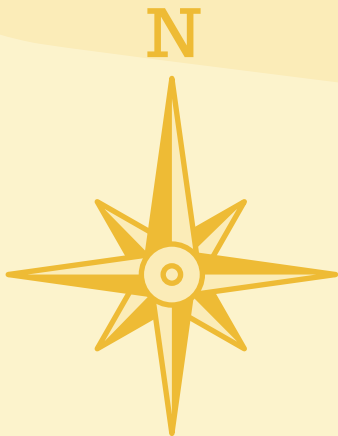




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# ROAD TRIP

— HANDBOOK —



# INTRODUCTION

## Overview

Road trips have been a classic North American pastime for as long as there have been cars. U.S. Route 66 was one of the first cross-country highways, which allowed for uninterrupted travel from Chicago to Los Angeles from 1926 to 1985. Technological advancements in automobiles during the late 1930s and early 1940s allowed families to migrate westward as well as travel around the country for recreation. The increasing reliability of automobiles during the 1950s contributed to the rapid growth in their popularity, especially for leisure travel.

The Trans-Canada Highway was completed in 1971 and allows continuous travel through Canada from the Atlantic Ocean to the Pacific Ocean. This highway is over 8,000 kilometres in length, making it one of the longest national highways in the world. Canada and the United States share a 6,417 km long border, making it easy for Canadians to travel to many locations in the northern U.S..

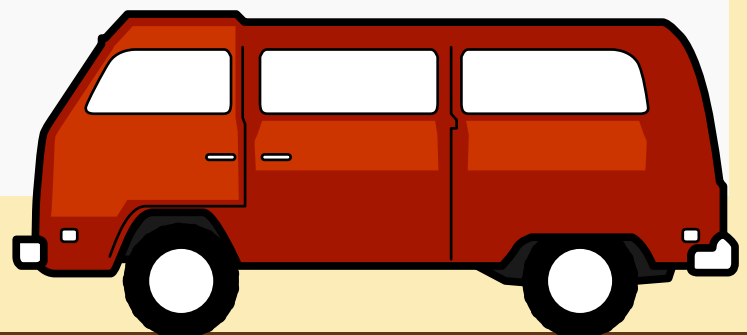
The onset of road trips as vacation resulted from the increase of many businesses that catered to travellers, including roadside motels, restaurants and campgrounds. These services and the improvement in car speeds and comfort have made road trips very popular.

## Benefits of Travelling By Car

Travelling remains one of the top interests for many people, regardless of the number of trips they've made in the past. They're fun and relaxing, and also offer travellers an opportunity for cultural enhancement and mind-enriching experiences.

A slow economy can make air or rail travel seem out of reach, but if you drive and rely on camping and other low-cost accommodations, you can reduce the expense of your vacation. The increase in the cost of gasoline in the summer still make travelling by car a cheaper option compared to flying or traveling by rail. The additional freedom and independence of using your own vehicle, as well as the ability to bring more belongings than you could on a plane, makes road trips preferable for many people. This kind of travel also allows you to stop whenever you wish, providing opportunities for rest, food and spontaneous side trips at your convenience.

Road trips may also be easier to plan than other types of vacations, since they are typically limited by distance and time requirements rather than financial or scheduling ones. You can therefore plan a road trip more effectively before you set out as the distance and time needed for the trip is less subject to change than other parameters. Taking the most direct route between two points will save you time, but a less direct route may offer such benefits as cultural attractions, local sights, or simply a more scenic view.



# HOW TO CHOOSE A DESTINATION

## Personal Experiences

Asking friends and family members about their own travel experiences is a great way to choose destinations for your road trip. Personal acquaintances are more likely to provide unbiased information on travel spots since they don't have any stake, financial or otherwise, in your selection. They may be better able to provide you with ideas and details that other sources overlook.



Social media offers a great opportunity for networking, so let others know about your travel plans on such platforms such as Facebook or Twitter. There is a good chance you'll get interesting responses from a large number of people who have visited or even live in one of your potential destinations and can offer you suggestions about attractions that are known to locals but don't appear in official travel guides. Travellers who base their plans on the recommendations of friends and family members can avoid wasting time and money on bad food, expensive accommodations, or dangerous parts of town.

## Online Tools

Online tools are valuable in helping you select travel destinations. These tools typically include a database of attractions along with their features:

### RoadsideAmerica.com

Allows you to gather a list of your favorite tourist attractions such as historical landmarks, beaches, museums, national parks, bars and restaurants. You can add to your itinerary by clicking on the checkbox labeled "Add to My Sights" for that attraction and then print out a map or export it to your GPS device. These checkboxes are located throughout the RoadsideAmerica.com website, which also contains travel tips, stories and maps.

### RoadTripJourney.com

Makes it easy to locate travel destinations when you enter the name, geographic location or other search criteria, and it provides you with an average user rating. The website also allows you to add an attraction, including its name, address and what type of attraction it is, to the database so that others can find it. Adding points of interest that you've enjoyed to RoadTripJourney.com makes it easy for others to discover new places and plan their own trips.

### RoadTrip Map Wizard

Locates attractions along any route that you have generated by providing a starting and ending location, which can be specific addresses or cities, and then adds them to your map from its database. This website also has other tools and features for travellers, including a forum.

# HOW TO PLAN YOUR ROUTE

## Websites

Many websites can provide a route for your road trip based on criteria that you provide. The following examples are some of the most popular route-planning websites:



### TRIPIT ROAD TRIP PLANNER

Automatically generates your course, creates directions, provides local maps, and calculates your distance. You can access your itinerary from a mobile device by downloading a free app, as well as share your itinerary via email, Facebook and Twitter. It provides a powerful set of features for planning your road trip, such as a map with the most direct route between your starting point and your final destination. You can then add stops by dragging your path to a specific point with your mouse and releasing it.



### GOOGLE MAPS

Provides a route, directions, and distance based on your starting and ending locations. You can enter the destination as an address or the name of a business and Google will generate 'placemarks' for it. Click on a 'placemark' to get specific information, like web page, address, phone number and hours of operation. Google Maps contains a large database of user reviews for many travel destinations, restaurants, hotels and other points of interest.



### TRIPADVISOR

is a free online travel community with user-submitted reviews, advice, and mobile apps. This tool makes it easy for travellers to research and plan their trips and activities in destinations all over the world.

## Routes .....

The best route for a road trip highly depends upon the activities in which you're most interested. For example,



If you like the seaside, you can find many beaches along the coast of British Columbia, such as Long Beach in the Pacific Rim National Park on Vancouver Island. Tribune Bay on Hornby Island requires you to take two ferries to get to it, but the extra travel time is worth it as water temperatures reach almost tropical levels during the summer.



The Canadian Rockies, which extends through Alberta and British Columbia, offers many popular climbing locations. Mount Columbia in the Columbia Ice Field is the highest point in Alberta at 3,747 metres, and the second highest peak in the Canadian Rockies after Mount Robson.

The northern limit of this mountain range is McGregor Pass at the intersection of the Kakwa and McGregor rivers. The southern point of the Canadian Rockies is the Crowsnest Pass between Alberta and British Columbia near the American border.



Whitewater rafting is a common recreational activity in Canada, and the Kicking Horse River in southeastern British Columbia is one of the most popular places for this. The upper canyon is a class 3 to 4 whitewater run, while the middle and lower canyons are class 4 to 5 runs. The lower canyon is closed when the river reaches class 5.



The Shubenacadie River is Nova Scotia's largest river, which originates from the Shubenacadie Grand Lake and empties into the Bay of Fundy. The I Backpack Canada blog named the Shubenacadie one of the top five whitewater rivers in Canada. The Shubenacadie tidal bore forms waves of water that travel up the river. The biggest sets of waves are usually found in the narrow part of the river known as 'The Killer K' and attracts many thrill-seeking sea kayakers.

## Tips

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When driving through Canada, you should keep in mind several tips to ensure a safe and relaxing trip.



### THE SPEED LIMIT

The speed limit along the Trans-Canada Highway varies quite a bit, from as low as 50 km/h on the Vancouver Island section to as high as 110 km/h through the straight, flat section of the prairies. Many scenic areas have a lower speed limit due to winding roads or wildlife, so it's important to consider the actual speed limit when calculating your driving time.



### WILDLIFE AREA

Many routes in Canada pass through areas with wildlife, which can also limit your speed. The Icefields Parkway provides ample opportunities to spot animals such as bighorn sheep, black or grizzly bears and elk, but the large size of these animals can present a safety hazard, making it especially important to observe wildlife crossing signs.



### EMERGENCY SUPPLIES

Remote roads in Canada often have long stretches without gas stations or other services, making it essential to ensure you have emergency supplies, such as extra fuel, a spare tire and a jack, food, water, flashlights and an extra phone battery. Bear in mind that many remote or rural areas also have unreliable or non-existent cell phone coverage, so carrying a paper map or a satellite navigation system is a good idea.

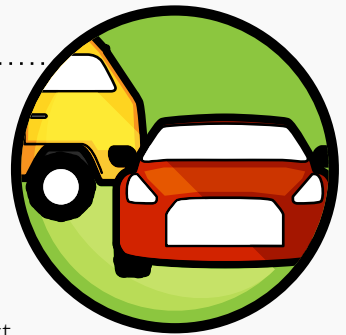


### THE WEATHER

Additional risks of Canadian road trips include the accumulation of snow and ice in mountainous regions, which can make some areas difficult to manoeuvre. Therefore, when driving on such highways as Duffey Lake Road during the winter, you should have a suitable vehicle with snow tires as well as a snow preparedness kit. Some roads are also subject to flooding in late winter/early spring when the snow melts, which may be as early as January in some areas and as late as March in others.

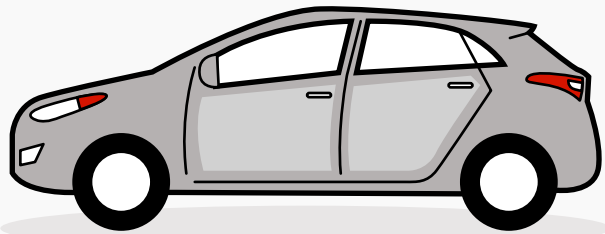
# WHAT CAR TO DRIVE & HOW TO PREPARE IT

## Best Car Choices



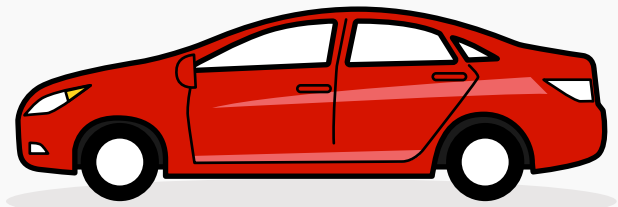
### FUEL ECONOMY

The long distance between gas stations in many rural areas of Canada means that driving range is a critical consideration when selecting a vehicle for a road trip. The best choice for a car is therefore one that has good fuel economy, yet is large enough to carry its passengers in reasonable comfort, such as:



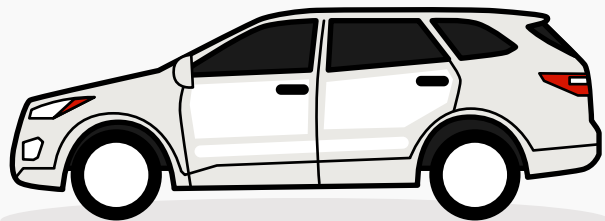
#### HYUNDAI ELANTRA GT

A compact hatchback with adequate rear seating, this car handles well, provides a comfortable ride, and gets 38 mpg (6.19 L/100km). This option is the best of all suitable vehicles.



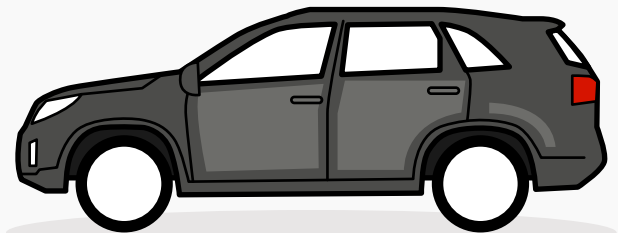
#### HYUNDAI SONATA

This mid-sized vehicle handles well and provides a comfortable ride, while offering 55 mpg (4.28 L/100km).



#### HYUNDAI SANTA FE

Averaging 26 mpg (9.05 L/100km) on the highway, this Crossover SUV provides superior handling and ride, as well as three rows of seats, which makes it perfect for families.

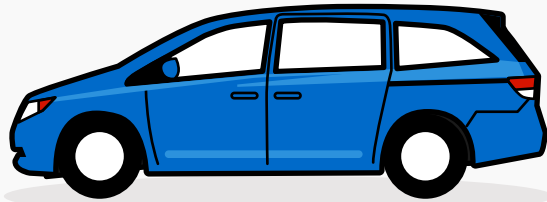


#### KIA SORENTO

This Crossover SUV is roomy with a comfortable interior and gets 34 mpg (6.92 L/100km) on the highway.

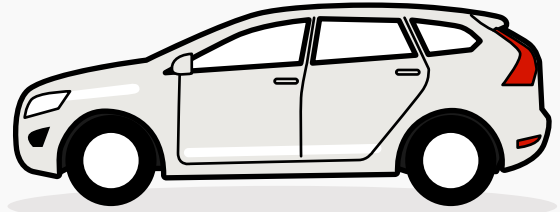
## SAFETY AND RELIABILITY

Reliability is also essential when travelling scenic routes in Canada due to the limited availability of repair shops and lack of cell-phone coverage in many of these areas. Website such as Edmunds and Consumerreports.org provide information about the safety features and records of cars. The top-rated reliable cars are:



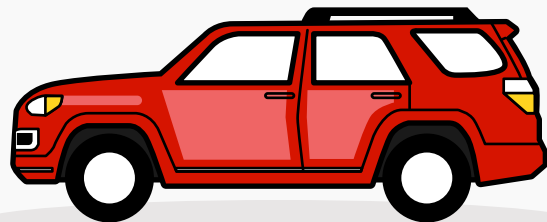
### HONDA ODYSSEY

Getting 28 mpg (8.4 L/100km) on the highway, this minivan is not only reliable, but it seats 7-8 passengers (in the LX and EX trim, respectively) and has excellent storage space.



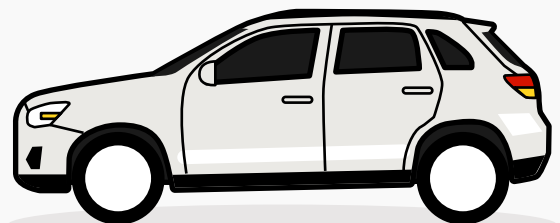
### VOLVO XC60

Averaging 23 mpg (10.23 L/100km) and giving you a stiff ride, this small SUV is long-known for exceptional crash safety and overall reliability.



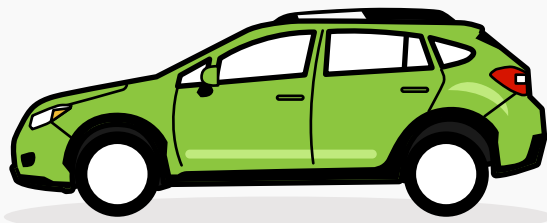
### TOYOTA 4RUNNER

Best choice for off-roading, though it has a loud engine and gets a mere 22 mpg (10.69 L/100km) on the highway.



### MITSUBISHI OUTLANDER

This small SUV is very reliable, though has somewhat of a rough ride and loud engine noise, and will get you 29 mpg (8.11 L/100km).



### SUBARU XV CROSSTREK

This small SUV is good for both dirt roads and city streets with its all-wheel drive, decent ground clearance, and great handling. Some road noise and 25/33 mpg city/highway (7.13 L/100km / 9.41 L/100km).

The significant probability of flooding and mudslides in the mountainous regions of Canada also makes having a vehicle that can easily manoeuvre rough terrain a wise choice. All-terrain vehicles share a number of common features, such as sturdy construction, a high ground clearance and tires with deeper treads. For this reason, the best choice of vehicle for a road trip in Canada is a sport utility vehicle (SUV). Keep in mind that proper tires and/or chains are a must for higher elevations between October and May.



# Maintenance .....

You should always have your car serviced before embarking on long journeys, and this step is especially important for rural, country or mountainous trips. You'll certainly need to repair any known problems, but you'll also want to replace any working parts that are likely to break during your road trip when the engine and tires will be heavily taxed.



## ENGINE FLUIDS

Part of the maintenance check will include topping off your fluids, such as transmission, brake and windshield wash, but you should mention to your mechanic where you'll be driving because different fluids are necessary for different temperatures. For instance, engine coolant protects and helps maintain your automobile's cooling system in any season, while antifreeze, which lowers the freezing point of liquid, is recommended for cold weather.



## MOTOR OIL

This is another service item that requires special consideration for Canadian road trips. Cold weather requires low-viscosity oil such as 5W-30, because your engine needs an oil that can easily flow through the moving parts. For hotter weather, you should use a thicker oil like 10W-30. The Society of Automotive Engineers (SAE) has a numerical code system for grading motor oil, and the most common ones, from low- to high-viscosity are: 0W, 5W, 10W, 15W and 20W. The letter W stands for "winter," which designates that the viscosity is suitable for cold-starts. It is recommended that you change your oil every 5,000 kilometres, so it's a good idea to do an oil change after returning from long journeys.



## WINDSHIELD WASHER FLUID & BLADES

You should also be certain that your windshield washer fluid is appropriate for cold weather if you'll be driving in the winter, which is typically indicated by terms like "All-Season" and "De-icer" on the bottle. Windshield washer fluid is available in many freezing points, the most common being 0, -6 and -29 degrees Celsius (which will be on the label), and the lower the number, the less washer fluid it takes to de-ice your windshield. Finally, don't forget to inspect your wiper blades for cracks as well as test them to confirm that they work efficiently.



## **BRAKES**

Check your brakes to determine if they have enough padding to last through your road trip, taking into account that mountain driving will wear out your brakes more quickly. Besides the obvious signs that your brakes need servicing, like the dashboard brake light comes on, other warnings that your brakes need to be replaced are: a high-pitched squeal or a harsh grinding sound when braking, the car pulls left or right when braking, the car shakes when braking, or a mushy pedal (one that engages low to the floor) when braking.



## **AIR FILTER**

You should also replace your air filter before your trip, as a clean filter is essential to the driving efficiency of an automobile. Changing your air filter regularly gives you better gas mileage, reduced emissions, improved acceleration and increased engine life. Car experts recommend changing it as often as every 5,000-16,000 kilometres, depending on your driving conditions, but your owner's manual will give you an exact number.



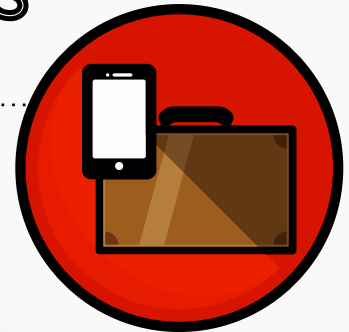
## **TIRES**

In order to keep your vehicle safe and performing efficiently, you need to replace your tires at regular intervals, and a good rule to follow is every 65,000 kilometres or 6 years. Make sure your tires are appropriate for the weather and terrain you'll likely encounter on your road trip; you may want to consider tires that are specifically designed for rain or snow.

# PACKING TIPS FOR YOU AND YOUR PASSENGERS

## Travel Items

In addition to any equipment (like camping gear) that you may need once you arrive at your destination, it's a good idea to have certain items, like food, games, or music, on hand for the actual car trip.



1

The best provisions are those that do not require heating, preparation, or utensils. Sandwiches are a good choice, since they can be prepared quickly and wrapped in advance, using a variety of ingredients. Nuts and trail mixes are popular snacks for the road because they provide energy, fill you up, and are easy to consume in the car. Popcorn and rice cakes can satisfy a craving for crunchiness, though they may cause increased thirst due to their dry nature and high sodium content.

2

You can easily consume too much sugar during a road trip if pop is your only beverage. An excellent alternative is bottled water, vital for hydration, which you can easily refill throughout your trip. Sports drinks can supply electrolytes (a biological compound that regulates hydration in the body), although they should be consumed sparingly due to their high sugar content. Additional beverages for a road trip include fruit juice and vegetable juice.

3

Playing simple games in the car is a great way to entertain yourself and your passengers and pass the time during those long stretches of unchanging scenery. When packing for a road trip, keep in mind that games shouldn't require a board that must remain stable, small pieces that can be easily misplaced, or reading if you suffer from motion sickness. Card games are fun, but might be best played by backseat passengers who can use the bench seat as a surface to lay out cards for such games as Blackjack, Go Fish or War, for example. The most ideal road trip games are Alphabet, 20 Questions and I Spy since they are easy and require no special paraphernalia or skills.

4

Be sure to bring along a selection of music to play in the car for those times when you don't feel like talking or playing games. Soothing music can be a pleasant choice, or it might be fun to sing along to up-tempo tunes.

## Emergency Items

For any road trip, and especially those of longer duration or through remote areas, you will want to pack certain items in the event of an emergency. This process generally involves weighing the usefulness of the item against its size, since storage space is typically limited.

Risk of injury or other medical condition is usually rare, but it pays to have a first-aid kit handy in your car. You can purchase a pre-assembled kit or put one together yourself. The Red Cross recommends that it include at least the following:

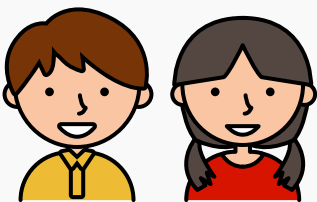


- Antibiotics
- Calamine lotion
- Hydrogen peroxide
- Bandages & gauze
- Cotton balls & swabs
- Disposable gloves
- Over-the-counter medication for pain, nausea, and diarrhea
- Insect repellent
- Sunscreen
- Adhesive tape
- Scissors
- Thermometer



**USE A WATERTIGHT CONTAINER, SUCH AS A HEAVY, RECLOSABLE BAG, TO STORE THESE ITEMS IN YOUR CAR.**

Your first-aid kit should also contain any medication that you'll need during your trip. Keep the medication in its original container and be sure that the instructions are clearly readable. This step is especially important if you cross the U.S./Canadian border, as customs personnel can confiscate medication with illegible instructions. You'll also need the prescriptions so you can get a refill in the event that your medication is lost or stolen.



Your first-aid kit will need additional items if you have small children, such as aspirin in a child's dosage, an ear (rather than oral) thermometer and ointments or creams for diaper rash if your children are still in diapers. Older children may also benefit from these items if they get heat rash.



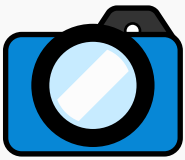
**EACH PERSON ON YOUR ROAD TRIP SHOULD HAVE A HEALTH CARD IN CASE THEY REQUIRE MEDICAL TREATMENT. THIS CARD CONTAINS INFORMATION SUCH AS THE PERSON'S ALLERGIES, MEDICATIONS AND PRE-EXISTING CONDITIONS**



Warm clothing is essential emergency equipment when travelling through many places in Canada. Although a light jacket is usually sufficient for the summer, temperatures may become cool at night, especially if camping in a tent. Since temperatures are routinely below freezing in the winter, emergency gear for this season should include: heavy coats, gloves, wool socks, toques, lined and waterproof boots, and a wool blanket.



Many travellers today rely on their mobile devices for maps and other navigation aids, so be sure to take a car charger. However, electronic maps are useless if you're in an area without cell phone coverage, so bringing paper maps is imperative. You can also prepare for the lack of cell phone coverage by purchasing a dedicated GPS (Global Positioning System) device, which is a satellite-based navigation system, from such manufacturers as Garmin or TomTom.



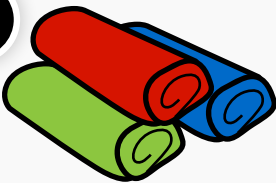
You should also consider a backup camera, especially if taking photographs is a major goal of your road trip. A small, portable camera won't take up much room and will prevent your trip from becoming a complete loss in the event that your cellphone or Smartphone camera becomes damaged.

## Packing .....

Packing your belongings to occupy the least amount of space is a critical skill for a road trip, especially if your activities include hiking, which requires you to carry your belongings with you.

A handy tip is to fold your clothing if using a suitcase and roll it if using a backpack. Pack your clothing in sealable plastic bags if you're hiking to prevent your belongings from becoming wet if it rains.

1



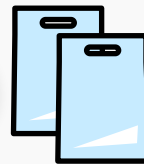
Stack your clothing at the bottom of your backpack or suitcase, since these items tend to be the heaviest and least fragile,

2



Put the more fragile items such as electronic gear on top.

4



Use plastic bags for items that may leak, such as toiletries, and bring extra bags for garbage and dirty laundry.

3



Keep paperwork like travel documents, itineraries and traveller's cheques in an exterior pocket of your suitcase/backpack.

Once your suitcase or backpack is secure, lift it to ensure it isn't too heavy. Keep in mind that while you may only need to tote a suitcase from your car to your room if you're staying in a hotel, a backpack should be lighter since you could be carrying it all day.

## ESSENTIALS FOR YOUR CAR

### Camping Equipment

Camping is a popular activity for road trips in Canada, especially during the summer. Camping equipment can also be useful in an emergency, even if you don't plan to camp for recreational purposes. You have the option of renting the equipment until you get a good feel for the best choices. This strategy will help you avoid purchasing camping equipment that is inappropriate for your needs, especially with respect to the temperature.



#### HERE IS A LIST OF THE MOST COMMON EQUIPMENT FOR CAMPING:



Flashlights and lanterns



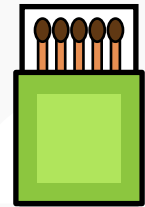
Non-perishable food and water



Knives and an axe



Pots, pans, bowls, plates, cups and utensils



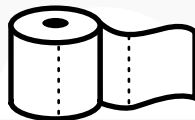
Matches



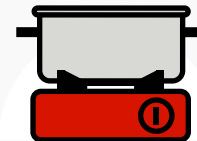
Tents



First-aid kit (see Chapter 4)



Toilet paper



Portable propane stove



Sleeping bags and air mattress/sleeping mat

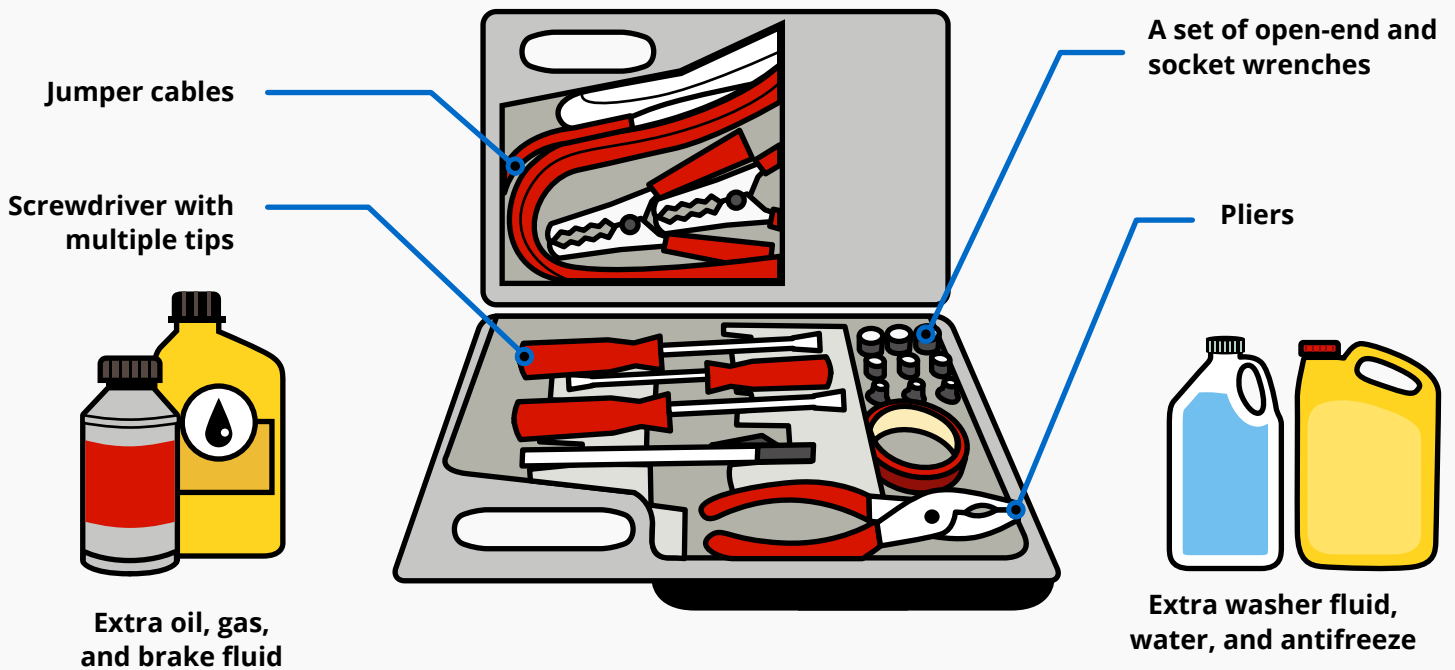
Many larger tents are specifically designed for accommodating a family and are available in categories such as three-season tents and four-season tents. A three-season tent is so-named because it's suitable for every season except winter. It's generally comfortable in temperatures above freezing, but wouldn't be the best choice in a winter storm. A four-season tent is designed for the harsh winter conditions that often occur in Canada, especially in the mountains. However, these tents also have disadvantages such as their weight and lack of ventilation.

Sleeping bags are typically made of down or a synthetic material, and your choice will depend on several factors. Down sleeping bags are warmer, more lightweight, and extremely compressible, making them easier to pack. However, down is more expensive, isn't hypoallergenic, and loses warmth when wet. Synthetic sleeping bags, on the other hand, are water-resistant, still provide warmth when wet, and are less expensive. Unlike down, though, synthetic insulation does not compress well and weighs more. Keep these points in mind to ensure that your sleeping bag is appropriate for the weather and overall camping conditions that you're most likely to encounter.

## Car Maintenance Items

The possibility of driving long distances between service stations on a road trip means that you should be prepared to perform basic maintenance and repair procedures in case your car breaks down and you find yourself stranded in a remote area.

### YOUR CAR'S TOOL KIT SHOULD INCLUDE:



### Spare tire, jack, and lug wrench

Before starting your trip, ensure that you not only have a spare tire, but that you know how to perform a tire change. Check the tire pressure of the spare, bearing in mind that it often has different pressure requirements than regular tires.



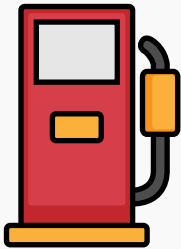
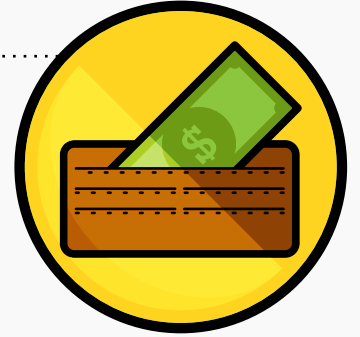
### ROAD TRIPS IN CANADA REQUIRE YOUR CAR'S MAINTENANCE KIT TO INCLUDE SPECIFIC ITEMS FOR DEALING WITH COLD WEATHER

Such as a windshield scraper, flashlight and extra batteries, flare and bright cloth or emergency sign to display in your window. You will need tire chains if you foresee driving through snow, and it's a good idea to practice placing these chains on your car before setting out. A small folding shovel is helpful for digging snow from around your tires, and a bag of cat litter can provide needed traction if your car gets stuck in snow or mud. You may also want to keep a long-handled brush with soft bristles to remove snow from your car's roof and other places that are difficult to reach.

# HOW TO SET YOUR BUDGET & STICK TO IT

## Average Costs

Establishing a budget and sticking to it is one of the biggest challenges with a road trip, since the prices for products and services vary considerably throughout Canada and are constantly changing. Calculating the average cost of a road trip requires you to consider the number of travel days/kilometres, accommodations (hotel or camping) and entertainment.



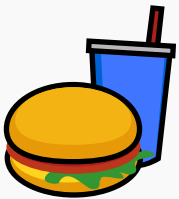
Fuel price is one of the most significant expenses on a road trip, and these two websites can be helpful in planning your budget:

### **GasBuddy.com**

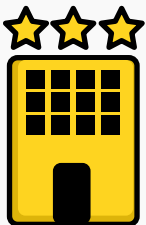
Allows you to search for gas prices by city, province/state or postal/zip code, and lists all cities in the USA and Canada. This site shows you prices in real-time with national averages, and includes a trip-cost calculator and fuel saving tips.

### **TomorrowsGasPriceToday.com**

Lets you type in any city to find current gasoline prices, browse specific areas such as an entire province or one area of town, or search by "Lowest Prices." It also has a "Fuel Economy Guide" to see how your car rates on gas mileage.



Food is another expense that can vary considerably according to location. PriceWiki is a website database that allows you to search for and compare prices of a variety of products, including food, beverages, accommodation, car rental, etc. Most businesses have their own websites, which is another great way to find current prices.



Your accommodation costs will depend on the specific type of lodging you are interested in, whether you prefer camping or hotels.



## Budget Break-Down

The primary components of your road trip budget will be fuel, food and lodging. There will always be some unexpected expenses, and prices will be subject to change daily, but you can get a general idea of these costs and calculate an appropriate budget. It may be easier to calculate your daily expenses first, and then multiply that figure with the number of days you plan to be on the road.

If you're unsure of how much your gas tank holds or how far you can drive on a full tank, try this easy trick: next time you fill up your car, write down how many litres you put in, then reset the odometer or simply make note of the odometer reading when you fill up and calculate the difference. The next time you fill up, note how many kilometres you drove. Next, determine how many kilometres you plan to drive each day on your trip and do the math.

For example, if a Nissan Altima averages 500 kilometres on one tank of gas, which costs \$60 to fill, then if you plan to cover 650 kilometres in one day (about eight hours of driving), your gasoline cost for one day will be \$78. Alternatively, Bankrate.com has a tool to help you make this calculation.

Here are some additional tips to help you keep your fuel costs down:



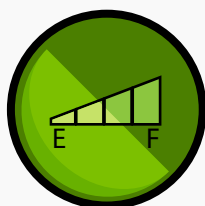
Keep your tires properly inflated (check your owner's manual) and get regular tune-ups.



Try to fill up your gas tank outside of large cities, since it's usually cheaper.



Use an app like GasBuddy to search for best gas prices wherever you go.



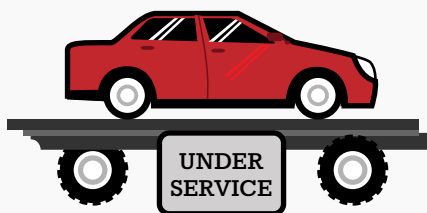
Purchase a fuel efficient vehicle.

For budgeting meals, snacks and water, it depends whether you prefer to dine in restaurants every day or pick up groceries to carry with you. Either way, you may want to set a daily rate for yourself in advance and stick to that. Some people will allocate \$5-10 for breakfast, \$5-10 worth of groceries for snack-type lunches throughout the day, and \$20 for dinner in a sit-down restaurant. In this example, your daily food budget would be \$40 per day per person.

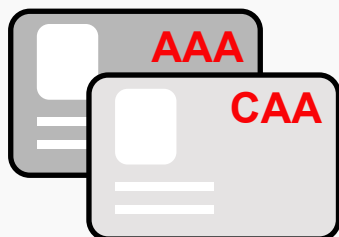
Accommodations are the easiest factor to budget for as you can look up exact room prices online and book them. Summer rates for low-end motels like Motel 6, Travelodge or Days Inn generally run \$45-100 per night, while hotels like Best Western and Holiday Inn are \$150 and up. Backcountry camping is about \$5 per night for adults and \$1 per night for children. Campground fees for an RV hookup in major parks range from \$10 to \$30 per night. Hostels are about \$30 per night, and a medium-priced hotel in a major city is around \$150 per night.

Using the gas, food and lodging (using an average hotel rate) examples here, your daily expense would tally to roughly \$240 per day, not including entertainment or unforeseen expenses. Multiply that by seven days, for instance, and your road trip budget would be \$1680.

## Unexpected Expenses .....



Unexpected expenses are a routine part of any road trip, with car repairs being the most significant. Your vehicle may break down without warning and the cost of fixing it could potentially be quite high, plus you may also incur additional expenses if you need to spend extra money on food and lodging as you wait for your car to be repaired. You may also come across some form of entertainment that you decide to splurge on, such as an amusement park, festival or tour. It's a good idea to carry a credit card with you to cover these surprise expenses, or put aside an extra lump sum that feel is adequate for emergencies. Depending on the price of fixing your vehicle, additional accommodation and food, and how many people are in your party, you may want to reserve anywhere from \$500-1500 for this emergency fund.



Having a membership to CAA (Canadian Automobile Association) or AAA (American Automobile Association) is an excellent and extremely affordable safety net. A basic yearly membership to CAA costs \$70 and includes four roadside calls (for towing, a jump or gasoline for stranded motorists) and towing up to 10km per year, while a premium membership costs \$144 and includes five service calls and four tows up to 200km and one tow up to 320km.amusement park, festival or tour. It's a good idea to carry a credit card with you to cover these surprise expenses, or put aside an extra lump sum that feel is adequate for emergencies.



Medical emergencies are another major unexpected expense that you may incur while travelling. Being unforeseen, these costs are difficult to budget, and therefore many travellers opt for travel insurance. This form of insurance also covers other unexpected expenses such as emergency evacuations and travel delays due to weather. The operators of some high-risk recreational activities, such as rock climbing and whitewater rafting, may require traveler's insurance. Another benefit of a CAA membership is that they provide travel medical insurance that you can (and should) arrange before beginning your trip.

# HOW TO FIND THE BEST STOPS & ROADSIDE WONDERS

## Top Stops in the United States and Canada

The best part about going on a road trip is the ability to take planned or spontaneous stops along the way, rather than focusing solely on the destination. This kind of vacation can offer you a taste of American or Canadian landscapes, historical landmarks, and multicultural cuisines, making it stimulating for all your senses.



## Top 5 Stops in the United States

The top stops in the United States are unique places that appeal to almost everyone. They're also easy to access from major roads and offer many sights and activities.



### Number 1

#### Grand Canyon, Arizona

The Grand Canyon is at the top of this list because it's one of the world's greatest natural wonders. Hiking and rafting tours are some of the most popular activities.



### Number 2

#### New York City

New York City is the most populous city in the United States. Attractions include Central Park, the Empire State Building, Times Square and the Statue of Liberty.



### Number 3

#### California Coast

State Route 1 (SR 1) often called Highway 1, runs along the Pacific coast. Famously scenic, traveling via Highway 1 is the quintessential road trip in the United States.



## Number 4 Colorado

The state of Colorado offers a variety of outdoor activities throughout the year including hiking, skiing, mountain climbing and whitewater rafting.



## Number 5 New Orleans, Louisiana

New Orleans has a unique and colourful culture with its French Quarter, Cajun cuisine and jazz music.

### Top 5 Stops in Canada

Canada's vastness often makes travelling time consuming and challenging, but the following stops are well worth the effort.



## Number 1

### Niagara Falls, Ontario

Two of the three famous large waterfalls that make up Niagara Falls are best viewed from the Canadian side.



## Number 2

### Montreal, Quebec

Attractions include 90 yearly festivals, modern and traditional architecture, historic district Old Montreal, and RÉSO (subterranean network of walkways, shopping centres, restaurants, movie theatres and métro (subway) stations).



## Number 3

### Prince Edward Island

With its lush green pastures and red-soil cliffs, Prince Edward Island on the eastern coast is a popular tourist destination made famous by the literary classic *Anne of Green Gables* by Canadian author Lucy Maud Montgomery.



## Number 4

### Churchill, Manitoba

Nicknamed "Polar Bear Capital of the World," tourists can safely view polar bears from "tundra buggies" in October and early November.



## Number 5

### Vancouver, British Columbia

With its sandy beaches, numerous parks, mountains that offer world-class skiing in winter, and a thriving downtown nightlife, Vancouver is often listed as one of the most beautiful cities in the world.

## Top Campgrounds in the United States and Canada .....

Road trips often involve staying in campgrounds to save money and enjoy the natural splendor of the wilderness. Popular campgrounds tend to book up well in advance, particularly during the summer, so it's best to make reservations long before you embark on a trip.

### Top 5 Campgrounds in the United States

The top stops in the United States are unique places that appeal to almost everyone. They're also easy to access from major roads and offer many sights and activities.



## Number 1

### Yosemite National Park, California

Sequoia trees, canyons and waterfalls are some of the attractive features of these campgrounds.



## Number 2

### Yellowstone National Park, Wyoming, Montana and Idaho

Visitors are often awed by the geysers and hot springs in Yellowstone, which also boasts thousands of miles of trails for hiking enthusiasts.



### Number 3

#### **Grand Canyon National Park, Arizona**

The starring feature of the United States' 15th oldest national park is the Grand Canyon, one of the world's greatest natural wonders.



### Number 4

#### **Glacier National Park, Montana**

This 4,000 km<sup>2</sup> (1 million acres) park has glacier features and geological formations that are millions of years old, over 130 lakes, and is home to hundreds of species of animals, including the grizzly bear and the Canadian lynx.



### Number 5

#### **Olympic National Park, Washington**

Popular activities in this park are trail hiking and backpacking along the beach in the spring and summer, and skiing and snowboarding in winter.

## Top 5 Campgrounds in Canada



### Number 1

#### **Banff National Park, Alberta**

Banff is famous for its mountains, hot springs, wildlife (moose, wolves, bears and caribou notably), and activities like fishing and canoeing.



### Number 2

#### **Pacific Rim National Park Reserve, British Columbia**

Rainforest trails and whale watching opportunities are some of the highlights visitors enjoy in this park.



### Number 3

#### **Algonquin Provincial Park, Ontario**

Numerous lakes, stretches of wilderness and proximity to Toronto and Ottawa make this park one of the most popular places in Canada for camping.



## Number 4

### Cape Breton Highlands National Park, Nova Scotia

This beautiful park offers hiking trails, a top-rated golf course, beaches and opportunities to observe wildlife, including harbour seals, whales and the Canadian lynx.



## Number 5

### Gros Morne National Park, Newfoundland

Landscapes formed by glacial scraping and erosion, and wildlife such as eagles, caribou and moose are some of the appealing features of this park.

## Top Restaurants in the United States and Canada .....

There are many excellent restaurants in the United States and Canada, catering to all budgets and tastes. To find good restaurants in the locations you'll be visiting, read reviews on sites like [Tripadvisor.ca](http://Tripadvisor.ca)

### Top 5 Restaurants in the United States



## Number 1

### Alinea, Chicago

Alinea's chefs use innovative techniques to create unique dishes that are edible works of modern art.



## Number 2

### Chez Panisse, Berkeley, California

Serving only fresh local foods, Chez Panisse is often credited as the inspiration for "California cuisine."



## Number 3

### Eleven Madison Park, New York City

Serving only fresh local foods, Chez Panisse is often credited as the inspiration for "California cuisine."



### Number 4

#### **Momofuku Ssäm Bar, New York City**

Asian-inspired dishes, notably rotisserie duck, are the focus of Momofuku Ssäm Bar.



### Number 5

#### **Central Michel Richard, Washington, D.C**

Imaginative versions of American favourites prepared with a French touch are the hallmark of Chef Michel Richard.

## Top 5 Restaurants in Canada



### Number 1

#### **Vij's, Vancouver, B.C.**

Famous for its egalitarian service policy (rather than reservations, it's first come first served), Vij's offers Indian-fusion dishes made with fresh local ingredients.



### Number 2

#### **Bishop's, Vancouver, B.C.**

A fixture in the city for many years, Bishop's serves West Coast cuisine made with local and often organic ingredients.



### Number 3

#### **Europea, Montreal, Quebec**

Serving modern French cuisine in a charming Victorian mansion in downtown Montreal, Europea has a popular tasting menu filled with surprises.





### Number 4

#### **Ristorante Quattro, Montreal, Quebec**

Three friends, from three different regions of Italy, conceptualized this Italian restaurant known for its friendly and warm atmosphere.



### Number 5

#### **Lee Garden, Toronto, Ontario**

Lee Garden is an often-packed Chinese restaurant in Chinatown that serves authentic Cantonese cuisine.

## Canada's Most Scenic Roadways .....

Canada's most popular driving routes include Cabot Trail, Duffey Lake Road, Sea-to-Sky Highway, Glacier Highway, Icefields Parkway (or Highway 93), and the Pacific Rim Highway.

### **Cabot Trail**

Which circles the northern portion of Cape Breton Island, Nova Scotia, is 297 kilometres in length. The eastern and western sections follow Nova Scotia's rugged coastline and provide a spectacular view of the Atlantic Ocean, while the northernmost portion passes through Cape Breton Highlands National Park where you can see moose, black bears and bald eagles. To take advantage of the surrounding beauty, you should give yourself a minimum of eight hours to make the full drive.

### **Duffey Lake Road**

In British Columbia is the portion of Highway 99 that stretches from Pemberton to Lillooet, a distance of about 108 kilometers. It passes through the Coastal Mountains and also presents a scenic view of the Fraser River. Duffey Lake Road provides access to several lakes, including Duffey Lake, Joffrey Lake, and Seton Lake.

## Sea-to-Sky Highway

Is another portion of Highway 99 that runs from Horseshoe Bay, past Whistler, to Pemberton and is about 135 kilometres long. Here, you can enjoy a variety of landscapes from scenic ocean vistas to snow-topped mountains to parks as you make your way along the north/south route. Because of the winding path, the speed limit is 80-90 km/h.

## Glacier Highway

Is located in northern British Columbia. It's part of Highway BC-37A and stretches from Meziadin Junction to Stewart, giving it a distance of about 67 kilometres. Bear Glacier is located at the midpoint of Glacier Highway.

## Icefields Parkway

Also known as Highway 93 north, stretches along the southwestern border of Alberta from Lake Louise to Jasper, a distance of close to 230 kilometres. It passes through several ice fields and 20 glaciers, providing a spectacular view of rivers and mountains. Keep in mind that travel along Icefields Parkway requires a national park pass (or you can pay a one-time entry fee) to enter Jasper National Park and Banff National Park, both of which you'll be doing as you travel this highway.

## Pacific Rim Highway

Is located on the western coast of Vancouver Island in British Columbia. It's part of British Columbia Highway 4 and is 140 kilometres from Parksville to Tofino. A portion of the Pacific Rim Highway cuts through an old-growth forest of Douglas Firs and Western Red Cedars.

# BEST APPS AND GEAR NEEDED FOR DOCUMENTING YOUR TRIP

## Photography

Many photographers pack too much equipment for a road trip. This mistake can waste valuable storage space and make transportation difficult given the fragile nature of most photographic equipment. For the amateur photographers, you're better off with a DSLR (Digital Single-Lens Reflex) camera and a couple of lenses.

For nature and landscape shots, you will want to bring a wide-angle lens to add a sense of depth to your photos and a telephoto lens for long distances. Good

wide-angle lenses for outdoor shots include: Canon 17-40mm, Nikon 16-35mm, Canon 24-105mm and Nikon 24-120mm lenses. Popular telephoto lenses for distance shots are: Canon 70-200mm, Nikon 70-300mm, Canon 100-400mm and Nikon 80-400mm.

If you plan to bring a DSLR tripod, look for one suited to travel, such as the 3Pod 5CFH Carbon Fiber 5-Section Flat-Fold Tripod, which extends to 143 cm and folds down to 34 cm, or the Benro Travel Angel Tripod, a full-sized tripod with legs that can be folded 180 degrees for easy packing.



## Photo Apps

You can also use a smartphone to completely eliminate the requirement to take a camera on your road trip. The iPhone is very convenient and can take surprisingly good photographs, especially with the right apps.



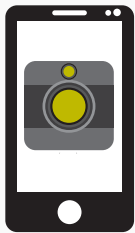
### Camera Flash Deluxe

Adds a flash feature to your iPhone camera. It also provides editing functions such as black and white, fog, invert and sepia.



### Fotobabble

Primarily allows you to add sound to your photos. After you take the photo, you can record your voice, attach the sound file to the photo and upload it to a social networking site.



### Hipstamatic

Gives your photos a retro look that resembles those taken by traditional analogue cameras. This app allows you to select the flash, lens and film to vary the appearance of your photos, and then share them with other social media users.



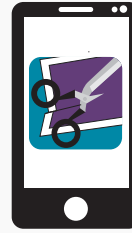
### Pano

Allows your iPhone to take panoramic shots. You can take up to 16 shots that you then string together to make a single panoramic photo. This app provides transparent guides that you use to align the individual photos.



## Photobucket

Is an app that automatically backs up all your photos and videos in a private album. You can browse your account, manage your photo albums and upload photos.



## Photogene

Is an iPhone app that includes a group of editing tools for your photographs. These functions include cropping, sharpening and colour adjustment. You can also use Photogene to add artistic filters, text and special effects, as well as upload your images to social networking sites.

## Additional Apps

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In addition there are also many apps available for the smartphone that provide other functions for your road trip such as locating restaurants, hotels and social networking.



## HotelsByMe

Provides hotel prices and availability in real time, which is especially helpful if your plans change at the last minute. It also offers reviews from TripAdvisor, a highly reliable source of hotel reviews.



## Roadtrippers

Locates smaller attractions that may not be well known enough to make it into major travel guides, as well as calculates time and fuel costs. It's most useful for travellers who are interested in more adventurous, spontaneous road trips.



## SmartLayover

Book hotel rooms and sightseeing tours at the last minute. This free app is available for many mobile operating systems, including Android, Blackberry and iOS.



## The Traveler

Allows you to organize the documentation of your road trip. It serves as a virtual scrapbook by arranging and storing your photos and videos. It also allows you to take photos and associate them with the appropriate location by placing markers on your map. The Traveler is compatible with Google Maps.



## UrbanSpoon

Lets you select restaurants according to criteria such as location, cuisine type and price range. Shake your iPhone and UrbanSpoon will select a restaurant at random that meets your criteria. This app also allows you to read and post reviews, make reservations and check table availability.



## Yelp

Easily locate product and service reviews, which is especially helpful when you're in an unfamiliar area. Just enter your search criteria, such as location and type of cuisine. You can click the filter button to obtain search results sorted by rating.



## Postagram

Keep your friends and family members up-to-date on your road trip. This app creates postcards from a photo and message that you create. You can then send the postcard to any location in Canada for \$1.99 USD.

## CONCLUSION

The most exciting part of planning a road trip is not just selecting a specific destination, but also mapping out your stops along the way, which will depend on many factors, such as time, money and your favourite activities. Many sources are available for helping you choose your stops, from personal acquaintances to official travel guides to online tools.

To get the most out of your road trip, remember to consider these practical matters:



Selecting the right vehicle and performing the proper maintenance before driving your car over long distances



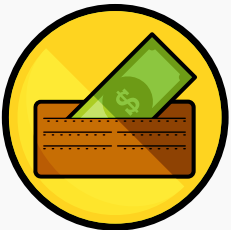
Bringing emergency items that will allow you to perform basic repairs for your car



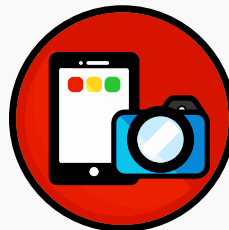
Packing a first-aid kit and basic survival/camping gear, even if you don't plan on camping



Packing efficiently to get the most use out of your automobile's space



Coming up with a budget, which will depend on factors such as the length of your trip, the route and the time of year, as well as a credit card and/or extra money for emergency expenses



Items you'll need to record your trip, such as photography equipment and apps for mobile devices

One of the great things about travelling in your car is that, unlike airplane travel, you can almost stop whenever and wherever you want to. This makes impromptu sightseeing inviting and easy, and you may find yourself having an adventure that you get to experience on your own timetable. Travelling by car also tends to be more financially viable than air or rail, especially if you are a camping enthusiast.

There's nothing like feeling the wind in your hair, cranking up the stereo and hitting the road. So pop that Willie Nelson CD in, sing along to "On the Road Again" and make your road trip an exciting and rewarding vacation that you'll remember forever!