

ADA RECREATION VALUE

Reach out
a friendly hand



Québec

Looking down at Montreal from Mt. Royal.

- Walk, cycle, camp in Gatineau Park, north of Hull
- Canoe the wilderness routes through La Vérendrye Reserve
- Tour Château Rameray, Québec's most important historical museum

- See the international flower show "Les Florales" in Montreal
- Dining out in Montreal is an adventure in itself
- A pro sporting event at the spectacular Olympic Stadium
- Get a feeling of old Québec at the Citadelle
- Shrimp feast, second to none, at Matane
- Cruise aboard "La Margolaine" to Sainte-Rose-du-Nord
- Percé, resort centre at the top of the Gaspé Peninsula



Prince Edward Island

Sea and sun filled promenade along the wharves of P.E.I.

- Experience a farm vacation on P.E.I.
- Visit the Island Acadian Museum and Monument at Miscouche
- Feast on world-famous Malpeque oysters
- Shipbuilding heritage at

- Green Provincial Historic Park at Port Hill
- Province House, the first gathering place of the Fathers of Confederation
- Enjoy "Anne of Green Gables" at the Charlotte town Summer Festival
- Frolic on the sandy beaches of P.E.I. National Park
- See the large scale models of the Woodleigh Replicas
- Bring the children to Gladstone's Fantasyland
- Brudenell River Resort for total relaxation



Ontario

Fireworks display during Canada Day celebration

- Board the Polar Express at Cochrane
- Boat from Moosonee to Moose Factory Island
- Photographer's delight - shores of Lake Huron/Superior
- Breathtaking Agawa Canyon near Sault

- Ste. Marie
- Browse through Toronto's fascinating boutiques
- Shaw Festival at Niagara-on-the-Lake for theatre goers
- Muskoka's Georgian Bay, where the beauty is captivating
- Toronto's CN Tower - tallest free-standing structure in the world
- Make a little history, visit the National Capital Region/Rideau Canal
- National Arts Centre/Astrôlabé - always something new to see



Nova Scotia

The golden beaches of Cape Breton National Park

- Come sail with us on the Bluenose II
- Thrill to the Nova Scotia Tattoo
- Take part in the 375th anniversary of the Acadians
- Camp in Cape Breton Highlands National Park

- A mine tour through the workings at Princess Colliery
- Take in some great dining and relaxation at Peggy's Cove
- The 70th Anniversary Celebrations of the Canadian Navy will take place throughout the summer
- Visit the Musquodohoit Railway Museum
- Ride through Annapolis Valley, Agricultural Centre of Nova Scotia
- Port Royal National Historic Park, the first permanent European settlement



New Brunswick

Goat round-up, Acadian Village style.

- Cross the world's longest covered bridge at Hartland
- Camping at its best throughout the province
- Walk back through history at Kings Landing
- Tour the Georgian-style Legislative Building in

- Fredericton
- Ferry from Letete and Blacks Harbour to the Fundy Isles
- Roosevelt-Camajobello, International Park for nature lovers
- Walk the Loyalist Trail from Kings Square in Saint John
- Visit the Village Historique Acadien, near Caraquet
- Enjoy the Shediac Lobster Festival
- Defy gravity on Magnetic Hill in Moncton
- Warmest salt water beaches in the East



Newfoundland and Labrador

Tartan twirling during St. John's Annual Regatta

- Salmon fishing in the Humber River
- Hiking across Gros Morne National Park
- Explore the ancient Indian Burial Grounds at Port au Choix

- Swim, hike and camp at Terra Nova National Park
- Tour the historic Commissariat House in St. John's
- Learn something new at St. John's Arts and Culture Centre
- Drama and excitement for all at St. John's Annual Regatta
- Discover the pre-Columbus Viking Settlement at L'Anse-aux-Meadows
- Take a boat across to the Island Bird Sanctuaries
- Capture the magic of Castle Hill National Historic Park