

TIDAL INFLUENCE



Legends from the Mi'kmaq culture tell the primeval story of the Maritime provinces through tales of the mighty Glooscap, who created Five Islands and controlled the great tides with his magic. And it's the tides that create experiences that are magically unique. Walk on the ocean floor at low tide; experience the thrill of rafting upriver on the tidal bore; kayak around sea stacks thousands of years old; examine 350 million-year-old fossils on the beach. This is a land where eagles and osprey soar, where moose graze in quiet marshes and year round migrations bring hundreds of thousands of shorebirds.

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

Fill up with a hearty breakfast before you leave the city life and travel the Glooscap Trail / Hwy 102 towards Truro. Enroute you will find some interesting stopping spots:

- [Glooscap Heritage Centre](#) (75 Treaty Trail, Truro). Visit the Glooscap Heritage Centre and Mi'kmaw Museum to not only gaze at the 40-foot statue of Glooscap but to also learn about the Mi'kmaw - the Aboriginal group of Nova Scotia. The Glooscap Heritage Centre, located next to

Truro, Nova Scotia, is dedicated to the celebration of Mi'kmaw heritage. The Centre also has a modern Visitor Information Centre and a Gift Shop with a First Nation focus.

- [Masstown Market](#) (10622 Route 2, Masstown). Lunch at Masstown Market, a thriving family business that began as a farm-gate operation in the spring of 1969, and has grown to become a local landmark thanks to their tradition of quality foods, great selection, and friendly service. The market has large, bright displays of the finest fruits & vegetables, daily fresh “made from scratch” baked goods, famous chowders and soups, locally made ice cream, meat counter, garden centre, gift shop and more! Chat with knowledgeable fishmongers about the latest Bay of Fundy and Atlantic waters fish and seafood landings. Then climb to the top of the lighthouse for a panoramic 360° view of the mouth of the Bay of Fundy ... the province’s only “inland” lighthouse!

Depart Masstown and continue along Route 2 towards Parrsboro. Stop for a stretch break ... and maybe a little tasting snack at [That Dutchman's Farm](#). Owned and operated by Maja and Willem van den Hoek, who immigrated to Canada in the 1970's, this thriving cheese-making business is a do-not miss on your culinary hit list. The cheese Willem produces is a "Farmstead Gouda." It is a true heritage cheese that has its roots in the Netherlands, reaching down into the early middle ages. And their award winning “Dargon’s Breath Blue Cheese” is a must. That Dutchman's Farm is a cottage industry the whole family works in and feels proud of. Over the years, they have laid out an extensive network of walking trails and waterways connecting gardens and ponds. Hidden amongst this lives an interesting collection of animals and plants tucked away in special settings. It is a work in progress and well worth a visit to explore. (132 Brown Rd, Economy)

Parrsboro welcomes visitors to experience the World’s Highest Tides. There are nearby raw undiscovered beaches, golf, live theatre, historical gems and fossil discoveries. Parrsboro offers music, art and a past rich in story and adventure. Charm is everywhere....from the flowers and art sculptures that greet you on the manicured Main Street to the boutique shops, services and hospitality that is old school and unique.

- The [Fundy Ocean Research Center for Energy](#) (FORCE) is Canada’s leading research centre for in-stream tidal energy, located in the Bay of Fundy. FORCE acts as a host to technology developers, providing the electrical infrastructure to deliver power to the grid; it also acts as watchdog, providing independently reviewed environmental monitoring. FORCE also conducts research to better understand our site, estimated to contain 2,500 megawatts of extractable power. The FORCE visitor centre overlooks the technology test site in the Minas Passage, Bay of Fundy. The approximately 3,000-square foot facility houses interpretive exhibits, interactive displays, a small theatre/community room, as well as space for onsite meetings and research work. The modular building can be disassembled and reconstructed; other sustainable features include passive solar heat gain in winter, high performance glazing and solar shading to help cooling in summer, and storm water drainage and control. (1156 West Bay Road, Parrsboro)
- The [Ottawa House by the Sea Museum](#) is 3 km from Parrsboro at Partridge Island. The site overlooks the Minas Basin and former ferry route to Annapolis Valley Regions. Ottawa House built in the late 1760's served primarily as an inn but is best known as the summer home of the Rt. Hon. Sir Charles Tupper. He was a Premier of Nova Scotia, Father of Confederation and sixth Prime minister of Canada. The Museum is now undergoing major restorative and interpretive improvements. Exhibits focus on the storyline of the building and the site, as the witness to the waves of human occupation, industry and historical events of the early colony and nation. (1155 Whitehall Rd, Parrsboro)

- The Rock and Mineral Shop and Museum in Parrsboro is a gallery of rare fossils from prehistoric dinosaurs, reptiles and amphibians. Internationally known fossil collector Eldon George displays these rare fossils including the world's smallest dinosaur footprint, as well as Nova Scotia gemstones and minerals; and minerals and fossils from world-wide sources. (349 Whitehall Rd, Parrsboro)
- [Fundy Geological Museum](#) (162 Two Islands Rd, Parrsboro). In the Bay of Fundy the world's highest tides erode the towering sea cliffs to reveal half a billion years of geological history, exposing fossils and local minerals, including amethyst and agate gem stones. Find out about colliding continents, the formation of Pangea, warm shallow seas and coal swamps, local dinosaur discoveries, our frozen glacial past and the birth of the Bay of Fundy.

Overnight: Parrsboro, NS

DAY 3

Spend the day kayaking the Bay of Fundy Kayaking with [Nova Shores Adventures](#) (37 School Lane, Advocate Harbour).

- *(At the stop sign in downtown Parrsboro turn towards Amherst to stay on HWY 2. After approx. 3 km turn LEFT onto HWY 209 west that will take you to NovaShores Adventure. The drive from Port Greville to Advocate Harbour is very scenic. It's just as impressive as the Cabot trail of Cape Breton, so give yourself some extra time for the great photo opportunities - and to safely negotiate the hilly, twisting road.)*

The coastline along Cape Chignecto Park offers a truly spectacular, wild and unspoiled landscape. You will be paddling into a fascinating world of towering cliffs, natural arches and rock spires. Paddle to the legendary Three Sisters rock formation, the crown jewel of Cape Chignecto Park. Due to the paddling conditions found on the Bay of Fundy and the increased safety with the added stability, only double kayaks on this tour. The doubles are great for taking photos and easy to use for beginner. The tour includes a relaxing stop at a pristine beach for a delicious lunch with local produce, home bake and hot drinks. This day tour normally lasts about 5 hours from start to finish. From the meeting point in Advocate Harbour it is roughly a 30 minute scenic drive to the put-in spot of the day. You drive your own vehicle to Spicer's Cove. It's a photographer's dream. Dry bags and basic instruction in paddling and safety are provided.

NOTE: What to wear: The Bay of Fundy is a cold water environment, so sporty clothes that are made of quick-drying materials rather than cotton are best. It's always a bit cooler on the water than on land, so a warm sweater like a fleece and a waterproof windbreaker will be needed. A hat, sunscreen, sunglasses and possibly insect repellent are good to have along, too.

Overnight: Advocate Harbour, NS

DAY 4

Continue to travel along Route 209 to Joggins to visit the [Joggins Fossil Centre](#) (100 Main St, Joggins). The Joggins Fossil Cliffs on the Bay of Fundy in Nova Scotia is Canada's 15th UNESCO World Heritage Site and is one of three in Nova Scotia. At Joggins you will be able to observe and have accessibility to 15 kilometres of magnificently exposed layers of rock revealing the world's most complete fossil

record of life in the “Coal Age” when lush forests covered Joggins and much of the world's tropics, 300 million years ago. In these coastal cliffs, rare fossils reveal details of life as it was in the “Coal Age”. With careful observation, you may find fossils on the beach that have fallen from the cliffs, or view the spectacular sandstone layers that entomb ancestors of the first dinosaurs.

Now that you’ve spent some time exploring the Bay of Fundy, it’s time to learn how this phenomena has affected what happens underground. This afternoon, travel to Springhill to visit the [Springhill Miner’s Museum](#) (145 Black River Rd, Springhill). Tour the depths of a Springhill coal mine, famous in song and legend, with one of their knowledgeable guides. Hear stories of the disaster of 1891, the 1916 subterranean fire which raged through the galleries, the loss of 39 men in the 1956 explosion and the major “bump” in 1958 which killed 75 men. The Miners’ Museum displays unique artifacts of the history of the town and its remarkable industrial heritage.

If time permits, a quick stop at Springhill other’s famous attraction is warranted! The [Anne Murray Centre](#) showcases the incredible life and times of Springhill’s internationally acclaimed songstress Anne Murray. Step into the remarkable story of this Canadian icon and take an intimate look at her humble beginnings, flight to fame, and enduring contributions to the world of music. Create your own “duet” in Anne’s mini recording studio, pick up a signature memento to mark your visit, and walk the rows of awards amassed during her 40-year music career – where all that glitters is truly gold (or platinum!)

Overnight: Amherst, NS

DAY 5

Explore your artistic side this morning by spending some time with a local “hooker”. Meet Deanne Fitzpatrick at her studio ([Deanne Fitzpatrick Studio](#), 33 Church St, Amherst), a local gathering place for rug hookers and fibre artists worldwide. Deanne's studio offers everything from original hooked rugs to workshops, kits, patterns, fine wools, yarns, hooks, frames, books, prints and joyous ideas. Your challenge this morning will be to create your very own hooked rug creation with Deanne as your guide!

Depart Amherst and make your way towards Wentworth. If you need a stopping spot, turn into Oxford where the Oxford Visitor Information introduces you to the Wild Blueberry & Maple industries in the area and learn of their relevance and importance to the Nova Scotia economy. (105 Lower Main Street, Oxford)

Enjoy a locally inspired maple brunch featuring all-you-can-eat whole-grain buttermilk pancakes, smoked sausages, maple baked beans and more at [Sugar Moon Farm](#) in Earltown (221 Alex MacDonald Road, Earltown). After lunch, take a tour (and tasting!) of the working sugar camp.

Make your way to the town of Truro. For more than 100 years the streets of Truro have been adorned with beautiful, large elm trees. Following the discovery of Dutch elm disease in the town, the Truro Tree Committee was charged with the task of removing any diseased trees in order to slow its spreading to healthy elm trees. The loss of so many of Truro’s stately elm trees to Dutch elm disease prompted the Truro Tree Committee to make the most of an unfortunate situation. Sculptor Albert Deveau commissioned to create the first of what has become a series of tree sculptures. There are approximately 30 pieces on display around the town of Truro. Drive around the town and see how many you can find!

Overnight: Truro, NS

DAY 6

This morning, check out, head to Urbania / Maitland for a unique tidal bore rafting experience. Powered by the world famous Bay of Fundy tidal bore, Nova Scotia's tidal bore rafting tours are unlike any other rafting experience on the planet. Imagine floating on a calm, peaceful river taking in the scenic cliffs one moment, and seeing it transformed into raging rapids the next. Twice a day when the tide changes, the bore temporarily reverses the flow of the river, creating incredible roller coaster rapids as high as a four-storey building. Experienced tour guides manoeuvre Zodiacs upriver as you learn about the tides and geology of the area. Take in the sights as you head up river, because once you hit the tidal bore you'll be busy crashing through the wall of waves in front of you. It's a ride you will never forget. (*Remember to wear old clothes because rafting the tidal bore is as exciting as it is dirty.)

After you return from your very wet adventure, you can shower before grabbing a light lunch and begin making your way back towards Halifax. A few additional attractions in the area that might be of interest:

- [Lawrence House Museum](#): In 1874, William D. Lawrence secured his place in marine history by constructing the largest wooden-hulled, fully-rigged ship ever built in Canada. An ardent believer in Nova Scotia's 19th-century maritime power, Lawrence highlighted the critical role played by the shipbuilding industry in this province. Come visit his bright Victorian home in the Fundy Shore region and enjoy photographs, exhibits and tours that feature Lawrence's era of shipbuilding, as well as tales of the Golden Age of Sail in Maitland. In Maitland, the first Municipally-designated Heritage Conservation District in Nova Scotia, Ducks Unlimited Canada (DUC) maintains a dyked pond located on part of the original Lawrence House Museum grounds. Visitors can enjoy this 25-minute easy walking nature trail around the DUC marshland habitat while enjoying a variety of local flora and fauna, including bald eagles, and waterfowl. (8660 Hwy 215, Maitland)
- In Stewiacke, [Mastodon Ridge](#) features a lifesize replica of prehistoric mastodon. The museum features audio-visual presentations on Nova Scotia and exhibits on the Bay of Fundy. (87 Main St, Stewiacke)
- [Shubenacadie Wildlife Park](#): Set in 50 acres of natural woodlands, the park is home to native mammals and birds, as well as some exotic species. The park provides static and interactive displays on wildlife and their habitats at the Creighton Environment Centre; displays on waterfowl and wetlands at the DUC Greenwing Legacy Interpretation Centre; and wetland educational trails. Over 2 kilometers of wheelchair accessible pathways provide an open and intimate environment to view the animals. Interpretive signs throughout the park will tell you everything you need to know about the wildlife exhibits. (149 Creighton Rd, Shubenacadie)

Return to 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!