



Newfoundland & Canadian Maritimes

Nova Scotia ✪ New Brunswick
Prince Edward Island



Natural Wonders of Newfoundland

September 5 – 13, 2017 ✪ 9 Days ✪ \$3175

Travelers can join us for just Natural Wonders of Newfoundland, or combine this tour with Scenic Vistas of the Canadian Maritimes. A flight between Deer Lake, Newfoundland, and Halifax, Nova Scotia will be included for travelers joining us for both the Newfoundland and Canadian Maritimes tours.

DAY 1 ~ September 5: Arrive St. John's, Newfoundland (D)

Our adventure in eastern Canada begins in St. John's, Newfoundland, considered by many to be the oldest city in Canada. Fishing for cod in the Grand Banks of the southern coast of Newfoundland drew voyagers here as early as the 15th century, probably even before Columbus "sailed the ocean blue." Travelers arrive at St. John's airport today and make their way to our hotel overlooking the harbor. Our first activity is a Welcome Orientation this evening, followed by dinner.

DAY 2 ~ September 6: St John's – Port Rexton (BD)

Quidi Vidi Lake & Signal Hill Walk – 8 km, rated 3B

This morning's walk winds along the edge of Quidi Vidi Lake on a pleasant path that leads to the tiny fishing hamlet of Quidi Vidi Village. A rigorous ascent up Signal Hill rewards us with breathtaking views over the Atlantic before we continue to historic Cabot Tower, built in 1898 to commemorate the Diamond Jubilee of Queen Victoria and the 400th anniversary of John Cabot's voyage to the New World. Displays in Cabot Tower also tell the story of Guglielmo Marconi and the first trans-Atlantic wireless transmission he received on Signal Hill from Cornwall, England in 1901. Our afternoon begins on the easternmost point of North America with a visit to Cape Spear National Historic Site. Here, costumed interpreters explain the oft-romanticized role of lighthouses and their keepers at the first of many lighthouses we'll encounter in Atlantic Canada. The balance of the afternoon involves a scenic drive westward towards the Bonavista Peninsula and Port Rexton.



DAY 3 ~ September 7: Activities from Port Rexton (B)

Green Island & Catalina Bay Walk – 8 km, rated 2D

Northward-facing Bonavista Peninsula is indented with myriad picturesque bays and coves. Today's walk wanders along a series of headlands with sparkling sea-side scenes set against fascinating forest backdrops. The trail passes Green Island with its photogenic lighthouse, one of the last remaining manned stations in Newfoundland and Labrador. In 1497, John Cabot first set foot in the New World at nearby Cape Bonavista. In 1997, 500-year anniversary activities for Cabot's exploits included sailing a replica of his ship the *Matthew* from Bristol, England. After 54 days, it was welcomed into Bonavista by Queen Elizabeth II and 30,000 spectators. We spend the afternoon in the Bonavista area where Cabot first came ashore and learn more about the five-century-long history of Newfoundland's fisheries at Ryan Premises National Historic Site. Interpreters and docents, most of whom have personal connections to the industry, are spaced throughout the complex of buildings which was the heart of a thriving international fish trade.

DAY 4 ~ September 8: Port Rexton – St. John's (B)

Skerwink Coastal Delights Walk – 4 km, rated 2B

(Challenge option – 6 km, rated 3C)

The Skerwink trail takes us along the north coast of Skerwink Head, a rocky peninsula that separates Trinity Harbour from Port Rexton Harbour. Stunning coastal views are once again ours with sea stacks—free standing columns of stone eroded by the elements into whimsical shapes—situated offshore beneath our cliff side trail. A lunch break in the village of Trinity, set on one of the island's best harbors, offers a chance to connect with one of Newfoundland's oldest communities and stroll through a Crayola-like array of gaily painted wooden homes. We return to St. John's this evening in preparation for tomorrow's flight north to Saint Anthony.

DAY 5 ~ September 9: St. John's – Saint Anthony (B)

Footsteps of the Vikings Walk – 3 km, rated 2B

A morning flight transports us on a short-hop up to Saint Anthony and Newfoundland's Great Northern Peninsula. Further north is the UNESCO World Heritage-listed L'Anse aux Meadows. In 1960, a Norwegian archeologist, Anne Stine Ingstad, and her explorer husband, discovered the remains of a 1000-year-old Norse village considered by many to be the settlement mentioned in the 13th century Icelandic sagas of Leif Ericsson. Period interpreters add color to the visit as they explain what has been learned about life in that mystical long ago. The lovely coastal walk that follows offers a high degree of confidence that we are walking in the footsteps of these intrepid Norse explorers.

DAY 6 ~ September 10: Saint Anthony – Cow Head (BD)

Footsteps of the Ancients Walk – 7 km, rated 2B

A morning drive south along the Great Northern Peninsula takes us to Port au Choix National Historic Site. An elevated headland, the setting is windswept and appears barren, and is protected by Parks Canada due to archeological finds here of the structural remains of Dorset Palaeo-Eskimo people from 2000 years ago, and even older Maritime Archaic Indian burial remains going back 4400 years. We learn about these ancient peoples at the visitor center, then enjoy a multi-faceted walk from a statuesque lighthouse on an easy coastal trail that leads us inland to surprisingly verdant Philip's Garden. Set directly on the Gulf of Lawrence and within Gros Morne National Park, the oddly named fishing village of Cow Head is our home for the next two evenings. Following dinner, we take in a uniquely "Newfie" drama production at Gros Morne Theatre.

YOUR GUIDES

Roger & Jana Dorway are quickly becoming our WAI resident Canada experts. In addition to planning and leading WAI trips in Spain, Russia, France, and Egypt, they lead our Canada by Train tour and will be back in Alberta in June on the AVA Convention & Canadian Rockies tour. Most recently, they returned from Eastern Canada in October having designed with Dan Friesen our newest walking adventure. They look forward to sharing the results with you next September!





DAY 7 - September 11: Activities from Cow Head (B)

Cow Head Point Walk – 4 km, rated 2B

Western Brook Pond Walk – 5/7 km, rated 1B

An early morning hike near our hotel takes us through dense, silent forest to dramatic rock formations and seascapes at the Point of the Head of Cow Head. Gros Morne National Park is recognized by UNESCO for its textbook geological examples of plate tectonics. It is also home to some of the oldest rock on planet Earth, completing our march back in time through human history from modern St. John's to 15th century John Cabot, to 11th century Norsemen, to 4000-year-old indigenous remains, and finally to the geological story in stone that continues back to the dawn of our planet. The main event of the day is an easy walk through coastal bogs to pristine Western Brook Pond in Gros Morne National Park. A cruise departs from here through this land-lock fjord between 2000-foot-high cliffs of the Long Range Mountains, where our guide will enlighten us about the timeless landscapes of the national park.

DAY 8 - September 12: Cow Head – Deer Lake (BD)

Woody Point Walk – 2 km, 3B

Tablelands Mantle of the Earth Walk – 4 km, 1B

From Norris Point, we cross Bonne Bay by water taxi, with unforgettable 360 degree views from the vessel. We disembark in Woody Point and walk to the Discovery Centre to share its helpful exhibits about this special place. The main walk of the day is a ranger-led hike through the Tablelands. World renowned as one of the few places on the planet one can walk on rock material from far beneath the Earth's surface—mantle pushed up through the Earth's crust—this is a relatively easy trail over a bizarre, orange moonscape where vegetation is rejected by toxic minerals born deep inside the globe. We finish our day in Deer Lake with a Farewell gathering and dinner at our hotel, reminiscing about this special place called "Newfoundland."

DAY 9 - September 13: Depart from Deer Lake, Newfoundland (B)

Following breakfast, we say farewell to travelers ending their adventure in Newfoundland as they prepare for homebound flights from Deer Lake. Travelers continuing to the Maritimes segment of the tour, on the other hand, join us for an included flight to Halifax, and the beginning of part 2 of the Adventure. It's been a remarkable odyssey through the Natural Wonders of Newfoundland in this easternmost corner of Canada. ✨



Newfoundland

September 5 – 13, 2017 ✨ 9 Days ✨ \$3175

What's Included:

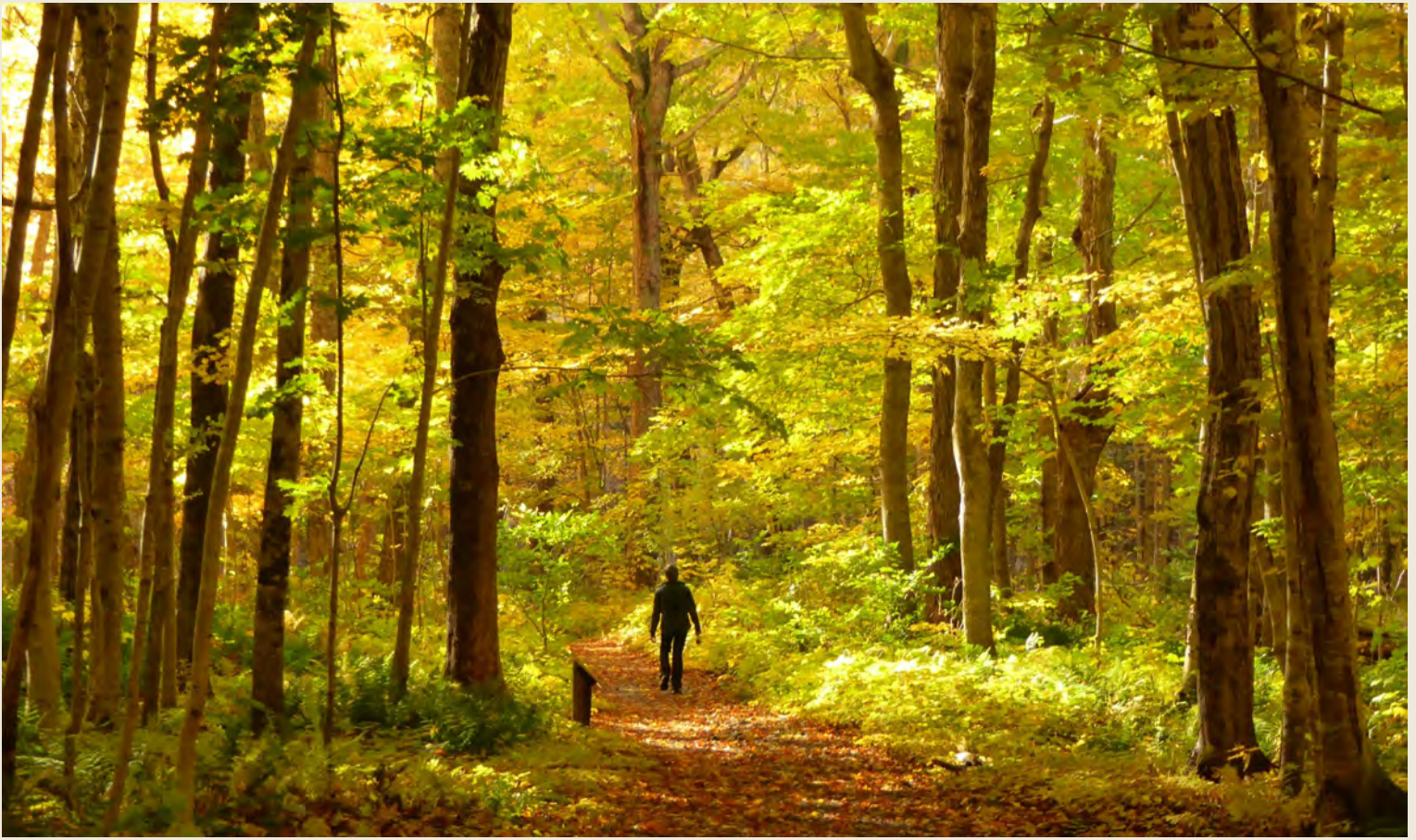
- ❖ All land travel as outlined
- ❖ Flight from St. John's, Newfoundland, to Saint Anthony, Newfoundland
- ❖ Superior tourist-class (3 star) or better hotel accommodations
- ❖ 12 meals: all breakfasts & 4 dinners as denoted (BD)
- ❖ Walks as listed
- ❖ IVV/CVF walking credit fees (sanctions applied for)
- ❖ WAI guide service throughout (2 guides)
- ❖ Cultural & historic expertise of local guides on some walks
- ❖ All tipping for local guides and coach drivers
- ❖ A limited number of single rooms are available for a supplement of \$425

Activities & Visits to:

- ❖ Signal Hill National Historic Site – St John's
- ❖ Cape Spear National Historic Site – St John's
- ❖ Ryan Premises National Historic Site – Bonavista
- ❖ L'Anse aux Meadows National Historic Site
- ❖ Port au Choix National Historic Site
- ❖ Gros Morne Theatre performance – Cow Head
- ❖ Gros Morne National Park
- ❖ Western Brook Pond cruise
- ❖ Norris Point water taxi
- ❖ More fun stops than we can list!

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Scenic Vistas of the Canadian Maritimes

Nova Scotia ❖ New Brunswick ❖ Prince Edward Island

September 13 – 23, 2017 ❖ 11 Days ❖ \$3425

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DAY 1 ~ September 13: Arrive Halifax, Nova Scotia (D)

Travelers arrive into Nova Scotia today at Halifax Stanfield International Airport. Our hotel for the next three nights is about a 30-minute taxi ride from the airport and a block away from the bustling Halifax Waterfront Boardwalk. The first group activity is a Welcome Orientation this evening, followed by dinner together at our hotel.

DAY 2 ~ September 14: Activities in Halifax (B)

Halifax Harbour Walk – 10 km, rated 2B

Halifax is the largest city in the Maritime Provinces, and has been a center of commerce, culture, and the British claim to eastern Canada since it was established in the mid-18th century. Today's walk starts by boarding a photogenic, oval-shaped Halifax Transit ferry, the oldest saltwater ferry vessels in North America, to access the Dartmouth Harbourfront Trail across the harbor. A second crossing returns us to Halifax and the Halifax Waterfront Boardwalk. Travelers are encouraged to "peel off" this guided event to explore the many Halifax attractions including: Maritime Museum of the Atlantic, with a memorable exhibit on the Titanic disaster; Citadel National Historic Site, linchpin of the early British control over Halifax Harbour, and the excellent new Canadian Museum of Immigration at Pier 21, chronicling the dramatic story of New World immigration. All day is free to explore the many attractions of this vibrant city on foot!



DAY 3 ~ September 15: Activities from Halifax (B)

Lunenburg UNESCO World Heritage Walk – 7 km, rated 2A

The lighthouse at Peggy's Cove claims to be the most photographed on the planet. We leave Halifax early today and breakfast in this tiny fishing community to give opportunity for your own iconic lighthouse photo, though we plan to arrive before the paparazzi! Lunenburg is the focus of the day with a walk through this charming, 18th century, bayside town recognized by UNESCO as the "best surviving example of a planned British colonial settlement in North America." Clipper ships, classic seafood restaurants, graceful and colorful 18th century wooden houses, and a fun Maritimes-themed waterfront are some of the attractions on this trail.

DAY 4 ~ September 16: Halifax – Saint John, New Brunswick (B)

French immigrants were the first Europeans to settle in what is now Nova Scotia. These "Acadians" developed their own way of life, including the ingenious reclaiming of exceedingly fertile land from the Bay of Fundy. A clash of British colonial aspirations and ambiguous French loyalties within the Acadians resulted in the harsh deportation of Acadians during the French and Indian War of the mid-18th century. We learn this sad story at Grand-Pré National Historic Site, once the epicenter of Acadian culture, now a UNESCO listed site. In Annapolis Royal, we hear another piece of the Acadian tale on a guided visit through the venerable Historic Gardens. After the final visit of the day at Port Royal National Historic Site, where Samuel de Champlain established one of the first European settlements in North America in 1605, we embark on an evening ferry crossing of the Bay of Fundy to Saint John, New Brunswick.



DAY 5 ~ September 17: Saint John – Charlottetown, Prince Edward Island (B)

Fundy Trail Parkway Walk – 6 km, rated 2B

Fundy Trail Parkway opens a stunning window on the Bay of Fundy along a remote slice of New Brunswick coastline. Our walk here offers some of the best panoramas of the trip! The Bay of Fundy is renowned for its world record high tides. At Hopewell Rocks, we witness the erosive power of those tides as we walk the floor of the Bay amongst precariously perched sandstone columns sculpted over eons into odd shapes. We cross 8-mile-long Confederation Bridge this evening for a two-night stay in Charlottetown, capital of Canada's smallest province.



DAY 6 ~ September 18: Activities from Charlottetown (BL)

Cavendish Anne of Green Gables Walk – 8 km, rated 1B

Prince Edward Island is known for its pleasing pastoral panoramas, its outstanding seafood, and the beloved novel, *Anne of Green Gables*, the adventures and misadventures of irascible, red-haired Anne Shirley, created by Lucy Maud Montgomery. We sample all three today, starting with a multifaceted field, forest, and seacoast walk. Following the walk, we visit nearby Green Gables Heritage Place. Here we can tour the home that inspired the name of Ms. Montgomery's book and visit several sites featured in the story, including "Haunted Wood" and "Lover's Lane." En route to Charlottetown, we visit the Prince Edward Island Preserve Company to sample their famous jams and enjoy lunch overlooking the Hunter River. The afternoon is free to explore Charlottetown on the local club walk. Be sure to take in Confederation Centre and the *Building of Destiny* film, an excellent portrayal of Charlottetown role in the founding of the Canadian nation.



DAY 7 ~ September 19: Charlottetown – Baddeck, Nova Scotia (BD)

Greenwich Dunes Trail – 7 km, rated 1B

A scenic drive along the northern fringe of the island takes us to Prince Edward Island National Park and a second peaceful PEI path on a picturesque elevated boardwalk with sweeping vistas of Greenwich Dunes and the Atlantic Ocean. Our coach continues south across more island vistas to the ferry terminal at Wood Islands. A 90-minute ferry crossing of Northumberland Strait returns us to Nova Scotia, where we continue by bus to Cape Breton Island, once a separate British colony, now considered one of the most scenic and culturally rich regions of Nova Scotia. We're planning a lobster dinner tonight in Baddeck, our home for the next two nights.

DAY 8 ~ September 20: Activities from Baddeck (B)

Middle Head Trail – 5 km, rated 2C

Lone Shieling Trail – 1 km, rated 1B

Skyline Trail – 7 km, rated 2B

Baddeck is the beginning and end of the Cabot Trail, considered one of the most scenic drives in Canada. Our objective today is to drive the loop, stopping for three diverse walks and for a picnic lunch at beautiful Black Brook Cove Beach. Eagles were sighted when we walked the coastal headlands of Middle Head Trail; Lone Shieling is a magical glen of green bisected by a babbling brook; and Skyline Trail provides top-of-the-world views out over the Gulf of Saint Lawrence. We return to Baddeck, on the shores of lovely Bras d'Or Lake, one of the largest salt-water lakes on the planet.

DAY 9 ~ September 21: Baddeck – Liscomb Mills (BD)

Liscomb River Trail – 3 km, rated 1B

This morning we visit the Alexander Graham Bell Museum to marvel at the contributions of a giant in the realm of inventions and technology who called the Baddeck area home for a good portion of his life. Our destination is the Eastern Shore, a delightfully isolated corner of the province frequented by less than 5% of Nova Scotia's visitors. We arrive mid-afternoon at Liscombe Lodge, a hospitable setting to experience several options including: a boat trip out into the river estuary; canoeing or kayaking; a lovely swimming pool and whirlpool; and a short walk through the forest to upper reaches of the river. These lovely lodge environs offer an inviting setting for an early farewell gathering and dinner. Join us this evening to share your favorite memory from your adventure in the Maritimes.

DAY 10 ~ September 22: Liscomb Mills – Halifax airport (BL)

Today's route winds through tiny hamlets, past fishing coves, and through vistas that, as much as any on this journey, qualify to be described as "Maritime." Just off the Eastern Shore, the 100 Wild Islands are an archipelago of over 250 islands of pristine coastal wilderness considered one of the last remaining intact and ecologically rich island groups of its size in North America. Brian Murphy, a 7th generation Irish fisherman, captains us on a cruise through a small portion of these island panoramas, sharing stories and anecdotes of life along the Eastern Shore (NOTE: This is a weather-dependent activity). Lunch takes place down the road in a 1940s lumberjack cookhouse in a lovingly homespun living history museum called Memory Lane. This evening we arrive at our airport area hotel in time to pack for tomorrow morning's departure.

DAY 11 ~ September 23: Depart from Halifax (B)

Our Adventure in the Maritimes comes to a close this morning. As we depart for home, it is somehow comforting to know that in the midst of an increasingly abstract and digital world, simple and refreshingly old-fashioned corners of the planet still exist in the ever-charming Maritime Provinces of Canada. 🌿

Canadian Maritimes

September 13 – 23, 2017 🌿 11 Days 🌿 \$3425

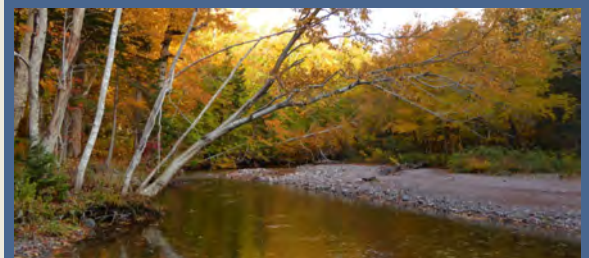
What's Included:

- ❖ All land travel as outlined
- ❖ Ferry crossing: Digby, NS to Saint John, NB
- ❖ Ferry crossing: Wood Islands, PEI to Caribou, NS
- ❖ Superior tourist-class (3 star) or better hotel accommodations
- ❖ 15 meals: all breakfasts, 2 lunches, and 3 dinners as denoted (BLD)
- ❖ Walks as listed
- ❖ IVV/CVF walking credit fees (sanctions applied for)
- ❖ WAI guide service throughout (2 guides)
- ❖ All tipping for local guides and coach drivers
- ❖ A limited number of single rooms are available for a supplement of \$650

Activities & Visits to:

- ❖ Halifax Harbour Ferry – Nova Scotia
- ❖ Peggy's Cove – Nova Scotia
- ❖ Lunenburg – Nova Scotia
- ❖ Grand-Pré National Historic Site – Nova Scotia
- ❖ Historic Gardens – Annapolis Royal – Nova Scotia
- ❖ Port Royal National Historic Site – Nova Scotia
- ❖ Fundy Trail Parkway – New Brunswick
- ❖ Hopewell Rocks – New Brunswick
- ❖ Green Gables Heritage Place – Prince Edward Island
- ❖ Prince Edward Island National Park
- ❖ Cape Breton Island National Park – Nova Scotia
- ❖ Alexander Graham Bell National Historic Site – Nova Scotia
- ❖ Activities at Liscombe Lodge – Nova Scotia
- ❖ 100 Wild Islands Cruise – Nova Scotia
- ❖ Memory Lane – Nova Scotia
- ❖ More fun stops than we can list!

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 **Walking Adventures**
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