

Grand Circle Travel[®]

THE LEADER IN VALUE AND WORLDWIDE DISCOVERY SINCE 1958

Your Grand Circle Travel Planning Guide



The Canadian Maritimes: Nova Scotia, New
Brunswick & Prince Edward Island

2026

Grand Circle Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with Grand Circle Travel. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

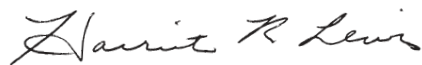
When you travel with us, you will enjoy a thoughtfully designed itinerary that balances unforgettable included discoveries with time for independent explorations. Your experience will be enriched by the company of like-minded American travelers and an **expert, local Program Director**. Assigned to a group of 30 travelers on average, these passionate leaders are ready and eager to share their homeland and insights as only a local can. Whether it is recommending their favorite restaurant, connecting travelers with people and culture, or providing the best regional maps to enhance your leisure time, your Program Director will be available to take care of all the details and ensure that you have a fun and carefree travel experience. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Throughout your explorations, you will experience Exclusive Discovery Series events designed to connect you with local people and culture. From sharing traditional fare and lively conversation during Home-Hosted Visits, to discussing Controversial Topics impacting everyday life, you'll gain an intimate understanding of your destination, not just a superficial view. And if you choose to travel solo, you will enjoy all these cultural experiences at an unmatched value, with our FREE or low-cost Single Supplements—just one of the reasons we continue to be the leader in solo travel.

Plus, you can put your own personal stamp on your trip, like the **87% of our travelers who customize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-221-2610**.

Warm regards,



Harriet R. Lewis
Chair
Grand Circle Travel

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The Canadian Maritimes: Nova Scotia, New Brunswick & Prince Edward Island

Canada: Baddeck, Charlottetown, Saint John, Halifax

13 days starting from \$4,795

including airfare

Single Supplement: **FREE**

For departure dates & prices, visit

www.gct.com/nsc2026pricing

Endless storybook coastlines and primeval landscapes set the backdrop for Canada's alluring Atlantic provinces. Experience the diverse highlights of Nova Scotia, New Brunswick, and Prince Edward Island, from historic Halifax and the resort town of St. Andrews to the Cabot Trail, Cape Breton Island's Scottish heritage, and more.

IT'S INCLUDED

- Choose to **purchase Grand Circle's airfare**, and your airport transfers, government taxes, fees, and airline fuel surcharges are included. Or, make your own air arrangements
- **Accommodations** for 12 nights in comfortable rooms with private baths
- **24 meals:** 12 breakfasts, 9 lunches, and 3 dinners
- **14 included features:** 12 guided tours and 2 exclusive Discovery Series events: Oyster farming • Nature Cruise & Whale Watching
- Exclusive services of a local **Grand Circle Program Director** (assigned to no more than 42 travelers)
- **Gratuities** on your main trip for local guides and motorcoach drivers
- **Personal headset** on all included and optional tours
- Private motorcoach land travel
- Baggage handling for 1 piece of luggage per person, including tips
- **5% Frequent Traveler Credit toward your next trip**

Prices are accurate as of the date of this publishing and are subject to change.

The Canadian Maritimes: Nova Scotia, New Brunswick & Prince Edward Island



ITINERARY SUMMARY

1-2 • Fly to Halifax, Nova Scotia
Included Tour Halifax

3-5 • Baddeck, Nova Scotia
Included Tours Alexander Graham Bell Museum, Cabot Trail

6-7 • Charlottetown, Prince Edward Island
Included Tours Anne of Green Gables Museum, Prince Edward Island National Park, Charlottetown

8-10 • Saint John, New Brunswick
Included Tours Hopewell Rocks, Saint John, St. Andrews

11-12 • Halifax, Nova Scotia
Included Tours Peggy's Cove, Lunenburg

13 • Return to U.S.

WHAT TO EXPECT

① ② ③ ④ ⑤ Easy

Group Size

- A maximum of 42 travelers, led by a local Grand Circle Program Director

Pacing

- 5 locations in 13 days
- 4 days feature 6-8 hours of travel by motorcoach

Physical Requirements

- Walk 1 mile unassisted and participate in 3-4 hours of physical activities daily, including stairs
- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them
- We reserve the right for Program Directors to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience

- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

Terrain & Transportation

- Uneven walking surfaces, including unpaved paths, steep hills, stairs, and cobblestones
- Travel by 55-seat motorcoach, ferry, and small boat

Climate

- Daytime temperatures range from 55-75°F during touring season
- June-August are the warmest months
- May, late September, and October weather can be unpredictable and change quickly

MAXIMIZE YOUR DISCOVERIES & VALUE

OPTIONAL EXTENSIONS

all with FREE Single Supplements

Quebec City & Montreal, Quebec
PRE-TRIP: 5 nights from **\$2,095**

St. John's, Newfoundland
POST-TRIP: 4 nights from **\$1,995**

The Canadian Maritimes: Nova Scotia, New Brunswick & Prince Edward Island

YOUR DETAILED ITINERARY

BEGIN YOUR TRIP WITH AN OPTIONAL PRE-TRIP EXTENSION

5 nights in *Quebec City & Montreal, Quebec*

Day 1 Arrive Quebec City, Quebec

Day 2 Explore Quebec City

Day 3 Quebec City

Day 4 Quebec City • Explore Montreal

Day 5 Montreal

Day 6 Montreal • Halifax, Nova Scotia

Day 1 Depart U.S. • Arrive Halifax, Nova Scotia

- Destination: Halifax
- Accommodations: Four Points Halifax or similar

Morning/Afternoon: Travel to Halifax today, with your arrival time depending on your departure city. Transfer to your hotel where you will meet fellow travelers completing their *Quebec City & Montreal, Quebec* trip extension.

Dinner/Evening: You are free to make independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 2 Explore Halifax

- Destination: Halifax
- Included Meals: Breakfast, Lunch
- Accommodations: Four Points Halifax or similar

Breakfast: At the hotel.

Morning: Join your Program Director for a welcome briefing before setting out into Nova Scotia's dynamic coastal capital on an included tour. Start your explorations with a panoramic drive through downtown to witness some of the city's main landmarks, including the famous Old Town Clock Tower, commissioned by Prince Edward in 1803, and the historic harbor area with its restored stone warehouses and old wharf buildings. You'll also visit Point Pleasant Park, featuring the 18th-century Prince of Wales Tower (the oldest defensive tower of its kind in North America), and the Fairview Lawn Cemetery, where the *Titanic* gravesite is located. Halifax sent three of her ships to recover those lost in the tragedy.

You'll end your tour with a visit to Halifax Citadel (Fort George), the hilltop fortress that dominates and defines the city. Constructed in 1749, the same year Halifax was founded, the strategically designed structure features a distinctive star-shaped design and commanding views of the harbor—the second-largest natural harbor in the world.

Lunch: We'll enjoy a Welcome Lunch at a local restaurant.

Afternoon: Free for your own discoveries—ask your Program Director for recommendations. Perhaps you'll learn more about Halifax's seafaring heritage and view more artifacts from the *Titanic* at the Maritime Museum of the Atlantic, which also features a special exhibit on the Halifax Harbor explosion of 1917. Or maybe you'll choose to explore St. Paul's Anglican Church, the oldest building in Halifax (constructed in 1749), or simply roam the sophisticated shops and art galleries. For a unique perspective of Halifax's skyline, hop aboard the ferry to Dartmouth for a ten-minute ride across the harbor.

Dinner: On your own. Your Trip Experience Leader can provide suggestions.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 3 Halifax to Baddeck, Nova Scotia • Discover Millbrook Cultural & Heritage Center • Visit the Alexander Graham Bell Museum

- Destination: Baddeck
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Silver Dart Lodge or similar

Breakfast: At the hotel.

Morning: We'll journey overland to Baddeck today, set on the shores of the lovely and expansive Bras d'Or Lake on Cape Breton Island—the northeastern part of Nova Scotia, separated from the mainland by the Strait of Canso.

Along the way, stop at the Millbrook Cultural & Heritage Center, a museum dedicated to the region's indigenous Mi'kmaq people. During

an included tour of the museum, you'll witness artifacts and exhibits that bear testament to more than 7,000 years of Mi'kmaq history, with opportunities to converse with the expert staff and interpreters to deepen your understanding.

Lunch: At a local restaurant.

Afternoon: After lunch, we'll visit the Alexander Graham Bell Museum, which houses some of the great inventor's personal effects and documents, as well as some of his remarkable inventions. Set on 25 beautifully landscaped acres, this historic site also offers stunning views of Bras d'Or Lake. Bell lived and worked here for 35 years, and you'll find ample information about his history and inventions on display.

After the museum, head to the hotel to check in.

Dinner: Gather with your fellow travelers for an included dinner at the hotel.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 4 Baddeck • Explore the Cabot Trail • Visit St. Peter's Church & Les Trois Pignons

- Destination: Baddeck
- Included Meals: Breakfast, Lunch
- Accommodations: Silver Dart Lodge or similar

Breakfast: At the hotel.

Morning: This morning, explore the Cabot Trail, where jagged peaks rise straight out of the sea along the coastline. The namesake of John Cabot, the Italian-born seafarer who sailed to Cape Breton Island in 1497 under commission to England's King Henry VII, this panoramic drive features picturesque vistas of vast skies above and open seas below. Circle the

northern part of the island, where the seaside settlements and craggy shoreline evoke images of the Scottish Highlands.

Along the way, we'll make two stops—first at St. Peter's Church. With an unassuming sandstone exterior, the inside of this Catholic church building is full of impressive columns and ornate stained glass windows. Then, stop to visit Les Trois Pignons to learn about the art of making hooked rugs.

Lunch: Enjoy a scenic picnic lunch in the pastoral grandeur of Cape Breton Highlands National Park.

Afternoon: After heading back to the hotel, the rest of the afternoon is free for your own discoveries—ask your Program Director for recommendations.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 5 Baddeck • Fortress of Louisbourg

- Destination: Baddeck
- Included Meals: Breakfast, Lunch
- Accommodations: Silver Dart Lodge or similar

Breakfast: At the hotel.

Morning: We'll depart for Louisbourg, where we'll witness the Fortress of Louisbourg National Historic Site. This site features a partial reconstruction of an 18th-century French fortress, complete with richly furnished exhibits and costumed local guides that transport you back in time.

Lunch: At a local restaurant.

Afternoon: Return to Baddeck, where the rest of the day is at leisure. Your Program Director can recommend free time activities to suit your interests.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 6 Baddeck to Charlottetown, Prince Edward Island

- Destination: Charlottetown
- Included Meals: Breakfast, Lunch
- Accommodations: Rodd Charlottetown Hotel or similar

Breakfast: At the hotel.

Morning: Today, head to Prince Edward Island (called PEI by the locals), Canada's smallest province, known for its sandstone cliffs, blossoming gardens, and wide beaches. Drive through the beautiful Prince Edward Island countryside this morning to Pictou, where the first Scottish immigrants landed in the late 1700s, hence its nickname: the "Birthplace of New Scotland."

Lunch: Enjoy an included lunch at a restaurant in Pictou.

Afternoon: Continue your journey from Caribou, Nova Scotia towards Prince Edward Island by ferry. When the French explorer Jacques Cartier landed on PEI in 1534, the native Mi'kmaq people called the island home. French-Acadian, Scottish, and Irish settlers later landed on the island, creating the rich heritage that remains evident today. Though tourism and fishing are important to the PEI economy, much of the island is carpeted with farms—this tiny province produces most of Canada's potatoes, hence its moniker of "Spud Island."

Arrive later this afternoon in Charlottetown, the provincial capital of PEI, to check into your hotel. The balance of the afternoon is free for your own discoveries—ask your Program Director for recommendations.

Dinner: On your own.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 7 Charlottetown • Visit Anne of Green Gables Museum • Oyster farming experience • Prince Edward Island National Park

- Destination: Charlottetown
- Included Meals: Breakfast, Lunch
- Accommodations: Rodd Charlottetown Hotel or similar

Breakfast: At the hotel.

Morning: Discover a PEI quintessence—the Anne of Green Gables Museum at Silver Bush. Author Lucy Maud Montgomery found inspiration in Silver Bush for her 1908 novel, *Anne of Green Gables*, as well as her other beloved tales of Anne Shirley, the gregarious, adventurous orphan. Her maternal grandparents raised her in their PEI home, a place she called “the wonder castle of my childhood.” Enjoy a carriage ride around the grounds, then take part in a potato planting experience.

After touring the museum, head to Raspberry Point Oysters for a unique inside look into oyster farming during an exclusive Discovery Series outing. Meet a local fisherman who specializes in oyster farming, and learn about his livelihood and the farming process—then shuck a few fresh oysters to sample this raw delicacy.

Then discover the island’s scenery in Prince Edward Island National Park, where you’ll enjoy time to amble along the red-sand shores of Cavendish Beach or stroll its boardwalk.

Lunch: At a local restaurant.

Afternoon: After lunch, embark on a panoramic bus tour of downtown Charlottetown, including the vibrant Victoria Park and the quaint Beaconsfield Historic House, originally built in 1877.

Dinner: On your own—ask your Program Director for restaurant recommendations.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations. Perhaps soak in the small-town appeal and relaxed atmosphere of PEI’s largest city. One of the most significant events in Canadian history took place here: The Charlottetown Conference laid the groundwork for the establishment of the Canada we know today at the Province House in 1864, which is now a national historic site open to visitors.

Day 8 Visit Hopewell Rocks • Overland to Saint John, New Brunswick

- Destination: Saint John
- Included Meals: Breakfast, Lunch
- Accommodations: Delta Hotels by Marriott Saint John or similar

Breakfast: At the hotel.

Morning: Set out for New Brunswick this morning. During our drive, you can take in the sights of the impressive Confederation Bridge that serves as the main link between Prince Edward Island and New Brunswick. Canada’s longest bridge, Confederation Bridge is renowned as the longest bridge in the world over ice-blanketed waters.

After crossing the bridge, we'll stop at another local landmark, Hopewell Rocks, for an included lunch and guided tour.

Lunch: At a local restaurant near Hopewell Rocks.

Afternoon: Get a closer look at Hopewell Rocks, a collection of whimsical formations standing from 40 to 70 feet tall, during an included tour. For thousands of years, the massive tides of the Bay of Fundy have been sculpting over twenty free-standing sea stacks peppered along one mile of shoreline, which we'll witness during our time here.

After touring the rocks, you'll continue on to Saint John, the largest city in the province of New Brunswick, via motorcoach. Check in to your hotel late this afternoon and enjoy the remainder of the day at leisure.

Dinner/Evening: Make independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 9 Explore Saint John • Stonehammer Global Geopark

- Destination: Saint John
- Included Meals: Breakfast, Dinner
- Accommodations: Delta Hotels by Marriott Saint John or similar

Breakfast: At the hotel.

Morning: Take a walking tour of some of Saint John's highlights, including the historic districts and King's Square. You'll also discover the bustling City Market, whose aisles and stalls feature tantalizing treats from bakeries, delicatessens, cheese vendors, and other purveyors of fine goods from all around Canada and the world at large.

Lunch: On your own—ask your Program Director for local restaurant recommendations.

Afternoon: Enjoy some free time for your own discoveries—ask your Program Director for recommendations. Perhaps you'll immerse yourself in the region's maritime heritage at the New Brunswick Museum—the oldest continuously-operated museum in Canada—which features exhibits detailing the province's art, culture, and diverse natural beauty. Or, simply wander the city's historic core, admiring its well-preserved architecture, or take a stroll along the picturesque waterfront.

We'll regroup this afternoon and depart towards the Stonehammer UNESCO Global Geopark, a diverse geological landscape with almost one billion years of history spanning almost 1,000 square miles. Here, we'll visit the confluence of the Saint John River and the Bay of Fundy, known as the Reversing Falls after the unique phenomenon caused by the tide, as well as the Irving Nature Park and Rockwood Park.

Dinner: At a local restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 10 St. Andrews excursion • Visit Campobello Island • Whale watch

- Destination: Saint John
- Included Meals: Breakfast, Lunch
- Accommodations: Delta Hotels by Marriott Saint John or similar

Breakfast: At the hotel.

Morning: Today, enjoy an excursion to nearby St. Andrews. Board a motorcoach after breakfast for about an hour's drive to the ferry port. Then, hop on a ferry to discover Campobello Island, favored for its coastal

tranquility by President Franklin D. Roosevelt. Easily accessible from both the Maritimes and New England, the island is home to Roosevelt Cottage—FDR’s family summer retreat. The magnificent 34-room residence has been remarkably preserved (it was built in the late 1800s and renovated in the Arts and Crafts architectural style in 1915), and is set amidst the sprawling grounds of the Roosevelt Campobello International Park.

After your time on Campobello Island, embark on a nature cruise and whale watch through “One of the Marine Wonders of the World,” the Bay of Fundy (weather permitting). This cruise—if the famous fog obliges—is a fascinating exploration of the wildlife and marine character in the inlet Passamaquoddy Bay. Return to St. Andrew’s dock in time for lunch.

Lunch: At a local restaurant.

Afternoon: After lunch, embark on a walking tour of St. Andrews. Known as “St. Andrews by-the-Sea,” the town was settled by British Loyalists after the American Revolution and its English-American heritage remains evident in the historic buildings that line almost every street. The king’s surveyor mapped out the town in 1783 and divided it into 60 perfect square blocks separated by wide, tree-lined streets. The town boasts 100 houses that are more than 200 years old and many more dating from the 19th century, including the gabled Algonquin Resort, once a summer playground for wealthy Bostonians and New Yorkers.

Upon return to the hotel in Saint John, the rest of the afternoon is yours to do as you please. Your Program Director will have several recommendations for free time.

Dinner: On your own. Ask your Program Director for restaurant recommendations.

Evening: Continue making independent discoveries this evening.

Day 11 Saint John to Halifax, Nova Scotia

- Destination: Halifax
- Included Meals: Breakfast, Lunch
- Accommodations: Four Points Halifax or similar

Breakfast: At the hotel.

Morning: Depart New Brunswick after breakfast to begin your transfer to Halifax. You’ll travel by motorcoach through the Nova Scotia countryside to Shediac, where you’ll board a cruise of the bay.

Lunch: Enjoy an included lobster lunch as you cruise the waters of Shediac Bay. Enjoy a taste of this regional specialty, and the opportunity to learn about the importance that lobster fishing plays in the local way of life.

Afternoon: You’ll disembark in Shediac, then continue on your way to Halifax. Upon your arrival this evening, you’ll check in to your hotel and have the remainder of the day at leisure.

Dinner: On your own. Ask your Program Director for restaurant recommendations.

Evening: At leisure. Perhaps you’ll take a leisurely stroll around the hotel or relax in the lounge.

Day 12 Halifax • Visit Lunenburg & Peggy’s Cove

- Destination: Halifax
- Included Meals: Breakfast, Dinner
- Accommodations: Four Points Halifax or similar

Breakfast: At the hotel.

Morning: Discover the port town of Lunenburg on Nova Scotia's scenic South Shore on your own. The best surviving example of a British planned colonial settlement, Lunenburg's Old Town is a UNESCO World Heritage Site for its beautifully preserved architecture. Established in 1753, the town still features charming, colorful wooden houses, some dating back to the 18th century.

Lunch: On your own—ask your Program Director for local restaurant recommendations.

Afternoon: Depart Lunenburg for Peggy's Cove. Set on the eastern shore of St. Margarets Bay, Peggy's Cove is a quaint fishing village and home to historic Peggy's Point Lighthouse, an iconic and frequently photographed coastal fixture. The name Peggy's Cove stirs up ample folklore about "Peggy of the Cove," the sole survivor of a shipwreck, which you're sure to hear more about during your time here.

Return to Halifax late this afternoon.

Dinner: Savor a Farewell Dinner with your fellow travelers as you toast to the discoveries you made on this trip.

Evening: Continue making independent discoveries this evening for your last night in Canada. Ask your Program Director recommendations.

Day 13 Halifax • Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your return flight, or continue your explorations on our *St. John's, Newfoundland* extension.

END YOUR TRIP WITH AN OPTIONAL POST-TRIP EXTENSION

4 nights in *St. John's, Newfoundland*

Day 1 Halifax, Nova Scotia • St. John's, Newfoundland

Day 2 Explore St. John's

Day 3 St. John's • Petty Harbour fishing experience

Day 4 St. John's • Witless Bay puffin & whale watching cruise

Day 5 St. John's • Return to U.S.

PRE-TRIP

Quebec City & Montreal, Quebec

INCLUDED IN YOUR PRICE

- » **Accommodations** for 5 nights
- » **7 meals:** 5 breakfasts, 1 lunch, and 1 dinner
- » **2 included tours:** Quebec City, Montreal
- » Exclusive services of a Grand Circle Program Director
- » **Gratuities** for local guides and motorcoach drivers on your extension and all optional tours
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Relish the unique charm and proud heritage of French Canada, exploring Quebec's namesake capital and Montreal, its largest city—both scenically situated on the St. Lawrence River. Uncover the enduring European influences and of-the-moment appeals that lie along the cobbled, shop-lined streets of these French-speaking metropolises.

Day 1 Arrive Quebec City, Quebec

- Destination: Quebec City
- Accommodations: Hotel Le Concorde Quebec or similar

Morning/Afternoon: Travel to Quebec City today, with your arrival time depending on your departure city.

Day 2 Explore Quebec City

- Destination: Quebec City
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Le Concorde Quebec or similar

Breakfast: At the hotel.

Morning: Discover Quebec's capital and one of the oldest settlements in North America during a morning tour. Founded in 1608 by French explorer Samuel de Champlain, Quebec City is infused with charming European

influences, from winding cobblestone lanes to the mansard-roofed 17th- and 18th-century homes that line them. Immaculately preserved ramparts, a North American rarity, encircle Old Quebec and feature two notable gates—Porte St-Louis and Porte St-Jean.

Defining the city's skyline is the landmark Chateau Frontenac: Set atop a towering cape overlooking the St. Lawrence River, it was constructed for the Canadian Pacific Railway in 1893. Along the banks of the St. Lawrence lie two sites of historical military importance—*La Citadelle* and the Plains of Abraham national park. North America's largest fort, *La Citadelle* was started by the French in the 18th century and finished by the English 100 years later, and is an active military base to this day. Its neighboring Plains of Abraham, part of The Battlefields Park, was the site of the pivotal

Battle of Quebec during the Seven Years' War (the French and Indian War, as the U.S. knows it) between the French and British.

Lunch/Afternoon: Yours to do as you please. Your Program Director will be happy to recommend a spot for lunch and free time activities.

Dinner: Gather with your fellow travelers for a Welcome Dinner at a local restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—ask your Program Director for recommendations.

Day 3 Quebec City

- Destination: Quebec City
- Included Meals: Breakfast
- Accommodations: Hotel Le Concorde Quebec or similar

Breakfast: At the hotel.

Morning: Free for your own discoveries—ask your Program Director for recommendations. Amble along the *Terrasse Dufferin*, a path that hugs the edge of the cliff where Chateau Frontenac is located, to soak in panoramic views of the riverside city. Return to Old Quebec, a UNESCO World Heritage Site, to further explore its charming lanes, or head to its equally walkable counterpart, the downtown district.

Lunch/Afternoon: Yours to do as you please. Your Program Director will be happy to recommend a spot for lunch and free time activities.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 4 Quebec City • Explore Montreal

- Destination: Montreal
- Included Meals: Breakfast, Lunch
- Accommodations: Best Western Ville-Marie Hotel or similar

Breakfast: At the hotel.

Morning: Travel to Montreal, Quebec's largest city (and Canada's second largest behind Toronto), Montreal is also set against the St. Lawrence River and boasts the Old World flair expected of a French Canadian hub—along with a vibrant cultural scene. This afternoon, set off on a panoramic tour of downtown to see some of the city's main attractions, including Notre-Dame Basilica, Place d'Armes square, and the nearly 200-year-old McGill University.

Lunch: At a local restaurant.

Afternoon: Free for your own discoveries—ask your Program Director for recommendations.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 5 Montreal

- Destination: Montreal
- Included Meals: Breakfast
- Accommodations: Best Western Ville-Marie Hotel or similar

Breakfast: At the hotel.

Morning: Free for your own discoveries in Montreal—ask your Program Director for recommendations. Perhaps you'll marvel at the widely diverse species on display at the vast *Jardin Botanique*, the third-largest botanical garden in the world that includes 20 thematic gardens and a bonsai "garden," to name a few. Learn about the city's history at *Musée d'Archéologie et d'Histoire Pointe-à-Callière*,

view an art collection spanning millennia at the *Musée des Beaux-Arts de Montréal*, or witness contemporary pieces by both Canadian and international artists at the *Musée d'Art Contemporain*. Or return to the Notre-Dame Basilica to witness its ornate interior, complete with gilded sculptures, detailed woodwork, and colorful stained-glass windows.

Lunch/Afternoon: Yours to do as you please. Your Program Director will be happy to recommend a spot for lunch and free time activities.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 6 Montreal • Halifax, Nova Scotia

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight to Halifax to begin your *The Canadian Maritimes: Nova Scotia, New Brunswick & Prince Edward Island* vacation.

POST-TRIP

St. John's, Newfoundland

INCLUDED IN YOUR PRICE

- » **Accommodations** for 4 nights
- » **6 meals:** 4 breakfasts, 1 lunch, and 1 dinner
- » **3 included tours:** St. John's, Petty Harbour fishing experience, Witless Bay puffin & whale watching cruise
- » Exclusive services of a Grand Circle Program Director
- » **Gratuities** for motorcoach drivers on your extension
- » All transfers

POST-TRIP EXTENSION ITINERARY

Set amidst the ruggedly beautiful island scenery of Newfoundland, the bustling provincial capital of St. John's is the largest city in the region, but retains all the charm of a small maritime fishing town. Wander amongst candy-colored homes that flank narrow lanes weaving up and down the hills, enjoying the warm welcome of a population eager to greet you as a new friend. You'll also immerse yourself in Newfoundland's maritime heritage by learning about local fishing culture at Petty Harbour, and search for puffins, whales, and other fantastic wildlife during a cruise at the Witless Bay Ecological Reserve.

Day 1 Halifax, Nova Scotia • St. John's, Newfoundland

- Destination: St. John's
- Accommodations: JAG Boutique Hotel or similar

Morning: Transfer to the airport and fly to St. John's.

Lunch: On your own. Your Program Director will be happy to offer recommendations.

Afternoon: After you arrive in St. John's (making sure to set your clock forward a half hour to adjust to the local time zone), transfer to your hotel, where you'll join your Program Director for an orientation briefing about the discoveries that await you.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 2 Explore St. John's

- Destination: St. John's
- Included Meals: Breakfast
- Accommodations: JAG Boutique Hotel or similar

Breakfast: At the hotel.

Morning: Discover St. John's today on an included tour. Located on the southeast corner of the island of Newfoundland, St. John's is the capital of the province of Newfoundland and Labrador. Settled by the English around the turn of the 16th century, St. John's is one of the oldest European cities in North America.

You'll see a few of the city's historic and cultural highlights during a guided tour with your Program Director. Explore Signal Hill, a panoramic vista that watches over the city and harbor down below. The hill took its name from colonial times, when observers used the vantage point to watch for ships sailing toward the city, utilizing colored flags to convey the identity of the arriving vessels. Signal Hill lived up to its name again in 1901, when the inventor Guglielmo Marconi received the world's first transatlantic wireless message. The hill also features Cabot Tower, built in 1898 to honor the 400th anniversary of explorer John Cabot's arrival at Newfoundland.

Next, travel to the easternmost point in North America when you visit the rugged cliffs of Cape Spear. Here, you'll find another maritime icon in the form of the Cape Spear Lighthouse, the oldest surviving lighthouse in the province. The cape is also home to the remains of a World War II coastal fortification, where Allied soldiers kept watch for German submarines.

Your tour also takes you to Jellybean Row, a neighborhood of vividly-painted houses that lend St. John's an unforgettable splash of color. Jellybean Row is the result of a campaign in the 1970s to rejuvenate the spirits and the economy of a city in decline. The idea worked, and you can still enjoy the results of the project today as you take in all the colors of the rainbow, arranged seemingly at random as you navigate the narrow lanes and hills of the city.

Lunch: On your own. Your Program Director will be happy to offer recommendations.

Afternoon: The rest of the day is yours to spend at leisure. Perhaps you'll choose to visit The Rooms, the province's largest public museum and art gallery. Within, you'll find exhibits and artifacts offering insights into natural history,

as well as a gallery containing 7,000 works of art, with a focus on provincial artists and local crafts.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 3 St. John's • Petty Harbour fishing experience

- Destination: St. John's
- Included Meals: Breakfast, Lunch
- Accommodations: JAG Boutique Hotel or similar

Breakfast: At the hotel.

Morning: Travel by motorcoach to nearby Petty Harbour, for a morning full of experiences that will offer insights into Newfoundland's close ties to the sea.

During your visit to this long-standing fishing community, you'll speak with a diverse range of locals to learn more about how the people of this region have lived off the bounty of the sea—from the European settlers who arrived here in the 1500s, to the indigenous First Nations people who lived here long before.

You'll observe old-fashioned maritime practices firsthand, including a demonstration of traditional hook and line techniques, perfected centuries ago to ensure sustainable fish populations in local waters, and watch as craftsmen weave ropes and knit twine nets by hand. You'll talk about how local people work hard to keep this old maritime heritage alive and relevant in the face of a changing modern society, and gain an appreciation for the level of skill involved during hands-on fishing activities.

Lunch: Included at a local restaurant. During your meal, you'll talk with your Program Director about how the traditional local practice of seal hunting has drawn the scrutiny of animal rights activists around the world, and how the Canadian government has attempted to calm international protest while respecting the traditions of the local people.

Afternoon: Return to St. John's, where the rest of the day is free to explore independently. You might choose to visit a local pub on George Street, a small lane featuring a variety of bars and restaurants, to receive a traditional Newfoundland welcome in the form of a "screech-in." This quirky ceremony is how Newfoundlanders bring out-of-towners into the fold with a shot of screech (local rum), a slice of fried bologna, a recitation of "Long may your big jib draw" (a maritime greeting meaning "good luck"), and finally, the kissing of a codfish. You can also choose to relax quietly with a pint.

Dinner/Evening: Continue making independent discoveries this evening, with dinner on your own. Ask your Program Director for restaurant recommendations.

Day 4 St. John's • Witless Bay puffin & whale watching cruise

- Destination: St. John's
- Included Meals: Breakfast, Dinner
- Accommodations: JAG Boutique Hotel or similar

Breakfast: At the hotel.

Morning: Travel south by motorcoach for about a half hour to Witless Bay, where you'll board a high-speed catamaran and set off into the sea for a memorable two-hour marine life viewing experience.

Here, in the waters of the Witless Bay Ecological Reserve, you'll keep an eye out for the curious creatures that reside here—including the Atlantic Puffin, which nests here in the largest breeding colony in North America. You'll cruise past their nesting sites and watch as they go through their daily routines, flying above the water searching for fish, and caring for their young.

You'll also search out the whale population that lives in these waters throughout the year. While sightings cannot be guaranteed, the high concentration of food in Witless Bay makes it an ideal spot for to search for humpbacks, fin, minke, orca, and other fascinating species.

Throughout your cruise, you'll also enjoy unforgettable views of Newfoundland's scenic coast, while an onboard expert will help guide your sightings and put your discoveries into context. You'll disembark and return to St. John's this afternoon.

Lunch/Afternoon: On your own. Your Program Director can suggest a restaurant, as well as free time activities to suit your interest. You might opt to learn more about local craft traditions at the Quidi Vidi Village Plantation. The facility offers workspace to expertly-trained craftspeople throughout the region, giving them a space to perfect and ply their trade, and for visitors to browse their wares and chat about the intricacies of their profession. Local studios offer textiles, woodwork, leathercraft, and other handmade goods.

Dinner: Join your fellow travelers to toast your discoveries with a Farewell Dinner at a local restaurant.

Evening: Continue making independent discoveries this evening. Ask your Program Director for recommendations.

Day 5 St. John's • Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home.

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this vacation.

- **Main trip only:** You will need 1 blank passport page.
- **Pre- and/or post-trip extensions:** No additional pages are needed.

No Visas Required

Travelers with a U.S. passport do not need any visas for this vacation, including the optional trip extensions.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Traveling with a minor may require certain documentation for border crossings. For further detail on the required documentation, please contact the local embassy or state government.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency).

Entry Process in Canada

As part of their routine entry process Canadian authorities may run a background check or ask general questions about the purpose and duration of your stay, your health, what funds are available to you during your trip, etc. This same process applies if you exit and re-enter Canada. For more details see the Canadian embassy's website at **www.international.gc.ca/country-pays/us-eu/**.

RIGORS, VACCINES & GENERAL HEALTH

Keep Your Abilities In Mind

Please review the information below prior to departing on this trip. We reserve the right for our Program Directors to modify participation, or in some circumstances send travelers home if their limitations are impacting the group's experience.

GROUP SIZE

- A maximum of 42 travelers, led by a local Grand Circle Program Director

PACING

- 5 locations in 13 days
- 4 days feature 6-8 hours of travel by motorcoach

PHYSICAL REQUIREMENTS

- Walk 1 mile unassisted and participate in 3-4 hours of physical activities daily, including stairs
- Not accessible for travelers using wheelchairs or scooters
- Travelers using walkers, crutches, or other mobility aids must travel with a companion who can assist them
- We reserve the right for Program Directors to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

TERRAIN & TRANSPORTATION

- Uneven walking surfaces, including unpaved paths, steep hills, stairs, and cobblestones
- Travel by 55-seat motorcoach, ferry, and small boat

CLIMATE

- Daytime temperatures range from 55-75°F during touring season
- June-August are the warmest months
- May, late September, and October weather can be unpredictable and change quickly

Long Drives & Other Rigors

This trip requires long motorcoach transfers. **Please feel free to bring whatever you need to be comfortable on the bus (pillow, blanket, etc.) and come prepared for long drives.**

This trip also features an active itinerary with long days of sightseeing and walks that follow steep and uneven pathways. Terrain can be uneven, rocky or precarious; both included and optional tours can require extended walking to guarantee a truly rewarding experience. Some of the places you visit may not have not been improved with elevators, escalators, ramps, railings or other aids.

Health Check

Feeling healthy and confident of your mobility is essential to fully enjoy your trip. If you have 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. (You can use the “Keep Your Abilities in Mind” on the previous page as a guideline to discuss with him or her.)
- You may want to have a dental exam before your trip. A loose filling or developing cavity would be difficult to remedy while you are traveling.
- 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.

No Vaccines Required

Recommended Vaccines

At the time of writing there were no required vaccines for this trip. The CDC recommends that all travelers be up to date on their routine vaccinations and on basic travel vaccines like Hepatitis A and Typhoid, but these are suggestions only. However, this could change in future so we encourage you to check with the CDC yourself before meeting with your doctor.

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Select “Find International Travel Information” then select “Country Information”; if you don’t see any medications specifically mentioned under the “Your Health Abroad” section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- 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.
- 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.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-321-2835**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card
- **Traveler's checks are not recommended.** They can be difficult to exchange and the commission fee for cashing them is quite high. It's more practical to view them as a last resort in the event of a special situation.
- **Ask before you pay in U.S. dollars.** Many shops in tourist centers will accept U.S. cash, but not all. When a shop does accept U.S. cash, the exchange rate is usually poor. You'll get more for your money if you use a credit card or pay in Canadian dollars.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Canada: Canadian dollar (\$)

How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets.

While there is no need to obtain Canadian dollars before your trip, many travelers do exchange \$50 to \$100 or so before they arrive. This can smooth your arrival should you run into closed banks/exchange offices or broken ATMs.

Once you are on the trip, you can withdraw Canadian dollars from an ATM. You can also exchange money at banks, most hotels, and money exchange offices. Canadian bank hours are similar to those in the U.S., generally 9 am to 3 or 4 pm. Please note that torn, dirty, or taped bills may not be accepted.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card. Many banks will charge a set fee or a percentage fee each time you use a foreign ATM. We recommend that you check with your bank before you depart. Don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM. If you are visiting a country that has different expectation for ATMs, they will be listed below.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. We suggest that you bring one or two, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, as not all are accepted around the world. If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines. To make it easy for you to budget, we have quoted the amounts in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars.

- **Grand Circle Program Director:** It is customary to express a personal “thank you” to your GCT Program Director at the end of your trip. As a guideline, many travelers give \$7–\$10 per traveler for each day their Program Director is with them. *Please note that tips for your Program Director can only be in the form of cash. If you are taking any of the optional extensions, your Program Director during the extension(s) may not be the same as the one on your main trip.*
- **Hotel Housekeeping:** Many travelers will leave \$1–\$2 per day, per room for the hotel housekeeping staff.
- **Included in Your Trip Price:** Gratuities are included for local guides and motorcoach drivers on your main trip, extensions, and all optional tours.

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 throughout your tour 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. Your Program Director will tip waiters for the included meals when the group dines together.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Customized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Customized Air:** You booked international air with us, and have customized it in some way. If you have customized your trip's dates to arrive early, stay longer, or stop on your own in a connecting city, airport transfers will NOT be included. You must also arrange your own accommodations for any additional nights. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.gct.com/myplanner under "My Reservations".

Air Inclusive Travelers

If you have purchased air with Grand Circle Travel, there are some points that may be helpful for you to know.

- **Arrival:** Once you arrive, you'll need to collect your luggage and clear customs. A Grand Circle Representative will meet you outside of customs and assist you with your transfer to the hotel or ship. Important note on porters: Airport porters are NOT allowed in the baggage claim area. On arrival, you must take your luggage off the baggage carousel and load it onto a cart, which you will then move through customs. When you exit customs, you'll handle your cart until reaching your transfer vehicle. Your driver will load your luggage into the transfer vehicle.
- **Flight Delays:** Grand Circle Travel is not responsible for flight delays or cancellations. In the unfortunate circumstance that your flight is delayed or changed, please try to reach the regional Grand Circle office (their number will be in your Final Documents) in order to make new arrangements for your transfer. Due to airline regulations our staff is not notified of flight rerouting, and our local representative won't necessarily be aware of your new arrival time. In these cases you will need to arrange your transfer by taxi to your hotel.
- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.

- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45–30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

Flight Confirmation

Please don't be surprised if your Program Director asks you to confirm your flight details directly with him or her before your departure; this is a routine check on their part. It ensures that any last-minute changes are accounted for, especially in the case of travelers who have made their own air arrangements.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as GCT travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-321-2835**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: **www.rome2rio.com**

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your vacation by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Program Director can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)
- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as "OPT Boston".

- Your Program Director will give you details on the optional tours while you're on the trip. But if you'd like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.gct.com/myplanner).

Communicating with Home from Abroad

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.

Calling Apps

Another option is to use a smartphone app like Skype, FaceTime, or WhatsApp. We recommend you use WhatsApp to communicate with home while abroad and with your Trip Experience Leader while onsite. You will need a Wi-Fi connection if you do not have international coverage. Other calling options include smartphone apps such as Skype or FaceTime. You will need a Wi-Fi connection for these apps and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards and 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.).

One reminder: 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 country.

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on per person.
Weight restrictions	Varies by airline. The current standard is 50 lbs for checked bags and 15 lbs for carry-on bags .
Size Restrictions	Varies by airline. Measured in linear inches (length+width+depth). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches .
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
Same as the main trip.	
REMARKS/SUGGESTIONS	
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check a suitcase.</p> <p>Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.</p>	

Don't Forget

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.
- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.

- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.

Your Luggage

- **Checked Bag:** Consider a duffel bag or soft-sided suitcase for your checked luggage. Due to space limitations on our motor coaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for one bag per person. All bags should have luggage tags.
- **Reminder:** Most airlines now charge a baggage fee to check a suitcase, which is not included in your trip price (baggage fees are payable directly to the airline). This may apply to your international flights, as well as any flights during your trip or extensions. Please confirm any baggage fees directly with your airline.
- **Carry-Ons:** Consider a daypack or small backpack as your carry-on bag. It can do double duty during excursions and walking trips. A daypack leaves your hands free and distributes its weight onto your back.

Clothing Suggestions: Functional Tips

- **Travel light:** A good rule of thumb is to gather together everything you want to bring; then take half of that. 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.
- **Consider clothing designed for travel, sports, or camping:** With modern fabrics, lightweight packing for comfort and protection through a wide range of weather is easy.
- **Pack casual clothes:** The presiding clothing style of this trip is casual. 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.
- **Plan to dress in layers.** Then you can add a layer, or peel one off, according to any temperature fluctuations. Even in summer, keep a sweater handy for the air-conditioned motorcoach rides.
- **Good walking shoes are essential:** The seaside communities, museums, and historic city centers 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 downpours or short-lived drizzle) are possible at all your destinations. A compact umbrella and/or waterproof shell, preferably with a hood, may come in handy.

What to Bring

We have included suggestions from Program Directors and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. We recommend using www.weather.com and consulting the “Climate” chapter of this handbook.

Your accommodations will supply soap, body wash, and shampoo/conditioner. If you prefer a certain brand you may want to bring your own, but otherwise you can rely on what they provide. **And don’t forget a reusable water bottle**—you’ll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Recommended Clothing

- ☐ Shirts: A mixture of short and long-sleeved shirts to layer
- ☐ Trousers, jeans, or skirts
- ☐ Comfortable walking shoes and/or water resistant shoes
- ☐ Light rain jacket/windbreaker with hood
- ☐ Sleepwear
- ☐ Socks and undergarments
- ☐ A warm layer, such as a sweater, fleece pullover, or jacket—no matter the season, temperatures in the mountains drop fast after sundown

Seasonal Clothing Recommendations

Early spring and late fall departures

- ☐ Hat and gloves

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush/comb, shaving items, deodorant, sunscreen, etc.
- ☐ Spare eyeglasses/contact lens and your prescription
- ☐ Sunglasses with a neck strap
- ☐ Insect repellent
- ☐ Swimsuit in case your hotel has a pool

- ☐ Wide-brim sun hat/visor
- ☐ Compact umbrella
- ☐ Pocket-size tissues
- ☐ Moist towelettes and/or anti-bacterial waterless hand cleanser
- ☐ Photocopies of passport, air ticket, credit cards, prescriptions for your medicines
- ☐ Items for your comfort on the bus (pillow, blanket, etc.). This tour involves several long drives.
- ☐ Camera, spare batteries, and memory cards

Medicines & First Aid

All the 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
- ☐ Pain relievers: Ibuprofen/aspirin/Naproxen
- ☐ Laxatives: Senokot/Ex-Lax
- ☐ Stomach upset: Pepto-Bismol/Mylanta
- ☐ Anti-diarrheal: Imodium
- ☐ Band-Aids
- ☐ Moleskin foot pads
- ☐ Antibiotic creams: Neosporin/Bacitracin

Electricity

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity at hotels in Canada is 110 volts. If you bring small American appliances, you will not need a transformer—your appliances will work just as they do at home.

Plugs

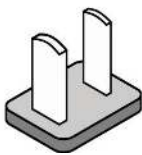
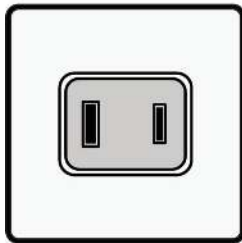
The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built, however Canada uses Type A and Type B plugs (same as the U.S.), so you will not need any adapters for this trip.

If you use multiple digital devices—cell phone, digital camera, and tablet for instance – it's handy to have a travel power strip, perhaps with a surge suppressors and USB-style port for charging cell phones or e-readers without the use of a device-specific plugs.

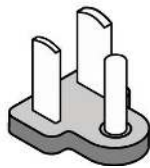
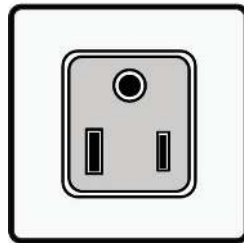
Here is the list of plugs for the countries on this trip:

Canada: A and/or B

Type A



Type B



CLIMATE & AVERAGE TEMPERATURES

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. However, the overall climate is best described as cool, changeable, and foggy. While daytime temperatures in spring and summer usually average in the 50s to 70s range, the changeable nature of the weather means that a warm day can suddenly turn cold, or a sunny day turn gray. For this reason, our Program Directors strongly recommend wearing layers—so you can adjust to the changing conditions as the day goes on. On the plus side, it is rarely humid in the eastern provinces, although it can get very foggy along the coast. Showers are possible any time of year, but are usually more common in spring and fall. The autumn season often comes early, and by mid-September daily temperatures usually hover in the low 50s. Fall foliage is often spectacular, particularly in late September and early October, when trees come ablaze with beautiful red, yellow, and orange bursts of color.

Newfoundland, Canada: Newfoundland has a cold and wet climate that is heavily influenced by the Gulf Stream. This warm ocean current from the Gulf of Mexico brings humid air that rises and hits the Atlantic cold front, creating fog. In fact, St John's the foggiest city in all of Canada, with about 124 foggy days a year. The city is also cold year round. Summer temperatures rarely get above the 70s and nighttime lows can stay in the 40s and 50s even in July and August. And snowfall can occur as late as April and as early as October. Between the fog, wind, and cold, **the weather here is very changeable**. A day that starts out clear and fine can swiftly turn to rain and wind. We strongly recommend bringing an umbrella and jacket, fleece, windbreaker, etc. all year round. Carry them with you in your daypack and you'll be prepared for anything that the weather throws at you.

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use **www.weather.com** for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	HALIFAX, CANADA			BADDECK, CANADA		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall
JAN	29 to 14	83 to 76	9	30 to 15	--	8
FEB	29 to 14	82 to 72	7	30 to 13	--	6
MAR	36 to 22	83 to 67	10	36 to 20	--	9
APR	47 to 32	87 to 67	15	45 to 30	--	13
MAY	57 to 41	89 to 66	18	57 to 39	--	14
JUN	67 to 50	89 to 65	18	66 to 48	--	13
JUL	73 to 57	91 to 65	16	73 to 56	--	13
AUG	73 to 57	92 to 67	15	74 to 57	--	13
SEP	65 to 50	92 to 69	14	66 to 50	--	14
OCT	54 to 40	90 to 73	16	55 to 41	--	16
NOV	44 to 32	87 to 78	16	45 to 33	--	16
DEC	34 to 20	84 to 79	11	36 to 23	--	10

MONTH	CHARLOTTETOWN, CANADA			QUEBEC CITY, CANADA		
	Temp. High-Low	% Relative Humidity (avg)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	26 to 11	77	6	18 to 2	72 to 68	19
FEB	27 to 13	76	4	21 to 5	71 to 65	15
MAR	33 to 20	72	7	32 to 16	73 to 62	15
APR	45 to 31	73	11	46 to 31	74 to 57	18
MAY	58 to 41	70	15	62 to 43	76 to 52	18
JUN	66 to 50	72	15	71 to 53	81 to 56	18
JUL	74 to 58	73	13	76 to 58	84 to 58	19
AUG	73 to 58	74	14	74 to 56	85 to 60	18
SEP	65 to 50	75	14	63 to 46	84 to 62	17
OCT	54 to 41	75	15	50 to 36	80 to 64	18
NOV	43 to 32	77	15	37 to 25	80 to 72	18
DEC	32 to 19	76	8	23 to 9	76 to 73	18

MONTH	ST JOHN'S, CANADA		
	Avg Temp. High-Low	% Relative Humidity (am-pm)	Average # Days with Rainfall
JAN	31 to 17	85 to 80	22
FEB	30 to 16	84 to 78	19
MAR	34 to 21	86 to 76	20
APR	42 to 29	87 to 76	18
MAY	52 to 35	86 to 72	16
JUN	60 to 43	87 to 71	15
JUL	69 to 52	87 to 70	13
AUG	69 to 53	89 to 71	14
SEP	62 to 47	90 to 74	16
OCT	52 to 39	89 to 77	19
NOV	44 to 31	86 to 80	20
DEC	35 to 24	86 to 82	22

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

Your Program Director

During your exclusive Grand Circle vacation, you'll have reliable assistance available at all times from an on-site Grand Circle Travel Program Director. Your Program Director is fluent in English and can give you an inside perspective on your destinations. He or she is 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 trips, 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 a Program Director throughout your vacation.

Canadian Culture

Canada is a vast country with significant cultural differences across its regions.

And in many ways, it is a country of a dual nationality—French Canada and English Canada. This is due to its roots in the British conquest of the French colony in 1760, which took place primarily around Quebec and Ontario. Cultural differences are perhaps most apparent in the province of Quebec (which has more French influence than British), where greetings may take the form of a peck on both cheeks rather than the traditional handshake of the rest of the nation.

And in some ways, this dual heritage continues to polarize the people of Canada as the French-speaking community often prefers to defend their cultural origins and language in many political and societal issues rather than to fully assimilate. But in contemporary Canada, the populace is no longer either of British or French origin—more than half of Canadians now descend from other parts of the world. In Toronto alone, more than 140 languages are spoken and close to half of its population was born outside of Canada.

Canada's official languages are English and French, but there are many more English speakers (about 60% of the population) than those who speak French (about 22%). In addition to the many other languages spoken by those who have immigrated to Canada, more than 60 Aboriginal languages are spoken across the country, ranging from Algonquin Cree to Inuit.

Since the vast majority of Canadians live within 50 or 60 miles from the border with the U.S., they do share a certain number of cultural behaviors and traits with their southern neighbors—things like a general informality, speaking freely, and a pioneering spirit. But in most ways, both the country of Canada and its citizens are very different. In fact, Canadians do not appreciate being mistaken for Americans.

While the idea of a “just society” isn’t really a new one, in the 1960s Prime Minister Pierre Trudeau made it his vision for the nation. He defined a “just society” as one in which “the rights of minorities will be safe from the whims of intolerant majorities.” In many ways, this concept is the underpinning of contemporary Canadian culture, as tolerance, respect, multiculturalism, and a community focus have become ingrained in the belief systems of most Canadians. This egalitarian world view also helps explain the nation’s role on the global stage, as Canada has participated in all of the U.N.’s peacekeeping missions and makes large donations to foreign aid. But while the distribution of wealth in Canada does not really reflect the principles of a just and equal society, the class divide is less obvious than in many countries. Most affluent Canadians downplay their socioeconomic position and obvious displays of wealth are rare.

Broadly speaking, individual Canadians are modest, tactful, tolerant, and very polite—although the stereotype that they apologize even when they’re not at fault is an exaggeration. But don’t confuse these character traits for a lack of mental toughness—these are people obsessed with ice hockey after all, the most brutal sport on the planet.

Canadians are also more globally oriented, and pride themselves on being well educated and well-informed—in fact, of the most educated countries in the world, Canada ranks first. The way they embrace equality, diversity, and multiculturalism comes through in the makeup of Prime Minister Justin Trudeau’s 2015 cabinet, which not only included an equal number of women and men but had two Aboriginal members and three from the Sikh community.

While some may question how a nation of such high principles and forward thinking ideals could consider “poutine” as their signature dish, but few can resist the way Canada dressed up French fries by topping them with cheese curds and thick brown gravy. Another Canadian favorite is “peameal” bacon, which is cured pork loin, rolled in yellow cornmeal (it’s not what is labeled as “Canadian bacon” in U.S. supermarkets—that’s an invented American pork product).

Like most other cultural influences, the cuisine of Canada varies from region to region. In the Maritimes, the cuisine is heavily influenced by Irish, English, and Acadian culture. And as one would expect due to region’s proximity to the Atlantic, seafood is a mainstay of Maritime cooking. Blueberries are big in the Maritimes, too, and there are festivals each summer celebrating the seasonal berries. And since New Brunswick and Prince Edward Island are Canada’s largest producers of potatoes, in addition to poutine, you’re likely to run across lots of hash browns, potato gratin, and a popular bistro dish called *pommes persillade*.

You’re sure to receive a warm welcome in the Maritimes or anywhere else in the world’s second largest country. But Canada is a cold country, so don’t forget your tuque, eh?

Canadian Cuisine

Canadian cuisine has strong French and English influences. Its star ingredient is **maple syrup**. The maple syrup producing regions are focused in Quebec, Ontario, New Brunswick, and Nova Scotia. Canada has a great selection of meat, so it is not surprising that many of its most popular dishes contain this ingredient. Calgary is very well known for their meat production, specifically **beef**. You’ll often find that beef is served grilled or hamburger style with chips and salad. Throughout

the country, you will find **salmon**. Near the Atlantic coast, you are likely to find smoked salmon, where as on the Pacific coast, wild salmon is usually eaten fresh or roasted—typical dishes include salmon caviar, dehydrated salmon strips, salmon burgers, or marinated salmon steaks.

- **Poutine:** One of the most popular dishes in Canada and originally from Quebec, this savory dish is made up of french fries covered in fresh cheese curds and gravy. You can find poutine being offered in most restaurants and street stalls in large cities.
- **Bouef fumé:** French for smoked meat. It is typically served as the main ingredient to sandwiches.
- **Tourtière:** A meat pie, originated during French colonization, and can also be referenced as *pâté à la viande*.
- **Peameal bacon:** This dish is back bacon rolled in corn flour and cooked until crispy on the outside.
- **Nanaimo bars:** This dessert has a crumbled cookie or wafer base with a layer of custard and molten chocolate.

Halifax in Brief

City Layout and Detail

If you look at a map of Eastern Canada, you'll notice Nova Scotia right away—it's the foot-shaped peninsula with its "heel" towards Maine and its "toe" towards Newfoundland Island. Halifax is located on the south shore (on the arch of the foot) where an inlet from the Atlantic Ocean spills into Bedford Basin, forming a natural harbor. Guarding the harbor is the historic Citadel Hill, crowned with a fort built between 1826 and 1856. Although originally designed to keep people out of the city, today the fort welcomes visitors in as a national historic monument. Besides being an attraction of its own, Citadel Hill also acts as a major landmark and unofficial dividing line between the neighborhoods that make up central Halifax—the waterfront to the east, the prestigious South End, the residential West End, and the student/artist enclave known as the North End.

Of these four neighborhoods, most visitors will probably want to focus on the waterfront, which can be explored on foot by walking the 2-mile long Halifax Waterfront Boardwalk, and the South End, home to the oh-so-Victorian Halifax Public Gardens. But travelers who like to get out of the city center and explore farther afield might enjoy the Fairview Lawn Cemetery in the North End—it's the final resting place for many of the Titanic victims and those who perished in the Halifax Explosion of 1914.

Evening Entertainment

Halifax offers a nice variety of options for a night out on the town. Theater-goers will want to check out what's playing at the Neptune Theater or Shakespeare by the Sea. If music is your thing, then there are lots of venues, especially smaller ones that also offer pub food or drinks (i.e. the Seahorse Tavern, Carelton, Bearly's House of Blues and Ribs). And for just drinks, there's plenty of pubs and bars to choose from, including the oddly-named Economy Shoe Shop.

Current listings of performances and events can be found in local newspapers or online at websites like www.skiddle.com/whats-on/Halifax or www.halifaxkiosk.com.

Local Transportation

While much of central Halifax is walkable and compact, the city does offer bus and ferry service, which together are known as Metro Transit. In addition to conventional bus lines, Metro Transit also has three special types of buses: Metro X (long distance), MetroLink (commuter buses), and Urban Express Routes (limited-stop routes that stay in the city center; these are the most useful for visitors).

One-way tickets for both the conventional bus lines and the Urban Express Routes is \$2.50 per person. Metro X and MetroLink are \$3-\$3.50. Senior discounts are available for anyone 65 years or older on all bus routes. Once used, a ticket is good for 90 minutes and transfers between lines are free on the same level of service. (And if you transfer from a less expensive bus to a more expensive one, you simply pay the difference.) Remember: Fares are in Canadian dollars, and are subject to change without notice, so use them as guidelines only.

You can buy tickets in person on the bus, but you'll need exact change. You can also buy tickets in many drugstores around town, like Lawton's Drugs and Shopper's Drug Mart. For more information, see the Halifax Transit website at www.halifax.ca/transit.

Quebec City in Brief

City Layout and Detail

Physically, Quebec City might be only about 180 miles from the U.S. border, but it culturally and historically, it is as close to France to as you can get in the Americas. Even its location on the banks of the St. Lawrence River mimics famous French cities, complete with a nearby island that splits the river in two (not unlike the Ile de la Cite in Paris or Grande Ile in Strasbourg). To the southwest of the island is the city center, which lies on a wedge of land between the main river (the St. Lawrence) and a small tributary (the St. Charles River).

The point of the wedge is the oldest neighborhood. Known as Vieux-Quebec (or "Old Quebec" in English), this is the home of the Citadel, the Cathedral of Notre-Dame, and other landmarks that were once part of the historic walled city. Because part of this historical district was built on a high outcrop, while the rest is spread below at the base of the hill, the area is usually divided into the Haute-Ville ("Upper City") and the Basse-Ville ("Lower City").

Most visitors start in the Haute-Ville, where the city skyline is dominated by Quebec's best-known landmark, the castle-like Chateau Frontenac hotel. The hotel was originally built during the railway boom to house passengers traveling along the Canadian Pacific Railway, but today is known less as a hotel and more as an iconic symbol of Quebec. To the east of the chateau is a public terrace that offers sweeping views of the St. Lawrence river on clear days.

Descending from upper to lower means either navigating one of the many public staircases or taking the funicular train. But traveling between the two is worthwhile as they both have places of interest to visit: the Parliament Building, the Fine Arts Museum, and the Plains of Abraham Battlefield Park (all in the Haute-Ville), plus the Museum of Civilization and the Place-Royale, where Samuel de Champlain landed in 1608 (both in the Basse-Ville).

Evening Entertainment

As a center for French culture, Quebec has a large number of restaurants, cafes, and bars with French flair. The city also boasts several theaters, such as the Grand Theatre de Quebec (big-name works and touring companies), Salle Albert-Rousseau (a mix of plays and music), and Theatre Capitole (a quirky venue that could have anything from physics to Elvis tribute shows).

Canada's oldest symphony orchestra is the Orchestre Symphonique de Quebec; during their season they perform in the Grande Theatre. For newer art, check out the avant-garde installations at Cooperative Meduse, or for foreign films try Cinema Cartier. And for something completely different, the Ecole de Cirque (Circus School) occasionally puts on shows. (This is not to be confused with Cirque du Soleil, which is based in Montreal.)

Local Transportation

The old city center is compact and walkable, but narrow streets, steep steps, and cobblestones can make walking slow—especially in the winter, when conditions are icy—so many locals opt to use public transit instead. The system, which is known as the RTC, includes buses and express shuttles when festivals are in town. One-way tickets cost \$3.25 each, and once used are good for two hours. (You can transfer from line to line for free during that two-hour window but you need to ask the driver for a transfer when you first board.) Daily passes are also available for \$8 per person.

Tickets can be purchased on the bus for exact change; some hotels and pharmacies also sell tickets and passes (look for Brunet, Familiprix, Jean Coutu, or Pharmaprix pharmacies).

In addition to the regular bus service, there is also a special service known as Parours 21/Route 21 that services just the Old Town area and the ferry terminal. Because it is on a short fixed route, tickets are only \$2 per person. *Remember: Fares are in Canadian dollars, and are subject to change without notice, so use them as guidelines only.*

St John's in Brief

Often touted as both the oldest and most easterly city in North America, St John's was founded in the 1500s by European fishermen who set up camp on the eastern side of the Canadian island of Newfoundland. They chose a spot on the rugged Avalon Peninsula, which gave them access to both the open Atlantic Ocean to the east, a freshwater source at Windsor Lake, and the sheltered Conception Bay to the west. Today most of the city is spread along the eastern shore, facing the ocean.

The downtown core of the city is the area immediately surrounding the V-shaped St John's Harbor. Here is where you'll find shops and restaurants in a pedestrian-friendly zone of brightly painted houses. Local history has it that the bright colors were so that sailors and fishermen could see their home as they came into the harbor—a touching reminder of the city's maritime history. To trace even more of the city's history, be sure to visit Signal Hill. Located at the northern end of downtown, it's quite a steep climb. But not only does it provide sweeping views of the harbor below, it also has the remains of town fortifications like the Queen's Battery Barracks and a lone signal tower.

Other attractions to seek out include the Johnson Geo Centre (a museum on geology located by Signal Hill); The Rooms (a cultural center and art/history museum just outside of downtown); and Basilica Cathedral.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your vacation. 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 is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly. If the shop is outside the country, you should expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from the standards you are used to, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Canada

Popular items include knitted clothing and outerwear, art and craftworks made by First Nations peoples (such as moccasins, carvings, and prints), antiques, and outerwear. There are also some local specialties you may want to consider:

- **Banff and Jasper:** Look for souvenirs made from local materials like Ammolite.

- **Vancouver:** A lot of the best shopping in Vancouver is for gourmet food such as microbrew beers, smoked salmon, maple syrup products, local wines, etc.
- **Toronto:** Keep an eye out for Swiss chocolate, fine English bone china, and Eskimo soapstone sculpture
- **Canadian Maritimes:** Popular items include wood carvings, hand-crafted jewelry, pottery, and locally made jams and sauces.
- **Newfoundland and Labrador:** Check out Labradorite (a semi-precious stone only found in this region), knitted mittens, and savoury (an herb used in regional dishes)

Sales Tax in Canada

Canada levies a federal goods and services tax (GST) of 5% throughout Canada. Each province can also charge their own provincial sales tax on top of the 5%.

- **Alberta** does not charge a provincial sales tax, so you'll pay 5% sales tax in Alberta.
- **British Columbia** does charge their own tax on top of the federal 5%. Their sales tax is 12% total on all goods and services, including meals greater than \$7 Canadian.
- **Quebec** does charge their own tax on top of the federal tax. Their total sales tax (including federal) tax is just under 15% on all non-essential goods and services. Prices sometimes have this tax built into them; you may not see it as a separate line item on a receipt.
- **Nova Scotia** does charge their own tax on top of the federal tax. Their total sales tax (including federal) tax is 15% on all goods and services.
- **New Brunswick** does charge their own tax on top of the federal tax. Their total sales tax (including federal) tax is 13% on all goods and services.
- **Prince Edward Island** does charge their own tax on top of the federal 5%. Their sales tax is 14% total on all goods and services.
- **Newfoundland and Labrador** charges an additional 10% sales tax, so you'll pay 15% total here.
- **Ontario** charges their own 8% provincial sales tax on top of the federal tax.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.

- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- 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.

DEMOGRAPHICS & HISTORY

Canada

Facts, Figures & National Holidays

Note that this section covers all of our itineraries in Canada.

Canadian Province of Prince Edward Island

- Abbreviation: PE
- Area: 2,190 square miles
- Capital: Charlottetown
- Entered Confederation: July 1, 1873
- Languages: English
- Religions: Roman Catholic, 47%; United Church, 20%; Presbyterian, 6%; Anglican, 5%
- Seats in Federal Parliament: 4 common seats; 4 senate seats
- Time zone: PE Island is on Atlantic Time, one hour ahead of Eastern Time in the United States.

Canadian Province of Nova Scotia

- Abbreviation: NS
- Area: 21,345 square miles
- Capital: Halifax
- Entered Confederation: July 1, 1897
- Languages: English
- Religions: Roman Catholic, 37%; United Church, 17%; Anglican, 13%
- Seats in Federal Parliament: 11 common seats; 10 senate seats
- Time zone: Nova Scotia is on Atlantic Time, one hour ahead of U.S. Eastern Time.

Canadian Province of New Brunswick

- Abbreviation: NB
- Area: 28,150 square miles
- Capital: Fredericton

- Entered Confederation: July 1, 1867
- Languages: English, French (both official)
- Religions: Roman Catholic, 52%; Baptists, 8%, United Church, 7%; Anglican, 7%; Pentecostal, 3%
- Seats in Federal Parliament: 10 common seats; 10 senate seats
- Time zone: New Brunswick is on Atlantic Time, one hour ahead of Eastern Time in the United States.

Canadian Province of Newfoundland and Labrador

- Abbreviation: NL
- Area: 156,453 square miles
- Capital: St John's
- Entered Confederation: March 31, 1949
- Languages: English
- Religions: Christian 93.2% (Roman Catholics are roughly 1/3 of this group); Irreligious 6.2%; Muslim, 0.2%; All others 0.4%
- Seats in Federal Parliament: 40 common seats; 6 senate seats
- Time zone: The province has its own time zone—Newfoundland Time—which is one and a half hours ahead of Eastern Time in the United States.

Canadian Province of Quebec

- Abbreviation: QC
- Area: 527,079 square miles
- Capital: Quebec City
- Entered Confederation: July 1, 1867
- Languages: French
- Religions: Roman Catholic, 83%; Protestant (including Anglican and United Church), 4.7%; Muslim, 1.5%; Jewish, 1.3%; Orthodox Christian, 1.3 %
- Seats in Federal Parliament: 75 common seats; 24 senate seats
- Time zone: Most of Quebec—including Quebec City and Montreal—is on Eastern Time, same as the eastern seaboard in the United States.

Canadian Province of Ontario

- Abbreviation: ON
- Area: 1,076,395 square kilometers
- Capital: Toronto
- Government: Federation of ten provinces and three territories
- Entered Confederation: September 1, 1905
- Languages: English, French (both official)
- Religions: Roman Catholic, 46%; United Church, 16%; Anglican, 10%
- Time zone: Ontario is on Eastern Time, same as the eastern seaboard in the United States.

Canadian Province of Alberta

- Abbreviation: AB
- Area: 661,185 square kilometers
- Capital: Edmonton
- Government: Federation of ten provinces and three territories
- Entered Confederation: September 1, 1905
- Languages: English, French (both official)
- Religions: Roman Catholic, 46%; United Church, 16%; Anglican, 10%
- Time zone: Alberta is on Mountain Time, two hours behind Eastern Time in the United States.

Canadian Province of British Columbia

- Abbreviation: BC
- Area: 948,596 square kilometers
- Capital: Victoria
- Government: Federation of ten provinces and three territories
- Entered Confederation: July 20, 1871
- Languages: English, French (both official)
- Religions: Roman Catholic, 46%; United Church, 16%; Anglican, 10%

- Time zone: British Columbia is on Pacific Time, the same as the West Coast of the United States.

National Holidays: Canada

In addition to the holidays listed below, Canada celebrates a number of national holidays that follow a lunar calendar, such as Easter and Labor Day. Each province in Canada also has a certain latitude in setting its own holidays. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day
07/01 Canada Day
11/11 Remembrance Day
12/25 Christmas Day
12/26 Boxing Day

Canada: A Brief History

Much like the United States, indigenous peoples inhabited Canada for millennia before the Europeans arrived at the North American continent. Tribes that lived in Canada included the Huron-Wendat, the Cree, the Dene, the Sioux, and the Inuit. They lived off the land, competing amongst themselves for land and resources.

Before even the British and French landed in Canada, the Norse established a small settlement in L'Anse aux Meadows, Newfoundland around 1000 CE. While the settlement did not last, it was the only confirmed Norse settlement on the North American continent.

Newfoundland was invaded again, on June 24th 1497, when the Italian navigator, John Cabot, employed by the King of England, Henry VII, landed in what is assumed to be Cape Bonavista, Newfoundland, kickstarting the race to claim the New World. Spain, Portugal, England, and France all volley for claim of the land, with France winning out in 1534 when Jacques Cartier laid claim to the Gaspé Peninsula.

In 1605, France established colonies at Port-Royal, followed by Quebec City, Trois-Rivieres, and Fort Ville-Marie (Old Montreal). England followed suit, setting up colonies in Newfoundland, Nova Scotia, and Hudson Bay. While England's colonies were larger than France's, the French colonies were strategic and had set up trade route with the indigenous peoples. Even allied with the indigenous peoples, when the British colonies attacked the smaller French colonies in 1754, in a bid to take over Canada, the French lost, signaling the end of the French and Indian War. In 1763, France officially ceded Canada to England in the Treaty of Paris.

Under British rule, Canadian colonies developed bigger trade routes and survived off of agriculture and export of furs and timber. The colonies also participated in some of Britain's many wars, including being a refugee for Loyalists during the Revolutionary War and the site of minor battles like the Battle of Beaver Dams in the War of 1812. With the constant threat of the rebelling colonies, soon to be called the United States, and suffering from the expenses of governing such far away land, Britain united its three colonies and called it "the Dominion of Canada".

The Dominion of Canada, while still under British rule, was allowed to act as an autonomous entity, with its own laws, local government, financial responsibilities, and military defense. The Dominion expanded, resembling present day Canada in size, but still was not truly an independent nation, as it was under the sovereignty of Britain.

It wasn't until 1931 that Britain gave Canada legal freedom from their rule, in the Statute of Westminster. However, Canada was not entirely free, as Britain still had the right to make changes to Canada's constitution at their leisure. Canada finally cut legal ties with Britain in 1982, when the country adopted its own constitution.

Culturally, Canada is still a part of the British Commonwealth, one of 54 countries, mostly comprised of former British Empire territories, which accept Charles III as the King of Canada.

RESOURCES

Suggested Reading

Eastern Canada

The Orenda by Joseph Boyden (2013, Fiction) When an Iroquois girl and a French missionary are taken prisoner by a Huron warrior, their three cultures clash in unexpected ways. This novel has some frank depictions of inter-tribal warfare that a few readers found hard to take, but most praised the historical accuracy.

Blizzard of Glass by Sally M Walker (2011, History) In 1917 two ships collided in Halifax Harbor. The resulting explosion—which was complicated by the blizzard that hit the next day—makes for powerful local history, but is little-known outside of Canada.

The War That Made America by Fred Anderson (2005, History) A comprehensive history of one of the forgotten fights between the U.S. and Canada—the so-called French and Indian War.

The Day the World Came to Town by Jim DeFede (2002, History/Memoir) In the wake of 9/11—and the subsequent closure of U.S. airspace—over 30 flights were diverted to Gander, Newfoundland which happens to have a large airport despite being a small town. This book tells the heartwarming story of how the townspeople banded together to help over 6,000 stranded passengers.

Anne of Green Gables series by L.M. Montgomery (1908, Young Adult) The beloved tale of a spunky orphan girl named Anne, set on Canada's Prince Edward island. This is one of those books that transcends its "young adult" category to become a classic for anyone who is young at heart.

Western Canada

A Concise History of Canada by Professor Margaret Conrad (2011, History). The title says it all.

So, You Want to Be Canadian by Kerry Colburn (2004, Culture) A lighthearted look at Canadian culture/trivia.

When Calls the Heart by Janette Oke (1983, Historical Fiction) A cultured easterner leaves her comfortable life behind to become a schoolteacher on the western frontier in the Canadian Rockies. Naturally, clashes with locals, struggles with the students, and romance ensue. Part of the well-loved Canadian West series.

Puget's Sound: A Narrative of Early Tacoma and the Southern Sound by Murray Morgan (1979, History) This history of the region spotlights selected historical personalities and spans the era from the arrival of Vancouver until the establishment of Fort Lewis. This book can be hard to find, but some travelers have good had luck with their local library.

Grass Beyond the Mountains by Richmond P. Hobson (1951, Memoir) In 1934, three American cowboys come to Canada to set up their own ranch and try to eke out a living in the grasslands of British Columbia. The first of a trilogy that includes *Nothing Too Good for a Cowboy* and *The Rancher Takes a Wife*.

Suggested Films & Videos

Canada

Last Stand of the Great Bear (2004, Nature) The Great Bear habitat occupies the British Columbia coast from Vancouver Island to southeast Alaska. This National Geographic film depicts a team of scientists trying to prove that the area must be protected from development. These experts search for the rare white “spirit bear” and collect details that will help unravel the life of the forest’s inhabitants and ecosystem.

The Fast Runner (Atanarjuat) (2002, Drama) Adapted from an Inuit legend, *The Fast Runner* centers on a charismatic young hunter struggling for the affections of Atuat, who has already been promised to another. The story, set against their daily struggle for survival, is both passionate and primal. Filmed in Northern Canada in the Inuit language, using Inuit actors, this film features magnificent cinematography that brings the frozen North to life.

The Shipping News (2002, Drama) After his wife dies, the lost Quoye (Kevin Spacey) moves with his daughter to his ancestral home in a Newfoundland fishing village. With a job and developing romance he is transformed by the magic, beauty, and hardship of the landscape. Filmed in Newfoundland, Labrador and Nova Scotia.

Never Cry Wolf (1983, Biopic/Drama) An adaptation of Farley Mowat’s autobiographical novel depicting his experiences studying wolves in Canada’s inhospitable North. The film captures the natural beauty of the Canadian north with power and poignancy.

Mon Oncle Antoine (1971, Drama) Portrait of a boy’s coming of age in wintry 1940s rural Quebec. Tinged with a mix of nostalgia and menace, this naturalistic film follows Benoit and his Uncle Antoine, who runs the town’s general store, and also serves as town undertaker.

Useful Websites

Grand Circle Forum (tips from previous travelers)

www.gct.com/forum

Grand Circle Frequently Asked Questions

www.gct.com/faq

**International Health Information/CDC
(Centers for Disease Control)**

www.cdc.gov/travel

Electricity & Plugs

[www.worldstandards.eu/electricity/
plugs-and-sockets](http://www.worldstandards.eu/electricity/plugs-and-sockets)

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security

Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps or Maps.me

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber or Bolt or Grab

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App or Skype or Signal

WiFi calling anywhere in the world

Duolingo, FLuentU, or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

TripWhistle

Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Tourlina

For women only, it connects you with other female travelers








ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more



Arrival/Departure  **2**
 Nights at destination 
 Included Tour 
 Optional Tour 
 Motorcoach Route 
 Air Route 
 Cruise Route 



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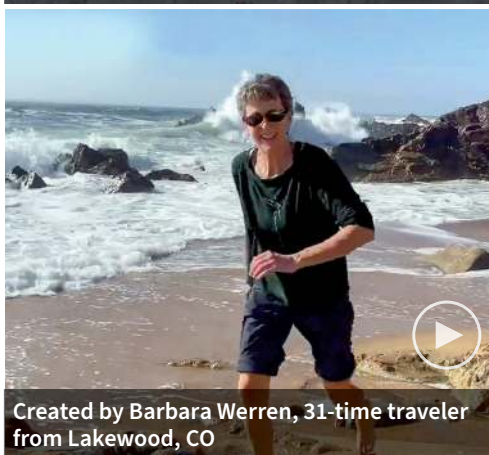
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from Acton, MA



Submitted by Kay Gevedon, 3-time traveler
from Mt. Sterling, KY



Submitted by David Woods, first-time
traveler from Rockport, TX



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from Lakewood, CO



Created by Sharon Fleury, 8-time traveler
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