

WEEKLY BLOGS

SERIAL 6 : CANADA

Dated September 28, 2025



Written By
Yashica Agarwal

blogs@explorewandernest.com
www.explorewandernest.com



Acknowledgement of Country

We respectfully acknowledge the Traditional Owners of the lands across Australia on which this blog was researched, written and published. We honour their continuing connection to land, waters and culture and pay our respects to Elders past, present and emerging. We extend that respect to all Aboriginal and Torres Strait Islander peoples and recognise their enduring contributions to community and culture.

About this printable PDF

This printable PDF of the WanderNest blog is designed to provide convenient access to travel information and inspiration for people planning visits within Australia. We create content to help travellers discover destinations experiences and practical arrangements. The material is intended for personal planning and general guidance and does not replace official sources such as government agencies transport operators or health authorities. Please use this document as a starting point for your own research and planning.

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Travel information and practical notes

Our articles cover a wide range of travel related topics including seasonal variations safety considerations transport options local customs accessibility and visitor etiquette. When planning travel take into account weather conditions local advice cultural protocols and any physical mobility or health needs you or your companions may have. Confirm timetables permits and bookings in advance and check current travel alerts weather forecasts and health guidance from official sources. We encourage respectful and responsible travel at all times. Our team updates content regularly and aims to reflect diverse perspectives and practical tips that enhance enjoyment and wellbeing for visitors of diverse backgrounds and travel styles.

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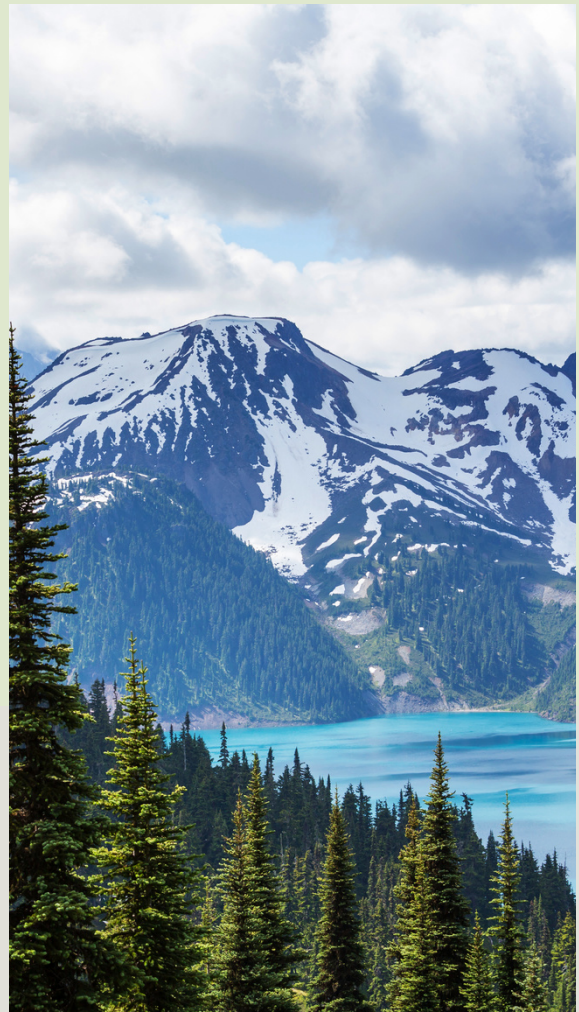
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WHY CANADA ?

Canada is the world's second largest country, yet it feels warm and welcoming everywhere you go. It offers a mix of wild landscapes from towering Rocky Mountains and glacier lakes to vast prairies, Arctic tundra, and thousands of serene lakes alongside dynamic cities like Vancouver, Toronto, and Montréal that buzz with culture, art, and food. It's a place where you can ski in the morning, kayak by afternoon, and enjoy a world-class concert at night. With two official languages, English and French, and a multicultural society, Canada is truly a global village set in nature's playground. Add in friendly locals, Indigenous traditions, and iconic experiences like seeing the northern lights or Niagara Falls, and you'll see why Canada belongs on every traveller's list.



What do we know about Canada?

Here's why it's a must visit:

🌲 Diverse Landscapes – From the Rockies and Arctic tundra to serene lakes, forests, and coastlines, Canada's nature is breathtaking and endless.

🎵 Cultural Fusion – A bilingual country (English & French) with a rich Indigenous heritage and vibrant multicultural cities that celebrate art, music, and festivals.

🏔️ Adventure Playground – Ski the Rockies, hike glacier trails, kayak with whales, or chase the northern lights – Canada is built for explorers.

🏙️ World-Class Cities – Toronto, Vancouver, Montréal, and Ottawa combine global cuisine, museums, nightlife, and history with a friendly Canadian vibe.

🍁 Food & Flavours – Iconic dishes like poutine, butter tarts, maple syrup, and Montréal bagels meet international flavours in one of the world's most diverse food scenes.

👉 Friendly & Safe – Canadians are famously polite, making it one of the safest and most welcoming countries to travel.

Quick Facts About Canada:

- **Location:** Northern North America, from the Atlantic Ocean to the Pacific Ocean and into the Arctic Ocean.
- **Area:** About 9.98 million square kilometres, making it the second largest country by area.
- **Population:** Around 41.5 million people in early 2025. [Statistics Canada](#)
- **Capital City:** Ottawa, the national capital and seat of government.
- **Official Languages:** English and French are the two official languages at the federal level. [Canada](#)
- **Currency:** Canadian Dollar CAD.
- **Time Zones:** Multiple time zones from Newfoundland Time to Pacific Time.
- **Climate:** Ranges from temperate on the coasts to continental in the interior and Arctic in the far north.
- **Fun Fact:** Canada has more lakes than any other country and about 9 percent of the world's freshwater.



WHAT EXACTLY IS CANADIAN CUISINE?

Canadian cuisine is a mosaic of flavours shaped by Indigenous traditions, French and British heritage, and global immigration. Rather than one national dish, it reflects the diversity of the land and its people, from coast to coast.

Indigenous foods like bannock, wild rice, smoked salmon, and maple sap form the foundation of Canada's food culture. French Québec adds poutine, meat pies, and maple desserts, while British influences bring hearty stews, baked goods, and fish dishes.

Each region offers its own specialties: lobster rolls and chowder in Atlantic Canada, beef and bison on the Prairies, Pacific salmon and sushi-inspired plates in British Columbia, and Arctic char or reindeer in the far north.

Modern Canada is proudly multicultural. In cities like Toronto, Vancouver, and Montréal, you can eat global cuisines side by side with Canadian classics. Add sweet treats like butter tarts, Nanaimo bars, and maple syrup, and you'll see why Canadian food is comforting, diverse, and uniquely tied to its land.

10 Best Canadian Foods You Must Try 🇨🇦

Poutine 🍟

Fries smothered in cheese curds and hot gravy, this Québec-born dish is the ultimate comfort food. You'll find it from gourmet restaurants to late-night snack shops.

Maple Syrup 🍁

Tapped fresh from maple trees each spring, it's Canada's sweetest symbol. Drizzle it on pancakes, desserts, or even savoury glazes for a true taste of Canada.

Butter Tarts 🥧

Flaky pastry filled with gooey buttery sugar filling, sometimes with raisins or nuts. A classic Canadian treat that melts in your mouth.

Nanaimo Bar 🍫

A no-bake dessert bar with a crumbly base, custard center, and chocolate topping. Named after the BC city, it's as indulgent as it is iconic.

Seafood Lobster Roll 🦞

Fresh Atlantic lobster mixed with a light dressing, tucked in a soft bun. A maritime specialty that tastes like summer by the sea.

Tourtière 🥘

A spiced meat pie from Québec, often filled with pork or beef. Traditionally served at Christmas, but delicious any time of year.

Montreal Bagel 🥯

Sweeter, denser, and smaller than New York bagels, baked in wood-fired ovens. Best enjoyed fresh with cream cheese or smoked salmon.

Bannock 🍞

An Indigenous bread that can be baked, fried, or cooked over a fire. Simple yet versatile, it carries centuries of tradition.

Salmon 🐟

Wild Pacific salmon is a West Coast treasure, whether smoked, grilled, or roasted. It's both a culinary staple and a cultural icon.

Canadian Craft Beer & Ice Wine 🍷

From bold local brews to sweet Niagara ice wines, Canada's drinks are as diverse as its regions. Pair them with meals or enjoy them on their own.



The Heartbeat of Canada: Culture, Lifestyle & Traditions

Canada is more than stunning landscapes and modern cities—it's a country defined by its people, traditions, and everyday way of life. From its Indigenous roots to French and British influences, and the vibrancy of multicultural communities, Canada's culture is rich and diverse. Politeness, respect for nature, and a love of the outdoors run deep in Canadian society. Festivals, food, and art bring communities together across seasons and provinces.

Politeness & Friendliness 🇨🇦

Canadians are famous for being polite and respectful. A friendly smile, a quick "sorry," and small courtesies are part of daily life.

Bilingual Spirit 🇨🇦

English and French are both official languages, and you'll hear them blend in cities like Montréal and Ottawa. This bilingualism is a proud part of Canadian identity.

Indigenous Heritage 🇨🇦

Indigenous cultures shape Canada's story with traditions like powwows, art, storytelling, and foodways. Today, travellers can experience these living cultures in museums, festivals, and communities.

Outdoor Lifestyle 🇨🇦

With four seasons of adventure, Canadians ski, skate, hike, and canoe as naturally as they walk. National parks and lakes are central to everyday recreation.



The Heartbeat of Canada: Culture, Lifestyle & Traditions

Festivals & Celebrations 🎵

From the Montréal Jazz Festival to Calgary Stampede and Canada Day fireworks, celebrations are lively and diverse. Local fairs, art shows, and music events bring people together year-round.

Diversity & Multiculturalism 🌍

Canada is proudly multicultural. Immigrant communities bring foods, traditions, and festivals that make cities like Toronto and Vancouver vibrant global hubs.

Winter Traditions ❄️

Ice hockey games, maple taffy on snow, and cozying up in cabins are beloved winter rituals. For many, winter is not endured but celebrated.

Respect for Nature 🌲

Canadians value their environment deeply. Recycling, conservation, and spending time outdoors are part of the national mindset.

Art & Creativity 🎨

From Indigenous carvings and Inuit prints to modern music, film, and design, creativity thrives across the provinces. Street art in Montréal and galleries in Toronto and Vancouver showcase this spirit.

Everyday Etiquette 🗣️

Punctuality is important, tipping is expected in restaurants (15–20%), and respecting personal space matters. Canadians are warm but also appreciate politeness and balance.



The Ultimate Canada Travel Bucket List

1. Vancouver and the British Columbia Coast 🏔️🌊

Vancouver blends ocean and mountains with vibrant food scenes and easy access to islands and rainforests. Walk Stanley Park, ride the Sea to Sky highway toward Whistler, and ferry to Vancouver Island for Victoria's charm.

- Stanley Park 🌲 – Urban forest trails, Seawall, and Totem Poles
- Sea to Sky Highway 🚗 – Scenic drive to Whistler with mountain views
- Vancouver Island & Victoria 🏰 – Gardens, historic sites, and coastal charm

📍 Main Access: Vancouver International (YVR)
 🕒 Suggested Stay: 4–7 days
 🌞 Best Time: May–Sept for outdoors

2. Montréal and Québec Province 🍷🍷

Montréal mixes French flair with modern vibrancy. Old Montréal, Notre Dame Basilica, the Underground City, and lively festivals make it irresistible. Try Montréal bagels and poutine in local neighbourhoods.

- Old Montréal 🏰 – Cobblestone streets, historic architecture
- Notre Dame Basilica 🏰 – Gothic Revival beauty and stunning interiors
- Underground City 🏢 – Shops, restaurants, and indoor exploration

📍 Main Access: Montréal Pierre Elliott Trudeau (YUL)
 🕒 Suggested Stay: 3–5 days
 🌞 Best Time: May–Sept for festivals

3. Toronto and Niagara Region 🏰🍷

Toronto is Canada's largest city with museums, multicultural neighbourhoods, and a lively food scene. A short drive away, Niagara Falls offers dramatic waterfalls and wine country in Niagara on the Lake.

- CN Tower 🏰 – Panoramic city views and EdgeWalk experience
- Royal Ontario Museum 🏰 – Art, culture, and natural history
- Niagara Falls 🌊 – Iconic waterfalls and boat tours
- Niagara-on-the-Lake 🍷 – Wine tasting and charming streets

📍 Main Access: Toronto Pearson (YYZ)
 🕒 Suggested Stay: 3–5 days
 🌞 Best Time: May–Oct

4. Canadian Rockies — Banff and Jasper 🏔️🏰

Towering peaks, turquoise lakes, and glacier-fed rivers define this region. Drive the Icefields Parkway, hike around Lake Louise, and soak in hot springs. Wildlife sightings are common at dawn and dusk.

- Lake Louise 🏔️ – Turquoise glacial lake and hiking trails
- Icefields Parkway 🚗 – Scenic drive between Banff and Jasper
- Banff Hot Springs 🌋 – Relaxing alpine soak
- Jasper National Park 🐾 – Wildlife and natural landscapes

📍 Main Access: Calgary (YYC) or Edmonton (YEG)
 🕒 Suggested Stay: 5–8 days
 🌞 Best Time: June–Sept for hiking; Dec–Mar for skiing



5. Atlantic Canada — Nova Scotia and Newfoundland 🌊🏰

Coastal scenery, seafood, and maritime culture are highlights. Explore Halifax, Peggy's Cove, Cape Breton, and the dramatic fjords and coastal communities of Newfoundland. Music and storytelling are part of daily life.

- Halifax Waterfront 🚢 – Shops, seafood, and harbor views
- Peggy's Cove Lighthouse 🏰 – Iconic coastal scenery
- Cape Breton Highlands 🏔️ – Scenic drives and hiking trails
- Newfoundland Fjords 🏰 – Dramatic coastal landscapes

📍 Main Access: Halifax (YHZ), St. John's (YYT)
 🕒 Suggested Stay: 5–10 days
 🌞 Best Time: Jun–Sept

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6. Ottawa & Eastern Ontario 🇨🇦

Canada's capital city is full of history, politics, and culture. Tour Parliament Hill, stroll along the Rideau Canal, and visit the Canadian Museum of History. In winter, the frozen canal becomes the world's largest skating rink.

- Parliament Hill 🏛️ – Iconic government buildings and ceremonies
- Rideau Canal 🚢 – UNESCO site, ice skating in winter
- Canadian Museum of History 🏛️ – Cultural and historical exhibits

📍 Main Access: Ottawa (YOW)

🕒 Suggested Stay: 2–3 days

🌞 Best Time: May–Sept for festivals, Jan–Feb for Winterlude

7. Yukon & the Northern Lights ❄️

Head north for adventure under vast Arctic skies. Whitehorse is the gateway to Yukon wilderness, dog sledding, hiking, and aurora viewing. Dawson City echoes the Gold Rush era with wooden sidewalks and saloons.

- Northern Lights 🌌 – Spectacular aurora viewing in the Arctic sky
- Dog Sledding 🐕 – Classic Yukon adventure experiences
- Dawson City 🏠 – Gold Rush history and heritage streets

📍 Main Access: Whitehorse (YXY)

🕒 Suggested Stay: 4–6 days

🌞 Best Time: Aug–April for northern lights, June–Aug for midnight sun

8. Manitoba & Churchill — “Polar Bear Capital” 🐻❄️

Winnipeg is a cultural hub. Further north, Churchill offers a once-in-a-lifetime chance to see polar bears, beluga whales, and the northern lights.

- The Forks Market 🏪 – Food, culture, and artisan shops
- Canadian Museum for Human Rights 🏛️ – Iconic architecture and exhibits
- Churchill Polar Bears 🐻 – Arctic wildlife encounters
- Beluga Whale Tours 🐋 – Summer marine wildlife adventure

📍 Main Access: Winnipeg (YWG), Churchill (via flight/train)

🕒 Suggested Stay: 4–7 days

🌞 Best Time: Oct–Nov (polar bears), Jul–Aug (belugas & tundra)



9. Saskatchewan & the Prairies 🌾🌞

Wide open skies, golden fields, and unexpected gems like Grasslands and Prince Albert National Parks. Regina and Saskatoon bring prairie culture, art, and Indigenous traditions to life.

- Grasslands National Park 🌿 – Vast prairie landscapes and wildlife
- Prince Albert National Park 🐮 – Lakes, forests, and trails
- Regina & Saskatoon 🏙️ – Urban arts, culture, and heritage

📍 Main Access: Regina (YQR), Saskatoon (YXE)

🕒 Suggested Stay: 3–4 days

🌞 Best Time: May–Sept for warm weather and festivals

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10. Northwest Territories — Great Slave Lake & Nahanni 🏔️🇨🇦

A remote and wild destination for explorers. See Virginia Falls, paddle wild rivers, and catch the northern lights over Great Slave Lake. Yellowknife is the hub for adventures.

- Virginia Falls 🌊 – Spectacular waterfall in Nahanni National Park
- Great Slave Lake 🛶 – Canoeing, fishing, and aurora viewing
- Yellowknife Aurora 🌌 – Prime northern lights viewing

📍 Main Access: Yellowknife (YZF)

🕒 Suggested Stay: 5–7 days

🌞 Best Time: Aug–April (aurora), June–Sept (canoeing & hiking)

11. Prince Edward Island (PEI) 🌸🇨🇦

Famous for red sand beaches, rolling farmland, and Anne of Green Gables heritage. PEI is small but big on charm with fresh seafood, lighthouses, and bike-friendly trails.

- Red Sand Beaches 🏖️ – Scenic coastline and walking trails
- Anne of Green Gables Museum 📖 – Literary heritage site
- Lighthouses & Coastal Villages 🏡 – Quaint maritime culture

📍 Main Access: Charlottetown (YYG)

🕒 Suggested Stay: 2–4 days

🌞 Best Time: June–Sept



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Rules Every Traveller Must Know Before Visiting Canada:

Canada is a vast, friendly, and diverse country, but it also has important rules and customs that travellers should follow to make their trip smooth and enjoyable. From entry requirements and legal regulations to local etiquette and cultural norms, understanding Canada's way of life helps ensure a respectful and safe visit. Whether you're exploring vibrant cities or the great outdoors, here's everything you need to know before you arrive.

Passport & Visa Requirements

- Make sure your passport is valid for the entire duration of your stay.
- Many visitors require an Electronic Travel Authorization (eTA) or a visitor visa before entry. Always check the latest requirements on the Government of Canada travel website.
- Border officers may ask for proof of funds and return tickets, so keep your documents ready.

Biosecurity & Customs

- Declare all food, plants, and large amounts of cash on arrival. Canada has strict rules to protect its agriculture and environment.
- Firearms, fireworks, and certain agricultural goods are restricted or prohibited.
- Prescription medicines should be in original packaging with a copy of the prescription.

Driving in Canada

- Canada drives on the right-hand side.
- A valid driver's licence is required; many provinces accept international licences for short stays.
- Winter tires or chains are mandatory in some regions during cold months. Always check provincial rules before road trips.



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Money & Tipping

- The currency is the Canadian Dollar (CAD). Credit cards are widely accepted.
- Tipping is customary: 15–20% at restaurants, 10% for taxis, and small amounts for hotel staff.

Photography Etiquette

- Always ask permission before taking photos of people, especially in Indigenous communities or cultural sites.
- Respect personal space, queues, and quiet zones in public places.

Outdoor Safety

- Canada takes environmental protection seriously: don't litter, recycle where possible, and follow park rules.
- In wildlife areas, keep a safe distance and never feed animals.
- Weather can change quickly, especially in mountains and northern regions, so pack layers and be prepared.

Local Culture & Etiquette

- Canadians are known for being polite and respectful greetings, queues, and personal space are taken seriously.
- Bilingualism is part of daily life; English and French are both official languages.
- Always ask before photographing people, especially in Indigenous communities or cultural events.
- Respect nature, wildlife, and local traditions. Canadians take environmental care seriously.



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Smoking & Alcohol

- The legal drinking age varies by province (18 or 19). Alcohol is sold in government or licensed stores, not in regular supermarkets in most provinces.
- Smoking, including vaping, is banned in all indoor public spaces, restaurants, bars, and many outdoor areas like parks and beaches.
- Cannabis is legal but regulated. Public consumption depends on provincial laws — always check local rules.

Immigration & Legal Rules

- Check if you need an Electronic Travel Authorization (eTA) or a visitor visa before travelling. Your passport must be valid for your entire stay.
- Carry identification at all times; border or transport checks can occur.
- Canada has strict laws on drugs, weapons, and counterfeit goods, with heavy penalties for violations.

Food & Cultural Tips

- Canada's dining scene is multicultural — from Indigenous flavours to global cuisines — so don't be afraid to try local specialties like poutine, maple treats, and seafood.
- Tipping is expected: usually 15–20% in restaurants, 10% for taxis, and a few dollars for hotel staff.
- Coffee culture is big (hello, Tim Hortons!), but you'll also find craft cafés in every city.

Emergency & Assistance

- Dial 911 for emergencies across Canada.
- Travel insurance is highly recommended, as healthcare costs for non-residents can be high.

Key Travel Tips

- Pack for the Weather – Canada has four distinct seasons; bring layers and prepare for sudden weather changes, especially in the mountains.
- Plan Your Distances – The country is vast; flights or long drives are often needed between major regions, so plan travel time carefully.
- English & French – Both are official languages; English is dominant, but a few French phrases are appreciated, especially in Québec.
- Be Polite & Courteous – Canadians value manners. A friendly “hello,” “please,” “thank you,” and “sorry” go a long way.



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