

Some trips
are just
more fun
without
the guys!



Spend the day shopping at a stylish boutique in Wolfville or Truro. Find the perfect souvenir to remember your trip with a stop at one of the many historic markets or quaint gift shops in our busy shopping districts in Yarmouth or Sydney. Spring Garden Road, in Halifax, is one of the country's oldest, prettiest retail thoroughfares where you'll find the season's must-haves. Or visit with artisans and learn their crafts first hand in quaint seaside towns like Mahone Bay and Bear River. The historic waterfronts across the Province are home to some of the hottest action around! That's where you'll find great restaurants (think more than 450 fabulous restaurants with menus ranging from seafood to ethnic and more!); live music indoors and out; historic attractions & popular festivals such as The Discover the Wines of Nova Scotia Fall Festival and The Lunenburg Folk Art Festival. From the gracious Victorian architecture, to the cultural smorgasbord of our many museums and galleries, to the excitement and fun found around every corner, our cities and towns are going to surprise and delight you!

- * **Experiential Education Tours** in Truro is "woman-owned-and-operated" and offers the only "*Girls Just Wanna Have Fun*" 12 day Maritime Provinces tour, jammed packed with activities such as Tall Ship sailing, solid for a day, whale watching, spa excursions, fossil finding, fabulous wining and dining and of course lots of shopping!
- * **Tidal Bore Rafting Park** offers the '*Dirty Girls Tidally Awesome Adventure*'! Gather the gals and go Tidal Bore Rafting (along with a little mudsliding) on the Shubenacadie River. This 2 night package also includes deluxe accommodations in a country cottage, a Bay of Fundy Mud Wrap Spa treatment, a tour of the Glooscap Heritage Centre to learn first hand about the Aboriginal experience in Nova Scotia and an opportunity to walk the floor of the Bay of Fundy at Burncoat Head Park— home to the highest record tides in the world! And cap off each evening by sampling some fabulous Nova Scotia wine with your gal pals on your cottage deck.
- * Relax, refresh and renew at **Oak Island Resort, Spa & Conference Centre**! This simple anytime package includes 2 nights accommodation, breakfast and \$100 credit for Spa services ... including wine ... anytime!

White Point Beach Resort, located on the South Shore, offers *Just For Women Weekends* - rest, relax, rejuvenate and have fun! Tempt your taste buds with "Off the Vine" wine or cocktail samplings. Get pampered with a massage and facial in the Ocean Spa. Enjoy a three-course dinner overlooking the sea. Unwind in front of the fire with a good book and a specialty coffee. Take a care-free stroll along the beach ... the weekend is just for you and the gals - you can do it all or do nothing!

- ◆ New in 2010, White Point is offering the "Chopra Center Perfect Health Retreat. Dates: March 5-7; June 25-27; November 5-7. Make positive changes in your lifestyle and learn to live joyfully through the Perfect Health Lifestyle Program from the Chopra Center, a program of daily wellness founded on the 5,000 year-old healing system of medicine known as Ayurveda with certified instructor, Karen Whyntott.



Discover the Northumberland Shore with the warmest waters north of the Carolina's. Explore the earliest examples of social behaviour on earth at the new **Joggins Fossil Centre!** Overnight in an original train car at the **Train Station Inn** in Tatamagouche. Take the gals and find unique organic treats at the **Tatamagouche Creamery Farmer's Market** or indulge and sink your teeth into delicious maple treats at **Sugar Moon Farm**. Refresh with local blueberries - Nova Scotia is the leading processor of wild blueberries in the world and second leading producer, and gals know that blueberries have higher levels of anti-oxidants than any other fruit or vegetable making it extremely healthy and popular internationally ... and they taste great too!



One Life Surf School is Eastern Canada's first women's surf school offering instruction for both groups and individuals. Inspired by the ocean, One Life Surf School has been spearheaded by a collective of women who love surfing. Services include environmental workshops, surf camps, apparel, professional development, leadership training, and self-care such as massage therapy, yoga, and reiki therapy. The sky is the limit! One Life Surf School is about unity, empowerment, education, respect, laughter, salty hair, sand between your toes, happiness, creativity, and so much more!

Nova Scotia is a **golf** haven for women - beginners and experts alike! Choose from over 60 golf courses throughout the province, where classic designs and contemporary layouts combine championship depth, diversity and pure golfing pleasure ... for the ladies! Several courses are now offering women's only tournaments, weekends and lessons, all accompanied by high quality accommodations and spectacular dining options!

- ◆ Opening in 2010: **The Lakes Golf Club** in Ben Eoin will be a world-class Graham Cooke designed golf course scheduled to open Spring 2010. It is being constructed on 3 plateaus where the maximum elevation of 150-feet above sea level will provide beautiful vistas of the rolling hills and waters of the Bras d'Or Lakes.

The Annapolis Valley area is rich in agriculture ... so no great surprise that it is a fabulous destination for experiencing a 'taste of Nova Scotia' with your girlfriends ... from the slow food movement at **The Port Pub** in Port Williams to the sensational tapas temptations at **The Tempest Restaurant** to picking your own lobster to dine on at the **Hall's Harbour Lobster Pound** to handpicking the tastiest Honeycrisp apple at **Stirling Fruit Farms** ... the options are endless! Add to that herb-infused jellies and liquours at **The Tangled Garden** or a wine and chocolate pairing at **Gaspereau Vineyards** or Stutz Hard Apple Cider & Foxhill Cheese on the pergola at **Domain de Grand Pre** . our award-winning wineries have garnered international acclaim for their efforts and passion and are eager to share their unique experiences with you!

