



## *Where else can you find men in skirts ... and proud of it!*

Nova Scotia is Latin for New Scotland. Throughout the 18th and 19th centuries, tens of thousands of Scottish and Irish immigrants chose this peninsula on the east coast of a budding new world as the place they would call home. The strength of the Gaelic culture, music, history and language has endured here for three centuries, living and breathing in everyday life.

Cape Breton Island, in particular, offers a chance to truly explore Celtic culture and history. There is a saying common here: *Ciad mile failte*. It means “a hundred thousand welcomes” and is typical of the warm greeting the island’s visitors can expect. To truly experience the Celtic culture, you want to visit:

- **Gaelic College of Arts & Crafts** - Students of all ages and ability travel here from around the world to study programs in traditional Scottish disciplines including Gaelic language and song, music, dance and crafts.
- **The Highland Village** - a living history museum and cultural centre that celebrates the Gaelic experience in Nova Scotia.
- **Celtic Music Interpretive Centre** - Sign up for a one-day step-dancing workshop or a week-long fiddling course.
- **Celtic Colours International Festival** - take in one of the hundreds of events, activities, concerts, workshops, tours and dances in this Island-wide event.
- The **Feis an Eilein** on Christmas Island and take in the traditional milling frolic held the third Thursday in August as it has been for more than 70 years.
- You can also do an Immersion Weekend at **St. Francis Xavier University** with programs for children and adults.
- Lose yourself in the whirl of kilts and skirl of pipes at the **Antigonish Highland Games**, an annual event in Nova Scotia since 1863.

Experience the Celtic culture of Nova Scotia and go home tapping your toes to the lingering melodies of an unforgettable Ceilidh or longing to try the caber toss.



Nova Scotia offers distinct regions and experiences that are waiting to be explored. Visit the rugged Atlantic Coast and the lush, rich Annapolis Valley which rolls down to the Nova Scotia Bay of Fundy where the world's highest tides rise and fall. Follow the Northumberland Shore where you'll find the warmest waters north of Maine and long, welcoming stretches of beach. And witness the Highlands of Cape Breton Island rising majestically above the sea.

There are amazing natural wonders to be discovered and a world of exhilarating experiences to be had. Our province boasts two beautiful national parks (**Kejimikujik National Park and National Historic Site of Canada** and the **Cape Breton Highlands National Park**) and over a hundred provincial parks. If a guided experience is your preference, there are more than sixty operators offering the following adventures: hiking in Cape Chignecto; sailing on the Bras d'Or Lakes; biking the Cabot Trail; surfing on Lawrencetown Beach; scuba diving amongst offshore wrecks; kayaking along the Bay of Fundy coastline; whale watching at Digby Neck; and backwoods camping at Keji just to name a few.

**Nothing Boring about our Tidal Bore!** Marvel at the Bay of Fundy and witness the highest tides of the world. From on top of 200metre high cliffs watch the tide rise over 16 metres. Discover the rare phenomenon created when competing currents collide. It's a one-of-a-kind adventure vacation experience to ride a tidal bore. The cresting waves become your personal roller coaster.



**Enlist as a Soldier ... if only for a day!** Don the kilt and bonnet of a soldier from the 78th Highland Regiment and fire an authentic Snider-Enfield rifle as you learn about how the 'redcoats' defend the British Empire. At the Halifax Citadel National Historic Site, share a meal with your fellow Highlanders, experience military tradition and enjoy on-site exhibits and facilities. Or participate in the activities of the Fortress of Louisbourg National Historic Site in the areas of interpretation, animation programs, training, archaeology and research. In 2008, celebrate the 250th anniversary of the second siege of Louisbourg during the Grand Encampment in July.



**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!

### "FAVOURITE" Day Trips

- \* Experience tubing on the Gaspereau River (Kings County) or the Medway River (Queens County).
- \* Upper Clements Park is a theme park near Annapolis Royal and across the road is the Upper Clements Wildlife Park .
- \* Spend an afternoon on the Bluenose II in Lunenburg.
- \* Exotic, native and domestic animals reside at the Oaklawn Farm Zoo in Kings County.
- \* The Cabot Trail is a must-see, especially in the autumn.