile, the story of how the French introduced Christianity to the First Nations people is told in the stained-glass windows of the dramatic Notre-Dame Basilica.

As you stroll past the pavement cafés serving croissants and tartines, you'll get a sense of how the French influence survives in the food. A French colonial-style garden awaits in Château Ramezay, but go to the top of Mont Royal and it's the history of the land that will reveal itself, with views as far as Vermont from the top of the extinct volcano.

TORONTO

ALTERNATIVE VIEWS

Views of a different kind can be found in Toronto at the CN Tower, where the floor-to-ceiling windows on the LookOut Level give you an uninterrupted view of the sprawling, cosmopolitan city below. For even more of an adrenaline rush, you could ride the high-speed lifts to the Sky Pod for exhibits explaining what happens when the building is struck by lightning! It's a contrast to the vistas you'll get on a helicopter flight over Niagara Falls or a cruise behind the curtain of water aboard the Maid of the Mist.

Back on terra firma, at the bottom of the CN Tower, a ride on the streetcars of Toronto takes in the diversity of one of Canada's most multicultural cities. You could make your way to Kensington Market to sample food from around the world, including Asia, South America and the Middle East. If a relaxing walk along a boardwalk is more your style, The Beaches neighbourhood has lovely views of Lake Ontario.

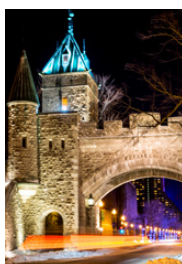
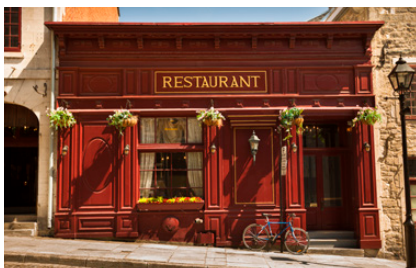
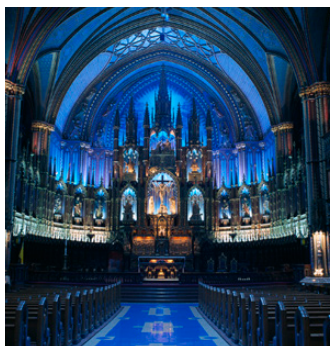
QUEBEC

SEASONAL FEASTS

To experience any destination at its best, it's good to sample what the locals eat, and there's no finer place to do this than Quebec City, known for the walkable streets of the walled city, and the Breakneck Steps linking the historic Lower Town and Upper Town.

But the farmers' markets are a top attraction too, and there's a fantastic selection of restaurants for you to enjoy, some with expansive wine lists. Catch the shuttle from Place d'Armes in front of Château Frontenac, and you can chat to the friendly vendors at The Old Port Market about their seasonal produce, including the maple syrup sourced from the surrounding forests.





OTTAWA CULTURE CULTURES

If food is the way to your heart, then culture is the gateway to the mind, and Ottawa has more than its share of cultural attractions, including seven of Canada's nine national museums. The history of the entire nation, including the greatest achievements of the First Nations people, is told at the Canadian Museum of History through interactive exhibits. Meanwhile, the National Gallery of Canada, across the river, is home to the most comprehensive collection of art in the country. The works by indigenous and

Asian artists serve as another reminder of Canada's multicultural makeup.

You could grab a bite to eat at ByWard Market while you take a breather from your culture fix. A short walk from the market, the National Arts Centre, opposite the National War Memorial, is the only bilingual performance arts venue in Canada. Showcasing hundreds of productions every year, including concerts, Broadway musicals, and indigenous arts festivals and theatre, it's a great place to spend your evening.

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