

LIFE IN THE FEAST LANE



The warm, sparkling blue waters and wide sandy beaches of the Northumberland Strait make the northeastern region of Nova Scotia a vacation paradise. The Northumberland Shore offers more warm-water ocean beaches than anywhere else in Atlantic Canada! Freshly caught lobster, wild blueberries, and maple syrup are just a few of the delicacies found in this region. Sample award-winning wines or fresh seasonal microbrews ... there are a wide range of locally made products to accompany each and every morsel so hang on and savour the ride!

DAY 1

Upon arrival at the airport, gather your luggage and transfer to downtown Halifax.

Halifax deftly blends the past with the present to produce a skyline dotted with elegant 18th- and 19th-century architecture alongside ultra-modern towers of glass and steel. The heart of Halifax is perfect for exploring on foot, with tree-lined streets, international restaurants, galleries, libraries and museums. Inviting sidewalk cafés beckon you to while away a few hours amid park-like, waterfront, and historic settings in the busy downtown, often with a backdrop of the bustling harbour, which entertains ship traffic from every corner of the globe. Explore what this “capital city by the sea” has to offer, such as:

- Tour the [Maritime Museum of the Atlantic](#), generally recognized as having the world's finest collection of wooden artifacts from Titanic. Halifax was the closest major port to the 1912 sinking and all of the recovered bodies were brought to Halifax, along with many pieces of wreckage. These fragments, including a near perfectly preserved deckchair and large pieces of oak carving, are featured as part of the museum's permanent exhibit.
- The [Art Gallery of Nova Scotia](#) houses the Province's collection of art unique to Nova Scotia and offers a range of exhibitions and programming, including the Maud Lewis (folkart) collection.
- The [Halifax Waterfront](#) is one of the most visited attractions in the province. With a sparkling water, working port as a backdrop, it's no wonder that the Halifax waterfront is home to a number of businesses and countless world-class events each year. From walk-a-thons, to Nocturne, the

world-renowned Busker Festival to Royal Nova Scotia International Tattoo, Halifax is a vibrant event city.

- Visit [Pier 21](#), the Canadian Museum of Immigration. Learn about the experiences of immigrants as they arrived in Canada, the vital role of immigration in the building of Canada and the contributions of immigrants to our country - all at one unique place. The Museum's main exhibition is dedicated to the years when Pier 21 was open as an immigration shed – it's Canada's version of Ellis Island.
- Visit the [Halifax Seaport Farmers' Market](#), especially lively on the weekends, but with storefronts that are open every day of the week. This is the oldest farmers' market in North America which moved into a new location a couple of years ago that now boasts nearly 140 weekend vendors and a green roof with spectacular views of the Harbour.
- At the [Alexander Keith's Nova Scotia Brewery](#), you can take an interactive tour of the brewery, where actors in period costume lead you back in time to learn about the famous beer, the historic brewery and the challenges of life in Halifax in 1863. Then swing by the Stag's Head Tavern for great music, games and of course to sample Alexander Keith's finest ales! Tours are one hour long, beginning the top of every hour.
- Become a soldier for a day at [Halifax Citadel National Historic Site](#), where the sounds of a modern, bustling port city are exchanged for the crack of rifle-fire and the skirl of bagpipes. The present Citadel was completed in 1856 and is the fourth in a series of British forts on this site. Today, the restored Citadel is a national landmark, commemorating Halifax's role as a key naval station in the British Empire and bringing history to life in Atlantic Canada's largest urban centre.
- Take a stroll along [Spring Garden Road](#) for good shopping and good food! This is one of the most popular streets in Halifax and a great spot for people watching! Grab a coffee at The Smiling Goat Organic Espresso Bar or sample the taps at Rockbottom Brew. While you're there tour the Halifax Public Gardens, a rare example of a formal Victorian garden.
- Explore the city's North End. From the ashes of the catastrophic Halifax Explosion, which shattered the City's North End on 6 December 1917, rose the [Hydrostone District](#), a splendid example of an English-style garden suburb. Completed in 1920, this well-preserved neighbourhood was designed according to the most-up-to-date yet practical principles of town planning. This morning, we suggest you visit this unique little part of Halifax's north end where the buildings are all variations on the same architectural theme and all constructed with "Hydro-Stone" concrete blocks and are aesthetically arranged along each side of wide treed courts. The houses and landscape contribute to a remarkable sense of time and place. The neighbourhood is an important achievement by the influential town planner Thomas Adams. The ensuing remerchandising of this shopping area has created a "retail theatre" of unique shops, eateries and services and has become a lively, vibrant place to shop, eat out, and enjoy the Hydrostone.

Overnight: Halifax, NS

DAY 2

Depart Halifax for [Sugar Moon Farm](#) (@SugarMoonFarm) in Earltown for a brunch that is all about the maple! Sugar Moon Farm is Nova Scotia's award-winning, year round maple syrup farm and dining experience. Canadian Living Magazine recently declared their pancakes to be among the best in the country! At the Farm, you can learn about the history and craft of maple sugaring in the sugar camp.

After brunch, make your way through the natural elements to Guysborough. Check-in at the DesBarres Manor Inn Dining Room where it's time for some fun bonding over great East Coast food, local craft beer and luxury accommodations. Kick off your afternoon with cooking class where you'll learn how to cook with craft beer at the Inn. Then it's a tutored craft beer tasting as you learn about what makes a great craft beer and how to pair it with food. After all that hard work retreat to your room for a rest before coming downstairs to savour a five course tasting menu.

Overnight: Guysborough, NS

DAY 3

Head out towards the Northumberland Shores to the route often referred to as the "Mini Cabot Trail". In Arisaig, visit the latest member of the Nova Scotia craft distilling family. [Steinhart Vodka](#) is part of a rich family tradition that's over 300 years in the making.

Continue along Route 245 to Pictou for soup and sandwiches with Helen at [Mrs MacGregor's Shortbreads](#) ... but more importantly, learn how she makes some of the best shortbreads in all of Canada!

After lunch, head down to the Pictou Waterfront to "Adopt-a-Lobster" at the [Northumberland Fisheries Museum & Hatchery](#). The Lobster Stock Enhancement Research Project was established in response to the steady decline in lobster landings in Fishing Area 26A seen since the 1980s. This year-round project aims to promote the future health of lobster fishing by restocking the depleting resource. The Adopt a Lobster program helps to successfully raise and release lobsters back into the ocean as well as provide history and education to our visitors. On site, you can see the 'lobster birthing tank' and examine live lobsters from infancy to 4-5 weeks old. After adopting your lobster, you can release it back into Pictou Harbour at the end of the dock.

Overnight: Pictou, NS

DAY 4

Spend the day with one of Nova Scotia's culinary ambassadors, Chef Alain Bosse, also known as [The Kilted Chef](#) (@KiltedChefAlain). This culinary journey will take you from the pasture to the sea to your plate. Cooking on the Farm is a full-day, hands-on culinary experience you will never forget. Start the morning sourcing local ingredients from fish purveyors, butchers, abattoirs and farmers. Learn how to select the freshest seafood and vegetables as well as to identify what types and cuts of meat work best for certain recipes. After selecting your ingredients, return to Chef Alain's farm for a light lunch before beginning your personalized cooking class. At the end of the day, enjoy the meal you made paired with Nova Scotia wines.

Overnight: Pictou, NS

DAY 5

Located on the pastoral shores of Nova Scotia's Northumberland Strait lie the beautiful rows of lavender at [Seafoam Lavender Farm](#) (@SeafoamLavender). Between the earthy aromas of the surrounding deep forest, the light hint of salt spray, and the heavenly aroma of lavender, a visit to Seafoam Lavender Farm causes sensory overload – but in a very good way! This small, family-owned/operated agricultural business produces superior-quality, direct-from-the-farm lavender products. Each product is individually made in small batches to ensure freshness. Learn “Lavender 101” and sample the variety of their products from essential oils to ice cream!

Malagash is home to [Jost Vineyards](#) (@JostVineyards), part of Devonian Coast family of wineries. Situated on the shores of the Malagash Peninsula near Blue Sea Beach, these award-winning wines are the product of the numerous varieties of grapes grown on site. Tour the vineyards and winery shop and then the best part ... sample their selections on the patio with tasty paired local treats.

Next visit [Bay Enterprises](#) and lean to “U-Dig” your own Quahogs! The full “Oyster experience” includes learning about all aspects of the industry and trying your hand at tonging oysters.

Travel to the quaint village of Tatamagouche along the shores of the Northumberland Strait. It is a thriving tourism community boasting art galleries, museums, craft shops, restaurants, cultural centre, and a marina. Stop for a taste test at Tatamagouche's newest operation, the [Tatamagouche Brewery](#) (@TataBrew). The owners, the Jost Family, ran the successful Jost Vineyards for years and are now extending their crafting knowledge from wines to steins.

Overnight: Tatamagouche, NS

DAY 6

Travel to the scenic [Annapolis Valley](#), Atlantic Canada's richest agricultural region, a patchwork quilt of fields, dykes, orchards and vineyards. The power of nature is apparent here with the world famous Bay of Fundy tides and ever-changing landscape of rocky shores, fertile farmlands, salt marshes and broad sandy beaches.

For lunch, visit the charming little village of Hall's Harbour, home to the "[Lobster in the Rough](#)" dining experience. During the warm weather, locals and visitors alike flock to this tiny fishing village to select and have prepared in the on-site cook shack, a sample of the world renowned Bay of Fundy lobster. The experience is heightened by devouring this delicacy while seated in the waterfront dining room, the prime stage for observing the highest tides in the world. At low tide the wharf is high and dry and the fishing boats wait patiently on the harbour bottom until the tide rises as much as an inch a minute to the 40 foot high tide mark on the wharf. Truly a phenomenon to witness! The scene is set with some lobster traps, fishing boats, the scents of pine and sea wrack with a gang of hungry seagulls hanging around. Is there a better way to eat lobster?

This afternoon, explore some of the other delicious delights of the agricultural heart of the Annapolis Valley. Suggestions include:

- [Foxhill Farm & Cheese House](#) (@foxhillcheese) crafts over 20 varieties of cheese using milk from their own herd of Holstein cows. The Rands are a 6th generation dairy farm family who are

strongly committed to using quality fresh milk for a truly unique dairy product. They proudly plant the seed to grow the grass to milk the cow to make specialty products for their customers. But it's not just cheese they make! Their yogurt, gelato and fresh pasteurized non-homogenized milk packaged in glass bottles are so popular that they have become known as "The Annapolis Valley Dairy Store".

- From crisp Annapolis Valley apples to fresh sweet corn, [Noggins Corner Farm Market](#) has the Valley's finest selection of locally grown fruits and vegetables in addition to homemade jams, fresh local honey, mouth-watering pies and freshly baked bread.
- [Pete's](#) is a name synonymous with fine fare in Nova Scotia. Pete Lockett's culinary explorations began as a stall owner in Nottingham, England, and led him around the world before he chose to settle in the Maritimes. Here he formed one of Atlantic Canada's best known and loved brands: Pete's Frootique. Three award winning stores and countless well-fed customers later, Pete has kept close to his roots as the charming grocer and energetic personality. Always looking with an entrepreneurial eye towards new adventures, in 2010 he opened [Lockett Vineyards](#) (located in Gaspereau Valley) and sees the vineyard as a true calling! From the fruit groves to his extraordinary fruit wines to the red phone box in the middle of the vines to the fabulous view of Cape Blomidon, Lockett's is a destination on its own!

Overnight: Wolfville, NS

DAY 7

The [Wolfville Farmer's Market](#) is one of the most popular markets in the province. They recently moved into a new, year round facility and are open every Saturday and Wednesday evenings year round. Visit with some of the local producers and vendors before dinner.

Make your way back towards Halifax and depart this afternoon with fond memories ... and a full belly!