

CANADA: NOVA SCOTIA: CAPE BRETON ISLAND

Guest Handbook

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, either using your own vehicle or renting one (rental cost not included in tour price). Please see the 'Traveling To and From' section for more information.



Daily Itinerary

DAY 1

Arrival in Baddeck. Orientation phone call at 6:00 p.m.

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.

Overnight in Baddeck

Please Note: Dinner is on your own tonight. Several recommendations will be provided in your Route Notes (mailed to you approximately 30 days prior to your tour); however, should you wish to dine at The Bite House, a highly acclaimed intimate 12-seat restaurant located just outside of town, we suggest making reservations as soon as your tour is confirmed; this restaurant is often booked up a year in advance. Please visit thebitehouse.com for more information.

DAY 2

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.

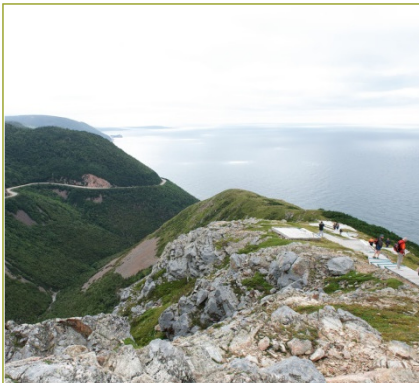
Overnight in Glenville

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, 300-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 Chéticamp Visitor Center and rises almost 1,000 feet above the Chéticamp 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 Chéticamp 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 Chéticamp, 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.

Overnight in Chéticamp

DAY 4

Skyline Trail; 5.7 miles, easy to moderate, 400-ft. elevation gain and loss.

Afternoon option: Corney Brook; 4 miles, easy to moderate, 450-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 Chéticamp—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.

Overnight in Chéticamp

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.

Overnight in Ingonish Beach

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.

Overnight in Ingonish Beach

DAY 7

Departure from Ingonish Beach

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 departing 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.

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 at countrywalkers.com/sustainable-travel.

Tour Facts at a Glance

TOUR LENGTH

7 days, 6 nights

DEPARTURES

This tour is available daily, on request, from June 15 through October 15, 2019.

*Unlike other Country Walkers Adventures, this trip requires guests to drive from destination to destination, either using your own vehicle or renting one (rental cost not included in tour price).

TOUR PRICE

2019 departures	Per person	Single +	Solo Surcharge
June 15–October 15	\$2,148 *	\$785	\$535

STARTING POINT

Baddeck, Nova Scotia, Canada (Night 1 Hotel)

At leisure, Day 1

ENDING POINT

Ingonish Beach, Nova Scotia, Canada (Night 6 Hotel)

At leisure, after breakfast

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. **Remember:**

preparation is the key to ensuring your tour readiness; the more you walk or participate in aerobic exercise prior to your trip, the more you will enjoy your experience!

INCLUSIONS

- » All breakfasts and two dinners (days 2 and 5); beverages not included
- » All accommodations while on tour
- » Cape Breton Highlands National Park Pass
- » Distillery tour and tasting
- » Maps and detailed water- and tear-resistant Route Notes
- » 24-hour tour-related support provided by Country Walkers' local partner
- » 24-hour travel-related support provided by One Call International Emergency Hotline and Travel Assistance
- » Orientation phone call 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:

Within 24 hours of reservation confirmation:

A Confirmation Email with a link to our online guest portal, My Account, which allows you to view important information and manage parts of your account online. Similar to other web-based portals you may already use for online banking or shopping, My Account will let you:

- a. View your active reservations.
- b. Make a payment.
- c. Access the latest version of your reservation invoice.
- d. Access your guest profile where you'll be able to update essential information and preferences (passport information, important dietary considerations, allergies, etc.).
- e. Ensure that your contact information is the most up to date (name, address, phone number, email).
- f. Provide us with your tour arrival and departure details so that we may arrange any included arrival and departure transfers and/or orientation meetings.

One day following reservation confirmation:

An Online Participation Agreement Form to sign and submit (emailed).

Within one week of reservation confirmation:

- a. Your reservation invoice (emailed).
- b. Welcome Documents including your specific dated Hotel Itinerary and this Guest Handbook (emailed).

Approximately one month prior to departure:

Your Travel Documents including the following items (mailed):

- a. Printed water- and tear-resistant Route Notes (day-to-day walking directions; emergency contact information; detailed daily itinerary; information regarding included meals, transfers, and daily logistics; restaurant recommendations for non-included meals; town maps; and information regarding optional activities and transportation).
- b. Printed Travel Documents (your specific dated Hotel Itinerary and Daily Itinerary Overview).
- c. Luggage tags.

At your orientation meeting:

An orientation packet containing maps and a welcome gift.

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

STARTING POINT

Baddeck, Nova Scotia, Canada (Night 1 Hotel)

At leisure, Day 1

Please provide us with your arrival and departure details at least 45 days prior to departure through our online portal, My Account. (A Confirmation Email with a link to My Account will be sent to you within 24 hours of reservation confirmation.)

Your tour representative, Angela Chisholm, will call you* on your cell phone (provided we have your number) at 6:00 p.m. on Day 1 to ensure you are comfortably settled and provide an orientation.

*Should you be arriving into and/or spending pre-tour time in Halifax, it may be possible to have an in-person orientation meeting in Halifax with your tour representative who lives there (based on her availability). Once we have received your arrival and departure details, we will notify your local representative of your plans. Based on her availability, she will then email you directly to inquire as to whether or not you are available for an in-person orientation meeting in Halifax versus the standard orientation phone call upon your arrival in Baddeck (at 6:00 p.m.).

MOST CONVENIENT AIRPORTS

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

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

GETTING TO THE STARTING POINT

The most convenient way to reach Baddeck is to fly to Sydney or Halifax and then drive from there. There are no direct flights from the U.S. to Sydney; most connect via Halifax.

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

Unless you are using your own vehicle, follow the signs for car rental upon arrival to either airport and proceed to one of the following car rental agencies located within either air terminal building:

JA Douglas McCurdy Sydney Airport:

Avis: [avis.ca/car-rental/location/CAU/CA/NS/Sydney/YQY](https://www.avis.ca/car-rental/location/CAU/CA/NS/Sydney/YQY)

Budget: [budget.com/en/locations/ca/ns/sydney/yqq](https://www.budget.com/en/locations/ca/ns/sydney/yqq)

National: [nationalcar.ca/en_US/location-details.html/location=1036512.html](https://www.nationalcar.ca/en_US/location-details.html/location=1036512.html)

Enterprise: [enterprise.com/en/car-rental/locations/canada/ns/sydney-airport-c9es.html](https://www.enterprise.com/en/car-rental/locations/canada/ns/sydney-airport-c9es.html)

Halifax Stanfield International Airport:

Alamo: [alamo.ca/en_US/car-rental/locations/location-details/CA/YHZT71-halifax-international-airport.html](https://www.alamo.ca/en_US/car-rental/locations/location-details/CA/YHZT71-halifax-international-airport.html)

National: [nationalcar.ca/en_US/location-details/ca/yhzt01-halifax-intl-arpt.html](https://www.nationalcar.ca/en_US/location-details/ca/yhzt01-halifax-intl-arpt.html)

Avis: [avis.ca/car-rental/location/CAU/CA/NS/Enfield/YHZ](https://www.avis.ca/car-rental/location/CAU/CA/NS/Enfield/YHZ)

Budget: [budget.com/en/locations/ca/ns/enfield/yhz](https://www.budget.com/en/locations/ca/ns/enfield/yhz)

Dollar: [dollar.com/Locations/LocationSearchResults.aspx?searchString=YHZ&pageld=AdvancedLocationSearch](https://www.dollar.com/Locations/LocationSearchResults.aspx?searchString=YHZ&pageld=AdvancedLocationSearch)

Thrifty: [thrifty.com/Locations/SearchResults.aspx?searchString=YHZ&searchRadius=50](https://www.thrifty.com/Locations/SearchResults.aspx?searchString=YHZ&searchRadius=50)

Enterprise: [enterprise.com/en/car-rental/locations/canada/ns/halifax-international-airport-c9e1.html](https://www.enterprise.com/en/car-rental/locations/canada/ns/halifax-international-airport-c9e1.html)

Hertz: [hertz.ca/rentacar/location/canada/novascotia/halifax/YHZT11](https://www.hertz.ca/rentacar/location/canada/novascotia/halifax/YHZT11)

PRE- AND POST-TOUR ACCOMMODATIONS

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

ENDING POINT AND TIME

Ingonish Beach, Nova Scotia, Canada (Night 6 Hotel)

At leisure, after breakfast

There are no walks scheduled for the last day of the tour, and you may depart at your leisure. 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

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

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*, which gives peace of mind for every guest. From the moment your reservation is confirmed, 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 early.

**except in cases of force majeure*

RESERVATIONS

Please note that the method by which Self-Guided Adventures are reserved differs in important ways from typical scheduled tours. We encourage all guests to refrain from purchasing plane tickets or making contingent plans until they receive confirmation from us. Here's how the process works:

1. **Reservation Request.** The process begins when you make a reservation request for this tour, either online at countrywalkers.com or by calling Country Walkers at 800.464.9255. Please note the online form does not on its own constitute a final reservation or a guarantee of tour space. If you use the form, one of our Tour Consultants will call within one business day. Outside of 90 days prior to the tour start date, a \$350 per person deposit is required at the time of the reservation request. Within 90 days prior to the tour start date, your final tour cost is required. If we are unable to accommodate you on your preferred dates/tour (or an alternative of your choice), this payment is fully refunded.
2. **Reservation Request Receipt.** Upon receipt of your deposit and preferred tour start dates, you will be provided with an emailed reservation request receipt, stating your reservation number and reconfirming the details of your reservation request (tour name, departure date, and tour price), while we get working on securing availability with all the hotels.
3. **Confirmation.** Our goal is to confirm your reservation request within five business days; however, this may take longer for a variety of reasons. All of our accommodations are available on a request basis; we do not hold blocks of rooms and, therefore, must confirm availability at the time of your request. If possible, we recommend you provide a range of back-up tour start dates at the time of your initial request. Once your reservation is confirmed, a Tour Consultant will contact

you. Once you have received our official confirmation, you can make flight reservations.

4. **Final Payment.** Final tour payment is due 90 days prior to tour departure date. As pricing is determined over a year in advance, we may be forced to change our listed price over time. However, please note that once your reservation is confirmed, we will always honor the price quoted when you booked.

TOUR ACCOMMODATIONS

Hotel Availability: Since we typically use small, boutique properties for Self-Guided tours, securing availability can sometimes prove challenging, especially on short notice. (Again, we encourage guests to book early and be flexible.) On some tours, if our standard property is not available, we may have alternate hotels of equivalent quality that we have approved. We'll book one of these alternates if the standard property is not available. If the hotel or room type requires a surcharge, we will contact you prior to reserving it. We will not reserve non-approved properties.

Room Category: We typically book standard rooms. If you are interested in upgrading your room type, please contact a Tour Consultant. Please bear in mind that upgrades are not available at every hotel; surcharges will be determined once we know what's available. Triple rooms (or rooms with two beds) can be a rarity. Should you desire such an accommodation, we may need to offer two rooms—supplements may apply. Please allow us extra time to sort the options out.

ORIENTATION MEETING & TRANSFERS

Though Self-Guided tours are a predominantly private experience, there are occasions where you may be in contact with others. Because guests are allowed to pick their own start dates, there may be other Country Walkers travelers staying in the same properties as you or even starting on the same date. For this reason, we may need to combine your orientation meeting with that of other guests or ask you to share on-tour transfers. This does not mean you need to walk together.

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. Prior to your adventure you will be asked to sign a Participation Agreement to accept your responsibilities.

CHANGES IN PLANS

After booking, you may change your reservation's destination, departure date, departure city, or Tour Extensions for a \$100-per-person administrative fee. We will waive this fee for changes made within the first two weeks of booking. Any cancellation charges or applicable fees imposed by hotels or operators will be passed along to the guest. We encourage you to consult our cancel policy for the particular trip you have booked. All changes are subject to availability and cannot be guaranteed. Please note that tours with seasonal pricing may involve a higher price point. Please note: This change policy does not apply to Special Departures. Please notify us in writing.

CANCELLATIONS AND REFUNDS

Cancellations must be made in writing and fees are applied as noted. Cancellation refunds will be calculated as of the date we receive your written cancellation. All payments for travel services not provided to the guest will be refunded in accordance with these Terms and Conditions and in accordance with Country Walkers' cancellation policy. Exceptions to this cancellation policy cannot be made for any reason, including personal emergencies, illness, or weather. Please note that the tiered tour price is based on a guarantee of a specified number of guests—should your group decrease in size, we reserve the right to alter the per person price if necessary as reflected in the Tour Price table.

Self-Guided Adventures

- » Cancellations received on or before 91 days prior to the start of the trip: \$150 per person
- » Cancellations received 90 to 61 days prior to the start of the trip: 25 percent loss of trip price
- » Cancellations received 60 or fewer days prior to the start of the trip: 100 percent loss of trip price

TRAVEL PROTECTION PLAN

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

SELF-GUIDED FLIGHT CONCIERGE

Our knowledgeable team will happily find flight itineraries that sync perfectly with your international Self-Guided Adventure. Simply request a price quote at the time of booking and, once your reservation is confirmed, we will contact you with available options. Please note that you are under no obligation to purchase the quoted flight itinerary.

Learn more about the Self-Guided Flight Concierge—including our complete policies—on our website at: <https://www.countrywalkers.com/self-guided-air-terms-and-conditions/>.

Other travel arrangements not included in the price of your trip (such as local train tickets or post-tour excursions) can be purchased through your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or bettertravel@madriver.com).

Canada at a Glance

ENTRY REQUIREMENTS

U.S. citizens: Passports are required. To minimize any inconveniences during travel, the State Department recommends that passports be valid for at least six months following your scheduled return. Visas are not required for U.S. citizens for stays of less than 180 days. For information, see travel.state.gov.



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

Travel Tip

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

CURRENCY

Canada uses the Canadian dollar (CAD). For current exchange rates, visit oanda.com.

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

TIME ZONE

Find the official time at your Canadian destination at 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.



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.

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.

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. For historical average temperatures and rainfall, see 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

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.

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.

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

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.

TRAVEL IN CANADA

A wealth of travel information is available at 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; for Western Canada, travelalberta.com and hellobc.com; and for Québec, bonjourquebec.com.

Trains

VIA Rail: 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); 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.

Travel Tip

A Canadian perspective.

Before you travel, check out 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.



Packing List

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. If you are bringing a favorite pair of older boots, please check that soles and seams are in good shape before you depart! 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

- » Cell phone (an International cell phone or your own cell phone with an International calling plan): for both practical and safety reasons, **we strongly advise that you carry a cell phone while traveling and at all times while you are out walking.** (Please note you may encounter intermittent coverage while on the trail or in remote areas.)
- » 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
- » Folding umbrella
- » Waterproof poncho (in addition to aforementioned rain gear, especially if expecting wet weather): while the aforementioned rain gear may suffice, a poncho offers the advantage of being lightweight, compact, big enough to cover both you and your backpack, long enough to allow for sitting on wet surfaces or act as a shelter, cool enough to wear during summer rains, and is cheap!
- » 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

ONLINE STORE

To help you prepare for your trip, we've carefully selected a range of comfortable, easy-packing travel apparel and accessories from leading brands such as Eagle Creek, Craghoppers, Patagonia, Tilley, and others. Whether you're traveling to Vietnam, walking in Canada, or exploring the hills of Ireland, our Travel Shop is here to ensure you're ready to enjoy your adventure to the fullest.

Visit the CW Travel Shop at cw.newheadings.com.