



TASTE OF THE ATLANTIC

Sept 3-18, 2024



16 DAY tour

PRICING

Includes all applicable taxes

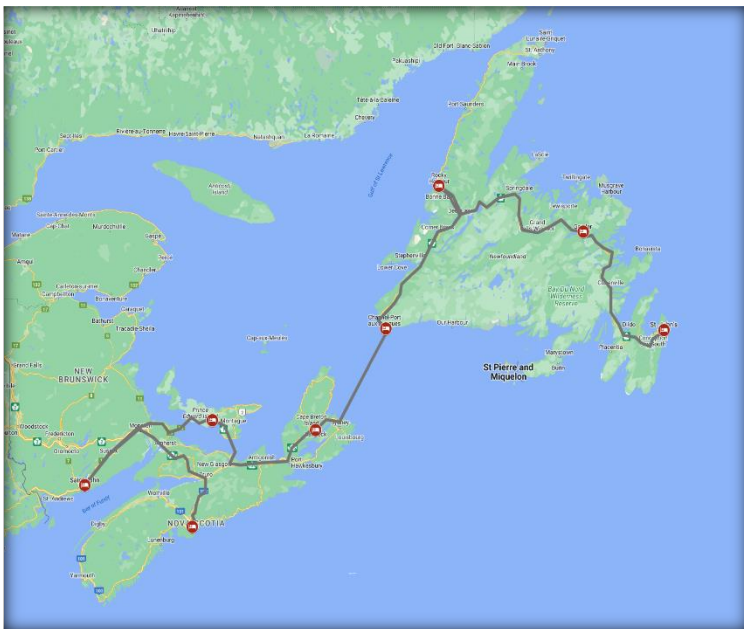
Single Occupancy	\$7,120
Double Occupancy	\$5,360
Triple Occupancy	\$4,800

Deposit required: \$500/person
Final payment due: June 25, 2024

Activity Level: Active

ACCOMMODATIONS

- Night 1-2: Atlantica Halifax
- Night 3-4: Delta Saint John
- Night 5-6: Quality Inn Charlottetown
- Night 7-8: Lynnwood Inn, Baddeck
- Night 9: St. Christopher's
- Night 10-11: Ocean View Hotel
- Night 12-13: Sinbad's Inn and Suites
- Night 14-15: Hilton Garden Inn, St. John's



Get a taste of Atlantic Canada with all the top iconic attractions of Newfoundland, New Brunswick, PEI, and Nova Scotia.

This fully locally guided tour lets you sample the local maritime way of life! From Peggy's Cove to The Reversing Falls, Giant Lobsters to Anne of Green Gables, The Cabot Trail to Gros Morne, and Twillingate to Cape Spear, we leave nothing out.



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Day 1 – Tue, Sept 3

Your nearest airport to Halifax

Meals Included: Welcome Reception & Snacks

Travel today from your home cities on the most convenient flights available to you landing in Halifax for the start of an amazing tour.

Transportation is provided if you fly in on this day. This evening there will be a Welcome Reception where you can get to meet your fellow passengers.

Get settled in your hotel **The Atlantica Halifax** where we enjoy a 2 night's stay and prepare for tomorrow's start of a wonderful journey.

Overnight: Atlantica Halifax

Day 2 – Wed, Sept 4

Peggy's Cove, Mahone Bay, Lunenburg

Meals Included: Breakfast & Welcome Dinner

Today, after a complimentary breakfast we will head to Peggy's Cove, Mahone Bay, and Lunenburg, and tour the city of Halifax. Tonight, you will get to enjoy an included Welcome Dinner at your hotel where you can get to know your fellow passengers.

Peggy's Cove Lighthouse: Also known as Peggy's Point Lighthouse, is one of Nova Scotia's most well-known lighthouses and may be the most photographed in Canada. Located in the quaint fishing village of Peggy's Cove along the South Shore, Peggy's Point Lighthouse was built in 1915.

Mahone Bay: Boasts a simple yet extraordinary way of life. Experience it all from history to unique shops, artisans to culinary experiences, along the colorful and quaint streets. Mahone Bay is a must-see town famous for its picture-perfect Three Churches photo-op.

Lunenburg: The best surviving example of a planned British colonial settlement in North America. Established in 1753, it has retained its original layout and overall appearance, based on a rectangular grid pattern drawn up in the home country. The inhabitants have managed to safeguard the city's identity throughout the centuries by preserving the wooden architecture of the houses, some of which date from the 18th century.

Overnight: Atlantica Halifax

Day 3 – Thurs, Sept 5

Halifax to Saint John

Meals Included: Breakfast

After a complimentary breakfast, we will visit [Pier 21](#). If your ancestors landed in Halifax they will have every detail of their arrival on Canadian soil. Call them before your tour and they will have all the documents prepared for you upon our arrival.

Then we are off to our **Delta Hotel** in downtown Saint John for another 2-night stay. There are multiple dining options attached to the hotel as well as more within a few minute's walk and we are only a block from the Harbour with plenty of dining and very close to the [Waterfront Container village](#) which has music culture and gift shopping of all sorts.

Overnight: Delta Saint John

Day 4 – Fri, Sept 6

Reversing Falls, St. Andrews by the Sea

Meals Included: Breakfast

This morning after breakfast we will visit the **Saint John Skywalk** for a short video and fantastic view of the Reversing Falls, then we will make our way to [St. Andrews by the Sea](#). The historic town is a national historic site of Canada, bearing many characteristics of a typical 18th century British colonial settlement,



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including the original grid layout with its market square, and the classical architecture.

You will have plenty of time to shop, explore and enjoy lunch on your own at one of the fantastic restaurants in St. Andrews before we return to Saint John. If time permits we will revisit the Saint John Skywalk for a different view of the tide as it enters or exits the Saint John River from the Bay of Fundy. We arrive back at the Delta Hotel where you can explore the area at your leisure.

Overnight: Delta Saint John

Day 5 – Sat, Sept 7

Hopewell Rocks and Confederation Bridge

Meals Included: Breakfast & Lunch

After breakfast, we depart for a drive to the [Hopewell Rocks Ocean Tidal Exploration Site](#). You will be given a guided tour and then have time for an included lunch. We will then make our way to Shediac for a stop and picture with the world's largest lobster. Next, we cross the [Confederation Bridge](#), which joins the eastern Canadian provinces of Prince Edward Island and New Brunswick.

The curved, 12.9 kilometre (8 miles) long bridge is the longest in the world crossing ice-covered water and continues to endure as one of Canada's top engineering achievements of the 20th century.

Once across, you will have a stop at the [Gateway Village](#), a 30-acre retail and tourism development park. We then continue onto our hotel destination [The Quality Inn Downtown Charlottetown](#), PEI for the next 2 evenings.

The Hopewell Rocks: Also called the Flowerpots Rocks or simply The Rocks, are rock formations caused by tidal erosion in The Hopewell Rocks Ocean Tidal Exploration Site in New Brunswick. They stand 40–70 feet tall, a place to appreciate a remarkable story interwoven through time, tide, and the

intricacies of nature. These are the highest tides in the world. And they happen twice a day... every day.

Overnight: Quality Inn

Day 6 – Sun, Sept 8

Charlottetown and Anne of Green Gables Heritage Place

Meals Included: Breakfast & Dinner

Today, we will have a locally guided tour of Charlottetown before departing for a North Shore tour and the Anne of Green Gables Heritage Place.

We will have time to visit Cavendish Beach and dip our toes in the ocean and then have an authentic welcome to PEI – a Ceilidh (pronounced Kayley) and an oyster shucking demonstration where you may try a freshly shucked oyster! From here we will have an included [Fisherman's Wharf lobster supper](#) – home of the 60 ft salad bar, all-you-can-eat mussels, and seafood chowder. This evening you will then be free to explore Charlottetown on your own.

Anne of Green Gables Heritage Place: Walk in the footsteps of one of Canada's most celebrated authors and immerse yourself in the landscape that inspired the setting of Anne of Green Gables. Part of L.M. Montgomery's Cavendish National Historic Site, Green Gables tells the story of both the author, L.M. Montgomery, and her most famous heroine, Anne Shirley. Explore the new visitor center, original house, 19th-century gardens, farmyard, and walking trails – including the Haunted Wood and Lovers Lane – Gift Shop, and The Cordial Café.

Overnight: Quality Inn



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Day 7 – Mon, Sept 9

Charlottetown to Baddeck

Meals Included: Breakfast

After breakfast, you will make the short drive to the Wood Island-Pictou Ferry for a short crossing back to Nova Scotia. You will then continue your tour and carry on across the Canso Causeway which connects to Cape Breton Island. Then, you will visit the Alexander Graham Bell Museum, giving you a glimpse into this world-famous inventor that helped shape the modern world. Then we check into our hotel for the next two evenings at the [Lynwood Inn](#).

The Canso Causeway crosses the Strait of Canso, connecting Cape Breton Island by road to the Nova Scotia peninsula. Its crest thickness is 40 m (130 ft), carrying the two-vehicle traffic lanes of the Trans-Canada Highway, Nova Scotia Highway 104 on the mainland side, and Nova Scotia Highway 105 on the Cape Breton side, as well as the single track mainline of the Cape Breton and Central Nova Scotia Railway. The Canso Causeway is a 1,385 m (4,544 ft) rock-fill causeway in Nova Scotia, Canada. Constructed in an “S” shape, the causeway has a base width of 244 m (801 ft) in waters having a maximum depth of 65 m (213 ft).

[Alexander Graham Bell National Historic Site](#): Get a rare glimpse into the extraordinary heart and mind of a world-famous inventor whose genius helped shape the modern world. Pull the curtain back on Alexander Graham Bell’s interests and inventions, spanning airplanes and kites, to deaf education and artificial respiration. Feel his legacy come to life as you explore remarkable artifacts, photos, and full-scale replicas that mark his masterful career as an engineer, inventor, scientist, and humanitarian.

Overnight: [Lynwood Inn](#)

Day 8 – Tue, Sept 10

The Cabot Trail

Meals Included: Breakfast & Lunch

Today, we will enjoy the spectacular scenery of Cape Breton Island, as you do a circle tour of the Cabot Trail. Enjoy picture stops and picnic lunch as you travel through Cape Breton Highlands National Park. This evening say farewell to your Nova Scotia Tour Director/Guide as you set out for Newfoundland tomorrow.

[The Cabot Trail](#): Named one of the best road trips in the world by Lonely Planet, is a trail that winds through stunning landscapes, along the Margaree River, a Canadian Heritage Salmon River, and through spectacular rugged highlands of the Cape Breton Highlands National Park of Canada.

The history of the Cabot Trail is a long and interesting one. The trail was named after Italian explorer John Cabot (Giovanni Caboto) who reached our shores in 1497, sailing on a mission for King Henry VII of England. The name also celebrates the meeting of Cabot and the Mi’kmaq people, the original inhabitants of Cape Breton Island, at Aspy Bay over 500 years ago.

The Cabot Trail, completed in 1932, joined previously isolated fishing villages along an approximate 300-kilometre loop. Today the Cabot Trail connects eight major communities with intriguing histories, ranging from the Acadian Region to Irish and Scottish settlements.

Overnight: [Lynwood Inn](#)



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Day 9 – Wed, Sept 11

Ferry to Port aux Basques

Meals Included: Breakfast

Today after breakfast, you will leave the mainland of Atlantic Canada and take the ferry from North Sydney, NS for an afternoon voyage to Port aux Basques, NL. This 6 ½ hour ferry is fully-equipped with lounges and restaurants as well as easy chair seating where you can choose to watch programming on the big screens. You may also choose to wander around on the outer deck where you may spot whales, dolphins and seabirds. Upon landfall, we will check in to our hotel, St. Christopher's, overlooking the ferry terminal and North Atlantic Ocean.

Marine Atlantic Ferry: From lighter fare to full hearty meals, choose from a wide variety of dining options sure to satisfy any traveler's tastes. Fuel up at a restaurant or cozy café, grab a refreshment from the bar, or scoop a cool treat from the ice cream shop! There's no shortage of entertainment at sea. Stroll the decks and enjoy breathtaking panoramic ocean views and fresh air or check out the modern amenities indoors.

Amenities vary by vessel and cabin, but highlights include:

- TV
- Deck access for stunning ocean views
- Personal headphone jacks in reserved seating areas
- Full accessibility ship-wide
- Games for kids and teens
- Internet café
- Retail store

Overnight: St. Christopher's

Day 10 – Thurs, Sept 12

Port aux Basques to Rocky Harbour

Meals Included: Breakfast

This morning after breakfast we will make our way to Corner Brook where we will visit the Captain Cook Historic Site, before carrying on for lunch at Deer Lake where we will meet our Newfoundland guide, Patricia, and say goodbye to our Nova Scotia guide, Lynda, at the Deer Lake airport. Patricia will guide us on to Rocky Harbor where we will first have a boat tour of Bonne Bay including a deluxe Screech-In Ceremony. (Get ready to kiss the cod fish and have a shot of Screech!). We will then check into the [Ocean View Hotel](#) for the next two evenings and tonight get prepared to be entertained at the evening Anchors Aweigh Show by the same cast from our boat tour.

Anchors Aweigh Show: A blend of fun, comedy and nostalgia – a tap your feet and clap your hands evening. A taste of Newfoundland humor without being over the top. Filled with renditions of popular Newfoundland and Labrador songs and tunes, sprinkled with one-liners and wit, and a display of culture, this very talented group of five local musicians is one of the most widely attended acts in the whole province.

Overnight: Ocean View Hotel

Day 11 – Fri, Sept 13

Rocky Harbour

Meals Included: Breakfast & Boxed Lunch

Your tour of Gros Morne continues with your first visit being a stop at the Lobster Cove Lighthouse. You then head north to see the Arches and Broom Point, which is a restored traditional fishing premise that gives you a real glimpse into the vibrant lives of inshore fishing families of coastal Newfoundland. Upon your return to Rocky Harbour, you will have an evening on your own. The lounge attached to the



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hotel always has live entertainment where you can enjoy dinner or choose a more private dining experience in the restaurant upstairs. Do not forget to check out the amazing sunset as it disappears over the Gulf of St. Lawrence.

Lobster Cove Lighthouse: Situated on a rocky outcrop along the west coast of Newfoundland is a white, straight-sided structure of cast-iron construction. A prominent lantern, capped with a domed roof and weathervane, tops the cylindrical lighthouse. The site also contains the lightkeeper's house and a shed.

The Arches Provincial Park opened to the public in 1972 but visitors were photographing this breathtaking sight for as long as can be remembered. These arches were carved from the rock by thousands of years of crashing ocean waves. There was once a fourth arch but constant erosion eventually led to its collapse. Inevitably, time and tide will do the same to the remaining three.

Broom Point: Step inside the fish store and cozy house. Imagine the lives of the three Mudge brothers and their families who fished at Broom Point from 1941 to 1975. The wooden buildings, hand-built boats, fishing gear, and former home speak to the inshore fishery in open boats that once sustained Newfoundland's coastal communities.

Overnight: Ocean View Hotel

Day 12 – Sat, Sept 14

Rocky Harbour to Gander

Meals Included: Breakfast & Lunch

Today it is time to leave Gros Morne on a travel day to get to Gander for the next two nights. Along the way, we will stop in King's Point at the Humpback Whale Pavilion and an included lunch stop at By the Sea Café with enough time to browse the pottery shop next door. After this, we will make our way to Gander, we will have a visit to the North Atlantic

Aviation Museum and then check into our hotel, **Sinbad's Inn and Suites** for the next two evenings where your luggage will be awaiting you in your rooms.

Humpback Whale Pavilion: The world's largest concentration of summer humpback whales attracts a lot of attention here. At last, one of our most famous icons has its very own pavilion here in King's Point, showcasing the world's largest humpback whale reconstruction.

By the Sea Café: Offers a wide range of Western cuisine including their signature steak dinners with a delightful selection of seafood. In addition, they offer traditional Newfoundland specialty choices! Pea Soup and dumplings have been a Saturday tradition for Newfoundlanders, and each Saturday it's offered at By the Sea Café.

King's Point Pottery: The Craft & Art Gallery at King's Point Pottery has been awarded the # 1 craft shop in Atlantic Canada and continues to be the province's top shopping destination. Over the past twenty-nine years, Linda Yates and her team have assembled 365 craft/artists, creating an "astonishing" shopping experience.

North Atlantic Aviation Museum: The museum opened its doors in 1996 and is dedicated to preserving and presenting stories and artifacts highlighting Gander's role in the development of TransAtlantic Aviation. In the spring of 2012, the museum completed extensive interior renovations, creating a modern and professional exhibit, with engaging multimedia displays and a brand-new flight simulator.

Overnight: Sinbad's Inn and Suites



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Day 13 – Sun, Sept 15

Twillingate Day Tour

Meals Included: Breakfast & Lunch

You will enjoy a day trip to Twillingate today. Along the way, you will stop at the Beothuk Interpretive Centre for a video and tour with a chance for a nice stroll through the Ancient Gardens. You will then continue to Twillingate, located in the heart of Iceberg Alley, for a scenic tour, as well as lunch and wine tasting at a local winery. You will then have time to visit the Twillingate Museum and Craft Centre and have a short stroll to see the St. Peter's Anglican Cemetery situated on the hill facing the sea. Aboard the coach once again, you will have a short stop at the [Long Point Lighthouse](#) poised high on the cliffs where you have a fantastic view over the cliffs and down to the sea. There will also be time to visit the [Lightkeeper's Fudgery](#) and gift store to purchase some fudge or enjoy an ice cream. You will then retrace your steps back to Gander for the evening.

Twillingate: A small town of 2,269 people located on the Twillingate Islands ("Toulinquet") in Notre Dame Bay. The islands provide an excellent sheltered harbour and easy access to the rich fishing grounds nearby. In recent years, a causeway named after Walter B. Elliot was built, which connects it to the mainland via New World Island. Labeled as "The Iceberg Capital of the World", the town is one of the oldest ports on the island. Imagine... a now-extinct people with a unique language and culture, thriving on the rich resources of the land and sea: seals, birds and fish.

Auk Island Winery: The winery (now named after the extinct Great Auk) was originally founded in 1997 with the trademark of the Notre Dame Winery. The winery has made its mark in the industry making unique wines made from Newfoundland berries and fruits and some specialty wines using Iceberg water. The majority of the berries used are wild and free of pesticides or fertilizers, making our wines as pure as

they come. The berries are picked by hand by the locals and often hand-delivered directly to the winery.

Beothuk Interpretive Centre: 300 years ago, this site was a Beothuk village. Tour the Interpretation Centre where exhibits and artifacts foster an appreciation for this unique, and now vanished culture.

From the Interpretation Centre, follow a 1.5 km groomed walking trail to the village site – today an outline of house pits is the only evidence of the Beothuk people who once lived here. Along the trail, a sculpture designed by renowned Newfoundland artist Gerald Squires evokes the tragedy of the Beothuks' demise.

Overnight: Sinbad's Inn and Suites

Day 14 – Mon, Sept 16

Gander to St. John's

Meals Included: Breakfast

Today you depart Gander for St. John's. We will have a local guided Beyond Words tour for the story of when the world came to Gander on 9/11. The tour includes a brief visit to the Gander Airport international lounge, information from 9/11 as well as the very storied past of the Gander Airport.

From here, it's off to a stop at the **Silent Witness Memorial**, a tranquil park dedicated to the memory of the 256 individuals who lost their lives on December 12, 1985 in the Arrow Air Crash. If time permits, we will stop for a photo stop at **Joseph Smallwood's Lookout**. We then carry on to **St. John's** for our final two evenings.

Overnight: Hilton Garden Inn



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Day 15 – Tue, Sept 17

St. John's Area

Meals Included: Breakfast & Farewell Dinner

Wake up invigorated and ready to meet our local guide from McCarthy's Party and head to Cape Spear – North America's most easterly point; Signal Hill – high above the town, and a St. John's city tour. We also have an area Lucky Rocks tour! After, you will head back to the hotel to freshen up before our Farewell Dinner at the hotel. Tonight will be a great opportunity to say goodbye to your guide and fellow passengers as many will have early morning flights out of St. John's.

Cape Spear: If you stand here, with your back to the sea, the entire population of North America stretches out in front of you! And there's nothing behind you until Ireland. Perched on a rugged cliff, at our continent's most easterly point, sits Cape Spear Lighthouse – the oldest surviving lighthouse in the province. Cape Spear is a National Historic Site and an iconic symbol of Newfoundland and Labrador's marine history.

Signal Hill: Recalls the town's historic past and communications triumph, as well as offering coastal hikes and colourful performances against sweeping views overlooking the Atlantic. Signal Hill was the site of St. John's harbour defences from the 17th century to the Second World War and where Guglielmo Marconi received the world's first transatlantic wireless signal in 1901.

Overnight: Hilton Garden Inn

Day 16 – Wed, Sept 18

St. John's to Home Cities

Meals Included: Breakfast

Your last day has arrived. After a complimentary breakfast those with flights today will be transported to the airport. Say your last goodbyes to your Driver, Tour Directors, and many new friends.

If you choose to stay longer or your flights are later transportation to the airport is on your own.

We hope you enjoyed this **Taste of the Atlantic** and we are sure you will want to come back!



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WHAT'S INCLUDED

- Transportation on an air-conditioned, washroom-equipped motorcoach with a professional driver
- Services of an experienced Tour Director from Pro Tours
- Local Nova Scotia Tour Director/Guide for NS, NB, & PEI
- Local Newfoundland Tour Director/Guide for NL
- Step-on Guide by Target Tours in Charlottetown for PEI tour
- McCarthy Party Step-on Guide for St. John's
- Onboard entertainment
- 15 nights accommodations with baggage
- Meals: 15 Breakfast, 5 Lunches, 4 Dinners
- Welcome Reception
- Ferry crossings as indicated in the itinerary
- Entrance fees to all National Parks
- Peggy's Cove, Lunenburg
- Mahone Bay
- Pier 21, Halifax Boardwalk
- St. Andrews by the Sea
- Reversing Falls Skywalk
- Hopewell Rocks
- Shediac (World's largest lobster)
- Confederation Bridge to Prince Edward Island
- Anne of Green Gables Heritage Place
- PEI Ceilidh Kitchen Party
- Lobster dinner in PEI
- Wood Island-Pictou Ferry crossing
- Canso Causeway
- Alexander Graham Bell Museum
- Lunch & day tour on the Cabot Trail
- Port aux Basques Ferry
- Historic Captain Cook Site
- Anchors Aweigh evening lounge show
- Bonne Bay boat tour and Screech In
- Lobster Cove Lighthouse tour
- The Arches
- Broome Point
- North Atlantic Aviation Museum and Beyond Words Tour
- Beothuk Interpretive Center
- Auk Island Winery Tour, Tasting & Lunch
- Twillingate Museum and Craft Centre
- Long Point Lighthouse
- Cape Spear – most easterly spot in North America
- Signal Hill
- Farewell Dinner, Miles of Smiles!

NOT INCLUDED

- Not Included: Group flights available for extra \$ and can be booked direct with us 6 months prior to tour departure. No air miles or Points can be applied to group bookings. You are welcome to book your own flights.
- Pre and post tour room rates are available if you wish to arrive early or stay late.

Book This Tour!

Book online on our website: [Taste of the Atlantic](https://www.protours.ca)

Call or Text: 780-460-4408

Email: hello@protours.ca

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Creating Miles of Smiles.