

Welcome to Nova Scotia, New Brunswick & Prince Edward Island

*Fashioned by the mighty Atlantic,
these down-home Canadian provinces
call you 'deary,' and offer you
hot seafood chowder as whales
breach in the distance.*

Water World

'Water everywhere,' you think, as you scan the horizon from the windy cliff-top. Then you see it on the water: a fine spray emanating from what appears to be a log. The log morphs into two giant tail flukes arching up, water cascading from their scalloped edges, before they slap down and upwell a fan of water. Seconds later the slick curve of a whale body roll-slides on the inky ocean surface.

It's a freeze-frame moment – one of many to experience in Atlantic Canada. Such flashes might occur as you whiz past a lupine-fringed, sienna-colored beach on your bike in Prince Edward Island, fly-fish the legendary rivers of New Brunswick, watch icebergs float by in Newfoundland, or mount a tidal bore wave in a dinghy in Nova Scotia.

Light the Way

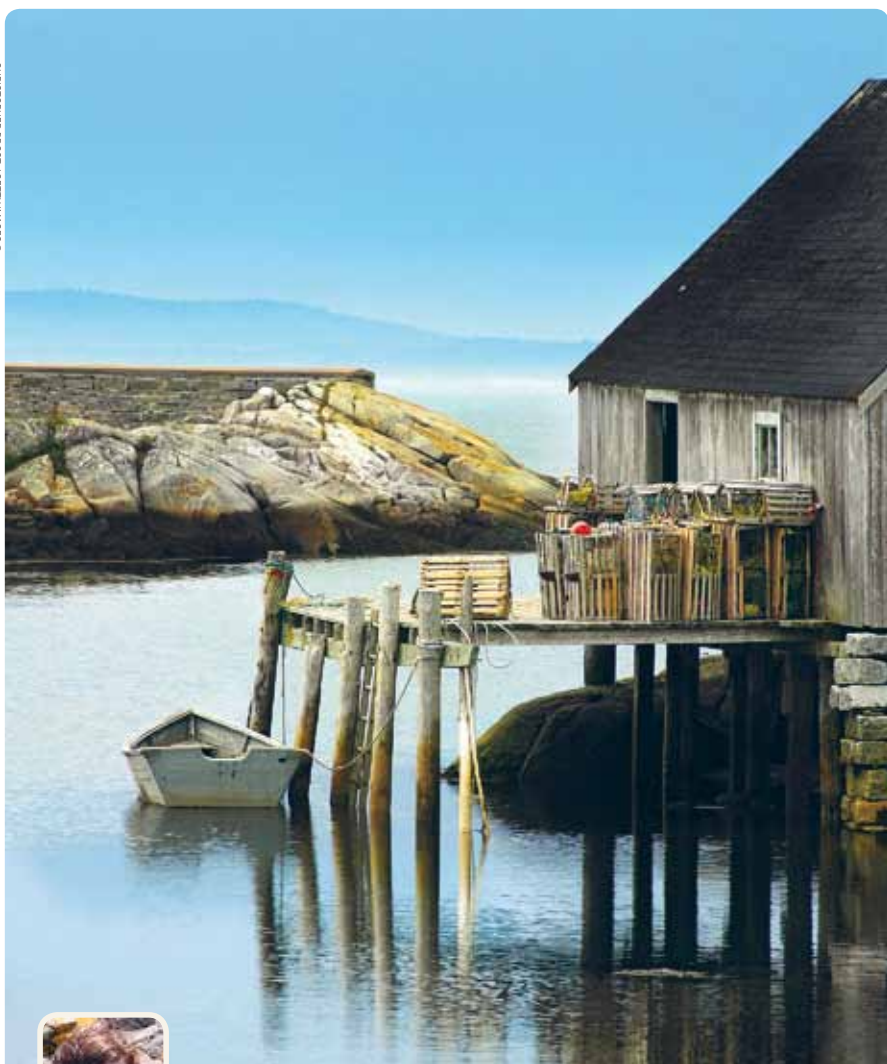
Welcome to what's perhaps the lighthouse capital of the world. Follow paved or small dirt tracks to points where waves crash against granite shores amid windswept surroundings. If you're lucky, the picture-perfect beacon will house a museum and offer access to the top so that you can enjoy the view. Let your imagination wander over the centuries to picture the ships kept safe from icy waters by these Maritime lifesavers.

A Foot-tapping Good Time

Here's a culture defined by fiddle playing and wearing out the dancing shoes. Maritimers are well-practiced in the art of partying and like nothing more than to share the good times with all who visit; if these come-one-come-all get-togethers don't make you tap your feet, check your pulse. Outdoor music and food festivals fill up the summer calendar, as the good times expand with the sunshine. Everyone is in on the festivities – Acadian and Scottish each have their own distinct music – and you're all invited, so be there by six.

Shellfish Bliss

Gear up for some serious crustacean battles by wearing a bib and not worrying about getting butter in your hair. Lobster, scallops, crab, mussels and oysters form one of the best bounties the sea has to offer. Confused about how to get the meat out of that crustacean leg? These thoughtful Canadians often supply you with instructions on the placemat for how to master the beast with your supplied utensils. Part surgeon, part warrior, part gourmand, the experience of eating these critters is almost as good as the taste.



Why I Love Nova Scotia, New Brunswick & Prince Edward Island

By Celeste Brash, Author

The first time I visited the Maritimes I was adopted by an elderly couple. I had been dining alone at a restaurant (as Lonely Planet authors do) and they invited me to sit with them. By dinner's end they'd invited me to stay. While these Canadian provinces hold natural wonders to rival anywhere in the world – the Fundy tides, endless coastline of wild rose, pink- and white-sand beaches, forested mountain trails and more – the people are so real and kind that it's hard to say goodbye.

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