

Walking the Maritimes & Eastern Canada**

Part 1: Québec & the Maritime Provinces

Part 2: Heritage of Newfoundland

Québec & the Maritime Provinces

August/September * 13 DAYS

Including:

- Superior tourist-class or better accommodations
- All land travel as outlined
- Ferry crossing from Prince Edward Island to Nova Scotia
- 7 IVV-sanctioned walks as listed
- Fees for walking credit
- WAI guide service throughout
- Entrance to all national and provincial parks
- Entrance fees/admission to:
 - St. Lawrence River Cruise
 - Kings Landing Historical Settlement (New Brunswick)
 - Alexander Graham Bell Historic Site (Nova Scotia)
 - Fortress Louisbourg (Nova Scotia)
 - Lunenburg UNESCO World Heritage Site (Nova Scotia)

Optional Excursions:

- Anne of Green Gables* play (Prince Edward Island)
- Afternoon/evening Charlottetown Excursion – *Includes a visit to Lucy Maud Montgomery's house, a seaside outing, and a lobster dinner*

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

Upper Québec City Walk - 10 km, rated 2

Today we'll explore the Old World charms of Québec. Take in a view of the St. Lawrence 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

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), 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

A fascinating visit to Kings Landing Historical Settlement is today's main event. Here we'll 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

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'll 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

Summerside Walk, PEI- 10 km, rated 1+

We cross the Northumberland Strait today on the 9-mile long Confederation Bridge. After a pleasant countryside drive, we'll arrive at Summerside where we'll enjoy a walk combining the pleasantly shaded paths through the woods with a sampling of the quaint hamlet of Summerside. Our route back to Charlottetown explores more of the rural delights of this special island. 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 irrepressible 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

Charlottetown Walk, PEI - 11 km, rated 1+

Our destination is the provincial capital of Charlottetown, where you'll 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. You can either relax this afternoon and take in more sights of Charlottetown, or join us for an optional excursion with a visit to Lucy Maud Montgomery's house, a seaside outing, and a lobster dinner.

Day 8: Charlottetown – Baddeck, Nova Scotia

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

A morning ferry takes us to Nova Scotia, Latin for "New Scotland," where we'll 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'll 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

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'll partake of a peasant's lunch at one of Louisbourg's period inns.

Day 10: Baddeck – Halifax, Nova Scotia

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

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. Its excellent natural harbor and well-defended, though never-attacked, fortress brought prosperity to Halifax, 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

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, offering the venue for today's walk. Back in Halifax this evening, we'll reminisce together during our Farewell Dinner.

Day 13: Return home from Halifax

Following breakfast and a drive to the Halifax International Airport, we'll 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!*

See below for the Heritage of Newfoundland itinerary.

Heritage of Newfoundland

September * 6 DAYS

Including:

Airfare from Halifax to Deer Lake, returning from St. John's to Halifax
One-way airfare from St. Anthony to St. John's
All land travel as outlined
Superior tourist-class or better accommodations
3 IVV-sanctioned walks and 1 non-sanctioned walk as listed
Fees for walking credit
WAI guide service throughout
Entrance fees/admission to:
Hawkes Bay Torrent River boardwalk
Port au Choix National Historic Site
L'Anse aux Meadows UNESCO World Heritage Site

Day 1: Halifax – Corner Brook, Newfoundland

Corner Brook Walk - 10 km, rated 3

After bidding adieu to our Maritimes walking pals returning home, our Air Canada flight crosses the Gulf of St. Lawrence to the island of Newfoundland. Upon arrival in Deer Lake, we'll continue by coach to Corner Brook to take part in our first Newfoundland event with a hospitable group of "Newfie" walkers.

Day 2: Corner Brook – Hawkes Bay

Gros Morne National Park Walk - 11 km, rated 2

The first full day on "The Rock" begins in the rugged beauty of Gros Morne National Park. Declared a UNESCO World Heritage Site in 1987, the 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 3: Activities from Hawkes Bay

Newfoundland Heritage Walk - 8 km, rating not available

This region of Newfoundland is full of fishing and logging legend and lore. We'll explore remnants of this heritage on a guided walk along a 3-kilometer boardwalk following the Torrent River. Our afternoon activity is a rare encounter with the Maritime Archaic Indian civilization at the archeological dig of the Port au Choix National Historic Site. A full day will end with dinner and a bonfire on the beach in front of our hotel.

Day 4: Hawkes Bay – St. John's

We'll follow the "The Viking Trail" north this morning for the main event of the day at L'Anse aux Meadows, 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 5: Activities from St. John's

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

After a short ride to the lighthouse at Cape Spear, easternmost point in North America, we'll 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, and then we'll rendezvous this evening to share dessert and celebrate our experiences together in this wonderful corner of Canada!

Day 6: Return home from St. John's

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 at the end of a great Adventure.

*****This document is a draft. Changes may occur prior to publishing the final itinerary, which will include confirmed dates and pricing.***