

HIT THE TRAILS

WITH SOME OF THE MOST SPECTACULAR HIKING ON THE PLANET RIGHT IN OUR OWN BACKYARD, HERE ARE SOME TIPS ON HOW TO EXPLORE CANADA'S TOP TRAILS IN OUR HOME AND NATIVE LAND.

SKYLINE TRAIL

JASPER NATIONAL PARK, ALBERTA

Whether you choose a quick overnighter or a weeklong backpack adventure, the Skyline Trail is a Canadian Rockies must-hike. With more than half of the 44km trail above the tree line, stunning views take centre stage. With a start alongside the majestic aquamarine waters of Maligne Lake, hikers are also treated to views of creeks, flowered meadows and meandering grizzlies. By the time you reach the top of The Notch lookout point, you'll be at the highest point in Jasper National Park, and be eye-level with iconic Mount Edith Cavell. Campgrounds are well equipped, but book early.

TO DO: The region's a mecca for canyoning and canoeing, or just grab a ride on the Jasper Skytram. While in Jasper, dine at Evil Dave's Grill or treat yourself at Maple Mountain Fudge. evildavesgrill.com / candybear.ca



GREEN GARDENS COASTAL TRAIL

GROS MORNE NATIONAL PARK, NEWFOUNDLAND & LABRADOR

The Long Pond Route is a 10km taste test for what Gros Morne National Park's varied terrain has to offer. Begin on a barren landscape of frost-cracked boulders and end up at a beachside cliff of pillow lava. Dramatic rock formations jut from the sea and jagged cliffs meet lush wildflower meadows on this short but unforgettable journey bordering the Gulf of St. Lawrence.

TO DO: The charming fishing village of Trout River offers a must-dine seafood experience at Seaside Restaurant; Woody Point is also a good stop, as is the waterfront's Merchant Warehouse & Wine Bar. If you're lucky, you'll be there for the popular Writers at Woody Point Festival August 14th-19th hosted by CBC Radio's Shelagh Rogers.

merchantwarehousewoodypoint.com / writersatwoodypoint.com



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ICELINE TRAIL

YOHO NATIONAL PARK, BRITISH COLUMBIA

A bucket list summer hike if you want to see how glaciers have carved the jagged peaks and valleys of the Canadian Rockies. Take the 21km route over two days to make the most of the glaciers and the non-stop scenery. See glacial moraines and the Daly Glacier that feeds both the Yoho River and Takakkaw Falls—Canada's third highest falls. Takakkaw is Cree for "magnificent" and true to its name, hikers won't be disappointed!

TO DO: Nearby Golden is perfect for fishing, horseback riding, golf and ATV enthusiasts. Go white-water rafting on the Kicking Horse River, visit the Kicking Horse Pedestrian Bridge, or take a gondola up to Eagle's Eye restaurant at the Kicking Horse Mountain resort for Canada's highest (and quite delicious) culinary experience.

kickinghorseresort.com/purchase/eagles-eye-restaurant

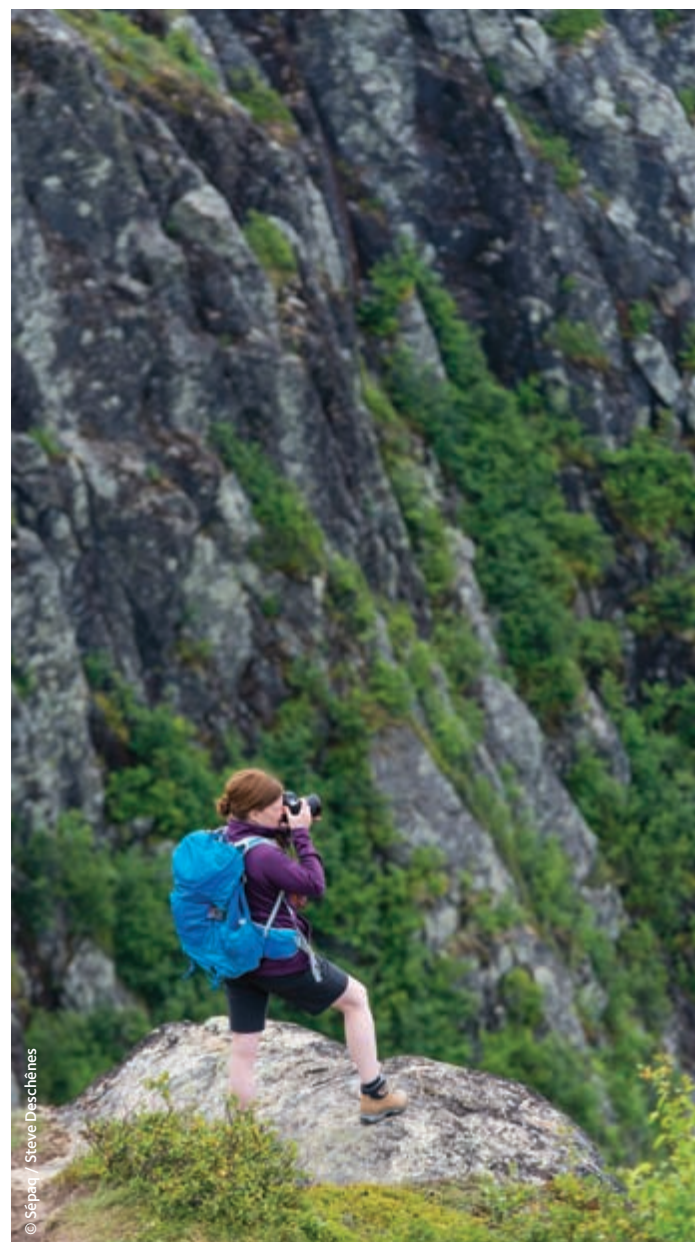


ITIJAGIAQ TRAIL

KATANNILIK TERRITORIAL PARK, NUNAVUT

For serious hikers looking for something remote and challenging, head North to Baffin Island, between the towns of Kimmirut and Iqaluit. Itijjagiq Trail is a difficult, 177km traditional Inuit route with deep gorges and great rewards that starts at Frobisher Bay and crosses the Meta Incognita Peninsula. After five or six days, your bragging rights will include having shared the same terrain as wolves, caribous, foxes and polar bears. Best hiked in July or August.

TO DO: Summer promises 16 to 24 hours of daylight for fishing, camping and berry picking in Sylvia Grinnell Park, or to take on the Road to Nowhere trail, and the seaside trail to Apex. / alianait.ca



© Stefan / Steve Deschênes

L'ACROPOLE DES DRAVEURS TRAIL

MALBAIE NATIONAL PARK, QUEBEC

They say the Charlevoix region offers the best hiking east of the Rockies, and the Acropole des Draveurs trail is no exception. It's a difficult, steady climb up the Montagne des Érables (Maple Mountain) through forest, up to three summits boasting stunning views of the Rivière Malbaie Valley. The entire hike is just over 10km and takes about 4-6 hours.

TO DO: A gastronomic adventure awaits on the Flavour Trail in Charlevoix's bustling agro-tourism scene. From Petite Rivière Saint-François to La Malbaie, stop for a mere taste or a full dinner along this route that's chock-full of organic duck, craft beer and cider, cheese and chocolate. Music lovers should try to time their hike with Baie Saint-Paul's Le Festifl, July 19th-22nd. lefestif.ca



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BLUFF WILDERNESS TRAIL

NOVA SCOTIA

Experienced hikers will love these rugged four loops of wilderness that stretch over 30km. The thrill lies in the variety of landscapes—including the Bluff plateau, one of the highest points of the Halifax region. Evergreen forests meet marshlands and granite barrens with glacial outcroppings and granite deposits. Broom crowberry, over a hundred species of lichen, rare mountain sandwort and old growth red spruce decorate this difficult but worthwhile sojourn.

TO DO: Out of the wilderness is the urban buzz of the Halifax boardwalk and the lure of a classic lobster dinner. Best bets? The Press Gang Restaurant & Oyster Bar, or Salty's. Boutique shopping awaits at the Historic Properties, the Hydrostone Market and Bishop's Landing.

thepressgang.ca / saltys.ca

BRUCE TRAIL

ONTARIO

Got a month? This mega hike is one of the longest in the country, and traverses almost 900km of southern Ontario. The good news is you can separate hikes into legs that can take anywhere from an hour to a week. From the pristine waterfall wonders of the Niagara Escarpment to the almost Caribbean waters of Georgian Bay, you'll encounter lakeside cliffs, vineyards, charming townships, red oak and juniper forests, and a stunning variety of orchids!

TO DO: If you're starting out from Niagara on the Lake, why not see what #99 has been up to at the Wayne Gretzky Estates Wine & Distillery. Continue to Peller Estates, where you'll be treated to a memorable dining experience in their candlelit barrel cellar, or in the starlit vineyards.

gretzkyestateswines.com / peller.com



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FUNDY TRAIL

BAY OF FUNDY, NEW BRUNSWICK

A moderate hike with a lot of heart, this 16km trail gives way to seaside wonders and the world's highest tides. You might have to share this multi-use coastal trail with cyclists, but it delivers winding paths, panoramic views, sandy beaches, dizzying cliffs and surprise waterfalls to all. Lucky hikers might see a majestic right whale in the Bay's waters.

TO DO: The trail's gateway is the charming Village of St. Martins. Kayak the shores, explore the sea caves or meander the beaches. Experience a you-pick lobster dinner overlooking the caves at the Seaside Restaurant or the Shore Road Seafood. The best bet is to dine on local fare surrounded by rich vintage décor at Vaughans', in the lovely St. Martins Country Inn. / smartinscountryinn.ca/wp



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