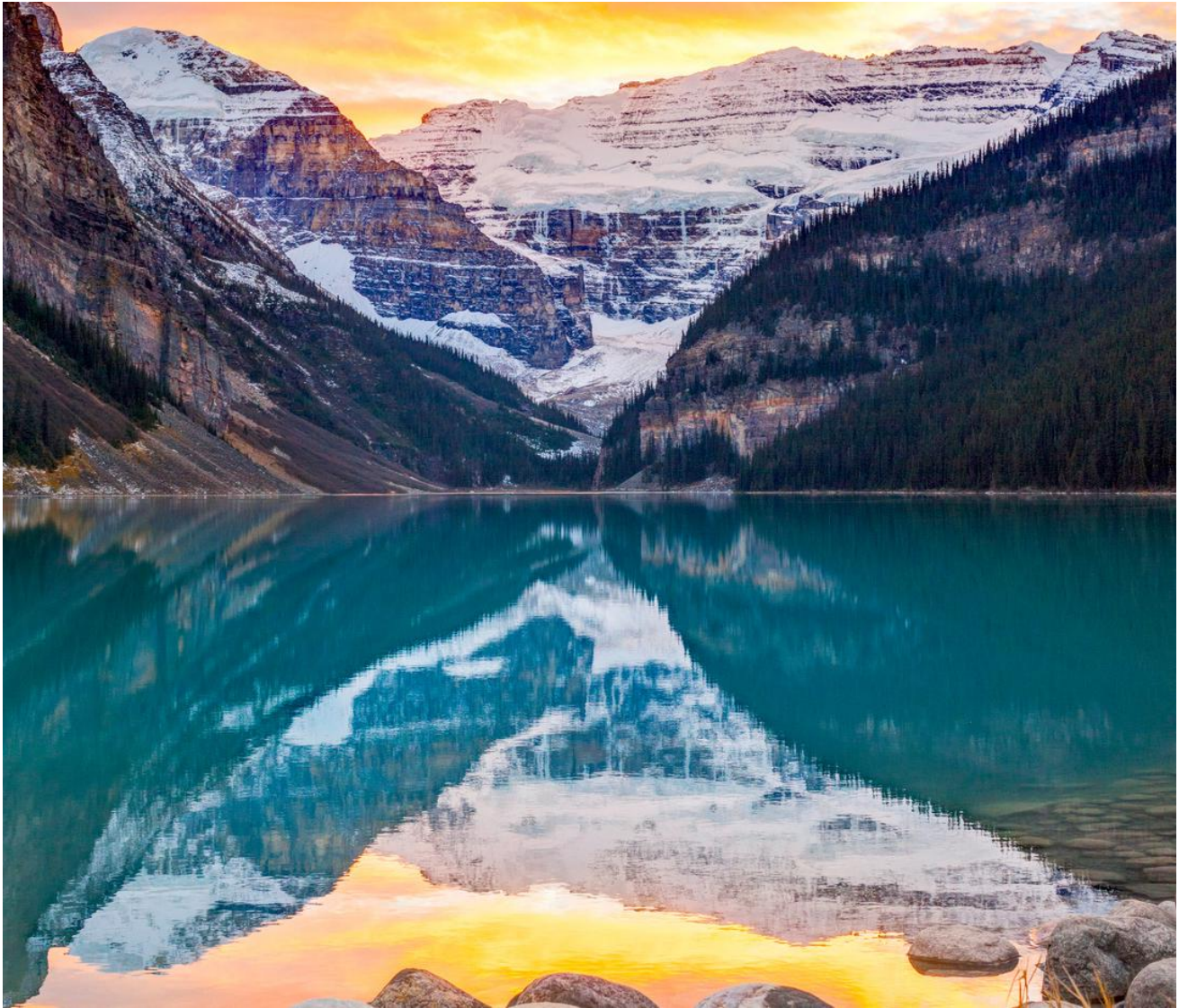


TRAVEL GUIDE

TELAMON TRAVEL

Canada



Welcome to Canada

Canada is defined by vast landscapes, design-forward cities, and a culture that values space, nature, and ease. It is a destination where a day can hold both polished culinary moments and immersive time outdoors.

Travel here rewards thoughtful pacing. Distances are significant, seasons shape the experience, and the best itineraries balance iconic highlights with region-specific depth.

This guide is your curated companion to exploring Canada with comfort, clarity, and intention. When you're ready, we'll shape it into a route that reflects your travel style and preferred rhythm.



AT A GLANCE

Capital: Ottawa

Language: English and French (official languages)

Currency: Canadian Dollar (CAD)

Time Zones: Pacific, Mountain, Central, Eastern, Atlantic, Newfoundland

Visa Requirements: Entry requirements vary by nationality. U.S. citizens do not require a visa or eTA when traveling with a valid U.S. passport.

Population: Approx. 41 million

Safety Index: Canada is consistently ranked among the world's safest countries

When to Visit Canada

HIGH SEASON | JUNE - AUGUST

Ideal for: National parks, lake regions, rail journeys, wildlife touring

Long daylight hours and prime conditions for Banff, Jasper, and coastal regions. Demand is highest for top lodges, popular scenic routes, and peak park access.

SHOULDER SEASON | MAY & SEPTEMBER - OCTOBER

Ideal for: City + nature combinations, fall color, culinary touring

A strong balance of availability and comfort, with crisp evenings and fewer crowds. Autumn is particularly rewarding in Québec, Ontario, and Atlantic Canada.

LOW SEASON | NOVEMBER - APRIL

Ideal for: Ski and snow experiences, winter city breaks, northern lights

Winter travel is excellent when designed around the right regions and logistics. Québec City and Montréal shine during festival season, while Western Canada offers world-class mountain stays.



Top 5 Experiences in Canada

01. EXPERIENCE THE CANADIAN ROCKIES WITH INTENTION

Pair Banff and Jasper with a well-paced route that includes signature viewpoints and lesser-traveled trails. Early starts and structured touring allow you to experience the region without congestion.

02. BUILD A CITY-CULTURE CHAPTER IN QUÉBEC

Spend time in Montréal for dining and design, then shift to Québec City for heritage streets and river views. The French-Canadian identity adds cultural depth to any Eastern Canada itinerary.

03. TAKE A COASTAL LENS TO THE PACIFIC

Vancouver offers refined urban energy framed by water and mountains. Add Vancouver Island for a restorative coastal chapter with exceptional dining and open landscapes.

04. SEE NIAGARA FALLS WITH ELEVATED ACCESS

The scale of the falls is striking. A guided approach, paired with Niagara-on-the-Lake and regional wineries, creates a more balanced and refined experience.

05. DESIGN A WILDLIFE-LED ITINERARY

Canada's wildlife experiences are best shaped around seasonal windows and ethical operators. With the right timing and location, wildlife viewing becomes immersive rather than incidental.

The most successful Canada itineraries are region-focused. Limiting your trip to one or two provinces allows for deeper experiences, reduced transit time, and a more relaxed pace throughout.

EXPLORE CANADA





More to Explore

Canada is most rewarding when an itinerary includes one or two defining regions beyond the headline stops. These destinations add texture, variety, and a stronger sense of place.

PRINCE EDWARD ISLAND

A coastal chapter of dunes, seafood culture, and gentle scenery. Ideal for summer escapes built around food, slow drives, and understated luxury.

TOFINO (VANCOUVER ISLAND)

Wild Pacific beaches and a calm, design-minded hospitality scene. A strong fit for travelers seeking restorative nature with excellent dining.

CHARLEVOIX (QUÉBEC)

A scenic region of river views, artisan producers, and countryside hotels. Pair it with Québec City for a polished city-and-country flow.

ICEFIELDS PARKWAY (BANFF TO JASPER)

One of Canada's most iconic drives, best experienced with strategic stops and timing. A private driver or structured touring day elevates the experience.

YUKON (WHITEHORSE + SURROUNDING REGION)

A northern route designed for vast landscapes and winter sky experiences. Best approached with expert planning and seasonal clarity.

Curated Tip: In peak season, Parks Canada reservations can be essential for select experiences, including certain parking spaces, guided hikes, and backcountry access. We will build this into your timeline early so the trip stays seamless.



Where to See Iconic Sights

Canada's landmarks are often nature-forward, with a handful of cultural and architectural icons that anchor a well-balanced itinerary. With the right timing and routing, these highlights feel expansive and unhurried.

BANFF NATIONAL PARK | ALBERTA

Turquoise lakes, mountain peaks, and classic lodge culture. Plan for early starts and managed access at signature viewpoints in peak months.

JASPER NATIONAL PARK | ALBERTA

A quieter Rockies chapter with dramatic scenery and dark-sky potential. Ideal for travelers who want a softer pace with strong wilderness presence.

NIAGARA FALLS | ONTARIO

The scale is undeniable. Pair the falls with Niagara-on-the-Lake for a more refined regional contrast and a strong culinary day.

OLD QUÉBEC (VIEUX-QUÉBEC) | QUÉBEC CITY

Historic streets, fortified views, and a distinct sense of place. A winter visit can be particularly atmospheric when paired with festival timing.

STANLEY PARK | VANCOUVER

A signature urban park with waterfront paths and skyline views, offering an easy, elegant start to a Pacific Northwest itinerary.

Cultural Etiquette *and Smart Travel Tips*

Canada is easy to navigate, but small cultural cues help travel feel smoother—especially across regions with different language norms, service styles, and seasonal realities.

DO

- **Keep layers on hand year-round**; temperatures shift quickly between sun, shade, and elevation.
- In Québec, **begin with a simple French greeting in shops and cafés**; it is received warmly.
- **Expect IDs** for alcohol service and carry it when dining out.
- **Build realistic transit time** into intercity travel; distances are substantial.
- **Reserve early for peak-season** parks, rail journeys, and signature lodges.

DON'T

- **Underestimate shoulder-season** evenings; even warm days can turn cool after sunset.
- **Assume rideshare and taxis** operate the same way in every region; availability varies.
- **Overpack a multi-region itinerary**; Canada is best in focused chapters.
- **Rely on last-minute planning** for national park access in summer.

Curated Tip: For Rockies itineraries, we plan daily routing around access rules and peak-time congestion so your sightseeing stays elegant and unforced.



A Taste of Canada

Canada's culinary identity is regional and ingredient-led, shaped by coastlines, forests, farms, and multicultural city scenes. The most memorable meals come from thoughtful sourcing and well-chosen settings.

WEST COAST SEAFOOD

Pacific salmon, Dungeness crab, and oysters are best enjoyed in Vancouver and along Vancouver Island, where freshness and simplicity lead.

QUÉBEC SPECIALTIES

Poutine done well, seasonal maple-forward desserts, and French-influenced bistro dining define the region's comfort-and-craft approach.

ONTARIO WINE COUNTRY

Niagara and Prince Edward County offer **strong cool-climate whites** and refined tasting experiences, especially when paired with chef-driven restaurants.

PRAIRIE AND MOUNTAIN CUISINE

Alberta beef and game specialties show up in modern dining rooms across Calgary, Banff, and beyond, often paired with seasonal local produce.

SIGNATURE SIPS

Canadian whisky, craft gin, and ice wine (where produced) make for polished additions to a curated itinerary.



Wellness in Canada

Wellness in Canada often centers on nature, air, and space—paired with high-caliber spa experiences in mountain and coastal settings. The most restorative itineraries balance movement with intentional stillness.

MOUNTAIN SPA CULTURE

In Banff and surrounding regions, wellness is often integrated into lodge life: thermal circuits, massage, and recovery-focused treatments after time outdoors.

COASTAL RESTORATION

Vancouver Island and the Pacific coast support a slower rhythm—beach walks, ocean air, and spa programs designed around rest and reset.

LAKESIDE STILLNESS

In regions like Muskoka and select parts of British Columbia, lakeside stays lend themselves to quiet mornings, paddle time, and unhurried evenings.

WINTER WELLNESS

Cold-weather itineraries can be deeply restorative when built around the right base: sauna and spa rituals, snow experiences at a comfortable pace, and warm, design-led hospitality.

Curated Tip: We align your wellness moments with the trip's natural energy—placing spa time after active days and choosing properties where wellness feels integrated rather than scheduled.





Getting Around Canada

Canada's scale makes transportation choices central to a seamless trip. With the right structure, moving between regions can feel smooth, comfortable, and well-paced.

FLIGHTS

Domestic flights are often the most efficient way to connect major regions. We plan schedules that minimize backtracking and protect downtime.

TRAINS

Rail travel can be a signature experience on select routes, especially when designed as part of the journey rather than a simple transfer.

PRIVATE TRANSFERS AND DRIVERS

Ideal for Rockies routing, wine regions, and day touring. Private services reduce friction and keep daily timing elegant.

SELF-DRIVE

Best in countryside regions and certain park areas, with planning for seasonal road conditions, parking limitations, and scenic-stop timing.

Curated Tip: For national parks, we plan arrival windows, parking strategies, and key reservation requirements in advance, so your days stay focused on experience—not logistics.



Packing Tips for a Seamless Escape

Packing for Canada requires flexibility. Climate, elevation, and proximity to water all influence daily comfort, and even summer evenings can cool quickly.

ESSENTIAL WARDROBE

- Lightweight layers for daytime touring
- Insulating mid-layer such as a wool sweater or light down jacket
- Weather-resistant outer layer for rain or wind
- Comfortable walking shoes with traction for cobblestone streets and natural terrain
- Elevated casual attire for dining in city hotels and mountain lodges
- Swimsuit for spa circuits, lakeside stays, or thermal experiences

PRACTICAL MUST-HAVES

- Structured day bag with room for layers
- Sunglasses and sun protection; mountain sun exposure is strong year-round
- Reusable water bottle
- Insect repellent for lake regions during summer months
- Portable charger for long touring days
- Travel umbrella or compact rain shell for coastal regions
- Small binoculars for wildlife viewing

Curated Tip: Even in peak summer, mountain mornings and evenings can drop below 50°F. We recommend packing one true cold-weather layer for Rockies or northern itineraries regardless of season.



Gratuities & Service Tips

Service in Canada is professional and friendly, with tipping practices closely aligned to U.S. standards. Understanding customary ranges ensures a smooth and confident experience throughout your stay.

RESTAURANTS & BARS

- **Typical restaurant tipping:** 15–20% (often calculated before tax in local practice)
- **Bartenders:** a per-drink tip is common, or a percentage on the total tab

HOTEL STAFF

- **Housekeeping:** \$3 to \$5 CAD per night in city hotels; \$5 to \$10 CAD per night in luxury lodges or resorts
- **Porters:** \$2 to \$5 CAD per bag
- **Concierge:** \$10 to \$20 CAD for meaningful assistance or special arrangements

GUIDES, DRIVERS, AND PRIVATE SERVICES

- **Private guides:** \$75 to \$150 CAD per couple for a full-day experience; \$40 to \$75 CAD for half-day touring
- **Private drivers:** \$50 to \$100 CAD per day depending on duration and level of service
- **Airport transfers:** \$10 to \$20 CAD for excellent service

Curated Tip: Some remote wilderness lodges and inclusive properties may incorporate gratuities into your package. We will confirm what is included on your confirmations so there is no uncertainty during your stay.

Travel Safety Overview

Canada is traveler-friendly with strong infrastructure. A smooth experience comes from seasonal awareness, everyday precautions, and itinerary pacing that avoids unnecessary strain.

GENERAL AWARENESS

- Use standard city precautions in busy areas and on public transit.
- Keep valuables secure in crowded attractions and transportation hubs.

OUTDOOR AND NATURE SAFETY

- Follow posted trail guidance and wildlife rules in parks and protected areas.
- Plan for changing conditions in mountain regions, including quick weather shifts.

EMERGENCIES AND SUPPORT

- **Emergency number:** 911
- Travel insurance is strongly recommended for medical coverage, trip interruption, and weather-related disruption.

Curated Tip: We design Canada itineraries with realistic drive times, protected downtime, and vetted local partners—key elements that support both comfort and safety.





Your Escape Awaits

Canada offers a rare combination of natural grandeur, refined hospitality, and space to travel at a comfortable pace. Whether your ideal journey is a Rockies chapter anchored by exceptional lodges, a Québec-focused cultural itinerary, a coastal reset on Vancouver Island, or a multi-region route designed with intention, we will curate the details so it unfolds seamlessly—beautifully timed, thoughtfully routed, and distinctly yours.

Laura + Ann



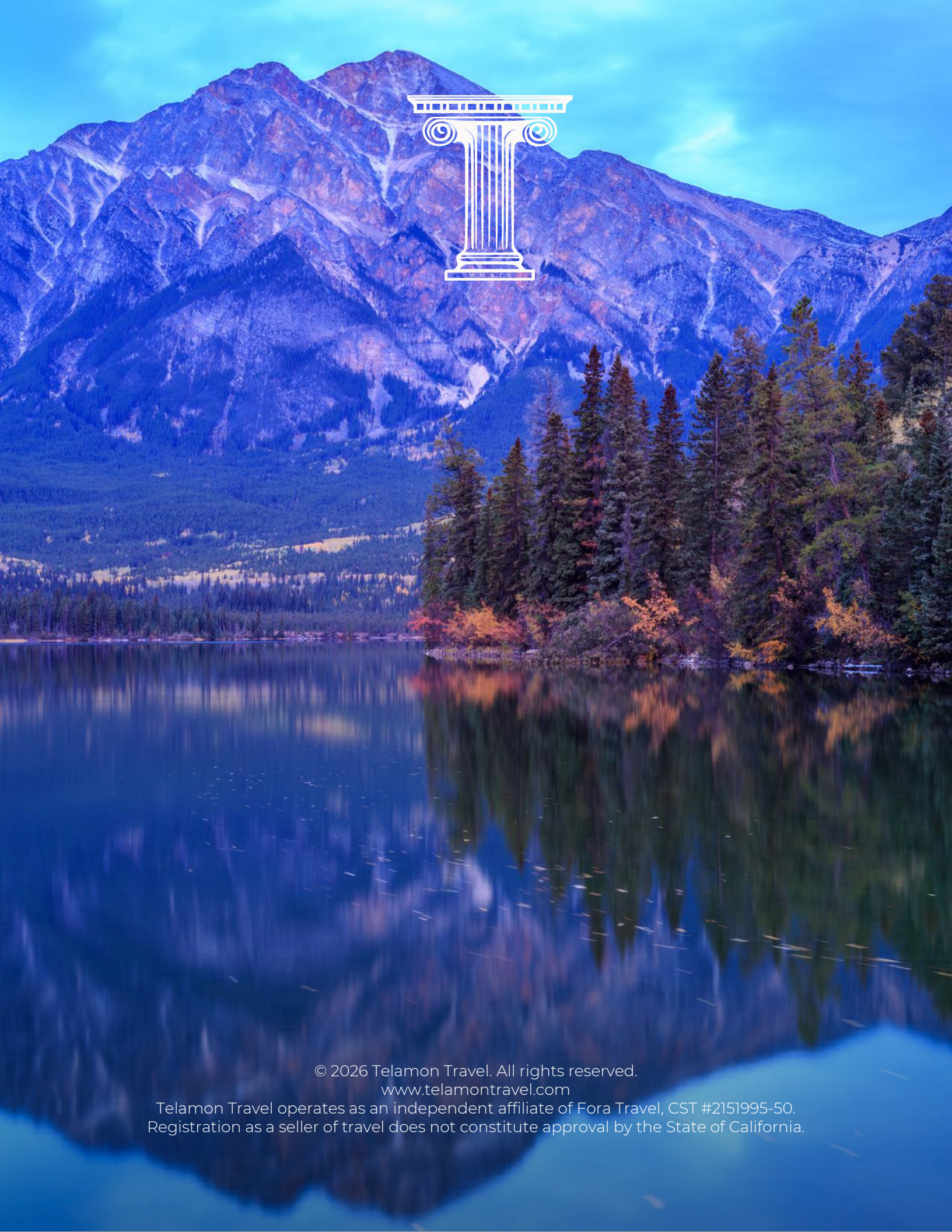
Let's curate your dream
Canadian escape.

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