

NEW BRUNSWICK

# Bay of Fundy & Campobello Island

A Guided Walking Adventure





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## Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.



## Overview

On this tour of New Brunswick, you traverse some of the world's most striking seascapes along the Bay of Fundy, the rugged coast that has been sculpted over millennia by the highest tides on earth, measuring some 47 vertical feet. A prized marine biosphere, it is a place where rivers flow backward with the push of oceans and a rich maritime tradition thrives amidst vast marshes, soaring sea cliffs, and deep spruce-fir forest. You follow coastal trails and boardwalks into vistas of rare scenic splendor, exploring the mainland treasures around the old shipbuilding village of St. Martins and colonial St. Andrews by-the-Sea. You venture out to Campobello Island, where the Roosevelts built their peaceful summertime haven, now laced with serene footpaths. As you walk, your expert local guides regale you with tales and insight, and you may spot majestic bald eagles taking wing overhead or any number of porpoises, seals, and sea birds. On a private whale watch, you might even see minke or finback whales breaching the cold Atlantic waters. Fishing villages and charming resorts welcome you at day's end, and you experience the gracious living of FDR himself during a two-night exclusive stay in historic cottages on Campobello Island. And, of course, a visit to this magnificent corner of Canada wouldn't be complete without farm-fresh home cooking, just-caught Atlantic lobster on your plate, and traditional toe-tapping maritime music.



# Daily Itinerary

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## DAY 1

Arrival in Saint John. Irving Nature Park; 4-5 miles, easy to moderate. Bay of Fundy Sea Caves; 1-2 miles, easy

You arrive in Saint John, New Brunswick, known as “Fundy City” for its location on the famous bay. The highest tides on earth creep up these shores, causing a surge in the Saint John River that reverses its flow for several hours each day. If you arrive early, you can warm up your legs along the scenic wharf. After a brief orientation, you get underway with a drive to Irving Nature Park; hugging the Bay of Fundy, these 600 acres comprise sylvan Acadian forest, tranquil tidal pools, salt marsh estuary, and a barrier beach. Following a series of boardwalks and coastal trails, you keep your eyes open for cormorants, loons, great blue herons, geese, just some of the many birds that make their home here. Pausing for a picnic lunch at a scenic spot gives you time to rest your legs and soak in the views.

Mid-afternoon, you transfer approximately one hour to your first inn in St. Martins. Built on the shipbuilding industry of the 1800s, St. Martins was once one of eastern Canada’s most affluent towns and today retains a fishing village charm. After checking in, you walk through the village to the caves carved by the lashing seas over millennia. The tides will determine the route: at low tide, you

explore the caves' interiors. If the tide is high, you ascend to a lookout point to view them from above. Later, you arrive at your home for the next two nights and relax before a welcome dinner in the inn's charming dining room.

### **St. Martins Country Inn, St. Martins**

A Victorian gem, the St. Martins Country Inn in the heart of the fishing village of St.

Martins was constructed by shipbuilders in 1857 and retains the beautiful details of the day. Individually decorated rooms feature period furnishing and modern conveniences. Often called the "Prince of Tides," it's known for its warm hospitality and the fine cuisine of Vaughn's Restaurant, named for the house's builder.



### **DAY 2**

Fundy Trail; 4-6 miles, easy to moderate

You begin the day with a transfer to the Fundy Trail, a 6-mile multi-use pathway dotted with secluded beaches and scenic overlooks. Today's route connects you to one of the last Atlantic shore wilderness areas on the east coast of North America, traversing serene seaside forests and hugging cliff tops overlooking the world's highest tides. Your guides share local legends, fascinating insights, and personal experiences, bringing this magnificent area to vivid life. After a picnic lunch on Melvin's Beach, you continue to the Visitors Center to learn more about the history of the area's most prominent industry, logging. Later, you have the opportunity to cross the 275-foot suspension bridge spanning the scenic Big Salmon River. After a transfer back to the inn, you enjoy free time relaxing on the hotel's manicured grounds or exploring St. Martins' small museum, general store, or local beach.

For a special dinner this evening, weather permitting, your hosts take you to a beautiful beach near the sea caves, where you savor a memorable maritime barbecue and enjoy local craft beer, freshly grilled salmon or steak and an upbeat musical performance by a local musician.

### **St. Martins Country Inn, St. Martins**

## DAY 3

Transfer to Campobello Island. Fox Farm Loop from Mulholland Lighthouse; 3-4 miles, easy to moderate

This morning you transfer to the small port village of L'Etete, where your private boat awaits your arrival. The destination is Campobello Island, the beloved summer home of President Franklin D. Roosevelt and home to the 2,800-acre Roosevelt Campobello International Park, a historic symbol of the close ties between Canada and the United States as it is jointly administered and funded by both countries. Upon arrival, you tour the 34-room Roosevelt Cottage Museum, preserved as it was in the summer of 1920, though Roosevelt visited regularly until 1939. Local docents provide interesting insight and share stories of the famous first family.

After a picnic lunch, you head to the picturesque Mulholland Lighthouse to begin today's walk through the former Fox Farm. As you explore, it's not hard to see why the Roosevelts loved this place! Tracing hills and gullies through a young forest recovering from logging in the 1960s, you follow shoreline paths with sweeping ocean views to Cranberry Point, and crossing through spruce-fir forest, open estuary, and serene marshland. Later, with the day trippers gone, you settle in to tonight's exclusive accommodations at Campobello Island: the turn-of-the-century cottages that evoke the ambiance of Roosevelt's day. Before dinner, you gather in a relaxed sitting room for pre-dinner drinks, enjoying a private talk with a local historian about the life of Eleanor Roosevelt. You then proceed to the adjacent dining room for a memorable dinner.

### **Prince and Hubbard Cottages, Campobello Island**

Built in the late 19th century, these two elegant cottages within the Roosevelt Campobello International Park evoke the informal ease and gracious living of the Roosevelts' days on Campobello Island. Throughout your stay, you enjoy the same beautiful surroundings that so enchanted the first family and their guests, whether during social calls or policy meetings with FDR. Guest rooms are distributed among both cottages.

## DAY 4

Eagle Hill Bog to Raccoon Beach and Liberty Point; 5-6 miles, easy to moderate

After a copious breakfast, you ease into the day's walking with a scenic stroll along boardwalks through Eagle Hill Bog, a haven for birdlife. Interpretive plaques inform you about the ecosystem along the way. After lingering at the observation deck, with a splendid view of Eagle Hill, you continue to Raccoon Beach. This stunning beachside trail ascends and descends in and out of the forest, opening up to splendid panoramas of soaring cliffs, secluded coves, and the open water. From Liberty Point, the southernmost reaches of the park, you continue along more scenic coastline before a break for lunch. After, you may extend your walking today with a pleasant idyll along a flat pathway to the observation deck atop Friar's Head, before tracing the coast directly back to your cottage from there. This evening, celebrate your time in the Roosevelts' grand sanctuary with a traditional boiled lobster dinner with all the fixings. Enjoy your meal while relaxing on the deck of the Prince Cottage while watching the sunset over the Bay of Fundy.



## Prince and Hubbard Cottages, Campobello Island

## DAY 5

Whale watch excursion and transfer to St. Andrews by-the-Sea. St. Andrews Wharf to Kingsbrae Gardens; 2 miles, easy. Chamcook Mountain; 1.5 miles, moderate, 450-ft. elevation gain and loss

You depart Campobello Island this morning by private boat for St. Andrews by-the-Sea, a remarkably preserved seaport town and one of Canada's National Historic Districts. This boat trip is also a private whale watching excursion, during which you may see minke and finback whales, playful porpoises, harbor and grey seals, and bald eagles. Later, you arrive in St. Andrews, founded in 1783, a breathtaking variety of stunning architecture, gorgeous scenery, and rich marine life. You disembark and enjoy a walk through the town which concludes at Kingsbrae Garden, recognized as one of Canada's top public gardens, where you pause for a delicious lunch before joining your guides for a walk among the

numerous sculptures and more than 50,000 species of flowers, trees, and other plants.

Upon arrival at your home for the next two nights, a short, but rewarding walk takes you to the summit of Chamcook Mountain. From the top, you enjoy sweeping views of St. Andrews and Ministers Island, where you walk tomorrow. Tonight, you have a chance to explore the town on your own, although your guides are available for recommendations and shuttles to and from the town center. There are ample choices for dinner after you spend time browsing the shops on Water Street or perhaps learning about marine life at the Fundy Discovery Aquarium.

### Rossmount Inn, St. Andrews by-the-Sea

Intimate in size and gracious in scope, the Rossmount Inn rests upon 87 acres nestled between forest and sea. The property, with a colorful history dating to 1889, includes Chamcook Mountain, the highest point in the Passamaquoddy Bay area. Enjoy leisurely strolls through the inn's meadows or among the organic kitchen garden of herbs and vegetables, or sip fine whiskies in the old English-style lounge. Rooms of the three-story manor house feature period furnishings and views of the surrounding forest, fields, and island-dotted bay.

## DAY 6

New River Beach Provincial Park: Barnaby Head Loop; 3-4 miles, easy with moderate option. Minister's Island Loop; 3 miles, easy to moderate

Today you enjoy morning and afternoon walking options that highlight more of New Brunswick's breathtaking seaside beauty and charm. At New River Beach Provincial Park, you follow an easy boardwalk trail that traverses fertile bogs and forest to the rocky shore of Barnaby Head. If you choose a more moderate option, you navigate a scenic narrow trail with spectacular ocean views around every bend. Later, you make your way to Minister's Island, accessible by a causeway road during low tide. This tidal island was home to Sir William Van Horne, the second president of the Canadian Pacific Railway, and its 12 miles of carriage roads and sea vistas are pure pleasure to explore by foot. After a picnic lunch in this superb setting you follow routes along shell-strewn beaches and through meadows, passing Van Horne's mansion, barn, bath house, and minister's house, watching for ospreys as you walk. The timing of the walk depends on the tides as the return to the mainland must be before the access road is submerged by the incoming tide. Back at the inn, there is time to relax

before a special farewell dinner, thoughtfully prepared by the Swiss-trained chef (and inn owner!) Chris Aerni with ingredients from his kitchen garden.

### **Rossmount Inn, St. Andrews by-the-Sea**

#### **DAY 7**

##### Departure from Saint John

After breakfast, you transfer to Saint John where you begin your journey home or stay on to explore more of New Brunswick on your own.

## **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.

## **SUSTAINABLE 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.

# Tour Itinerary Overview

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## TOUR MEETING POINT AND TIME

**Hilton Saint John, New Brunswick, Canada, 9:00 a.m.**

1 Market Square  
Saint John, New Brunswick, Canada  
Tel 800.561.8282  
[hiltonsaintjohn.com](http://hiltonsaintjohn.com)

## NIGHTS 1 & 2

### St. Martins Country Inn

St. Martins, New Brunswick, Canada  
Tel 506.833.4534  
[stmartinscountryinn.ca](http://stmartinscountryinn.ca)

## NIGHTS 3 & 4

### Roosevelt Campobello International Park Cottages

Campobello Island, New Brunswick, Canada  
Tel 506.752.2922  
Email [info@fdr.net](mailto:info@fdr.net)  
[fdr.net](http://fdr.net)

## NIGHTS 5 & 6

### Rossmount Inn

Saint Andrews, New Brunswick, Canada  
Tel 506.529.3351  
Email [rossmountinn@nb.aibn.com](mailto:rossmountinn@nb.aibn.com)  
[rossmountinn.com](http://rossmountinn.com)

## TOUR DEPARTURE POINTS AND TIMES

- **Saint John Airport (YSJ), New Brunswick, Canada, 10:00 a.m.**
- **Hilton Saint John, New Brunswick, Canada, 10:30 a.m.**

## **TRAVEL DELAY AND EMERGENCY ASSISTANCE**

If you are delayed while traveling, or experience any unforeseen situation en route to your tour, assistance is only a few, easy steps away:

As a Country Walkers guest, you benefit from 24-hour, toll free access to One Call Emergency Hotline and Travel Assistance. Call the numbers below from anywhere in the world to get immediate assistance (regarding everything from lost luggage, to missed connections, to health concerns or notifying your guides or our local partners of a delayed arrival).

To contact One Call, please use one of the following methods:

**By Email:** [mail@oncallinternational.com](mailto:mail@oncallinternational.com)

**By Text:** 603.945.0103

### **By Phone:**

**If calling from within the USA:** 800.555.9095

**If calling from outside the USA:** 800.555.9095 or 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Planning and Travel Resources: AT&T International Access Codes. If you receive an automated response, when prompted, you can then enter either of the numbers above; One Call accepts collect calls 24/7.

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to **800.555.9095 or 603.894.4710**.

Should there be any problems placing a collect call (as is occasionally the case depending on the country), dial, email, or text One Call directly and ask them to return your call immediately to minimize any out of pocket costs.

## **TRAVEL INSURANCE**

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

# Tour Facts at a Glance

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## TOUR LENGTH

7 days, 6 nights

## DEPARTURE DATES AND PRICE

Please refer to our website for the most current list of departure dates, scheduled group tour and private tour prices.

## TOUR MEETING POINT AND TIME

Hilton Saint John, New Brunswick, Canada, 9:00 a.m.

## DEPARTURE POINTS AND TIMES

- Saint John Airport (YSJ), New Brunswick, Canada, 10:00 a.m.
- Hilton Saint John, New Brunswick, Canada, 10:30 a.m.

## ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, rated easy to moderate, with 3 to 7 miles per day of walking. Ascents and descents are limited and brief, with the longest taking approximately 45 minutes. The terrain includes paved roads, wooden boardwalks, dirt wooded paths that include rocks and roots, and loose pebble beaches. Not all trails have level footing and you may encounter exposed roots and rocks. For this reason, it is important to wear hiking boots or shoes with ankle support. The pace is generally leisurely, about two miles per hour. The tour encompasses the maritime history and culture of St. Martins and St. Andrews by-the-Sea, the presidential past of Campobello Island, and the magnificent beauty of the coastal forests, pebble beaches, marshland, and bogs surrounding the Bay of Fundy.

## INCLUSIONS

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals except for one dinner; local wine or beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary

- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

## **LET THE JOURNEY BEGIN**

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

## **GRATUITIES**

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day), and can be paid in USD or local currency.

# Traveling To and From Your Tour

## TOUR MEETING POINT AND TIME

Hilton Saint John (lobby), New Brunswick, Canada, 9:00 a.m.

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for walking.

## MOST CONVENIENT AIRPORT

Saint John Airport (YSJ), New Brunswick, Canada

[www.saintjohnairport.com](http://www.saintjohnairport.com)

## GETTING TO THE MEETING POINT

**From Saint John Airport:** The Hilton Saint John is located on the harbor and is a 20-minute taxi ride from the Saint John Airport. Taxi fare is approximately \$30 CAD, one way. Taxis are available at the airport's exit.

**Driving to the tour:** Saint John is approximately 600 miles from New York City, 400 miles from Boston, and 300 miles from Portland, Maine. For those guests driving to the tour, parking is available at the meeting point hotel's adjacent parking garage for \$20 CAD plus tax, per day.

## PRE-AND POST-TOUR ACCOMMODATIONS

We recommend arriving in Saint John at least one day before the tour starts. This will give you time to rest after your travels and recover from any effects of jet lag. Country Walkers has blocked a number of rooms at the Hilton Saint John for the night prior to and the night after your tour.

### Hilton Saint John

1 Market Square  
Saint John, New Brunswick E2L 4Z6, Canada  
Tel 800.561.8282  
[hiltonsaintjohn.com](http://hiltonsaintjohn.com)

**Rates:** The rate is \$145 CAD per night, per room, double or single occupancy. This rate includes full breakfast, but does not include taxes & fees.

### To reserve:

Please call the hotel directly at 1.800.561.8282. Be sure to advise the hotel that you are joining a Country Walkers tour and provide the necessary group codes

so that you benefit from the special rate. The group code for each date is as follows: June 17 – COUA17, June 24 – COUB17, July 8 – COUC17, July 15 – COUD17, September 2 – COUE17, September 9 – COUF17, September 23 – COUG17 and September 30 – COUH17. The hotel will request a credit card to guarantee the reservation.

### **DELAYS AND LATE ARRIVALS**

If you are delayed or miss the scheduled group meeting point for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the emergency contact details on your Tour Itinerary Overview page for One Call International contact details.

### **TOUR DEPARTURE POINTS AND TIMES**

- Saint John Airport (YSJ), Saint John, New Brunswick, Canada, 10:00 a.m.
- Hilton Saint John, New Brunswick, Canada, 10:30 a.m.

# Information & Policies

## 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, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

*\*except in cases of force majeure*

## 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.

## SCHEDULED GROUP INDIVIDUAL RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255 and providing a \$350 per person deposit. The Balance of your payment (final tour cost) is due 90 days prior to the tour departure date.

## SCHEDULED GROUP 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.*

## **PRIVATE ADVENTURE RESERVATION & CANCELLATION POLICIES**

If you are booking a Private Adventure, a \$500 nonrefundable group deposit is required to secure hotel reservations and guides. Once these arrangements are confirmed, the deposit will be applied as the provider's deposit for the trip. If we are unable to secure the hotel and/or guides for your requested dates, this deposit will be refunded.

Once your Private Adventure is confirmed, your individual \$350 per person deposit is required within 14 days. The balance of your payment (final tour cost) is due 90 days prior to the tour departure date. Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150 (plus the nonrefundable group deposit of \$500); 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. **Please note that Private Adventure tour pricing is based on a guarantee of a specified number of guests. Should the group decrease in size, we reserve the right to alter the per person price, if necessary.**

## **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).

Starting March 15, 2016, visa-exempt foreign nationals who fly to or transit through Canada will need an Electronic Travel Authorization (eTA). Exceptions include U.S. citizens and travelers with a valid visa. Cost is approximately \$7.00CAD. For current rates and to apply for your eTA, please see [cic.gc.ca/english/visit/eta-start.asp](http://cic.gc.ca/english/visit/eta-start.asp).

## CURRENCY

Canada uses the Canadian dollar (CAD). For up-to-date exchange rates, see [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

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 Tour 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.

## 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).

### 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.

## WEATHER

During the months of June through September, the weather is ideal for active vacations in the Canadian Rockies, Nova Scotia, New Brunswick, 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 and New Brunswick offer 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 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.

## 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/ldys/menu-eng.html](http://cra-arc.gc.ca/tx/ldys/menu-eng.html).

## TRAVEL IN CANADA

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

### 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 there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. 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 3-7 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. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » 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

## 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, 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 1-2 liters)
- » 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 (Please note that telescopic walking sticks are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Binoculars (for whale watching)
- » Bathing suit
- » Lightweight gloves or mittens for early morning walks
- » 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
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-drowsy remedy if needed for whale watch and private boat transfers