
**Nova Scotia &
the Canadian Maritimes**

ESCORTED TOUR

Plus, two optional trip extensions :
Boston & Cape Cod

NSC/NSB 2011

Grand Circle Travel Handbook Nova Scotia & the Canadian Maritimes

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ABOUT GRAND CIRCLE TRAVEL

Grand Circle Travel, founded in 1958 to serve the American Association for Retired Persons (AARP), is the leader in international travel, adventure and discovery for Americans aged 50 and over. Grand Circle vacations have been recommended by *The New York Times*, *Condé Nast Traveler*, *The Los Angeles Times*, *Travel+Leisure*, *The Wall Street Journal*, *Arthur Frommer's Budget Travel*, and other publications. But our most impressive reviews come from the more than one million people who have traveled with us and from readers of *Condé Nast Traveler* who placed Grand Circle Cruise Lines, the river cruise branch of Grand Circle, in the Top 10 of the World's Best Cruise Lines for six years. Grand Circle has earned a spot on the prestigious *Condé Nast Traveler* Gold List for six consecutive years as well. For 2011 *Condé Nast Traveler* named seven Grand Circle river ships among the 20 best river ships in the world.

YOUR GCT PROGRAM DIRECTORS

During your Grand Circle Escorted Tour, you'll have reliable assistance available at all times from an on-site Grand Circle Travel Program Director. Your experienced Program Director can give you an inside perspective on your destinations and may be supported along the way by local tour guides, who guide you expertly through particular sites and cities.

Many Grand Circle Program Directors are graduates of professional education programs for travel guides. In addition, they receive specialized training directly from Grand Circle, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Director offers both a deep knowledge of the region and a commitment to make this a very pleasant, informative, and rewarding travel experience for you.

Your Program Director will provide sightseeing tips, handle all travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of the Program Director throughout your Escorted Tour. If you choose the optional extension in Boston, you will have the services of the hotel staff to help make your independent explorations in this historic city memorable.

1. TRAVEL DOCUMENTS



Passport & Visas

Passport

A U.S. citizen needs a valid passport for this itinerary.

Important Note

Your passport must be valid for at least six months following your scheduled return to the United States. Also, you must have 2 blank pages available in your passport for your 2 entries into Canada. Keep in mind this page must be labeled “Visas” at the top (blank “Amendments and Endorsements” pages are not acceptable). If both of these requirements are not met, you may be refused admittance to Canada and, consequently, required to return to the U.S. immediately.

Contact the National Passport Information Center (NPIC) at **1-877-487-2778** or visit their website at **www.travel.state.gov** for information on obtaining a new passport, renewing your existing passport, and for general tips on traveling abroad. You can renew your passport by mail if it is not damaged, you obtained it within the last fifteen years, and it’s in the name you want on your new passport. Many local post offices carry forms for renewing by mail or obtaining extra pages. Allow several weeks for processing your passport.

No Visa Required

For a U.S. citizen, a visa is not required for entry into Canada.

Emergency Photocopies

The smartest and easiest security precaution you can take is to carry photocopies of the personal information pages of your passport, your air ticket, traveler’s check serial numbers (if you’re carrying these checks), and your credit cards. Store them separate from the originals. Bring along extra passport-sized photos. Add phone and fax numbers for reporting lost credit cards, for your travel protection plan company if you have purchased one and for your medical emergency network. This can save you immeasurable time, money, and bother if your documents are lost during your trip.

2. BEFORE YOU GO ON YOUR VACATION



Health Check and Inoculations

Health Check: If you have any ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. Discuss with your doctor any aspects of your itinerary that may affect your health and be guided by his or her advice. A loose filling or developing cavity would be difficult to remedy while you are traveling. You may want to have a dental exam before your trip. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip. This program features a fair amount of walking, often following steep, unpaved, or uneven pathways.

If you have a condition that requires special equipment or treatment, you must bring and be responsible for all necessary items related to your condition. **Please note that this trip is not wheelchair accessible.** In addition, Grand Circle Travel cannot accommodate motorized scooters of any kind.

Prescription Medications: If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.



Jet Lag Precautions

You will feel better on the first days of your trip if, shortly before you leave home, you start to adjust to the different time zone of your destination. Since you will cross several time zones to reach your destination, you may lose many hours of regular sleep. On arrival, your body then will have to suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue—often compounded by insomnia and general restlessness—irritability, and vague disorientation. You cannot totally avoid jet lag; but you can minimize it. Here's how:

- Start your trip well rested. Begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying.
- Stretch your legs, neck, and back periodically while seated on the plane, and make an effort to get up and walk about the cabin a few times to keep your blood circulation normal.
- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

3. LUGGAGE RESTRICTIONS



Size, Number and Weight Restrictions

We understand that it might seem early to discuss packing. But by knowing the current industry standard for international flights, you can start to plan—what type of suitcase to use, how much clothing to bring, etc. Therefore, we offer the following information now to help you prepare. We will remind you of your luggage limits again with an update in your final documents booklet (which you will receive about two weeks before your trip’s departure).

	Number of Pieces	Type of Luggage	Weight Restrictions	Special Size Restrictions?
Main trip only	One checked suitcase and one carry-on bag per person	A sturdy, soft-sided (fabric) suitcase with built-in wheels and lockable zippers is recommended.	Varies by airline. The current industry standard is 50 lbs for checked luggage and 15 lbs for carry-ons.	Varies by airline. Standard airline sizes are based on linear inches (length + width + depth). Generally checked luggage should not exceed 62 linear inches and carry-ons should not exceed 45 linear inches.
Pre- and post-trip extensions	Same	Same	Same	Same
Remarks and Suggestions				
<p>One suitcase and one carry-on bag per person: Due to the limitation of space on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This limit is to ensure that we have room for everyone’s luggage on the bus during transfers. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and to avoid additional fees from the airlines. Most airlines are now charging fees to check more than one suitcase per person, even for flights to Europe or on other international flights.</p> <p>Note: enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy, may include spot checks and may not always be applied consistently. Expect the imposition of penalties and fines to be immediate, however, when and if restrictions are enforced. Before you choose to ignore published restrictions you should first ask: <i>Do I feel lucky?</i> Even if you answer yes, you should ensure that you have the ability to pay the fine.</p>				

Should I confirm luggage restrictions with my U.S./international airline(s) before departure?

Yes, you should still confirm your U.S./international luggage limits directly with the airline(s) a week or so before your departure. You should take this step no matter if your vacation has a lower limit than the average international flight or not. Why? Because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowance. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the FAQ section.

You should also check with the airlines on luggage fees—many airlines charge to check luggage, sometimes even on international flights. Others will charge a fee if you bring a second carry-on item, like a purse or a laptop. **These fees are *not* included in your trip price;** they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked

through to your final destination. For more information about air travel, see the “Air Travel” section of your Important Information booklet.

Suggested Luggage Solutions

Consider using a daypack or small backpack as your carry-on bag for flights. It can do double duty during driving excursions and walking trips to hold your water bottle, camera gear, sunscreen, windbreaker, etc. A daypack keeps both hands free and distributes the pack’s weight onto your back or hips.

Consider a duffel bag or soft-sided suitcase for your main luggage. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags. Packing is easier if you use inner bags to help organize your gear. Plastic shopping bags, nylon stuff sacks, small zipper duffels, or special mesh bags can separate clothing, gear and dirty laundry inside your suitcase. Isolate liquid toiletries in heavy-duty Ziploc style bags – which are generally quite handy to have when traveling.

Optional: a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home.

TSA locks

On all flights outside of the U.S. we strongly recommend you **lock** your luggage.

To reduce the risk of damage to your luggage, please do not lock your bags when checking in for flights within the U.S. The Transportation Security Administration (TSA) has the responsibility for screening every piece of checked luggage at commercial airports throughout the U.S. According to the TSA, baggage-handling agents may require access to the contents of your luggage and will break locks as required. There are some locks available from retailers that are “accepted and recognized” by TSA. TSA screeners have tools for opening and re-locking bags using those locks, thus avoiding damage to the lock or bag if a physical inspection is required. Visit their website at www.tsa.gov/public for a list of TSA-accepted locks and other travel suggestions.

Also, remember to pack any extra rolls of film in your carry-on bag, as screening equipment will cause film damage. Placing film in a lead-lined bag will only subject luggage to further scrutiny, as baggage handling agents will not be able to see the bag’s contents.

4. WHEN YOU ARRIVE



GCT Air Travelers

Please note: Airport transfers are not included on this tour. You are responsible for your own transportation to and from the airport at the beginning and end of your tour.

In-Flight Meals

Most flights within the U.S. and to destinations in North America (Canada & Mexico) or Central America (Costa Rica, El Salvador, Guatemala) no longer provide complimentary meals. On some flights food may be available for purchase on board. Meal prices, quantity and quality may vary. For this reason we recommend that you bring your own food items.

Complimentary meals continue to be provided on most international flights to destinations outside North America. If you prefer a special airline meal on your international flight (salt-free, low-calorie, kosher, etc.) please call the airline directly to reconfirm your requests after you receive your airline tickets.

Breakaway Travel

On certain Grand Circle Travel vacations, you have the option to enjoy Breakaway travel at the end of your stay, subject to flight availability. This option enables you to travel on your own wherever you choose. Your total travel time cannot exceed 30 days from the original date of departure from the U.S. On the date of your ticketed return to the U.S., return to the airport of your departure for your flight home. You will be responsible for confirming your international flight back to the U.S. and for your own transfers to the airport. There is a \$50-\$150 per-person, nonrefundable fee to request Breakaway travel. Additional air charges may also apply. All arrangements for Breakaway Travel must be requested no later than 71 days prior to departure. Confirmation information will usually be available approximately 45 days before your departure. Consult our Travel Counselors for details.

5. MONEY MATTERS



How to Carry Your Money

Traveler's checks—not recommended: We urge you not to rely on traveler's checks for your personal expenses. They can be difficult to exchange and the commission fee for cashing them is quite high. Most banks or exchange offices will want to see your passport at the time of exchange. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

U.S. dollars have an advantage. Cash is more readily exchanged and accepted than traveler's checks, and sometimes commands a better exchange rate. Please note that torn, dirty, or taped bills may not be accepted.

Carry a mix of local currency, some U.S. dollars, an ATM card, and a credit card: You'll be well prepared if you plan on this combination for your expenses during your trip.

There is no need to obtain local currency before your trip. You can change money at banks, most hotels, and money exchange offices. Canadian bank hours are similar to those in the U.S., generally 10 am to 3 or 4 pm. Please note that torn, dirty, or taped bills may not be accepted.

Currency

Americans should have little difficulty understanding the Canadian currency system: both countries have money systems based on 100 cents to the dollar, although the U.S. dollar and the Canadian dollar are not equal in value. The Canadian dollar relative to the U.S. dollar can fluctuate daily, though the U.S. dollar is consistently stronger. In some major tourist centers, many stores will accept U.S. currency, but the exchange rate for the cash dollar is typically lower than that offered for credit card transactions.

Currency exchange rates fluctuate daily. Your Program Director will advise you of the exchange rate upon your arrival. For current exchange rates, please refer to the our website, or the financial section of your newspaper. On our website select the region and then click on the country you'll be visiting. A link to the currency converter is included in the menu on the page of each individual country.

ATMs and Debit Cards

ATM and debit cards give you a reliable payment method and ready access to local currency. We recommend, if possible, that you make withdrawals at ATM machines when you need cash, as it will allow you the flexibility of accessing money at your convenience without relying on bank hours for money exchanges. When traveling, typically PLUS, Cirrus, and other bank networks are available throughout large cities and small towns.

Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number), as many keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

***Note on ATM use:** Many banks have begun imposing a fee ranging from \$1 to \$5 every time you use an ATM in a foreign city. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but when to exchange money is left to your discretion.*

Credit Cards

Though major American credit cards are accepted abroad, always inquire if your type of credit card is accepted before deciding on your purchase. It is also wise to notify the credit card company that you will be using your cards abroad so that they may remove any security block. When using a major credit card you may receive a different exchange rate than if you pay with cash; inquire about the rate first. Please be aware that credit cards might not be accepted for small purchases or in the markets. Discover credit card does not operate outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate. Also, keep your receipts as proof of purchase for items to be shipped home.

Please note: Optional tour payments made by credit card may take up to 3 months to process. For this reason we ask that you use a credit card that will not expire until three months following your trip.

Some credit card companies charge a fee for use of a credit card in Canada.

Sales Tax in Canada

- **New Brunswick/Nova Scotia/Prince Edward Island:** sales taxes range from 15% to 17%



Shopping

It is Grand Circle Travel's goal to identify and provide you with shopping opportunities that highlight unique, locally produced products with good value from reliable vendors. For this reason there may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. **Grand Circle Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.**

Popular items for sale in the Canadian Maritimes are hand-knit wool sweaters, mittens, scarves, shawls, and lap throws; wood carvings; hand-crafted jewelry; pottery; and locally made jams and sauces. Shops typically open at 9 am and shopping centers at 10 am. Most close by 5:30 pm, but hours are extended during the summer in resort areas.

Your purchase decisions are very personal. You must use your best judgment when deciding whether an item is worth the price being asked. If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. Just one visit to an import shop will put you way ahead when you go shopping. This is the only way to know if you are getting a good price.

Boston

Newbury Street: The best browsing is found on this elegant street, lined with art galleries, fine jewelry stores, antique shops, fashion boutiques, and cosmopolitan restaurants and cafés.

Copley Place: This indoor shopping mall connects two hotels, has some 90 stores as well as restaurants and cinemas. Shops include Neiman Marcus, Coach, Joan & David, Tiffany's, as well as more budget-oriented mall store chains.

Downtown Crossing: Situated between Summer and Washington streets, this pedestrian mall features department stores, outdoor food and merchandise kiosks, street performers, and benches for people-watchers.

Faneuil Hall Marketplace: Chain stores have replaced many of the small kiosks, but there is still a charm about this Boston landmark built on cobblestone and featuring Quincy Market, one of the all-time

great food halls.

Charles Street: Beacon Hill’s main street is a mecca for antique lovers.

Harvard Square: Located in Cambridge (at the Harvard Square “T” stop), this plaza has more than 150 stores within a few blocks; it is a book lover’s paradise—and you can see a bit of Harvard while you’re here. Street performers are prevalent in the summertime.

Cape Cod

Hyannis features many fine retail shops and art galleries. It’s fun to browse. In addition to the Historic Hyannis Main Street Waterfront District, there are more than 100 stores in the climate-controlled Cape Cod Mall on Route 132 in Hyannis. There is also the Cape Town Plaza, Southwind Plaza, and Festival at Hyannis along the same route, as well as the wonderfully imaginative Christmas Tree Promenade. The villages of Centerville, Osterville, Cotuit, Marstons Mills, and Barnstable Village present a fascinating array of local crafts and art shops as well as charming antique shops, galleries, and boutiques. You’ll find everything from handmade fine jewelry to laugh-out-loud tourist souvenirs.

U.S. Customs Regulations and Shipping Charges

Exemption Amounts

Articles totaling \$800, at fair retail value where they were acquired, may be imported free of charge if you bring them with you. A flat rate of duty—usually a percentage—will be applied to the next \$1,000 worth (fair retail value) of merchandise. The U.S. Customs Inspector determines the value of your items when you enter, and is not bound by your bill of sale. In almost every case, however, a genuine bill of sale will be honored.

Fees on Items Shipped Home

Items shipped home are *always* subject to duty when received in the U.S. There will also be charges for shipping. Although some shops abroad may offer to include shipping and duties in the price, this typically means shipping to the customs facility closest to you and payment of the *export* duties (the fee to remove an item from its country of origin) not door-to-door shipping or *import* duties (the fee the U.S. government charges to bring an item into the U.S.). All additional duties or shipping charges would be the responsibility of the purchaser—you.

Therefore unless the item is small enough to mail or to be sent by a global parcel service (like FedEx) you should be prepared to pay customs duties and for shipping or pick-up from the nearest customs facility. This is why the U.S. Customs & Border Protection service states: “The most cost-effective thing to do is to take your purchases with you if at all possible.”

Illegal Items

It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins. For more information on what you may or may not bring back into the United States, you can obtain the publication “Know Before You Go” from the U.S. Bureau of Customs & Border Protection by phone, mail or from their website:

U.S. Bureau of Customs & Border Protection
1300 Pennsylvania Avenue NW
Washington, DC 20229
Tel. 1-877-272-5511
www.cbp.gov/xp/cgov/travel/

If You Have a Problem with a Purchase

The best way to address a problem with a purchase is to not have one in the first place! So don't forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don't hesitate to ask in advance about the return policy—local practice may vary, so don't assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. If the shop in question was a *scheduled* stop during your adventure, Grand Circle can assist you by putting you in contact with the vendor. Expect that any resolution may take longer than it would at a local retailer, given the distances that it might entail.



Tipping Guidelines

For those of you who have asked for tipping suggestions, we offer these guidelines. All tips below are quoted in U.S. dollars; tips can be converted and paid in local currency (this is usually preferred) or in U.S. dollars (do not use personal or traveler's check for tips). Of course, whether you tip, and how much, is always at your own discretion.

GCT Program Director: It is customary to express a personal "Thank You" to the Grand Circle Program Director at the end of your trip, especially if he or she has provided you with individual assistance. We recommend \$4-\$6 per person, per day. Please note that tips for our Program Directors can only be in the form of cash, and local currency is appreciated.

Airport/Hotel/Pier Porterage & Transfers: Due to the variety of flight arrival times, transfers between the airport and your hotel are not included in the price of your tour. While you are using GCT transfer services, tips to hotel, and pier porters are included in the cost of your trip. Tips to the motorcoach driver for your airport/hotel/pier transfers are also paid by GCT.

Included Group Meals: Your Program Director will tip waiters for the included meals when the group dines together.

Time at Leisure: During the times that you explore independently, you may dine in a local restaurant, take a taxi, or avail yourself of some other service where tipping is customary. Tip in the U.S. and Canada much as you normally would at home. Some restaurants will add a service charge to your tab, and, in this case, it is still a nice gesture to add a little more if you have received good service.

6. PACKING FOR YOUR TRIP



Clothing Suggestions

We've included information below on the weather you can expect for the regions you'll be visiting on your travels. Taking into account the climate you'll encounter and the general suggestions we offer below will enable you to create a flexible wardrobe that's light enough for sophisticated travel and will guarantee comfort in all the conditions you can expect to encounter. The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing and gear that is readily adaptable to your itinerary.



Packing Your Carry-On Bag

Use your daypack as your carry-on bag for your flights. We strongly urge you to pack in your carry-on case at least one full change of clothes, your camera gear, all medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags are delayed. Store camera gear and important papers in plastic bags to protect them from dirt and moisture.

NOTE: Restrictions on what can be included in your carry-on luggage change frequently. To avoid inadvertently packing any restricted items in your carry-on luggage, we strongly suggest that you consult the Transportation Security Administration website, at www.tsa.gov which keeps a current list of restricted items. From the main website click on Our Travelers, then Air Travel, and then you will see a link for Prohibited Items.

Packing In General

Travel light: A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits.

Pack casual clothes: In today's age of informality, comfortable and informal apparel is perfectly acceptable at each of your destinations. Basic pants, shirts, walking shorts, sportswear, everyday dresses/skirts, summery tops, long-sleeve shirts, cotton sweaters, supportive shoes, and functional outdoor clothes that are relatively easy to care for are recommended. Men do not need jackets or ties and women do not need nice dresses—bring these only if you are planning a special night out on your own. The presiding clothing style of this trip is casual.

Warm clothes are essential year-round: Because the Atlantic weather can be volatile, be sure to take along a fleece top and windproof jacket: there may be sudden drops in temperatures and bursts of wind. Plan to dress in layers. Then you can add a layer, or peel one off, according to any temperature fluctuations. If you're traveling in the fall, bring an assortment of thick knits, warm pants, and light woolens or fleece. Keep a sweater handy for the air-conditioned motorcoach rides.

Good walking shoes are essential: The countryside trails, colonial town centers, and museums truly

invite exploration by foot. But negotiating the pathways can put great demands on your feet. For your comfort, you'll need supportive walking shoes that offer good traction.

Light rain gear: Rains of any variety (heavy or short-lived) are possible at any of your destinations. A folding umbrella and/or waterproof shell, preferably with a hood, could come in handy.



Travel Gear Suggestions

To help make your vacation as convenient and pleasant as possible, please review our lists of suggested travel gear on the following pages, and pack accordingly. An ample supply of your favorite toiletries and health remedies are recommended for your personal comfort. Once on the road, you don't want to waste any of your valuable vacation time shopping for such items should you require them. You might want to visit the website www.travelite.org for more packing and luggage tips.

What not to pack: Do not pack aerosol cans, as they tend to leak during air travel. Avoid packing glass bottles; use plastic containers instead. Leave at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Other Essential Items

Hotels supply soap, body wash, shampoo, and shower caps. If you prefer a certain brand you may want to bring your own.

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- ☐ Spare eyeglasses/contact lenses and your prescription
- ☐ Sunglasses and a neck strap for on/off convenience.
- ☐ Sunscreen, SPF 15 or stronger
- ☐ Insect repellent with DEET at 30%-35% strength
- ☐ Travel money bag or money belt, to be worn under a shirt/jacket if possible
- ☐ Moisturizer and lip balm
- ☐ Swimsuit if your hotel has a pool
- ☐ Light folding umbrella
- ☐ Wide-brim sun hat (shades neck as well as head) or visor for sun protection
- ☐ Pocket-size tissues
- ☐ Packets of moist towelettes (boxed, not individually wrapped) and/or anti-bacterial "waterless" hand cleanser
- ☐ Photocopies of passport, air ticket, credit cards (and originals!)
- ☐ Extra passport-sized photos (to replace your passport in case of loss)
- ☐ Written prescriptions for your medicines

Medicines

All over the counter medications and first aid supplies listed below are available locally in Canada and stores frequently carry U.S. brands.

- ☐ Your own prescription medicines
- ☐ Vitamins
- ☐ Cold remedies: Sudafed, Dristan, etc.
- ☐ Ibuprofen or aspirin
- ☐ Laxatives, such as Senokot or Ex-Lax
- ☐ Pepto-Bismol or Mylanta
- ☐ Anti-diarrhea tablets, like Imodium
- ☐ Band-Aids
- ☐ Neosporin or Bacitracin

Optional Gear

- ☐ Travel alarm or travel watch with alarm
- ☐ Lightweight binoculars (for distant viewing)
- ☐ Hanging toiletry bag, with hook to hang on door knob and pockets to organize items
- ☐ Basic sewing kit
- ☐ Travel journal/note pad
- ☐ Home address book
- ☐ Reading materials, phrase book
- ☐ Folding walking staff, sold in most camping stores



7. REGIONAL CLIMATE INFORMATION

The Canadian Maritime Provinces: Compared with the rest of Canada, the coastal provinces of New Brunswick, Nova Scotia, and Prince Edward Island have relatively moderate temperatures, thanks to the warming waters of the Gulf Stream. As a general rule of thumb, they enjoy a year-round mild marine climate, without extremes of temperature. Spring weather is typically amiable, with highs in the upper 50s and low 60s. Summer can be quite pleasant—not too hot, not too cold—with daytime temperatures in the 60s and 70s, and evenings that are comfortably cool.

The autumn season often comes early, and by mid September daily temperatures usually hover in the low 50s. However, while the early autumn air may be crisp and cool, there is typically still plenty of warm “Indian summer” sunshine. Fall foliage in the Atlantic Provinces is spectacular, particularly in late September and early October, when trees come ablaze with beautiful red, yellow, and orange bursts of color. As for precipitation, the climate in the eastern provinces is rarely humid; in summer months the rainfall is usually less than four inches. So come prepared for light rains, but don’t expect them.

New England: New England’s climate is unpredictable to say the least. Summers can be hot and sticky, with temperatures soaring into the 80s and 90s during July and August. Spring is usually mild and beautiful; fall, crisp and clear, with the kind of Octobers that the poets used to write about. On the other hand, it can be hot in fall, breezy in summer, and cool and soggy in spring. Abrupt weather shifts are also common: within one week, the weather could turn from breezy and pleasantly warm, to overcast and rainy, to quite cold, and then back to sunny and mild. Conversely, an extended spell of fine weather could last for weeks. In short, come to New England prepared for a variety of weather conditions. Before you leave, it is a good idea to check the extended weather forecast for Massachusetts in your local newspaper or on the internet—or watch the national weather report on TV.

Monthly temperature averages for the countries you will be visiting, plus a current 10-day forecast, are available online through the My Account feature of our website www.gct.com. Here is the data from the weather observation stations closest to our destinations.

WHAT’S THE TEMPERATURE?												
<i>Average highs (taken at 2 pm) and lows (taken just before sunrise) in °F.</i>												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bar Harbor, Maine												
High	33	32	41	52	63	71	77	75	69	58	47	36
Low	14	15	23	32	42	50	56	55	50	40	31	19
Boston, Massachusetts												
High	36	38	45	56	67	77	82	80	73	63	52	41
Low	22	23	31	40	50	59	65	64	57	47	38	27
Charlottetown, Prince Edward Island												
High	26	26	33	43	56	66	73	72	65	54	42	31
Low	10	9	19	30	39	50	58	58	51	41	31	18
Halifax, Nova Scotia												
High	29	29	36	47	57	67	73	73	65	54	44	34
Low	14	14	22	32	41	50	57	57	50	40	32	20

Please note: The data cited above reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. As your departure approaches you may wish to monitor current overseas weather conditions through major newspapers, various internet sites, or the

8. TRAVEL AND TECHNOLOGY



In General

Cell phone, digital camera, camcorder, PDA, MP3 player: travel today can involve technology that didn't even exist as recently as ten years ago. The variety of digital gadgets and their usefulness when you travel – en route or after you arrive – is enormous. An e-book reader allows you to keep guidebooks for uncounted countries at your fingertips and not increase your luggage weight by an ounce. Lightweight digital camcorders and cameras let you bring home high definition movies and still images of the people you meet and places you visit on your travels.

Laptops/netbooks/tablets can keep you connected and promise up-to-the-minute information via Wi-Fi and the Internet, but, as with all gadgets, you'll need to determine if bringing them makes sense. Particularly with laptop computers it's often wiser to rely on Internet cafes or, when available, hotel Internet access than pay the packing weight and space penalty for casual Internet use. And, of course, the more time you spend gazing into electronic gadgetry, the less time you have to relish the local people, sites and sights.

To take advantage of the devices you do bring, you'll need to consider some basic variables—particularly in regard to the services that will be available in the countries you visit. You'll encounter a range of electrical current standards, varied physical plug configurations to access that current, erratic availability (electricity and internet access), and different technological standards (cell phone networks can differ across borders.)

You'll need to coordinate your power and data storage needs, and the accessories required to recharge/connect/use these devices under the different conditions you'll encounter. You'll find some tips below aimed at ensuring that your gadgets achieve their full potential. As a general rule, it's good to familiarize yourself with the device(s) you bring by reading the owner's manual *before* you depart. Pay particular attention to electrical, charging and storage requirements to ensure that you understand exactly what you need under which circumstances. And remember that thorough preparation is the best guarantee that you'll get the most benefit from your devices.



Regional Electricity

Most countries outside of the U.S. use electrical systems that differ from the U.S. 110 V AC/60 Hz standard. Plugging a 110 V U.S. appliance into a 220/240 V current will result in the appliance burning out as it tries to run faster than its design will allow. You'll also find a variety of plug shapes, sizes and configurations – with the U.S. standard Type A & B (two pronged polarized and three pronged polarized/grounded) being restricted mostly to North and Central America and Japan.

Both Canada and the U.S. use Type A and Type B plugs and receptacles, with 110 V AC and 60 Hz. If you bring small American appliances, you will not need adapters or a transformer—you appliances should work just as they do at home.



If you use multiple digital devices—cell phone, digital camera, and MP3 player for instance – it’s handy to have a travel power strip to increase the number of available outlets for charging these devices. Some types include surge suppressors and USB-style plugs capable of charging cell phones and MP3 players without the need for a brand-specific charging block – saving weight and packing space.



Cell Phones

When traveling over the Canada-U.S. border, your U.S. cell phone switches from its U.S. network to the Canadian cell phone network partner. Your cell phone will still function in Canada -- but you may be charged high roaming fees by your U.S. phone plan. You can contact your provider to get specifics on your cell phone plan while you travel in Canada. Some service providers offer “North American” plans that let you to make calls in both countries without roaming fees. You can also purchase a short-term Canadian cell phone plan if you plan to use the phone heavily in Canada.

Phone Calling Cards

When calling the U.S. from a foreign country, we advise that you use a prepaid calling card, because the only additional charge you’ll normally incur (besides the prepaid long distance charges) is a local fee of a few cents and possibly a connection fee if you are using your card at your hotel. It is best to check with the hotel’s reception desk prior to making phone calls to avoid unexpected charges. Calling cards purchased locally are typically less expensive than if purchased in the U.S. and are more likely to work with the local phone system.

Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the U.S..

Calling Canada from the U.S., or vice versa, follows the same process as making a long-distance call within the U.S. Simply dial “1” + area code + 7-digit number.



Photo Gear

One of the most enjoyable aspects of traveling to new places is the chance to photograph some of the highlights of your experience and bring them home. You can share them with friends and family, relive some of the important moments, and savor them for years to come. Lightweight and compact, digital cameras and camcorders are excellent travel accessories—and you can find models of either cameras or camcorders that will record both movies *and* still images. Camcorders weighing as little as 9 ounces and about the size of your fist can capture high definition movies and high quality still photos; compact still cameras are great for snapshots and can capture casual movie clips. With an ample supply of high-capacity memory cards you can have all you need for your whole trip in a very compact, lightweight package.

Be sure to bring enough batteries. Recharging batteries is not always possible, due to a lack of outlets, electrical shortages or outages—and some cameras go through batteries *very* quickly. Whether your camera uses standard-size (double or triple A) rechargeables or proprietary batteries, it’s handy to have backup for extended shooting or for an emergency. Be sure your battery charger will work with the local electrical current. You’ll need to bring enough memory cards—these can be hard to find and, if found,

will often be pricier than in the U.S. Whatever the storage format (usually Compact Flash or Secure Digital) memory cards are small, light and thin and, as with being thin, there's probably no such thing as too much storage. MiniDVD discs are compact to pack, as well.

Compact cameras, however, are impractical for capturing distant subjects (such as wildlife in Africa or architectural details on Europe's taller buildings), as their lenses rarely reach long distances. Some compact models have a zoom lens of up to 120mm, which is acceptable for moderate distances. For photographing distant subjects a *megazoom* compact (physically larger than a compact – and built for lenses that telescope to 500+mm) or a single lens reflex (35mm film SLR—or DSLR for the digital variety) camera with a telephoto lens of 200mm to 300mm is ideal. With a DSLR you can also consider wide-angle lenses, which are valuable for panoramic shots. As your photographic gear gets more complex, however, you'll need to consider luggage weight and size constraints. Professional quality equipment weighs more, is larger in size, and multiple lenses add size and weight. A single megazoom lens for your DSLR may be the best option for a walk-around travel lens. Large lenses that need tripod support, or double reflex cameras are impractical for casual travel photography. If you use a SLR camera, protect your lens with a UV filter and remember to bring lens caps and covers. When traveling it is easy to get dirt or moisture on the front of your lens, which could permanently damage it. A screw-in filter can protect the lens and if the filter is damaged, it is much less expensive to replace than a lens; caps and covers are common sense.

Bring lens paper for cleaning the lens and a waterproof bag to protect your camera—a heavy duty Ziploc style bag is a good choice. If your camera's flash is detachable, remember to pack it. Be sure to bring a camera with a flash that can be turned off, and learn how to turn it off when it's not needed. (At some sites, and in many museums, flashes are not permitted; in other situations flashes can frighten wary wildlife.) It's good to note that in some countries you may be charged for photography at specific sites; and that some cultures and individuals are less receptive to photography than others. It's always best to respect local customs.

Disposable cameras are also an option. They are inexpensive and capable of perfectly acceptable photos in light that is not too dim or bright. A panoramic disposable can add a particularly interesting perspective when compared to standard photo formats—and may suggest inventive ways of seeing your subjects. If you use film, availability is very limited everywhere: whatever you bring may be all you'll have on your travels. Extra film should go in your carry-on bag—with the stringent security at airports these days some x-ray machines may fog or damage film. You can ask that the film be hand inspected, but it then must be removed from the canister—Ziploc style plastic bags come in handy here. X-rays do not damage the data of digital cameras (in any media format), and so poses no problems for travelers using digital cameras.

9. ABOUT YOUR DESTINATIONS

We offer these general observations that will be pertinent throughout your Escorted Tour. Information specific to a particular city on the main itinerary or to a destination on an optional extension directly follows these general travel tips.



Drinking Water

Tap water is considered safe to drink throughout your trip.



Laundry Service

Your Program Director or concierge can assist you with making arrangements for this service.

A Word about Boston—Optional Extension

To help you make the most of your trip extension in Boston, Massachusetts, the following information provides you with some practical travel details on the city. Your hotel staff will be able to assist you during your stay.



City Layout and Details

Boston is a walker's dream. Many major sights are concentrated together, and the MBTA subway system can bring you to attractions farther afield. At the center of Boston are two adjacent parklands—the Public Gardens and Boston Common. The latter is the oldest public park in the United States, dating back to the 1630s. It was from here that the British redcoats marched to Lexington. If you want to walk Boston's famous "Freedom Trail," it starts from the Common. Also on the Common is the Visitor's Information Center, located at the Park Street subway stop, at 147 Tremont Street, a busy shopping artery. A block down is the Washington Street shopping district, featuring Macy's department store, TJ Maxx, Marshall's and DHW Shoes as well as many other stores. Chinatown is also only a few blocks away.

From the Park Street station you can turn left on Tremont Street to reach Government Center; then cut through that plaza and follow the steps down to Faneuil Hall Marketplace and the waterfront. Beyond that area is the charming North End, full of Italian cafés, trattoria, and bakeries.

In the opposite direction, across the Common, is Beacon Street with the gold-domed State House. This street forms one boundary of Beacon Hill, site of historic Louisburg Square at its top, and Charles Street with its specialty boutiques and antiques at the bottom. Between these designations are rows of steep, narrow streets lined with original townhouses that stretch back toward the Massachusetts General Hospital.

Boylston Street runs at the base of the Common and leads to the Public Garden, the Back Bay area, Copley Place, the Prudential Center, John B. Hynes Civic Auditorium, and the Christian Science Center. Massachusetts Avenue, behind the auditorium, divides this area from the cultural and educational zone on the other side, which includes Symphony Hall, the Museum of Fine Arts, the Gardner Museum, Northeastern University, and Simmons College. Boston University is beyond Kenmore Square.

Behind Back Bay is the Charles River, which separates the township of Cambridge from Boston proper. Across the river is the Museum of Science, with more than 400 exhibits covering astronomy,

anthropology, medicine, computers, earth sciences, and more. Nearby is the Massachusetts Institute of Technology (MIT)—whose famous domed structure faces the river—and farther upriver (heading west) is Harvard University.



Evening Entertainment

Your choices for evening diversions include theater (often featuring first-rate Broadway tryout productions); classical, jazz, and folk music concerts; ballet and modern dance performances; first-run movies; comedy clubs; and a divine array of restaurants and sidewalk cafés. You can research upcoming shows on the internet or in Boston newspapers at your local library, and purchase tickets through Ticketmaster.



Local Transportation

MBTA subway/bus: Referred to by locals as the “T” for short, the MBTA stands for the Massachusetts Bay Transport Authority. It is the oldest subway system in the country, and some commuters feel they’re riding the original 1895 trains. But the system is continually being remodeled and expanded, and seems to suit visitors just fine, though it’s a good idea to avoid it during rush hour. Each line is shown on subway maps in color—Blue, Red, Green, and Orange.

In brief, the Red Line goes to Cambridge; the Blue to Government Center, Aquarium, and the Airport; the Green from Science Park and North Station through downtown Boston to the Prudential Center, Symphony, Kenmore, and beyond; and the Orange Line runs from Charlestown through downtown Boston to Forest Hills. All lines intersect at Government Center.

Exact fares are required on the above-ground trolleys and connecting buses; no paper bills are accepted. Change can be made at stations. All of the “T” lines close down by 1 am—some earlier—so be sure to check time schedules so you won’t be stranded.

Note on transfers: Don’t try to switch from an inbound to an outbound train—or outbound to inbound at Copley. There’s no pedestrian walkway joining the two. Make the transfer at Arlington.



Newspapers & Magazines

The *Boston Globe*, a morning daily, features a Calendar section each Thursday, with listings for the upcoming week. The *Boston Herald*, another morning daily, also covers the arts. The *Boston Phoenix* is a weekly with in-depth theater, movie, restaurant, and music reviews. *Boston* magazine is a monthly that focuses on current happenings, with reviews on trendy new restaurants and shopping venues.

A Word about Cape Cod—Optional Extension

To help you make the most of your extension on Cape Cod, Massachusetts, the following information provides you with some practical travel details on the town of Hyannis. Your Grand Circle Travel Program Director will be able to assist you with suggestions and arrangements of activities you wish to participate in during your stay.



Layout and Details

The seven villages that make up the town of Barnstable’s sixty square miles each have

distinctive qualities that make them appealing to residents and visitors alike. The largest and most central is the village of Hyannis, terminus for island ferries, major bus transportation, and airlines. Known as the “Home port of Cape Cod,” Hyannis boasts the area’s largest concentration of businesses, shops, motels, hotels, restaurants, and entertainment spots. In the Main Street and Waterfront District you’ll find Hyannis Harbor, the Village Green, the JFK Hyannis Museum, the JFK Memorial Park, and much more.

In 1956, while serving in the United States Senate, John F. Kennedy purchased a Hyannis residence that later became the summer White House. Other family members also bought nearby houses, and the “Kennedy Compound” was formed. The homes are still summer residences for many members of the Kennedy clan. In recent years Sydney Lawford, Maria Shriver, Kara Kennedy, and Caroline Kennedy chose the site for their wedding receptions.

The Compound has been a popular attraction for visitors ever since the Kennedy presidency. The Hyannis Area Chamber of Commerce reminds the many visitors who come to the region each year hoping to catch a glimpse of the Compound that Hyannisport is a quiet, residential place where tour buses are not permitted. Traffic is sometimes restricted on streets leading to the Compound, and visitors are asked to respect the privacy of the Kennedy family and the other residents of the area. The best way to see the Kennedy Compound is from the water, according to the Chamber, and frequent summer cruises are available from Hyannis Harbor to view the homes and other sights.

Located on Hyannis Harbor near Main Street are the Ocean & Sea Street docks. Ferries embark daily from here on revolving schedules to Nantucket and Martha’s Vineyard. Within walking distance are several ocean side parks and beaches. These include Kalmus Park, Veteran’s Park, JFK Memorial Park, and Aselton Park. For another ocean adventure, take one of the daily whale watching excursions departing from the Marina in Barnstable Harbor. Baleen, Humpback, Finback, Minke and Right whales all feed in the shallow waters of Cape Cod Bay.

Along Route 6A in Barnstable Village one can find many unique shops and eateries, adding to the ambiance of the town’s gracious historical district. Spanning from Phinney’s Lane to the edge of Cummaquid, the district is lined with quaint bed & breakfasts, inns, antique shops, and restaurants. Hyannis Harbor holds numerous vessels of all types along its weathered docks. The Hy-Line ferry terminal also resides here. Across the street are some of the best taverns, restaurants, and hotels in Hyannis. Main Street was immortalized by the rock band Boston, who sang, “Dancing in the streets of Hyannis.” They had one of the most socially active areas on the Cape. This street is lined with shops, restaurants, and nightclubs. Something is always happening on Main Street.

For a scenic stroll, start anywhere on Main Street, which runs roughly east to west parallel with the water, and head for the harbor. At Ocean and South Street, look out over the bustle of working boats, sleeker crafts, and a variety of fishing and sailing charters and other water attractions. Wander the waterfront and walk on Channel Street to the privately owned (and for sale at this writing) Lewis Bay Lighthouse, then back to Ocean Street and south to the Kennedy Memorial and Kalmus Park and Beach. You’ll pass some spectacular homes and ocean vistas, while staying within a few minutes of the shops and restaurants on Main Street.



Evening Entertainment

No visit to Cape Cod is complete without partaking of the favorite local fare of creamy clam chowder, delicate Cape scallops, steaming lobsters, and the freshest catch of the day. Landlubbers won’t be disappointed, either. There’s an abundance of excellent restaurants offering the finest poultry, beef, and vegetarian dishes prepared in a variety of ways. Choose casual dockside vistas or elegant restored sea captains’ homes. There are menus and surroundings to suit every preference and pocketbook. Don’t overlook Hyannis’s selection of ethnic eateries: Italian, Thai, Chinese, Japanese, Greek, Mexican, Indian, and Cajun cookin’ too!

In general, the evening meal is served until 10 p.m., although many restaurants continue their service until midnight. Dress is usually casual, although a few establishments require a jacket and/or tie. Shoes and shirts are required at all times. For your convenience, it is suggested you call in advance to see if reservations are required. Please note that the Town of Barnstable is smoke free in all of its eating and drinking establishments.

Depending on the time of your visit, the Cape Symphony Orchestra may be performing. There are also plenty of pubs and taverns, many with fine local blues, folk, and country music performers, along with a supper theater that features an audience-interactive production.

Other Activities

From the Cape Cod Carousel and Family Arcade to the Hibel Museum of Art, both right on Main Street, there's plenty to do in Hyannis. The Cape Cod Summer Baseball League attracts the nation's top collegiate players and provides great free entertainment June through August (you can cheer on the Hyannis Mets). The Cape Cod Crusaders is a professional soccer team with a game schedule that starts in April and ends in July.

In addition to the beaches, fishing, and kite flying, the Hyannis area has playgrounds, miniature golf courses, bike paths, tennis and racquetball clubs, golf courses, windsurfing beaches, and a bowling facility. Bicycle path maps are available for sale at the Chamber of Commerce office.

There are 100 miles of splendid public beaches in Barnstable. On the quiet north side is Sandy Neck, an eight-mile long barrier beach with dunes, beach grasses, and marshlands alongside Cape Cod Bay. To the south are the warm waters of Nantucket Sound and popular Craigville Beach; Kalmus Beach, where windsurfing is an option; Orrin Keyes or Sea Street Beach and sheltered Veterans Beach welcoming residents and tourists alike.

The John F. Kennedy Hyannis Museum is a multimedia exhibit designed to open a window on the days JFK spent on Cape Cod—relaxing with family, playing football with PT-109 buddies, and sailing on the ocean he loved so much. The exhibit features more than 80 photographs spanning the years 1934 to 1963 and is arranged in thematic groupings to reflect John F. Kennedy, his family, his friends, and the family's long association with Cape Cod. For more information, call 1-508-790-3077 or contact the Hyannis Area Chamber of Commerce directly. The museum is open from mid April through October, Monday through Saturday, 9 a.m. to 5 p.m., and Sundays and holidays, noon to 5 p.m.; November through mid December, Wednesday through Saturday, 9 a.m. to 5 p.m.

A wonderful and friendly source of visitor information is the Hyannis Area Chamber of Commerce, located at 1481 Route 132 in Hyannis. The telephone number is 1-508-362-5230 or toll-free at 1-877-HYANNIS.



Local Transportation

Trolley bus service in downtown Hyannis is available, and the buses link with trolley service in other towns. Taxi service is available 24 hours a day. Many rent-a-car companies have offices conveniently located in Hyannis. You can easily contact them through the Hyannis Area Chamber of Commerce for more information at 1-877-HYANNIS. By the way, if you decide to rent a four-wheel-drive vehicle, you are permitted to drive on certain areas of Sandy Neck Beach after inspection by the Sandy Neck Rangers. There is a fee for this inspection. Vehicles are not permitted on any other beach in Hyannis and Barnstable.

In addition, sightseeing trips on the Cape Cod Central Railroad are available spring through fall. Call 1-888-797-RAIL. If a water view is to your liking, there is daily ferry transportation to and from Martha's

Vineyard and Nantucket from Hyannis, on the Steamship Authority or on Hy-Line (Martha's Vineyard service is available May through October). Tours of Hyannis/Barnstable and the entire Cape Cod area are conducted on land, sea, and air on a scheduled basis.



Newspapers & Magazines

The *Cape Cod Times*, a nationally recognized daily newspaper, and at www.capecodonline.com, are excellent resources for local activities, entertainment, and news. Daily listings cover everything from poetry readings at local libraries to dancing to the jukebox at the corner pub. Each Thursday, a special section called "Cape Week" previews the best in entertainment for the coming weekend, including galleries, theaters, and nightclubs.

The *Barnstable Patriot Newspaper* is a weekly newspaper that serves Hyannis and the other communities in Barnstable. It also features complete event listings and profiles filled with local color.

10. STATE & PROVINCE STATISTICS



Canadian Province of New Brunswick

Area: 73,437 square kilometers

Provincial Capital: Fredericton

Government: Federation of ten provinces and three territories

Entered Confederation: July 1, 1867

Languages: English, French (both official)

Provincial Symbols: *flower:* purple violet
tree: Balsam Fir
bird: black capped chickadee

Religions: Roman Catholic 46%; United Church 16%; Anglican 10%

Time zone: New Brunswick is on Atlantic Time, one hour ahead of Eastern Time in the United States.

Canadian Province of Nova Scotia

Area: 55,491 square kilometers

Provincial Capital: Halifax

Government: Federation of ten provinces and three territories

Entered Confederation: July 1, 1897

Languages: English, French (both official)

Provincial Symbols: *flower:* Mayflower
tree: Red Spruce
bird: Osprey

Religions: Roman Catholic 46%; United Church 16%; Anglican 10%

Time zone: Nova Scotia is on Atlantic Time, one hour ahead of U.S. Eastern Time.

Canadian Province of Prince Edward Island

Area: 5657 square kilometers

Provincial Capital: Charlottetown

Government: Federation of ten provinces territories

Entered Confederation: July 1, 1873

Languages: English, French (both official)

Provincial Symbols: *flower:* pink lady's slipper
tree: Red Oak
bird: blue jay

Religions: Roman Catholic 46%; United Church 16%; Anglican 10%

Time zone: PEI is on Atlantic Time, one hour ahead of Eastern Time in the United States.

Maine

Area: 30,865 square miles

Capital: Augusta

Entered Union (rank): March 15, 1920 (23)

Motto: *Dirigo* (I lead)

Nickname: Pine Tree State

State Symbols:

- flower:* white pine cone and tassel
- bird:* chickadee
- song:* "State of Maine Song"
- tree:* white pine
- mineral:* tourmaline

Time zone: Maine is on Eastern Time, three hours ahead of Pacific Time.

Massachusetts

Area: 7,838 square miles

Capital: Boston

Entered Union (rank): February 6, 1788 (6)

Motto: *Ense petit placidam sub libertate quietem* (By the sword we seek peace, but peace only under liberty)

Nickname: Bay State; Old Colony State

State Symbols:

- flower:* Mayflower
- bird:* chickadee
- song:* "All Hail to Massachusetts"
- tree:* American Elm

Time zone: Massachusetts is on Eastern Time, three hours ahead of Pacific Time.

11. REFERENCE MATERIALS



Recommended Reading

Acadians of Nova Scotia: Past and Present by Ross Deveau, et al (History)
A history of Nova Scotia's ethnic past and present.

Boston A to Z by Thomas H. O'Connor (History)

Preeminent historian of Boston, Thomas H. O'Connor offers these eclectic essays as an engaging introduction to the life, culture, and history of Boston—from its origins as a Puritan settlement on the Shawmut Peninsula to the multicultural capital of education and technology that it is today.

The Canadians by Andrew H. Malcom (Culture)

Written by an American Bureau Chief in Canada for the New York Times, this book examines the unique personality of Canada's people, the link between its economy and geography, and its close ties to the U.S.

The Corvette Navy: True Stories from Canada's Atlantic War by James B. Lamb (History)

The true story of the men who manned the corvettes of the Royal Canadian Navy, which helped fight the U-boats in the North Atlantic to a standstill in World War II. The author, James B. Lamb, a top newspaper editor, writes from first-hand knowledge—he was also a corvette commander.

How Deep Is the Ocean? edited by Carol Corbin (History)

A collection of historical essays on Canada's Atlantic Fishery.

How New England Happened by Christina Tree (History)

A modern traveler's guide to New England's historical past, from its early explorers to the close of the Victorian era.

It All Began with Daisy by Sonia Jones (Nonfiction)

Rural life in Nova Scotia and a cow named Daisy who leads a New York couple into the yogurt business.

Lost Boston by Jane Holtz Kay (History)

"An elegant architectural history, excellently illustrated." – The Washington Post

Native Peoples and Cultures of Canada, 2nd edition by Allan Macmillan (History)

Published in 1997, this is a newly expanded second edition of Macmillan's classic history of Canada's native peoples, including those of the Canadian Maritimes. Current issues are also examined.

The Penguin History of Canada by Kenneth McNaught (History)

A basic primer on the country's history; featuring separate chapters on the Canadian Atlantic Provinces.

The Perfect Storm by Sebastian Junger (Nonfiction)

A riveting account of the six-man crew of the doomed Gloucester swordfishing boat Andrea Gail, at sea during a terrifying Atlantic storm in 1991. Incredible imagery compels a great respect for the ocean.

Seacoast Maine: The People and Places by Martin Dibner (Nonfiction)

Maine's mystique and unique beauty is the subject of this narrative, which also portrays the locals and outsiders who make their home, including some surprising celebrities.

Spirit of Place: Lucy Maud Montgomery and Prince Edward Island by Francis W. Bolger and others (Travel Writing). A collection of writings that capture the essence of P.E.I.



Useful Websites

If you have access to the Internet, the following sites offer good travel information:

International health information: CDC (Centers for Disease Control)

www.cdc.gov/travel

Electric current and plug types

www.kropla.com/electric2.htm

Foreign exchange rates

www.oanda.com/converter/classic

ATM locators

www.mastercard.com/atm **for Cirrus ATMs**

www.visa.com/pd/atm **for PLUS ATMs**

Tourist information—Canada

www.explore.ca/travmag/index-summer.html **Atlantic Canada: links about Nova Scotia, P.E.I. & New Brunswick**

www.travelcanada.ca **Canada Tourism Commission**

www.explore.ca/nsfaq/nsmap-nf.html **Nova Scotia travel & road maps**

www.gov.pe.ca/visitorsguide/index.php3 **Prince Edward Island**

Tourist information—Maine & Massachusetts

www.bostonusa.com **Official site of the Boston Visitor Information Center**

www.barharborinfo.com/ **Bar Harbor & Acadia National Park: links to current events, shops, etc.**

www.maineGuide.com/portland/default.asp **Portland landmarks, news, weather**

www.capecod.com **Cape Cod**

Travel books

www.amazon.com

www.barnesandnoble.com

World weather

www.intellicast.com

www.weather.com

www.wunderground.com

Foreign languages for travelers: basic terms in more than 80 languages

www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.

www.travelite.org

Net café guide: 100s of locations around the globe

www.cybercafes.com

U.S. Customs & Border Protection: traveler information

www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency responsible for screening luggage in U.S.

www.tsa.gov/public

National Passport Information Center (NPIC): for passport information

www.travel.state.gov



Tourist Board Addresses

Tourist offices offer free brochures, maps, and pamphlets with information that pertains to many of your destinations. If these materials would enhance your vacation planning, you can write or call the following tourist board offices:

Boston's Visitor Information Center

147 Tremont Street
Boston, MA 02210
Telephone: 1-617-536-4100

Canadian Tourism Commission

Suite 1400, Four Bentall Centre
1055 Dunsmuir Street,
Box 49230
Vancouver, BC V5P 1L2
Canada
Telephone: 604-638-8300

12. HOTEL-ONLY PASSENGER FLIGHT INFORMATION

(Please disregard this form if Grand Circle is arranging your flights)



If you have chosen the Hotel-Only package, you are responsible for arranging your own flights. It would be very helpful for your Program Director to know your flight information, so that your arrival may be anticipated.

Please take a moment to fill out this form and return it to the address listed below at your earliest convenience. **We must receive it at least 30 days prior to your departure date.**

Grand Circle Travel
Attn: Operations
347 Congress St.
Boston, MA 02210

HOTEL-ONLY PASSENGER FLIGHT INFORMATION: NSC/NSB 2011

PROGRAM NAME: _____

INVOICE #: _____ **DEPARTURE DATE:** _____

NAME(S): (1) _____

: (2) _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

TELEPHONE: _____

HOME CITY AIRPORT: _____

AIRLINE: _____

FLIGHT # /DEPARTURE TIME: (Home City) _____

FLIGHT # /ARRIVAL TIME: (Boston) _____