



En Route to Canada

A mari usque ad mare | Travel Guide | 12-September-2025

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Welcome to Canada



"En route to Canada" means the shipment or item is currently in transit and on its way to **Canada**¹. It indicates that the item has left its origin and is traveling to its final destination in Canada.

Here's a more detailed explanation:

- "En route": is a French phrase meaning "on the way".
- When used in shipping or travel contexts, it signifies that an item has left its point of origin and is currently traveling to its destination.
- Therefore, "en route to Canada" specifically means the item is traveling to Canada and has not yet reached its final destination within the country.
- This term is often used in tracking information for packages or in travel announcements.

¹Canada is the second-largest country in the world by total area and is located in North America. It is known for its vast, untouched wilderness and multicultural society.

Introduction

Canada is the second largest country in the world by total area (after Russia), located in North America. It stretches from the Atlantic Ocean in the east to the Pacific Ocean in the west and north to the Arctic Ocean.



Here's a brief overview of Canada

Geography and landscape

- **Vast and varied landscapes:** Canada boasts diverse terrain, including the mountainous Cordillera, the expansive prairies, the ancient Canadian Shield, and the densely populated St. Lawrence Lowlands.
- **Abundant water resources:** It has a vast network of freshwater lakes and rivers, holding about 20% of the Earth's fresh water.
- **Longest coastline globally:** Canada possesses the longest coastline in the world.
- **Diverse climates:** The climate ranges from temperate along the Pacific coast to frigid in the Arctic regions, impacting settlement patterns and land usage.

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History and culture

- **Indigenous roots:** Indigenous peoples, including First Nations, Inuit, and Métis, inhabited Canada for thousands of years before European arrival.
- **European colonization:** French and British exploration and settlement began in the 16th century, leading to a period of colonialism and the shaping of Canada's political and cultural landscape.
- **Confederation and independence:** Canada achieved Confederation in 1867, uniting several British colonies, and gained full independence in 1931.
- **Multiculturalism:** Canada has a long history of immigration and officially adopted a policy of multiculturalism in 1971, fostering a diverse society with people from various ethnic backgrounds.

Government and economy

- **Federal parliamentary democracy and constitutional monarchy:** Canada operates under a system of government where the British monarch serves as head of state, represented by a governor-general, with an elected prime minister leading the government.
- Bilingualism:** English and French are the two official languages, reflecting the country's history and cultural influences.
- **Developed economy:** Canada has a highly developed and globalized economy, ranking among the largest in the world by nominal GDP.
 - **Resource-rich:** Its economy relies heavily on abundant natural resources, including oil and gas, minerals, and agricultural products.
 - **Key industries:** Important economic sectors include real estate, manufacturing, mining, and oil and gas extraction.

In essence, Canada is a vast, resource-rich, and multicultural nation with a diverse geography and a well-developed economy.

For more information, refer to this video about [The History of Canada](#).

Toronto

Toronto¹, the capital of the province of Ontario, is a major Canadian city along Lake Ontario's northwestern shore. It's a dynamic metropolis with a core of soaring skyscrapers, all dwarfed by the iconic, free-standing CN Tower. Toronto also has many green spaces, from the orderly oval of Queen's Park to 400-acre High Park and its trails, sports facilities and zoo.



Location and Importance

- Toronto is the capital city of Ontario and the largest city in Canada, with a population of about 3 million in the city proper and nearly 7 million in **the Greater Toronto Area (GTA)**².

¹Toronto—Often pronounced as "Torono", "Tronno", and so on.

²GTA is Canada's most populous metropolitan region, encompassing the City of Toronto and the surrounding regional municipalities of Durham, Halton, Peel, and York, in Ontario.

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- It sits on the northwestern shore of Lake Ontario, one of the Great Lakes, giving it a waterfront identity and international port access.
- Toronto is Canada's financial and business hub, home to the Toronto Stock Exchange and headquarters for many Canadian and international corporations.

Toronto Downtown

Downtown¹ Toronto is a buzzing area filled with skyscrapers, restaurants, nightlife, and an eclectic mix of neighbourhoods. It's also home to iconic attractions like the CN Tower, St. Lawrence Market, and the Royal Ontario Museum, with exhibits on natural history. Bloor Street is an upscale shopping area, and the Eaton Centre is a huge, multistory mall. On the lake, the Harbourfront area has parks and cultural venues.

The Greater Toronto Area

The Greater Toronto Area (GTA) is Canada's most populous metropolitan area, encompassing the City of Toronto and the surrounding regional municipalities of Durham, Halton, Peel, and York, along with their numerous constituent lower-tier municipalities. Located in Southern Ontario, it stretches along the northwestern shore of Lake Ontario and serves as the core of the larger Golden Horseshoe urban agglomeration. The GTA is a significant economic and cultural hub, accessible by major highways, and served by public transit systems like the TTC and GO Transit.

¹Downtown refers to the central, often commercial, core of a city or town, serving as a hub for business, shopping, entertainment, and culture. It's the heart of the city where major companies, skyscrapers, restaurants, and pedestrian traffic are typically found, especially in American and Canadian English, where the term originated in the early 19th century. In British English, the equivalent term is the city centre.

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The Six Boroughs

The six historical "boroughs" or former municipalities that amalgamated to form the present-day City of Toronto in 1998 were East York, Etobicoke, North York, Old Toronto, Scarborough, and York. While these have been merged into a single municipal government, each retains its own distinct personality, and the names of these former boroughs are still commonly used by Toronto residents.

- **East York:** Once a township, it was amalgamated into the new city.
- **Etobicoke:** A former borough that was merged with other smaller municipalities to form the present-day Etobicoke.
- **North York:** This area was promoted from a borough to a city before the final amalgamation into Toronto.
- **Old Toronto:** The historic core of the city, often called "Toronto Proper" or "*"Toronto" on page 9*".

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- **Scarborough:** This large eastern district was another former borough that became part of the amalgamated city.
- **Yorkdale:** A former borough that also merged into the new city.

Why the Nickname "The 6ix"?

The nickname "The 6ix" refers to the original six boroughs. It was popularized by the artist Drake, and it has since become a recognizable symbol of the city and its diverse neighborhoods.

East York

East York is a district and former municipality within Toronto, Ontario, Canada. From 1967 to 1998, it was officially the Borough of East York, a borough within the upper-tier municipality of Metropolitan Toronto. The borough was dissolved in 1998 when it was amalgamated with the other lower-tier municipalities of Metropolitan Toronto to form the new "megacity" of Toronto. Prior to its amalgamation, East York was Ontario's last remaining borough.

It is separated by the Don River from the former City of Toronto. Traditional East York is southeast of the river, and the neighbourhoods of Leaside, Bennington Heights and densely populated Thorncliffe Park are northwest of the river. The heart of East York is filled with middle-class and working-class homes.

Fields	Description
Country	Canada
Province	Ontario
Incorporated	January 1, 1924 (Township) January 1, 1967 (Borough)
Area	21.26 km ² (8.21 sq mi)
Population (2021)	116,399
Time Zone	UTC-5 (EST) • Summer (DST) UTC-4 (EDT)

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Geography

[East York](#) is located not far from the mouth of the Don River. The municipality borders Scarborough to the east, Old Toronto to the west, and North York to the north. East York is located north of Danforth Avenue between the Don River and Victoria Park Avenue.¹

Etobicoke

Etobicoke (/ɛˈtəʊbɪkəʊ/ ⓘ, eh-TOH-bik-oh) is an administrative district and former city within Toronto, Ontario, Canada. Comprising the city's west end, Etobicoke is bordered on the south by Lake Ontario, on the east by the Humber River, on the west by Etobicoke Creek, the cities of Brampton, and Mississauga, the Toronto Pearson International Airport (a small portion of the airport extends into Etobicoke), and on the north by the city of Vaughan at Steeles Avenue West.

The area of Etobicoke was first settled by Europeans in the 1790s. Primarily an agricultural district, it was incorporated in 1850 as Etobicoke Township. The municipality grew into city status in the 20th century after World War II. Several independent villages and towns developed and became part of Etobicoke, first when Metropolitan Toronto was formed in 1954 and later, in a 1967 consolidation. In

¹https://en.wikipedia.org/wiki/East_York

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1998, its city status and government dissolved after it was amalgamated into present-day Toronto.

Etobicoke has a highly diverse population, which numbered 365,143 in 2016. It is primarily suburban in development and heavily industrialized, resulting in a lower population density than the other districts of Toronto. Much of its cityscape is characterized by larger main streets, shopping malls, and cul-de-sac housing developments. Etobicoke has several expressways, including Highways 427, 401, 409, the Queen Elizabeth Way and Gardiner Expressway. Etobicoke is the western terminus of Line 2 Bloor-Danforth of the Toronto subway and is served by four suburban rail stations of GO Transit. Humber Polytechnic is in Etobicoke, encompassing two campuses, one of which is also home to the University of Guelph-Humber¹.

Downtown Toronto



Humber Bay Park East



Toponymy

The name "Etobicoke" derives from the Mississauga word wah-do-be-kang (wadoopikaang),[2] meaning "place where the alders grow". This was how they described the area between Etobicoke Creek and the Humber River. The first provincial land surveyor, Augustus Jones, also spelled it as "ato-be-coake." Etobicoke was finally adopted as the official name in 1795 at the direction of Lieutenant Governor John Graves Simcoe.

Neighbourhoods

¹Source: Wikipedia - Etobicoke

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Etobicoke is generally divided into three large areas roughly corresponding to its political ridings. Each has neighbourhoods, mostly developments of 19th-century 'postal villages' (rural neighbourhoods), that were built at key points along the early roads and railways; especially the three former 'Lakeshore Municipalities' that separated from Etobicoke in the early 20th century and Etobicoke's central Islington community:

- **The Lakeshore (Etobicoke—Lakeshore)**, along the north shore of Lake Ontario and the "Lake Shore Road" (now Lake Shore Boulevard West), comprises three former municipalities that were the first to urbanize and became separate municipalities during the first half of the 20th century: Mimico, New Toronto and Long Branch, and related communities that were never separate from the Township of Etobicoke; namely, Alderwood (originally a suburb of New Toronto), and Humber Bay (a historic gateway community connecting to Toronto) which was originally sprawl from the east side of the Humber River that was subsequently split by the construction of Ontario's first motor vehicle 'freeway' in 1938, which cuts across the top of southern Etobicoke; (the Queen Elizabeth Way).

Today, the original remnant residential (northern) section of Humber Bay is north of The Queensway, east of Mimico Creek to the Humber River. The commercial, southern section of Humber Bay retains only Christie's Biscuits bakery, as high-rise condominium towers and clustered row housing have forced out virtually all other commercial/industrial employment uses. In the late 1990s, the former McGuiness Whisky factory was converted into a high-rise loft condominium which became the centrepiece of the Mystic Pointe development. Etobicoke's first railway opened through the area in 1855, just north of the Lake Ontario shoreline, leading to the first period of growth as it replaced Dundas Street in Central Etobicoke as the main means of transportation and the industrial centre along its right-of-way..

- **Central Etobicoke (Etobicoke Centre)**; the oldest communities in Etobicoke developed along the first street, Dundas Street, in the south of this area, which crosses the width of Etobicoke on the escarpment formed by the ancient shoreline of Lake Iroquois. This area centres around the Islington community, the former administrative centre of Etobicoke and later Etobicoke's 'downtown' which is near the central 'Six Points' intersection at its western boundary. The rural Richview community developed directly to the north of Islington in the 19th century on Eglinton Ave. (formerly Richview Rd.), as did the gateway Humber Heights communities (connecting to Toronto): Westmount and Humbervale, to the east on Eglinton. Development of the until-then largely undeveloped eastern part of central Etobicoke (originally a forest reserved for the use of government mills as "The King's Mill Reserve"; "Kingsmill"), the "Humber Valley", was largely the work of Robert Home Smith starting about 1900 and including the communities of The Kingsway

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and Humber Valley Village. The Kingsway neighbourhood has attracted many affluent individuals and families (as of 2001, over 50% of households have an income in excess of CA\$100,000/year).

- **North Etobicoke;** The 19th-century Etobicoke communities are Clairville, Highfield, Rexdale, Smithfield, Thistletown which grew along two formerly private roads (now Albion Rd. and Rexdale Blvd.) constructed diagonally across farms in Northern Etobicoke as a shortcut for travellers to Peel County (especially modern Brampton). First developed as an urban area by Rex Heslop in the post-World War II years around the new Rexdale (the Elms) community, northern Etobicoke has many apartment buildings as well as a large 'skyway' industrial park to the west, developed after Malton Airport (in nearby Mississauga) became Toronto's main "Pearson International" Airport.

North York

Overview

- **Status:** North York is one of the six administrative districts of Toronto. It was an independent city from 1979 to 1998 before being amalgamated into Toronto.
- **Location:** Northern Toronto, centered around Yonge Street, north of Highway 401. It borders York Region to the north and is bounded by the Humber River (west) and Victoria Park Avenue (east).
- **Area:** About 176.87 km² (68.29 sq mi).

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- **Population:** Approximately 683,511 (2021) with a density of 3,864.5/km².¹



History

- **Origins:** Formed as a township in 1922 from York Township. Became a borough in 1967, a city in 1979, and merged into Toronto in 1998.
- **Growth:** Post-WWII, North York transformed from rural farmland into a suburban and later urban hub, driven by housing demand and industrial development.²
- **Nickname:** "The City with Heart"—adopted when it became a city on Valentine's Day, 1979.

Demographics and Diversity

- **Highly multicultural:** Major ethnic groups include European (40.6%), East Asian (14.3%), Southeast Asian (9.9%), Black (9.8%), South Asian (8.8%), and Middle Eastern (5.7%).

¹Source: Wikipedia - North York

²Source: Britannica - North York

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- **Languages:** English is dominant, but Mandarin, Persian, Tagalog, Cantonese, Russian, and Korean are widely spoken

Economy

- **Business Hub:** North York Centre (Yonge-Sheppard corridor) is a major commercial district with corporate offices, retail, and high-rise developments.
- **Key Sectors:** Finance, technology, healthcare, and retail. Major employers include Bombardier, McDonald's Canada, and Celestica¹

Old Toronto



Old Toronto refers to the historic core of **Toronto**, originally known as the town of York before being renamed in 1834. The area now called Old Town was officially named in 1815 and is considered the city's

¹Source: therehabgrid.com - North York

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oldest neighborhood. It began as a ten-block district featuring Victorian-era architecture, green spaces, and cultural landmarks, many of which still exist today.

Key highlights include:

- St. Lawrence Market (established in 1803), which became a hub for trade and social life.
- Historic architecture, with one of Ontario's largest concentrations of 19th-century buildings.
- Cultural landmarks like the Flatiron Building and St. Lawrence Hall.

Despite challenges such as the Battle of York (1813) and the Great Fire of 1849, which destroyed many original structures, Old Toronto has preserved its heritage while blending with modern development. Today, it's a vibrant mix of history, culture, dining, and arts, attracting both locals and visitors.

Scarborough



Scarborough is a district of Toronto, Ontario, Canada. It is situated in the eastern part of the City of Toronto. Its borders are Victoria Park Avenue to the west, Steeles Avenue and the city of Markham to the north, Rouge River and the city of Pickering to the east, and Lake Ontario to the south. Scarborough was named after the English town of Scarborough, North Yorkshire, inspired by its cliffs.

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Scarborough, which was settled by Europeans in the 1790s, has grown from a collection of small rural villages and farms to become fully urbanized and diverse cultural community. Incorporated in 1850 as a township, the district became part of Metropolitan Toronto in 1953 and was reconstituted as a borough in 1967. The borough rapidly developed as a suburb of Toronto over the next decade and became a city in 1983. In 1998, the city and the rest of Metropolitan Toronto were amalgamated into the present city of Toronto. The Scarborough Civic Centre – the former city's last seat of government – is now used by the municipal government of Toronto¹.

History

The first known evidence of people in the district comes from an archaeological site in Fenwood Heights, which has been dated to 8000 BCE. The site contains the remains of a camp of nomadic hunters and foragers, and there is no evidence of permanent settlers².

In 1988, there was a reorganization. The board of control was abolished. Alderman was changed to councillor. Six additional metro council positions were created and these were elected separately for the first time. Scarborough's council consisted of a mayor, 14 local councillors and six Metro councillors.

In 1998, the municipality of Scarborough was dissolved and the district amalgamated with East York, Etobicoke, North York, York, and the old city of Toronto into the current city of Toronto.

Population

As an administrative district of Toronto, the population of Scarborough was 629,941 according to the 2021 Census conducted by Statistics Canada.

Key demographic facts (2021)

- **Total population:** 629,941
- **Density:** The population density was 3,356.1 people per square kilometer.
- **Population change:** This represented a slight decrease of 0.3% from its 2016 population of 632,098.

¹Source: [Wikipedia - Scarborough](#)

²McCowan, Bruce (March 23, 1995). "Scarborough Fair: The first settlers foraged 10,000 years ago". *Toronto Star*. p. SC. 2.

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Diversity

Scarborough is known for its high level of diversity.

- **Visible minorities:** In 2021, 76.6% of residents identified as members of a visible minority group.
- **Panethnic groups:** The largest panethnic groups in 2021 were:
 - **South Asian:** 27.72%
 - **European:** 22.61%
 - **East Asian:** 17.96%
 - **African:** 11.33%
 - **Southeast Asian:** 9.94%
- **Immigration:** The vast majority of the population are immigrants or their descendants who have arrived in the last five decades.

Age Demographics

- **Working age:** The majority of the population (52% in the 2021 survey) is between 25 and 64 years old.
- **Aging population:** Like the rest of Canada, Scarborough's population is aging. Projections suggest that nearly 30% of its residents will be senior citizens by 2041¹.

Visitor Attractions and Activities

The Bluffs area includes 11 municipal parks, each offering unique features and views:

- **Bluffer's Park:** This is the only park with direct access to the beach and water. It features a sandy beach, picnic areas, a boat launch, and a marina.

¹Source: <https://www150.statcan.gc.ca>

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- **Hiking:** Trails range from paved to natural paths. The Scarborough Bluffs Trail offers beautiful beach and cliff views, but some areas may be washed out or muddy due to erosion.
- **Viewpoints:** Parks such as Cathedral Bluffs and Scarboro Crescent Park offer some of the best elevated views.
- **Photography:** The dramatic cliffs, lush scenery, and lakeside views make the bluffs a popular spot for photographers.
- **Paddling:** Kayaking and stand-up paddleboarding are popular on the waters of Lake Ontario near the bluffs.
- **Guild Park and Gardens:** This unique park is home to architectural fragments and sculptures salvaged from Toronto buildings.



Climate

The district's climate is moderate for Canada due to its southerly location within the country and its proximity to Lake Ontario. It has a humid continental climate (Köppen climate classification Dfa/Dfb),

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with warm, humid summers and generally cold winters. Mean temperature and precipitation tends to be slightly lower than the downtown core or south Etobicoke for instance, due in part to the weather station being farther from the moderating influence of the lake and also because of its more northeast location. Conditions vary based on proximity to the lake, with fog more common in the south and areas close to the lake noticeably cooler on hot summer days.

Yorkdale Shopping Centre



For almost 60 years, Yorkdale has built a reputation for being Toronto's ultimate shopping destination.

Today, the mall spans 2 million square feet and is home to 270 stores, including the country's largest collection of designer labels and luxury brands and the finest in-home decor and technology. Recognized for its exclusive lineup of first-in-Canada global prestige brands, Yorkdale offers visitors everything they can imagine.

Canada's leading shopping centre, Yorkdale is co-owned by Oxford Properties and Alberta Investment Management Corporation (AIMCo) and managed by Oxford Properties Group. Oxford's portfolio comprises 150 million square feet of office, industrial, multi-family, hotel, retail and life sciences property across four continents, focused on premium properties in the best locations. The kind of places where people and companies want to be. Our competitive advantage lies in combining our global platform and expertise with local trends and experience to create exceptional value.

Oxford is owned by OMERS, the defined benefit pension plan for Ontario's municipal employees.

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For more information on Oxford, visit www.oxfordproperties.com.

General Information

- Location: 3401 Dufferin St, North York, Toronto, Ontario.
 - Size: The mall spans approximately 2 million square feet and houses around 270 stores and services.
 - Ownership: It is owned by a joint venture between Oxford Properties Group and the Alberta Investment Management Corporation.
 - History: When it first opened in 1964, Yorkdale was the largest enclosed shopping mall in the world.
-

Shopping and Dining

- Yorkdale is particularly known for its extensive selection of luxury and high-end brands.
 - Luxury retailers: Brands include Balenciaga, Burberry, Cartier, Gucci, Jimmy Choo, Louis Vuitton, Prada, Tiffany & Co., and Versace.
 - Other stores: Alongside luxury, it offers a wide variety of other retailers, from flagship stores to department stores like Holt Renfrew and Hudson's Bay, as well as mainstream fashion stores like Aritzia and Old Navy.
 - Restaurants: Dining options range from casual to fine dining, including The Cheesecake Factory, The Pickle Barrel, and Moxies.
-

Western Canada

Western Canada, also referred to as the Western provinces, Canadian West, or Western provinces of Canada, and commonly known within Canada as the West, is a Canadian region that includes the four western provinces just north of the Canada–United States border namely (from west to east) British Columbia, Alberta, Saskatchewan and Manitoba.¹



Here is a breakdown of key cities by province in Western Canada:

British Columbia

- **Vancouver:** The largest city in the province, a major economic and cultural hub.
- **Victoria:** The provincial capital, located on the west coast of Vancouver Island.
- **Whistler:** A popular resort town known for its skiing and outdoor activities.

¹Source: Wikipedia - Western Canada

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Alberta

- **Calgary:** Alberta's largest city and a major center in the western Canadian Prairies.
- **Edmonton:** The provincial capital and a significant economic and cultural center.
- **Banff:** A well-known tourist destination within the stunning Banff National Park in the Canadian Rockies.

Saskatchewan

- **Regina:** The provincial capital.
- **Saskatoon:** The largest city in the province.

Manitoba

- **Winnipeg:** The provincial capital and the largest city in Manitoba, often called the "Gateway to the West".

Vancouver

Vancouver, a bustling west coast seaport in British Columbia, is among Canada's densest, most ethnically diverse cities. A popular filming location, it's surrounded by mountains, and also has thriving art, theatre and music scenes. Vancouver Art Gallery is known for its works by regional artists, while the Museum of Anthropology houses preeminent First Nations collections.

Vancouver is one of the most ethnically and linguistically diverse cities in Canada: 49.3 percent of its residents are not native English speakers, 47.8 percent are native speakers of neither English nor French, and 54.5 percent of residents belong to visible minority groups. It has been consistently ranked one of the most liveable cities in Canada and in the world. In terms of housing affordability, Vancouver is also one of the most expensive cities in Canada and in the world. Vancouverism is the city's



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urban planning design philosophy¹.



Calgary

Calgary, a cosmopolitan Alberta city with numerous skyscrapers, owes its rapid growth to its status as the centre of Canada's oil industry. However, it's still steeped in the [western Canadian culture](#) that earned it the nickname "Cowtown," evident in the Calgary Stampede, its massive July rodeo and festival that grew out of the farming exhibitions once presented here.

As of 2021, the city proper had a population of 1,306,784 and a metropolitan population of 1,481,806 making it the third-largest city and fifth-largest metropolitan area in Canada.

Arts and Culture

Calgary was designated as one of Canada's cultural capitals in 2012. While many Calgarians continue to live in the city's suburbs, more central neighbourhoods such as Kensington, Inglewood, Forest Lawn,

¹Source: [Wikipedia - Vancouver](#)

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Bridgeland, Marda Loop, the Mission District, and especially the Beltline, have become more popular and density in those areas has increased.

Stage

Calgary is the site of the Southern Alberta Jubilee Auditorium performing arts, culture and community facility. The auditorium is one of two "twin" facilities in the province, the other is the Northern Alberta Jubilee Auditorium in Edmonton, each being locally known as the "Jube." The 2,538-seat auditorium was opened in 1957 and has been host to hundreds of musical theatre, theatrical, stage and local productions. The Calgary Jube is the resident home of the Alberta Ballet Company, the Calgary Opera, and the annual civic Remembrance Day ceremonies. Both auditoriums operate 365 days a year and are run by the provincial government. Both received major renovations as part of the province's centennial in 2005¹.



The city is also home to a number of performing arts spaces, such as Arts Commons, which is a 400,000 square foot performing arts complex housing the Jack Singer Concert Hall, Martha Cohen Theatre, Max Bell Theatre, Big Secret Theatre, and Motel Theatre, the Pumphouse Theatre, which houses the Victor Mitchell and Joyce Doolittle theatres, The GRAND, the Bella Concert Hall, the Wright Theatre, Vertigo Theatre, Stage West Theatre, Lunchbox Theatre, and several other smaller venues.

Theatre

Some large theatre companies share Calgary's Arts Commons building, including One Yellow Rabbit, Theatre Calgary, and Alberta Theatre Projects. The Grand is a culture house dedicated to the contemporary live arts. Other companies, groups, and collectives operate in niche theatres, such as Storybook Theatre (children's theatre), Sundog Storytellers (immersive theatre), and The Shakespeare Company.

Calgary is the birthplace of the Theatresports, which are improvisational theatre games.

¹Southern Alberta Jubilee Auditorium. "Auditoria History". Archived from the original on July 16, 2011. Retrieved September 25, 2007

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Music

Every three years, Calgary hosts the Honens International Piano Competition (formerly known as the Esther Honens International Piano Competition). The finalists of the competition perform piano concerti with the Calgary Philharmonic Orchestra; the laureate is awarded a cash prize (\$100,000 as of 2013, the largest cash award of any international piano competition), and a three-year career development program. Honens is an integral component of the classical music scene in Calgary¹.

A number of marching bands are based in Calgary. They include the Calgary Round-Up Band, the Calgary Stetson Show Band, the Our Lady of the Rockies Marching Ghosts, and the six-time World Association for Marching Show Bands champions, the Calgary Stampede Showband, as well as military bands including the Band of HMCS Tecumseh, the King's Own Calgary Regiment Band, and the Regimental Pipes and Drums of The Calgary Highlanders (10th Canadians). There are many other civilian pipe bands in the city, notably the Calgary Police Service Pipe Band.

Calgary is also home to a choral music community, including a variety of amateur, community, and semi-professional groups. Some of the mainstays include the Mount Royal Choirs from the Mount Royal University Conservatory, the Calgary Boys' Choir, the Calgary Girls Choir, the Youth Singers of Calgary, the Cantaré Children's Choir, Luminous Voices Music Society, Spiritus Chamber Choir, and pop-choral group Revv52.

Dance

The Alberta Ballet is Canada's third-largest dance company. Under Jean Grand-Maître's artistic direction, the Alberta Ballet is at the forefront both at home and internationally. Jean Grand-Maître is well known for his successful portrait series collaborations with pop artists like Joni Mitchell, Elton John, and Sarah McLachlan. The Alberta Ballet resides in the Nat Christie Centre.

Other dance companies include Springboard Performance, which hosts the annual Fluid Movement Arts Festival, Decidedly Jazz Danceworks, which opened its new \$25-million facility in 2016 in collaboration with the Kahanoff Foundation, as well as a host of others, including European folk dance ensembles, Afro-based dance companies, and diasporic dance companies.

¹Source: [Wikipedia - Calgary](#)

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Print Media

The **Calgary Herald** and the **Calgary Sun** are the main newspapers in Calgary. **Global**, **City**, and **CBC** television networks have local studios in the city.

Sports and Recreation

Calgary is the hometown of the Hart wrestling family and the location of the Hart family "Dungeon", where the patriarch of the Hart Family, Stu Hart, trained numerous professional wrestlers including Superstar Billy Graham, Brian Pillman, the British Bulldogs, Adam Copeland, Christian Cage, Greg Valentine, Chris Jericho, Jushin Thunder Liger and many more. Also among the trainees were the Hart family members themselves, including WWE Hall of Fame member and former WWE champion Bret Hart and his brother, the 1994 WWF King of the Ring, Owen Hart.

Notable sporting events held by Calgary include:

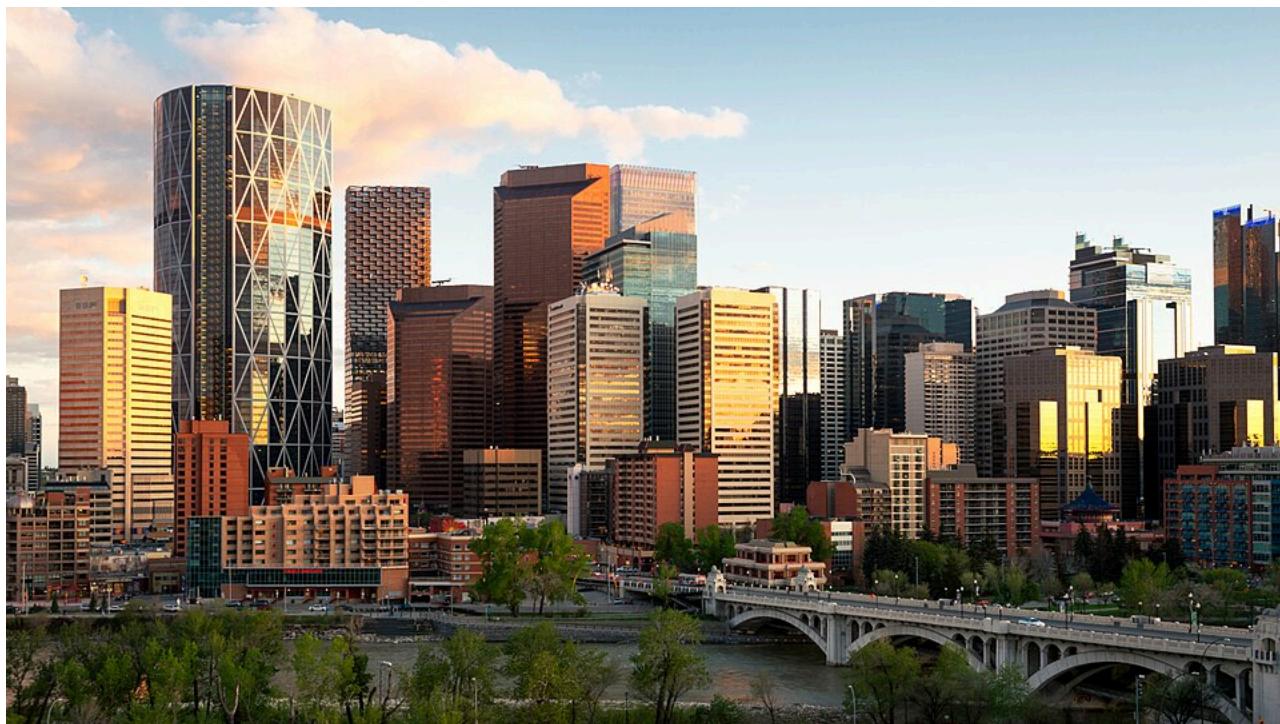
- 1972 World Figure Skating Championships
- 1985 IBF World Championships
- 1995 World Junior Ice Hockey Championships (co-hosted with Edmonton and Red Deer), 2012 World Junior Ice Hockey Championships (co-hosted with Edmonton)
- 1997 World Police and Fire Games
- FIBT World Championships 2005
- 2006 World Figure Skating Championships
- 2007 North American Outgames
- 2008 IIHF World Women's U18 Championship
- 2009 Water Ski World Championships
- 2021 Women's Ice Hockey World Championships
- 2023 World Junior Figure Skating Championships

EN ROUTE TO CANADA

Calgary Downtown

Downtown Calgary is a dense urban district in central Calgary, Alberta. It contains the second largest concentration of head offices in Canada, despite only being the country's third largest city in terms of population. The downtown is divided into several residential, commercial, corporate, and mixed-use neighbourhoods, including the Financial District (CBD), Eau Claire, Chinatown, East Village, Beltline, and the West End.

Downtown Calgary is bordered by 14th Street W. on the west, the Bow River and Prince's Island Park on the north, the Elbow River on the east and the CPR mainline tracks on the south. The neighbourhoods of the Beltline and Mission to the immediate south are often considered part of downtown, due to the high concentrations of businesses, high population densities, and occurrence of retail and nightlife opportunities, but strictly speaking they are not technically part of downtown.



The population of Calgary's downtown has grown substantially in recent years, growing by several thousand between 2011 and 2016. With the population of the five combined downtown neighbourhoods surpassing 18,000 as of 2016, Downtown Calgary now has a significantly larger population than that of other Canadian cities of similar size, such as [Ottawa](#) and [Edmonton](#). While Downtown Calgary continues to grow, the Beltline neighbourhood to the immediate south, with a population of 21,958 as of 2016, is taking up the majority of residential development in inner city Calgary.

EN ROUTE TO CANADA

Banff

Banff is a resort town in the province of Alberta, a province that is part of **Canada's western region**¹. The peaks of Mt. Rundle and Mt. Cascade, part of the Rocky Mountains, dominate its skyline. On Banff Avenue, the main thoroughfare, boutiques and restaurants mix with château-style hotels and souvenir shops. The surrounding 6,500 square kilometres of parkland are home to wildlife including elk and grizzly bears.



Learn About Banff

The Town of Banff incorporated as a municipality in 1990 and was the first municipality in Canada to be incorporated inside a national park. The only other national park community in Canada is the Municipality of Jasper, in Jasper National Park, incorporated in 2001.

¹Western Canada, also referred to as the Western provinces, Canadian West, or Western provinces of Canada, and commonly known within Canada as the West, is a Canadian region that includes the four western provinces just north of the Canada–United States border namely (from west to east) British Columbia, Alberta, Saskatchewan and Manitoba.

EN ROUTE TO CANADA

The Setting

The Banff townsite covers 3.93 square kilometres (2.5 square miles) and has an elevation of 1,383 metres (4,537 feet) making it the highest town in Canada.

Banff's townsite boundaries are fixed by federal law. The municipality may not expand its land base.

The Town of Banff is located inside **Banff National Park**, Canada's first and the world's third national park, established in 1885. The park itself is 6,641 square kilometres (2,564 square miles); 96 percent of the park is wilderness.

Banff National Park is one of four adjacent national parks designated as the **Canadian Rocky Mountain Parks UNESCO World Heritage Site**. Banff National Park was declared a UNESCO World Heritage Site in 1984.

Population

The Town of Banff official population is about 8,000 residents. Check out the municipal census for details.

Living in Banff is a privilege and we all know how lucky we are to be part of this community inside a national park. Our way of life is more than just skiing and hiking (but there is a lot of that), it's also taking care of this special community and respecting our surroundings. Everyone that lives in Banff must meet a "need to reside" requirement regulated by the federal government.

- The Town's "Visitor Adjusted Population" is a function of our permanent resident population (Municipal Census), plus overnight visitor population, and day visitors:
 - Overnight visitors in the summer are comprised of hotel guests and campground visitors. There are approximately 3,700 hotel rooms within the Town, and we estimate occupancies of between 2.1 and 2.9 depending on hotel type. At 90% occupancy this results in a hotel guest population of 7,500.

EN ROUTE TO CANADA

- At the Tunnel Mountain Campground there are 1,150 sites, which we estimate to have occupancies of 2.9. At 90% occupancy this produces a campground population of 3,000 people.
- Day visitors are a function of vehicle traffic into the Town. A typical busy day in Banff is characterized as around 25,000 vehicles (two-way traffic ...includes inbound and outbound). Removing resident and overnight guest vehicles (25%) who are counted above, leaves us with around 9,500 unique, inbound vehicles which estimated to have an average occupancy of 2.4 persons per vehicle, or 23,000 day visitors.

The net result of this is a typical summer day Visitor Adjusted Population of around 43,000 persons. This number can increase significantly based on day visitation, since every 1,000 additional inbound vehicles brings around 2,500 additional people. On the busiest summer days we estimate our daily visitor adjusted population to be above 50,000.

Government

The Town of Banff is governed by a **mayor and six councillors** under The Municipal Government Act of the Province of Alberta. A municipal election is held every four years.

Banff Established to Serve Visitors

Indigenous peoples have lived in this area for well over 10,000 years and their knowledge of the geography undoubtedly benefited European settlement of the mountain community.

In the early 1880s, three Canadian Pacific Railway workers building the nation's railway saw the potential of the natural hot springs. The president of the Canadian Pacific Railway named the area Banff after his birthplace of Banffshire, Scotland, and the Banff Springs Hotel quickly became one of the railway's most prized properties.

The natural beauty of Banff's surrounding lakes and mountains made it Canada's first National Park and the world's third national park refuge, and part of the Canadian Rocky Mountain Parks UNESCO World Heritage Site. More than 4 million people from around the world now visit Banff National Park every year¹. While the Town of Banff had been in existence for a century to serve visitors, it was officially incorporated in 1990, making it Canada's first municipality within a National Park.

The purpose of the Town, as set out in its incorporation agreement, is:

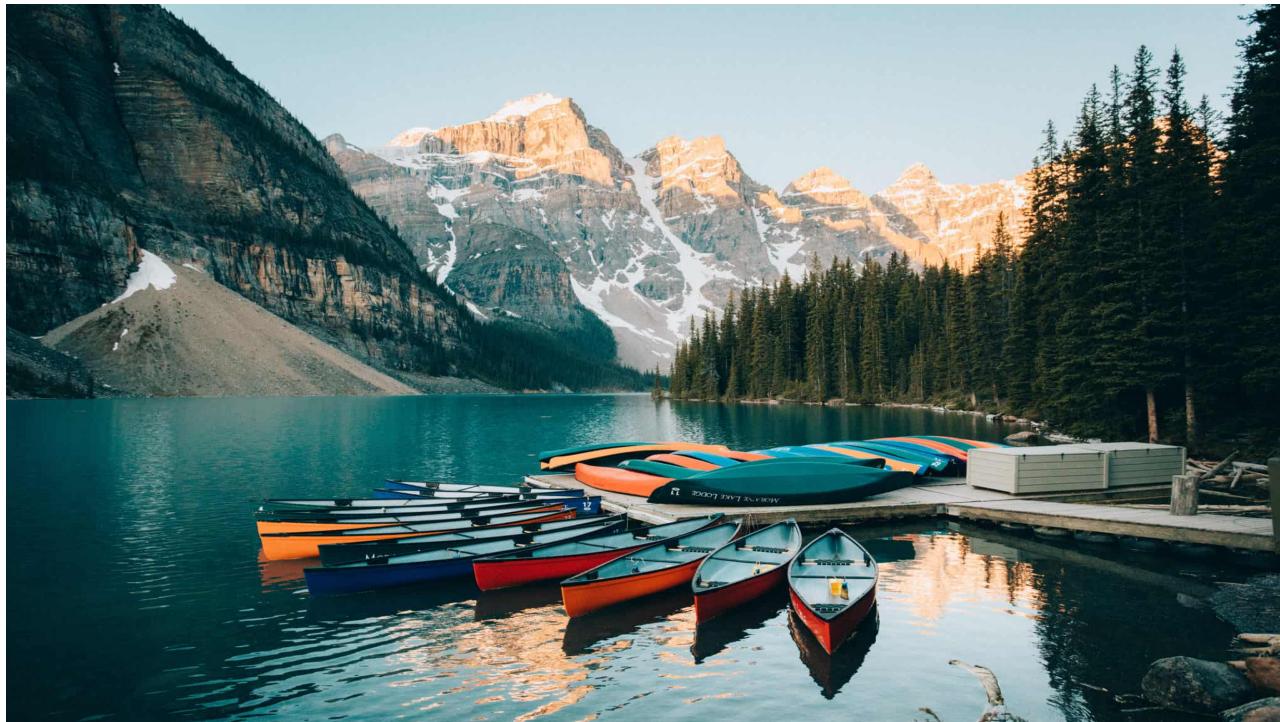
¹Source: [Wikipedia - Banff](#)

EN ROUTE TO CANADA

- To maintain the townsite as part of the World Heritage Site;
- To serve, as its primary function, as a centre for visitors to the Park and to provide such visitors with accommodation and other goods and services;
- To provide the widest possible range of interpretive and orientation services to Park visitors;
- To maintain a community character which is consistent with and reflects the surrounding environment; and
- To provide a comfortable living community for those persons who need to reside in the townsite in order to achieve its primary function.

Lake Louise

Lake Louise is a hamlet in Banff National Park in the Canadian Rockies, known for its turquoise, glacier-fed lake ringed by high peaks and overlooked by a stately chateau. Hiking trails wind up to the Lake Agnes Tea House for bird's-eye views. There's a canoe dock in summer, and a skating rink on the frozen lake in winter. The Lake Louise Ski Resort features a wildlife interpretive center at the top of a gondola.



EN ROUTE TO CANADA

Regina

Regina is the capital city of the Canadian province of Saskatchewan. The city is the second-largest in the province, and is a commercial centre for southern Saskatchewan. As of the 2021 census, Regina had a city population of 226,404, and a metropolitan area population of 249,217. It is governed by Regina City Council. The city is surrounded by the Rural Municipality of Sherwood No. 159.

Unlike other planned cities in the "*Western Canada*" on page 25, on its treeless flat plain Regina has few topographical features other than the small spring run-off, Wascana Creek. Early planners took advantage of such opportunity by damming the creek to create a decorative lake to the south of the central business district with a dam a block and a half west of the later elaborate 260 m (850 ft) long Albert Street Bridge across the new lake. Regina's importance was further secured when the federal government designated Regina as the seat of government for the new province of Saskatchewan in 1905. Wascana Centre, created around the focal point of Wascana Lake, remains one of Regina's attractions and contains the Provincial Legislative Building, both campuses of the University of Regina, First Nations University of Canada, the Royal Saskatchewan Museum, the Regina Conservatory (in the original Regina College buildings), the Saskatchewan Science Centre, the MacKenzie Art Gallery and the Saskatchewan Centre of the Arts.



The flag of Regina



The coat of arms of Regina, Saskatchewan



Official logo of Regina

Cityscape

Some neighbourhoods of note include:

1. the remaining residential portion of the original town between the CPR tracks and Wascana Lake
2. the downtown business district, deemed "Market Square";

EN ROUTE TO CANADA

3. the Cathedral Area;
4. the historic and affluent Crescents area, immediately to the north of Wascana Creek west of the Albert Street bridge and dam which creates Wascana Lake;
5. **Germantown**, originally a poor and ill-serviced area of continental Europeans;
6. Lakeview, adjacent to the provincial Legislative Building and office buildings, a neighbourhood of some imposing mansions dating from before the First World War through the post-War '20s boom; and
7. **the Warehouse District**, formerly the reception zone for freight, being redeveloped as desirable residential accommodation, restaurants, nightclubs and shopping precincts

Saskatchewan Legislative Building

The Saskatchewan Legislative Building is one of the most historic properties in the province. Constructed from 1908 to 1912, it represents the spirit of the province and its people. The building is the seat of government where the laws of the province are introduced, debated, and passed. It is a vital link, through tourism and education, to the heritage of the province. The building is the seat of gov. For more information, refer to [**Saskatchewan Legislative Building**](#).



EN ROUTE TO CANADA

Glossary

C

Canada

Canada is the second-largest country in the world by total area and is located in North America. It is known for its vast, untouched wilderness and multicultural society.

Canada Motto

A mari usque ad mare

D

Downtown

Downtown refers to the central, often commercial, core of a city or town, serving as a hub for business, shopping, entertainment, and culture. It's the heart of the city where major companies, skyscrapers, restaurants, and pedestrian traffic are typically found, especially in American and Canadian English, where the term originated in the early 19th century. In British English, the equivalent term is the city centre.

I

Indigenous People

In Canada, Indigenous peoples include three distinct groups recognized in the Constitution: First Nations, Inuit, and Métis. They represent 5% of Canada's population, have unique histories, and have faced systemic discrimination and violence stemming from centuries of colonialism.

T

The Greater Toronto Area (GTA)

GTA is Canada's most populous metropolitan region, encompassing the City of Toronto and the surrounding regional municipalities of Durham, Halton, Peel, and York, in Ontario.

Toronto

Toronto—Often pronounced as "Torono", "Tronno", and so on.

EN ROUTE TO CANADA

W

Western Canada

Western Canada, also referred to as the Western provinces, Canadian West, or Western provinces of Canada, and commonly known within Canada as the West, is a Canadian region that includes the four western provinces just north of the Canada–United States border namely (from west to east) British Columbia, Alberta, Saskatchewan and Manitoba.