

THURSDAY

FRIDAY

SATURDAY

Long weekend alert!

Plan something fun, maybe outside the city?

(See "Fantastic Canadian Getaways" on page 44 for ideas.)

1

Toronto Scotiabank Caribana Parade

Boisterous steel bands, musical ferry cruises, costumes, music and contests take over Lakeshore Avenue for the city's number 1 street party. caribanafestival.com

2

7

Vernon, B.C. Okanagan Summer Wine Festival begins

Take part in a foot-stomping musical outdoor wine tasting and a variety of on-mountain activities, including hiking and mountain biking. Tickets start at \$40. thewinefestivals.com

8

Millford Bay, Ont. Festival By The Bay begins

If you never left cutting and pasting behind in kindergarten, you'll be in your element at this fest, which features more than 60 artists and crafters. Admission is free. muskokashows.ca

9

14

Toronto IAMS Superdogs Show

Experience pooch-mania as crowds cheer on more than 40 dogs of 30 different breeds at this puppy love-in. Free with CNE admission. (CNE admission costs \$14.) superdogs.com

15

Gatineau, Qué. Casino du Lac-Leamy Sound of Light ends

If fireworks at home aren't enough, get your fix at this show's Grande Finale, where eye candy explodes over Leamy Lake. Tickets start at \$10. feux.qc.ca

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21

Montreal World Film Festival begins

Break out your red carpet and prepare to be moved by the latest in films from around the world. Tickets start at \$10. film-montreal.org

22

Windsor, Ont. Windsor Psychic Expo begins

Curious about what your future holds after this summer? Head to the psychic expo for books, crystals, psychic demonstrations and private readings from international psychics. psychicexpos.com

23

28

Toronto The Rodeo begins

Dig those vintage cowboy boots from out of the back of your closet and click your heels all the way down to the CNE for a rodeo featuring cowboys and cowgirls in bareback riding, bull riding and more! theex.com

29

Toronto Canadian International Air Show begins

If you're into flips and tricks, the Canadian International Air Show at the CNE promises some awe-inspiring spectacles—it's one of the best air shows in North America! cias.org

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AUGUST



granted and create beautiful photos for your walls, snapping pictures of architecture and nature that inspire you.

● **Invest locally.** Wander in and out of boutiques that feature local talent. Indulge in fresh fare at a restaurant that prides itself on local ingredients.

● **Stay the night.** Surprise your partner with a hotel stay in town—a night away from the responsibilities of home will make you feel like you're truly on holiday.

Bon voyage! BY HAILEY EISEN



GET NAUGHTY IN NATURE

The thought of making love on rough terrain isn't likely to evoke images of a sexual free-for-all. But if your sex life has transformed from dynamite to dull, the hindrance might be the boudoir, not the booty, and canoodling beneath the stars may be just the spark your relationship needs. Here are tips for doing it in the wild.

Before setting out, think ahead to your sleeping arrangements: A two-person tent seems cozy, but a three-person canvas provides room for experimentation. If you prefer alfresco fun, Michelle Waitzman, author of *Sex in a Tent: A Wild Couple's Guide to Getting Naughty in Nature* (Wilderness Press/Heritage House, 2007), recommends zipping two sleeping bags together to create an intimate love cocoon. Hoping to rock the boat instead? Canoe sex requires balance and practicality. Waitzman suggests creating a mattress with life jackets and assuming spooning, missionary or cowgirl positions to reduce your chances of tipping over.

When it comes to setting the mood, Waitzman proposes flirting with fantasy by sharing desires, kisses or erotic discussion. Consider bringing mood-setting edibles to enhance your libido and provide sustenance: Nuts, strawberries and dark chocolate supply health benefits and turn up the romantic heat.

Last but not least, don't forget your grooming habits, says Waitzman. Baby wipes can clean up dirt, sunscreen and bug repellent. If there's water nearby, take a quick, cleansing dip. Also remember to pack a toothbrush and toothpaste, as well as sex essentials such as birth control and lubricants.

BY LUANN SCHINDLER