



Travelers Guide for Canada

Travel and Super Visa Insurance

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This extensive travel guide for Canada will have answers to your questions. Visit our [website](http://visainsurance.co) for more information.

Canada is a massive, stunning country filled with friendly people, diverse cities, and unique landscapes. Spanning over 9,000 kilometers from the icy tundra of the Yukon to rocky beaches of the east coast, the Great White North is a country that has something for everyone.

Canada is often skipped over on many round-the-world trips owing to its proximity to the US, poor flight connections, and few budget cross-country travel options. But those people miss out on so much! Canada has so much to offer. It's one of the best countries in the world for RVing and road trips and it's brimming with outdoor activities for all levels and seasons. Backpacking Canada is an amazing experience.

I love my friendly neighbor to the north and believe Canada is a really underrated destination. There's a reason everyone around the world loves Canadians after all. To top it all off, it's also easy to get a working holiday visa here so you can stay longer and make money while you explore (there are huge seasonal industries across the country).

This travel guide to Canada can help you plan your trip, save money, and make the most of your visit to this friendly natural wonderland!

Checking travel requirements

If one thing is certain, it's the uncertain travel restrictions everywhere in the world. To avoid being denied entry into Canada or when coming back home, it's important to double or even triple-check travel restrictions. For the latest Canada-specific restrictions, visit [the Government of Canada's website](#). Be sure that your family or friends understand the country's COVID-19 testing, vaccination, and quarantine requirements, so they have a prepared travel plan in place.



The COVID-19 situation in Canada.

It's important your family or friends also read up on the COVID-19 situation in Canada so they're informed and understand what they're walking into—literally. For everything from current and past case counts to new variants, fines for not complying and more, visit [the Government of Canada's website](#).

Canadian Provincial Travel Restrictions

If your family or friends plan on travelling within Canada, there may be provincial or territorial rules and restrictions that could affect your travel plans. To stay up to date on the changing provincial and territorial restrictions, visit [the Government of Canada's website](#).

Travelling in Canada while sick or with a pre-existing condition

When your family or friends finally make it to Canada, enjoying their trip and catching up on lost time should be their goal. But if they get sick or injured, the costs can be overwhelming. Did you know it costs \$930 CDN for an emergency room visit in a Canadian hospital? It's true. That's why it's important to be protected from the unexpected while visiting Canada. Make sure to learn more about other unexpected costs and how to seek protection from your advisor.

The Takeaway

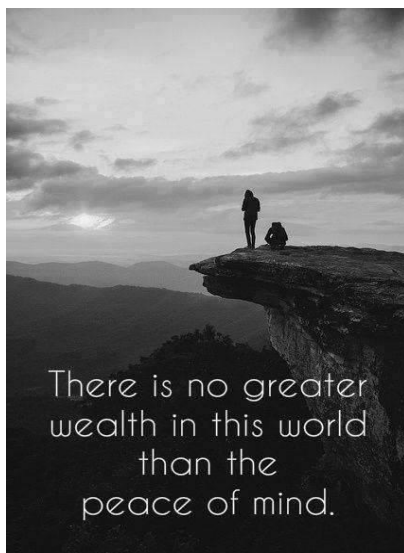
There's nothing more exciting than reuniting with friends and family.



As the pandemic and its regulations keep changing, it's important that everyone stays updated. Remember to send your guests visiting Canada the right links to Canada's COVID-19 policy updates, as well as travel insurance options, so you can have the peace of mind that everyone is prepared, safe and protected from the unexpected.

It's important to know what travel insurance coverage options you have depending on pre-existing conditions and age. For example, Visitors to Canada Travel Insurance provides you the flexibility to get coverage for \$15,000, \$25,000, \$50,000, or \$100,000 to age 85, or \$150,000 to age 69. For more information on protecting loved ones while they are visiting Canada, speak to your advisor.

Reasons people are buying Travel Insurance and why you should be too:



The most important reason why you should get [Travel Insurance](#) is because of peace of mind, humans want peace of mind in everything they do, they want security and want to feel safe. Of course, there is no guarantee for safety but there is one for ruined trips due to flight delays, cancellations, lost baggage, and securing medical help overseas.

When an uncontrollable situation arises that forces you to cancel a trip that cost you quite a fair amount of money does not get refunded, it just does not help the situation at all. Feel secure knowing that your flight would be reimbursed to you for a covered reason, that is part of what Travel Insurance helps with.

Accidents during trips happen occasionally and being covered with travel insurance will help you with the increased cost of medical care overseas. Missing luggage can ruin one's trip and don't let that person be you, secure yourself with travel insurance and go with the utmost peace of mind and focus on the one thing that matters, your travel plans, let us take care of everything for you.

Ideology behind Insurance

The main reason people look to get travel insurance is to protect themselves from the unknown unforeseen unfortunate events that could arise from the trip. You may be asking yourself well, "What if I get travel insurance and nothing happens, do I get my

money back?" unfortunately no. This is the same as car insurance, why do people get car insurance? to protect them from unseen events that may arise during their time on the road, or off the road. Yes, people pay money for this intangible item called "peace of mind" but that is proven to be worth it in the end.

Protecting yourself and your parents and loved ones when they either visit or travel to another country should be the number one priority while looking to travel. As discussed above there are some reasons for the need for insurance, for each individual person it is different, some get insurance in case of medical reasons alone but for some they get the whole package of benefits that come with the insurance. Some people get insurance for the peace of mind and when they are planning their dream trip, it's to reduce the risks involved, risks could include things like last minute cancelations, delays in flights which result in lost time for the plan, or lost baggage.

Money comes and goes, but the memories you make during your planned dream trips can not be quantified, go with confidence, go with the joy you felt when you thought about the trip, go with your loved ones and family knowing that they are protected no matter what, whether its medical or physical aid, you can protect them. We live in a world of fear everyday, and if there's anything we can do to reduce the fear we would, the first step would be to equip ourselves with insurance, whether it be life insurance, car insurance, home insurance, or travel insurance, we should.



The borders are beginning to open again, and people are looking for opportunities to get out of their house from their almost 2-year quarantine life and enjoy a dream vacation or visit from family or to family. Why ruin a possible trip because you were not covered? Don't get caught with any surprises, and most importantly do not let a simple baggage loss ruin a dream trip. Be covered with travel insurance and explore the world at your heart's content with the peace of mind you deserve.

Bringing Pets into Ontario

All animals are subject to veterinary inspection on arrival in Canada, and data about this system is accessible through [Canada Food Inspection Agency](#). If proof, or doubt of sickness is discovered, the animal may be denied entry.

Dogs and domestic cats entering Canada from the United States will require accreditation, endorsed by an authorized veterinarian, that they have been immunized against rabies during the previous three-year time frame. This additionally applies to guests wishing to bring a Dog or Domestic cat into Canada from a country other than the United States.

Right now, Ontario has a prohibition on the import of pit bull terrier breeds into the territory.



Currency

Credit cards are accepted by most businesses, but it's a good idea to carry some Canadian cash. ATMs, located in banks and retail areas, dispense Canadian currency.



A bank or currency exchange outlet can change your funds to Canadian dollars. Banks are generally open Monday to Friday, with some open on weekends.

Familiarize yourself with the security features of Canadian banknotes, by visiting the [Bank of Canada's website](#).

Ontario has a [13% HST \(Harmonized Sales Tax\)](#) applicable to most goods, purchased gifts, food/beverages, and services. 8% of the HST is the provincial portion and 5% is the federal portion.

A tip of 15-20% at bars and restaurants is customary. Tips are also given to tour guides, taxi drivers, and for spa treatments and haircuts. Porters at airports, railway stations, and hotels generally expect \$1-2 per item of luggage.

Things to do and look out for in Canada

1. Celebrate the Calgary Stampede



During July, over 1 million people descend on Calgary for this multi-day rodeo, drinking festival, and carnival where everyone gets to be a cowboy. It's a lot of fun, and you'll meet tons of people from around the world. It's one of Canada's premier events so book early — prices rise and accommodation disappears fast! Also, wear cowboy boots and a hat if you want to fit in.

2. Hit the slopes

The mountains in Canada offer great skiing and snowboarding during the winter. Banff is a popular mountain town known for its excellent trails. It's quite busy during the winter as locals and visitors alike hit the slopes, but it's popular for a reason. While Banff is the most popular place to go, there are tons of other great skiing destinations in the country. Sunshine Village, Whistler Blackcomb, Lake Louise, Kicking Horse, and Mont Tremblant are just a few to check out (they stretch from British Columbia to Quebec so you've got lots of choices).

3. Discover Vancouver Island



Take a few days off from Vancouver to explore nearby [Vancouver Island](#). Eat delicious seafood, hike, spot some whales (lots of orcas live near here), shop, and lounge on the beach. This is a place to just sit and relax. Since it is so close to Vancouver, it's a popular getaway with the locals during the summer. Victoria, the capital of British Columbia, is located on the island. It's a quiet but gorgeous little city worth a couple days of exploring. From here you can also visit places like Tofino, where the bustling surf community has evolved into a fun hippie town.

4. Hike the Rainforest

Hike the Pacific Rim National Park for a wonderful look at some temperate rainforests on Vancouver Island. It's one of the most popular parks in Canada, home to Western Red Cedars, Pacific Silver Firs, and tons of wildlife including deer, wolves, bears, and cougars. The Long Beach area is one of the most accessible places for hiking, but the sand dunes behind Wickanninish Beach on the South Beach Trail are also worth the trek.



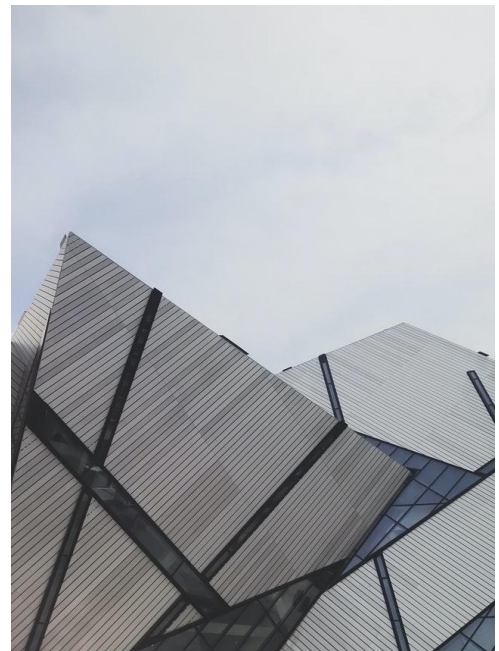
5. Explore Calgary

Often skipped over by travelers since it's not on the coast, [Calgary](#) actually has a lot to offer when it comes to free and low-cost activities. Have a picnic in one of its many parks, go rollerblading, watch a hockey game, or head up to the top of the surrounding peaks. There's great hiking, kayaking, skiing, water rafting, and camping here and you can easily rent a bike and explore the city via its many bike paths. Although it's been long dismissed as an oil town, it's one of the liveliest cities in Canada.



6. Visit the Galleries of Toronto

Toronto has some of the best museums and galleries in the country, so take a day or two to admire the art of the city. The Royal Ontario Museum (ROM) and the Art Gallery of Ontario (AGO) are the two most famous art museums, but there are a plethora of smaller, specialty galleries too, like the Textiles Museum of Canada and the Museum of Contemporary Art. Galleries often offer discounts on certain days of the week, so check before you go to save some cash.



7. Take a road trip

This huge country is best explored by car or RV. It's the ideal way to find yourself in tiny little towns, majestic mountains, amazing countryside, and plenty of off-the-beaten-track places. If you have a lot of time, this is your best and cheapest option to see the country. The Trans-Canada Highway stretches from coast to coast, making a road trip relatively easy to plan. Just keep in mind that the weather can be unpredictable (especially in the winter). Of course, you'll have to keep your eyes peeled for wildlife and you'll want to be prepared for long stretches of driving without any rest stops or gas



stations. However, it's worth it — the changing landscapes and scenic vistas are out of this world! you could easily spend weeks or months touring the country and still barely scratch the surface.

8. Stroll the Nation's Capital

Ottawa is a very easy city to explore on foot. Home to museums, art galleries, and plenty of shops, it's a charming city worth visiting for a couple days. You can take a tour of Parliament Hill (the historic buildings where the Canadian government operates) or cross the Ottawa River and visit Quebec (there's a great Museum of Civilization here). The Canadian War Museum and the National Gallery of Canada are two must-visit museums in Ottawa. Also, don't miss the busy Byward Market, and be sure to check out the craft breweries in Westboro. Try a beavertail (a sweet pastry with sugary toppings) when you're here!

9. Get off the beaten path in Nova Scotia

The locals boast that [Nova Scotia](#) is home to the friendliest people in Canada. They might be right. That, combined with over 100 beaches, picturesque lighthouses, great sailing, mouth-watering seafood (this area of Canada is the main fishing region), and a marvelous coastline, makes Nova Scotia an amazing place to visit in Canada. Plus, the province doesn't see lots of tourists so it's far less crowded and unspoiled compared to other regions. It's perfect for road trips and camping trips.



10. Tour Toronto

[Toronto](#) is often considered the most multicultural city in the world, as over half of the city's population is foreign-born. While this isn't my favorite spot in Canada, it's worth a visit if you're in the area to hit the many museums and enjoy a wide array of food (this is one of the best cities in the world for vegans/vegetarians). It's an awesome, hip, artsy city. Don't miss Kensington Market for good eats and cool shops. If you want to play tourist, head up the CN Tower for the best views of the city.

11. See Kelowna

Warm in the summer and mild in the winter, this glacial valley has some of the best weather in the entire country. It's no wonder that this is where many Canadians spend their vacations. There's a marina and a few golf courses, not to mention that the

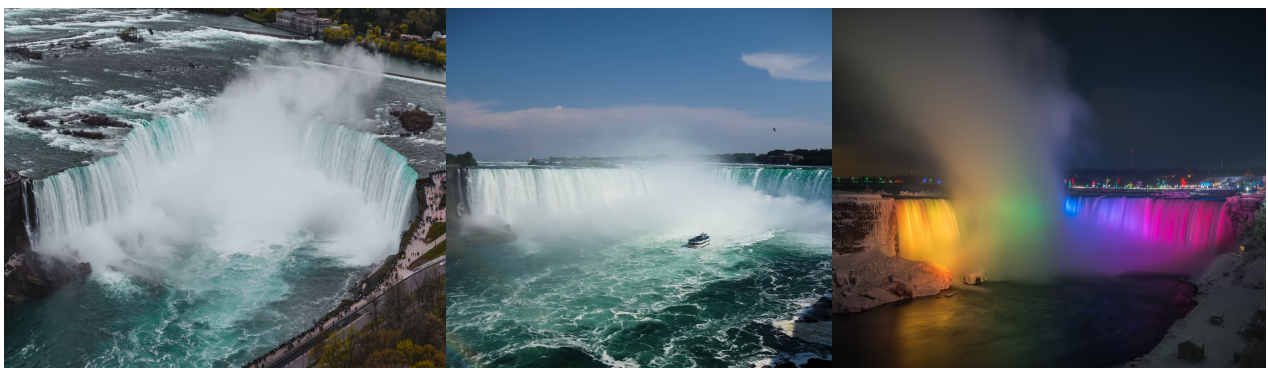
Okanagan Valley is home to Canada's best vineyards and wineries (a four-hour wine tour costs about 150 CAD). In the summer, Canadians rent fancy houseboats complete with waterslides to vacation on nearby Okanagan Lake. Overall, this is just a gorgeous slice of the country that shouldn't be missed.



12. Head north to Churchill, Manitoba

This might be a small town in the middle of nowhere, but it also happens to be the Polar Bear Capital of the World, the Beluga Whale Capital of the World, and one of the best places to view the Aurora Borealis. You can ride in a tundra buggy (a special bus raised on giant wheels to keep you out of reach from polar bears) and head out on the open plains to see polar bears in their natural habitats. Mother nature is alive and thriving here. Day tours in a tundra buggy start at around 250 CAD, including lunch.

13. See the iconic Niagara Falls



This is one of the most visited attractions on the entire continent. You can never imagine how big it is until you see it up close (you never envision so much mist either). You can hop on a boat tour (31 CAD) and head out into the waterfalls but be prepared to get soaked! The town is a touristy, cheesy dump though so don't spend more than a day or two (it's fun for kids though).

14. Get lost in the Yukon

[The Yukon](#) is the perfect place to get your nature fix. The chances of seeing a bear, elk, or deer are incredibly high (or you can tour the Yukon Wildlife Preserve, where you're guaranteed to see them). Go hiking in Tombstone Territorial Park, soak in a mineral hot pool at the Takhini Hot Springs, or swing by the Sign Post Forest with its unique collection of over 77,000 signposts. Hardly anyone ever visits the Yukon as visitors tend to stick to the major cities in the south of the country. Because of that, you'll find yourself surrounded by unspoiled nature.



Staying Safe during your visit

Canada is a safe place to backpack and travel — even if you're traveling solo, and even as a solo female traveler. Violent attacks are super rare and tend to be confined to certain areas (especially where drug and gang violence are a problem). You may encounter petty crime, like theft, around popular tourist landmarks, though that isn't super common. Nevertheless, always keep an eye on your belongings, especially while taking public transportation.

- As with anywhere, always keep an eye on your drink at the bar and never walk home alone when intoxicated.
- If visiting in the winter, dress warmly. It gets so cold here that people literally freeze to death so take precautions and always keep an eye on the forecast.
- If you're going out hiking, always check the weather beforehand and ensure you have enough water. It can get humid here!

Note: Canada's cannabis legalization has a whole lot of rules and restrictions. [The CBC has a great outline](#) on everything you need to know if you're thinking of consuming cannabis while in Canada.

- Scams here are rare, but it never hurts to be prepared. Read about the [most common travel scams to avoid here](#).

If you experience an emergency, dial 911 for assistance.

- Always trust your gut instinct. Make copies of your personal documents, including your passport and ID and forward your itinerary along to loved ones so they'll know where you are.
- If you wouldn't do it at home, don't do it when you're in Canada. Follow that rule and you'll be fine.

The most important piece of advice we can offer is to purchase good travel insurance. Travel insurance will protect you against illness, injury, theft, and cancellations. It's comprehensive protection in case anything goes wrong. We recommend never going on a trip without travel insurance as many claims are made every year.

