Maritime Canada: Nova Scotia to Prince Edward Island



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Walking with sightseeing	Canada	3	1689kg CO2

HOLIDAY OVERVIEW

Uncover the captivating charm of Nova Scotia, New Brunswick, and Prince Edward Island – collectively known as The Maritimes. From easy strolls along the rocky shores of Peggy's Cove to thrilling climbs on Cape Breton's Skyline Trail, this tour introduces you to Eastern Canada's highlights. Feast on freshly caught lobster on an evening dinner cruise, learn about the culture of the indigenous Mi'kmaq people, and look out for the highest tides in the world across the 100km-wide Bay of Fundy.

WHAT YOU'LL LOVE

- Exploring Peggy's Cove, Canada's most photographed lighthouse
- A vineyard walk and wine tasting experience
- Enjoying a lobster cruise and dinner in Shediac Bay
- Walking the Skyline Trail
- Visiting Charlottetown, the birthplace of Canada
- Watching the world's highest tides at the Bay of Fundy

WHAT'S INCLUDED

- Return flights from London Heathrow including baggage and transfers
- Guided walks and sightseeing with experienced local leaders
- 11 nights' touring accommodation across Maritime Canada
- 11 breakfasts, 3 lunches & 8 dinners
- Air-conditioned transport
- All transport to and from walks where necessary

ITINERARY - ITINERARY

Day 1 **Arrive in Halifax, Nova Scotia**

Arrive in Halifax and transfer to our hotel situated in the downtown area where we'll stay for three nights. Meet your guide and settle in. Our welcome dinner will take place on day 2.

Day 2 **Peggy's Cove and Halifax**

Ascent: 1400 feet (430m)

Transfer to Peggy's Cove, where we'll enjoy a walk through the beautiful working fishing village and on the large rocks around Peggy's Point Lighthouse – thought to be the most photographed lighthouse in the world.

Upon our return to Halifax, we'll set off on a guided walking tour of downtown area. The city was founded by the British in 1749 and has an abundance of maritime history.

We'll visit to Halifax Citadel National Historic Site and include admission to the Maritime Museum of the Atlantic. This evening our we will head to a local restaurant for a Welcome Dinner.

Day 3 **Annapolis Valley**

Distance: 8 miles (13km)

Today we'll travel to the Annapolis Valley Cape Split Provincial Park, which protects cultural sites of significance to the Mi'kmaq indigenous people. See the natural wonder of the Bay of Fundy from the dramatic cliffs of Cape Split with views of iconic sea stacks, as we hike through mixed forests and coastal paths. We'll then transfer to the pretty Hall's Harbour, where the tides rise and fall up to 16 metres twice a day.

Distance: 1.9miles (3 km)

Ascent: minimal

We'll then head to a winery for a walk through the vineyard and stop for some all-important tastings. Back to Halifax for an overnight stay. Enjoy free time on the beautiful Halifax Waterfront Boardwalk and perhaps dine in one of the local restaurants.

Day 4 **Halifax to Shediac, New Brunswick**

Distance: 2.4 miles (4 km)

Ascent: 400 feet (125m)

Today, we'll take a walk around Point Pleasant Park on the Halifax peninsula. This 185-acre park includes forest, trails, beaches, and military fortifications, built by the British Military to protect the area in 1796.

We'll then head north to Truro and hike through Victoria Park. We'll then visit the Fundy Discovery Site (tide times dependant). If we're fortunate enough, we may witness the incredible spectacle of the Tidal Bore.

Transfer to Masstown Market for free time to find lunch. We will leave Nova Scotia and enter New Brunswick this afternoon. After checking in to our hotel, we'll embark on a Shediac Bay Cruise and lobster dinner. Shediac is known as the "Lobster Capital of the World". Learn about the traditions of the local fisherman and taste fresh lobster in a beautiful setting. Overnight stay in Moncton
or Shediac.

Day 5 Moncton, New Brunswick

Today we will learn more about the important ecosystems of New Brunswick. We visit the Irving Eco-Centre at La Dune de Bouctouche, developed to preserve and restore a 12km sand dune which creates a rare habitat for marine plants, animals and birds. We'll walk across the 800m boardwalk, above the dunes and salt marsh, without endangering the sensitive ecosystems. After an included lunch we'll visit the Homarus Eco-Centre, an interactive experience dedicated to the mysterious world of lobsters and the marine ecosystem. Overnight stay in Shediac.

Day 6 Moncton to Prince Edward Island

Distance: 6.2 miles (10km)

Ascent: Minimal

Travel to beautiful Prince Edward Island via Confederation Bridge. Visit to Green Gables Heritage Place, where you can visit the historic home of Anne of Green Gables, the fictional character created by Lucy Maud Montgomery. Then, lunch on your own at Avonlea Village.

We'll explore stunning coastal landscapes on a hike along the Confederation Trail to North Rustico. This seaside route offers a paved trail past the iconic red sandstone cliffs of Cavendish. To round off the day we'll stop off at the Dunes Studio Gallery & Café to admire the beautiful gardens and art displays before checking in to our hotel in Charlottetown for dinner and a restful evening.

Day 7 Greenwich Dunes and Charlottetown

Distance: 3.7 miles (6km)

Ascent: Minimal

This morning, we'll head to the North Shore to hike Greenwich Dunes Trail in Greenwich Dunes Prince Edward Island National Park. The walk starts out on a gravel trail and carries us across floating boardwalks between the dunes before arriving at Greenwich Beach. We'll then visit province capital, Charlottetown. Despite its modest size, it hosted the Charlottetown Conference of 1864, spurring the birth of Canada. Victoria Row has
shops and restaurants, and nearby is the Gothic Revival St. Dunstan's Basilica. After a walking tour there'll be free time to further explore or head back to enjoy the facilities at our hotel.

Day 8 Island Walk and Point Prim Lighthouse

Distance: 6.2 miles (10km)

Ascent: Minimal

We'll walk along a beautiful old railway bed today on what is known as the Island Walk, taking us from Cardigan Junction to the pretty harbour town of Montague. On our arrival there is free time to explore and take lunch before an included admission and guided tour of Point Prim Lighthouse. Built in 1845, facing out into the Northumberland Straight, it's the oldest on Prince Edward Island. We'll head back to our hotel in the evening for a well-earned dinner.

Day 9 Charlottetown to Sydney, Nova Scotia

Distance: 1.8 miles (3km)

Ascent: 400 feet (125m)

Today we'll leave Prince Edward Island on a ferry for Cape Breton, an island that forms the northeastern part of Nova Scotia. While en route to Sydney, we'll stop in Baddeck to hike an inland trail in a beautiful, wooded area to Uisage Ban Falls.

This afternoon we'll arrive at our hotel in Sydney, the provincial town of Cape Breton. The former city was a major exporter of steel to England during both world wars.

Day 10 Cape Brenton Highlands National Park

Distance: 4 miles (6.5km)
Ascent: 950 feet (290m)

Today we drive along the scenic Cabot Trail in the Cape Breton Highlands National Park. We'll stretch our legs and then begin the Skyline Trail, popular for its dramatic headland cliffs looking out over rugged coast where you might spot surfacing whales. Walking through the highlands you may see Canada's famed wildlife such as bald eagles and moose.

Day 11 Sydney to Halifax

This morning, we will visit the Fortress of Louisbourg National Historic Site for a guided tour and some free time, before making our way back to Halifax for our last evening in this wonderful part of Canada. We will end our time together with a farewell dinner at a local restaurant downtown.

Day 12 Depart Halifax

After breakfast, enjoy free time to further enjoy Halifax today whilst your bags are stored in the hotel. At the appropriate time your transfer will take you to the airport for an overnight flight to the UK.

Day 13 Arrive in the UK

Arrive in the UK

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.

ACCOMMODATION

Delta Hotel Halifax

The recently renovated hotel is set in a prime downtown location, offering waterfront views in the city and access to shops, bars and attractions. The hotel offers a restaurant, indoor pool and fitness centre whilst modern rooms feature air-conditioning, safe, mini-fridge, tea & coffee facilities and a hairdryer.

Hotel Shediac, Shediac, New Brunswick

Located in the charming town of Shediac, this modern hotel offers elegantly designed rooms, an indoor pool, a fitness centre and a fine dining restaurant. It's also just steps from the sands of Parlee Beach and the departure point for boat trips on Shediac Bay. Thoughtfully appointed rooms feature a modern, carpet-free design complete with Wi-Fi, tea and coffee-making facilities, safe and hairdryer.

Rodd Brudenell River Resort, Prince Edward Island

In a tranquil setting 30 minutes from Charlottetown, the Rodd Brudenell River Resort, offers an escape into nature. Enjoy comfortable rooms, two 18-hole golf courses, a spa, and various outdoor activities. Perfect for relaxation, the resort features stunning river views and sits just a short walk from Brudenell River Provincial Park.

The Simon Hotel, Sydney, Nova Scotia

A blend of modern comfort and classic charm, The Simon Hotel in features stylish rooms with free Wi-Fi, as well as a fitness centre, and an on-site restaurant. Located near the waterfront, it's ideal for exploring Cape Breton Island, plus local shops, dining, and entertainment options.

SAFETY ON YOUR HOLIDAY

Safety information

Please inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders must consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions and other directions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services.. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

VACCINATIONS & HEALTH

Vaccinations & health information for Canada

This information is subject to change. In all cases, we highly recommend you consult your GP both for up to date details and for more information on what is appropriate to your situation. As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diptheria, tetanus, polio vaccines. Requirements can change, and we recommend you check in good time ahead of your holiday. There are no requirements for vaccinations. Some travellers may require:

- Diphtheria
- Tetanus

Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries. If you will be carrying medication, please check with the country's embassy/consulate prior to travel. As an extra precaution, it is recommended to:

- Keep medication in its original packet
- Take a copy of your prescription
- If possible, ask your chemist to write the name of your medication in the language of the country you're visiting

PASSPORTS & VISAS

Passport & Visa information for Canadian Rockies

Passports

Passports must be valid for the duration of the trip.

Visas

If you are a dual Canada-UK national, you are recommended to travel with your Canadian passport.

Other countries should consult the Canadian embassy for advice regarding entry requirements.

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Ticks information

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information: https://www.nhs.uk/conditions/lyme-disease/

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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