



City break in Toronto

Direct flights from British Airways, launching this May, make reaching the vibrant, cosmopolitan city of Toronto easier than ever. Not only does it have some of the best restaurants, bars and nightlife in the country, as well as a huge range of summer activities, from urban chic and boat tours on Lake Ontario to festivals just about every week, but it's perfectly placed for some world-class trips: Niagara Falls, 80 miles south; Muskoka Lakes, where the city's rich famous play, 140 miles north, are a must-see.

Details BA's new direct flights from New York to Toronto cost from £367 pp. The Shangri-La Toronto has a modern design and excellent food. Bookings cost from C\$435 a night (0800 33377, shangri-la.com)

Drive the Viking Trail

A new self-drive itinerary follows the 1,000-mile Viking Trail, one of Canada's best well-known but best east-coast road trips, hugging the rugged coastline of Newfoundland. The route includes the 90-year-old village at L'Anse aux Lacs — the oldest known European settlement of the new world. The real highlight, though, is the province itself. Newfoundland is unlike anywhere else on the continent, an isolated island with its own culture, dialect, architecture and food. See 10,000 Atlantic puffins crowd the cliffs of Witless Bay and whales off the coast of St. John's, stop off at tiny fishing villages for fresh-caught salmon and sail through the 2,000ft-deep, glacier-carved fjords of Gros Morne National Park.

Details A ten-night trip, including



10 See the aurora in the Northwest Territories

accommodation, car hire, select activities, internal flights to St John's where the trip departs, and international flights to Montreal or Toronto, costs from £2,089pp (020 3500 6130, westernoriental.com)

17 Go hiking in Quebec

The 60-mile Traversée de Charlevoix is one of the best long-distance hiking trails east of the Rockies, and this new trip from World Expeditions makes it easy — and enjoyable — to complete. Hiking but to beat between backcountry refuges, each with wood burning stoves, proper beds and gorgeous views, means cosy nights and home-cooked meals at the end of each day and because your luggage is transferred ahead for you there are no heavy bags to carry. Crossing the most stunning parts of Quebec, from the breathtaking panoramas of Hautes-Gorges-de-la-Rivière-Malbaie National Park to the caribou herds of Grands-Jardins National Park, this is the business class of backpacking.

Details Six nights' full board, including equipment and the services of a guide, costs from £995pp (020 8875 5060, worldexpeditions.co.uk)

18 Play golf and cruise the coast of Nova Scotia

This new trip from One Ocean Expeditions combines small-ship adventure cruising around the spectacular coastline of Nova Scotia with the chance to tee off on some of the best golf courses in North America. Highlights include the 36-hole Cabot Links, along with the stunning seascapes of Cape Breton Island, and the five-star championship

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Crowbush Cove, overlooking the north shore dunes of Prince Edward Island. A range of activities are laid on for non-golfing partners, including shore hikes, bike rides and boat tours, with plenty of time together in between to enjoy the culture, wildlife and outstanding natural beauty of Canada's east coast.

Details A seven-night, full-board cruise departing June 27, including green fees and excursions, costs from US\$3,395pp (£1,630). Flights and transfers to Louisbourg, Nova Scotia, where the trip departs, costs extra (0351 962 721836, oneoceanexpeditions.com)

19 Take the Ocean Train

Travelling from the hip city of Montreal, on the southern tip of Quebec, to Halifax, on the eastern shores of Nova Scotia, this 836-mile overnight sleeper journey is little known outside the country, but is one of the best ways to experience Canada's wild Atlantic coast. Staying in a private sleeper cabin, with use of a restaurant and panoramic dome car, you will travel through French Canada's most picturesque countryside, watching the crash of surf as the quaint fishing villages of the Maritimes gradually rattle into view. Two days each are spent in three of Canada's most historic cities: Montreal, Quebec and Halifax.

Details The seven-night trip, including six nights in hotels, one in a cabin on the train and a choice of three excursions, costs from US\$2,590pp. Flights to Montreal cost extra (0800 9670337, canadiantrainvacations.com)

20 Spot whales along Iceberg Alley

Every spring enormous icebergs are calved in Greenland and sent, with the prevailing winds, direct to the east coast of Newfoundland and Labrador, drifting down a route known as Iceberg Alley. At the same time up to 22 species of whales return to these waters, including blue, minke and the world's largest population of humpbacks. This new trip from Discover the World combines both events in a 12-day road trip that includes an iceberg safari cruise, boat trips into the towering fjords of Gros Morne and the chance to snorkel with humpback whales.

Details An 11 night trip, including car hire and all excursions, costs from £1,731pp. Flights to St John's, Newfoundland, where the trip departs, cost extra (01737 214201, discover-the-world.co.uk)