



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

877-439-4042 adventuresingoodcompany.com info@goodadventure.com
2601 S. Lemay Ave Ste 7, PMB 455 Fort Collins, CO 80525

TRIP AT A GLANCE

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 a puffin boat tour.
- 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
- 15% VAT tax
- Transportation during the trip except the initial airport transfer

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 exploring the town of Halifax. A charming coastal town that offers great views, food, and historical legacy. We will enjoy a walk throughout the city and near the waterfront to get acquainted.

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.

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: Old Orchard Inn, Wolfville (B, L, D)

DAY 4

Today we'll hike the Jodrey Trail in Blomidon Provincial Park, a well-graded trail of 4.5 miles through forest that emerges onto an absolutely stunning bluff with magnificent views of the Minas Basin below. The trail up is a steady and mostly moderate climb, 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: Old Orchard Inn, 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 along the Trans Canada Highway; beautiful in its own right. We will stop on our way to have a picnic lunch by a river where we can dip our feet, all while surrounded by a towering coniferous forest. In the evening we will attend a Ceilidh in Baddeck to hear local musicians and learn about the history of the Gaelic music brought here by the Scottish settlers and how it has shaped the culture of Cape Breton Island.

Hiking: 1 - 2 hours. Driving: 4.5 - 5 hours. Overnight: Silver Dart Lodge, Baddeck, 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.

After soaking in the views, we'll hike the 2.9 mile Le Chemin du Buttereau trail. Along the way, we'll trace the footsteps of Acadian pioneers. Along the trail, we'll view the Chéticamp River, old pastures, small mammals and birds.

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!

After watching the gentle giants, we'll hike one final trail for the day; MacIntosh Brook. This short, 1.1 mile hike will allow us to gently stroll along mature hardwood forest and babbling brook, only to view the falls themselves at the end.

Hiking: 2-3 hours. Whale Watching: 2-3 hours. Driving: 2 hours. Overnight: Markland Resort Dingwall, Cape Breton (B, L, D)

*Please note: The Markland Resort has 1 sofa sleeper and 1 bed in each room. You won't be spending much time in your room with the stunning ocean views anyway!

DAY 7

Another day packed with fun and beauty! We continue our journey on the Cabot Trail, we make a stop for a morning 1.4 mi (loop) hike. The scenic "Jack Pine" trail overlooks the Atlantic coastline and winds through a post-fire jack pine stand.

After having a picnic at Black Brook Beach, we enjoy our second hike of the day. The 2.4 mi (loop) Middle Head trail follows a long, narrow peninsula separating two ocean bays, ending on headland cliffs overlooking the Atlantic Ocean, Cape Smokey and Ingonish Island. There are opportunities to see seabirds, seals, whales and eagles, as well as fishing boats in the early summer. We then drive through Ingonish and over Smokey Mountain, one of the highlights along this famous drive.

Hiking: 2.5 hours. Driving: 2 hours. Overnight: Cabot Shore Resort, Indian Brook (B, L, D)

DAY 8

In the morning, we'll enjoy a 2.3 mile hike on the Red Island Trail. We'll start out at the St. Anne's Bay and eventually find ourselves on the cobblestone beach viewing the MacDonalds Pond. We'll finish the loop hike in the forest, finding fungi to take photos of.

In the early afternoon, we'll enjoy a unique experience - a puffin boat tour! We'll be on the lookout for the marine birds, and hopefully see playful puffins, seals, eagles, and various other sea birds! We'll learn about the puffin and why it calls this part of Nova Scotia home.

After the boat tour, we'll arrive in the town of Baddeck. We'll enjoy shopping, live music, and views of the nearby Kidston Island.

After a day full of views and learning, we'll enjoy our final farewell lobster dinner; a tasty treat well-earned.

We'll finish the evening with relaxation, swimming in our hotel's outdoor pool, or enjoying the stunning views.

Hiking: 1 - 2 hours. Boat tour: 2.5 hours. Driving: 1 - 2 hours. Overnight: Inverary Resort, 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 lunch (on your own). We will arrive at the Halifax airport by 1:00 PM, so plan to book departure flights for 3:00 PM or later to allow for 2 hours through the check-in process.

Driving: 4 hours. (B)

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, [Exitto 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: Exitto charges a one-time, non-refundable processing fees of \$50 per passenger.

Accommodations

We'll be staying in a variety of lodging: 2 nights in Halifax, 2 nights in Wolfville, 2 nights in Cape Breton, 1 night in Indian Brook, and 1 night 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.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)