

CANADA

# Nova Scotia: Cape Breton Island

A Self-Guided Walking Adventure





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## Travel Style

Our Self-Guided Walking Adventures are ideal for travelers with an independent spirit who enjoy exploring at their own pace. We provide authentic accommodations, some meals, along with comprehensive route notes, detailed maps, and 24-hour emergency assistance.

This gives you the freedom to focus on the things that matter to you—no group, no guide, and no set schedule to stand in the way of enjoying your adventure, your way.



## Overview

Below the windswept headlands of Cape Breton Island, the iconic Cabot Trail hugs Nova Scotia's coast in a scrollwork of switchbacks and swooping curves. Beyond it, the Gulf of St. Lawrence is a wash of vivid blue dotted with fishing boats and the occasional breaching whale. This is the Nova Scotia you've always imagined: a land of bald eagles, wild blueberries, foraging moose, and 350-year-old sugar maples. Here, you can experience sleepy villages steeped in Scottish and Acadian history: savoring traditional fiddlers, crofters' cottages, and historic distilleries. With the freedom to set your own schedule—and your own vehicle to take you from place to place—you can experience unforgettable walks in Cape Breton Highlands National Park, soak in the view from the top of Burnt Mountain, and perhaps even go for a refreshing swim in Bras d'Or Lake. Along the way, spot rare songbirds in prime birding locations, enjoy an optional whale watch, unwind at a spa, or explore the coast via kayak. At night, savor quaint and comfortable lodgings in timber frame lodges, clapboard inns, and a grand ocean-view resort.

**PLEASE NOTE:** Unlike other Country Walkers Adventures, this trip requires guests to drive from destination to destination. We will reserve a car rental on your behalf (rental cost not included in tour price) or you may use your own vehicle.



# Daily Itinerary

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## DAY 1

Arrival in Sydney or Halifax. Drive from Sydney to Baddeck: 1 hour or from Halifax to Baddeck: 3½ hours

Your destination today is the lovely town of Baddeck. In the heart of Cape Breton Island, it is the official starting and ending point of the Cabot Trail, the coastal road around the island completed in 1932, and named for the English explorer John Cabot, who first sighted the island in 1497, staking England's claim in North America. Baddeck is ideally situated on the northern shore of 60-mile-long Bras d'Or Lake. Alexander Graham Bell maintained his cherished summer home here for 37 years, and the Alexander Graham Bell National Historic Site houses a museum commemorating his work. Upon arrival, you can explore the town and its historical properties and shops, or relax at your charming inn.

### **Dunlop Inn, Baddeck**

A gracious small inn, this is Baddeck's only waterfront accommodation with a waterside deck with perfect views of Baddeck lighthouse. Spacious guest rooms have elegant English-country and coastal décor, with muted colors and fabric accents. The harbor-view sunroom overlooks Bras d'Or Lake, and a spacious living room with television and self-serve kitchen are also available. The shops,



restaurant, and sites of historical Baddeck are within walking distance, as well as outdoor activities such as sailing, kayaking, and the Bell Bay 18-hole golf course.

## DAY 2

Baddeck River Trail and Uisge Ban Falls; 4.5 miles, easy to moderate, 500-ft. elevation gain and loss. Total driving time: 2 hours



This morning, a walk just outside Baddeck takes you to Uisge Ban Falls (the name is Gaelic for “white water”). The trail winds through hardwood forest and open fields to the Falls Brook, where the deep stream valley leads to the base of the dramatic 500-foot granite gorge and 50-foot waterfall. Returning to your car at the park entrance, you can meander through the Margaree River Valley, with opportunities to visit its high-quality crafters, stunning coastline and deserted beaches, eat lobster for lunch, or try fly-fishing. Scottish tenant farmers, or crofters, came to Cape Breton Island in the early 1800s, cast out of their highland homes by the English, and brought many of their traditions. Your destination for the evening is North America’s only single-malt whiskey distillery and inn in the small town of Glenville, where you partake in a tour and tasting. The on-site pub offers a daily *ceilidh* of Cape Breton music and musicians.

### The Glenora Inn and Distillery, Glenville

The Glenora Inn and Distillery is a charming country inn—with a single-malt whiskey distillery on site—in Glenville, a small fishing and farming community. Spacious guest rooms, with classic décor and colors, overlook a lovingly tended courtyard garden and back patios. Walking trails lead from the inn to nearby MacLellan Brook and grounds. Conceived and developed by local businessmen using equipment and know-how from Scotland, the distillery has been in operation since 1989. The restaurant serves locally sourced and inspired fare, and the cozy pub offers a wide selection of single malts in addition to their own.

### DAY 3

Acadian Trail; 5.2 miles, moderate, 1,100-ft. elevation gain and loss, with some steep sections. Afternoon option: Salmon Pools Trail; 7.6 miles, easy to moderate, 310-ft. elevation gain and loss. Total driving time: 1 hour

Today you enter the Cape Breton Highlands National Park, a truly stunning portion of the winding Cabot Trail. The Acadian Trail begins near the Cheticamp Visitor Center and rises almost 1,000 feet above the Cheticamp River, with panoramic views along the Acadian Coastline, the river valley, and the park's highland interior. It eventually winds to the top of Burnt Mountain. Among the many blueberry bushes, you may see evidence of bear and moose. After a picnic lunch, you can enjoy an easier walk along the Salmon Pools Trail, which, as its name indicates, follows the cascading Cheticamp River that features a series of still pools in which Atlantic salmon hover in the deepest spots. In the later afternoon, walking along the valley floor, with cliffs towering above, you may hear the "who cooks for you" of the barred owl. Your home for the next two nights is the fishing village of Cheticamp, originally settled by exiled Acadians in the 1760s when Acadia, the French territory further south, was surrendered to the English in the Seven Years War. In this vibrant community that has maintained its cultural roots, you can browse small shops exhibiting the exquisite hooked rugs and crafts of this area. You may also be able to catch a Celtic musical performance.

#### **Maison Fiset House, Cheticamp**

Located on the Cabot Trail with panoramic views of Cheticamp harbor, the town, and surrounding Cape Breton Highlands, this boutique hotel offers eight guestrooms. A meticulously renovated historic home dating from 1895, individually decorated guestrooms are plush with muted tones. Surrounded by outdoor seating on terraces and several balconies, just a short walk leads to Cheticamp's craft shops and restaurants specializing in lobster, maritime salmon, local crab, and Acadian-style baked cod.

## DAY 4

Skyline Trail; 5.7 miles, easy to moderate, 380-ft. elevation gain and loss. Afternoon option: Corney Brook; 4 miles, easy to moderate, 460-ft. elevation gain and loss or whale watching excursion; 2 hours (at your own expense). Total driving time: 1 hour



This morning's walking route is the famous Skyline Trail, with its spectacular views from 1,000 feet above sea level. You begin at about 950 feet and reach a maximum of 1,300 feet, so you are not climbing all the way to that elevation. From the dramatic headland cliff, you can trace the Cabot Trail around the mountainsides and, on a very clear day, you may be able to see the French archipelago of Les Iles de la Madeleine in the Gulf of St. Lawrence. It is not uncommon to sight whales in the water far below, and, along the trail, moose and eagles. After a picnic lunch, you may choose to set off on an exciting whale-watching boat tour out of Cheticamp—humpback, minke, pilot, and fin whales are common in this Gulf corridor called the Cape Breton Trough. Alternatively, the Corney Brook trail follows a meandering brook through mixed hardwood forest to a small waterfall—again keep an eye out for moose, birds, and snowshoe hare.

### Maison Fiset House, Cheticamp

## DAY 5

Lone Shieling Trail; 0.4 miles, easy. White Point Trail; 4.8 miles, easy. Middle Head Trail; 2.4 miles, easy. Total driving time: 2 hours

An easy and very short warm-up walk this morning on the Lone Shieling trail takes you through one of the largest old-growth forests in the Maritimes, dominated by 350-year-old sugar maple trees. Continuing your drive along the northernmost part of the Cabot Trail, the next stop is the White Point Trail, which provides the most dramatic coastal scenery in Cape Breton. Overlooking Aspy Bay at the end of this windswept grassy point is a cemetery that dates back to the settlement of this area as a French fishing village in the late 1700s. You continue to your day's destination, the award-winning Keltic Lodge Resort & Spa, stunningly located on a peninsula jutting into the Atlantic, with a backdrop view of Cape Smokey. You may choose, upon arrival, to walk from the hotel on

the Middle Head Trail that snakes out on the cliff-bound peninsula that divides Ingonish Bay.

### **Keltic Lodge, Ingonish Beach**

An elegant resort and spa, in operation since 1940, perched on a headland overlooking the Atlantic Ocean and boasting extensive grounds, recreational facilities, and amenities. Main lodge guest rooms have been updated with contemporary furnishings and colors, hardwood floors, and luxurious linens. Set amidst the manicured grounds are a heated pool, beaches, a tennis court, a full-service spa (advance reservation required for treatment), and an 18-hole links golf course. On site are both fine-dining and casual restaurants and an inviting lobby bar, all offering locally inspired and sourced cuisine, with an emphasis on seafood. In the nearby town of Ingonish, numerous activities are available, such as hiking trails, wildlife and bird viewing, artisanal craft shopping, and freshwater fishing.

### **DAY 6**

Franey Mountain; 4.6 miles, moderate with a challenging section, 1,150-ft. elevation gain and loss. Warren Lake; 3 miles, easy. Total driving time: 1 hour

This morning, you may opt for the exhilarating walk up Franey Mountain, which includes a steep and steady ascent into the Acadian forest through a stand of hardwoods. Rising from sea level, the surroundings change to balsam fir, with trailing arbutus and pipsisawa underfoot. At the peak, you are rewarded with a panoramic view of the open sea, with Middle Head and Cape Smokey to the east, Money Point to the south, and the Clyburn Valley below. Another walk available today (either instead of, or in addition to your morning outing), is the path around Warren Lake. This walk provides a chance to spot some of the astonishing variety of birds native to the area: boreal chickadees, warblers, ruby-crowned kinglets, Canada jays, hermit thrushes, Swainson's thrushes, and nesting loons, to name a few. The easy walk ends at the sandy banks of cool, clear Warren Lake, a good place for a swim, depending on the season. Returning to your resort, you may opt for a dip in the heated outdoor pool or enjoy the spa facilities.

### **Keltic Lodge, Ingonish Beach**



## DAY 7

Departure from Ingonish Beach. Drive to Sydney: 2½ hours or Halifax: 4¾ hours

This morning, options include a relaxed stroll on the pink granite stones of Ingonish Beach, or perhaps a round of golf at the renowned Highland Links course, or indulging in the spa's offerings before driving back to Sydney or Halifax for onward travels. (Golf and spa fees are not included in tour price, advance reservations required.)

## **ITINERARY CHANGES**

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

## **ABOUT YOUR CAR RENTAL**

As a service, we have reserved a car for your 7-day Self-Guided Walking Adventure. We have selected Budget, located directly at the airport, as a preferred partner and arranged for a full-size vehicle. You may upgrade or add options (such as insurance coverage, additional drivers, etc.) at the time of pick-up; a valid driver's license and a major credit card will be required. As a reminder, the rental fee is not included in your tour price.

You are welcome to use your own vehicle. If you wish to do so, please let us know at the time of reservation.

## **RESPONSIBLE TRAVEL**

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

# Itinerary Overview

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**PLEASE NOTE:** your detailed route notes will be mailed to you approximately one month prior to your departure. While these route notes may list a number of accommodation options, **your specific accommodations are listed below.** Please make sure to bring this Itinerary Overview with you.

## STARTING POINT

**JA Douglas McCurdy Sydney Airport (YQY), Sydney, Nova Scotia, Canada**  
**OR Halifax Stanfield International Airport (YHZ), Halifax, Nova Scotia, Canada**

## NIGHT 1

### Dunlop Inn

552 Chebucto Street

Baddeck, NS

Canada

Tel 888.290.1988 or 902.295.1100

Email [waterside@dunlopinn.com](mailto:waterside@dunlopinn.com)

[dunlopinn.com](http://dunlopinn.com)

Wireless Internet, hair dryers available. Laundry service not available.

## NIGHT 2

### Glenora Inn & Distillery

13727 Route 19

Mabou, NS

Canada

Tel 800.839.0491 or 902.258.2662

Email [info@glenoradistillery.com](mailto:info@glenoradistillery.com) or [info@glenora1.ca](mailto:info@glenora1.ca)

[glenoradistillery.com](http://glenoradistillery.com)

Wireless Internet, hair dryers, and laundry service not available.

## NIGHTS 3 & 4

### Maison Fiset House

15050 Cabot Trail

Cheticamp, NS

Canada

Tel 902.224.1794

Email [maisonfisethouse@bellaliant.com](mailto:maisonfisethouse@bellaliant.com)

[maisonfisethouse.com](http://maisonfisethouse.com)

Wireless Internet, hair dryers, and laundry service available.

## **NIGHTS 5 & 6**

### **Keltic Lodge**

383 Keltic Inn Road

Ingonish Beach, NS

Canada

Tel 800.565.0444 or 902.285.2880

Email [keltic@kelticlodge.ca](mailto:keltic@kelticlodge.ca)

[kelticlodge.ca](http://kelticlodge.ca)

Wireless Internet, hair dryers, and laundry service available.

## **ENDING POINT**

**JA Douglas McCurdy Sydney Airport (YQY), Sydney, Nova Scotia, Canada**

**OR Halifax Stanfield International Airport (YHZ), Halifax, Nova Scotia, Canada**

# Tour Facts at a Glance

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## TOUR LENGTH

7 days, 6 nights

## DEPARTURES

This tour is available daily, on request, from June 15 through October 15, 2016.

## TOUR PRICE

2016 departures	Per person	Single +	Solo Surcharge
June 15 – October 15	\$1,998	\$950	\$450

Car rental additional, call for details

## STARTING POINT

JA Douglas McCurdy Sydney Airport (YQY), Sydney, Nova Scotia, Canada  
OR Halifax Stanfield International Airport (YHZ), Halifax, Nova Scotia, Canada

## ENDING POINT

JA Douglas McCurdy Sydney Airport, Sydney (YQY), Nova Scotia, Canada  
OR Halifax Stanfield International Airport (YHZ), Halifax, Nova Scotia, Canada

## ACTIVITY LEVEL

This tour is one of our Self-Guided Walking Adventures, rated easy to moderate, with an average of 3 to 7 miles per day and options available. The walks have elevation gains and losses up to 1,100 feet. Walking terrain includes dirt roads, gravel paths, and packed earth trails with roots and rocks in some places, mainly in the national park. Cape Breton's scenery is wild and seemingly untouched, ranging from deep forests to dramatic Atlantic coastal rocky shores with occasional sandy beaches, tiny fishing villages to bustling small towns that have conserved Scottish or Acadian culture. Opportunities for viewing fauna and flora are ubiquitous—including whale-watching cruises out of several harbors or simply looking out to sea from a rocky promontory. Moose, bear, and bald eagles are not uncommon sights on the walks or drives.



## **INCLUSIONS**

- » All breakfasts and two dinners (days 2 and 5); beverages not included
- » All accommodations while on tour
- » Car rental reservation service; please note, rental fee not included
- » Distillery tour and tasting
- » Detailed route notes and maps (mailed to you approximately one month prior to your departure)
- » 24-hour tour-related support provided by Country Walkers' local partner, Angela Chisholm
- » 24-hour One Call International Emergency Hotline and Travel Assistance
- » Orientation with Country Walkers representative
- » The unbeatable and cumulative experience of the Country Walkers staff

## **LET THE JOURNEY BEGIN**

Prior to your adventure you will receive:

- » Guest Information and Acknowledgment of Risk Forms to complete and return at least 45 days prior to your tour
- » Luggage tags
- » Route notes and maps
- » Your trip invoice

## **GRATUITIES**

Standard Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers; however additional tips are always welcome. Should you wish to tip for meals or services not included in the cost of the tour, please do so at your discretion. Local currency preferred.

# Traveling To and From Your Tour

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## STARTING POINT

JA Douglas McCurdy Sydney Airport (YQY), Sydney, Nova Scotia, Canada

OR Halifax Stanfield International Airport (YHZ), Halifax, Nova Scotia, Canada

**Please provide us with your arrival and departure details by returning your Guest Information Form by 45 days prior to the departure.**

A tour representative will contact you upon arrival at the first hotel on the first day of the tour (unless other arrangements have been made with our office) to provide an orientation, ensure you are comfortably settled, and answer any questions you may have.

## MOST CONVENIENT AIRPORTS

JA Douglas McCurdy Sydney Airport (YQY), Sydney, Nova Scotia, Canada  
[sydneyairport.ca](http://sydneyairport.ca)

OR Halifax Stanfield International Airport (YHZ), Halifax, Nova Scotia, Canada  
[hiala.ca](http://hiala.ca)

## GETTING TO THE STARTING POINT

There are no direct flights from the U.S. to Sydney; most connect via Halifax.

Unless you are using your own vehicle, follow the signs for car rental upon arrival to either airport and proceed to the Budget counter to pick up the car that we have reserved for you. You may upgrade, add options (such as insurance coverage, additional drivers, etc.), and arrange for payment at that time; a valid driver's license and a major credit card will be required. As a reminder, the rental fee is not included in your tour price.

The drive to Baddeck from Sydney takes approximately 1¼ hours while the drive to Baddeck from Halifax takes approximately 3½ hours.

## PRE- AND POST-TOUR ACCOMMODATIONS

If you are spending a night in Halifax or Sydney, please visit [destinationhalifax.com](http://destinationhalifax.com) or [novascotia.com/about-novascotia/regions/cape-breton/sydney](http://novascotia.com/about-novascotia/regions/cape-breton/sydney) for hotel and restaurant suggestions.

### **ENDING POINT AND TIME**

**JA Douglas McCurdy Sydney Airport (YQY), Sydney, Nova Scotia, Canada**

**OR Halifax Stanfield International Airport (YHZ), Halifax, Nova Scotia, Canada**

There are no walks scheduled for the last day of the tour, and you may depart at your leisure. Please note that car rental quotes are for 7 days based on your pick-up time, as indicated on your Guest Information Form; additional charges may apply for later returns. The journey from Ingonish Beach to Sydney takes approximately 2½ hours, while the journey from Ingonish Beach to Halifax takes approximately 4¾ hours. Please check flight schedules carefully and contact your airline directly for specific check-in requirements.

### **MOST CONVENIENT AIRPORTS**

JA Douglas McCurdy Sydney Airport (YQY), Sydney, Nova Scotia, Canada  
**[sydneyairport.ca](http://sydneyairport.ca)**

OR Halifax Stanfield International Airport (YHZ), Halifax, Nova Scotia, Canada  
**[hiala.ca](http://hiala.ca)**

# Information & Policies

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## **GUARANTEED DEPARTURES**

Country Walkers guarantees the departure of every tour\*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, self-guided experience. For best availability, reserve your trip today!

*\*except in cases of force majeure*

## **RESERVATIONS**

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. A \$350 per person deposit is required at the time of the reservation request. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

## **GUEST RESPONSIBILITIES**

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

## **CANCELLATION POLICY**

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost\*. Please notify us in writing.

*\*One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

## **TRAVEL INSURANCE**

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

## **TRAVEL ARRANGEMENTS**

Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or [bettertravel@madriver.com](mailto:bettertravel@madriver.com)), for any additional air, hotel, rail, or transfer arrangements you may need.



# Canada at a Glance

## ENTRY REQUIREMENTS

A passport is required to enter Canada by air, land, or sea. Visas are not required for U.S. citizens.

For information, see [travel.state.gov](http://travel.state.gov).



## CURRENCY

Canada uses the Canadian dollar (CAD). For current exchange rates, visit [oanda.com](http://oanda.com).

Always contact your bank or your credit-card company for details on fees and card use when traveling.

### Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s).

## TIME ZONE

Find the official time at your Canadian destination at [timetemperature.com/canada/canada\\_time\\_zone.shtml](http://timetemperature.com/canada/canada_time_zone.shtml).

## PHONE & INTERNET

Canada country code: +1

Cell phone coverage throughout Canada is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to [countrywalkers.com/phones](http://countrywalkers.com/phones).



Internet access is generally widely available; however, it is not guaranteed at all accommodations. For more details regarding Wi-Fi availability, please refer to the Itinerary Overview.

## LANGUAGE

The official languages of Canada are English and French. Outside of Québec, English is predominantly used, with French used on signs and on some menus.

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see [bbc.co.uk/languages/french](http://bbc.co.uk/languages/french) or the enclosed Reading Guide for a suggested phrase book.

### Travel Tip

For guests from outside North America bringing a hair dryer or other electrical device:

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

## ELECTRICITY

Alternating current of 120V and 60Hz is used in Canada (as in the U.S.). The majority of plugs are Type B, with two square and one round prong. For a full listing of electrical outlets worldwide, see

[electricaloutlet.org](http://electricaloutlet.org).

## WEATHER

During the months of June through September, the weather is ideal for active vacations in the Canadian Rockies, Nova Scotia, and Québec. In general, daytime temperatures range from the 60s to low 70s, with chillier nights and mornings, perhaps even around freezing in the higher elevations of western Canada. Occasional precipitation can occur at any time throughout the chosen months. For up-to-date forecasts, see [qwikcast.com](http://qwikcast.com). For historical average temperatures and rainfall, see [weatherbase.com](http://weatherbase.com).

## FOOD & DRINK

Canadian food is North American in its standard repertoire, as well as in its inclusion of regional dishes and seasonal harvests.

Québec combines North American dishes with traditional

French cuisine; regional specialties include local meat and game, such as rabbit, seafood such as mussels, many local cheeses, and tempting French or maple syrup-based desserts. Nova Scotia offers fresh lobster, Acadian-style cod, and Scottish-influenced baked goods. In Western Canada and the Rockies, menus include hearty items such as the region's local beef steaks and game meats such as venison.



### Travel Tip

As hard as it is for a Vermont-based company to admit, Québec is the world's largest producer of maple syrup, supplying more than 80% of the syrup consumed worldwide, and we'll also admit it's as tasty as Vermont syrup. The Canadian classification system has three categories (1, 2, and 3) and five grades (extra light, light, medium, amber, and dark). For nutritional information, recipes, and interesting maple lore, visit [ilovemaple.ca](http://ilovemaple.ca).

## LIFE IN CANADA



### Shopping and banking hours

Shops and stores are generally open Monday to Saturday between 9:00 a.m. and 6:00 p.m. and on Sundays from 11:00 a.m. to 5:00 p.m. Shopping malls, department stores, and supermarkets are open all day, every day of the week, from 8:00 a.m. to 9:00 p.m. (or later; check locally).

Banks are open from 9:00 a.m. to 5:00 p.m., Monday to Friday, and from 9:00 a.m. to noon on Saturday.

### Mealtimes

Breakfast is served at hotels from 7:00 a.m. to 10:00 a.m. In restaurants, lunch is served from noon to 3:00 p.m. and dinner is usually served from 4:00 p.m. to 9:30 p.m. (but with substantial local variation).

### Tipping

In restaurants and bars, leave 15 to 20 percent of the total. Taxi drivers receive 10 to 15 percent of the fare. For luggage assistance, offer from \$2 to \$5 depending on the service provided.

## TRAVEL RESOURCES

### National Canadian official tourist board

[caen.canada.travel](http://caen.canada.travel)

### Public holidays

To assist in travel planning, it may be helpful to be aware of Canadian public holidays and national events; for an official list, see [cra-arc.gc.ca/tx/hldys/menu-eng.html](http://cra-arc.gc.ca/tx/hldys/menu-eng.html).

## TRAVEL IN CANADA

A wealth of travel information is available at [caen.canada.travel](http://caen.canada.travel).

### Travel Tip

A Canadian perspective. Before you travel, check out [cbc.ca](http://cbc.ca), the official website of the Canadian Broadcasting Corporation/Radio Canada, for a Canadian view on the news, what Canadians are reading, watching on television, and listening to. A wide number of links to audio and video programming are available.

## Airports

Canada has an extensive international and domestic air network with many companies and airports. For travel to all regions and airports, see [caen.canada.travel](http://caen.canada.travel); for Western Canada, [travelalberta.com](http://travelalberta.com) and [hellobc.com](http://hellobc.com); and for Québec, [bonjourquebec.com](http://bonjourquebec.com).



## Trains

VIA Rail: [viarail.ca](http://viarail.ca), the national railway company site with schedules, fares, and pass options.

## Other local transportation

Long-distance bus travel can also be a convenient way to reach a destination.

The largest national company is Greyhound ([greyhound.com](http://greyhound.com)); check locally for smaller regional long-distance bus companies.

Major car rental agencies are available at airports, city centers, and train and bus stations. Taxis are available at all major airports, cities, train and bus stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance).

For more information, contact Country Walkers.

# Packing List

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## PACKING TIPS

Pack light! Keep in mind that due to the nature of this itinerary, and the fact that most hotels are small and family-run and may not provide luggage assistance from the reception area to the room, so, you will have to carry your own luggage between your rental car and your accommodations. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

## FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 4-10 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew.
- » Comfortable shoes for evening strolls
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)
- » Blister remedy

## CLOTHING

- » Lightweight, wash-and-wear long pants
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress is smart casual



- » Light jacket or sweater for evening strolls

## **OUTERWEAR**

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor

## **EQUIPMENT**

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, lunch, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

## **OPTIONAL**

- » Telescopic walking sticks
- » Binoculars
- » Bathing suit for optional swimming in the ocean and hotel pools or spas
- » Flip flops or water sandals
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides (see enclosed reading list)
- » Folding umbrella
- » Bandana

- » Washcloth
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on car or boat rides
- » Alarm clock
- » International cell phone