



# Nova Scotia, New Brunswick & Prince Edward Island



THIS EDITION WRITTEN AND RESEARCHED BY

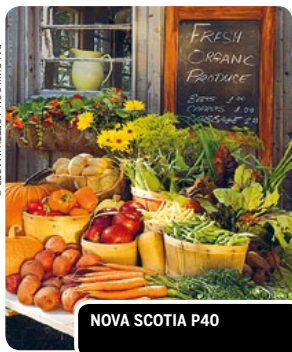
**Celeste Brash,**  
Caroline Sieg, Karla Zimmerman

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## SURVIVAL GUIDE

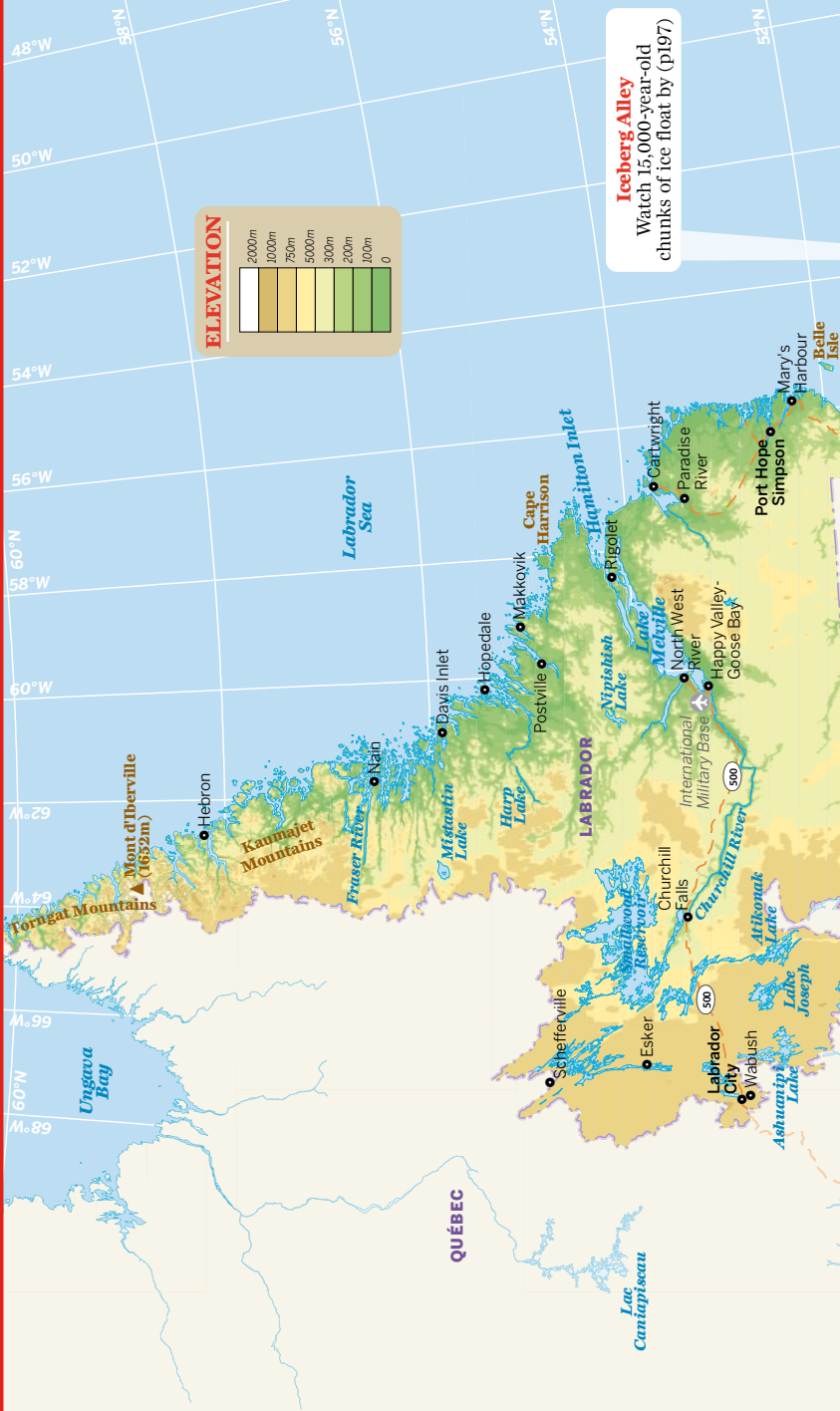
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# Nova Scotia, New Brunswick & PEI



**Iceberg Alley**  
Watch 15,000-year-old chunks of ice float by (p197)

Reservoir  
Manticougan

**Grand Manan Island**  
Fundy tides, lighthouses,  
whales & birds (p122)

QUÉBEC

**Viking Trail**  
Links Newfoundland's most  
extraordinary sites (p200)

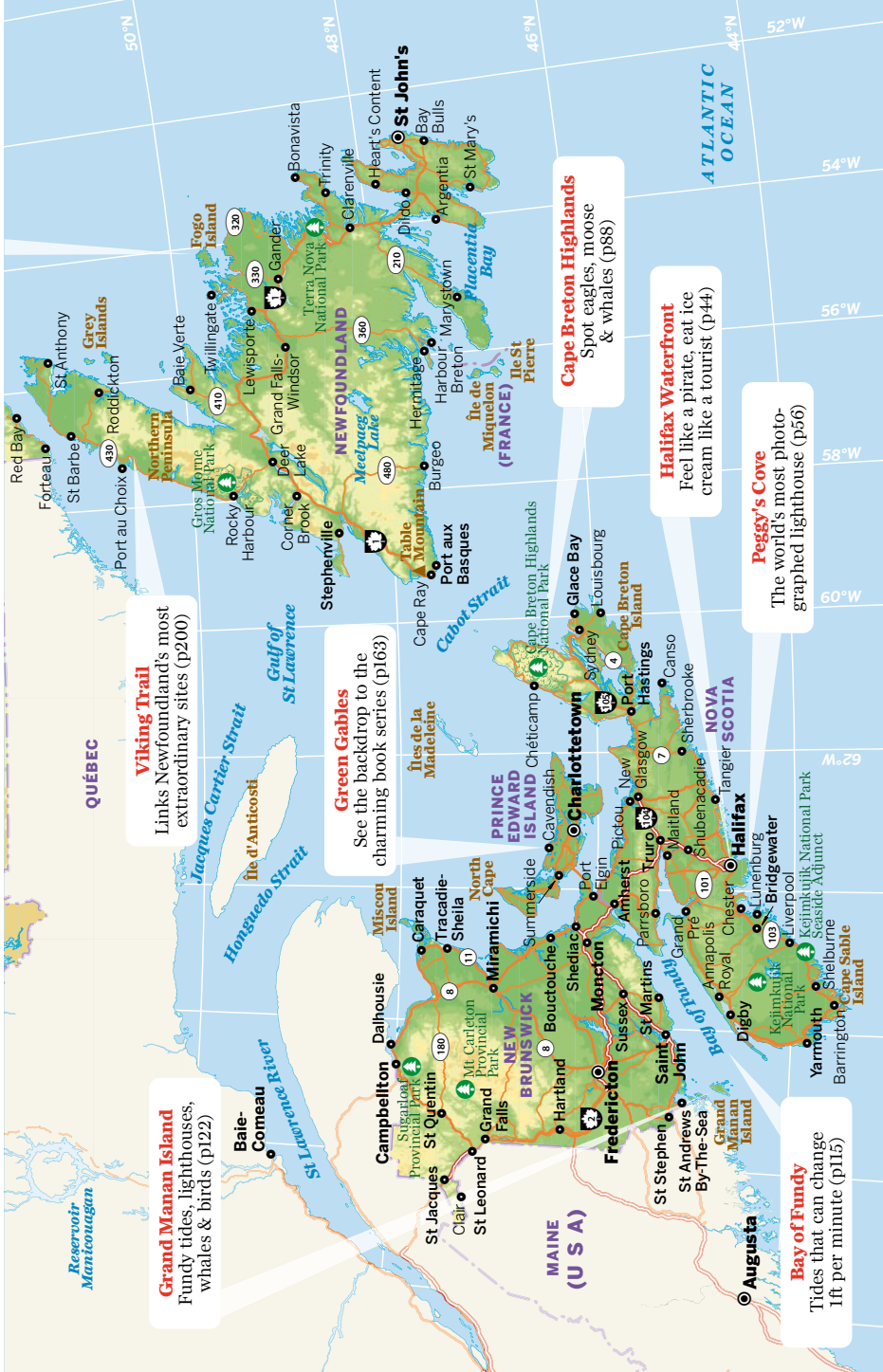
**Green Gables**  
See the backdrop to the  
charming book series (p163)

**Cape Breton Highlands**  
Spot eagles, moose  
& whales (p88)

**Halifax Waterfront**  
Feel like a pirate, eat ice  
cream like a tourist (p44)

**Peggy's Cove**  
The world's most photo-  
graphed lighthouse (p56)

**Bay of Fundy**  
Tides that can change  
1ft per minute (p115)



50°N

48°N

46°N

44°N

52°W

54°W

56°W

58°W

60°W

62°W

ATLANTIC  
OCEAN

Hongveau Strait  
Jacques Cartier Strait  
Gulf of St. Lawrence  
Île d'Anticosti

Cabot Strait

Îles de la  
Madeleine

PRINCE  
EDWARD  
ISLAND

BRUNSWICK  
NEW

MAINE  
(U S A)

NOVA  
SCOTIA

Halifax

Kejimikuk National Park  
Seaside Adjunct  
Yarmouth  
Barrington  
Cape Sable  
Island

Red Bay  
Forteau  
St Anthony  
Grey Islands  
Port au Choix  
Roddickton  
Northern  
Peninsula  
Baie Verte  
Twillingate  
Lewisporte  
Gander  
Terra Nova  
National Park  
Rocky  
Harbour  
Gros Morne  
National Park  
Cornet  
Brook  
Lake  
Deer  
Lake  
Windsor  
Clareville  
Bonavista  
Trinity  
Clareville  
Heart's Content  
St John's  
Bay  
Bulls  
Argentina  
St Mary's  
Harbour  
Marystown  
Burgoo  
Hermitage  
Ile de  
Miquelon  
(FRANCE)  
Ile St  
Pierre

Fogo  
Island

NEWFOUNDLAND

NEW  
BRUNSWICK

PRINCE  
EDWARD  
ISLAND

NOVA  
SCOTIA

MAINE  
(U S A)

NEW  
BRUNSWICK

PRINCE  
EDWARD  
ISLAND

NOVA  
SCOTIA

MAINE  
(U S A)

NEW  
BRUNSWICK

PRINCE  
EDWARD  
ISLAND

NOVA  
SCOTIA

MAINE  
(U S A)

St Jacques  
Clareville  
St Leonard

Campbellton  
Sugarcroft  
Provincial Park  
St Jacques  
St Quentin  
Grand Falls

Mt Carleton  
Provincial Park  
St Leonard

Miramichi  
North  
Cape

Summerside  
Boucotoche

Shediac  
Moncton

St Martins  
Sussex

St Stephen  
St Andrews  
By-The-Sea

Grand  
Manan  
Island

Baie-  
Comeau

Miscou  
Island  
Caracquet  
Tracadie-  
Sheila

Mt Carleton  
Provincial Park  
St Leonard

Miramichi  
North  
Cape

Summerside  
Boucotoche

Shediac  
Moncton

St Martins  
Sussex

St Stephen  
St Andrews  
By-The-Sea

Grand  
Manan  
Island

St Jacques  
Clareville  
St Leonard

Campbellton  
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St Andrews  
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Miramichi  
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Summerside  
Boucotoche

Shediac  
Moncton

St Martins  
Sussex

St Stephen  
St Andrews  
By-The-Sea

Grand  
Manan  
Island

# Itineraries



1  
WEEK

## Essential Nova Scotia

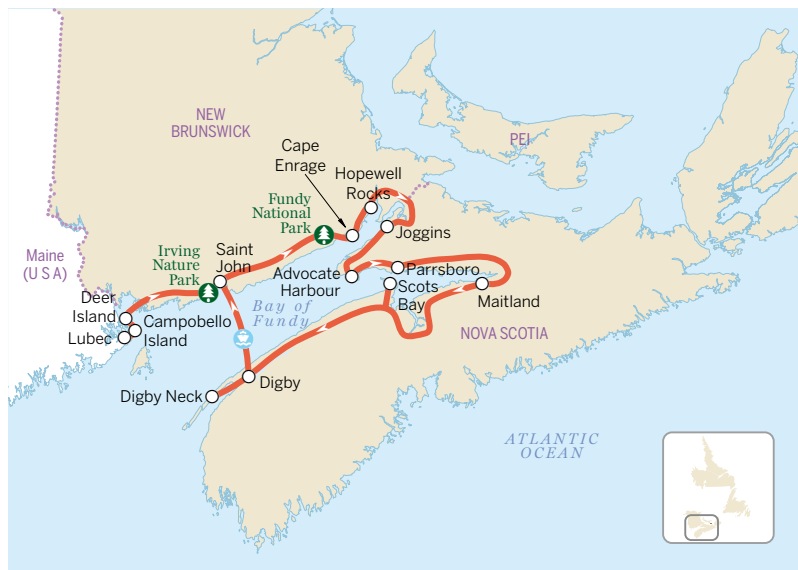
Soak up some music and culture in **Halifax** (p44) then travel to nearby **Peggy's Cove** (p56). Jostle for position to snap the most photographed lighthouse in the world, or have a more subdued experience picnicking in equally pretty **Prospect** (p57). Don't forget your sunscreen in **Mahone Bay** (p58), where the sun shines on great craft shopping and sea kayaking. Move on slightly south to **Lunenburg** (p60), a World Heritage site known for its colorful boxy buildings and *Bluenose* schooner where you could easily wander for a day or two. The **Kejimikujik Seaside Adjunct** (p64) provides miles of unspoiled white beaches (and maybe seals), while its big brother **Kejimikujik National Park** (p63) lies inland and is a prime place to float a canoe and drift through the woods. Cross the province to **Annapolis Royal** (p71) to stay at a heritage bed and breakfast, explore its fort by day and graveyard by night. The next day visit the wineries around **Wolfville** (p74) and the **Grand Pré National Historic site** (p75), before stopping to down a meal at a fine restaurant. Lastly explore the Fundy coast by hiking around **Scots Bay** (p74) or go to **Maitland** (p77) to get right in and raft the tidal bore.



## 3 WEEKS Cabot & Viking Trails

Spend a couple of days in **Halifax** (p44) enjoying lively bars and a nonstop music scene, then hit the road up the Atlantic Coast. Stop for a chilly surf at **Lawrencetown Beach** (p56) or a hike through pine forest to a spectacular white-sand beach at **Taylor Head Provincial Park** (p100). Visit the historical village at **Sherbrooke** (p100) 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 sheltered picture-perfect hamlet of **Guysborough** (p99). Just after arriving on Cape Breton from the causeway, veer left toward Hwy 30 and stop in at one of the many ceilidh music gatherings along this route. Hook up with the Cabot Trail, at **Chéticamp** (p89), a deeply Acadian town. Next you can watch whales or chant with monks at the Tibetan monastery in **Pleasant Bay** (p91), and look for moose and nesting bald eagles in **Cape Breton Highlands National Park** (p90). Get your art fix at the studios along the **St Ann's Loop** (p93) before heading over to **Baddeck** (p94) 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** (p97) 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 **Glance Bay** (p97) 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** (p211). Alight and drive north to **Gros Morne National Park** (p200), 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** (p205), 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.



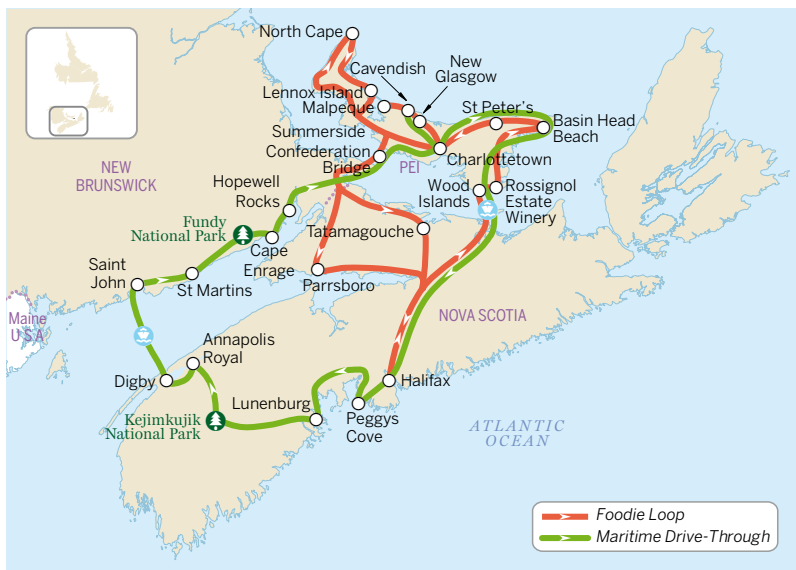
2  
WEEKS

## 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** (p120), the childhood home of 32nd US president Franklin D Roosevelt, from Lubec, Maine, then visit the Roosevelt's home that's now a fascinating museum. The next day take the car ferry to fisher-funky **Deer Island** (p119) 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** (p124), to fill up on fine dining, and warm up your hiking boots at **Irving Nature Park** (p126) the following day to see hundreds of birds and possibly seals. Spend the next few days really breaking your boots in throughout **Fundy National Park** (p130) and its extensive coastal trails. Continue north to **Cape Enrage** (p132) 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 a day trip to the bizarre **Hopewell Rocks** (p132) formations, a must-see, but expect hundreds of visitors.

Now it's time to change provinces. Drive across the border to Nova Scotia and down to **Joggins** (p82) to see the Unesco World Heritage fossil cliffs. Continue along driftwood-strewn Chignecto Bay to stop for lunch in **Advocate Harbour** (p81), then move onto **Parrsboro** (p80) to look for semiprecious stones on the beach and stay the night. Enjoy the views of the Cobequid Bay tides, which can change up to a foot per minute, until you reach **Maitland** (p77) 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** (p74) where you'll be rewarded with some of the best views of the tides on this entire route. Reward your physical exertion with a day and night in **Digby** (p70) where you can dine on succulent scallops and explore **Digby Neck** (p69), 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.



1  
WEEK

## Foodie Loop

Eat and drink your way through **Halifax** (p44), then take the car ferry to **Wood Islands** (p154), Prince Edward Island (PEI). Spend your first day in Canada's cutest province exploring the east; stop at **Rossignol Estate Winery** (p154), quirky distilleries and stroll on gorgeous **Basin Head Beach** (p156). Dine in **St Peter's** (p157) before basing yourself in **Charlottetown** (p147) for the next few days as you explore the central part of the province. Learn about *Anne of Green Gables* in **Cavendish** (p163), gorge on lobster in **New Glasgow** (p161), oysters in **Malpeque** (p165) and enjoy Charlottetown itself by dining at Lot 30.

Spend a night or two in **Summerside** (p165) 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** (p168) before looping back on the east coast, stopping to learn about Mi'kmaq culture on lovely **Lennox Island** (p168).

Take the **Confederation Bridge** (p147) to drive back to Halifax via the wine region around **Tatamagouche** (p83) or head down the Fundy Coast to **Parrsboro** (p80) as described in the Bay of Fundy Tidal Tour.

8  
DAYS

## Maritime Drive-Through

Short on time but want to see as much as possible? Enjoy **Halifax** (p44) for a day before swinging down to snap a few photos at **Peggy's Cove** (p57), then stop for the night in World Heritage-listed **Lunenburg** (p60) 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** (p63), then stay in **Annapolis Royal** (p71) and take the town's famous nighttime graveyard tour. Take a short drive to **Digby** (p70), perhaps enjoying a scallop lunch, then take the ferry to **Saint John** (p124), New Brunswick. Stay or camp in **Fundy National Park** (p130) or in adorable **St Martins** (p129), spending the next day hiking and continuing up the Fundy Coast to view the tides at **Cape Enrage** (p132) and **Hopewell Rocks** (p132). The next day drive across the **Confederation Bridge** (p147) into Prince Edward Island (PEI) and **Charlottetown** (p147). Explore Anne's Land around **Cavendish** (p163), 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.

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Sento Hot Baths/Onsen
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- BART station
- Border crossing
- Boston T station
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/Muni station
- Monorail
- Parking
- Petrol station
- Subway/SkyTrain station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



## 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** Trading Dungeness crab for lobster was no hardship on this. Celeste's fourth grand tour of the Maritimes. Over the years she's rafted the Fundy tidal bore, watched eagles nest, got stuck in a 'moose jam,' and climbed more lighthouses than she can count and yet, these provinces come up with new surprises on each visit. Celeste has written around 50 Lonely Planet guides. Find out more about

Celeste and her writing at [www.celestebrash.com](http://www.celestebrash.com).

Read more about Celeste at:  
[lonelyplanet.com/members/celestebrash](http://lonelyplanet.com/members/celestebrash)



### Caroline Sieg

**New Brunswick** Caroline Sieg is a half-Swiss, half-American writer. Her relationship with New Brunswick started when she first lived in Boston and she began heading up to Canada to see the crazy high tides everyone told her about. She was delighted to return for Lonely Planet.

Read more about Caroline at:  
[lonelyplanet.com/members/carolinesieg](http://lonelyplanet.com/members/carolinesieg)



### Karla Zimmerman

**Newfoundland & Labrador** Karla has covered Canada coast to coast for Lonely Planet. Newfoundland is her current beat, and over the years 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. Karla writes travel features for books, magazines and online outlets. She has

authored or co-authored several Lonely Planet guides to the USA, Canada, Caribbean and Europe. Follow her at [twitter.com/karlazimmerman](https://twitter.com/karlazimmerman).

Read more about Karla at:  
[lonelyplanet.com/members/karlazimmerman](http://lonelyplanet.com/members/karlazimmerman)

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