

## SURFING & SERENITY



*Quiet shoreline roads lead you to pounding surf beaches and romantic seaside villages where the traditions and legends of the sea come alive. This rugged coastline is littered with glorious beaches that provide the perfect setting for outdoor adventure. With an abundance of sea kayaking, hiking, birding, coastal activities and four seasons of fantastic surfing, the outdoor enthusiast will feel like they're in heaven.*

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### DAY 1

Arrive at the Halifax Stanfield International Airport 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

After a hearty breakfast, leave the city life and cross the bridge to travel outside of Metro Halifax to the Eastern Shore.

The [Hope for Wildlife Rehabilitation Centre](#) (5909 Hwy 207, Seaforth) is a unique facility that connects people to wildlife in a positive way through knowledge and understanding. Since 1997, the Hope for Wildlife Society has helped over 20,000 injured and orphaned wild animals representing over 250

species. Animals admitted to the Hope for Wildlife Society receive medical care, food, shelter, and whatever else is needed to ensure a successful return to the wild.

After a picnic lunch, head to Lawrencetown Beach to ride the waves! Lawrencetown Beach is quickly gaining ground as an international surfing destination and plays host to several surf competitions each fall, one of them sponsored by Billabong. Learn why this particular area offers excellent surfing and where the hardcore surfers catch the best waves.

Time to get your surf on! Check-in [East Coast Surf School](#) at Lawrencetown Beach Provincial Park (4348 Hwy 207, Lawrencetown, NS). Owner/instructor Nico Manos is Nova Scotia's first and only professional surfer. Residing near Lawrencetown Beach, he has been teaching surf lessons for 8 years and is currently the Canadian Junior team coach. Your surfing lesson will include: a thorough explanation of the proper technique to paddle and stand up, safety and ocean awareness education, knowledge of the equipment you will be using and wetsuits along with your surfboard so you can take advantage of the waves for the afternoon! (Bathing suits are recommended for wearing underneath the wet suits. Towels will be provided)

After your water adventure, check into your rooms for the night just down the road, not far from the beach!

Overnight: Lawrencetown, NS

### DAY 3

After breakfast, continue to explore the Marine Drive.

Travel back in time to the 1940s to experience life on the Eastern Shore at [Memory Lane Heritage Village](#) (5435 Clam Harbour Rd, Lake Charlotte). This is the only living history museum in North America that represents this fascinating era. The grounds include a general store, a schoolhouse, a church, fish store, lumber mill, clam factory, barn (with sheep, chickens and barn cats), homestead, ice house, garage and antique auto and truck. All buildings on-site, aside from the General Store, were carefully moved there from other parts of the community - which was no easy feat and therefore a true testament to how much this community values its history! For those with a true sense of adventure, ask staff to outfit you in 1940s attire!

After your tour, indulge in a hearty "Cookhouse Lunch" on-site at Memory Lane. After lunch, make your way to Tangier to meet Scott Cunningham, owner/operator of [Coastal Adventures](#) (84 Mason's Point Road, Tangier). Scott has been kayaking this region for over 35 years ... so you are in good hands! Scott and his team will introduce you to the untapped wilderness of this varied coastline. Discover the unique biology, geology and human history of this coastal wilderness far from the city bustle. Instruction will be provided in the basic paddling strokes and the fundamentals of a safe and enjoyable sea kayaking trip. During your journey, explore the sheltered offshore islets and islands, and a fascinating world where the land meets the sea.

The afternoon kayaking session is approximately 2-3 hours. After you kayak, make your way about 30 minutes down the road to Port Dufferin.

Overnight: Port Dufferin, NS

#### DAY 4

After breakfast, meander along the shore as you make your way towards [Liscombe Lodge Resort](#). Check in early to hike along a portion of their 9 km of hiking trails or simply relax and enjoy the solitude of area overlooking the river.

This afternoon, take a boat tour along the Liscomb River. This relaxing Pontoon Boat ride along the Liscomb River channel takes you into the open waters of the Atlantic Ocean with Marina Supervisor and Captain, Chester. During the one-hour scenic tour, Chester will share stories of the area and draw your attention to points of interest. You may even see a seal or bald eagle on your Liscomb Harbour Cruise.

Overnight: Liscomb Mills, NS

#### DAY 5

Today, travel even further back in time when you head 15 minutes east to [Sherbrooke Village](#), which depicts life as it was between 1860 and 1910, when this area was thriving with lumbering and shipbuilding.

In the 1860s, timber, tall ships and gold brought prosperity to Sherbrooke's people. Today, you can explore this amazing village with its 25 original buildings, to experience life as it was along the St. Mary's River before the 1900s. Hear tales about the village as costumed interpreters bring history to life. Watch sparks fly as the blacksmith's hammer hits the anvil, see the weaver's nimble hands at the loom and hitch a ride in a horse-drawn wagon. You can even become a blacksmith for the day! Learn the traditional art of the forge in a fun and educational atmosphere where you will produce your very own forged piece under the watchful eye of the Village Blacksmith.

This afternoon, make your way through the natural elements to Guysborough.

Overnight: Guysborough, NS

#### DAY 6

This morning, take a stroll through the village or relax on the deck overlooking the Inn's gardens.

Take in one final "bonding" activity with your tour mates over great East Coast food and local craft beer. Get a tutored craft beer tasting at the [Authentic Seacoast Brewing Company](#) as they explain what makes a great craft pair and how we pair it with our food offerings. (80 Main Street, Guysborough). Guysborough is home to the oldest commercial brewery in Atlantic Canada, begun by Nicholas Denys in 1659. Today that spirit continues with the Authentic Seacoast Brewing Company in the Rare Bird

Pub building on the Guysborough harbour. Using pure artesian water and premium ingredients, the Authentic Seacoast Brewing Co.'s Rare Bird Craft Beer celebrates Nova Scotia's oldest brewing tradition.

Make your way back towards Halifax. This evening, we highly recommend a farewell to Nova Scotia dinner at the [Five Fishermen Restaurant](#) (1740 Argyle Street, Halifax). This historic restaurant has been home to a number of prestigious businesses that have played significant roles in Halifax's history. For many years in the early 1800's, it served as the first school in Canada to offer a free education. It is for this reason that the building has the distinction of being a protected Heritage site. The building then changed hands to a new proprietor, Anna Leonowens. Her purpose was to start up an Art school, thus the Halifax Victorian School of Art was born. Eventually the art school moved to a new location and became the Nova Scotia College of Art and Design. It wasn't long after Anna left the building that it was taken over by the Snow family. Snow & Sons would enjoy a bustling business running a mortuary and would play a significant part in the Titanic disaster.

Overnight: Halifax, NS

## **DAY 7**

Time to depart Nova Scotia with fond memories ... and a full belly!