

Continued from Day 1

DAY 2: CORNER BROOK – GROS MORNE AREA (B)

Corner Brook Walk - 10 km, rated 3

Our first full day on "The Rock" begins with a Newfoundland walk, accompanied by Newfie walking friends met on prior visits. The Corner Brook route introduces us to Newfoundland's countryside, and after taking in the fields, creeks, and woodland on this delightful jaunt, we enjoy a last meal with our Newfie friends before departing Corner Brook. There is time to relax on a leisurely drive north this afternoon, with views of the rugged beauty and distinct character of Newfoundland's coast on our way to Gros Morne.

DAY 3: GROS MORNE AREA – HAWKES BAY (B)

Gros Morne National Park Walk - 11 km, rated 2

Declared a UNESCO World Heritage Site in 1987, the Gros Morne National Park also provides the venue for today's walk at Western Brook Pond. Following the walk, we continue north along the coast past lonely, windswept seascapes to Hawkes Bay, a sleepy little town on Newfoundland's hauntingly beautiful western shore.

DAY 4: ACTIVITIES FROM HAWKES BAY (B)

Torrent River Boardwalk - 8 km, rated 2 (unsanctioned)

This region of Newfoundland is full of fishing and logging legend and lore. We explore remnants of this heritage on a guided walk along a boardwalk following the Torrent River. The afternoon activity is a rare encounter with the Maritime Archaic Indian civilization at the archeological dig of the Port au Choix National Historic Site.

DAY 5: HAWKES BAY – ST. JOHN'S (B)

We follow the "The Viking Trail" north this morning for the main event of the day at L'Anse aux Meadows, a UNESCO World Heritage Site, and the likely site of the fabled Viking Vinland, established by Leif Eriksson around the year 1000. From L'Anse aux Meadows, we drive to St. Anthony for a flight to St. John's.

DAY 6: ACTIVITIES FROM ST. JOHN'S (B)

St. John's Walk - 10 km, rated 2+

After a short ride to the lighthouse at Cape Spear, easternmost point in North America, we return to St. John's for a walk in North America's oldest city, established by John Cabot in 1497. Our route starts with splendid views from Signal Hill, followed by stretches along Quidi Vidi Lake and Rennie River, then into old St. John's. Free time will be available this afternoon to explore this interesting waterfront town; we then rendezvous this evening to share dessert and celebrate our experiences together in this wonderful corner of Canada!

DAY 7: RETURN HOME FROM ST. JOHN'S (B)

Our exploration of this eastern outpost of Canada comes to a close this morning with a short drive to St. John's Airport and a flight back to Halifax. From Halifax, you'll catch your flight back home, ending another great Adventure.

ADVENTURE DATES & PRICES

QUÉBEC & THE MARITIME PROVINCES

AUGUST 30-SEPTEMBER 11, 2010 | 13 DAYS

\$3650 | Single Supplement: \$900

INCLUDING:

- Superior tourist-class or better accommodations
- Airport to hotel group transfers on first and last day**
- All land and sea travel as outlined
- All breakfasts, 2 lunches, and 2 dinners as denoted (BLD)
- 7 IVV-sanctioned walks as listed
- Fees for walking credit
- WAI guide service throughout
- All tipping for local guides and coach drivers
- Entrance to all national and provincial parks
- Entrance fees/admission to:
 - St. Lawrence River Cruise (Québec)
 - National Irish Memorial on Grosse-Ile (Québec)
 - Kings Landing Historical Settlement (New Brunswick)
 - Flower Pot Rocks, Bay of Fundy (New Brunswick)
 - Alexander Graham Bell Historic Site (Nova Scotia)
 - Fortress Louisbourg (Nova Scotia)
 - Lunenburg UNESCO World Heritage Site (Nova Scotia)
 - More fun stops than we can list!

OPTIONAL EXCURSIONS:

- *Anne of Green Gables – The Musical* (Prince Edward Island)
- Visit to Lucy Maud Montgomery's house (PEI)
- Charlottetown Excursion – lobster dinner (PEI)

HERITAGE OF NEWFOUNDLAND

SEPTEMBER 11-17, 2010 | 7 DAYS

\$2450 | Single Supplement: \$285

INCLUDING:

- Airfare from Halifax to Deer Lake, returning from St. John's to Halifax
- One-way airfare from St. Anthony to St. John's
- Hotel to airport group transfers on last day in St. John's**
- All land travel as outlined
- Superior tourist-class or better accommodations
- All breakfasts and 1 dinner
- 3 IVV-sanctioned walks and 1 non-sanctioned walk as listed
- Fees for walking credit
- WAI guide service throughout
- All tipping for local guides and coach drivers
- Entrance fees/admission to:
 - Gros Morne UNESCO World Heritage Site
 - Hawkes Bay Torrent River boardwalk
 - Port au Choix National Historic Site
 - L'Anse aux Meadows UNESCO World Heritage Site
 - Cape Spear, easternmost point in North America
 - More fun stops than we can list!

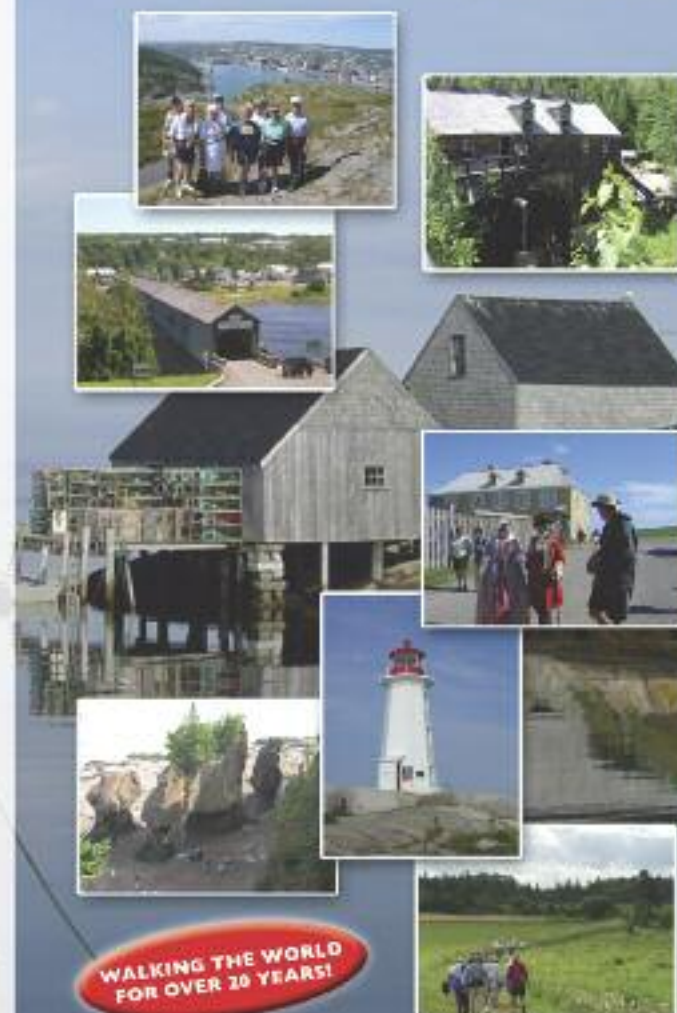
**Details on transfers provided are listed in Adventure Advice memo sent upon receipt of tour registration.

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Québec & the Maritime Provinces

DAY 1: ARRIVE QUÉBEC CITY, QUÉBEC

We arrive today in Québec City, boasting the most charming European atmosphere of any city in North America!

DAY 2: ACTIVITIES IN QUÉBEC CITY (BD)

Upper Québec City Walk - 10 km, rated 2

Today we explore the Old World charms of Québec on a walk through the historic center of this delightful city. Take in a view of the St. Lawrence River along the Terrasse Dufferin boardwalk; survey the Plains of Abraham, where English General Wolfe died in a history-changing battle against the French in 1759; stroll through Place Royale, a quaint square hosting Québec's oldest church; and window shop along Petit Champlain, oldest shopping street in North America.

DAY 3: QUÉBEC CITY – RIVIÈRE-DU-LOUP, QUÉBEC (B)

Our Adventure continues today with a narrated cruise along the fabled St. Lawrence Seaway aboard *Le Coudrier de l'Isle* to picturesque Grosse-Ile (Gross Island). Grosse-Ile was Canada's Ellis Island, a 19th and early 20th century immigration center full of the drama and pathos of uprooted lives, new beginnings, and for some, tragic endings. From Grosse-Ile, we continue to Rivière-du-Loup for our last night in French Canada.

DAY 4: RIVIÈRE-DU-LOUP – FREDERICTON, NEW BRUNSWICK (BL)

A fascinating visit to Kings Landing Historical Settlement is today's main event. Here we enjoy a guided tour and time to explore some of the 60 authentic buildings and interact with the costumed interpreters that recreate life as banished Loyalists (American colonists loyal to England) in 19th century New Brunswick.

DAY 5: FREDERICTON – MONCTON, NEW BRUNSWICK (B)

Fredericton Walk, New Brunswick - 10 km, rated 2

This morning's walk features the historic Loyalist town and New Brunswick capital of Fredericton, including the University of New Brunswick and an expansive forest and park on the edge of town. After lunch, we continue east through Rock Provincial Park to the Flower Pot Rocks, an oddly-shaped series of 50-foot tall rock formations sculpted by the mighty Bay of Fundy tides.

DAY 6: MONCTON – CHARLOTTETOWN, PRINCE EDWARD ISLAND (B)

Charlottetown Walk, PEI - 11 km, rated 1+

We cross the Northumberland Strait today on the 9-mile long Confederation Bridge. Our destination is the provincial capital of Charlottetown, where you have all afternoon to enjoy a route featuring the Confederation Trail and historic landmarks such as Province House, the birthplace of the nation of Canada. Consider joining us tonight for a fun evening at the local theatre.



ANNE OF GREEN GABLES PLAY

One of the enduring symbols of Prince Edward Island is the irrepresible spirit of Anne Shirley, created by 19th century novelist Lucy Maud Montgomery. Anne of Green Gables, offered by the Charlottetown Festival, is Canada's longest running musical.

DAY 7: ACTIVITIES FROM CHARLOTTETOWN (B)

Cavendish Walk, PEI - 10 km, rated 2

After a pleasant countryside drive, we arrive this morning at Cavendish to walk the seaside trails and pastoral farmland where Lucy Maud Montgomery set her famous story *Anne of Green Gables*. Before heading back to Charlottetown, join us for an optional visit to Lucy Maud Montgomery's house, the inspiration for the Green Gables of her book. Relax this afternoon and take in more sights of Charlottetown, then either enjoy an evening on your own, or join us for a lobster dinner tonight.

DAY 8: CHARLOTTETOWN – BADDECK, NOVA SCOTIA (B)

Baddeck Nature Walk, Nova Scotia - 10 km, rated 3

A morning ferry takes us to Nova Scotia, Latin for "New Scotland," where we continue to Cape Breton Island for a nature walk through the pristine forests that blanket this part of the island. From our hotel in the hamlet of Baddeck, on lovely Bras d'Or Lake, we visit the intriguing Alexander Graham Bell National Historic Site. This fascinating museum provides insight into the life of an inspirational man and his many inventions.

DAY 9: ACTIVITIES FROM BADDECK (BL)

Though the Scottish influence is still strong on Cape Breton Island, our focus today is the area's French heritage at the wonderfully restored, 18th century Fortress Louisbourg, symbol of the changing fortunes of French Canada. After exploring the grounds and interacting with costumed interpreters, we partake of a peasant's lunch at one of Louisbourg's period inns.

DAY 10: BADDECK – HALIFAX, NOVA SCOTIA (B)

Today is primarily a day of travel along the picturesque eastern shore of Nova Scotia. Our route passes dozens of small fishing harbors and villages and some of Nova Scotia's most unpopulated, scenic settings. A day of Maritime panoramas ends in Halifax for a three-night stay in the provincial capital.

DAY 11: ACTIVITIES IN HALIFAX (B)

Halifax Walk, Nova Scotia - 10 km, rated 2

Halifax, one of the oldest and most interesting cities in Eastern Canada, is the focus of today's walk and activities. Halifax's excellent natural harbor and well-defended, though never-attacked, fortress brought prosperity to city, which became the region's commercial and financial center. The waterfront area bustling with shops, restaurants, and museums is a special delight.

DAY 12: ACTIVITIES FROM HALIFAX (BD)

Lunenburg Walk, Nova Scotia - 10 km, rated 2+

Tiny Peggy's Cove, with its picturesque lighthouse and collage of weathered sheds and colorful fishing boats, is a lasting legacy of Maritime Nova Scotia. Our next stop is the UNESCO World Heritage Site of Lunenburg, a well-preserved village of picturesque 18th century buildings erected by German & Swiss immigrants, and the venue for today's walk. Back in Halifax this evening, we reminisce together during our Farewell Dinner.

DAY 13: RETURN HOME FROM HALIFAX OR CONTINUE ON TO NEWFOUNDLAND (B)

Following breakfast and a drive to the Halifax International Airport, we say farewell to new friends and old walking pals, returning home with a new appreciation for the history, culture, and scenery of Québec & the Maritime Provinces!



Heritage of Newfoundland

DAY 1: HALIFAX – CORNER BROOK, NEWFOUNDLAND (BD)

Travelers participating only in *Heritage of Newfoundland* will join us at the Halifax International Airport, where our Air Canada flight crosses the Gulf of St. Lawrence to the island of Newfoundland. Upon arrival in Deer Lake, we continue by coach to Corner Brook and our hotel for the night. After time to freshen up, we head out to an authentic Newfoundland dinner.

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