

Tales Shaped by the Sea

BREACHING Whales, Crashing Tides, Winding Roads, and Cozy Nights. Kayak through the world's highest tides, climb 790 meters up one of Atlantic Canada's highest peaks, visit the only authenticated Viking settlement in North America or get eye level with a whale. Enjoy action-packed days amid the dramatic landscapes of New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. In the evening, after a meal of locally-caught seafood and garden vegetables, fall into a state of blissful exhaustion at some of the region's best resorts, unique inns or quaint Bed and Breakfasts.



New Brunswick: Sea Kayaking and Whale Watching in the Bay of Fundy

Kayak through the "Flower Pot" rocks at Hopewell Rocks and experience one of the richest marine ecosystems on the planet. The Bay of Fundy is where you'll find the highest tides in the world. Wait just 6 hours later and you can walk on the ocean floor. Explore the natural beauty of the upper Fundy region, including Fundy National Park, an area that has recently received UNESCO Biosphere Designation. Kayak into sea caves that have been carved by the powerful tides, or paddle past cliffs embedded with ancient fossils. And with 100 billion tonnes of seawater rolling into the Bay of Fundy twice a day, this is a playground for the whales! Witness the heart-stopping spectacle of a humpback whale breaching off the starboard bow or see the endangered Right Whale – there are only 350 remaining on the planet. www.tourismnewbrunswick.ca



Nova Scotia: Discover two UNESCO World Heritage Sites

There is so much to experience along Nova Scotia's Bay of Fundy shore at the Joggins Fossil Cliffs, the province's newest UNESCO site. Long recognized as a geological site of outstanding universal value, this World Natural Heritage Site has been termed the "coal age Galápagos". Explore 15 kilometres of accessible coastal cliffs where layers of rock reveal the world's most complete fossil record of life from the Coal Age, 300 million years ago. Constant erosion from the Fundy tides, rising and falling 15 metres (47 feet) twice daily, continues to create possibilities for exposing new fossils. On the province's south shore, Lunenburg received its UNESCO designation for being the best surviving example of a planned British colonial settlement in North America. Established in 1753, it has retained its original layout and overall appearance. Smell the salt air and feel the breeze as you discover the charms, seafaring history and unique architecture of this very quaint town. www.novascotia.com



Newfoundland and Labrador: Hiking on 'The Edge' - of the Province, of the World

The East Coast Trail, located on the extreme eastern edge of Newfoundland's Avalon Peninsula, is a 240km coastal hiking experience featuring a bountiful mix of wilderness adventure and outstanding natural beauty. On the trail, in season, experience the world's largest population of humpback whales, a constant parade of magnificent icebergs and some of North America's largest and most accessible seabird colonies. Mingling with local residents is an added bonus, as they entertain with the strong brogue, quick wit and lively music of their Irish ancestors, or assist hikers with baggage transfers www.eastcoastrail.com. www.NewfoundlandLabrador.com

If the Island's west coast is preferred, visitors won't want to miss hiking any of the breathtaking trails in Gros Morne National Park, one of the province's two UNESCO World Heritage Sites, www.pc.gc.ca/grosmorne famed for its fjords, scenery, charming coastal inns and ... trails! Live the adventure!



Photo: John Sylvester

Prince Edward Island: Once in a Lifetime Experiences

Prince Edward Island is offering visitors the opportunity to do something out of the ordinary...A Once in a Lifetime Experience... the chance to make memories that will last a lifetime! Very special opportunities await visitors to our unique island. Prince Edward Island's intimate setting of crisp clean salt water, fresh country breezes and the rolling green fields nestled amongst the red cliffs frame the authentic experiences. Visitors will meet and learn from "Real Authentic Islanders" and experience firsthand how to fish, make, bake, or shake the world around them. Enjoy catching, cooking and eating your own lobster, digging your first clams, harvesting seaweed and tasting seaweed pie, designing jewelry from beach glass — these are just a few of the many experiences waiting to be had. Bragging rights will be yours to take home. Visit www.once-in-a-lifetime-experiences.com for more details.


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New Brunswick: Prepare Your Palates!

Here's a list to get your mouth watering – oysters, mussels, scallops, clams, crab and last, but certainly not least, lobster. The bounty of the sea is a New Brunswick specialty and it's served in all manner of establishments – from roadside diners to gourmet restaurants. You might even stumble across an old-fashioned kitchen party. A get-together in (yes) somebody's kitchen, with lively songs and toe-tapping fiddle music, interspersed with heaping plates of Acadian fare. Follow the foodie trail from farmer, to fisher, to chef. New Brunswickers love to chat. They'll be happy to impart their esoteric lore about how they grow their crops, pursue the creatures of the deep or prepare them for the plate. Always with care; always with the freshest ingredients. You may never have heard of some of the unique New Brunswick foods – dulse, for instance, or Fiddlehead ferns. www.tourismnewbrunswick.ca



Nova Scotia: A most Delicious Destination

Nova Scotia is quickly becoming a recognized destination for food and beverage experiences. The bounty of our land and our sea keep traditional cuisine alive and inspire new contemporary tastes. While lobster, scallops and other wonderful seafood often take centre stage, there's so much more than our superb seafood on the menu across the province. Situated on one of the cooler climate limits for vines, Nova Scotia has a long and rich tradition for growing grapes for wine dating back to the 1600's. There are six distinct wine-growing regions in Nova Scotia. On the warm shores of the Northumberland Strait to the fertile Annapolis Valley, 22 grape growers nurture 400 acres of vines and 10 thriving vineyard wineries are producing award-winning wines. Look for the 'Taste of Nova Scotia' logo when you're dining out. It will point you to the restaurants using our delicious local produce. Mmmmm....the options are endless! www.novascotia.com



Newfoundland and Labrador: "Culture – It's what sticks!"

A pristine environment, rich history and cultural significance appeals to the mind and soul of the curious traveler, all of which is fulfilled through a significant "Eco-Culture Experience"™ full of personal meaning and accomplishment. Cape Race Cultural Adventures has created a unique and exciting holiday option for the savvy traveler whose participation in "local" community occurs on his/her own terms, own time, and in an authentic, sustainable setting. It all begins with a key which fits the locks of three historic homes in spectacular coastal locations, a car, and a personalized traveler's guidebook to launch an exploration of authentic proportions! www.caperace.com



Photo: John Sylvester

Prince Edward Island: Once-In-A-Lifetime-Experience - "Tong and Shuck".

The way oysters are fished on Prince Edward Island hasn't changed much in the past hundred years. Fishers still set out in small boats with tongs and crates the way their fathers and grandfathers did, generations before. Prince Edward Island Oysters can be found on menus in some of the finest seafood restaurants around the world. Now visitors can discover where these succulent delicacies come from, learn how they are harvested, try their hand at tonging, and most importantly, sample how they taste! Visitors will meet Brian Lewis, co-owner of Future Seafoods at Salutation Cove near Bedeque. Oysters harvested elsewhere on the Island are brought here to be cleansed by the pure waters of the Cove. Brian will show visitors how they farm oysters to produce the highest quality product. He'll take them out just offshore in an oyster dory and they'll get to try their hand at tonging! Visit www.once-in-a-lifetime-experiences.com for more details.