



A Guide to Visiting Canada's East Coast

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New Brunswick

New Brunswick is bordered by Quebec to the north, Nova Scotia to the east, the Gulf of Saint Lawrence to the northeast, the Bay of Fundy to the southeast, and the U.S. state of Maine to the west.

Newfoundland and Labrador

Newfoundland is the easternmost province of Canada, in the country's Atlantic region. The province comprises the island of Newfoundland and the continental region of Labrador, having a total size of 405,212 square kilometers (156,500 sq mi).

Nova Scotia

The province borders the Bay of Fundy and Gulf of Maine to the west and the Atlantic Ocean to the south and east, and is separated from Prince Edward Island and the island of Newfoundland by the Northumberland and Cabot straits.

Geographics of Eastern Canada



Quebec

Quebec is the largest province by area and the second-largest by population. the province shares land borders with Ontario to the west, Newfoundland and Labrador to the northeast, New Brunswick to the southeast, and a coastal border with Nunavut; in the south it borders Maine, New Hampshire, Vermont, and New York in the United States.

Ontario

Ontario is Canada's most populous province, with 38.3 percent of the country's population, and is the second-largest province by total area. It is home to the nation's capital city, Ottawa, and the nation's most populous city, Toronto, which is Ontario's provincial capital.

Famous Destinations in Eastern Canada



Niagara Falls

Located in Ontario, Canada, Niagara Falls is one of the most famous and most popular tourist destinations in Eastern Canada. The "Canadian Side" of the falls boasts better views than those from New York.



Toronto

Also located in Ontario, Canada, Toronto is Canada's largest city. While you're there you can ride a glass elevator to the top of the famous CN Tower or enjoy the other sights and sounds of the city.



L'Anse aux Meadows

On the Islands of Newfoundland and Labrador, you can find L'Anse aux Meadows. This site is the place where Leif Eriksson is believed to have landed and built a Viking settlement over 1,000 years ago.



The Bay of Fundy

Located between Nova Scotia and New Brunswick, the Bay of Fundy experiences some of the most extreme tides in North America. It also offers breathtaking views overlooking the water and delicious seafood in its charming waterfront towns.



Canadian Culture

Origins

Canadian culture is often viewed as a blend of British, French, and American cultures. However, Canada's influx of immigration has added other cultures in as well such as Asian and Muslim traditions.

Sports & Recreation

Ice hockey and lacrosse are the most popular sports in Canada. Both have origins from indigenous people and from their European roots across the pond.



Inuit People

Canada is home to 53 Inuit communities across the country. Inuit people are those that descend from the native Arctic populations living in Canada before European settlers came. The government of Canada works closely with Inuit populations to honor their culture and communities.

Canadian Stew

Similar to the “melting pot” that America boasts, Canada views itself as a “stew”. This means that instead of melting all of the flavors (cultures) into one, they pride themselves on the individual and distinct flavors (cultures) that come together to make a sort of Canadian “Stew”.

Food of Canada



01

Poutine

Poutine is a dish most popular in the province of Quebec. It is comprised of french fries, cheese curds, and gravy.



02

Hawaiian Pizza

This controversial dish is a twist on the pizza we all know and love with toppings like pineapple, ham, and cheese. Although it is named after a far-away American state, the first Hawaiian pizza was created in Ontario, Canada.



03

Nova Scotia Donair

This Canadian twist on the Gyro is made with ground beef, tomatoes, and onions, then wrapped in a warm pita.



04

Bannock

This unleavened bread is known as a staple of the indigenous people in Canada. It is thought to have been brought over by Scottish fur traders and shown to the Inuit people in the 18th and 19th century.



The Economy of Canada

Agriculture

Less than 1/12th of Canada's land is suitable for crop production. Agriculture employs about 4% of the Canadian workforce. However, the country still produces valuable crops to export and use domestically.

> 8%

Forestry

About half of Canada's land is covered by forests. This makes lumber, pulp, and paper a vital part of Canada's economy.

50%



Fishing

Canada's fishing bank off the coast of Newfoundland is rich with aquatic life. Canada produced \$1.3 billion of fish in 2021. 63% of that came from Salmon alone.

63%

Resources & Energy

In 2019, 66.4% of Canada's energy came from renewable resources. Most of which was created through hydroelectric energy. Canada is also rich in the mining of uranium, zinc, nickel, potash, asbestos, sulfur, cadmium, titanium, iron ore, coal, petroleum, gold, copper, silver, lead, and diamonds.

66.4%

In Conclusion...

Geographics

Eastern Canada is a vast and diverse region that encompasses several provinces and territories, including Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, and Quebec. It is known for its stunning natural landscapes, rich history, and vibrant cultural heritage.

Destinations

Whether it's exploring quaint coastal towns, immersing oneself in vibrant cultural festivals, or admiring breathtaking natural landscapes, Eastern Canada offers an array of unforgettable experiences for every traveler.



Culture

Eastern Canada is a region renowned for its rich and diverse cultural heritage. Each province within this vibrant region showcases its own distinct traditions, customs, and artistic expressions.

Economy

Canada possesses a robust and diverse economy that ranks among the largest in the world. With a focus on resource extraction, manufacturing, services, and advanced technology, Canada has built a strong foundation for sustained economic growth.

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