

21 WAINWRIGHT
Mile: 140 Population: 5,925

Home to a Canadian Forces Training base that is also the site of the Canadian Wildlife Service Peregrine Falcon Hatchery, Wainwright is characterized by the bobbing pumpjacks that tell you this is oil country.

22 VIKING
Mile: 184 Population: 1,041

Named for the many Scandinavians who settled the area in the early 1900s, the area around Viking was significant for the Plains tribes that hunted buffalo before the arrival of Europeans.

Points of interest:
(Mile 149): The *Canadian* makes an airy crossing 61 metres above the Battle River on a steel trestle 884 metres long.
(Mile 147): The immense Battle River Valley can be seen on the northern side of the train.

23 EDMONTON
Mile: 0 Population: 812,201

Alberta's capital, Edmonton is regarded as the gateway to the north, given its role as the staging point for explorers and adventurers from the early days of fur trading to the Yukon gold rush and the Alberta oil discoveries of 1947. The city is located on the banks of the North Saskatchewan River, which form a 27-kilometre greenbelt of parks, bicycle paths and green spaces. A few minutes from downtown, the gigantic West Edmonton Mall offers an amazing array of shopping, dining and entertainment possibilities, including an "indoor ocean".

24 EDSON
Mile: 129 Population: 8,475

This community is midway between Edmonton and Jasper National Park. From Edson, westbound passengers have their first view of the Rockies.

25 HINTON
Mile: 184 Population: 9,640

A coal mining town at the turn of the century, Hinton is a centre

for winter sports and is well known for Nordic skiing in addition to a complete range of summer adventure activities such as canoeing.

26 JASPER
Mile: 0 Population: 4,051

World-famous for skiing, hiking and outdoor sports, Jasper attracts tourists from around the world and is said to be among the country's most-photographed places. Because Jasper National Park is a wildlife sanctuary, it is common to see all sorts of wild animals in their natural habitat. Elk and mule deer often wander the main street of the town.

27 YELLOWHEAD PASS
Mile: 17.6

The crest of the Yellowhead Pass is the border between Alberta and British Columbia and the division between Mountain and Pacific time zones. The Pass is one of the lowest points in the entire North American Continental Divide and all water systems flow either east or west from the Divide.

28 MOUNT ROBSON
Mile: 52

As the highest peak (3,954 metres) in the Rockies, Mount Robson is easily recognizable and is often referred to as the "Monarch of the Canadian Rockies" or "The Dome."

29 VALEMOUNT
Mile: 74 Population: 1,020

Located at the junction of the Rockies and the Caribou, Monashee and Selkirk mountain ranges, Valemount is a small lumber town on a long arm of water that was created by the huge Mica Dam almost 100 kilometres to the south.

30 BLUE RIVER
Mile: 132

The town is home to one of the province's many heli-skiing outfitters and is a popular centre for fishing and outdoor adventure.
Points of interest:
Pyramid Falls (mile 113) is briefly visible close to the tracks on the east side, like a partly collapsed set of rock shelves.

31 KAMLOOPS
Mile: 0 Population: 85,678

The town began as a trading post in 1812 and became a boomtown during the Caribou Gold Rush of 1862. The area is a study in contrasts. Here, the lush forests turn to the rolling hills of the arid high country scored by deep river canyons, which are fed by the many high-altitude lakes.

32 ASHCROFT
Mile: 48 Population: 1,628

Very little precipitation annually makes it the "driest town in Canada." Here, you can see cactus, sagebrush and the trademark hoodoos – isolated pinnacles of rock that remain after a hill is worn away.

33 BOSTON BAR
Mile: 125

This is the location of Hell's Gate, the most famous stretch of rapids in the province where the current is so swift that a fish ladder was built to help salmon swim upstream to spawn.

34 VANCOUVER
Mile: 131 Population: 2,313,328

This city is home to half the population of British Columbia. And rightly so, given the fantastic setting between the Pacific Coast and the dark green forests of the Coast Mountains. Here, land is at a premium and the city skyline of Vancouver's West End seems to rise right out of the Strait of Georgia. A city of rich cultural diversity where North America and Asia meet, Vancouver is home to the second-largest Chinatown in North America. The market area of Granville Island and spectacular Stanley Park give Vancouver a relaxed cachet all of its own.

TORONTO – VANCOUVER
ROUTE GUIDE
YOURS TO KEEP



RAILWAY SIGNS TO WATCH FOR
One of the railway traditions – the milepost – provides the key to locating a train's current position. Mileposts may be on either side of a track, and are usually rectangular white signs with black numbers. Though Canada now uses the metric system, the original markers for railroads were, and still are, in miles. Each line is subdivided at Railway Division Points; these subdivisions are not a standard length, they were based on the distance a steam locomotive could travel in a day.

Mileposts
Milepost numbers rise from east to west and reset to zero at the start of each subdivision. Subdivisions are 43 to 146 miles (69 to 235 km) long.

Siding and Station Name Boards
Newer siding and station name boards are white with a black name. Older station name boards are also white with a black name but the lettering is all capitals and the sign is mounted on a building.

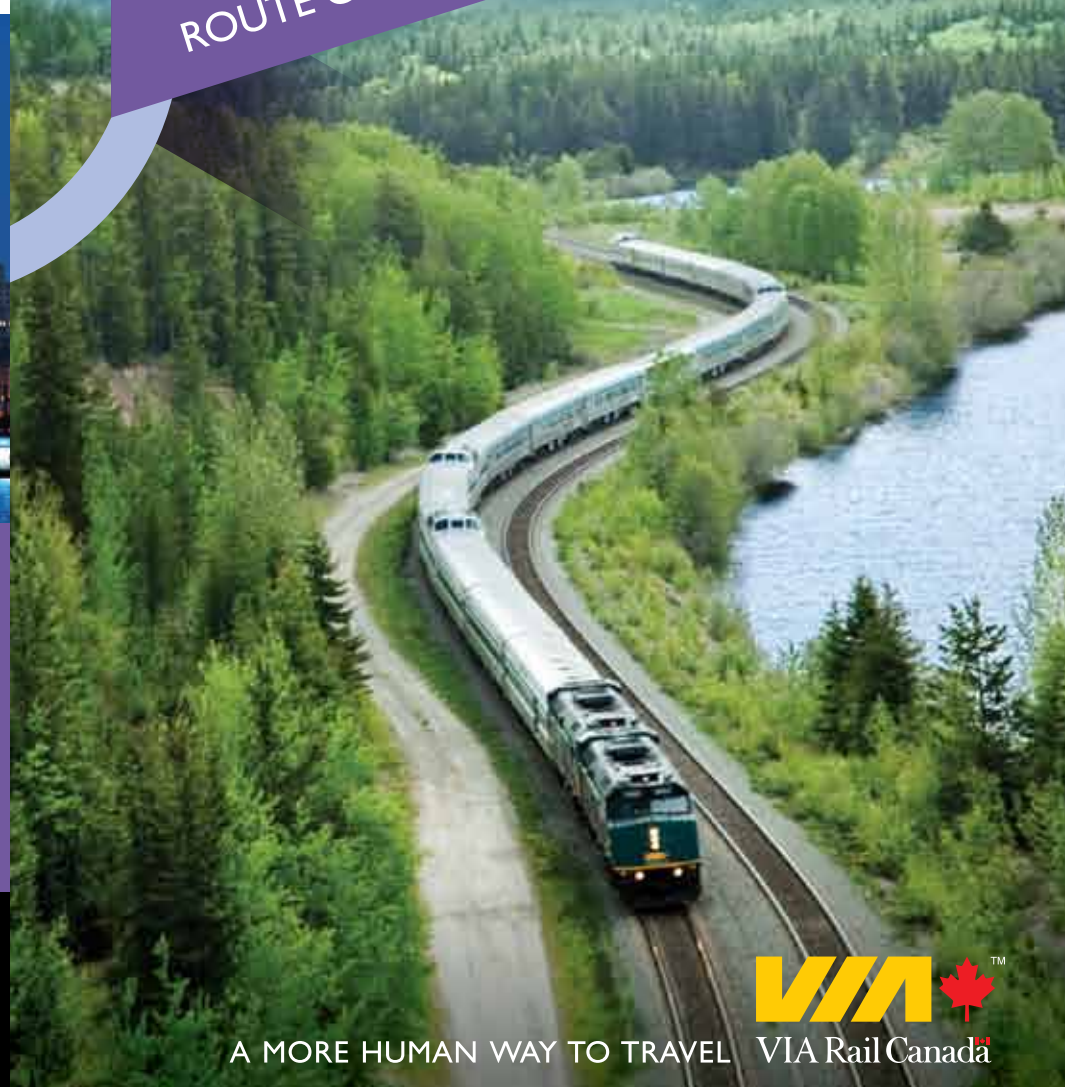
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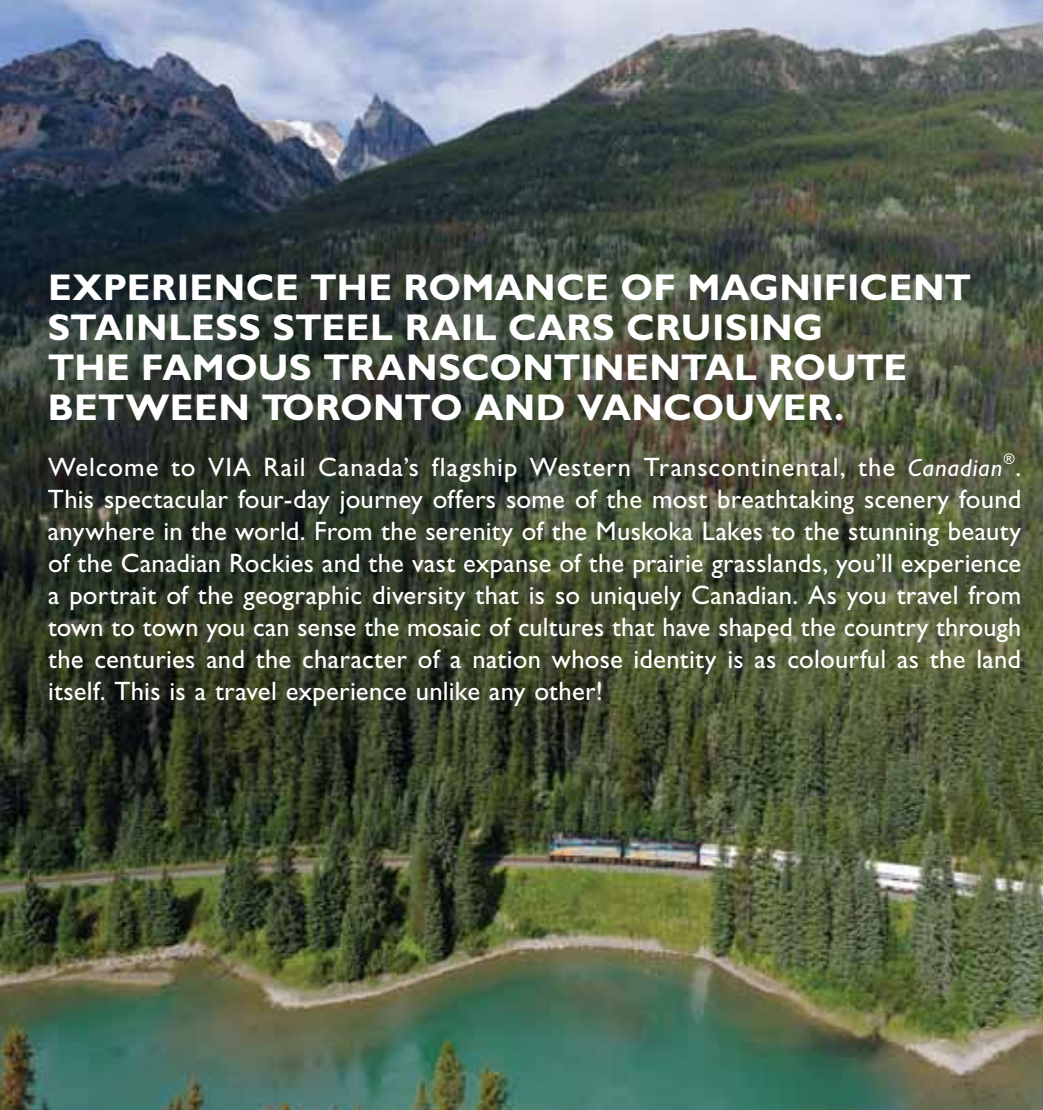
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Trans Canada Highway	Toronto - Vancouver (Canadian®)
Controlled Access Highway	Winnipeg - Churchill
Toll Highway	
Divided Highway	
Main Highway	

1 TORONTO
Mile: 0 Population: 2,615,060

Toronto is Ontario's capital and the heart of business activity in Canada's most populous province. Appropriately, Toronto is the Huron word for "a place of meetings." Huge office towers dominate the skyline along the shores of Lake Ontario – a spectacular view best experienced from the SkyPod observation level of the CN Tower at 147 stories high. The train boards at Union Station, immediately across from the imposing Royal York Hotel. Harbourfront, Yonge and Bay streets are just a few blocks away.



2 WASHAGO
Mile: 98 Population: 600

Gateway to the Muskokas, this railway junction point at the head of Lake Couchiching is popular with cottagers, fishing enthusiasts and outdoor lovers.

3 PARRY SOUND
Mile: 150 Population: 6,191

Parry Sound marks the eastern edge of the rugged Canadian Shield, that region of billion-year-old exposed bedrock that covers half of Canada, between the Great Lakes and Hudson Bay, and parts of northern United States.

5 CAPREOL
Mile: 276 Population: 3,276

The landscape around Capreol is a combination of rugged and exposed bedrock of the Canadian Shield and "muskeg," a native Indian word describing unstable and deep soil with high water content.

7 HORNEPAYNE
Mile: 296 Population: 1,050

The community started as a railway town but the major industry today is wood, as evidenced by the piles of logs and pulp and plywood plants that border the railway tracks.

8 LONGLAC
Mile: 100 Population: 1,750

Located at the northern tip of Long Lake, the area played an important role as part of the historic canoe route for fur traders. This is a multilingual town (52% of the population speak English, 44% speak French and 4% speak other languages).

9 ARMSTRONG
Mile: 243 Population: 1,216

This town is located at the north end of magnificent Lake Nipigon, which reaches 96 kilometres from north to south and 64 kilometres at its widest point. The area offers some of the best fly-in fishing and hunting in the region.

11 ONTARIO-MANITOBA BORDER
Mile: 159

A sign on the north side of the steel rails denotes the border. On the Manitoba side is the undeveloped forest and lakes of Whiteshell Provincial Park, well known for its canoeing and fishing. Its 200 lakes, some of them formed by meteor craters, offer some of the best northern pike, perch and lake trout fishing in Western Canada.

12 WINNIPEG
Mile: 0 Population: 663,617

Manitoba's capital was originally the hub of the Canadian fur trade, given its strategic location at the junction of the Red, Assiniboine and Seine rivers. Today, The Forks is a downtown meeting place that includes some of Winnipeg's better restaurants, shopping and live entertainment. The Winnipeg Art Gallery houses the world's largest collection of Inuit sculpture and art. Winnipeg is home to over 50 ethnic communities. In celebration of this diversity, the city holds its annual Folklorama, which features the food and cultural activities of the many communities that choose to make Winnipeg theirs.

13 PORTAGE LA PRAIRIE
Mile: 55 Population: 12,996

The city is so named because during the era of the North American fur trade, it was a resting area for voyageurs carrying canoes between the Assiniboine River and Lake Manitoba. Today, the major industry is food processing, largely due to its location, surrounded by some of the richest farmland in Manitoba.

14 MANITOBA-SASKATCHEWAN BORDER
Mile: 213

The *Canadian* is near the mid-point of its transcontinental journey.

16 WATROUS
Mile: 129 Population: 1,857

This area is famous for its mineral hot springs. The accumulated salt in adjacent Little Manitou Lake gives the water greater buoyancy than the Dead Sea.

17 SASKATOON
Mile: 191 Population: 222,189

Founded in the early 1880s as a temperance colony, this city is named after the abundance of delicious purple berries that are found along the banks of Saskatchewan River. Saskatoon is a Canadian leader in the high technology and mining industries, and is home to the University of Saskatchewan. The Ukrainian Museum of Canada is a tribute to the early settlers of the province and the influence this community has had is evidenced in the heritage architecture of the city.

18 BIGGAR
Mile: 247 Population: 2,161

The tiny town prides itself on its sense of humour. Thus the slogan "New York is big but this is Biggar." In fact, Biggar boasts an unusually large number of museums for a town this size.

19 UNITY
Mile: 57 Population: 2,389

The community is known for its local salt production mined 1,127 metres below ground.

20 SASKATCHEWAN-ALBERTA BORDER
Mile: 101

This provincial boundary also marks the division between Central and Mountain time zones.