

### City break in Toronto

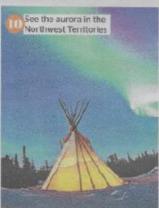
w direct flights from British Airways, aching this May, make reaching the ant cosmopolitan city of Toronto er than ever. Not only does it have no of the best restaurants, bars and atlife in the country, as well as a large ge of summer activities, from urban thes and boat trurs on Lake Ontaris estivats 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 input-sees.

alls EA's new direct flights from wick to Toronto cost from £357 in. The Shangri-La Toronto has geous design and excellent foud, ibles cost from £3455 a night (0600) 3337 shangri-lacom)

#### Drive the Viking Trail

e new self-drive itinerary follows the smile Viking Trail one of Canada's twell-known but best east-coast mad a hugging the rugged coasiline of vibundland. The route includes the O-year-old village at LAnse aux adows—the oldest known European lement of the new world. The real slight, though is the province itself of our dialect, architecture and food. See .000 Atlantic puffics crowd the clifs village and whales of the coast of anthony, stop off at tiny fishing iges for fresh-caught salmon and sail ough the 2,000ft-deep, glacer-carved its of Gros Morne National Park.





accommodation, car hire, select activities, internal flights to St John's, where the trip departs, and international flights to Montreal or Toronto, costs from C2,089pp (020 3588 G130, 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 Inp from World Expeditions makes it easy — and enjoyable — to complete. Hiking but to but hetween backcountry refuges, each with wood burning stoves, proper beds and gurgeous views, means cosy nights and home-cooked meals at the end of each day and because your luggage is transferred abrack for you there are no heavy bags to carry Crossing the most stunning parts of Ouchec, from the breathtaking panoramas of Hautes-Gorges-de-la-Rivière-Mathaie National Park to the carrbou 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 (O20 8875 5060, worldeynedlifons on I/A)

### 18 Play golf and cruise the coast of Nova Scotia

This new trip from One Cecan
Expeditions combines small-ship
adventure cruising around the
speciacular coastline of Nova Scotia with
the chance to tee off on some of the best
golf courses in North America. Highlights
include the 35-hole Cabot Links, along
the sturning seascapes of Cape Breton
Island, and the five-star championship

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Expert Traveller Crowbush Cove, overlooking the north shore dunes of Prince Edward Island. A range of activities are laid on for nongolfing partners, including shore hikes, bike rides and boat tous, with pienty of time together in between to enjoy the culture, wildlife and cutstanding 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 (0.351.962.721.836), 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.

Detail 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 9870337, canadiantrainvacations.com)

### 20 Spot whales along Iceherg 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 cruse, boat trips into the towering fierds of Gros Morne and the chance to snorkel with humpback whales

Details An 11 night trip, including car hire and all excursions, costs from £1,73 jpp. Flights to St John's, Newfoundland, where the trip departs, cost extra (01737 214201, discover the world,could)