



CANADA

Capital City	- Ottawa
Tree	- Maple tree, officially recognized as a national emblem in 1996.
Animal	- Beaver, officially recognized as an emblem of Canada in 1975
Motto	- "From sea to sea"

The current flag was adopted February 15, 1965.

The name "Ottawa" is aboriginal in origin but there are varying explanations of exactly where it came from. It is generally thought to be the Anglicized form of the name of an Aboriginal people living west of Ottawa, variously referred to as Outaouac, Outaouais, or Outaouit. The Ottawa people were great traders and the river may have gotten its name from the fact that it was the river used by the Ottawa people, or perhaps the river leading to the nation of the Ottawa.

Ottawa, Canada's Capital, sits on the border of the province of Ontario in central Canada. It was made capital of the British colonial Province of Canada in 1857 and was reaffirmed as the national capital at Confederation in 1867. In the 20th century, a much larger Capital Region was created to serve as a frame for Canada's Capital. Since 1969, Ottawa and Gatineau (two cities that face each other across the broad Ottawa River) and the surrounding urban and rural communities have been formally recognized as Canada's "capital area."

In the 1840s and 1850s, the location of the capital had been a matter of dispute. It had moved between Kingston, Montréal, Toronto and Québec City, at great expense and with great disruption. The rivals could not agree on a permanent capital, so the matter was deferred to the young Queen Victoria.

There are many stories about why Queen Victoria made the surprising choice of Ottawa as the Capital. Some cynics suggest she just closed her eyes and randomly selected a spot; others believe she was influenced by some scenic illustrations. More likely, she followed the advice of her senior officials who considered strategic issues such as:

- Ottawa was on the border of the two provinces,
- Ottawa had a mixed population of English- and French speaking inhabitants,
- Ottawa was easily reached by water and was in a secure, easily defended position,
- Ottawa already had publicly held land (acquired by Colonel By) available for the construction of government buildings.

The choice of Ottawa as capital did not please its rivals and was roundly criticized in the press. Nevertheless, Ottawa was officially named the Capital of the Province of Canada in 1857.

In 1800, the first settlers arrived and founded Gatineau on the north shore. Philemon Wright and a group of colonists from Massachusetts settled on the north side of the river below the Chaudières Falls. They built houses, a mill and other buildings, and called their settlement "Wright's Town" (now the city of Gatineau (Hull sector)). They were followed in 1826 by engineers who came to build the Rideau Canal and founded Ottawa (originally called Bytown) on the south shore. Lieutenant-Colonel John By of the Royal Engineers came to what is now Ottawa with orders to build a navigable waterway between the Ottawa River and Kingston. From the beginning, Bytown was marked by an official, governmental presence (represented by Colonel By) and a rich mix of cultures. When the Rideau Canal was finished in 1832, many of those who had come for the construction stayed on. The community, then called Bytown, was firmly established and became a service centre for the timber trade. Bytown was renamed Ottawa in 1855.

The National Capital Region:

- encompasses 4,715 square kilometers of river valley, mountains, wetlands and fields
- stretches out on both sides of the Ottawa River to include parts of two Canadian provinces — Québec (to the north) and Ontario (to the south)
- lies at 79 meters above sea level
- enjoys a "continental" climate (hot and humid in summer, cold and snowy in winter)
- has a population of over one million people
- is one of Canada's most bilingual communities, with nearly half a million people speaking both English and French

What's so special about the Capital Region?

- Ottawa is the **seat of the Federal Government**, of most Federal Departments and Canadian Institutions and of six Official Residences of Government Leaders.
- Ottawa is one of four capitals (with London, Johannesburg and Budapest) that are **neo-Gothic** in style and spirit.
- The **Rideau Canal** (built through the wilderness from 1826 to 1832 to link Ottawa to the Great Lakes) was one of the great engineering feats of the 19th century. In winter, a section of the canal (7.8 kilometers) becomes the world's longest skating rink.
- This is one of the world's **coldest capitals**, with mean January temperatures of -10.7°C.
- Walkers, cyclists and in-line skaters enjoy some **170 kilometers of recreational pathways**. The Capital Pathway, consisting of 170 kilometers of recreational pathways, is the **most extensive off-road, multi-use system** of its kind in North America.
- Ottawa and Gatineau are home to **eight national museums**, storehouses of Canadian culture.
- The Central Experimental Farm, a 500-hectare agricultural research facility of the federal government, was founded in 1886 and today is a "**farm in the city**".
- Some **90 kilometres** of scenic parkways run through the Capital, following the waterways from east to west and penetrating deep into Gatineau Park to the north and the Greenbelt to the south.
- The Capital Region has one of the world's only successful greenbelts, a 200-square-kilometer belt of **protected wild and rural land** located in the southern part of the urban Capital in Ontario.
- Over a **million tulips** bloom in the Capital Region in spring. The original bulbs were a gift from the Netherlands as a legacy of Canada's role in the 1945 liberation of Holland.
- A boardwalk leads into Mer Bleue, a **wetland** only a few kilometers from Parliament Hill that is protected as **internationally important** under the U.N. Ramsar Convention.
- Nearly **200 kilometres of trails** in Gatineau Park (a 15-minute drive from Parliament Hill) offer some of the most beautiful and challenging cross-country skiing in the world, many of which are suitable for walking.

The **Ottawa Voyageurs Walking Club** has selected the following unique walk for its inclusion in the Capital Cities Walk Program:

**TRIBUTE TO THE CANADIAN FORCES
THEMATIC WALK
NATIONAL CAPITAL REGION**

CVE/FCV

PT 277

Start Point: Champagne Fitness Centre
321 King Edward Ave. (Corner of York St.)
Ottawa, ONTARIO K1N 7M5

While visiting Downtown Ottawa, you are also provided with an informative Booklet on 36 military sites worth knowing and appreciating along the selected routes.

Trail Rating: 1A and 2A

The trails are one **21 km route** (half marathon) and **2 x 12 km routes**: the first one being divided in three loops of approximately 4 km each and the second one in two segments of 6 km each.

Apart from the 2 x 12 and 21 km routes described above, all following distance options are also available as per your selection and enumeration in the Registration Book: 10-14-16-18-20-24-25-27-29-31-33-35-37-39-41 and 45 km.

A visit of our National Capital with a tribute to our military!
An experience to remember!

The **Nepean Nomads Walking Club** has selected the Crystal Beach – Nepean walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 092

START POINT: Petro-Can Station
309 Carling Avenue
Ottawa K2H 5A4

Trail Rating: 1B

The walk takes place in the former City of Nepean which is now in the western part of the City of Ottawa. Nepean is largely the bedroom community for Ottawa. Nepean was known for not spending money on projects until all the money was in the City coffers. We have many splendid sports facilities and parks.

The walk follows streets and trails throughout the community and alongside the Ottawa River through a very nice park.

The Nepean Nomads has selected the Downtown Tourist walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 005

START POINT: The Scone Witch
150 Elgin St, Ottawa, ON K1P 5J4
(Entrance is on Gloucester St)

Trail Rating: 1A

The route includes Parliament Hill, heritage residential areas and historic buildings. There are numerous sculptures along the trail.



NOVA SCOTIA

- Capital City - Halifax
- Provincial Flower- Mayflower
- Provincial Bird - Osprey
- Provincial Tree - Red Spruce

Admittance to Confederation – July 1, 1867

The territory now known as Nova Scotia was home to the Mi'kmaq when the first European settlers arrived in 1604, French settlers established the first permanent settlement north of Florida at Port Royal, founding what would become known as Acadia. Between 1713 and 1760, the British Empire obtained control of the with the exception of Royale Island (Cape Breton Island) which was still a French possession and established the new capital at Halifax in 1749.

The province's mainland is a peninsula connected to the mainland North America by the Isthmus of Chignecto, and surrounded by the Atlantic Ocean, including numerous bays and estuaries. Cape Breton Island, a large island to the northeast of the Nova Scotia mainland, is also part of the province, as is Sable Island, a small island notorious for its shipwrecks, approximately 175 km from the province's southern

coast. Nova Scotia is Canada's second smallest province with an area of only 55,284 sq kms and no point in Nova Scotia is more than 56 kms from the sea. The Canso Causeway joining the mainland and Cape Breton Island was officially opened on August 13th, 1955. The 50th Anniversary was celebrated in 2005.

Halifax, founded in 1749, is a community and former city. In 1996 the provincial government amalgamated all municipalities in Halifax County into a single regional government and named Halifax Regional Municipality, commonly referred to as HRM. While Halifax and its neighbouring city of Dartmouth and the town of Bedford were disincorporated at that time, the former city forms part of the urban core of the larger HRM and labeled the "Capital District".

Halifax was founded as a military town, a fortress town and naval base. Halifax was ideal for a military base, as it has what is claimed to be the second largest natural harbour in the world and could be well protected with batteries at McNab's Island, the North West Arm, Point Pleasant, George's Island and York Redoubt. It is the largest naval base in Canada and the nation's largest military base in terms of the number of personnel. It is the headquarters for Maritime Forces Atlantic, Canada's east coast fleet.

Halifax is home to such historic sites such as the Halifax Defence Complex which includes the Prince of Wales Tower and Fort Ogilvie in Point Pleasant Park, the Halifax Citadel (formerly known as Fort George) and the sites of Fort Needham in the north end and Fort Massy in the south end, as well as the defensive works at Georges Island immediately off shore from the downtown. The Waterfront Boardwalk takes you through the centuries. You can feel the hustle and bustle of a modern-day port city and the historical landmarks that helped shape an entire country including Pier 21, a designated National Historic Site, where over one million emigrants were greeted and welcomed to Canada from 1928-1971. Maritime Museum of the Atlantic commemorates the city's vital link with the sea a seafaring, with exhibits on Titanic, Halifax Explosion, Sable Island, the Navy and much more.

The Bluenose, which appears on the back of the Canadian ten-cent piece (dime) and current Nova Scotia License Plate was built in Lunenburg a UNESCO World Heritage Site. The Bluenose was a Canadian schooner, a celebrated racing ship and a symbol of the province. The name "Bluenose" originated as the nickname for Nova Scotians – Bluenosers.

The **Dartmouth Volkssport Club** has selected the following walk for inclusion in the Capital Cities Walk Program.

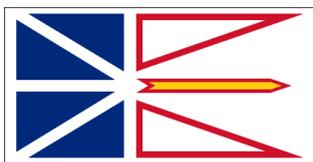
CVF / FCV

PT 035

START POINT: Lord Nelson Hotel
1515 South Park Street
Halifax, NS B3J 2L2

Trail Rating: 2A

Easy walk through Historic Halifax and along the waterfront passing Maritime Museum of the Atlantic and Historic Properties.



Newfoundland and Labrador

Capital City - St John's
Provincial Flower- Pitcher Plant
Provincial Bird - Atlantic Puffin
Provincial Tree - Black Spruce

Admittance to Confederation – March 31, 1949. Newfoundland is the tenth province to join the Canadian Confederation.

Geographically, the province consists of the island of Newfoundland and the mainland Labrador, on Canada's Atlantic coast. On entry into Canada in 1949, the entire province was known as Newfoundland. But since 1964, the province's government has referred to itself as the "Government of

Newfoundland and Labrador, and on December 6, 2001, an amendment was made to the Constitution of Canada to change the province's official name to "Newfoundland and Labrador" People from Newfoundland are called "Newfoundlanders" (and at times "Newfies") while people from Labrador are called "Labradorians".

The oldest known settlement anywhere in the Americas built by Europeans is located at L'Anse aux Meadows, Newfoundland. It was founded circa 1000 A.D. by Leif Ericson's Vikings. Remnants and artifacts of the occupation can still be seen at this UNESCO World Heritage Site.

St John's is the Provincial Capital, the largest city of Newfoundland and Labrador, the second largest city in Atlantic Canada, as well as the easternmost city in North America. It is the oldest European settlement in North America. Tradition declares that the city earned its name when explorer John Cabot became the first European to sail into its harbour, on June 24, 1497 – the feast day of Saint John the Baptist.

St. John's changed hands several times between France, The Netherlands and England, until becoming permanently British in 1762 and serving as a naval base during both the American Revolutionary War and the War of 1812.

Water Street, developed in the early 16th century, is the oldest street in North America. It became a commercial trading outpost for the Basques, French, Spanish, Portuguese, and English. To this day, it remains the hum of commercial activity in the city of St. John's.

St. John's is the eastern terminus of the Trans-Canada Highway. George Street in downtown St. John's has the most bars per square foot in North America.

The **Atlantic Director** has selected the following walk for inclusion in the Capital Cities Walk Program. To receive the walk directions for this walk, contact the Atlantic Director. Upon completion of the walk, send your books to the Atlantic Director to be stamped or have an insert card stamped and mailed out to you.

CVF / FCV

PT 188

START POINT: Quality Harbourfront Hotel (mail-in registration)
2 Hill o' Chips, St John's NF
A1C 6B1 Canada

Trail Rating: 2B

This historic walk of St John's will take you along streets and trails passing several historic sites and places of interest along the way



PRINCE EDWARD ISLAND

Capital City - Charlottetown
Provincial Flower- Lady Slipper
Provincial Bird - Blue Jay
Provincial Tree - Red Oak

Admittance to Confederation - July 1, 1873

Prince Edward Island is the nation's smallest province in terms of both size and population, but it has the highest population density of all Canadian provinces at 24.47 persons per square kilometer. Known as the "Garden Province", the island is located in the Gulf of Saint Lawrence, east of New Brunswick and north of Nova Scotia from which it is separated by the Northumberland Strait. People from Prince Edward Island are called Prince Edward Islanders (or colloquially just 'Islanders')

The Island namesake is Prince Edward Augustus, Duke of Kent and Strathearn (1767-1820), the father of Queen Victoria.

As a result of having hosted the inaugural meeting of Confederation, Prince Edward Island presents itself as the "Birthplace of Confederation". The most prominent building in the province is the Confederation Centre of the Arts, presented as a gift to Prince Edward Islanders by the 10 provincial governments and the federal government in 1964 upon the centenary of the Charlottetown Conference where it stands in Charlottetown as a national monument to the "Fathers of Confederation".

Visitors to the Island enjoy a variety of leisure activities, including world-renowned beaches, various golf courses, eco-tourism adventures and simply touring the countryside and enjoying cultural events in local communities of the island.

The capital and largest city is Charlottetown, situated centrally on the island's southern shore. It was named in honour of Queen Charlotte of Mecklenburg-Strelitz, consort of King George III of the United Kingdom. The city was incorporated as a town in 1855 and in 1885 the municipality saw its status upgraded to become a city.

Between 1843 and 1847, a new legislature building was constructed in the community. Named "Province House", the completion of this structure was an important milestone in the history of the capital and it is still in use today as the provincial legislature and is currently the second-oldest legislative seat in Canada, as well as a Natural Historic Site.

Founders Hall, a recently redeveloped railway maintenance building houses an interactive trip through history tracing the development of Canada as a nation.

Author Lucy Maud Montgomery drew inspiration from the land during the late Victorian Era for the setting of her classic "Anne of Green Gables".

In 1997, the Confederation Bridge (known as the "fixed-link") was opened, connecting the west end of the island to New Brunswick. The Bridge replaced a ferry service operated by Marine Atlantic. At 12.9 kilometres (8.1 miles), it is the longest bridge over waters that freeze in the world; it is also the longest bridge in Canada.

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CVF / FCV

PT 167

START POINT: Best Western, 238 Grafton Street (mail-in registration)
Charlottetown PE C1A 1L5

Trail Rating: 1B

Easy walk heads north on graveled Confederation Trail, crosses experimental farm near university, goes through residential streets to Victoria Park and back to historic downtown via extensive boardwalk along the waterfront.



NEW BRUNSWICK

Capital City - Fredericton
Provincial Flower- Purple Violet

Provincial Bird - Black-capped Chickadee
Provincial Tree - Balsam Fir

Admittance to Confederation – July 1, 1867

New Brunswick is bounded on the north by Quebec’s Gaspé Peninsula and Chaleur Bay and on the east by the Gulf of Saint Lawrence and the Northumberland Strait. To the south, the narrow Isthmus of Chignecto connects it to peninsular Nova Scotia, most of which is separated from the mainland by the Bay of Fundy; on its west, the province borders the American state of Maine. It lies entirely within the Appalachian Mountain range, a chain of ancient, eroded mountains, which have created river valleys and low, gently rolling hills throughout large parts of the province.

Most of what is now New Brunswick was part of Sunbury County in the colony of Nova Scotia. Nova Scotia was required to be split, and the Province of New Brunswick was officially created on August 16, 1784.

When New Brunswick became a separate colony from Nova Scotia Ste Anne’s Point became the provincial capital, winning out over Parrtown (present-day Saint John) due to its central inland location meaning it was less prone to enemy attack from the sea. The locale was renamed “Frederick’s Town” in honour of the second son of King George III of the United Kingdom, Prince Frederick Augustus, Duke of York. The name was shortened to Fredericton shortly after the city became the official provincial capital on April 25, 1785.

Fredericton, the third largest city in New Brunswick, is situated in the west-central portion of the province. The St. John River flows in a west-east direction, bisecting the city and providing the dominant natural feature for the municipality. Graced with tree-lined streets, Victorian homes, top attractions, arts and cultural events, a variety of sporting facilities, kilometers of trails, acres of parks and green space, two universities, and an airport, Fredericton is one of the most successful and vibrant small cities in North America.

Boyce’s Farmers Market is a Saturday morning tradition in Fredericton.

Kings Landing Historical Settlement is a museum that brings history to life and recognized as Canada’s Top International Attraction by Attractions Canada.

St John is the largest city in the province and the oldest incorporated city in Canada. It hosts a unique phenomenon called the Reversing Falls.

Moncton, the second largest city in the province is nicknamed the “Hub City. It historically was the railway “hub” for the Maritime Provinces. It is the heart of the fastest growing urban area in the province.

Florenceville is the French fry capital of the world.

Two influential families, the Irvings and the McCains, emerged from the depression to begin to modernize and vertically integrate the provincial economy.

New Brunswick is the only officially bilingual province.

The **Atlantic Director** has selected the following walk for inclusion in the Capital Cities Walk Program. To receive the walk directions for this walk, contact the Atlantic Director. Upon completion of the walk, send your books to the Atlantic Director to be stamped or have an insert card stamped and mailed out to you.

CVF / FCV

PT 128

START POINT: Crowne Plaza Lord Beaverbrook Hotel, 659 Queen Street
Fredericton, NB E3B 1C3 (mail-in registration)

Trail Rating: 3B

Walk through Historic downtown Fredericton and Odell Park areas of the city.





QUEBEC

Capital City	- Québec
Provincial Flower	- Blue Flag Iris
Provincial Bird	- Snowy Owl
Provincial Tree	- Yellow Birch
Admittance to Confederation	- July 1, 1867
Official language	- French
Motto	- Je me souviens

Québec is the largest province in Canada geographically and the second most populous after Ontario. With 7,568,640 inhabitants (Statistics Canada, 2005), Québec represents 24% of the Canadian population and makes up the bulk of French speakers in North America.

On July 3, 2008, Québec City will celebrate its 400th anniversary since its founding by French explorer Samuel de Champlain. Few cities in North America have reached this milestone. He named his settlement «Kébec» (a word from an Amerindian language meaning «place where the river becomes narrow») and chose to build his first «abitation» (dwelling) in a neighbourhood known today as Place-Royale.

From its origin as a fur trading post, Québec City became, during the 17th and 18th centuries, the centre of New France and its enormous territory that covered what is known today as Eastern Canada, the Eastern United States, the Great Lakes and Louisiana, extending from Hudson's Bay in the North to Florida in the South.

In 1759, the English won the famous battle of the Plains of Abraham. The following year, France signed the Treaty of Paris, thus transferring ownership of New England and putting an end to the Seven Year War. In 1775-1776, American troops failed to capture Québec City. In 1791, the Constitutional Act divided the «Province of Quebec» into Upper and Lower Canada and designated Québec City as the capital of Lower Canada. In 1841, the Union Act united the two Canada and different Canadian cities played the role of national capital, including Québec City. Even today, Québec city is still referred to in French as the «Vieille capitale», which means former capital. Following the adoption of the British North America Act in 1867, Québec city became the capital of Québec.

On its territory of 540 750 sq. km, Québec now has a population of 523 629 inhabitants.

Architecture – Old Québec was named a UNESCO World Heritage Site in 1985. The best way to explore this historic neighbourhood is to stroll along its narrow streets lined with stone houses. The traditional French architecture (1608 to 1759) and no fewer than 11 other architectural styles from the end of the 18th century to modern times have been identified in Québec City.

Archaeology – Over the years, archaeological digs were done in different parts of the city: Place-Royale, Îlot des Palais site (the location of the Intendant's palace) or the Maison des jésuites (house and grounds) where were found artefacts from a prehistoric campground used by Aboriginal people). The Terrasse Dufferin (the location of the Fort and the Château Saint-Louis, political siege of the governors of New France) is of great interest to archaeologists.

Military history – Québec City is the only city North of Mexico that still has its fortifications. The Citadelle of Québec City, situated atop Cap Diamant, was surnamed the «Gibraltar of America». Several defensive constructions are still intact: Royal Battery, Cavalier du Moulin, Dauphine Redoubt, New Barracks (Artillery Park), Martello Towers, walls and gates.

Social and religious history – The Recollets (as soon as 1615) and the Jesuits, followed by other religious orders, missionaries, secular priests and nuns have provided educational, sacerdotal and health care services to the population. The Ursuline Convent founded in 1639 is still home to the oldest girl's school in North America. The Augustine Nursing Sisters still work at the Hôtel-Dieu de Québec, hospital built in 1644. They also founded the Hôpital général de Québec, hospital located in Lower Town.

Founded in 1663 by Monseigneur de Laval, the first bishop of New France, the Séminaire de Québec gave religious instruction to priests, though it eventually served as a school. The Séminaire is at the origin of the first francophone university in North America, the Université Laval. Québec City hosts also now the headquarters and some branches of the Université du Québec.

Many churches bear witness of the faith and the artistic talents of the inhabitants: Notre-Dame-de-Québec Basilica-Cathedral, Notre-Dame-des-Victoires Church, Holy Trinity Anglican Cathedral, etc.

Economic history – Québec City was for a long time the commercial centre between the colony and France, then England. Because of the proximity of the Saint-Lawrence River and of the two main railroads, the city was considered one of the most important transportation centres on the Eastern coast of the continent. It was one of the 5th largest ports in the world during the 19th century. Since the second half of the 20th century, the economic focus is more on the service sector, finance, insurance and retailing. The civil service is a big source of employment. The tourism is vigorous, and the cruise industry is booming. High technology industry and research centres help Québec City to diversify its economic activity.

Heritage and environment – Québec City's heritage is not all tucked away behind the old stone fortifications: Parliament Building, the Old Port, the Petit-Champlain or Saint-Roch neighbourhoods, Domaine Maizerets and its arboretum, Cartier-Brébeuf Park and the Saint-Charles River banks, the Trait-Carré, the Bois-de-Coulonge and Montmorency Falls Park.

Art and culture – Museums and theatres highlight the heritage of the past and the energy of contemporary artists and craftspeople: Musée des Beaux-Arts du Québec, Musée de la civilisation, Musée de l'Amérique française, Urban Life of Québec City, Place-Royale and Old Port interpretation centres and a lot of Economuseums. For the performing arts, see the Grand Théâtre de Québec, the Théâtre du Capitole, the Théâtre du Petit-Champlain, la Bordée or the Salle Albert-Rousseau.

Get a bird's eye and breathtaking view on Québec city from the Observatoire de la capitale, an observatory 221 m above the city.

The **Club Volkssport Nord-Sud** has selected the Haute Ville / Upper Town, the Basse-Ville / Lower Town and the Sillery walks for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 042

START POINT: Collège Mérici, 755, Grande-Allée Ouest
Québec, QC G1S 1C1

Trail Rating: 2B

Trajet historique et panoramique dans les rues et les parcs du Vieux-Québec. Nombreux festivals en été. / Quebec City is the oldest French city in North America. A remarkable fortified city. Many festivals during the summer.

CVF/FCV

PT 056

START POINT: Epicerie des canotiers, 29 rue Dalhousie
Québec, QC G1K 8R8

Trail Rating: 2B

CVF/FCV

PT 377

START POINT: Stationnement du Parc de la Jetée de Sillery
Mail-in registration.



ONTARIO

Capital City - Toronto
Provincial Flower- White Trillium
Provincial Bird - Common Loon
Provincial Tree - White Pine

Admittance to Confederation – July 1, 1867

Toronto is the Huron people's word meaning "Meeting Place". The first European to stand on the shores of Lake Ontario in the area that is now known as Toronto was French explorer Etienne Brule. With land and water routes from western and northern Canada, through Toronto and on to the Gulf of Mexico, Toronto became a major fur trading area.

Intense rivalries existed between the French and the English in Europe with a spill over into Canada. When the French were defeated in September 1760, they withdrew, and the English were left to settle Canada.

The American revolution from 1776-1783 brought many loyalists to northwards to settle along the banks of the St. Lawrence River and the lower Great Lakes. This led to the creation of a province, Upper Canada in 1791. Upper Canada's first governor, John Graves Simcoe had a little town laid out, calling it York. Soon he was using it as the capital of Upper Canada. Parliament buildings were erected. Yonge Street was created in 1796. It is now recognized as the longest street in the world at 1,900 kilometres (1,190 miles) and stretches from the edge of Lake Ontario past Lake Superior.

On June 18, 1812, James Madison, President of the United States, signed a declaration of war against Britain. York was raided twice and briefly taken by US forces in 1813. Peace was reached in 1814 and US troops withdrew.

By 1834, there were over 9,000 inhabitants. The town was incorporated as the city of Toronto with an elected civic government led by William Lyon Mackenzie.

From that time, Toronto continued to grow. First the growth was related to railroad and banking interests. Manufacturing and investment fueled further growth. Although Toronto was affected by the Great Depression of the 1930's, it suffered less than many other Canadian centres. World War II contributed to further boom and Toronto continues to flourish.

On June 26, 1976 the CN Tower was opened after 40 months of construction. It is the world's tallest building at a height of 553.33m (1,815 feet, 5 inches) and is the symbol of Toronto.

In 1998, Toronto and its surrounding suburbs united to become the 5th largest city in North America with a population of 2.4 million.

The **Ontario Director** has selected the following walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 288

START POINT: Strathcona Hotel, 60 York St. (mail-in registration)
Toronto, ON M5J 1S8

Trail Rating: 1A



MANITOBA

Capital City - Winnipeg
Provincial Flower- Prairie Crocus
Provincial Bird - Great Gray Owl
Provincial Tree - White Spruce

Admitted to Confederation July 15, 1870

Before European explorers and fur traders arrived, the area around Winnipeg was shared by the Assiniboine and Cree First Nations. It became the centre of commercial fur trade rivalry between the North West Company and Hudson Bay Company during the early 19th Century.

In 1868-1870, Winnipeg was the site of the Red River Rebellion, a conflict between the Métis people led by Louie Riel and newcomers from eastern Canada. This led to Manitoba joining confederation.

The city was incorporated November 8, 1873 and in 1876, the post office officially adopted the name “Winnipeg”, meaning “muddy waters” in the Western Cree language.

From May 15 to June 28, 1919, Winnipeg was the site of a general strike which saw violent protests, including deaths and arrests of many future politicians. This unrest and the Great Depression spawned the Cooperative Commonwealth Federation (CCF), which in turn, evolved into the New Democratic Party (NDP), one of our national political parties.

The Provincial Legislative Building built of Tyndall Stone in 1920 reflects the optimism of the boom years from 1890’s through the 1920’s when the population soared from 25,000 to more than 200,000. The Legislative Building is topped by the “Golden Boy”, a 5.25-metre-tall (17.2 feet) sculpture sheathed in 23.5 karat (98%) gold. In his left arm, the Golden Boy carries a sheaf of golden grain while in his right hand, he carries a torch held high. The torch was illuminated December 31, 1966 as part of Manitoba’s Centennial Celebration, but the lamp was removed in 2002 when it was discovered the cable supplying the power to the lamp contributed to the erosion of the internal frame of the statue. The statue is now lit by floodlights.

In 1997, the original core of the city, the Exchange District, was declared a National Historic Site because it illustrates the city’s key role as a centre of grain and wholesale trade, finance and manufacturing during two historically important periods in western development between 1880 and 1900 when Winnipeg became “Gateway to (Canada’s) West” and between 1900 and 1913 when the city became a regional centre.

Winnipeg is well known for its arts and culture. The Royal Winnipeg Ballet perform nationally and internationally to rave reviews.

Winnipeg is located near the geographic centre of North America. It is on a flood plain where the Red and Assiniboine Rivers join. The combination of flat terrain and high levels of rain and snowfall leads to severe flooding. After one such flood, in 1950, the Red River Floodway was built. It is a 49 kilometer (30 mile) long diversion channel, known locally as Duff’s Ditch (after Duff Roblin who was premier at the time). The floodway has protected the city in 1974 and in 1979 when waters neared record levels although in 1979, the southwest corner of the city was threatened. Flood control dikes were reinforced and raised and the city suffered little damage compared to its southern neighbour, Grand Forks, North Dakota.

The climate of Winnipeg is very extreme with temperatures averaging below freezing from mid-November through much of March. In summer temperatures often reach 30⁰ C (86⁰ F) and sometimes exceed 35⁰ C (95⁰ F). Although Winnipeg, receives more rain and snow than any other Prairie city, the weather is characterized year-round by an abundance of sunshine.

The **Prairies & North Director** has selected the City / Forks walk and the Granola Belt walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 043

START POINT: Provincial Legislature Building – Security Desk,
450 Broadway Boulevard and Memorial Drive.
Winnipeg, MB R3C 0V8

Trail Rating: 1A

This walk starts at the Provincial Legislature Building and covers scenic and historical areas of the city.

CVF / FCV

PT 126

START POINT: Provincial Legislature Building – Security Desk,
450 Broadway Boulevard and Memorial Drive.
Winnipeg, MB R3C 0V8

Trail Rating: 1A





SASKATCHEWAN

Capital City - Regina
Provincial Flower- Western Red Lily
Provincial Bird - Sharp-tailed Grouse
Provincial Tree - White Birch

Admitted to Confederation September 1, 1905

Prior to explorers and settlers reaching the area, large herds of buffalo roamed the prairies. The First Nation people and Métis hunted them for food and clothing, leaving the bones where they camped along (what was to become known as) the Wascana Creek. This site became known as Pile O' Bones.

In 1882 the railway that was being built across Canada reached the tiny village of Pile O' Bones. This village was renamed Regina (meaning "queen" in Latin) in honour of Queen Victoria. The arrival of the railroad led to rapid growth with immigrants from Europe and the United States buying fertile homesteads for just \$10.

1882 was also the year when the North West Mounted Police (NWMP), now known as the Royal Canadian Mounted Police (RCMP), our national police force, came to Regina. Regina is the only training centre within Canada for the R.C.M.P.

In 1884-85, during what was called the North West Rebellion, Louis Riel led a group of Métis to secure a place in western Canadian society. He had become a hero in the Red River Resistance in Manitoba but returned to Saskatchewan in 1884 at the request of Métis leaders. One year later, he was defeated, found guilty of high treason and sentenced to death in a Regina courtroom. Despite a recommendation for mercy, several appeals and questions about his mental fitness, Riel was hanged in Regina on November 16, 1895. Riel has come to serve as a symbol for various issues or groups.

In 1893, Regina was incorporated as a town and became the capital of the North West Territories, incorporating much of what is now Saskatchewan, Alberta, Yukon, Northwest Territories and Nunavut, a land mass larger than present day Europe.

In 1903 the population of Regina was 3000 people and it became a city.

Construction started on the Legislative Building in 1910 and was completed in 1912. A small creek was dammed to form a man-made lake and a park, Wascana Park, was built around the Legislative Building. Over 350,000 trees were planted in the city.

The present-day Albert Street Bridge is not the original bridge. The first bridge was built in 1885 and was about a block west. It was replaced during the construction of the Legislative Building and the creation of Wascana Lake. On November 10, 1930 the bridge was dedicated to the Saskatchewan soldiers who lost their lives in World War I (1914-1918). The bridge was refurbished in 1988.

In 1912 a tornado struck the downtown area causing millions of dollars of damage and killing 28 people.

Growth in Regina was slowed by the drought and poor crops in the 1910's and 20's.

The first licensed airport in Canada opened in Regina in 1920.

Although agriculture remains the core of the economy around Regina, natural resources, including oil, gas, potash, sodium sulphate and others are important also. The economy continues to diversify with significant contributions made by finance, technology, telecommunications, and steel pipeline production.

The **Wascana Wanderers** have selected the following walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 289

START POINT: Saskatchewan Legislature Building, 2900 Block, Albert Street
Regina, SK S4S 3N6

Trail Rating: 1A

This 10 kilometre route covers scenic and historical areas of the city. The walk is to commemorate Saskatchewan's Centennial.



ALBERTA

Capital City - Edmonton
Provincial Flower- Wild Rose
Provincial Bird - Great Horned Owl
Provincial Tree - Lodgepole Pine

Admitted to Confederation: September 1, 1905

In 1795 Edmonton House was built by the Hudson's Bay Company along the banks of the North Saskatchewan River, at the same time the North West Company established a post called Fort Augustus near the same location. When the 2 companies amalgamated in 1821 it was now known as Fort Edmonton. The fort was named for the town of Edmonton in the United Kingdom, a suburb in north London.

Many settlers came to the area when the government offered land at a good price.

Edmonton became a town in 1892 with a population of 700. Tremendous growth occurred during the Klondike Gold Rush of 1897 when thousands of prospectors headed north to the gold fields on the "All Canadian Route through Edmonton, stopping for supplies.

The railway reached the area in 1891.

In 1904, Edmonton was incorporated as a city with 9,000 residents and became the Capital of the new Province of Alberta in 1905.

In 1912 Edmonton, on the north side of the North Saskatchewan River, amalgamated with Strathcona on the south side. To connect the two areas, the High Level Bridge was completed in 1913.

In 1942, the construction of the Alaska Highway made the city a major transportation and supply centre to the far north. It was around this time that the city became known as the "Gateway to the North".

After World War II, oil was discovered in Leduc, Redwater and Pembina and the area became home to most of Alberta's oil production and Edmonton took on the new title of Oil Capital of Canada. Oil production and refining remains the basis of many jobs, but other industries have also risen in prominence as the population grew and diversified.

The **Volkssporting Association of Alberta** has selected the Kinsmen Sports Centre walk and the West Edmonton Mall walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 034

START POINT: Kinsmen Sports Centre, 9100 Walterdale Hill NW
Edmonton, AB T6E 2V3

Trail Rating: 1A

This 10 kilometre walk route follows the historical Heritage trail, with spectacular river valley views. The route literally goes through the Provincial Legislature grounds and by the McKay Avenue School where the first 2 sessions of the Provincial Parliament were held. The route physically goes through Churchill Square, where many festivals are held, and literally through City Hall, and through the popular Rice Howard Way where numerous buskers are visible.

There are numerous stores and restaurants along the route to explore and challenge one's palate.

CVF / FCV

PT 115

START POINT: Crunch Fitness, Suite 1764, 8882 – 170 Street

Edmonton, AB T5T 4J2

Trail Rating: 1A

This walk consists of 3 distance options, 6, 7 or 10 Kilometres. The walk is entirely in the West Edmonton Mall. Explore the shops and entertainment features of this amazing mall.

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BRITISH COLUMBIA

Capital City - Victoria
Provincial Flower- Pacific Dogwood
Provincial Bird - Stellar's Jay
Provincial Tree - Western Red Cedar

Motto - Splendor Sine Occasu "Splendor without Diminishment"

British Columbia entered Confederation on July 20, 1871 with a promise from Ottawa to build a transcontinental railway.

Victoria is the oldest city in Western Canada.

- Hours of sunshine yearly: 2,207 hours
- Average yearly rainfall 619mm
- Snow comes 2 or 3 times a year if at all
- Population 2005: est. 79,129 this is less than a quarter of the Victoria Metropolitan Area's with a population of nearly 340,000.
- Greater Victoria's population consists of 20% retirees, 11,500 provincial civil servants and 43,000 public sector employees.
- Land area - 23.35 sq. km, holding 45,240 households.

Smoking - 1999 Victoria became the first Canadian city to ban smoking in all public premises, workplaces and service establishments.

Employment - Though Victoria has no large manufacturing operations and three quarters of the businesses have 5 or fewer employees the city attracts about 3.65 million tourists each year.

Chinatown - oldest Chinatown in Canada and the second oldest in North America.

Haunted – most haunted area on the Pacific West Coast.

The First Nations people have called Vancouver Island home for over 11,000 years. The first recorded contact between coastal aboriginal people and Europeans came in 1778 when the British Royal Navy's Captain James Cook and the crews of Resolution and Discovery stayed for a month at Friendly Cove on Nootka Island.

1837 the Hudson's Bay Company was searching for a permanent site for a trading post. In anticipation of the 49th parallel becoming the formal boundary between American and British territories and eventual abandonment of the Fort Vancouver on the Columbia River. James Douglas was sent north to search southern Vancouver Island for a suitable site to build new Pacific headquarters for the HBC. On March 14, 1843 James Douglas selected the site that became Fort Victoria then called Camosack (Rush of Water). On June 10, 1843, the site was officially named "Fort Victoria" after the great British Queen

1849 the British government created the Colony of Vancouver Island, naming James Blanshard as the colony's first Governor, March 11, 1850. James Douglas became the 2nd Governor earning the nickname of 'Old Square Toes' for his stern administration.

1850 - Beacon Hill Park a 54 hectare preserve. Sir James Douglas is responsible for the original designation of a 200-acre park around Beacon Hill.

1852 - The name "Victoria" was adopted when the town site was laid out in. Victoria was incorporated as a City on August 2, 1862.

1856, August 12, - Governor James Douglas convened the first Legislative Assembly of Vancouver Island, within Fort Victoria. In 1859 government buildings were christened "The Birdcages." In continuous use for almost forty years (except for the brief period 1866-68 when New Westminster, not Victoria, was the capital) they were replaced in the 1890's by the present Parliament Buildings, completed late in 1897.

1858, April 25, - the townspeople watched 450 men arrive - typical gold-seekers, complete with blankets, miner's pans and spades and firearms; and it is estimated that within a few weeks, over 20,000 had landed

1866, August - an Act for the Union of the colonies of Vancouver Island and British Columbia was passed by the Imperial Parliament.

1892 - Parliament Buildings were designed by Francis Mawson Rattenbury. The formal opening took place on February 10, 1898, by Lieutenant Governor R.R. MacInnes

1903 - Rattenbury and Maclure joined forces to design the original Government House. This was destroyed by fire in 1957 – the present-day Government House includes the original Rattenbury/Maclure porte-cochere. For over 20 years, the two were the most prolific and emulated architects in Victoria, and their architectural signatures still define the character of some neighbourhoods. Rattenbury was responsible for creating the Empress Hotel, Crystal Gardens and the CPR Steamship Terminal this now houses the Wax Museum. Government House, the Lieutenant-Governor's residence consists of a 14-hectare oasis.

The landscape evokes a deep sense of physical wonder and every so often the West Coast experiences an earthquake that reminds everyone the act of creation is a work in progress. You can walk just about anywhere in Victoria enjoying a unique historical atmosphere created by the tree-lined streets, old graveyards, architecture, harbour areas and ocean side walkways.

The **Garden City Volkssporting Club** has selected the Beacon Hill Park / Heritage walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 019

START POINT: Coast Hotel, 146 Kingston Street
Victoria, BC V8V 1V4

Trail Rating: 2B

The 10-km route (Beacon Hill) and the two 5-km routes go along Victoria's Inner Harbour, Fishermen's Wharf, James Bay residential area and Beacon Hill Park. The other 10 km route (Heritage walk) highlights many of Victoria's Heritage treasures. The route map includes descriptions of these historical sights.

Attention

The following walks require extensive travel. Please check with the contact person before travelling. There is no walk box at these locations. Mail-in registration only.



YUKON TERRITORY

Capital City - Whitehorse
Provincial Flower- Fireweed
Provincial Bird - Common Raven
Provincial Tree - Sub-alpine Fir

The Yukon was designated as a Territory within Canadian Confederation in 1898, seven years longer than Alberta and Saskatchewan which were part of the North West Territories until awarded provincial status in 1905. Territories are separate geographical and political entities but do not have all of the powers of provinces. Over the years, the Yukon has gradually acquired the responsibility and power over its lands and resources. On April 1, 2003, the Yukon assumed responsibility for most public lands, waters, forests and mineral resources, as well as for environmental assessment.

Recently, responsibility for oil and gas resources was transferred to the Yukon territorial government. These are the first natural resources to be transferred to the Yukon. The Yukon is currently negotiating the transfer of health services and forestry and will seek responsibility for and power over water resources, mineral resources and responsibility for land. With these responsibilities, the Yukon will have all the actual administrative powers of a province, but legislative change will still be required to make it constitutionally equal to the provinces.

Archeological evidence at Canyon City shows evidence that First Nations people have used this area for thousands of years. Initially, the different groups ranged over the territory, frequently overlapping but with no fixed borders. This began to change in the early 20th century when First Nations people moved to Whitehorse.

On August 16, 1896, Skookum Jim, Taglish Charlie and George Washington Carmack found gold in the Klondike and the Yukon changed forever. For the thousands traveling to Dawson on the Yukon River, Miles Canyon and Whitehorse Rapids near Whitehorse, were the most treacherous obstacles on the entire route. Of the many forms of transportation developed during the gold rush, the most practical was the White Pass and Yukon Route, a narrow-gauge railway connecting Skagway with Whitehorse. Construction of the railway started in Skagway on May 27, 1898 and the track reached Whitehorse on June 8, 1900 with the complete track done July 29, 1900.

In 1897, prospectors on their way to Dawson and the gold fields found copper in the hills just west of Whitehorse. Jack McIntyre staked the first claim July 6, 1898. Sam McGee, of Robert Service fame, staked his claim a year later.

Ore shipments began in 1900 and continued for twenty years with a break between 1920 and 1945. It resumed after World War II and continued until the 1980s.

The first aircraft landed in Whitehorse on August 16, 1920 on the way from New York to Nome. With the vast distances, rugged terrain and many lakes and rivers suitable for landing sites, aviation caught on quickly. Fliers became known as bush pilots. In the early history of aviation, the Canadian post office allowed private companies to print and issue semi-official stamps for mail carried on airplanes. The stamps were placed on the back of envelopes but in practice, they were often placed on the front.

With the Japanese attack on Pearl Harbour on December 7, 1941, the United States government constructed the 2500 kilometre Alaska Highway between March and November 1942. Whitehorse was the main distribution point and tens of thousands of troops and civilian workers flooded into Whitehorse. The road was opened to tourist traffic in 1947.

The city of Whitehorse was incorporated in 1950 and the capital changed from Dawson City to Whitehorse on April 1, 1953, the most westerly capital city in Canada.

Whitehorse has a population of over 23,000 and is sometimes called the Wilderness City. Mining continues to form the base of the economy but tourism, government services, retail trade, construction, and fur production are also important.

The CVF has selected the following walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 283 (SEAS)

START POINT: McBride Museum, 1124 - 1st Avenue (mail-in registration)
Whitehorse, YK Y1A 1A4

Trail Rating: **2B / 2C**



NORTHWEST TERRITORIES

Capital City - Yellowknife
Provincial Flower- Mountain Avens
Provincial Bird - Gyrfalcon
Provincial Tree - Tamarack

On July 15, 1870 the North-West Territories were created to encompass a vast area including part of Ontario, Quebec, and all the territory west and north except for British Columbia. Over the years, as provinces and other territories were created to take on their current boundaries, land was lost in the North-West Territories. In 1925 the boundaries were extended northward to include the North Pole and include a land mass larger than the country of India.

In 1925, the hyphen was dropped, and the area became known as the Northwest Territories.

The discovery of gold in 1936 – 1937 led to the establishment of Yellowknife. The population grew quickly in the early 1940s due to gold mining but by 1944 gold production ceased. Following World War II, another mini gold rush occurred, and the Yellowknife town site was established at its current location during 1945-46. The last gold mine was closed in 2004.

By 1953, the population of Yellowknife had increased significantly, and it was made a municipality with its own council.

In 1967, Yellowknife became the capital of the Northwest Territories. This is said to have created the third boom in Yellowknife as government workers migrated to the area to established housing and entire new subdivisions. It is the only settlement in the Northwest Territories that is deemed a city.

In 1991, a fourth boom occurred when diamonds were discovered 300 km (188 miles) north of Yellowknife. Major mines started production in 1998 and De Beers, an international diamond company, began building their mine in 2014.

Today Yellowknife is primarily a government town and a service centre for the diamond mines. The city reflects the Spirit of the New North and is the undisputed Diamond Capital of North America.

The CVF has selected the following walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 008

START POINT: Chateau Nova, 4571 48 St, X1A 0E2. (mail-in registration)
Trail Rating: 1A

The route is 5.2 km on a nature trail around Frame Lake and 4.8 km in the heritage part of the city.



NUNAVUT

Capital City - Iqaluit
Provincial Flower- Purple Saxifrage
Provincial Bird - Rock Ptarmigan

Nunavut became Canada's newest territory on April 1, 1999. Prior to that time, it was administered directly by the Federal Government and between 1670 until 1999 by the Northwest Territorial government.

Nunavut means "our land" in Inuktitut. Nunavut stretches far north and includes many Arctic Islands.

Iqaluit, the newest capital city in Canada when it was designated as such in 1995, was formerly known as Frobisher Bay. It became a city in 2001 with a population of 6,200. It is only 34 metres above sea level and is located on Baffin Island at 68° North latitude. The summer sun shines 21 hours each day.

Iqaluit has been continuously occupied for the past 4000 years by the Inuit and their ancestors but the history of the development of the first modern town encompasses only about 50 years.

Sir Martin Frobisher was the first recorded explorer in 1576. He discovered what he thought was gold about 160 km (100 miles) from Iqaluit. He made two more trips in 1577 and 1578 but the "gold" turned out to be worthless Iron Pyrites or "Fools Gold".

Iqaluit, at the mouth of the Sylvia Grinnel River, developed from a cluster of fishing camps used by the Inuit.

Whalers, fur traders, and missionaries began to come to the area. With more people, there was a need for a government presence. The North West Mounted Police (later known as the Royal Canadian Mounted Police) provided both policing services and government services such as family allowances, health and welfare. They established an Eastern Arctic Subdivision in Iqaluit in 1964.

In 1939 the Supreme Court ruled that the Inuit were entitled to the same health, education and welfare benefits as First Nations people and in 1953 the Canadian government created the Department of Northern Affairs and National Resources to ensure these benefits to Inuit. To effectively deliver services, communities were established.

Since becoming the capital in 1999, Iqaluit's population is growing rapidly to provide services and office spaces for the legislative assembly and associated government departments.

The CVF has selected the following walk for inclusion in the Capital Cities Walk Program.

CVF / FCV

PT 284 (SEAS)

START POINT: Navigator Inn, 1036 Ring Road (mail-in registration)
Iqaluit, NU X0A 0H0

Trail Rating: 1B

Walk the historic streets of Iqaluit. There are alternative trails available that go through Sylvia Grinnel Park.