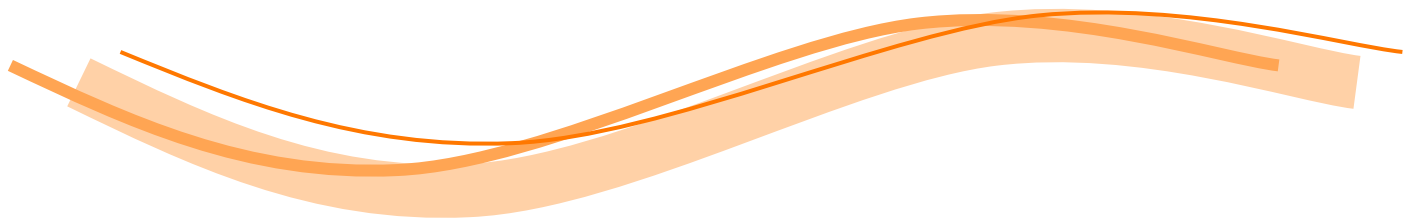




NOVA SCOTIA & FREEWHEELING ADVENTURES





NOVA SCOTIA	<p>Renowned for the highest tides in the world, home to award-winning vineyards, and boasting over 700 festivals annually, Nova Scotia is a place of remarkable natural beauty, thriving culture and outdoor adventure. Enjoy sea-kayaking near Peggy's Cove fishing village, go on a whale watching trip in the Bay of Fundy, or cycle the Cabot Trail on Cape Breton Island. From seaside inns and towering lighthouses to lobster boils on the beach – your escape to Nova Scotia will be a memorable adventure.</p> <p>Freewheeling Adventures reveals the breath taking beauty of Nova Scotia; a land and people truly shaped by the sea. Leaders in active holidays since 1987 – Freewheeling Adventures offers cycling and multi-sport holidays for all ages and abilities. There's nobody better to guide you to the hidden coastal treasures along Canada's ocean playground. For more details, scroll down to the next, separate section on Freewheeling Adventures.</p>
Location	Eastern Canada, between New Brunswick and Newfoundland
Geography	The province's mainland is the Nova Scotia peninsula surrounded by the Atlantic Ocean, including numerous bays and estuaries. Cape Breton Island, a large island to the northeast of the Nova Scotia mainland, is also part of the province, as is Sable Island, a small island notorious for its shipwrecks, approximately 175 km from the province's southern coast. Nova Scotia is Canada's second smallest province in area (after Prince Edward Island).
Name	It's a place that earns its name - Nova Scotia is Latin for "New Scotland" - with Highland games and kilts and a touch of a brogue here and there
Population	Province: 940,000. Halifax: 373,000
Language	English
Currency	Canadian Dollar
Government	The government of Nova Scotia is a parliamentary democracy. Its unicameral legislature, the Nova Scotia House of Assembly, consists of fifty-two members. As Canada's head of state, Queen Elizabeth II is the head of Nova Scotia's Executive Council, which serves as the Cabinet of the provincial government. Her Majesty's duties in Nova Scotia are carried out by her representative, the Lieutenant-Governor, currently Mayann E. Francis. The government is headed by the Premier, Darrell Dexter (NDP).
Time zone	Atlantic Standard Time (AST), 1 hour ahead of Eastern Standard Time
Health	Only Canadian citizens and landed immigrants can be covered by the governmental health insurance; if this does not apply, then ensure you have health insurance privately.

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CLIMATE	
General climate	Summer temperatures range from daytime highs of 20-25 °C to evening lows of 10-14 °C. Invigorating sea breezes near the coast are often best enjoyed with a sweater on or near at hand. Inland the air may be warmer by 5 °C, and lakes, rivers, woods and farms are pleasantly warm. Temperatures in spring and autumn average a pleasant 10° cooler.
Today's weather	20C and mostly sunny (5 April 2010)
Best time to visit	May to October

GETTING THERE	
Flying	Air Access from Toronto and Montreal is available with Porter Airlines, Air Canada and WestJet: Porter Airlines is now year round – see www.flyporter.com and fuller details below.
Cities	Halifax is the capital and main city of the province.
Distances	Halifax is 1637 km from Toronto and 1190 km from Montreal Cape Breton is 266 km from Halifax Lunenburg is 100 km south of Halifax
Ferries	A 3-hour ferry (operated by Bay Ferries) links Saint John, New Brunswick, and Digby, Nova Scotia. The ferry sails year-round, with as many as three crossings daily in summer. Summer fares are \$35 for adults, \$25 for seniors, \$20 for children, and \$80 and up per vehicle; off-season rates are cheaper. Schedules and more information can be found at www.nfl-bay.com .
Trains	VIA Rail Easterly Class - A combination of tourism and learning All aboard the Ocean for Halifax! Make your next train trip to the Halifax a tourist experience in itself. By combining the many comforts of train travel and the thrill of discovery, the Easterly class offers more than a ticket to the Maritimes - through the guidance and companionship of a Learning Coordinator, it will show you the way to the region's past and traditions. In a setting reminiscent of the legendary transcontinental trains, the Learning Coordinator will provide the cultural backdrop to the rolling Maritimes' seascapes through informative and entertaining presentations carefully intertwined with the passing scenery, while setting the course to create an interactive environment open and inviting to everyone. When you travel in Easterly class, you are given access to the very best VIA has to offer: cosy accommodations, breakfast, lunch and a delicious three-course dinner. Non-alcoholic beverages remain available to you at any time, and you have exclusive access to the amazing touring cars, complete with panoramic dome and comfortable seating. The Easterly

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	class service is offered on the Ocean from mid-June until mid-October. Comfort class (economy) and Comfort Sleeper class however, are available year round. Go to www.via.ca
Car Rental	All major car rental companies are represented in Halifax and at the airport.
Buses	There are several regional bus and coach companies that can safely and comfortably whisk you off around the province.
Travelways	Nova Scotia is encircled by eleven scenic travelways. These scenic travelway routes follow the slower-paced trunk and collector roads that lead you around the province of Nova Scotia. Each travelway describes the culture, history and natural features along the route and is referenced with all the places to stay and things to do in the area on the Nova Scotia website.

ACCOMMODATION TYPES	Nova Scotia provides visitors and vacationing residents alike with some of the most gracious accommodations anywhere in North America. Stay in a splendid country inn, Victorian bed and breakfast, a seaside resort or a modern hotel - whatever suits your holiday style, a warm welcome awaits you in Nova Scotia.
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TARGET GROUPS	
Kids	Upper Clements Park , Upper Clements: play at one of Atlantic Canada's largest amusement parks. Live entertainment and 20 rides and attractions all add up to a whole lot of thrilling fun. Ross Farm , New Ross: Kids, even pre-schoolers, will love the chance to experience farm life in the 1800's, especially since they can mingle with the friendly animals and take an ox-drawn wagon ride.
Teens	Ghost Walk Tour of Historic Halifax : Local character Andy Smith offers entertaining and educational tours of Halifax. The tour takes in the spookier aspects of the town, from cursed bridges and the site of Halifax's first murder to tales of troubled spirits and the ghost of an English general. Tours begin at 7.30pm from Weds to Sunday at the Old Town Clock (halfway up Citadel Hill). Join in an unforgettable, exhilarating, action packed two or four hour tidal bore and up-river white water rafting experience in versatile Zodiacs as you ride the roller coaster rapids of the Shubenacadie River. www.tidalborerafting.com
Romance	Wild places, spectacular scenery, sophisticated urban delights...there's plenty to nurture the romantic in you in Nova Scotia!
Genealogy	To find out if your roots started growing in Nova Scotia, use the 'Start Searching Now' on the Nova Scotia website: http://novascotia.com/en/home/aboutnovascotia/researchyourroots.aspx . Then make plans to visit your hometown, explore the villages and

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	countryside where your ancestors lived, walk where they walked, and re-live their history.
Seniors	Tour operators offer a variety of packages, from step-on tours to multi-day excursions. When planning a trip to Nova Scotia, take advantage of the many adventurous, educational and cultural tours available.
UNIQUES	The highest tides in the world flow daily in the Bay of Fundy.
Surprising	The Joggins Fossil Cliffs along Nova Scotia's Bay of Fundy coastline have been designated a UNESCO World Natural Heritage Site. The cliffs are renowned for its extensive deposits of 300-million-year-old fossils. A new interpretive centre, The Joggins Fossil Centre , opened to the public in May 2008. This state-of-the-art facility houses exhibits for visitors and acts as a departure point for guided tours. And the Fundy Geological Museum in Parrsboro has begun a million dollar renovation to its exhibit space - the Nova Scotia Museum site showcases the province's rich geological heritage.
History	For centuries, Nova Scotia has been the gateway to Canada. From the arrival of the earliest explorers like John Cabot, to Samuel de Champlain's band of hardy adventurers determined to settle an untamed world, to waves of Scottish immigrants and British soldiers, to German farmers from the Rhine Valley - Nova Scotia has welcomed them all. The past is present every day in Nova Scotia. Explore the colorful fishing town of Lunenburg, a UNESCO World Heritage Site. Relive a day in the life of 1744 at the Fortress of Louisbourg , the largest reconstruction of its kind in North America. Pass through the immigration sheds of Pier 21 National Historic Site where over a million immigrants, troops, war brides, and evacuee children started their new lives.
Books	Frommer's Nova Scotia, New Brunswick & PEI Nova Scotia Shaped by the Sea – Lesley Choyce
1000 Places to see before you die	Cape Breton Island and the Cabot Trail Annapolis Royal – history and gardens "New Scotland" on Cape Breton Island Chester – historic seafaring village Grand Pre and Wolfville – Evangeline and the Acadian Expulsions Halifax waterfront and Citadel Lunenburg – a perfect colonial town
Must Sees	- Lunenburg is one of Nova Scotia's most historic and appealing villages, a fact recognized in 1995 when UNESCO declared the old downtown a World Heritage Site. The town was first settled in 1753, primarily by German, Swiss, and French colonists. About 70% of the downtown buildings date from the 18th and 19th centuries, and many of

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	<p>these are possessed of a distinctive style and are painted in bright colors.</p> <p>- The Dauntless Bluenose: Take an old Canadian dime - one minted before 2001, that is - out of your pocket and have a close look. That graceful schooner on one side? That's the Bluenose, our most-recognized and most-storied ship. The Bluenose was built in Lunenburg in 1921 as a fishing schooner. But it wasn't just any schooner. It was an exceptionally fast schooner. The Bluenose retained the International Fisherman's Trophy for 18 years running, despite the best efforts of Americans to recapture it. In midsummer, it typically alternates between Lunenburg or Halifax, during which time visitors can sign up for 2-hour harbor sailings</p>
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SPORTS ACTIVITIES	
Golf	<p>Nova Scotia has more than 50 golf courses. Among the most memorable: Highland Links (tel. 800/441-1118 or 902/285-2600) in Ingonish, which features a dramatic oceanside setting; and Bell Bay Golf Club (tel. 800/565-3077 or 902/295-1333) near Baddeck, which is also wonderfully scenic, and was voted "Best New Canadian Golf Course" by Golf Digest.</p> <p>The Bluenose Golf Club (tel. 902/634-4260) has been operating on a beautiful tract of land known as Kaulbach Head overlooking Lunenburg's harbor since 1933. The short, 5,275-yard track here plays harder than it looks because of numerous slopes and sidehill lies. Views of the ocean and town are stupendous on both the starting and finishing holes; greens fees are C\$25 for 9 holes, C\$40 for 18 holes (carts cost extra), and afterward the clubhouse grill serves up some mighty fine burgers and beers on tap.</p> <p>Other nicely scenic tracks open to the public include the Chester Golf Club (tel. 902/275-4543), with amazing ocean views and fine course maintenance, and hilly, beautiful Osprey Ridge (tel. 902/543-6666; www.ospreyridge.ns.ca) near Shelburne; designed by the noted course architect Graham Cooke and opened in 1999.</p> <p>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.</p> <p>For one-stop shoppers, Golf Nova Scotia (tel. 800/565-0000, ext. 007; www.golfnovascotia.com) represents 27 well-regarded properties around the province and can arrange customized golfing packages at its member courses. A handy directory of Nova Scotia's golf courses (with</p>

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	phone numbers) is published in the "Outdoors" section of the Nova Scotia Doers & Dreamers Travel Guide
Fishing	<p>Saltwater fishing tours are easily arranged on charter boats berthed at many of the province's harbors. No fishing license is needed for those on charters. For saltwater regulations, contact Department of Fisheries at tel. 902/863-0533 or 902/863-5670.</p> <p>Committed freshwater anglers come to Nova Scotia in pursuit of the dwindling Atlantic salmon, which requires a license separate from that for other freshwater fish. Salmon licenses must be obtained from a provincial office, campground, or licensed outfitter. Other freshwater species popular with anglers are brown trout, shad, smallmouth bass, rainbow trout, and speckled trout. For a copy of the current fishing regulations, contact the Department of Agricultural and Fisheries at tel. 902/424-4560 or go to their website at www.gov.ns.ca/nsaf</p>
Surfing	The surf scene in Nova Scotia is a complete year-round deal. With the extensive and varied coastline, you'll find the waves you want somewhere in the province on any given day. September, with its moderate temperatures and juicy hurricane-season swell is prime time, but the hardcore thrill riders love those wicked waves of winter. The local surfers will welcome you warmly especially at popular spots like White Point, Martinique and Lawrencetown Beaches. There are many charted breaks particularly in and around Halifax, and yet there are still plenty of opportunities to explore your own secret sites.
Hiking	Serious hikers make tracks for Cape Breton Highlands National Park , which is home to the most dramatic terrain in the province. But other options abound - trails are found throughout Nova Scotia, although in many cases they're a matter of local knowledge. (Ask at the visitor information centers.) Published hiking guides are widely available at local bookstores. Especially helpful are the back-pocket-size guides published by Nimbus Publishing; call for a catalog (tel. 800/646-2879 or 902/454-7404; www.nimbus.ns.ca).
Cycling	The low hills of Nova Scotia and the gentle, largely empty roads make for wonderful cycling. Cape Breton is the most challenging of destinations; the south coast and Bay of Fundy regions yield wonderful ocean views while making fewer demands on cyclists. A number of bike outfitters can aid in your trip planning. Freewheeling Adventures (tel. 800/672-0775 or 902/857-3600; www.freewheeling.ca) offers guided bike tours throughout Nova Scotia. See the feature section on Freewheeling Adventures below.
Sailing	Any area with so much convoluted coastline is clearly inviting to sailors. Tours and charters are available almost everywhere there's a decent-size harbor. Those with the inclination and skills to venture out on their own can rent 5m Wayfarers, or one of several slightly larger boats, by the hour and maneuver among beautiful islands at Sail

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	Mahone Bay (tel. 902/624-8864) on the south shore near Lunenburg. The province's premier sailing experience is an excursion aboard the Bluenose II, which is virtually an icon for Atlantic Canada.
CULTURE	Shakespeare by the Sea (tel. 902/422-0295) stages a whole line of Bardic and non-Bardic productions July through August at several alfresco venues around the city. Most are held at Point Pleasant Park, where the ruins of old forts and buildings are used as the stage settings for delightful performances, with the audience sprawled on the grass, many enjoying picnic dinners.
Arts	Art Gallery of Nova Scotia is situated between the waterfront and Grand Parade in Halifax and is the premier art gallery of the Maritimes.
Music	The province is the heart of a vibrant and increasingly popular style of Celtic music and dance derived from the influence of its Highland Scottish settlement, concentrated especially on Cape Breton Island. The basic duo of fiddle and piano provide strongly-accented dance music in small-town church and community halls. Sometimes a guitar is augmented, and Highland bagpipe music is also popular. In many ways the music and dance over two centuries of relative physical isolation provides a snapshot of Scottish music and dance as it was before its European base took other, more "refined" routes, and today Cape Breton fiddle music has taken a place as a major attraction at Celtic cultural festivals, the best-known proponents outside the province being Buddy MacMaster and his niece Natalie MacMaster, as well as the Beaton and Rankin families
Museums	<p>Atlantic Canada's largest museum, the Nova Scotia Museum of Industry has more than 30,000 artifacts that tell the fascinating story of the lives of Nova Scotia's industrial workers. Feel the power of failing water, print a souvenir bookmark and hook a rag mat. www.industry.museum.gov.ns.ca</p> <p>Fundy Geological Museum, Parrsboro: Discover dinosaurs at the Fundy Geological Museum in Parrsboro. Your kids will see some of the oldest dinosaur bones in Canada and meet ancient creatures.</p> <p>Nova Scotia Museum of Natural History in Halifax is a must-see (www.gov.ns.ca/mnh/), as is the Maritime Museum of the Atlantic which includes a deckchair from the Titanic. (www.gov.ns.ca/mma/)</p> <p>Go far beneath the surface of the Earth in a coal car with a retired coal miner guiding you through the deeps at the Cape Breton Miners Museum; this is one of my personal favourites!</p>
Festivals	The Royal Nova Scotia International Tattoo takes place in Halifax annually July 1-8 th 2010 and is a fast moving, exciting, fun-filled spectacular event featuring international military and civilian performers.

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	<p>Cape Breton hosts the Celtic Colours International Festival, October 9-17th 2010. Sounds of fiddles, pipes and voices in song echo across the island in over 50 venues.</p> <p>Halifax Seaport: extending from Piers 19 to 23 along the southern end of the Halifax waterfront, the Seaport currently includes Pier 21 National Historic Site, the Cruise Pavilion at Pier 22, The Cunard Centre at Pier 23, NSCAD University and Garrison Brewery. By 2015 the area will be transformed to enhance the existing cultural and arts districts. The site is characterized by long, one and two storey pier sheds that extend along the harbour's edge. The sheds were originally used to warehouse goods being transferred to and from ships. In recent years the sheds have been under utilized since the majority of cargo is now containerized and comes through the container terminals. The Halifax Port Authority re-assessed the use of these properties and decided to expand the existing arts and culture district that was already present in the area. www.portofhalifax.com</p>
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ATTRACTIONS	
Beaches	<p>Sink your feet in Nova Scotia sands. More than 100 accessible beaches are never far away in Nova Scotia. Enjoy inland beaches on fresh water lakes or feel the salty breeze along the seacoast. Dip into the warmest salt waters in Atlantic Canada on the Northumberland Strait, or adventure south to where the Atlantic Ocean meets Nova Scotia's rugged coastline and experience world-class surf</p>
Wildlife	<p>Whale watching: if you're on the coast, it's likely you're not far from a whale-watching operation. Around two dozen whale-watching outfits offer trips in search of finback, humpback, pilot, and minke whales, among others. The richest waters for whale-watching are found on the Fundy Coast, where the endangered right whale is often seen feeding in summer. Digby Neck (a thin strand extending southwest from the town of Digby) has the highest concentration of whale-watching excursions, but you'll find them in many other coves and harbors.</p> <p>Bird watching: More than 400 species of birds have been spotted in Nova Scotia, ranging from odd and exotic birds blown off course in storms to majestic bald eagles, of which some 250 nesting pairs reside in Nova Scotia, mostly on Cape Breton Island. Many whale-watching tours also offer specialized sea bird-spotting tours, including trips to puffin colonies.</p>
Parks	<p>Cape Breton Highlands National Park is one of the two crown-jewel national parks in Atlantic Canada (Gros Morne in Newfoundland is the other). Covering some 950 sq. km and stretching across a rugged peninsula from the Atlantic to the Gulf of St. Lawrence, the park is</p>

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	<p>famous for its starkly beautiful terrain. It also features one of the most dramatic coastal drives east of Big Sur, California. One of the great pleasures of the park is that it holds something for everyone, from tourists who prefer to sightsee from the comfort of their car, to those who prefer backcountry hiking in the company of bear and moose.</p> <p>Kejimikujik National Park, about 45km southeast of Annapolis Royal is a popular national park that's a world apart from coastal Nova Scotia. Kejimikujik National Park, founded in 1968, is located in the heart of south-central Nova Scotia, and it is to lakes and bogs what the south coast is to fishing villages and fog. Bear and moose are the full-time residents here; park visitors are the transients. The park, which was largely scooped and shaped during the last glacial epoch, is about 20% water, which makes it especially popular with canoeists. A few trails also weave through the park, but hiking is limited; the longest hike in the park can be done in 2 hours. Bird-watchers are also drawn to the park in search of the 205 species that have been seen both here and at the Seaside Adjunct of the park, a 22-sq.km coastal holding west of Liverpool. Among the more commonly seen species are pileated woodpeckers and loons, and at night you can listen for the raspy call of the barred owl.</p>
Gardens	<p>The Annapolis Royal Historic Gardens balances the historical and botanical aspects of horticulture, complementing the rich tapestry of heritage in one of the oldest European settlements in North America. The Historic Gardens comprises several themed gardens representing different periods in our history. La Maison Acadienne et Potager shows an early French settler's dwelling, the Governor's Garden is reminiscent of the period following 1710, while the Victorian Garden reflects the prosperous days of shipbuilding and vigorous trade of the 19th century. The themed gardens are linked by paths through other display areas including several plant collections, the largest being the Rose Collection which displays more than 230 cultivars in their historical context. The Innovative Garden demonstrates modern horticultural methods and newly introduced plant material.</p>
Castles/Forts	<p>The Fortress of Louisbourg, Cape Breton</p> <p>The historic French village of Louisbourg has had three lives. The first was early in the 18th century, when the French first colonized this area in a bid to stake their claim in the New World. They built an imposing fortress of stone. Imposing but not impregnable, as the British were to prove when they captured the fort in 1745. The fortress had a second, if short-lived, heyday after it was returned to the French following negotiations in Europe. War soon broke out again, however, and the British recaptured it in 1758; this time they blew it up for good measure. The final resurrection came during the 1960s, when the Canadian</p>

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government decided to rebuild one-fourth of the stone-walled town - virtually creating from whole cloth a settlement from some grass hummocks and a few scattered documents about what once had been. The park was built to re-create life as it looked in 1744, when this was an important French military capital and seaport; visitors today arrive at the site after walking through an interpretive center and boarding a bus for the short ride to the site. (Keeping cars at a distance does much to enhance the historic flavor.)

You will wander through the impressive gatehouse - perhaps being challenged by a costumed guard on the lookout for English spies - and then begin wandering the narrow lanes and poking around the faux-historic buildings, some of which contain informative exhibits, others of which are restored and furnished with convincingly worn reproductions. Chicken, geese, and other barnyard animals peck and cluck as vendors hawk freshly baked bread out of wood-fired ovens. To make the most of your visit, ask about the free guided tours. And don't hesitate to question the costumed interpreters, who are as knowledgeable as they are friendly. Allow at least 4 hours to explore. It's an extraordinary destination, as picturesque as it is historic.

The Citadel in Halifax

Even if the stalwart stone fort weren't here, it would be worth the uphill trek for the astounding views alone. The panoramic sweep across downtown and the harbor finishes up with vistas out toward the broad Atlantic beyond. At any rate, an ascent makes it obvious why this spot was chosen for the harbor's most formidable defenses: There's simply no sneaking up on the place.

Four forts have occupied the summit since Col. Edward Cornwallis was posted to the colony in 1749. The Citadel has been restored to look much as it did in 1856, when the fourth fort was built out of concern over bellicose Americans. The fort has never been attacked.

The site is impressive to say the least: sturdy granite walls topped by grassy embankments form a rough star; in the sprawling gravel and cobblestone courtyard you'll find convincingly costumed interpreters in kilts and bearskin hats marching in unison, playing bagpipes, and firing the noon cannon. The former barracks and other chambers are home to exhibits about life at the fort. If you still have questions, stop a soldier, bagpiper, or washerwoman and ask.

Enlist as a Soldier in Queen Victoria's Army. 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. (www.regimental.com)

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OTHER ACTIVITIES	
Shopping	<p>Halifax has a pleasing mix of shops, from mainstream retailers to offbeat boutiques. There's no central retail district to speak of; shops are scattered throughout downtown. Two indoor malls are located near the Grand Parade - Scotia Square Mall and Barrington Place Shops, flanking Barrington Street near the intersection of Duke Street. Another downtown mall, the 85-shop Park Lane Shopping Centre, is on Spring Garden Road about 1 block from the Public Gardens.</p> <p>For souvenir shopping, head to the Historic Properties buildings on the waterfront; for idle browsing, try the shops on and around Spring Garden Road between Brunswick Street and South Park Street.</p>
Markets	<p>The Saturday morning farmer's market held within the Brewery's walls is a weekly highlight for local Haligonians, rain or shine. It's Canada's oldest - and possibly its most interesting - such market. The market runs between 7am and 1pm each Saturday, but come early in the day for the widest selection of donuts, fruits, vegetables, coffee, baked goods, smoked meats, crafts, Greek pastries, wine and chocolate samples, and dynamite crepes - among many other items.</p> <p>The Seaport Farmers Market will be an ecological and cultural showpiece on the Halifax Waterfront when it opens in 2010. The new, expanded, multi-day market will allow visitors to see artisans creating many of their wares and provide a unique shopping experience.</p>
Nightlife	<p>The young and restless tend to congregate in pubs, in nightclubs, and at street corners along two axes that converge at the public library: Grafton Street and Spring Garden Road. If you're thirsty, wander the neighborhoods around here, and you're likely to find a spot that could serve as a temporary home for the evening. One of the coolest places to hang out is Economy Shoe Shop (tel. 902/423-7463) at 1663 Argyle St., not a shop but rather a cafe-bar where many of Halifax's pretty people show up sooner or later. In the evening (and late afternoons on Sat), you'll also find lively Maritime music and good beer at the Lower Deck (tel. 902/425-1501), one of the popular restaurants in the Historic Properties complex on the waterfront. There's music nightly, and often on Saturday afternoons. Among the clubs offering local rock, ska, and the like are the Marquee Club, 2041 Gottingen St. (tel. 902/423-2072) and The Attic, 1741 Grafton St. (tel. 902/423-0909). Maxwell's Plum at 1600 Grafton St. (tel. 902/423-5090) is a free-for-all English pub where peanut shells litter the floor and there are dozens upon dozens of selections of import and Canadian draft and bottled beers.</p>
Casinos	<p>Head to Casino Nova Scotia - in the heart of Historic Properties on the breathtaking Halifax Waterfront. You'll find over 750 thrilling ways to play, from Blackjack to Baccarat to Slots. They've got world-class entertainment and diverse dining.</p>

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CUISINE	Nova Scotia usually brings to mind lobster, Digby scallops or smoked salmon. There's also plump blueberries picked from a bush on a hot summer day or delicious fresh fish n' chips from a roadside stand.
Food	<p>The Taste of Nova Scotia program highlights the best of local abundance in restaurants across the province with a logo quickly identifying uniquely Nova Scotian fare. And events like Savour Food and Wine Festival, Lobsterpalooza, and Maplefest (not to mention the small-town lobster suppers) put the focus right where it should be – on the great taste experience waiting for you in Nova Scotia.</p> <p>Apples: Nova Scotia is quite possibly one of the first areas to grow and harvest apples in North American Samuel de Champlain planted the first known apple tree in North America in the 1600's so that his social club, the Order of Good Cheer, could have apple wine to celebrate with! Since then, Annapolis Valley grown apples have been shipped all over the world, thanks to farm co-operatives like Scotian Gold! Take a tour around a family-run farm and pick your own apples at one of dozens of U-Picks. Visit a winery where they are using apples to create delicious dessert wines. Even the local cheese farm is using the fruits of the land. Celebrate both the start of the season and the harvest by sampling the various apple treats found on many menus throughout the province ... piping hot apple pie, apple crisp, baked apples, apple muffins, apple tarts, apple rhubarb cake, applesauce, apple wine the options are endless!</p>
Wine and Beer	<p>There are six distinct winegrowing regions in Nova Scotia. On the warm shores of the Northumberland Strait to the fertile Annapolis Valley, 22 grape growers nurture 400 acres of vines and 8 thriving vineyard wineries are producing award-winning wines.</p> <p>There's complex, full-bodied award winning wines like L'Acadie Blanc or New York Muscat grown in the very heart of Acadia as the perfect complement to those Digby scallops. Sign up for a sommelier-led tour of sun-drenched vineyards and cobblestoned wineries, sampling award-winning wines and learning from experts along the way.</p> <p>Annapolis Highland Vineyards is Nova Scotia's newest licensed winery featuring 4 2009 vintages: Pinot Gris, DeChaunac, Geisenheim Riesling and their specialty Highland Blue which blends wild blueberries with a hint of Cabernet Franc. Annapolis Highland Vineyards joins our 11 other wineries to create unique touring opportunities representing over 25 years award-winning wine making in Nova Scotia.</p> <p>Glenora Distillery produces the only single malt whiskey in Canada ~ the Glen Breton - and their newest addition is Glen Breton Ice, an</p>

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	<p>over-proof whiskey with undertones of maple, apple & honey.</p> <p>Lunenburg's newest attraction, Ironworks Distillery, will open its doors to the public in April 2010. Using local produce such as Annapolis Valley apples, they are producing apple-based vodka and will also be using local pears, strawberries, peaches and cranberries for high end brandies and liqueurs. And naturally they are creating their version of the "Lunenburg Rum" by fermenting Crosby's molasses.</p> <p>For a true Nova Scotia good time, take an informative and interactive tour of the Alexander Keith's Nova Scotia Brewery. Actors in period costume will lead you back in time as you learn about the beer, the brewery and life in Halifax in 1863. Visit the Stag's Head Tavern where you will listen to toe tapping music, play games and of course sample Keith's fine ale.</p> <p>Microbreweries are popping up across the Province with some very interesting local flavours becoming more popular on the menu. These craft beers are made using a traditional process of blending the sugars from malted grains with hop flowers and water. The skill of the brewmaster brings out the desired aroma, colour, foam and flavour of the hops and malt.</p> <ul style="list-style-type: none"> * Sea Level Brewing (Port Williams) offer Planter Pale Ale, Moondance Organic Lager, Rojo Mojo Red Ale and Port in the Storm Porter * Garrison Brewery (Halifax) makes Raspberry Wheat, Tall Ship Amber, Irish Red Ale, Nut Brown Ale, and Martello Stout along with specialty beers like Blueberry Wheat, Jalapeno and Moka Ales * Maritime Beer Company (Dartmouth) produces Black Pearl and Maclays * Propeller Brewing Company (Halifax) offers their own Pale Ale, Bitter, Porter and Honey Wheat beers in addition to producing all natural sodas.
Restaurants	<p>There are more than 1,300 restaurants in Nova Scotia. While lobster takes centre stage as our most famous food, there's so much more than our superb seafood on the menu across the province. Dine on exquisite cuisine from internationally-renowned, award-winning chefs across the province. These restaurants will delight you with the excellence and global influences of their fare:</p> <ul style="list-style-type: none"> - Trout Point Lodge in Yarmouth County - Fleur de Sel in Lunenburg - The Tempest in Wolfville - Bish on the Halifax waterfront - Seven Wine Bar in Halifax

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MORE INFO	
Brochures	<p>Every traveler to Nova Scotia should have a copy of the massive (400+ page) “Doers’ and Dreamers” official tourism guide, which is the province's best effort to put travel-guide writers like us out of business. This comprehensive, colorful, well-organized, and free guide lists all hotels, campgrounds, and attractions within the province, with brief descriptions and current prices.</p> <p>Phone 1-800-565-0000 for Nova Scotia Tourism</p> <p>To order a Freewheeling brochure: 1-800-672-0775</p>
Websites	<p>www.novascotia.com</p> <p>www.freewheeling.ca</p>

AIRLINE PRIZE PARTNER	<p>Porter Airlines</p> <p>www.flyporter.com</p> <p>Tel: (888) 619-8622</p>
Porter Airlines	<p>Porter Airlines is a regional passenger carrier based at Billy Bishop Toronto City Airport. The airline currently serves Toronto, Ottawa, Montreal, Quebec City, Halifax, St. John’s, Thunder Bay, New York (Newark), Chicago (Midway), Boston, and has seasonal flights to Myrtle Beach and Mont Tremblant, Que. Visit www.flyporter.com or call (888) 619-8622 for more information.</p> <p>From its dedicated Billy Bishop Toronto City Airport terminal, all Porter passengers have access to a modern, comfortable and stylish lounge, including wireless Internet access, refreshments, and computer workstations. While on board, passengers enjoy complimentary premium snacks, wine and beer, a spacious cabin environment with leather upholstery and extra legroom</p>
Halifax Flights	<p>Halifax now has five daily roundtrip air service by Porter Airlines from Billy Bishop Toronto City Airport to Halifax. One-way fares start at \$125, plus taxes.</p> <p>Porter Airlines is now also introducing non-stop service between Montreal and Halifax. The service begins June 25, with two daily roundtrips. A schedule of two daily roundtrips is available for the summer season until September 6. Following this date, the frequency adjusts to four weekly roundtrips. This year-round service features one roundtrip flight on Thursday and Friday, as well as two on Sunday. One-way fares between Montreal-Halifax start at \$129, plus fees and taxes.</p>
Porter’s Anniversary	<p>Porter Airlines celebrated its third anniversary in October 2009, having operated over 32,000 flights and set new standards for regional air travel.</p>

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	<p>Highlights of the airline's success over the past year include the introduction of service in Chicago, Thunder Bay, Boston and St. John's, as well as flight increases for Ottawa, Montreal, New York, Halifax and Quebec City. The new \$45 million passenger terminal has now been opened at Billy Bishop Toronto City Airport, Porter's main base airport.</p> <p>Passengers enjoy complimentary in-flight service, including wine, beer and premium snacks, all served aboard comfortable, modern aircraft.</p> <p>In the past year, the airline expanded its fleet and is now flying 15 Bombardier Q400 aircraft, up from six. Porter now serves 11 destinations across Canada and the United States, a considerable increase from the airline's single route between Toronto and Ottawa when the airline launched in October 2006.</p>
Billy Bishop Toronto City Airport	<p>Porter flies from Billy Bishop Toronto City Airport at the foot of Bathurst St. – the airport you can practically see from every office in the downtown core. So whether you're inbound or outbound, Porter's location and easy access eliminate the hassles (and the highways!) and make it easy to get where you're going.</p> <p>Shuttle Service: The Porter shuttle offers comfortable and complimentary service between downtown and the airport, approximately every 15 minutes. Times may vary due to traffic and road conditions. The Porter shuttle runs from the west entrance of the Royal York hotel, at the north-east corner of Front Street and York Street.</p> <p>Ferry Service: A state-of-the-art ferry with increased capacity and frequency (about every 10 minutes) takes you to and from Porter's newly-designed and newly-built terminal in style. But don't get too comfortable – one of the world's shortest ferry rides is merely 120 metres across Toronto's inner harbour.</p> <p>Public Transit: Located at the base of Bathurst Street, Billy Bishop Toronto City Airport is easily accessible by streetcar (the 511 streetcar from the Bathurst subway station and the 509 streetcar from Union Station). It's just minutes from Union Station and the Porter shuttle, so the subway, GO Transit, VIA Rail and PATH get you here as well.</p> <p>Parking: While paid parking is available, its urban location limits the number of spots with direct access to airport facilities. Porter recommends that passengers flying into or out of Toronto utilize the free shuttle service between the ferry terminal and downtown Toronto. Passengers may also take advantage of the terminal's quick turn-around by accessing the airport by taxi or car service. Parking is</p>

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	available at the south end of Stadium Road, two streets west of Bathurst St. and the ferry terminal.
CURRENT DEALS	There are a number of special deals listed on the www.flyporter.com website, with current (April 2010) one way fares Toronto to Halifax starting at just \$125.
PERSONAL EXPERIENCES	Halifax, Peggy's Cove, Lunenburg, Kejimikujik National Park, Digby Ferry, Atlantic coastline, Baddeck, Louisburg Fortress; Glace Bay Coal Mine, Cape Breton National Park, Cabot Trail, Fossil and mineral hunting at Parrsboro

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<p>FREEWHEELING ADVENTURES</p>	<p>Since 1987 Freewheeling Adventures has been providing active holidays for individuals and small groups, including bicycle tours, sea-kayak paddling trips, or multisport adventures. You can choose guided, self-guided, self-supported or you can make special requests; their service is exceptionally flexible, accommodating and reliable.</p> <p>Whatever your reasons: fitness benefits, exploration opportunities, the chance for adventure, spending quality time with family and friends, or eating well with a good appetite and a clear conscience - you make the world a better place by choosing to be an active traveller.</p> <p>Freewheeling Adventures make it easy for your next holiday to be an active one by providing quality equipment, delicious meals, knowledgeable guides and accommodation. Find Freewheeling Adventures online at www.Freewheeling.ca to learn more about the places and people you can discover.</p> <p>You can expect healthy, delicious meals, and inns of exceptional charm and comfort. Many routes are suitable for all abilities, thanks to attentive guides, small groups, and the joy of van support. While you ride your bike, paddle your kayak, do yoga, or walk the beaches, Freewheeling follow you with a support vehicle containing varied picnics, spare equipment, and trained guides who want you to enjoy your vacation as much as is possible. They will show you the secrets, introduce you to colourful personalities, and give you outstanding value.</p> <p>Explore their website at http://www.freewheeling.ca</p>
<p>Background</p>	<p>What Freewheeling Adventures has given you since 1987 – flexible, full-service dedication to your guided active holiday – is still the successful foundation from which they have grown an abundance of choices for you. You can now choose between guided and self-guided trips, and can benefit from our flexibility if you want us to customize a trip just for you. In Nova Scotia, Cape Breton Island, and Prince Edward Island you can also rent bicycles, canoes, and kayaks for your own adventure.</p> <p>The Freewheeling Adventures Ethos</p> <p>They orchestrate enthusiastic people, fascinating destinations, quality equipment, nutritious cuisine, and luxurious rest, to create extraordinary</p>

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	<p>active holidays for small groups and individuals. They treat guests, partners, the environment, and the communities visited with respect. They promote active travel to enrich experience and maintain good health; on top of it all, they seek spontaneity, serendipity, and fun. They promote the use of bicycles and kayaks for recreation, as an alternative to fossil-fuel-based activities, and to engender an active lifestyle demonstrative of the value of non-motorized transport. Sounds like my kind of company!</p>
Destinations	<p>Nova Scotia is home base for Freewheeling Adventures and so naturally they have wonderful trips in this province, but they also have trips to the following destinations: Atlantic Canada, Quebec, Western Canada, Iceland, UK, Europe, Israel, Mexico, Costa Rica and South Africa.</p>
Nova Scotia Trips	<p>The South Shore Secrets adventure follows the Atlantic coast where quiet roads skirt white-sand beaches. The landscape is perfect for a gentle bike ride. Guests can dine on lobster, swim in the ocean, feel the sand between their toes and appreciate the cooling sea breeze. A great introduction to Nova Scotia's charms.</p> <p>The Cabot Trail adventure is among the world's greatest rides; one that all touring cyclists should have on their "must-ride" list! Many find the highlight a ride through beech woods to salmon pools, where you can swim below clear waterfalls. Combining awe-inspiring scenery, out-of-the-way charm, unusual inns, and exceptional cuisine makes this ride an exquisite experience you simply must have!</p> <p>Full details of both these trips may be found at the end of this section.</p>
Freewheeling Adventures Mission Statement	<p>Freewheeling Adventures aim to create extraordinary active holidays; to keep guests impressed with their thoughtfulness, thoroughness, and devotion to their holiday enjoyment; to encourage repeat business, and enthusiastic talk within their sphere of influence. They strive to provide a very special time for each guest, free of hassles, and full of humour. They pursue growth by providing new, unique experiences; by responding to the desires and requests of guests; and by creating positive experiences for all involved.</p>
Environmental Impact Statement	<p>Although their modus operandi requires the use of motorized vehicles for transport logistics, they seek and attempt to use vehicles of a size that minimizes fuel consumption per person. Shared capacity is utilized as far as possible without compromising the quality of guests' experience.</p> <p>They promote sustainable travel to the communities visited. They support those communities by choosing locally-run restaurants, by shopping at local markets that minimize packaging, and by including</p>

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	<p>local people in the support and presentation of holiday itineraries.</p> <p>They use organically and locally produced foods whenever possible on trips, and serve it using sustainable equipment, avoiding the use of disposable, non-recyclable containers. They consume and present healthy food, using local sources, and composting leftovers, wherever possible, or at their HQ in Nova Scotia.</p> <p>They print all literature on paper made from recycled forest products and recycle office paper, frequently using both sides before recycling.</p> <p>In short, they respect the environment in which we live, and do whatever they can to minimize the human impact on local resources. Those resources include the air we breathe, the water we drink, bathe, and swim in, and the wood we use for shelter, heat, and business.</p>
<p>Questions and Answers from Freewheeling's Website</p>	<p>What is the maximum number of participants on each tour?</p> <p>Unless you are a private group, Freewheeling Adventures usually restrict guided groups to 12 people.</p> <p>Will I be able to keep up with the group?</p> <p>Freewheeling Adventures do not try to keep everyone together, even on guided group trips, except on sea-kayaking days. You are free to travel at your own pace, and can expect to see your support vehicle several times through the day. If you are travelling too slowly to cover the day's distance, your guides may insist that you accept a "van-boost" as far as, say, the picnic lunch spot. They will also come and find you at day's end if you cannot cover the distance.</p> <p>How much training should I do before participating in one of your bicycle adventures?</p> <p>Freewheeling Adventures support our guided bicycle trips with vehicles having capacity to pick up some or all the riders at any time, which allows anyone to participate. However, you will enjoy your holiday more if you have some practice. We suggest you go for several short rides (5-10km) in the weeks leading up to your holiday, and at least one longer ride (20-30km). This helps eliminate the soreness associated with the first ride after long periods of abstinence. It also gets your body used to riding positions, and may show you what clothing will make you most comfortable.</p>

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**I am a solo traveler. What is the single occupancy charge?**

If you want single occupancy, there is a surcharge to cover the cost difference between single and double occupancy. If you prefer to avoid it, give Freewheeling Adventures at least 90 days advance notice that you are willing to share, and they will try to match you with an appropriate room-mate. If we cannot, they will reduce the usual single occupancy charge by 50%, even if you end up with a private room.

Which tour is recommended for a first-time cyclist?

Freewheeling Adventures usually recommend the Nova Scotia: South Shore Secrets; the Prince Edward Island: Sideroads; or the Quebec: Bas Saint Laurent adventures, because of the quiet roads, comparatively gentle terrain, and friendly inns. If you tell Freewheeling Adventures more about yourself, they will recommend the best fit for you.

Just how hard is a “challenging” tour such as your Viking Trail tour?

Freewheeling Adventures’ challenging rides often attract more vigorous riders, and are designed to make you pleasantly tired after a full day of cycling and/or hiking. You are welcome to join for the sake of the location and scenery, but will have to accept boost rides in the support vehicle if you are not maintaining the pace required to complete the day’s distance. The hike on the Viking Trail is not van-supported, and demands eight hours of steady hiking, partly on steep slopes. The option exists to turn back at the base of the mountain. Other great challenges include the Yukon Alaska Multisport and the Alberta: Waterton to Banff adventure in the Canadian Rockies.

I am bringing my own bike with me, in a plastic bike transport box. What can I do with the box while I am on tour with you? Will my guides assist me with unpacking and preparing it for my tour?

Because of van space concerns, Freewheeling Adventures cannot provide transport for bike boxes, except by prior arrangement, usually at an extra cost. However, they can usually find ways for you to store your bike box at the start/finish point, and can sometimes arrange a taxi pickup at the airport when you arrive. You should arrive prepared to put your own bike together, and to re-pack your bike at the end of the tour. Freewheeling Adventures’ guides have many concerns to which they

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	<p>must devote their time, and are not free to help you with mechanical issues until all other needs have been met. If you are not comfortable putting your own bike together, Freewheeling Adventures suggest considering the rental of one of their bikes. They are mechanically prepared ahead of time, and will remove the cost and hassle of transporting your own bike</p> <p>If after I have booked my adventure and paid my 30% deposit, I discover medical or professional difficulties, what options are available to me?</p> <p>Freewheeling Adventures strongly recommend that you obtain trip cancellation/interruption insurance as part of any travel plans. If you do not have it, or if your changes are not covered under the policy, you have three options:</p> <ol style="list-style-type: none"> 1. Cancel the tour at least 60 days ahead of time, and receive a refund of half your deposit. 2. Change to another tour in the same calendar year. As long as they receive 60 days notice, you will pay a \$100 change administration fee, and will immediately be confirmed on any other tour with availability. 3. Join part of the tour, leaving early or arriving late. They will help you with making alternative or "catch-up" travel arrangements. <p>What bikes do you use for your rentals? I am interested in a light road bike, and would like details about the chainring and the cog set?</p> <p>Freewheeling Adventures' racing-style bikes are aluminum TREK 1500, or something very similar, with 30/42/52 triple chainrings and 12-25, 9-speed cassettes.</p>
Nova Scotia: South Shore Secrets	<p>Six-days. Relatively easy cycling; seakayak and hike options. Hug the coast on the Lighthouse Route.</p> <p>The best part of Nova Scotia's Lighthouse Route is that it so frequently follows the water's edge. Quiet roads skirt myriad white-sand beaches, and there are many hidden coastal treasures. It is perfect for a gentle bike ride. Friendly people, fishing villages, secluded anchorages, boat builders, antique shops, artists' hamlets, and beautiful beaches all contribute to the feeling of being in paradise. This is Freewheeling Adventures' home, and they love showing you the secret swimming</p>

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holes, little-known cafes, and fantastic rides along obscure coastal stretches. You can dine on lobster, swim in warm lakes or the cool ocean, feel the warm sand between your toes, and appreciate the cooling sea breeze in your hair. There are two nights in the UNESCO heritage township of Lunenburg, whose uniquely crafted architecture reflects skills of numerous shipbuilders and fishermen whose lifestyle built the town. You will cross the cable ferry to the beaches near LaHave; you can soak in the hot tub at White Point Beach; and can venture on foot to one of the nicest remote beaches in the province, for a long beach walk or a cool swim with the curious seals. This is a perfect introduction to Nova Scotia's coastal charms, and will show you why many visitors return again and again.

Itinerary

Day 1: 16:00 pickup in Halifax, or meet in Chester/Hubbards for a delicious introductory dinner. D (Meal inclusions shown for guided trips only. Self-guided trips include breakfasts only). Mecklenburgh Inn, Chester, www.mecklenburghinn.ca ; or Anchorage House & Cottages, Hubbards, www.anchoragehouse.com

Day 2: Cycle 30, 52 or 72km Riding around the Aspotogan Peninsula – a famous route for recreational and racing cyclists from nearby Halifax, you will pass through traditional fishing villages of Blandford, Aspotogan and Northwest Cove, and by the beach at Bayswater, and can make extra side trips to see where the biggest whaling station in Eastern North America used to operate in "New" Harbour; to gaze at the distant lighthouse on East Ironbound Island; and to see one couple's fantasy – a fairytale castle that inspires myths and tales. Return to your waterfront village to explore independent evening dining options. Same lodging

Day 3: Cycle 24 or 46km, plus options. Short route begins at Martin's River. Longer route begins in Chester. Extra ride includes Blue Rocks & Stonehurst. Enjoy a delicious breakfast and prepare for one of Nova Scotia's most interesting rides. You will begin on an abandoned railbed with beautiful bridges, and the wonderful variety of wilderness and open vistas of the sea. You will then hop off the trail to ride our favourite stretch of coastal country road anywhere. From here to Lunenburg, the pavement seems built for bikes to follow the shoreline. It's hard to choose between savouring them slowly or speeding to Lunenburg in time to explore the wonders that make this tiny but bustling town a UNESCO World Heritage Site. Fortunately, a mid-day highlight is the village of Mahone Bay, where there are hidden coffee shops, proud

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artisans, cafes, beautiful boats, and a maritime village feel that makes one inclined to linger. Alicion B&B, Lunenburg, www.alicionbb.com ; or Boscawen Inn, Lunenburg, www.boscawen.ca

Day 4: Cycle 43km, plus options; or seakayak to the seal rookery. This is a rich ride, with side trips to delightful places, including seacaves reached through tunnels at The Ovens Park, fine beaches around Kingsburg and Rose Bay, and of course the sweet-smelling bakery reached by a cable ferry. Return to Lunenburg in time for an independent dinner. If you prefer to paddle, this is one of the best sea-kayak experiences in Nova Scotia. You will meander through many islands – both inhabited and wild, and will be visited by dozens, maybe hundreds, of seals. Same lodging

Day 5: Cycle 91 or 110km. Shorter options available. Cross the LaHave cable ferry first thing this morning. Stop to see Fort Point Lighthouse before enjoying another of the best coastal rides in Nova Scotia. Passing through several seaside hamlets: Broad Cove, Vogler's Cove, Little Harbour, Cherry Hill Beach, Beach Meadows, Port Medway, you will enjoy a picnic lunch (guided trips only) near a beautiful lighthouse, and another lighthouse in which you can sound the foghorn. At White Point Beach, you can stroll the white sand of the beach, swim in ocean, outdoor or indoor pool, or soak in the hot tub before dinner. White Point Beach Lodge, White Point, www.whitepoint.com

Day 6: Hike 10km to a deserted beach, or seakayak (optional) to deserted islands. Whichever option you choose today, you are in for a treat. The hike takes you to a seldom visited part of the Kejimikujik Seaside National Park, and a fabulously remote white sand beach. In spring and early summer we stay below the high tide mark on the beach to avoid disturbing nesting birds near the dunes, and we sometimes offer to help Parks Canada with monitoring and protection projects. The seals can also be good company here, especially if you like to swim in the surf! The kayaking – an optional extra that needs a few days of advance planning – takes you from a gorgeous string of beaches connected by trails to wilderness islands just offshore. Both are special experiences your guides love to show you. After a wonderful day of activity, we transfer you back to Hubbards or Halifax in time for dinner.

The Details:

Start: Halifax, 13:00, or Hubbards, 17:00, day one.

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	<p>Finish: Hubbards or Halifax. 17:00, day six.</p> <p>Guided Cost 2010: \$1895 (per person, includes 6 days, 5 nights, 5 breakfasts, 3 lunches (4 with kayaking), 3 dinners, luggage handling, full-time guide, van support, maps and route notes). Optional sea-kayaking on day four and day six.</p>
Nova Scotia: The Cabot Trail	<p>A six-day, challenging cycling adventure on a paved 200-mile loop.</p> <p>This is one of the world's greatest rides one that all touring cyclists should have on their "must-ride" list! The beautiful coast - the most dramatic in Nova Scotia - meets the breathtaking highlands in ways that make you appreciate both to the fullest, and the scenic magnificence of the paved trail can be really savoured and fully appreciated at the speed of your bicycle. The landscape and the people may demonstrate to you why Nova Scotia's name means New Scotland. You will be able to explore the valley of the Margaree River, rich with salmon and its pursuit to play golf on the famous Highland Links, and on some days to expand your rides onto beautiful wooded trails, all while staying at inns famous for their individuality and charm. Many find the highlight a ride through beech woods to salmon pools, where salmon sometimes leap on their way upstream, and you can swim in deep pools below clear waterfalls. The cycling, although manageable by most cyclists (and van-supported for the rest!) includes some challenging sections. We recommend, and can provide, bikes with triple chainrings and good brakes. Combining such awe-inspiring scenery, out-of-the-way charm, unusual inns, and exceptional cuisine makes this loop ride an exquisite experience you simply must have!</p> <p>Itinerary</p> <p>Day 1: Optional transfer is available from Halifax. Meet in Baddeck at 17:00. Evening entertainment and dinner may include live music as an introduction to the unique culture of Cape Breton Island. Inverary Resort, Baddeck, www.inveraryresort.com ; or Telegraph House, Baddeck, www.baddeck.com/telegraph ; or Broadwater Inn, Baddeck, www.broadwater.baddeck.com</p> <p>Day 2: 48 km, plus afternoon options. Begin cycling at about 09:00, riding over Hunter's Mountain (500ft.) and along Middle River Valley to enjoy a beautiful outdoor picnic at Lake O'Law. Afternoon options include fishing, finding swimming holes, and wonderful cycling on both paved and gravel roads (very quiet) to remote locations along the Margaree River Valley. Normaway Inn, Northeast Margaree,</p>

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www.normaway.com

Day 3: 56 km, plus afternoon options. Ride down the East side of Margaree River valley to the ocean, and then follow the shore through the Acadian region to Cheticamp. After an independent lunch, options include cycling forays into the Cape Breton Highlands National Park, whale-watching, shopping, and hiking or off-road cycling to salmon pools. For your independent dinner, choose from several options along the Cheticamp waterfront. Pilot Whale Chalets, Cheticamp,

www.pilotwhalechalets.com

Day 4: 84 km. Today is a challenging day of cycling through Cape Breton Highlands National Park. You will climb two 'mountains' of about 1400 feet, breaking for lunch between them. The scenery is awe-inspiring; the ascents are long, and the descents...ahh, the descents! If only they'd go on forever. Markland Inn, Dingwall,

www.marklandresort.com

or Four Mile Beach Inn, Aspy Bay,

www.fourmilebeachinn.com

Day 5: 56 km. Optional extra 48 km to NE tip of NS at Meat Cove. Cycle the scenic route between Cape North and Neil's Harbour, stopping for a short hike at spectacular White Point, where eagles often soar over spouting whales. Options include swimming holes, waterfalls, beaches, and golf on the Highland Links. Keltic Lodge, Ingonish Beach,

www.signatureresorts.com

; or Castlerock Inn, Ingonish Beach,

www.ingonish.com/castlerock

Day 6: 52-80 km. A long, undulating ride along the East Coast follows your initial climb over Cape Smokey (950'). Enjoy a picnic feast at Indian Brook or an interesting café in the middle of nowhere, and finish with either a ride to Baddeck, or a visit to the Alexander Graham Bell Museum in Baddeck. Finish your ride by approximately 15:00 at the Alexander Graham Bell Museum. Bell's airplane, the Silver Dart, was airborne about the same time as the Kitty Hawk. Optional transfer to Halifax available.

The Details:

Guided Cost: \$1995 (per person, includes 6 days, 5 nights, 5 breakfasts, 3 lunches, 4 dinners, luggage handling, van and guide support, maps and route notes).

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