



EMBARK ON  
A HOLIDAY OF  
UNEXPECTED  
DELIGHTS



*Atlantic Canada*

New Brunswick • Prince Edward Island  
Newfoundland & Labrador • Nova Scotia

*Awaken to the Rhythm of the Sea*

Front-cover images, clockwise from upper left:  
New Brunswick, Newfoundland & Labrador,  
Nova Scotia and Prince Edward Island.

Back-cover images, clockwise from upper left:  
Nova Scotia, Newfoundland & Labrador,  
New Brunswick and Prince Edward Island.

Even the local wildlife enjoy the view in Newfoundland & Labrador



# YOU'RE SO CLOSE TO AN *enchanting* SEACOAST HOLIDAY

The enchantment starts right now. In these pages, you'll get a taste of what awaits you – dramatic vistas of sea, sky and land; spirited seaside towns filled with folklore; coastal adventures to explore our natural beauty; and friendly people who will welcome you with open arms. To begin your Atlantic Canada holiday today, visit [AtlanticCanadaHoliday.ca](http://AtlanticCanadaHoliday.ca).



# A COAST of DISCOVERIES



*Hog Island, Prince Edward Island*



*Lunenburg, Nova Scotia*



*Whale watching, New Brunswick*

Atlantic Canada is made up of four distinct provinces, each with its own set of charms, getaways and coastal adventures. But we all share the same sea that has shaped our land, our history, our culture and our cuisine.

New Brunswick, Newfoundland & Labrador, Nova Scotia and Prince Edward Island will embrace you and your spirit of adventure. Here you can take a deep breath and relax.

The region boasts Canada's most spectacular coastline – more than 43,000 kilometres – and every seaside activity you can imagine: long walks on uncrowded beaches, nature viewing on a grand scale and hiking high above the arms of the sea.

Getting here is easy, too. It's just a five-hour flight from London to Newfoundland & Labrador or a six-hour flight to Nova Scotia or New Brunswick. Atlantic Canada is closer to Europe than any other part of North America.





# WHEREVER *your* HEART DESIRES

*Beauty around every bend, every corner, every headland...so many places promise breathtaking scenery, but there's a good chance you'll let out a peaceful sigh at many of the vistas you can see in Atlantic Canada. With stunning seascapes, magnificent natural formations and skies full of seabirds, you simply have never seen what awaits you here at every turn.*

## New Brunswick

The Acadian Coastal Drive is one of five scenic drives that showcase the diversity and uniqueness of the province. Explore the Olivier Soapery, Canada's Soap Economuseum,<sup>®</sup> and be entertained and educated in the art of soapmaking. Then stroll along the boardwalk of one of the continent's few remaining great sand dunes, the Irving Eco-Centre: La Dune de Bouctouche. Formed over 2,000 years ago, this 12 kilometre-long sand dune is environmentally significant and a habitat for rare plants, animals and birds. Further along the coast visit Kouchibouguac National Park, an intricate blend of coastal and inland terrain offering irresistible opportunities for saltwater swimming, hiking, camping and cycling.

## Newfoundland & Labrador

Experience the exhilaration of standing at the very edge of the North American continent, just a 15-minute drive from St. John's! This is Cape Spear National Historic Site, the most easterly point in North America. It is here that the sun rises and the New Year comes first on the continent. It is also here that the power of the North Atlantic is majestically unleashed with every wave sent crashing against the rocks, and where seabirds and humpbacks live in harmony against a backdrop of charming coastal communities and warm welcomes. Here, one is at the edge of the earth – and about as far away from Disneyland as you can get!



Irving Eco-Centre: La Dune de Bouctouche, New Brunswick



Cape Breton Highlands National Park, Nova Scotia



Cape Spear National Historic Site, Newfoundland & Labrador

## Nova Scotia

The Cabot Trail winds its way through Cape Breton Island, where towering highlands, set against a vibrant blue sky, tumble to the sea to create panoramas of immense beauty. In the heart of this drive are spectacular hiking trails that leave you breathless before you take a step. You may see an eagle soaring or a moose through the trees. Stop at any of the many folk art studios along the way or stop and enjoy some of the live music to be heard in communities around Cape Breton. However you choose to explore the island, you'll see why *Condé Nast Traveler* rated Cape Breton as one of the most scenic islands in the world.

## Prince Edward Island

Its compact size means you can really see the Island from tip to tip. Known as Canada's smallest and greenest province, Prince Edward Island is cradled on the waves of the Gulf of St. Lawrence and is known for the vivid colours of its gently rolling landscape. The Island is ringed with soft white-sand beaches on which you can walk and beachcomb for miles. Fill your days by meandering through wonderful antique shops, farmers' markets and pastoral villages where you can sample delicious culinary treats fresh from the sea. Life here proceeds at a leisurely pace. You'll return home relaxed and refreshed.



# THE MANY FACES of OUR NATURE

*Experience Atlantic Canada on foot, on bikes and on water. As wonderful as it is to drive the scenic highways of Atlantic Canada, to appreciate the true nature of our sea-washed coastline, it's best to get out of the vehicle and off the beaten path to experience all we have to offer. You can walk on the ocean floor in the Bay of Fundy, hike to look-offs with views that will stir your spirit, feel a gentle sea breeze across your brow as you bike a country road or wake up to the taste of fresh, sea salty air. Natural wonders await in Atlantic Canada.*



## *New Brunswick*

Along the Bay of Fundy during low tide, you can walk on the ocean floor at Hopewell Rocks. Then just six hours later, you can paddle a kayak 14 metres above. The Fundy's tides are the highest in the world, and the contrast from high to low is an experience not to be missed. This unique ecosystem, designated a UNESCO Biosphere Reserve, also includes Fundy National Park, where you can hike and explore an ancient Acadian forest and marvel at the spectacular coastal views. Over 12 species of whales and other sea life, including the rare Right whale, are attracted to the nutrient-rich waters of the Bay of Fundy. It's truly an eco-adventure of a lifetime.

## *Newfoundland & Labrador*

Experience a place where history is carved in stone. The spectacular beauty of Gros Morne National Park, a UNESCO World Heritage site, is awe-inspiring. Choose one of many trails to hike and possibly meet a moose, or hop on a boat tour of Western Brook Pond fjord to see how glaciers and time have shaped its natural beauty. You can behold 640-metre waterfalls cascading into a fine mist. It says a lot about the character of the people of Newfoundland & Labrador that they call this glacial lake – measuring 16 kilometres long – a "pond." You will be surrounded by unspoiled, elemental beauty at every step.



*Autumn in Nova Scotia*



*Gros Morne National Park, Newfoundland & Labrador*



*Greenwich, Prince Edward Island National Park*

## *Nova Scotia*

Nova Scotia is a hikers' paradise. Hundreds of trails combine many types of terrain for the experienced to the beginner. Because you're never more than two hours from the sea, you can stroll over rolling hills and make your way along seaside bluffs, or climb mountaintops and experience a sweeping vista of sea, sand and sky. Enjoy long peaceful walks on mile after mile of soft sandy beaches. In the autumn months, biking in Nova Scotia presents a dazzling display of crimson, gold and amber leaves against the blue of the sea. The colours of the forest will mesmerize you.

## *Prince Edward Island*

Hike or bike along the pastoral Confederation Trail and see the Island from a unique vantage point. The Trail, an old railway bed, spans 279 kilometres from one end of the Island to the other. You'll pass green pastures, highlighted by the deep-red soil and the bright blue of rivers, marshes and bays, into lovely rural communities and the capital city of Charlottetown. For leisurely strolling, choose any of the long sandy beaches and let your feet be caressed by warm, gentle waves. Don't forget your binoculars and a picnic basket to make the most of your day.



# THE RHYTHM *of* *the* STREETS

*Explore towns and cities that encourage people to discover them on foot. In Atlantic Canada, the streets of the cities are alive with walkers, diners and revellers enjoying the sights, smells and tastes of the always nearby sea. Atlantic Canadians are very sociable people, and getting out and walking is often seen as the best way to stay in touch and to meet new people – like you – from all over the world.*



## *New Brunswick*

Enjoy the unique spirit, history and culture of New Brunswick's cities, towns and villages. A stone's throw from nature's untouched wonders are boutiques, local artisan studios, galleries, museums and nightlife. Fredericton, New Brunswick's riverfront capital, is a historic and dynamic cultural centre nestled alongside the picturesque Saint John River and featuring over 20 attractions within four city blocks. Kings Landing Historical Settlement, just outside of Fredericton, is an award-winning historical village that depicts the evolution of a young colony.

## *Newfoundland & Labrador*

St. John's is one of North America's oldest cities and is cradled by hills rolling down to the ocean, and side streets lined with colourful heritage houses. This capital city is not only famous for its Victorian mansions and Georgian architecture, but also for its lively nightlife, cultural richness, fine dining and vibrant arts and music scene. Hundreds of walking trails allow you to explore the city's charms, while along the dramatic coastline, thousands of humpback whales and millions of nesting seabirds vie for the plentiful bounty of the sea. Close by, beautiful Conception Bay is rich with the history and flavour of its hundreds of charming and historically significant fishing towns.



Halifax, Nova Scotia



Kings Landing Historical Settlement, New Brunswick



Charlottetown, Prince Edward Island

## *Nova Scotia*

Nova Scotia's capital, Halifax, is the only city in Canada where the noon hour is announced by a cannon. The shot can be heard throughout the thriving downtown from the city's hilltop fortress, the Halifax Citadel. Steeped in history, rich in culture and refreshingly cosmopolitan, Halifax carefully blends traditional charm and modern convenience. Pubs around the city feature Celtic music, blues, jazz and pop. You'll find museums, historical sites and five-star restaurants. Or head out of town for spectacular views of the province's famed rocky coast. In just 45 minutes, you can be at the most photographed site in Canada, the unforgettable Peggy's Cove.

## *Prince Edward Island*

A true sense of history will envelope you as you stroll the streets of Charlottetown, the birthplace of Canada's confederation and Prince Edward Island's capital city. Proud of its past, residents take pride with manicured lawns, well-kept flower beds, tree-lined streets and beautifully painted historic homes. A walk along the waterfront will bring you to Peake's Wharf, a special collection of merchants and attractions combining the best of Island entertainment, shopping, boat tours and especially dining. The Island has been preparing the bounty of the sea for hundreds of years. Of particular note are the world-famous Malpeque oysters, baked or on the half-shell. Mmmm...a must try!



# A LEGACY OF *welcoming the* WORLD

*The Vikings founded a settlement in Newfoundland over 1,000 years ago - the first Europeans to do so - and lived in harmony with the native people who already inhabited this land. Centuries later, many other cultures followed, among them English, French, Scots, Irish, Germans - all of whom contributed to the rich mosaic of Atlantic Canada with their traditions, music, story-telling, wit and humour. Eventually, the rest of the world came to Atlantic Canada, and while we celebrate the traditions of our ancestors, we have formed a cultural tapestry as unique and diverse as Atlantic Canada itself.*

## New Brunswick

New Brunswick's culture echoes from the past and sings in the present. Centuries ago, Acadians forged deep roots in New Brunswick and, despite a history of tragedy and hardship, these bold, friendly and resilient people remain fiercely proud and caring – traits strongly reflected in today's culture and demonstrated in many museums and festivals. New Brunswick's Acadians are famous for their "joie de vivre" (joy of life). Add in Aboriginal, Scottish, Irish and British Loyalist influences, and you've got a unique blend of cultures. Experience one of the many celebrations offered across the province or one of our legendary Maritime "kitchen" parties.

## Newfoundland & Labrador

The rich traditions of Newfoundland & Labrador, handed down through the generations in song, tale and design, were formed by the natural and cultural environment and remain a wellspring of inspiration today. You can experience this culture in the many folk and theatre festivals for which the province is famous, see it in the galleries and craft shops and taste it in the hilariously named foods, such as cod's britches. Anywhere you go in Newfoundland & Labrador, the traditions will permeate your soul, and you'll remember every experience long after you return home.



Lobster feast, Newfoundland & Labrador



Kensington, Prince Edward Island



Acadian Coastal Drive, New Brunswick

## Nova Scotia

Since its founding in 1605, Aboriginal, English and French settlers were later joined by Scots, Germans, Swiss, Africans, Irish and others to create Nova Scotia's identity. It's a place rich in tradition. You can see it at the Halifax Citadel, Canada's most visited National Historic Site. The hilltop fortress was built in 1749 by the English to counter the French Fortress of Louisbourg in Cape Breton. At Louisbourg, you can tour North America's largest historical reconstruction of a French 18th-century colony. In Nova Scotia, see culture come alive in the hundreds of cultural, musical and theatrical festivals.

## Prince Edward Island

Prince Edward Island has always been the "gentle island." Even as it has grown into a vibrantly diverse province, it still can keep one foot in the present and the other in the past. Where else can a hand-painted sign on the side of a road be considered store frontage? You'll find this friendliness in community festivals, cultural events and at the Confederation Centre stage, where you can see *Anne of Green Gables – the Musical*,™ Canada's longest running musical. Prince Edward Island is one of the most relaxing yet varied holiday experiences you'll ever have.



[AtlanticCanadaHoliday.ca](http://AtlanticCanadaHoliday.ca)

  
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**Canada**  
keep exploring