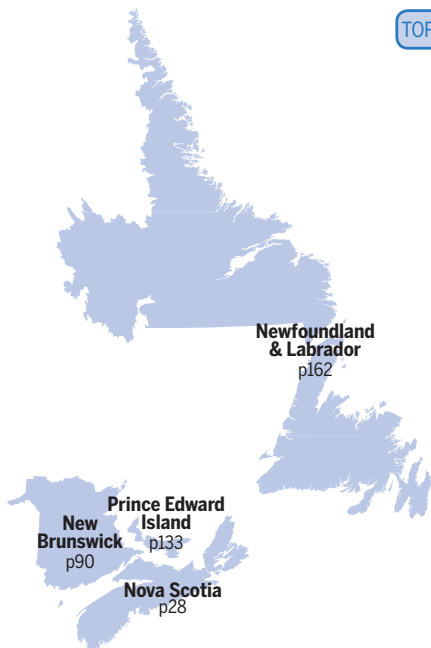


ON THE ROAD

YOUR COMPLETE DESTINATION GUIDE
In-depth reviews, detailed listings
and insider tips

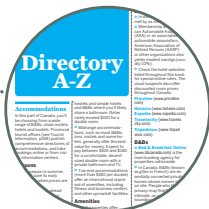
TOP EXPERIENCES MAP **NEXT PAGE**



SURVIVAL GUIDE

YOUR AT-A-GLANCE REFERENCE
How to get around, get a room,
stay safe, say hello

Directory A-Z	248
Transport	261
Index	272
Map Legend	279



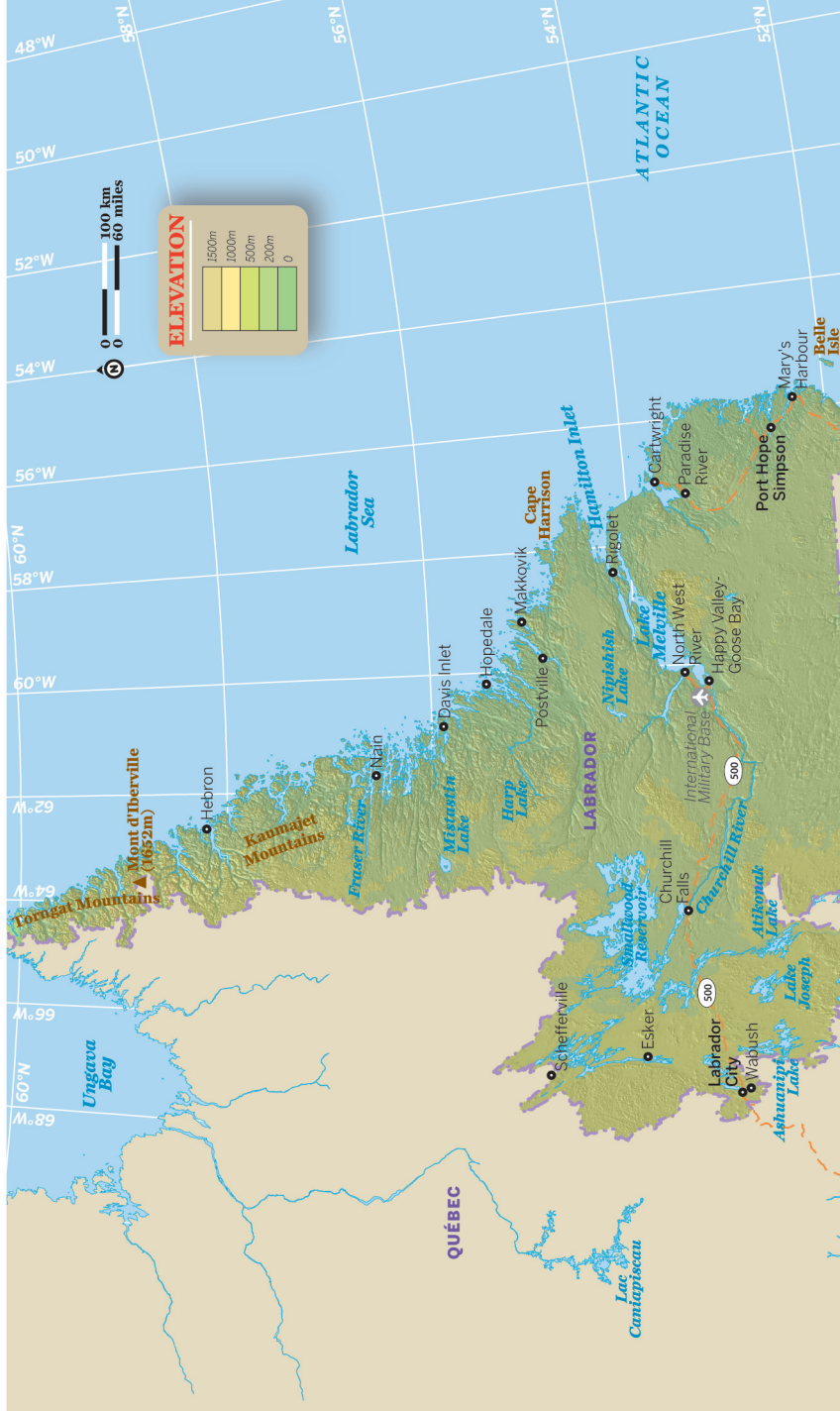
THIS EDITION WRITTEN AND RESEARCHED BY

Celeste Brash

Emily Matchar, Karla Zimmerman

> Nova Scotia, New Brunswick & PEI

Top Experiences >





Look out for these icons:



Our author's recommendation



A green or sustainable option



No payment required

NOVA SCOTIA 28

HALIFAX 32

Dartmouth 43

Eastern Shore Beaches . . . 44

Sambro 44

Prospect 45

Peggy's Cove 45

SOUTH SHORE 45

Chester 46

Mahone Bay 46

Lunenburg 48

Liverpool 50

Kejimikujik National Park . . 51

Shelburne 53

Barrington to West Pubnico 54

Yarmouth 54

ANNAPOLIS VALLEY & FRENCH SHORE 55

Cape St Mary to Meteghan 56

Church Point to St Bernard 56

Digby Neck 57

Digby 58

Bear River 59

Annapolis Royal & Around 60

Kentville 62

North of Highway 1 62

Wolfville 63

Grand Pré 65

Windsor 66

CENTRAL NOVA SCOTIA . . . 66

Shubenacadie 66

Maitland 66

Truro 67

Economy to Five Islands . . 68

Parrsboro 68

Cape d'Or 70

Cape Chignecto Provincial Park & Advocate Harbour . . 70

Joggins 71

Amherst 71

SUNRISE TRAIL 71

Wallace 71

Wentworth 71

Tatamagouche 71

Pictou 72

New Glasgow 74

Antigonish 74

Cape George 75

CAPE BRETON ISLAND . . . 75

Port Hastings 76

Ceilidh Trail 76

Cabot Trail & Cape Breton Highlands National Park 77

Bras d'Or Lake Scenic Drive 82

North Sydney 84

Sydney 84

Glace Bay 86

Louisbourg 86

EASTERN SHORE 87

Guysborough 87

Canso 87

Sherbrooke 88

Taylor Head Provincial Park 89

Tangier 89

Jedore Oyster Pond 89

NEW BRUNSWICK . . . 90

FREDERICTON 93

UPPER ST JOHN RIVER VALLEY 98

King's Landing Historical Settlement 98

Hartland 99

Florenceville & Around . . 100

Mt Carleton & the Tobique Valley 100

Grand Falls 102

Edmundston 103

WESTERN FUNDY SHORE 103

St Stephen 103

St Andrews By-The-Sea . . 104

FUNDY ISLES 108

Deer Island 108

Campobello Island 109

Grand Manan Island 110

New River Provincial Park 113

SAINT JOHN 113

EASTERN FUNDY SHORE 119

St Martins 119

Fundy National Park 119

Alma 120

Cape Enrage & Mary's Point 121

Hopewell Rocks 121

SOUTHEASTERN NEW BRUNSWICK 122

Moncton 122

Sackville 125

Fort Beauséjour National Historic Site 125

On the Road

NORTHUMBERLAND SHORE.....	125	Dalvey by the Sea.....	151	ST-PIERRE & MIQUELON.....	187
Cape Jourimain.....	125	Brackley Beach.....	151	CENTRAL NEWFOUNDLAND.....	189
Shediac.....	126	Rustico.....	152	Terra Nova National Park.....	189
Bouctouche.....	126	New Glasgow.....	152	Gander.....	190
Kouchibouguac National Park.....	127	St Ann.....	153	Twillingate Island & New World Island.....	190
MIRAMICHI AREA.....	128	North Rustico.....	153	Fogo Island & Change Islands.....	192
Miramichi.....	128	Cavendish.....	153	Lewisporte.....	193
Miramichi River Valley.....	129	New London & Park Corner.....	155	Grand Falls-Windsor.....	193
NORTHEASTERN NEW BRUNSWICK.....	129	WESTERN PEI.....	156	Central South Coast.....	194
Tracadie-Sheila.....	130	Summerside.....	157	NORTHERN PENINSULA.....	194
Caraquet.....	130	Région Évangéline.....	159	Deer Lake.....	194
Campbellton.....	131	Tyne Valley.....	159	Gros Morne National Park.....	195
PRINCE EDWARD ISLAND.....	133	Lennox Island.....	159	Port au Choix.....	198
CHARLOTTETOWN.....	137	Tignish.....	160	St Barbe to L'Anse aux Meadows.....	199
EASTERN PEI.....	143	North Cape.....	160	St Anthony.....	201
Orwell.....	144	West Coast.....	160	WESTERN NEWFOUNDLAND.....	202
Point Prim.....	144	NEWFOUNDLAND & LABRADOR.....	162	Corner Brook.....	202
Wood Islands.....	144	ST JOHN'S.....	166	Port aux Basques.....	206
Murray River & Around.....	144	North of St John's.....	177	SOUTH COAST OUTPORTS.....	209
Panmure Island.....	144	West of St John's.....	177	LABRADOR.....	210
Montague & Around.....	145	South of St John's.....	177	Labrador Straits.....	210
Georgetown.....	146	AVALON PENINSULA.....	177	Northern Coast.....	214
Souris.....	146	Southeastern Avalon Peninsula.....	178	Central Labrador.....	215
East Point & Around.....	147	Conception Bay.....	180	Labrador West.....	215
St Peter's to Mt Stewart.....	147	Trinity Bay.....	181		
CENTRAL PEI.....	148	Cape Shore.....	181		
Victoria.....	148	EASTERN NEWFOUNDLAND.....	182		
Prince Edward Island National Park.....	149	Trinity.....	182		
		Bonavista.....	184		
		Burin Peninsula.....	185		

itineraries

Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to lonelyplanet.com/thorntree to chat with other travelers.



One Week to 10 Days

Essential Nova Scotia

Soak up some music and culture in **Halifax** then travel to nearby **Peggy's Cove**. Jostle for position to snap the most photographed lighthouse in the world, or have a more subdued experience picnicking in equally pretty **Prospect**. Don't forget your sunscreen in **Mahone Bay**, where the sun shines bright on great craft shopping and sea kayaking. Move on slightly south to **Lunenburg**, a World Heritage site known for its colorful boxy buildings, *Bluenose* schooner and lobstering tours. The **Kejimikujik Seaside Adjunct** provides miles of unspoiled white beaches (and maybe seals), while its big brother **Kejimikujik National Park** lies inland and is a prime place to float a canoe and drift through the woods. Cross the province to **Annapolis Royal** to stay at a heritage bed and breakfast, explore its fort by day and graveyard by night. The next day visit the wineries of **Bear River** and around **Wolfville** before stopping to wolf down a meal at a fine restaurant. Lastly explore the Fundy coast by hiking around **Scots Bay** or go to **Maitland** to get right in and raft the tidal bore.

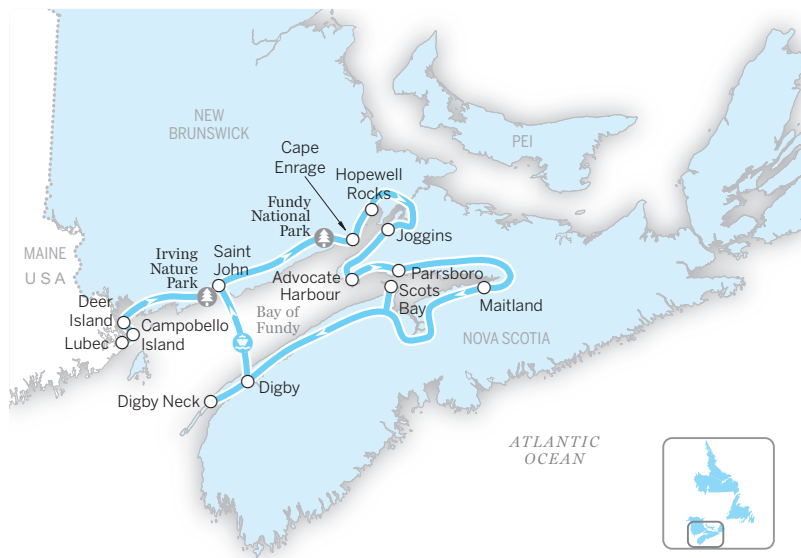


Two to Three Weeks

Cabot & Viking Trails

Spending a couple days in **Halifax** enjoying lively bars and a nonstop music scene then hit the road up the Atlantic Coast. Stop for a chilly surf at **Lawrencetown Beach** or a hike through pine forest to a spectacular white-sand beach at **Taylor Head Provincial Park**. Visit the historical village at **Sherbrooke** then either cut up Hwy 7 for a shortcut to Cape Breton Island or, with an extra day or two, continue on the coast to the isolated, windswept village of **Canso** and the more sheltered picture-perfect hamlet of **Guysborough**. Just after arriving on Cape Breton from the causeway, veer left towards Hwy 30 and stop in at one of the many ceilidh music gatherings along this route. Hook up with the **Cabot Trail**, at **Chéticamp**, a deeply Acadian town. Aah, now you're getting your money's worth. Next you can watch whales or chant with monks at the Tibetan monastery in **Pleasant Bay** and look for moose and nesting bald eagles in **Cape Breton Highlands National Park**. It's always nice to stretch your legs with a hike at **Meat Cove**. And don't forget to get your art fix at the studios along the **St Ann's Loop** before heading over to **Baddeck** to learn everything you ever wanted to know about Alexander Graham Bell at the town's fabulous museum. From here take a jaunt east to **Louisbourg** to visit the massive, windy restored French Fort complete with costumed thespians and activities to bring you back to the 18th century. Stop at the Miner's Museum in **Glace Bay** before arriving in industrial North Sydney for the ferry to Newfoundland.

It's a six-hour sail over the sometimes-rough swell of the Cabot Strait to **Port aux Basques**. Alight and drive north to **Gros Morne National Park**, rich with mountain hikes, sea-kayak tours, fjords and weird rock formations. Take the Viking Trail from here to its awe-inspiring endpoint: **L'Anse aux Meadows National Historic Site**, North America's first settlement. Leif Eriksson and his Viking pals homesteaded the place 1000 years ago, and it probably looked much the same then as it does now. After coming all this way, you too will feel like an Atlantic explorer.



10 Days to Two Weeks

Bay of Fundy Tidal Tour

Experience the dramatic Fundy tides and its wildlife on this loop that could be tackled from Maine, USA. Cross the bridge to **Campobello Island**, the childhood home of 32nd US president Franklin D Roosevelt, from Lubeck, Maine then visit the Roosevelt's home that's now a fascinating museum. Take the car ferry to fisherman-funky **Deer Island** to check out **Old Sow**, the world's second-largest natural tidal whirlpool, before boarding another ferry that shuttles you to the mainland. Drive north to gritty yet cosmopolitan **Saint John**, to fill up on fine dining, and warm up your hiking boots at **Irving Nature Park** to see hundreds of birds and possibly seals. Spend the next few days really breaking your boots in throughout **Fundy National Park** and its extensive coastal trails. Continue north to **Cape Enrage** to take a tour of the lighthouse, sea kayak or rappel down the rock cliffs that meet the rise and fall of the powerful tides. Move on to the bizarre **Hopewell Rocks** formations, a must-see, but with the hundreds of visitors you might be a little disappointed after the more pristine experience at Cape Enrage.

Now it's time to change provinces. Drive across the border to Nova Scotia and down the coast of Chignecto Bay to **Joggins** to see the Unesco Heritage fossil cliffs. Continue along driftwood-strewn Chignecto Bay to stop for lunch in **Advocate Harbour** then move onto **Parrsboro** to look for semiprecious stones on the beach. Enjoy the views of the Cobequid Bay tides, which can change up to a foot per minute till you reach **Maitland**, where you can get into inflatable dinghies for an exhilarating rafting adventure on the tidal bore. Get your hiking boots on again around **Scots Bay** where you'll be rewarded with some of the best views of the tides on this entire route. Reward your physical exertion in **Digby** where you can dine on succulent scallops and explore **Digby Neck**, home to the region's most spectacular whale watching and even more hiking trails. From Digby, take the car ferry back to Saint John, New Brunswick to complete the loop.



One Week Foodie Loop

Eat and drink your way through **Halifax**, then drive to the lively town of **Pictou** to take the car ferry to Wood Islands, Prince Edward Island. Spend your first day in Canada's cutest province exploring the east; stop at **Rossignol Winery**, quirky distilleries and stroll on gorgeous **Basin Head Beach**. Dine in **St. Peters** before moving on to **Charlottetown** where you can base yourself for the next few days as you explore the central part of the province. Learn about Anne of Green Gables in **Cavendish**, gorge on lobster in **New Glasgow**, oysters in **Malpeque** and enjoy Charlottetown itself by dining at Lot 30.

Spend a night or two in **Summerside** to explore western PEI with a drive up the scenic west coast through Acadian villages to lighthouse vistas. Gape at the giant windmills of **North Cape** before looping back on the east coast, stopping to learn about Mi'kmaq culture on lovely **Lennox Island**.

Take the **Confederation Bridge** to drive back to Halifax via the bucolic wine region around **Tatamagouche** or, with more time, head down the Fundy Coast to **Parrsboro** as described in the Bay of Fundy Tidal Tour.

Eight Days Maritime Drive-Through

Short on time but want to see as much as possible? Enjoy **Halifax** for a day before swinging down to snap a few photos at **Peggy's Cove**, then stop for the night in World Heritage-listed **Lunenburg** and spoil yourself with dinner at Fleur de Sel. The next day cross via Bridgewater up Hwy 8 stopping for a day hike or a paddle in **Kejimikujik National Park** then stay in **Annapolis Royal** and take the town's famous nighttime graveyard tour. Take a short drive to **Digby**, perhaps enjoying a scallop lunch, then take the ferry to **Saint John**, New Brunswick. Stay or camp in **Fundy National Park** or in adorable **St. Martins**, spending the next day hiking and continuing up the Fundy Coast to view the tides at **Cape Enrage** and **Hopewell Rocks**. The next day drive across the Confederation Bridge into PEI and **Charlottetown**. Explore Anne's Land around **Cavendish**, have a lobster supper then take a tour of PEI's east coast the following day before taking the car ferry back to Nova Scotia. From here it takes an hour and 45 minutes to drive back to Halifax.



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Celeste Brash

Coordinating author, Nova Scotia, Prince Edward Island 'So this is where people from Tahiti go on vacation?' is a question often asked of Celeste – who's proud to say that she's been an *Anne of Green Gables* fan since she was nine years old – during her voyages through the Maritime provinces. Lighthouses, blueberries and lupine are a far cry from the palm trees, coconuts and hibiscus of her Polynesian island home of 15 years, but even with a tropical bias Celeste

thinks that Atlantic lobster is the best food on Earth. Right after this trip to Canada, Celeste moved from the tropics to a more Maritime latitude in Oregon to start temperate adventures involving snow, salmon and blackberries. You can find out about her travels for this book and for several other Lonely Planet titles, including *Southeast Asia on a Shoestring* and *South Pacific*, at www.celestebrash.com.

Read more about Celeste at:
lonelyplanet.com/members/celestebrash



Emily Matchar

New Brunswick Though American by birth, Emily has long suffered acute Canada-envy (and not just for the healthcare, either!). She's had some of her best adventures in the True North, from paddling with seals off the coast of British Columbia to eating poutine at 3am in Montréal to hanging out with canoe-makers in rural New Brunswick. These days, she makes her home quite a bit further south, in Chapel Hill, North Carolina, where she writes for a variety of magazines, newspapers and websites. She's contributed to half a dozen Lonely Planet guides, including *USA, Mexico and Trips: The Carolinas, Georgia and the South*.

Read more about Emily at:
lonelyplanet.com/members/emilymatchar



Karla Zimmerman

Newfoundland & Labrador Karla is an Honorary Newfoundlander, with a rum-soaked certificate to prove it. During her years covering the province, she has paddled by icebergs, come nose-to-beak with puffins, hiked in polar bear territory and driven by most of Newfoundland's 120,000 moose. She's visited Dildo, Come by Chance and Heart's Delight, and intends to get to Jerry's Nose one day soon. When she's not north of the border, Karla lives in Chicago, where she writes travel features for newspapers, books, magazines and websites. She has authored or co-authored several Lonely Planet guidebooks to the USA, Canada, Caribbean and Europe.

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