

Overview of Ontario

Located in the central part of the country, Ontario is home to Canada's capital, Ottawa, and its largest city, Toronto. From buzzing cities to vast wildernesses, Ontario has an answer for every craving. High-energy adventure and the tranquillity of nature await visitors to Canada's most populous, and one of its most picturesque, provinces.

Travellers flock to Toronto for a taste of its world-class attractions, entertainment, shopping and restaurants. The city has also put itself on the international map as a renowned cultural hub, thanks in part to the influence of nearby Montreal and New York. Vibrant multicultural neighbourhoods have given Toronto a cosmopolitan edge, though not at the expense of its signature and world-famous politeness.

Ottawa and Toronto are in the southeastern corner of the province, around the massive Lake Ontario. The north is bear country and largely uninhabited, and the rest is scenic and filled with various natural wonders.

Indeed, the awesome Niagara Falls and legendary Great Lakes of North America make this region a nature lover's dream destination. Canoeing, swimming and diving are popular activities, while the province's sprawling forests make it a priority stop for hikers.

Key Facts

Language:

The official languages are English and French (spoken predominantly in Quebec).

Passport/Visa:

All visitors must hold a valid passport, and it's recommended that passports always be valid for six months after the intended period of travel. Visitors are required to hold onward or return tickets, all documents needed for the next destination and sufficient funds to cover the period of intended stay. Travellers from most visa-exempt countries arriving in Canada by air need to fill in an Electronic Travel Authorisation (eTA) form online prior to visiting Canada. This requirement is applicable to all but U.S citizens and travellers with a valid Canadian visa. Canadian citizens, including dual citizens, and Canadian permanent residents cannot apply for an eTA. As part of the Western Hemisphere Travel Initiative (WHTI), all travellers travelling between the United States and Canada, Mexico, Bermuda, and the Caribbean region are required to present a passport or other valid travel documents to enter or re-enter the United States. If departing from the USA a valid passport will be required by immigration authorities.

Currency:

The currency used is the Canadian dollar (CAD). Banks and bureaux de change will change cash, as will some hotels. Major credit cards are widely accepted and ATMs are widespread. US dollars are widely accepted.

Electricity:

Electrical current is 120 volts, 60Hz. American-style flat two-pin plugs and a plug with a third round grounding pin are standard.

Travel to Ontario

Climate for Ontario

Ontario's climate is continental, meaning the province experiences hot, humid summers and very cold winters with heavy snowfall. Spring and autumn tend to be milder. Due to the Great Lakes, the province experiences far less variation in its temperatures year round, and more precipitation than would be expected for such a central region.

Cities located farther away from the lakes in the south of the province are much hotter, and temperatures can reach around 80°F (27°C), with possible heat waves. In winter, areas north of the Great Lakes tend to be much colder, with more severe winters caused by arctic air currents. Temperatures can range between 36°F (0°C) and 14°F (-10°C).

Health Notes when travelling to Canada

Travellers should be up to date with your COVID-19 vaccines before traveling to Canada, and should consider taking routine vaccines as a standard precaution. Medical care is excellent but expensive, so medical insurance is advised.

Safety Notes when travelling to Canada

While most visits to Canada are trouble-free, the country does share the common international risk of terrorism. The crime rate is low but travellers are advised to take sensible precautions to safeguard their belongings, as they would anywhere. Parts of Canada are prone to tornadoes between May and September.

Customs in Canada

Rowdiness and loud speech are inappropriate except under special circumstances or in places such as bars, as Canadians tend to be soft spoken, patient and almost apologetic in their public behaviour. They are generally tolerant of the complex network of cultural differences in public behaviour, particularly in cities where such diversity is more common place. Recreational cannabis is legally available throughout Canada, though local laws can vary depending on the province or territory travellers are visiting.

Duty Free in Canada

Travellers to Canada are allowed to enter the country with the following items without incurring custom duties: gifts to the value of C\$60 per recipient (excluding advertising material, tobacco and alcoholic beverages); 200 cigarettes, 50 cigars or cigarillos and 200g of tobacco or 200 tobacco sticks; 1.14 litres of liquor or wine or 24 x 355ml bottles or cans of beer or ale. There are strict regulations governing the import of the following: explosives, endangered animal and plant species, items of heritage, fresh foodstuffs and weapons.

Doing Business in Canada

Vancouver, Toronto, Calgary, and Montreal are the main business centres, and English is the language of business except in French-speaking Quebec, where all written material and business cards should be in French. Business cards are not traditionally exchanged during an initial meeting, but at some appropriate time thereafter; it is best to wait for the host to offer theirs first.

A firm handshake is used by way of greeting and punctuality should be taken seriously for meetings. Canadians dress conservatively and smartly for business and suits are the norm. Gifts can be given in conclusion to celebrate a deal, but should be understated; taking someone out for a meal is a popular way to conclude business dealings.

Canadians are reserved and frown on emotional outbursts. Business is based on facts and figures rather than relationships, so it is best to be as prepared as possible for meetings. Hours of business are usually 9am to 5pm, Monday to Friday.

Communication in Canada

The international access code for Canada is +1. The outgoing code is 011 followed by the relevant country code. The outgoing code is not necessary for calls to the US and the Caribbean. Hotels, cafes and restaurants offering free WiFi are widely available. As international roaming costs can be high, purchasing a local prepaid SIM card can be a cheaper option.

Tipping in Canada

A tip of around 15 percent is standard in restaurants, and hairdressers and taxi drivers are usually tipped at the same rate. Bellhops, doormen, porters, and similar service providers at hotels, airports, and stations are generally paid at the customer's discretion.

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Airports in Ontario

Ottawa International (YOW)

Ottawa Macdonald-Cartier International Airport

www.yow.ca/en

Location: Ottawa The airport is situated eight miles (13km) south of Ottawa.

Time: GMT -5 (GMT -4 from the second Sunday in March to the first Sunday in November).

Contacts: Tel: +1 613 248 2000.

Getting to the city: Hotel-shuttle and limousine services to downtown Ottawa are available. Bus Route 97 departs from outside the Arrivals area. Taxis are also an option.

Car rental: Alamo, Avis, Budget, Enterprise and Hertz are all represented at the airport.

Airport Taxis: Taxis are available outside the terminal.

Facilities: There are a number of bars, cafes and restaurants, as well as retail outlets, duty-free shopping, ATMs and currency-exchange services located throughout the airport. Internet access is also available.

Parking: Short-term and long-term parking are available.

Toronto International (YYZ)

Toronto Pearson International Airport

www.torontopearson.com

Location: Toronto The airport is located 17 miles (28km) northwest of downtown Toronto.

Time: GMT -5 (GMT -4 from the second Sunday in March to the first Sunday in November).

Contacts: Tel: +1 416 247 7678 (Terminals 1 and Terminal 3).

Transfer between terminals: The Terminal Link train system operates a 24-hour free service between Terminals 1 and 3, as well as to the Sheraton Gateway Hotel, ALT Hotel, the Value Park Garage and Value Parking Lot.

Getting to the city: The Terminal Link train offers free transportation between Terminals 1 and 3, the Sheraton Gateway Hotel, ALT Hotel, the Value Park Garage and Value Park Lot. Several companies provide bus and shuttle transit services to and from the airport into Toronto and surrounding areas. The Union Pearson Express train links the airport to Downtown Toronto in just 25 minutes. The airport is also easily accessible on various public transportation routes with providers such as Toronto Transit Commission (TTC) and GO Transit.

Car rental: Rental companies include Avis, Budget, Dollar, Thrifty, Hertz and National-Alamo.

Airport Taxis: There are authorised taxis available outside the arrivals halls.

Facilities: All terminals are well-supplied with facilities, including bureaux de change and ATMs, WiFi, shops and duty-free outlets, hotel-reservation services, bars and restaurants.

Parking: Parking options range from long-term to curbside pickup.

Thunder Bay International Airport (YQT)

Thunder Bay International Airport

www.tbairport.on.ca

Location: Thunder Bay The airport is located three miles (5km) from Thunder Bay city centre.

Time: GMT -5 (GMT-4 from the first Sunday in March to the first Sunday in November).

Getting to the city: The airport is serviced by local buses, on line 3 Memorial, Airport. Taxi services at the airport are provided on-demand by Roach's Yellow Taxis.

Car rental: Car rental companies represented at the airport include Avis, Budget, Enterprise, National and Hertz.

Airport Taxis: Taxi services at the airport are provided on-demand by Roach's Yellow Taxi.

Facilities: Airport facilities include WiFi, shopping, a restaurant, a lounge and security services.

Parking: The airport's 500-plus bays provide long-term and short-term parking.

Toronto

Canada's most heavily populated city, Toronto is vibrant, cosmopolitan and home to more than 80 ethnic groups. The city boasts soaring skyscrapers, gorgeous architecture, museums, art galleries, fine restaurants, large shopping complexes and striking natural beauty.

Situated on the north shore of Lake Ontario, Toronto has distinctive neighbourhoods, where immigrants from across the globe have helped shape what it means to be Canadian. The city's most prominent feature is the CN Tower, one of the world's tallest free-standing structures with design elements giving visitors unparalleled city views. Chief among them are glass-fronted elevators and a revolving restaurant near the top. Toronto also boasts the Rogers Centre, a multi-purpose entertainment complex with a retractable roof, and a claim to being the world's greatest entertainment centre.

The city gets bitterly cold during winter so travellers should visit over the mid-year period if avoiding chillier weather is a priority. But come rain or shine, travellers to Toronto seldom leave disappointed.

Getting around in Toronto

Public transport in Toronto is fast, safe and reliable. Known as the Toronto Transit Commission, it consists of an integrated system of subways, buses and streetcars that reach every part of the city. The subway has four lines and is easy to use, and there are bus and streetcar stations next to every major stop that take over where the subway leaves off.

Fares are standard and a single fare will take commuters anywhere on a single trip. Commuters can use tokens to avoid the hassle of having to pay with exact change but can also use PRESTO cards with preloaded money. To freely change from one form of transport to another, commuters should get a transfer slip when paying for the fare.

The subway runs from 6am-2.00am, while buses and streetcars operate from about 6am-12.30am. Both start at 8am on Sundays. The Blue Night Network services main street routes after 1.30am. Taxis are always available and ferries travel to the Toronto Islands. Driving a hired car is not recommended due to traffic congestion and expensive parking.

Nightlife in Toronto

From swanky clubs to cosy bars, the nightlife in Toronto has something for everyone. Visitors can expect an action-packed cosmopolitan vibe in this big and energetic city. Little Italy has a number of trattorias that double as bars, while Greektown has its own flair and party atmosphere. Broadly speaking, bars and pubs close around 2am, while dance clubs stay open till dawn. Late-night buses pick up afterhours commuters when the subway shuts down.

Clubs come and go fairly quickly in Toronto, so visitors should check out local nightlife guides for the hottest spots. The legal drinking age in Ontario is 19 and is strictly enforced at most venues. Dress codes tend to be relaxed, but many will refuse entry for people wearing jeans or trainers.

Dining in Toronto

Toronto's restaurant scene is extremely diverse and diners can expect a bevy of culinary adventures. As a starting point, travellers should remember that certain cuisines cluster in distinct areas.

College Street, better known as Little Italy, is naturally home to the city's best Italian restaurants and trattoria. Danforth serves up Greek food, while authentic Chinese establishments are abundant in Chinatown. Visitors should also check out King Street West for excellent Indian, Japanese and sushi eateries.

Otherwise, Lai Wah Heen, Bangkok Garden, 360 and Canoe are among the titans of Toronto's restaurant scene and definitely worth visiting. Tips of 15 to 20 percent are expected for good service.

Lai Wah Heen — \$\$\$\$ *Chinese*

Located within the sophisticated setting of the Metropolitan Hotel, Lai Wah Heen is renowned for turning the finest local produce into authentic dishes from different regions of China. The large menu offers some of the best dim sum in the city, as well as other intriguing options. Service is attentive and the food is elegantly served. The restaurant opens daily for lunch and dinner.

Metropolitan Hotel, 108 Chestnut Street (Downtown)
Toronto, Canada

laiwahheen.com

Senses — \$\$\$\$

Modern Eclectic

Senses Cafe is the perfect place to launch a bright day in Toronto. Fresh-brewed artisanal coffee, decadent treats, seasonal fruit and guilt-free comfort food are all on offer to feed the body and nourish the soul. Patrons enjoy themselves before emerging into a city full of possibilities.

For those wishing to sleep in, the cafe does made-to-order brunch favourites on weekends, and a selection of chef-curated lunches on weekdays.

318 Wellington Street West
Toronto, Canada

www.senses.ca

North 44 — \$\$\$\$\$

Modern Eclectic

Named after Toronto's latitude, North 44 has been one of the city's most genteel eating places for many years and is an experience in pampering. The artistic interior bathes diners in a warm glow, the food is superb and the service flawless. The seasonal menu is influenced by Mediterranean, American and Asian flavours and might include pepper and sesame crusted tuna, lamb shank or stuffed quail, as well as a few exciting pastas and pizzas. Desserts such as the lemon meringue mille-feuille are the best in town. Reservations essential. Closed Sunday. Dinner only.

2537 Yonge Street (Uptown)
Toronto, Canada

www.north44restaurant.com

360 Revolving Restaurant — \$\$\$\$\$

International

For foodies visiting Toronto, 360 Restaurant is a definite bucket-list item. Located in one of the world's tallest free-standing structures, the CN Tower, it offers patrons breath-taking, revolving views of the city, and dishes created with the finest Canadian produce. Daily lunch service runs from 11am-3.15pm. Dinner is from 3.30pm-10.15pm. Visitors should also note that the summer menu starts in May, while the winter menu begins in November.

CN Tower, 301 Front Street West (Downtown)
Toronto, Canada

www.cntower.ca

Bangkok Garden — \$\$

Thai

Established over 30 years ago, Bangkok Garden is noted for introducing Thai cuisine and culture to Toronto. The Thai Consulate has since awarded the restaurant the Thai Select Premium designation, recognising the authenticity of its food and the tremendous quality of its service. Bangkok Garden is open Monday to Friday for lunch and dinner, while Saturdays and Sundays are dinner only.

18 Elm Street, Toronto
Toronto, Canada

www.bangkokgarden.ca

Canoe — \$\$\$

International

Widely considered one of the country's best restaurants, Canoe is renowned for crafting dishes that reflect Canada's diverse landscape and heritage. House chefs use only the finest produce from around the country, sourced through their close relationships with domestic farmers and suppliers. Canoe is open for lunch and dinner from Monday to Friday, while Saturdays and Sundays are for private events.

54th Floor, Toronto Dominion Bank Tower, 66 Wellington St.
Toronto, Canada

www.canoerestaurant.com/

Shopping in Toronto

Toronto is undoubtedly Canada's shopping capital, offering top international labels and enterprising local brands. Its most famous mall is the Eaton Centre, which brims with brand stores, restaurants and entertainment all under one roof.

But visitors are far better off seeking out local stores that are unique to the city. Lovers of haute couture should try Canadian labels such as Ross Mayer and Linda Lundstrom. St Lawrence Market has an amazing array of local arts and crafts, and excellent food. Kensington Market is the place to go for vintage clothing and other eccentric paraphernalia, while the Heritage Antique Market has an amazing selection of retro items.

Queen West, which has the best that young and trendy Toronto has to offer, is an essential stroll for serious shoppers. Bathurst Street has small, independent art galleries, where discerning buyers can pick up a souvenir or two, while Yorkville, along Bloor Street, is the city's most exclusive retail district and is home to boutiques and jewellers from Milan, Paris and London.

For travellers on the hunt for mementos, the obvious choices are some good Toronto maple syrup or gifts emblazoned with Mounties or maple leaves. Alternative choices would be Native American art, dream catchers or moccasins.

Climate in Toronto

Lake Ontario takes some of the edge off Toronto's humid continental climate. Summer (June to August) tends to be hot and very humid, while winter (December to February) is severe with heavy snowfall. The average maximum temperature in January is 28°F (-2°C), while the average maximum temperature in July is 80°F (27°C). Rainfall tends to occur throughout the year, but summer, though the sunniest season, is also usually the wettest. Autumn is perhaps the best time to travel to Toronto, as temperatures are less extreme than in summer or winter, with mild days and cool nights.

Sightseeing in Toronto

Toronto guarantees something for every kind of sightseer, boasting striking natural scenery, charming neighbourhoods and even one of the world's tallest buildings. It has a range of fantastic museums, including the Royal Ontario Museum, the Museum of Contemporary Art, the Canadian Air and Space Museum, the Ontario Science Centre and the Hockey Hall of Fame. There are also numerous art galleries, such as the OCAD Professional Gallery, the Art Gallery of Ontario and the Gardiner Museum of Ceramic Art.

Visitors can go for a stroll in the city's many distinct neighbourhoods, such as Toronto's huge Chinatown, which is home to the city's 350,000 Chinese-Canadian residents. There's also Little Italy, the lively Art and Design District, and Leslieville, with its antique and vintage shops. The funky Queen West has boutiques, art galleries and restaurants, while the harbour and Toronto Islands are perfect places to relax without having to travel far from the city.

Travellers can save money on many of Toronto's attractions by buying a Toronto CityPass online. It provides discounted tickets to places such as the Ontario Science Centre, the CN Tower and the Toronto Zoo.

Kids Attractions in Toronto

Toronto has loads of places for kids to play and even learn new things, ensuring they'll be stimulated for days on end.

Canada's Wonderland is the country's premier theme park, with families relishing the mix of rides and entertainment. Travellers looking for kid-friendly ways to enjoy the outdoors should head out to High Park and Centre Island's Centreville Amusement Park.

Parents can add a touch of learning to family holidays in Toronto by visiting the Toronto Zoo, the Jungle Cat World Wildlife Park or the Ontario Science Centre. Children might also have fun when climbing the CN Tower, with views from one of the tallest buildings in the world sure to be a thrilling experience.

Toronto Attractions

Casa Loma

Opening time: Open daily, from 9.30am to 5pm

Admission: C\$30 (adults), C\$20 (children aged 4 - 13). Other concessions are available.

Casa Loma is the only full-sized castle in North America. Formerly the home of Canadian financier, Sir Henry Pellatt, the massive structure is a wonderland of secret passageways and elaborately decorated rooms. Pallet used his immense personal fortune to build the chateau, though financial troubles meant he could not sustain it. Today, the City of Toronto owns the castle and welcomes a daily influx of guests. Visitors enjoy touring the authentically furnished rooms and splendid gardens, and drinking in the stunning views of Toronto from one of the castle's towers.

Getting there: From Dupont station, walk to Spadina Ave and Davenport Rd, then climb the Baldwin Steps to the castle.

Address: 1 Austin Terrace

Telephone: +1 416 923 1171

Website: casaloma.ca/

CN Tower

Opening time: Open daily 9am to 10:30pm

Admission: General Admission: C\$38 (adults), C\$28 (children aged 4 - 12).

Standing 1,815ft (553m) high, Toronto's CN Tower was the world's tallest building until 2007. Today, it remains a renowned architectural masterpiece and is arguably Canada's most iconic landmark. One of the tower's top attractions is the award-winning revolving 360 Restaurant, which offers guests breathtaking panoramic views of the city, as well as delectable dishes created with the finest Canadian ingredients. Another drawcard is EdgeWalk. At 1,168ft (356m) above ground, it is the world's highest hands-free external walk and a must for thrill seekers.

Getting there: Take the subway to Union Station. Then take a short walk west along Front Street.

Address: 301 Front Street West

Telephone: (416) 868 6937

Website: www.cntower.ca

Royal Ontario Museum

Opening time: Open daily, from 10am to 5.30pm

Admission: General Admission: C\$20 (adults), C\$14 (children aged 4 - 14). Other concessions are available.

The Royal Ontario Museum treats visitors to displays of art, culture and nature from around the globe and across the ages. It ranks as one of North America's premier cultural institutions, and is Canada's largest and most comprehensive museum. Its 40 galleries and exhibition spaces house 13 million artworks, cultural objects and natural history specimens, including dinosaurs, galleries of Chinese art, a bat cave, a gem and gold room, exhibits on Ancient Egypt and Nubia, and the Samuel European Galleries. Visitors will not be disappointed.

Getting there: Museum subway station, or Avenue bus #5 from Eglinton station

Address: 100 Queen's Park

Telephone: +1 416 586 5682

Website: www.rom.on.ca

Toronto Zoo

Opening time: Open daily, from 9.30am to 4.30pm

Admission: May to October: C\$29 (adults), C\$19 (kids aged 3 - 12). November to April: C\$23 (adults), C\$14 (kids aged 3 - 12). Other concessions are available

The Toronto Zoo is one of the largest zoos in the world and has a big focus on conservation, with more than six miles (10km) of walking trails spread over 700 acres. More 5,000 animals and over 450 species call it home. Visitors will enjoy touring the zoo's seven geographic regions and encountering animals that are native to them. Favourites include hippos, lemurs, otters, gorillas, bears, Giant Pandas, snow leopards, lions, penguins and cheetahs. Award-winning exhibits await the entire family, as do many seasonal activities. The zoo's interactive wildlife experience is especially popular with kids.

Getting there: Rouge Hill GO Train station, #86A Scarborough bus route or #85 Sheppard East bus route

Address: Meadowvale Road, Scarborough

Telephone: +1 416 392 5900

Website: www.torontozoo.com

Niagara Falls

Opening time: Different attractions have different opening hours and seasons. Check website for details

Admission: Admission tickets vary depending on which attractions are visited. See website for details

Straddling the Canadian-United States border between Ontario and New York, the awesome Niagara Falls attracts millions of tourists every year. The visit makes for a spectacular day trip from Toronto with plenty of action and activities on the Niagara Peninsula. Apart from marvelling at one of the tallest waterfalls in the world, perhaps from a spray-filled boat tour or from a magnificent perch along the cliffs, visitors can enjoy wine tasting, spectacular helicopter flips above the thundering falls, and even skydiving.

Website: www.niagaraparks.com

Distillery Historic District

The Distillery Historic District is a much-loved centre for arts, culture, food and entertainment in Toronto. Said to contain the finest collection of Victorian-era industrial architecture in North America, it is indeed a worthy national historic site, and certainly worth a visit.

The district had its beginnings in 1832 and eventually became the largest distillery in the British Empire. It assumed its current role as an arts and culture centre during the 1990s, doubling as one of Canada's most popular film locations. As of 2003, it has been a pedestrian-only village dedicated to the arts. Anyone visiting Toronto should explore the district's many art galleries, artisan boutiques and restaurants, and make sure they book tickets for one of the many festivals and special events held here.

Website: www.thedistillerydistrict.com

Museum of Contemporary Art Toronto Canada

Opening time: Open Monday, Wednesday, Thursday, Saturday and Sunday, from 10am-5pm. Open Friday from 10am-9pm. Closed on Tuesdays.

Admission: Adults, C\$10. Under 18, free.

The Museum of Contemporary Art Toronto Canada (MOCA) aims to exhibit, research, collect and promote innovative art by Canadian and international artists whose works tackle the most relevant issues of our times. Formerly the Museum of Contemporary Canadian Art, the institution has been praised for its incisive, artist-centric approach to its programmes, and its friendly visitor experience. The MOCA is very much a hub for creative exchange and is definitely worth a visit.

Address: 158 Sterling Rd

Telephone: +1 416 530 2500

Website: museumofcontemporaryart.ca/

Toronto Islands

The Toronto Islands are only a short ferry ride from the mainland, and provide a peaceful green refuge from the hubbub of the city. Visitors can enjoy a world of tree-filled picnic spots, pedestrian streets, quaint old cottages and beachfront attractions. Paths, bridges and boardwalks connect Toronto Island's three major islands: Centre, Ward's and Algonquin. Short walks or bike rides separate visitors from four sandy beaches named Centre Island Beach, Gibraltar Point Beach, Hanlan's Point Beach and Ward's Island Beach. Centre Island is usually a hit with kids, who relish its huge picnic areas, bike paths and maze. It even has an amusement park, a petting zoo and picturesque swan boats for younger children.

Getting there: The Toronto Island Ferry operates daily from 9am to 10pm, and leaves every 30 minutes. It travels to Hanlan's Point, Centre Island and Ward's Island

Address: Toronto Island Ferry Docks, foot of Bay Street and Queens Quay

Website: www.toronto.ca/parks/island/

Gardiner Museum of Ceramics

Opening time: Monday to Thursday from 10am to 6pm; Friday from 10am to 9pm; Saturday and Sunday from 10am to 5pm

Admission: C\$15 (adults); free for children under 18 years. Other concessions available.

Housed in an award-winning piece of architecture, the Gardiner Museum of Ceramics showcases a craft that has existed for centuries. With earthenware of all different shapes and sizes from the ancient Americas, China, Japan, the Italian Renaissance and more, a tour through the museum will shape visitors' understanding of the ceramic process and its place in world history. The museum hosts classes for both kids and adults, and the accompanying Clay restaurant provides the finest of seasonal produce to complete a busy day browsing the museum.

Address: 111 Queen's Park

Telephone: +1 416 586 8080

Website: www.gardinermuseum.on.ca

Kensington Market

Opening time: Open seven days a week. Most opening hours are from 11am to 7pm, although fresh produce stalls usually open earlier, and restaurants usually close later

Kensington Market embodies Toronto's multicultural society. Since the 1960s, immigrants from Eastern Europe, China and the Caribbean have injected their customs into the market, creating an area that is a model of open-mindedness. Today, this national historic site remains one of Toronto's oldest, most diverse and liveliest neighbourhoods, containing an eclectic mix of cafes, restaurants, vintage stores, bars and speciality food shops where nobody is really foreign.

Getting there: The market is served by streetcar stops College, Spadina and Dundas

Address: Area bordered by Spadina Avenue, Dundas Street, Bathurst Street and College Street

Website: www.kensington-market.ca

Harbourfront Centre

The Harbourfront Centre remains at the heart of what's current and creative in Toronto. The innovative non-profit cultural organisation has been around for more than 40 years, and specialises in creating events and activities that charm and entertain a diverse public. Locals gather at the centre's distinctive waterfront venues for some weekend gallery hopping, biking and concerts. Visitors also enjoy strolling along the promenade, indulging in theatrical performances and browsing craft boutiques, or they head to Queen's Quay Centre for some superb retail therapy. Year-round features at this urban playground include film, dance, theatre, music, kids shows and marine events.

Address: 235 Queen's Way

Website: www.harbourfrontcentre.com

Hockey Hall of Fame

Opening time: Monday to Friday, 10am-5pm. Saturday, 9.30am-6pm. Sunday, 10.30am-5pm.

Admission: C\$18 (adults), C\$12 (youths aged 4 - 13), free for children under 3. Other concessions are available.

Avid ice hockey fans should make a point of it to visit Toronto's Hockey Hall of Fame. Within this shrine to Canada's favourite pastime, visitors can learn about the history of the game through memorabilia from every era, hockey artefacts from around the world, themed exhibits, multimedia stations and images of great moments in hockey history. Iconic players' gear, skates and sticks are also on display. Visitors usually relish having hands-on access to the Stanley Cup, and trying out state-of-the-art games that challenge shooting and goalkeeping skills.

Address: 30 Yonge Street, Brookfield Place

Telephone: +1 416 360 7765

Website: www.hhof.com

Canada's Wonderland

Opening time: Opening times vary according to season - check the official website for details.

Boasting more than 200 attractions, including Splash Works and a huge variety of roller coasters, Canada's Wonderland is deservedly the country's favourite theme park. Its inviting array of rides includes carousels, train rides and the Time Warp - Canada's only flying roller coaster. The park also has lots of shopping and dining options. The sheer variety of rides and amusements here ensure that everyone will have a good time regardless of age, making it a must for the entire family.

Address: 9580 Jane Street, Vaughan

Telephone: +1 905 832 8131

Website: www.canadaswonderland.com

High Park

Besides being Toronto's largest public park, High Park is also one of the city's most important natural areas. Visitors will encounter woodland, wetlands, a beautiful lakefront, prairie habitats and a preserved slice of the black-oak savanna ecosystem that once covered most of southern Ontario. It all makes for an idyllic setting in which to enjoy the park's playgrounds, zoo, dog park, hiking trails, greenhouses, picnic areas, eateries and sporting facilities. Parking is convenient and public-transport access is easy. All said, High Park makes for a fun family day out.

Address: 1873 Bloor Street West

Website: www.highparktoronto.com

Jungle Cat World Wildlife Park

Opening time: Open daily, from 10am-5pm

Admission: October to April, C\$17 (adults), C\$12 (teens and seniors), C\$8.50 (children). May to October, C\$20 (adults), C\$15 (teens and seniors), C\$10 (children)

Jungle Cat World Wildlife Park is one of Ontario's most popular tourist attractions. Just 45 minutes east of Toronto, the park is home to a diverse collection of mammals, such as wolves, skunks, lemurs and chimpanzees. That said, its collection of big cats is what makes the park truly special. When it opened in 1985, the park's purpose was primarily recreational. These days, it has taken on a more pronounced environmental-education role. Its chief enterprises include housing rare and endangered cats, and running a variety of fun, kid-friendly programmes. The goal is to educate visitors about the dire need to protect snow leopards, Siberian tigers and the other magnificent animals that sanctuary here.

Address: 3667 Concession Road 6, Orono

Telephone: +1 905 983 5016

Website: www.junglecatworld.com

Events in Toronto

Toronto Pride

Friday June 26, 2020 to Sunday June 28, 2020 (26 - 28 June 2020)

Where: Pride Parade follows a route down Yonge Street.

Toronto Pride is one of the largest gay and lesbian celebrations in the world. It attracts hundreds of thousands of visitors each June who participate in the festival's variety of events. Every year, a different theme sets the tone for the activities and events on the programme, culminating in the massive Pride Parade and the Dyke March.

<http://www.pridetoronto.com>

Contact Photography Festival

Friday May 01, 2020 to Sunday May 31, 2020 (TBC 2020)

Where: Various galleries, museums, art centres and other public places in Toronto.

Elevating photography beyond the simple snapshot, the Scotiabank CONTACT Photography Festival is a premier cultural experience in Canada. It highlights the enduring significance of photography in modern life, and celebrates talent and innovation in the art form. CONTACT now features more than 1,500 photographers and artists at more than 200 venues across Toronto. The festival attracts crowds of nearly two million people, making it the largest photography event in the world. Some of the exhibitions are public installations which decorate outdoor and urban spaces wonderfully.

scotiabankcontactphoto.com/

Toronto Jazz Festival

Thursday June 18, 2020 to Sunday June 28, 2020 (18 - 28 June 2020)

Where: Numerous locations in downtown. The main stage is at Nathan Phillips Square.

No self-respecting Canadian city can go without hosting an annual jazz festival, and Toronto offers one of the best on the continent. The 10-day TD Toronto Jazz Festival attracts jazz celebrities from all over the world, and now draws more than 500,000 fans each year. While around 1,500 musicians feature in the festival at 40 locations in the city, the main hub of the jazz festival is Nathan Phillips Square in the heart of downtown Toronto. The venue is a good source of information on what's showing and who's playing.

<http://www.torontojazz.com>

Toronto Taste

Sunday June 14, 2020 (14 June 2020)

Where:

Toronto Taste is a celebration of exquisite cuisine, fine wines and stunning waterfront scenery. The annual fundraising event brings together more than 70 top chefs and 30 of Ontario's premier vintners and beverage companies, and is the biggest fundraising event supporting Canada's largest food-rescue charity, Second Harvest. The charity collects perishable food that would otherwise go to waste and redistributes it to community organisations that feed hungry people in Toronto. The festival has raised funds for as many as 1.9 million meals, making Toronto Taste not only a memorable celebration of cuisine, but also a major contributor to a worthy cause.

secondharvest.ca/toronto-taste/

Toronto International Film Festival

**Sunday September 05, 2021 to Wednesday September 15, 2021
(TBC)**

Where: Various

The Toronto International Film Festival (TIFF) is perhaps the largest of its kind that is open to the general public. Unlike Sundance and Cannes, which screen a number of independent features and world-cinema projects, Toronto's famous film festival has a glamorous Hollywood sheen to it. Many filmmakers and studio bosses consider it to be a successful launching platform for the crazy awards season that eventually climaxes with the Academy Awards in February. TIFF screens nearly 400 films at various venues in downtown Toronto, attracting audiences amounting to more than 480,000 people, with only around 5,000 of them industry professionals.

<http://www.tiff.net/tiff/>

Toronto Fringe Theatre Festival

Wednesday July 03, 2019 to Sunday July 14, 2019 (TBC 2020)

Where:

The Fringe Festival continues to be Toronto's liveliest grassroots-theatre experience. Throughout the city, thousands of artists perform comedy, cabaret, music, poetry, drama and classics to their adoring crowds. What sets the Toronto Fringe Festival apart is that judges do not select its list of plays. Instead, a lottery process determines participation, giving all entrants an equal chance to perform. This ensures a huge variety of productions and a festival that consistently leads to the discovery of fresh artists and plays.

<http://www.fringetoronto.com>

Airports in Toronto

Toronto International (YYZ)

Toronto Pearson International Airport

<http://www.torontopearson.com>

Location: Toronto The airport is located 17 miles (28km) northwest of downtown Toronto.

Time: GMT -5 (GMT -4 from the second Sunday in March to the first Sunday in November).

Contacts: Tel: +1 416 247 7678 (Terminals 1 and Terminal 3).

Transfer between terminals: The Terminal Link train system operates a 24-hour free service between Terminals 1 and 3, as well as to the Sheraton Gateway Hotel, ALT Hotel, the Value Park Garage and Value Parking Lot.

Getting to the city: The Terminal Link train offers free transportation between Terminals 1 and 3, the Sheraton Gateway Hotel, ALT Hotel, the Value Park Garage and Value Park Lot. Several companies provide bus and shuttle transit services to and from the airport into Toronto and surrounding areas. The Union Pearson Express train links the airport to Downtown Toronto in just 25 minutes. The airport is also easily accessible on various public transportation routes with providers such as Toronto Transit Commission (TTC) and GO Transit.

Car rental: Rental companies include Avis, Budget, Dollar, Thrifty, Hertz and National-Alamo.

Airport Taxis: There are authorised taxis available outside the arrivals halls.

Facilities: All terminals are well-supplied with facilities, including bureaux de change and ATMs, WiFi, shops and duty-free outlets, hotel-reservation services, bars and restaurants.

Parking: Parking options range from long-term to curbside pickup.

Ottawa

The country's capital sits on the south bank of the Ottawa River, opposite the French-speaking city of Gatineau in neighbouring Quebec province. Its location on the border puts it in the unique position of being truly multicultural and bilingual, with a harmonious blend of French and English culture.

Ottawa was a humble lumber town until Queen Victoria designated it the capital of Canada in 1857. Since then it has grown into a modern and cosmopolitan city, often overlooked in favour of its larger, more glamorous neighbours, Toronto and Montreal.

Its main landmark is the 302ft (92m) high Peace Tower, rising above the imposing Parliament Buildings, which stand in Gothic splendour at the junction of the Ottawa, Rideau and Gatineau rivers.

The city has a network of waterways and canals that link it to Lake Ontario and Georgian Bay. Locals and visitors use the historic Rideau Canal for boating in summer, and for ice sculpting and skating in winter. The parliament buildings and other sites have an old-world European charm, offering numerous top-class museums and galleries, while the National Arts Centre houses an opera company, theatres, studios and restaurants.

Getting around in Ottawa

For sightseeing purposes, most visitors enjoy exploring Ottawa's compact downtown area on foot or by bicycle, but the OC Transpo company also provides a top-class integrated public transport system. Travellers can purchase tickets when boarding buses and streetcars, while day passes and discount tokens are available. Taxis are available but are fairly expensive. Rates should be displayed in the taxi cab and the meter rate should be set at one at the start of a journey. There are also ride-sharing apps such as Uber on offer.

Climate in Ottawa

Ottawa's humid semi-continental climate boasts a vast range of temperatures between summer and winter. Essentially, the city has unpredictable weather conditions. Winters are generally snowy and icy. Average low temperatures in winter (December to February) can drop to 5°F (-15°C) at night. However, averages are misleading because days can be much warmer or colder. Ice storms can occur. Summer (June to August) in Ottawa is warm and humid, with temperatures exceeding 80°F (27°C) fairly often, sometimes as early as April and as late as October. Summers are usually short, though, while spring and autumn are unpredictable, with potentially early or late snowfalls, or unseasonal heat waves.

Sightseeing in Ottawa

Ottawa is a green city, packed with parks and open spaces. As the capital of Canada, it sports numerous national attractions and top museums. A holiday in Ottawa is inevitably a busy whirl of sightseeing, but the city also has a jam-packed events calendar, so it is wise to check what's on when planning to visit. Fun festivals take place throughout the year, from ice-carving in winter to exploring tulip gardens in the spring.

While everyone will enjoy its charms, the city is particularly well suited to more active holidaymakers who'd enjoy cycling along the city's miles of trails, or ice-skating down the Rideau Canal in winter. Extreme outdoor activities such as bungee jumping and white-water rafting are also on offer just outside Ottawa.

Top attractions include the National Gallery of Canada, and Parliament Hill, the seat of Canada's federal government and site of frequent pomp and ceremony. Visitors should also stop at the Canadian War Museum, the UNESCO-listed Rideau Canal and the ByWard Market, a historic farmers' market by day and popular entertainment venue by night. If visitors want to go on a tour of Ottawa, a novel way would be to do so on the open-topped tourist buses.

Ottawa Attractions

Parliament Hill

Parliament Hill is a grandiose complex where visitors can embark on tours, observe parliament in action and experience ceremonial spectacles such as the Changing of the Guard. Its centre block houses the Senate and Commons chambers, with its distinctive Peace Tower a perfect vantage point for vistas of the capital. The historic east block contains restored offices of Canada's first prime minister and other early statesmen, while the west block houses the offices of parliament members and is closed to the public.

Address: Wellington Street

Website: www.parl.gc.ca/Default.aspx?Language=E

Canadian Museum of History

The Canadian Museum of History was created to enhance the country's understanding of its own past, with tremendously fascinating exhibitions focusing on Canadian history, world history and civilisation. Visitors arriving with kids may want to check out the Canadian Children's Museum too. It offers a child-friendly experience by including games, toys, costumes and hands-on props. The museum also has a 500-seat theatre, and a 295-seat cinema equipped with a giant 3D screen. All told, the combination of attractions should keep the entire family happy for hours on end.

Address: 100 Laurier Street, Gatineau

Website: www.historymuseum.ca/

Gatineau Park

Located just 15 minutes from downtown Ottawa, Gatineau Park is the capital's conservation and outdoor-recreation haven. Travellers can expect a fun itinerary of activities, regardless of the season. Swimming, hiking, biking, camping, cross-country skiing and snowshoeing are all on offer within an area renowned for its hilly woodlands and clear lakes. Visitors typically enjoy exploring the beautiful Luskville Falls, the diversity of forests along the King Mountain Trail, and the marble and geological phenomenon of Lusk Cave.

Airports in Ottawa

Ottawa International (YOW)

Ottawa Macdonald-Cartier International Airport

<http://www.yow.ca/en>

Location: Ottawa The airport is situated eight miles (13km) south of Ottawa.

Time: GMT -5 (GMT -4 from the second Sunday in March to the first Sunday in November).

Contacts: Tel: +1 613 248 2000.

Getting to the city: Hotel-shuttle and limousine services to downtown Ottawa are available. Bus Route 97 departs from outside the Arrivals area. Taxis are also an option.

Car rental: Alamo, Avis, Budget, Enterprise and Hertz are all represented at the airport.

Airport Taxis: Taxis are available outside the terminal.

Facilities: There are a number of bars, cafes and restaurants, as well as retail outlets, duty-free shopping, ATMs and currency-exchange services located throughout the airport. Internet access is also available.

Parking: Short-term and long-term parking are available.

Thunder Bay

Thunder Bay is in the heart of First Nations land and is located on the Trans-Canada Highway, serving as the western terminus for the St Lawrence Seaway. The seaway is the system of locks, channels and canals that connect the Great Lakes to the Atlantic Ocean. Along with being an important system of waterways for international trade, it's a playground for recreational boating activities.

This rugged, northern region is home to Lake Superior, the largest of North America's Great Lakes and a hugely popular attraction. Visitors travel to this vast expanse of water to enjoy its striking shoreline and surrounding wilderness. Nature-lovers will relish immersing themselves in Thunder Bay's lakes and rivers, wandering its forests, and exploring its deep chasms, plunging waterfalls and towering granite cliffs.

Getting around in Thunder Bay

Thunder Bay has a large fleet of fully wheelchair accessible buses that service the city and surrounds. The local council has also transformed the city into a pleasant place to walk or bike, meaning locals and visitors can enjoy an extensive network of cycle lanes, recreational trails, wide sidewalks and active living corridors. Taxi services are available and drivers will find ample parking.

Climate in Thunder Bay

Thunder Bay's humid continental climate produces hot summers and cold winters. However, Lake Superior influences conditions and gives the city cooler summers and warmer winters than other places in the region.

The best time to visit is from June to September, when temperatures are warmer. The average high temperature in summer is around 73.4°F (23°C). The hottest month is July, while January is the coldest, when temperatures can dip to -2.2°F (-19°C). Winters can be bitterly cold for visitors not used to extreme temperatures.

Sightseeing in Thunder Bay

Ontario boasts about 330 parks, attracting more than 10 million visitors annually. Many of these picturesque areas are clustered near Thunder Bay and around the massive Lake Superior, offering travellers a number of exciting opportunities for outdoor recreation. Lake Nipigon and the township of the same name are close to Thunder Bay, and are also a hub for outdoor pursuits such as hiking, camping and water sports.

The region has some cultural diversions too. The Amethyst Mine Panorama is a huge favourite, allowing visitors the chance to poke around for souvenirs in one of the largest amethyst deposits in the world. The Fort William Historical Park is a living history attraction that recreates the days of the North West Company and the Canadian fur trade, while the Magnus Theatre is the premium performance venue.

Thunder Bay Attractions

Fort William Historical Park

Visitors can travel back to 1816 at Fort William Historical Park, an authentic duplicate of the North West Company's inland headquarters. Located at Thunder Bay, this company was a major player in the fur trade, once a massive industry and an indelible part of Canada's colourful past. The fort brings this history to life through recreations of the characters, sounds, sights and smells that would have existed almost two centuries ago. The sprawling 250-acre site contains more than 57 heritage structures and more modern buildings, which visitors are free to explore. Visitors can also enjoy overnight experiences, education programmes, artisan workshops, conferences, banquets and festivals.

Address: 1350 King Rd

Website: www.fwhp.ca

Amethyst Mine

Amethyst is Ontario's official gemstone, and is just one of the many natural gifts unearthed on the north shore of Lake Superior. The semi-precious stones native to this area come in various beautiful shades, such as Precious Purple and Thunder Bay Lavender. Visitors can mine their own at the Panorama Mine, 35 miles (56km) east of Thunder Bay, which contains the largest amethyst deposit in Canada. All visitors need is a bucket and spade to enjoy a fun mining experience.

Address: East Loon Road

Website: www.amethystmine.com

Sleeping Giant Provincial Park

Sleeping Giant Provincial Park is set on a rugged peninsula near Thunder Bay, where keen hikers can tackle trails running to the tops of granite cliffs and opening onto spectacular views of Lake Superior. These excursions aren't reserved just for sunny weather; winter travellers explore these routes on skis or snowshoes. The park also supports an exceptional mix of plant life, with two rare orchids, the Adder's Mouth and the Striped Orchid, growing in its southern parts. In fact, 24 types of orchid grow in the park, as do ferns, while wildlife includes more than 200 species of bird, white-tailed deer, red foxes, porcupines, moose, bears, wolves and lynx.

Address: Thunder Bay

Website: www.ontarioparks.com/park/sleepinggiant

Lake Superior

Lake Superior is the largest of the Great Lakes of North America, and the biggest freshwater lake by surface area in the world. Ontario shares this vast expanse of water with the American states of Minnesota, Wisconsin and Michigan. The lake's rugged shoreline and beautiful wilderness landscapes make for great hiking, while the lake itself presents endless opportunities for all manner of watersports, fishing and boating.

Address: Ontario, Canada

Website: www.ontarioparks.com/park/lakesuperior

Airports in Thunder Bay

Thunder Bay International Airport (YQT)

Thunder Bay International Airport

<http://www.tbairport.on.ca>

Location: Thunder Bay The airport is located three miles (5km) from Thunder Bay city centre.

Time: GMT -5 (GMT-4 from the first Sunday in March to the first Sunday in November).

Getting to the city: The airport is serviced by local buses, on line 3 Memorial, Airport. Taxi services at the airport are provided on-demand by Roach's Yellow Taxis.

Car rental: Car rental companies represented at the airport include Avis, Budget, Enterprise, National and Hertz.

Airport Taxis: Taxi services at the airport are provided on-demand by Roach's Yellow Taxi.

Facilities: Airport facilities include WiFi, shopping, a restaurant, a lounge and security services.

Parking: The airport's 500-plus bays provide long-term and short-term parking.

Ontario Attractions

Overview

Ontario is crammed full of tourist attractions. The urban hubs of Toronto and Ottawa dominate the cultural landscape, while seven national parks and more than 300 provincial parks provide scenic outdoor recreation.

Ontario's celebrated national parks are the UNESCO-listed Bruce Peninsula National Park, the Fathom Five National Marine Park, the Thousand Islands National Park, the Georgian Bay Islands National Park, the Point Pelee National Park, the Pukaskwa National Park and the St Lawrence Islands National Park. The most popular natural attractions in the province include the awe-inspiring Niagara Falls, the Thousand Islands which stretch for miles in the St Lawrence River, and the rugged coastlines of Lake Superior.

Ontario also boasts fun theme parks, numerous world-class museums, living history attractions and as much shopping and nightlife as anybody could want in the big cities. Toronto is the main urban drawcard and its top sightseeing attractions include the lofty CN Tower, the Royal Ontario Museum, the Toronto Zoo and the theme park Canada's Wonderland.

Casa Loma

Opening time: Open daily, from 9.30am to 5pm

Admission: C\$30 (adults), C\$20 (children aged 4 - 13). Other concessions are available.

Casa Loma is the only full-sized castle in North America. Formerly the home of Canadian financier, Sir Henry Pellatt, the massive structure is a wonderland of secret passageways and elaborately decorated rooms. Pallet used his immense personal fortune to build the chateau, though financial troubles meant he could not sustain it. Today, the City of Toronto owns the castle and welcomes a daily influx of guests. Visitors enjoy touring the authentically furnished rooms and splendid gardens, and drinking in the stunning views of Toronto from one of the castle's towers.

Getting there: From Dupont station, walk to Spadina Ave and Davenport Rd, then climb the Baldwin Steps to the castle.

Address: 1 Austin Terrace

Telephone: +1 416 923 1171

Website: casaloma.ca/

CN Tower

Opening time: Open daily 9am to 10:30pm

Admission: General Admission: C\$38 (adults), C\$28 (children aged 4 - 12).

Standing 1,815ft (553m) high, Toronto's CN Tower was the world's tallest building until 2007. Today, it remains a renowned architectural masterpiece and is arguably Canada's most iconic landmark. One of the tower's top attractions is the award-winning revolving 360 Restaurant, which offers guests breathtaking panoramic views of the city, as well as delectable dishes created with the finest Canadian ingredients. Another drawcard is EdgeWalk. At 1,168ft (356m) above ground, it is the world's highest hands-free external walk and a must for thrill seekers.

Getting there: Take the subway to Union Station. Then take a short walk west along Front Street.

Address: 301 Front Street West

Telephone: (416) 868 6937

Website: www.cntower.ca

Royal Ontario Museum

Opening time: Open daily, from 10am to 5.30pm

Admission: General Admission: C\$20 (adults), C\$14 (children aged 4 - 14). Other concessions are available.

The Royal Ontario Museum treats visitors to displays of art, culture and nature from around the globe and across the ages. It ranks as one of North America's premier cultural institutions, and is Canada's largest and most comprehensive museum. Its 40 galleries and exhibition spaces house 13 million artworks, cultural objects and natural history specimens, including dinosaurs, galleries of Chinese art, a bat cave, a gem and gold room, exhibits on Ancient Egypt and Nubia, and the Samuel European Galleries. Visitors will not be disappointed.

Getting there: Museum subway station, or Avenue bus #5 from Eglinton station

Address: 100 Queen's Park

Telephone: +1 416 586 5682

Website: www.rom.on.ca

Toronto Zoo

Opening time: Open daily, from 9.30am to 4.30pm

Admission: May to October: C\$29 (adults), C\$19 (kids aged 3 - 12). November to April: C\$23 (adults), C\$14 (kids aged 3 - 12). Other concessions are available

The Toronto Zoo is one of the largest zoos in the world and has a big focus on conservation, with more than six miles (10km) of walking trails spread over 700 acres. More 5,000 animals and over 450 species call it home. Visitors will enjoy touring the zoo's seven geographic regions and encountering animals that are native to them. Favourites include hippos, lemurs, otters, gorillas, bears, Giant Pandas, snow leopards, lions, penguins and cheetahs. Award-winning exhibits await the entire family, as do many seasonal activities. The zoo's interactive wildlife experience is especially popular with kids.

Getting there: Rouge Hill GO Train station, #86A Scarborough bus route or #85 Sheppard East bus route

Address: Meadowvale Road, Scarborough

Telephone: +1 416 392 5900

Website: www.torontozoo.com

Niagara Falls

Opening time: Different attractions have different opening hours and seasons. Check website for details

Admission: Admission tickets vary depending on which attractions are visited. See website for details

Straddling the Canadian-United States border between Ontario and New York, the awesome Niagara Falls attracts millions of tourists every year. The visit makes for a spectacular day trip from Toronto with plenty of action and activities on the Niagara Peninsula. Apart from marvelling at one of the tallest waterfalls in the world, perhaps from a spray-filled boat tour or from a magnificent perch along the cliffs, visitors can enjoy wine tasting, spectacular helicopter flips above the thundering falls, and even skydiving.

Website: www.niagaraparks.com

Parliament Hill

Parliament Hill is a grandiose complex where visitors can embark on tours, observe parliament in action and experience ceremonial spectacles such as the Changing of the Guard. Its centre block houses the Senate and Commons chambers, with its distinctive Peace Tower a perfect vantage point for vistas of the capital. The historic east block contains restored offices of Canada's first prime minister and other early statesmen, while the west block houses the offices of parliament members and is closed to the public.

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Website: www.parl.gc.ca/Default.aspx?Language=E

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Address: 100 Laurier Street, Gatineau

Website: www.historymuseum.ca/

Gatineau Park

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Website: www.fwhp.ca

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Address: Thunder Bay

Website: www.ontarioparks.com/park/sleepinggiant

Lake Superior

Lake Superior is the largest of the Great Lakes of North America, and the biggest freshwater lake by surface area in the world. Ontario shares this vast expanse of water with the American states of Minnesota, Wisconsin and Michigan. The lake's rugged shoreline and beautiful wilderness landscapes make for great hiking, while the lake itself presents endless opportunities for all manner of watersports, fishing and boating.

Address: Ontario, Canada

Website: www.ontarioparks.com/park/lakesuperior

Distillery Historic District

The Distillery Historic District is a much-loved centre for arts, culture, food and entertainment in Toronto. Said to contain the finest collection of Victorian-era industrial architecture in North America, it is indeed a worthy national historic site, and certainly worth a visit.

The district had its beginnings in 1832 and eventually became the largest distillery in the British Empire. It assumed its current role as an arts and culture centre during the 1990s, doubling as one of Canada's most popular film locations. As of 2003, it has been a pedestrian-only village dedicated to the arts. Anyone visiting Toronto should explore the district's many art galleries, artisan boutiques and restaurants, and make sure they book tickets for one of the many festivals and special events held here.

Website: www.thedistillerydistrict.com

Museum of Contemporary Art Toronto Canada

Opening time: Open Monday, Wednesday, Thursday, Saturday and Sunday, from 10am-5pm. Open Friday from 10am-9pm. Closed on Tuesdays.

Admission: Adults, C\$10. Under 18, free.

The Museum of Contemporary Art Toronto Canada (MOCA) aims to exhibit, research, collect and promote innovative art by Canadian and international artists whose works tackle the most relevant issues of our times. Formerly the Museum of Contemporary Canadian Art, the institution has been praised for its incisive, artist-centric approach to its programmes, and its friendly visitor experience. The MOCA is very much a hub for creative exchange and is definitely worth a visit.

Address: 158 Sterling Rd

Telephone: +1 416 530 2500

Website: museumofcontemporaryart.ca/

Toronto Islands

The Toronto Islands are only a short ferry ride from the mainland, and provide a peaceful green refuge from the hubbub of the city. Visitors can enjoy a world of tree-filled picnic spots, pedestrian streets, quaint old cottages and beachfront attractions. Paths, bridges and boardwalks connect Toronto Island's three major islands: Centre, Ward's and Algonquin. Short walks or bike rides separate visitors from four sandy beaches named Centre Island Beach, Gibraltar Point Beach, Hanlan's Point Beach and Ward's Island Beach. Centre Island is usually a hit with kids, who relish its huge picnic areas, bike paths and maze. It even has an amusement park, a petting zoo and picturesque swan boats for younger children.

Getting there: The Toronto Island Ferry operates daily from 9am to 10pm, and leaves every 30 minutes. It travels to Hanlan's Point, Centre Island and Ward's Island

Address: Toronto Island Ferry Docks, foot of Bay Street and Queens Quay

Website: www.toronto.ca/parks/island/

Gardiner Museum of Ceramics

Opening time: Monday to Thursday from 10am to 6pm; Friday from 10am to 9pm; Saturday and Sunday from 10am to 5pm

Admission: C\$15 (adults); free for children under 18 years. Other concessions available.

Housed in an award-winning piece of architecture, the Gardiner Museum of Ceramics showcases a craft that has existed for centuries. With earthenware of all different shapes and sizes from the ancient Americas, China, Japan, the Italian Renaissance and more, a tour through the museum will shape visitors' understanding of the ceramic process and its place in world history. The museum hosts classes for both kids and adults, and the accompanying Clay restaurant provides the finest of seasonal produce to complete a busy day browsing the museum.

Address: 111 Queen's Park

Telephone: +1 416 586 8080

Website: www.gardinermuseum.on.ca

Kensington Market

Opening time: Open seven days a week. Most opening hours are from 11am to 7pm, although fresh produce stalls usually open earlier, and restaurants usually close later

Kensington Market embodies Toronto's multicultural society. Since the 1960s, immigrants from Eastern Europe, China and the Caribbean have injected their customs into the market, creating an area that is a model of open-mindedness. Today, this national historic site remains one of Toronto's oldest, most diverse and liveliest neighbourhoods, containing an eclectic mix of cafes, restaurants, vintage stores, bars and speciality food shops where nobody is really foreign.

Getting there: The market is served by streetcar stops College, Spadina and Dundas

Address: Area bordered by Spadina Avenue, Dundas Street, Bathurst Street and College Street

Website: www.kensington-market.ca

Harbourfront Centre

The Harbourfront Centre remains at the heart of what's current and creative in Toronto. The innovative non-profit cultural organisation has been around for more than 40 years, and specialises in creating events and activities that charm and entertain a diverse public. Locals gather at the centre's distinctive waterfront venues for some weekend gallery hopping, biking and concerts. Visitors also enjoy strolling along the promenade, indulging in theatrical performances and browsing craft boutiques, or they head to Queen's Quay Centre for some superb retail therapy. Year-round features at this urban playground include film, dance, theatre, music, kids shows and marine events.

Address: 235 Queen's Way

Website: www.harbourfrontcentre.com

Hockey Hall of Fame

Opening time: Monday to Friday, 10am-5pm. Saturday, 9.30am-6pm. Sunday, 10.30am-5pm.

Admission: C\$18 (adults), C\$12 (youths aged 4 - 13), free for children under 3. Other concessions are available.

Avid ice hockey fans should make a point of it to visit Toronto's Hockey Hall of Fame. Within this shrine to Canada's favourite pastime, visitors can learn about the history of the game through memorabilia from every era, hockey artefacts from around the world, themed exhibits, multimedia stations and images of great moments in hockey history. Iconic players' gear, skates and sticks are also on display. Visitors usually relish having hands-on access to the Stanley Cup, and trying out state-of-the-art games that challenge shooting and goalkeeping skills.

Address: 30 Yonge Street, Brookfield Place

Telephone: +1 416 360 7765

Website: www.hhof.com

Canada's Wonderland

Opening time: Opening times vary according to season - check the official website for details.

Boasting more than 200 attractions, including Splash Works and a huge variety of roller coasters, Canada's Wonderland is deservedly the country's favourite theme park. Its inviting array of rides includes carousels, train rides and the Time Warp – Canada's only flying roller coaster. The park also has lots of shopping and dining options. The sheer variety of rides and amusements here ensure that everyone will have a good time regardless of age, making it a must for the entire family.

Address: 9580 Jane Street, Vaughan

Telephone: +1 905 832 8131

Website: www.canadaswonderland.com

High Park

Besides being Toronto's largest public park, High Park is also one of the city's most important natural areas. Visitors will encounter woodland, wetlands, a beautiful lakefront, prairie habitats and a preserved slice of the black-oak savanna ecosystem that once covered most of southern Ontario. It all makes for an idyllic setting in which to enjoy the park's playgrounds, zoo, dog park, hiking trails, greenhouses, picnic areas, eateries and sporting facilities. Parking is convenient and public-transport access is easy. All said, High Park makes for a fun family day out.

Address: 1873 Bloor Street West

Website: www.highparktoronto.com

Jungle Cat World Wildlife Park

Opening time: Open daily, from 10am-5pm

Admission: October to April, C\$17 (adults), C\$12 (teens and seniors), C\$8.50 (children). May to October, C\$20 (adults), C\$15 (teens and seniors), C\$10 (children)

Jungle Cat World Wildlife Park is one of Ontario's most popular tourist attractions. Just 45 minutes east of Toronto, the park is home to a diverse collection of mammals, such as wolves, skunks, lemurs and chimpanzees. That said, its collection of big cats is what makes the park truly special. When it opened in 1985, the park's purpose was primarily recreational. These days, it has taken on a more pronounced environmental-education role. Its chief enterprises include housing rare and endangered cats, and running a variety of fun, kid-friendly programmes. The goal is to educate visitors about the dire need to protect snow leopards, Siberian tigers and the other magnificent animals that sanctuary here.

Address: 3667 Concession Road 6, Orono

Telephone: +1 905 983 5016

Website: www.junglecatworld.com

Currency

The currency used is the Canadian dollar (CAD). Banks and bureaux de change will change cash, as will some hotels. Major credit cards are widely accepted and ATMs are widespread. US dollars are widely accepted.

Exchange rate for 1 CAD - Canadian Dollar

0.00 BMD Bermudan Dollar	0.68 EUR Euro	0.73 USD U.S. Dollar	0.58 GBP U.K. Pound Sterling	111.95 JPY Japanese Yen	0.66 CHF Swiss Franc
1.11 AUD Australian Dollar	28.83 UAH Ukrainian Hryvnia	324.82 KZT Kazakhstani Tenge	68,104.49 LBP Lebanese Pound	3.55 LYD Libyan Dinar	5.02 BOB Bolivian Boliviano
0.00 NPR Nepalese Rupee	0.00 OMR Omani Rial	0.00 QAR Qatari Rial	0.99 SGD Singapore Dollar	7.92 SEK Swedish Krona	0.00 TTD Trinidad Tobago Dollar
0.00 VEF Venezuelan Bolivar	42.52 DOP Dominican Peso	0.00 HRK Croatian Kuna	12.41 MXN Mexican Peso	446.74 XOF West African CFA Franc	0.00 PGK Papua New Guinean kina
0.00 BSD Bahamian Dollar	0.00 FJD Fiji Dollar	0.00 HNL Honduran Lempira	97.95 DZD Algerian Dinar	0.00 MMK Myanma Kyat	0.00 BWP Botswana Pula
2.72 PEN Peruvian Nuevo Sol	686.67 CLP Chilean Peso	283.06 AMD Armenia Dram	17.04 CZK Czech Koruna	12.90 MDL Moldova Lei	102.36 ISK Icelandic Krona
9,206.75 UZS Uzbekistan Sum	2.72 ILS Israeli New Sheqel	0.52 JOD Jordanian Dinar	0.00 KWD Kuwaiti Dinar	27.92 UYU Uruguayan Peso	0.00 MUR Mauritian Rupee
0.00 NIO Nicaraguan Córdoba	7.96 NOK Norwegian Krone	2.95 PLN Polish Zloty	2.74 SAR Saudi Riyal	0.00 LKR Sri Lanka Rupee	26.92 THB Thai Baht
2.68 AED U.A.E Dirham	3.73 BRL Brazilian Real	3.39 RON Romanian New Leu	5.72 HKD Hong Kong Dollar	446.74 XAF Central African CFA Franc	18,589.76 VND Vietnamese Dong
642.71 ARS Argentine Peso	0.00 XCD East Caribbean Dollar	0.00 GTQ Guatemalan Quetzal	7.36 MAD Moroccan Dirham	0.00 BHD Bahrain Dinar	0.73 PAB Panamanian Balboa
1.24 AZN Azerbaijan Manat	2,868.33 COP Colombian Peso	64.70 KGS Kyrgyzstan Som	264.88 HUF Hungarian Forint	7.97 TJS Tajikistan Ruble	11,761.39 IDR Indonesian Rupiah
35.09 EGP Egyptian Pound	994.29 KRW South Korean Won	5,456.06 PYG Paraguayan Guaraní	3.47 MYR Malaysian Ringgit	371.94 CRC Costa Rican Colón	1.22 NZD New Zealand Dollar
203.32 PKR Pakistani Rupee	66.87 RUB Russian Rouble	13.54 ZAR South African Rand	2.29 TND Tunisian Dinar	0.00 BBD Barbadian Dollar	1.33 BGN Bulgarian Lev
23.66 TRY Turkish Lira	41.92 PHP Philippine Peso	23.64 TWD New Taiwan Dollar	852.33 NGN Nigerian Naira	0.00 XPF CFP Franc	0.00 GHS Ghanaian Cedi
0.00 JMD Jamaican Dollar	0.00 ANG Neth. Antillean Guilder	0.00 BND Brunei Dollar	79.69 RSD Serbian Dinar	5.30 CNY Chinese Yuan	5.08 DKK Danish Krone
2.55 TMT New Turkmenistan Manat	61.04 INR Indian Rupee				