



Autumn's natural firework display is unmissable in Ontario province



Toronto is Canada's liveliest city

houses and interesting shops, and there's a colourful farmers' market on Saturdays.

* The best way to enjoy Kingston's beautiful setting is by taking a Thousand Islands boat tour on the Saint Lawrence River. Visit www.1000islands.com.

* Eat at Le Chien Noir, in Brock Street, where homemade soup and Prince Edward Island mussels cost around £12.

* Stay at the elegant and bohemian Hotel Belvedere, from around £60 a night (www.hotelbelvedere.com).

Ottawa

* From Kingston, continue to the country's present capital. Ottawa feels more like a small but stately town than a major city. Yet it's home to the nation's grand parliament buildings.

* The impressive Canadian Museum Of Civilization charts the rich history of this fascinating country.

* For souvenir shopping, explore the ByWard Market, a hotchpotch of interesting shops and restaurants.

* Dine on quirky, French-based food made with native Canadian ingredients at the Courtyard Restaurant, 21 George Street. Try yam gnocchi followed by Kanata Elk Ranch striploin in an elderberry glaze. Dinner with wine costs around £25 (www.courtyardrestaurant.com).

* Stay at the stately Fairmont Château Laurier (www.fairmont.com).

Plan your trip

Fly to Toronto with Air Canada, from around £300. Visit www.aircanada.co.uk. For more information on Ontario, visit www.ontariotravel.net/uk, or to order a brochure, call 01622 832288.

If it's autumn... go to Ontario, Canada

This vast Canadian province is a spectacular place to see the vivid autumn colours in all their glory

Fall footsteps

For an inspiring autumnal trip, take a train from buzzy Toronto to tranquil Ottawa, stopping en route at historic Kingston.

Toronto

* Toronto is Canada's largest and busiest city, with a colourful, cosmopolitan mix of inhabitants. It has a stream of nightclubs, cafés, restaurants and designer shops. Take a tour with charismatic local historian Bruce Bell. Bruce will lead you around the vibrant hot spot, either by car or on foot,

with his charming, informed commentary. Visit www.brucebelltours.com.

* Visit St Lawrence Market, at 92 Front Street East, where two floors of stalls sell foodie delights. A fish sandwich at Buster's Sea Cove is a bargain lunch-time treat.

* Canada's Fairmont hotels are luxurious but good value at around £125 a night. In Toronto, try the Fairmont Royal York. Visit www.fairmont.com.

Kingston

* To see the autumnal landscape at its best, take the Via Rail train (www.viarail.com) to Kingston. This quaint town was Canada's original capital. Its leafy streets are lined with Victorian and Edwardian