



10 Reasons to Visit

Atlantic Canada

New Brunswick | Newfoundland & Labrador | Nova Scotia | Prince Edward Island



1 - Closer Than You Think

Atlantic Canada is located on the east coast of Canada and is made up of the scenic provinces of New Brunswick, Newfoundland & Labrador, Nova Scotia, and Prince Edward Island. Travel to the region is easy, with direct flights to Halifax, Nova Scotia, and easy access to the other provinces. An Atlantic Canada holiday is just over six hours from the United Kingdom.

2 - Coastal Destination

With over 43,000 kilometers of coastline, there's something for everyone. Prince Edward Island features red sandstone cliffs, sandy beaches, and warm salt water for swimming. Newfoundland & Labrador has a rugged coastline and a long seafaring history. The province is famous for iceberg viewing by boat tour, kayak and from land. Nova Scotia and New Brunswick share the Bay of Fundy, home to the highest tides in the world at 50 feet. Twice a day, over 160 billion tonnes of seawater flow in and out of the Bay with each tide cycle.

3 - Whales and Wildlife

Whale watching tours are available in Newfoundland & Labrador, Cape Breton Island in Nova Scotia, Grand Manan Island in New Brunswick, and in the Bay of Fundy. From land, visitors can spot puffins and other seabirds, moose, black and brown bears, deer, caribou and more, all in their natural habitat.

4 - Colourful Fishing Villages

A captivating maritime flair is omnipresent throughout the region. The colourful fishing villages and harbours as well as the many lighthouses scattered along the coast in all four provinces invite exploration and offer countless beautiful photo opportunities. The fishing villages add to the special charm of the region and are always an ideal stop on any route to enjoy the scenery and soak up the relaxed atmosphere of Atlantic Canada.

5 - Festivals

Atlantic Canadians know how to throw a party, with culinary, musical, and cultural festivals taking place year-round. Some notables include the Harvest Music Festival in Fredericton, New Brunswick, the Iceberg Festival in Newfoundland & Labrador, the Celtic Colours International Festival on Cape Breton Island, Nova Scotia, and the Fall Flavours Festival in Prince Edward Island.

6 - Urban Experiences

With a plethora of historic sites, shops, and museums, Atlantic Canada's vibrant towns and seafaring cities have so much to offer. Take a stroll along the waterfront to soak in the harbour views, fabulous architecture, and captivating galleries before enjoying live music in one of the many pubs and restaurants.

7 - Fresh Seafood

The freshest lobster, oysters, mussels, scallops, clams, crab, cod, halibut, and salmon make Atlantic Canada a haven for seafood lovers. Eateries encompass a wide range of culinary experiences, from roadside stands serving fish & chips to renowned fine-dining restaurants where menus reflect the day's best offerings from land and sea.

8 - Outdoor Adventure

For outdoor lovers, Atlantic Canada has the perfect adventure for every comfort level. There are eight national parks in Atlantic Canada, offering hiking, cycling, sea-kayaking, canoeing, warm-water swimming, and more. Those interested in RVing will discover many options in the provincial and national parks in the region.

9 - Autumn Colours

In late September and into October, the temperature is still very comfortable for exploring, the roads are uncrowded, and there's the added bonus of spectacular autumn foliage of stunning yellows and golds.

10 - Heritage

The region is made up of a diverse mix of French Acadian, Scottish, Irish, German, African and Indigenous people – each with their own customs, legends and legacies which makes for great stories, lively music, and delicious cuisine. Atlantic Canada is known for its friendly people, and there are plenty of experiences on offer to mingle with the locals and go home with a story worth telling.



Four recommended itineraries for a trip to

Atlantic Canada

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Natural Wonders of New Brunswick

A 17-day itinerary combining some of the natural wonders and scenic driving routes of New Brunswick. You will start in Moncton and discover the Acadian Coast with its relaxing beaches and the sand dunes of Kouchibouguac National Park. Continuing on the scenic Miramichi River Route you will spend time in historic Fredericton before driving along the Bay of Fundy, home of the highest tides in the world, exploring the beautiful fisher village St. Andrews as well as the harbour city Saint John and the Fundy National Park.

Bookable with WEXAS TRAVEL
+44 (0)20 7590 0610
www.wexas.com



Newfoundland Discovery

For this 13-day itinerary St. John's is your entry point into a raw and beautiful region that serves up easily accessible wilderness adventures and diverse culture. You will enjoy a boat trip in Bay Bulls to go in search of whales and the Atlantic puffin, learn about the way of life in remote fishing villages and gain an insight into Viking legend with a visit to L'Anse aux Meadows National Historic Site. Visit the enchanting white and pastel coloured clapboard houses of Trinity, marvel at ancient icebergs as they float through Iceberg Alley and spend time hiking in Gros Morne National Park.

Bookable with Discover the World
+44 (0)1737 214 250
www.discover-the-world.com



Nova Scotia Outdoor Adventure

On this 14-day itinerary you will fulfill some bucket list adventure activities in Nova Scotia. Starting in Halifax with time to explore the lively capital you will drive to the fishing village of Peggy's Cove with its famous lighthouse. After enjoying a stroll through Old Town Lunenburg, a designated UNESCO World Heritage Site, you will discover the Kejimikujik National Park and National Historic Site and the Bay of Fundy. Then follow the Cabot Trail through the Cape Breton Highlands National Park and enjoy one of the most spectacular panoramic views before exploring the Eastern Shore.

Bookable with Windows on the Wild
+44 (0)20 8742 1556
www.windowsonthewild.com



A Taste of Prince Edward Island

This 11-day self-drive culinary tour will bring you the unique tastes of Canada's smallest province with finest seafood and freshest produce. Arriving on Prince Edward Island you will explore the North Cape Coastal Drive with picturesque fishing and farming communities and secluded beaches. Continue your trip along the Green Gables Shore and visit Prince Edward Island National Park. Before you drive along the Points East Coastal Drive and head to Charlottetown. Here you will have time to discover the history and culinary scene of the capital and largest city of PEI.

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+44 (0)20 7590 0610
www.wexas.com



More Information

Travel tips, useful addresses and a lot of inspiration can be found on the websites of Canada's Atlantic provinces:

New Brunswick

www.tourismnewbrunswick.ca

Newfoundland & Labrador

www.newfoundlandlabrador.com

Nova Scotia

www.novascotia.com

Prince Edward Island

www.tourismpei.com

