



ADVENTURES
in good company



HIGHLIGHTS OF NOVA SCOTIA

Trip Summary

HIGHLIGHTS

- Looking for wildlife, particularly moose, seals, puffins, and other seabird life
- Seeing the stunning coastline of Cape Breton and learning about its history
- Experiencing the huge tides of the Bay of Fundy
- Visiting Peggy's Cove and Lunenburg
- Learning about Acadian and Gaelic culture and listening to Gaelic music

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TRIP AT A GLANCE

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| Location: | Nova Scotia |
| Activities: | Multisport |
| Arrive: | Meet at 5:30 p.m. at our hotel in Halifax on Day 1. |
| Depart: | Out trip will end at the Halifax Stanfield Airport (YHZ) at 3:00 PM on the final day of the trip. |

Trip Overview

Nova Scotia offers an enticing combination of outdoor adventure, fascinating history, and great wildlife viewing. Completely surrounded by the Atlantic Ocean, it is particularly known for the high tides of the Bay of Fundy, the Cape Breton Highlands, its many picturesque fishing villages, and the migratory wildlife that includes puffins and whales, as well as many other seabirds. We'll start our adventure in Halifax, Nova Scotia's capital and a very happening city. We'll visit two of its most popular sites, the craggy headlands of Peggy's Cove and the historic town of Lunenburg with its many brightly colored houses, before heading north to the Bay of Fundy. We'll watch the tides roar in from the heights of Cape Split. Then it's on to the Cape Breton Highlands and the famous Cabot Trail. We'll go hiking, sea kayaking, and whale watching, and we'll hope to find some of the music that epitomizes Nova Scotia's rich Gaelic heritage. Maximum group size: 14

Rating

This trip has lots of activity, interspersed with time for sightseeing, and our days can be enjoyed by any active and fit woman in good health who regularly walks briskly for exercise and loves being outdoors. No previous experience in any of the activities is necessary. **Rating:** 1 **2** 3 4 5

What's Included

- A local guide and an AGC guide (If there are fewer than 8 on the trip there will not be an AGC guide)
- All activities on the itinerary, including a kayak tour, a whale watch, wine tasting, and an electric bicycle rental
- All meals from dinner on Day 1 through lunch on the final day, unless otherwise noted on the itinerary
- Eight nights lodging in double occupancy rooms
- Transportation during the trip except the initial airport transfer
- 15% VAT tax

What's not included: Travel to and from Halifax, travel from the airport to the hotel at the start of the trip, beverages (other than water), one dinner, guide gratuities, travel insurance and optional activities.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Arrive Halifax any time before 4:30 p.m. We'll meet as a group for the first time at 5:30 p.m. at our Halifax hotel for a welcome and introductions. We'll continue getting to know each other as we go out for our first dinner together. Since many of us will be tired from traveling, bedtime is likely to be early tonight - unless of course, we can find some music to listen to.

Overnight: Halifax (D)

DAY 2

We'll start our trip with a tour of Halifax by electric bike. Don't worry about Halifax being a hilly city; we will have an extra boost from electric bikes. Our ride will provide a great introduction to Halifax and its history. We'll explore the historic south end, pedal through Point Pleasant Park, pass Saint Mary's and Dalhousie University, visit the eclectic North end, and end with a ride along the Halifax waterfront.

In the afternoon we'll visit Peggy's Cove, a small fishing village that is one of Nova Scotia's iconic sites and home to the most photographed lighthouse in the world. We'll also have time to marvel at the stone sculpture William deGarthe made in his backyard as a memorial to the fishermen that have lived here for hundreds of years. Later we'll go for a beautiful hike (about 1.2 miles) through the coastal barrens, learning about how the area was formed by glaciers 12,000 years ago, its unique vegetation, and the wildlife that call it home.

Biking: 3 hours with stops. Hiking: 1.5 hours. Driving: about 1.5 hours. Overnight: Halifax (B, L, D)

DAY 3

This morning we leave Halifax and head for the south shore. Our day starts with seeing Nova Scotia from the perspective of the sea as we kayak along the coast, exploring inlets and islands, and watching the varied birdlife. No previous kayaking experience is needed. After a morning of paddling, we drive to the town of Lunenburg. Known for its colorful houses, well-preserved architecture, and interesting history, the old part of the town is a UNESCO World Heritage site.

After a picnic lunch you'll have some time to wander through some of the many art galleries and shops, the Knaut-Rhuland house museum, the Fisheries Museum of the Atlantic, or a micro-distillery. In the late afternoon, we'll head north to the Annapolis Valley area, the location of the Bay of Fundy and its famously high tides, and also one of the centers of Acadian history.

Kayaking: 2 hours. Walking: 1 hour. Driving: 2.5 hours driving. Overnight: Wolfville (B, L, D)

DAY 4

Today we'll hike the Cape Split Trail, a well-graded trail of 5 miles through forest that emerges onto an absolutely stunning bluff with magnificent views of the Bay of Fundy below. The trail up is a steady and mostly moderate climb with a couple of steeper parts to the top of the ridge, after which it is mostly flat. The footing is generally good with some areas of roots and rocks, and it may be muddy in parts if it has rained recently.

After a picnic lunch and good rest, we return the way we came. With its cool climate, long summers, and rich soil, the Annapolis Valley area has recently become a center for the production of Nova Scotian wine. This afternoon we'll visit one of the many wineries located here and learn more about the wine they make here with a wine tasting. If we time our return to our lodging right, there may well be time for a swim before a dinner on your own in Wolfville.

Hiking: 4 hours, 5 miles. Driving: 1 hour. Overnight: Wolfville (B, L)

DAY 5

We start the morning with a visit to the Grand Pre National Historic Site. Grand Pre, the largest Acadian community in the 1750s, was destroyed during the mass deportations by the British. Immortalized in the famous poem "Evangeline" by William Wadsworth Longfellow, the deportations occurred after the Acadians refused to take an unconditional oath of loyalty to the British during the British-French conflict. The movie and exhibits at the Center leave us with a much better understanding of this devastating history and its legacy.

We'll then head to Cape Breton, considered by many to be the crown jewel of Nova Scotia with its dramatic coastlines, abundant wildlife on both land and sea, striking scenery, and Gaelic culture. It's definitely a drive today but Cape Breton is well worth it! Our route takes us through the Margaree River Valley, regarded as the center of Gaelic music, and beautiful in its own right. There are many trails in this area and we'll stop to hike for 1 - 2 hours before continuing to our lodging. With any luck, we'll find traditional music to enjoy in the evening, and maybe even a campfire.

Hiking: 1 - 2 hours. Driving: 4.5 - 5 hours. Overnight: Margaree, Cape Breton (B, L, D)

DAY 6

Today we start our circumnavigation of the Cabot Trail, considered one of the most scenic drives in North America with its loop around Cape Breton Highlands National Park. We drive through mixed forest and the Margaree Valley, which is home to one of Canada's Premier salmon rivers. We will make a brief stop in the town of Cheticamp, where we may notice a strong Acadian Culture and presence. We'll stop at the Visitor Center and then continue on into the Park, making stops to take photos of the magnificent scenery. Of course, there is no better way to see and experience Cape Breton than by foot. We'll hike the world-famous Skyline Trail, a gentle and well-graded path which follows a mountain ridge out to panoramic views of the surrounding highlands and the Bay of Saint Lawrence 1,000 feet below. We'll keep our eyes open for our first sighting of the park's largest land animal, the majestic Moose.

Returning to the van, we continue driving across the highlands with its vast expanse of mountain plateaus and glacial valleys. We then arrive at the quaint little harbor village of Pleasant Bay, one of the best places in Canada to go whale watching. Many species of whales can be seen in these rich waters, including Minke, Humpback, Fin and Pilot whales. Our lodging tonight is situated right near a quiet beach on the Atlantic Ocean and if you've been wanting to swim in the ocean, this is the time!

Hiking: 2 hours. Driving: 2 hours. Overnight: Dingwall, Cape Breton (B, L, D)

DAY 7

Another day packed with fun and beauty! Today we will explore the area with several shorter hikes. First, we start the day with the Benjie's Lake Trail, a mostly flat out and back trail (about 2 miles) that goes to a beautiful highland lake. If we haven't seen moose yet, keep your eyes peeled today! Our hiking adventures continue with more hiking. Middle Head Trail in Cape Breton Highlands National Park follows a long, narrow peninsula between two ocean bays. The loop is about 2.5 miles, with great views and chances to see seabirds, eagles, seals and even whales from the headland cliff. Another hiking option will be Jack Pine Trail. This scenic trail overlooks the Atlantic coastline and winds through a post-fire jack pine stand, with interpretive signs with information about the recovery of the forest.

A short drive brings us to our next hike, past the seaside village of White Point out onto the peninsula where pink granite cliffs rise from the sea. This location is another great place to spot eagles, whales, and seabirds. If you didn't know better, you would think you were in Scotland. From there we continue further down the coast to our lodging for the night. We'll spend the next two nights in Baddeck where we are likely to find some more local music.

Hiking: 2.5 hours. Driving: 2 hours. Overnight: Baddeck, Cape Breton (B, L, D)

DAY 8

When Alexander Graham Bell visited Cape Breton for the first time he exclaimed, "I have seen the Canadian and American Rockies, the Andes, the Alps and the Highlands of Scotland, but for simple beauty, Cape Breton outrivals them all!" It was here on Cape Breton that the world-famous inventor of the telephone and many other innovations spent years enjoying the beauty of the lake and surrounding hills, experimenting and testing his inventions. We will start the day with the crew at Amoeba Sailing to set out on a sailing vessel which passes by the long-standing residence of the Bell family. It's not hard to see why Mr. Bell and his family fell in love with this lakeside town. We are quite sure you will too!

After the boat tour is over, we'll return to Baddeck and visit the Alexander Graham Bell Museum. Alexander Graham Bell had his summer home here and the museum is widely acclaimed for its representation of both his work and life.

If the museum doesn't interest you, you can spend some time exploring the town, or going for one final hike: a 2.4 mile trail that follows Falls Brook upstream, passing through a hardwood forest of maple, birch, and beech on the way to 50 foot high Uisge Ban Falls (Gaelic for "white water"). The deep stream valley narrows dramatically and at the falls, the sheer walls of the gorge tower 500 feet on either side.

Whether you've chosen the museum or the hike, we'll join up together for our final farewell dinner and, if it's available, we'll finish up with a traditional ceildh (pronounced "kaylee") with local musicians.

Boat tour: 2.5 hours. Hiking: 1 - 2 hours. Driving: 1 - 2 hours. Overnight: Baddeck, Cape Breton (B, L, D)

DAY 9

Today is the final day of our trip, so after breakfast we will make our way back to the Halifax airport. Along the way, about 4 hours driving, we will stop and stretch our legs and enjoy a picnic lunch. We will be back to the Halifax airport by 1:00 PM, so plan to book flights for 3:00 PM or later.

Driving: 4 hours. (B, L)

ADDITIONAL TRIP INFORMATION

Getting There

Many airlines fly into Halifax Stanfield Airport (YHZ). From there you need to take a bus or shuttle to the hotel. A shuttle service is available from the airport to the hotel and can transport 4 - 5 people. Details will be provided in the Pre-Departure Information.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

We'll be staying in a variety of lodging: 2 nights in Halifax, 2 nights in Wolfville, 1 night in Margaree, 1 night in Dingwall, and 2 nights in Baddeck. Each of the accommodations were selected for their charm and local feel. The rooms will have two beds and an ensuite bathroom. Rooms are double-occupancy, we will pair you with another traveler unless you request a specific roommate. There are 2 single rooms available for an additional cost. Availability of room types is on your registration form.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

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