

BACKROADS
THE WORLD'S #1 ACTIVE TRAVEL COMPANY

WALKING & HIKING

NOVA SCOTIA

CASUAL INNS



One of Earth's most welcoming places. Where folks invite you to linger awhile. Rocky shores practically pose for your photos. Superb wines and unbelievably fresh produce and seafood reveal their harvesters' love of the land and ocean. Can a week-long trip add years to your life? In Nova Scotia, it's easy to imagine.

16WNSQR1j 3/23/2016

“GUESTIMONIALS”

Our leaders were fantastic—very knowledgeable and flexible. The casual inns were great, the food fantastic, and the hikes well thought out. We saw tons of humpback whales, and one breached three times— incredible! Nova Scotia was a very interesting place and easy to get to from the US. This was our 4th trip and many more will be planned in the future. Keep up the good work and thanks again!

Bari Freiden - Overland Park, KS

Click [HERE](#) to read more guest reviews

6 DAYS, 5 NIGHTS

Click [HERE](#) for departure dates and pricing details

ROUTE RATING LEVELS 1-3

[See below for details](#)

TO RESERVE YOUR TRIP

Sign up online [HERE](#) or call 800-GO-ACTIVE (462-2848) or 510-527-1555

Open daily 6 a.m.-6 p.m. Pacific time

BACKROADS
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Why Backroads?

“Backroads is the best of the best.”

—Sheryl Simons, SK, Canada

NEVER SUBCONTRACTED

We operate our own trips around the globe. That way we control the quality—and we're fully responsible for your great experience.

TWO SUPPORT VANS

We provide two support vans on all of our trips* so you can count on us to be there when you need us, regardless of the route you take.

THREE LEADERS

Our trips have three leaders*, for an average 6:1 guest-to-leader ratio. On Walking & Hiking Trips, two or more leaders or local guides get out on the trail with you, offering superior support. Guests consistently score our leaders 9.7 out of 10, telling us they make all the difference.

THOUGHTFUL TRIP DESIGN

We know how to create exceptional travel experiences, ensuring that you get the most from your trip as it unfolds.

MULTIPLE DAILY ROUTES

Being able to choose among several expertly designed routes each day gives you the freedom to enjoy the best of a region at your own pace.

WE CELEBRATE MIXED ABILITIES

To accommodate varied activity levels, you need three leaders, two vans, multiple route options, detailed directions, a rating system showing if shuttles are required, and plenty of well-matched riding/hiking companions.

*Over 95% of Backroads guests on scheduled departures travel with two or more support vehicles and three Backroads leaders or support staff. Fewer than 5% are on scheduled trips where the small number of guests requires just one van and two leaders to maintain our high service standards.

Click [HERE](#) to learn more about the Backroads Quality Index



STRAIGHT *talk*

We want to make sure you're on the right trip and that you have the best experience possible. Every Backroads trip is unique and this one is no exception.

ACCOMMODATIONS

Nova Scotia is a land of rich heritage and rustic charm, and while Backroads has selected the best properties in the places we visit, history and character outweigh elegance and luxury in this Maritime province. While our hotels offer simpler amenities than the typical Backroads property, they provide us with the greatest access to the best hiking in the region.

ESSENTIAL TO YOUR TRIP

US citizens need a valid passport for air travel to Canada.



Day 1

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 9:30 a.m. in the lobby of The Westin Nova Scotian (902-421-1000), located at 1181 Hollis Street in Halifax, Nova Scotia. Please arrive dressed in your hiking clothes and bring your luggage and a daypack with your rain gear and anything else you may want for today's hike (your luggage will be transported to our first night's accommodations).

Shuttle to Grand Pré 1½ Hours

Wolfville Route 4.8 Miles (100' elevation gain)

Welcome to Nova Scotia! After meeting we shuttle into the Annapolis Valley to the town of Grand Pré. Our first stop is Tangled Garden, a delightful store that produces homemade jam, chutney, honey and vinegar with herbs from its garden and fruit from the valley. After sampling some preserves we get better acquainted over a picnic on the idyllic grounds, complete with a wildflower labyrinth and lily pond. When you're ready, set off on a walk along quiet country lanes to the Grand-Pré National Historic Site. Meander through the grounds of the memorial, which is dedicated to thousands of Acadian settlers driven from their homes and farms by the British between 1755 and 1763. Their tragic fate is immortalized in Henry Longfellow's epic poem *Evangéline*, and a statue of the heroine stands in the lush 14-acre gardens.

After our visit, continue walking along a man-made dike system through cattle pastures and cornfields with views of the salt marshes and mudflats. The landscape changes with the tide: when water rushes in from the Cornwallis River at high tide, the mudflats disappear. Our walk ends in Wolfville, a university town with pleasant treelined streets and stately Victorian homes.

This evening a short drive brings us to Domaine de Grand Pré winery, whose grapes are specially developed for this maritime climate. After tasting a selection of Nova Scotia varietals, we dine on fresh local cuisine with a Swiss twist at the winery's award-winning Le Caveau restaurant. *Lodging: Victoria's Historic Inn & Carriage House*

Day 2

Shuttle to Cape Blomidon 1½ Hours Round-Trip

Walking & Hiking Options:

Blomidon Woodland Route: 4.3 Miles (200' elevation gain)

Cape Blomidon Loop: 7.5 Miles (1,000')

This morning we set our sights on Cape Blomidon, whose 300-foot-tall red sandstone cliffs tower over the Bay of Fundy. Our hike begins at the base of the cliffs through a canopied forest of deciduous and coniferous trees. Make your way up to a sandstone plateau for breathtaking views of the Minas Basin, but don't be fooled by the tranquil waters. Minas Basin is home to the highest and most powerful tides in the world (up to 50 feet high), which sculpt the coastline with immense force. The Mi'kmaq, the First Nations people of Nova Scotia, attributed the extraordinary tidal waves to a giant whale splashing in the water.

We relax over a picnic lunch, then continue hiking, with interspersed views of the basin, red-sand beaches and the patchwork quilt of the verdant Annapolis Valley. You may notice locals digging for clams on the beach below.

Tonight join your trip leaders for a special dinner just outside of town. *Lodging: Victoria's Historic Inn & Carriage House*

Day 3

Shuttle to Kejimikujik National Park Adjunct 2½ Hours

Walking & Hiking Options:

Harbour Rocks Route: 3 Miles (200' elevation gain)

Kejimikujik Seaside Loop: 6.3 Miles (200')

Shuttle to White Point Resort 30 Minutes

To get started this morning, we shuttle to Kejimikujik Seaside Adjunct for an amble through coastal tundra forests and wooded groves. Pass secluded coves and salt lagoons, and walk on a magnificent white-sand beach. At Harbour Rocks, scan the cobblestone beaches for stones the size of baseballs. Watch as the ocean waves toss these stones around like they're pebbles, and cross your fingers for a chance to see harbor and gray seals sunning themselves. You might also spot endangered shorebirds, including piping plovers and sandpipers. The diverse ecosystems of the salt marshes and bogs provide the ideal stopover location for Canada geese and black ducks. Make sure

to keep an eye out for the carnivorous pitcher plant!

After our hike, we shuttle to White Point Beach Resort, located on Nova Scotia's south shore. The seaside resort opened its doors in 1928 as a hunting and fishing lodge, with just a few beach cabins and a handful of rooms. Though it has expanded over the years, it's maintained its simple rustic feel. Wind down with a swim in the resort's freshwater lake or a stroll on the private beach. This evening we dine on fresh seasonal fare in the resort's beautiful main lodge. *Lodging: White Point Beach Resort*



Day 4

Shuttle to Broad Cove 45 Minutes

Green Bay Route 3.7 Miles (100' elevation gain)

Shuttle to Hirtle's Beach 1 Hour

Gaff Point Route 4.4 Miles (300')

You won't find this morning's walk on any tourist map —our route, which stretches from the Broad Cove fishing villages to the cottages of Green Bay, is a well-kept secret. The trail offers stunning views of the LaHave Islands and possible seal sightings, making for rich photo opportunities. Stop along the way for a delicious picnic lunch, featuring fried local clams and scallops from Green Bay's own MacLeod's Canteen. Top it off with ice cream for dessert!

Afterward we shuttle to Hirtle's Beach to begin an afternoon hike that takes us to Gaff Point for beautiful cliff-top views. Gaff Point is a unique unspoiled headland of 124 acres consisting of impressive cliffs, conifer forests, heaths and grasslands. The point houses a variety of wildlife in its marine, terrestrial

and wetland ecosystems, such as waterfowl, which make their home in a saltwater pond surrounded by marshland and bog. This headland is also an important wildlife link between two beach-dune systems, Mosher's Beach and Hirtle's Beach.

Our next stop is the ocean-side town of Lunenburg, a World Heritage site. With colorful and architecturally significant buildings and a gorgeous bay as a backdrop, this is one of Canada's most postcard-perfect towns. It's a short drive from Hirtle's Beach to Lunenburg Arms, a boutique-style inn occupying a historic building overlooking the harbor. Tonight you're on your own for dinner; your Trip Leaders are happy to recommend their favorite restaurants. *Lodging: Lunenburg Arms*

Day 5

Boat Ride to Tancook Island 1 Hour

Walking & Hiking Options:

Island Stroll Route: 4.5 Miles (minimal elevation gain)

Tancook Island Route: 7.9 Miles (minimal)

Boat Ride to Lunenburg Harbor 1½ Hours

After breakfast we board a private boat charter and make our way to idyllic Big Tancook Island. Watch everyday life pass by from the boat as we weave among the hundreds of tiny islands dotting the bay. Back on terra firma we set off to explore Big Tancook's dirt roads, where time seems to stand still. The island, settled by German immigrants, experienced a significant financial boom in the late 1700s, riding on the seemingly endless wealth generated by cod fishery. During this time the population peaked at 1,000 residents. With the decline of agriculture and cod fishing, the year-round population today is around 100, swelling to 300–400 residents in the summer.

Today Tancook is home to one of the last remaining one-room schoolhouses in Canada and a close-knit community of people who still make their living primarily from fishing. In recent years a small but vibrant artistic community has found a home here, drawing inspiration from the island's pristine tranquil setting.

For lunch, the local women of Tancook Island Recreation Center prepare us a hearty traditional Nova Scotian lobster boil, complete with homemade breads and pies, giving us a real taste of laid-back island life. After exploring the island we jump aboard

our private charter boat and make our way back to Lunenburg Harbor. During the trip keep your eyes peeled for seabirds and marine mammals, including the harbor seals that call these waters home.

Arriving back at Lunenburg Arms, enjoy some downtime or perhaps pamper yourself with a spa treatment. (Spa treatments are not included in the trip price. Advance reservations are recommended.)

Tonight we celebrate our week together with a festive farewell dinner in Lunenburg. *Lodging: Lunenburg Arms*

Day 6

Lunenburg Stroll 4 Miles (200' elevation gain)

Lunenburg Historic Walking Tour 1 Hour

Shuttle to Halifax 1 Hour

We start our day with a scenic walk through town and along the back harbor trail before meeting with a local guide who helps bring to life the rich heritage of Lunenburg. After the tour you can either add a few more miles to your hike or wander the quaint streets of Lunenburg in search of the perfect gift to bring home. We wrap things up with one last gourmet picnic lunch before shuttling to Halifax, where our journey through southwestern Nova Scotia ends. See "Arriving & Departing" for end-of-trip logistics.

KEEPING YOU UP TO DATE

We are always seeking opportunities to enhance this itinerary. We'll be certain to notify you of any important changes prior to departure; other changes may be communicated on trip by your leaders.

SHIFT GEARS!

At Backroads we understand that you have your own idea of the "perfect" trip—the right mix of being active, discovering new cultures and natural wonders, and having time to relax.

Our trips are designed to be flexible, giving you the freedom to experience the best of the region the way YOU want. Feel like you're ready to go, go, go? We can show you the way! Want some downtime or prefer to head out on your own? No problem!

Your Trip Leaders will make sure to tell you the best days to take time for yourself (if you want it) without feeling like you're missing out.

So feel free to shift gears and make it your day!



Trip Accommodations

CASUAL INNS



Victoria's Historic Inn & Carriage House (above) **2 Nights**

A Victorian antique-adorned bed-and-breakfast built for an apple baron in 1893. | Wolfville | www.victoriashistoricinn.com | 800-556-5744 or 902-542-5744

White Point Beach Resort **1 Night**

A private fishing lodge in 1928, this lovingly restored retreat is set against a white-sand beach. (pool, spa) | White Point | www.whitepoint.com | 800-565-5068 or 902-354-2711

Lunenburg Arms **2 Nights**

This well-appointed inn is situated in Old Town Lunenburg, overlooking the harbor. (spa) | Lunenburg | www.lunenburgarms.com | 800-679-4950 or 902-640-4040

Arriving & Departing

After reviewing the following information, please inform us of your arrival and departure plans on your *Personal Information Form*.

To make our morning meeting time, plan to arrive in Halifax at least one day before the trip starts.

All prices are in US dollars and subject to change.

The standard unit of currency in Canada is the Canadian dollar. At the time of printing, 1.34 CAD = 1 USD. For the most up-to-date exchange rate, visit www.xe.com (Universal Currency Converter).

MEETING TIME & LOCATION

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 9:30 a.m. in the lobby of The Westin Nova Scotian (902-421-1000), located at 1181 Hollis Street in Halifax, Nova Scotia. Please arrive dressed in your hiking clothes and bring your luggage and a daypack with your rain gear and anything else you may want for today's hike (your luggage will be transported to our first night's accommodations).

CONCLUSION OF THE TRIP

On the last day of the trip, Backroads provides transportation back to Halifax, arriving at the airport (including the Hilton Garden Inn Halifax Airport) at about 2:30 p.m. and The Westin Nova Scotian around 3 p.m. If you plan to fly home on the last day of the trip, please schedule your flight for after 4:30 p.m.

FLIGHT ARRANGEMENTS

This trip begins and ends in Halifax, Nova Scotia. We suggest flying into Halifax International Airport (airport code: YHZ; www.hiaa.ca).

For help arranging air transport to and from your Backroads trip, please work with your own travel agent or you may choose to work with the Backroads Travel Desk at Dimensions in Travel. Their expert travel advisors are ready to share their insiders' knowledge of Backroads and our worldwide destinations. These professional agents are available to assist you with any of your travel needs. Call 800-GO-ACTIVE (462-2848) to be connected with an advisor. Please note that consulting or ticketing fees may apply, depending on the services requested. The Backroads Travel Desk at Dimensions in Travel is open Monday–Friday, 9 a.m.–5 p.m. Pacific time.

GETTING FROM THE HALIFAX AIRPORT TO DOWNTOWN HALIFAX

MetroTransit (www.halifax.ca/metrotransit) offers transportation from the airport to downtown Halifax for \$3.50 per person. Bus service operates 7 days a week, and runs every 30 minutes during the weekday peak hours and every 60 minutes during non-peak hours, evenings and weekends.

Taxi and limousine service from the airport to downtown costs \$60–\$65. The trip takes 30–40 minutes. Note that not all taxi services accept credit cards.

PRICES & SCHEDULES

All prices and schedules were current at the time of printing, but are subject to change at any time.

Destination Details

CLIMATE

Summer weather in Nova Scotia is usually pleasant. However, strong headwinds are possible, and you'll most likely experience rain and fog at some point each day of the trip. Also note that the chart below represents averages; summer temperatures can occasionally climb into the 90s. If your trip is in September, expect cooler temperatures. Come prepared for all types of weather to ensure that your trip is enjoyable.

Halifax

Average:	Jan	Feb	Mar	Apr	May	Jun
High °F	29	29	36	47	57	67
Low °F	14	14	22	32	41	50
Precip. inches	5.8	4.7	4.8	4.9	4.4	3.9
Average:	Jul	Aug	Sep	Oct	Nov	Dec
High °F	73	73	65	54	44	34
Low °F	57	57	50	40	32	20
Precip. inches	3.8	4.3	3.7	5.1	6.1	6.6



Getting Active for Your Trip

CONDITIONING TIPS

Every Backroads trip is designed to appeal to a wide variety of interests and fitness levels. We know your pace may vary from one day to the next—and your traveling companions' may differ somewhat from yours. So we present a range of mileage options, and each day you decide exactly what and how much you want to do.

Before your trip, we suggest walking and hiking regularly and hitting a few hills whenever you can. Review the route options in the daily itinerary for the range of mileages offered on this trip. But mostly, just show up and have fun!

ROUTE RATINGS

The routes on this trip are rated Levels 1–3.

ACTIVITY	BIKING		WALKING	
	Avg. Miles	Max Elev. Gain (feet)	Avg. Miles	Max Elev. Gain (feet)
LEVEL Average Time (in hours)	Road	Mountain		
1 (2-3 hrs)	10-20	10-15	1000	2-5 800
2 (2-4 hrs)	21-30	16-20	2000	4-7 1300
3 (3-5 hrs)	31-40	21-25	3000	5-9 2000
4 (4-6 hrs)	41-55	26-30	4000	6-11 3000
5 (5-7+ hrs)	56-75+	31+	4000+	7-13+ 4000+

Review the "Route Rating" section on the web for more details on daily route options.

Where to Stay Before & After Your Trip

For help making hotel reservations for before and after your Backroads trip:

- Work with your own professional travel agent.
- Contact the Backroads Travel Desk at Dimensions in Travel by calling 800-GO-ACTIVE (462-2848), Monday–Friday, 9 a.m.–5 p.m. Pacific time. Please note that consulting or ticketing fees may apply, depending on the services requested.
- Book directly with the hotel or through a discount website.

If you plan on extending your stay at our first night’s hotel before the trip starts or our last night’s hotel when the trip ends, let the hotel reservations agent know that you’re traveling with Backroads; that way you may be able to avoid changing rooms. See "Trip Accommodations" for the hotel’s contact information.

The following is a selection of recommended properties that span a range of prices, amenities and locations, and are listed by price in descending order. Refer to the Hotel Room Rate Guide for the starting double-occupancy rates, which were accurate at time of printing. Note that rates are subject to change and some hotels may require a minimum stay. **Book early, especially during peak travel season!**

Westin Nova Scotian in Halifax is our meeting location on Day 1 and a drop-off location on Day 6. **Hilton Garden Inn Halifax Airport** in Halifax is a drop-off location on Day 6. See the following for more information on these hotels.

HALIFAX, NOVA SCOTIA
Hotel map: bit.ly/HalifaxPPH

Comfort Hotel Bayer’s Lake
Set in the Bayer's Lake Business District, 10 minutes from downtown, this hotel's friendly staff, modern rooms and great value make it one of the most popular hotels in Halifax. (pool) | 88 Chain Lake Drive | www.comforthotelhalifax.com | 855-405-4555 or 902-405-4555 | 73 rooms | Rates: ♦ ♦

Delta Halifax
With the waterfront, shops and museums a short stroll away, the Delta Halifax is a convenient place to stay. Many guest rooms offer views of the harbor. (pool, spa) | 1990 Barrington Street | www.deltahotels.com | 888-890-3222 or 902-425-6700 | 296 rooms | Rates: ♦ ♦

Hilton Garden Inn Halifax Airport
Located less than 3 miles from Halifax International Airport, this is a handy hotel for late-night or early-morning departures. Complimentary shuttle service is available to and from the airport. (pool) | 200 Pratt & Whitney Drive | www.hiltongardeninn.hilton.com | 877-782-9444 (from US) or 902-873-1400 | 145 rooms | Rates: ♦ ♦

Prince George Hotel
At this hotel you’ll find rooms and common areas furnished with dark mahogany woods, marble, tapestries and chandeliers. Much of downtown can be reached via a connection of underground passageways located below the hotel. (pool) | 1725 Market Street | www.princegeorgehotel.com | 800-565-1567 or 902-425-1986 | 203 rooms & suites | Rates: ♦ ♦

Westin Nova Scotian
The waterfront and shops are just steps away from this Westin property, and the hotel offers a complimentary shuttle service to downtown destinations. (pool, spa) | 1181 Hollis Street | www.westin.ns.ca | 888-627-8553 or 902-421-1000 | 310 rooms & suites | Rates: ♦ ♦

HOTEL ROOM RATE GUIDE	
(US Dollars Per Night)	
\$501 and up	♦ ♦ ♦ ♦ ♦
\$300 to \$500	♦ ♦ ♦ ♦
\$201 to \$300	♦ ♦ ♦
Up to \$200	♦ ♦