

# BAY OF FUNDY

## Whales, Tides, and the Greatest First Lady



August 15 - 21, 2018

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### TRIP HIGHLIGHTS

- ▶ Experience the highest and lowest tides in the world at the Bay of Fundy
- ▶ Hike in the UNESCO Fundy Biosphere Reserve, seeing waterfalls, beaches, and “flowerpot rocks” along the way
- ▶ Explore the Fundy Isles by sea kayak
- ▶ Go on a whale watching excursion around Campobello Island
- ▶ Explore the historic town of Saint Andrews by-the-Sea, one of the best-preserved examples of North American colonial heritage

### QUICK VIEW ITINERARY

- Day 1: Arrive in New Brunswick, explore Saint John, welcome dinner
- Day 2: Visit Canada’s oldest public market, go for a hike, walk through St. Martins
- Day 3: Explore the Fundy Trail Parkway, enjoy an afternoon in St. Martins, beach BBQ
- Day 4: Sea kayaking in the Bay of Fundy, explore Campobello Island
- Day 5: Whale watching, walk on the ocean floor to a lightstation, lobster dinner
- Day 6: Explore St. Andrews by-the-Sea, visit Minister’s Island, farewell dinner
- Day 7: Depart New Brunswick

### TRIP PRICE

Main Trip: \$4,990

Optional Single Accommodations: \$500

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is this trip  
right for me?

We rate this trip as easy to moderate. You should be able to walk comfortably for two to three hours at a time as well as climb down steep ladders and stairs at low tide. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit <https://fitfortrips.com/partners/adventure-women/> for more information.

the important  
stuff

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

how do I get  
there?

pack your  
bags!

the fine print

your adventure  
in depth

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### Forms and Final Payment:

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before May 17, 2018.

### Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

### Money:

The currency in Canada is the Canadian Dollar. As of May, 2017, US\$1 = CAD\$1.35. You will be able to use credit cards and ATMs throughout this trip.

Suggested Gratuities: We will provide gratuity suggestions closer to the trip.

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is this trip right  
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**Arrive:** Arrive at Saint John, New Brunswick (YSJ) on August 15, 2018 before 3:00pm.

the important  
stuff

**Depart:** Depart Saint John, New Brunswick(YSJ) on August 21, 2018 after noon.

We are happy to help you make your flight and travel arrangements. Please contact us at:

**(800) 804-8686 or (617) 544-9393**  
**email: [info@adventurewomen.com](mailto:info@adventurewomen.com)**

how do I get  
there?

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

pack your  
bags!

**Note:** The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

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**Packing Considerations:** The climate is typical of Atlantic Canadian coastal area and can change easily throughout the day. Mornings may be cool and foggy, but once the fogs rolls out, the day can be sunny and warm. Evenings tend to be cool. In August, coastal temperatures range from 52F in the evenings to 77F during the day. You should plan on dressing in casual clothing and in layers to account for weather changes.

### Clothing and Gear:

- Duffel bag or small suitcase
- Daypack
- Comfortable walking or hiking shoes
- 3-4 short sleeve shirts (quick dry recommended) -
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- 1 bathing suit
- Waterproof jacket
- Waterproof pants
- Hat for sun protection
- 5-7 pairs underwear
- 5-7 pairs of socks
- Sandals
- Sleepwear

### AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner

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### Essentials Continued:

- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

### Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

the important  
stuff

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

how do I get  
there?

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

pack your  
bags!

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

the fine print

### Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

**good-natured realist and have a sense of humor!** Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

your adventure  
in depth

In this spirit, the successful adventure traveler should be a



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your adventure  
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### DAY 1

Wednesday  
8/15/18

### Arrive in Saint John

Canada's first incorporated city is your introduction to the Bay of Fundy and the highest tides on earth. The delightful port architecture makes the perfect backdrop to stroll along the waterfront and take in the many shops and cafes along the way.

#### Pick-up and Transfer

Meet your guide either at the Saint John airport or at the Hilton Saint John.

#### Welcome Dinner

Enjoy a welcome dinner and group orientation this evening.

### Accommodations

Hilton Saint John

### Meals Included

dinner

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### DAY 2

Thursday  
8/16/18

### Saint John to St. Martins

Saint John has a rich Loyalist history that goes back centuries. The delightful port architecture provides the perfect backdrop to walk the city streets and visit the many shops and cafes. Marvel at the Bay of Fundy tides as the ebb and flow moves 100 billion tonnes of water twice a day.

#### Uptown Saint John

After breakfast, stroll over to the New Brunswick Museum to learn about the rich history of Saint John and the surrounding area. Walk through the uptown streets and visit the City Market, Canada's oldest public market.

#### Hike the Parks of Saint John

Hop on the bus and travel to the Irving Nature Park for a leisurely hike. After your hike, visit Rockwood Park for lunch at Lily's Cafe along the shores of Lily Lake.

#### St. Martins

After lunch, make your way to the coastal village of St. Martins and the UNESCO Fundy Biosphere Reserve. When you arrive, enjoy a historic walking tour, visiting the historic Quaco Harbour, twin covered bridges, and the the St. Martins Sea Caves. Relax and enjoy the quaint fishing village which is the gateway to the Fundy Trail Parkway.

### Accommodations

St. Martins Country Inn

### Meals Included

breakfast, lunch, dinner

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#### DAY 3

Friday  
8/17/18

### St. Martins

Explore the longest stretch of coastal wilderness on the Eastern Seaboard. UNESCO designated this area a biosphere reserve because of its unique marine and coastal diversity. Over 500 ships were built in the area and at the height of the shipbuilding boom, St. Martins was one of the richest communities in the British Commonwealth.

#### Fundy Trail Parkway

After enjoying breakfast at the inn, drive to the Fundy Trail to explore the many beautiful lookouts, waterfalls, beaches, and flowerpot rocks along the province's newest park. Enjoy a trailside lunch along the shores of Big Salmon River.

#### Explore St. Martins

Enjoy walking in the Village of St. Martins on your own. Take a walk on the two mile beach, visit the local shops and cafe, visit the Quaco Museum, explore the Sea Caves, or relax and enjoy the view from the inn.

#### Beach BBQ and Campfire

Enjoy a beach-cooked meal prepared over an open fire. Try grilled Atlantic salmon or local chicken and vegetables while watching the tides and listening to local musicians.

#### Accommodations

St. Martins Country Inn

#### Meals Included

breakfast, lunch, dinner

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### DAY 4

Saturday  
8/18/18

### St. Martins to Campobello Island

This unique island archipelago with its rich marine biodiversity and fishing culture will be sure to amaze you. Get up close and personal with the local whale, seal, porpoise, and shorebird residents as you travel by ferry, kayak, and whale-watching boat.

#### Ferry to Deer Island

After breakfast, drive about an hour and a half to board the Deer Island ferry. Enjoy the 30-minute ride to the island.

#### Sea Kayaking

Meet your sea kayaking guides and begin with a safety briefing. Explore this rich marine ecosystem in double kayaks. As you experience the ebb and flow of the Bay of Fundy tides, learn about island life and the local fishing industry. Enjoy lunch on a secluded island.

#### Campobello Island

Take a ferry to Campobello Island, where Franklin and Eleanor Roosevelt kept a summer home. Learn about Eleanor's amazing accomplishments and stories of her life before a fresh Atlantic salmon dinner.

### Accommodations

Roosevelt Cottages

### Meals Included

breakfast, lunch, dinner

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### DAY 5

Sunday  
8/19/18

### Campobello Island

Campobello Island is famous for being the beloved island and summer home of Franklin D. Roosevelt who spent many enjoyable vacations here hiking, canoeing, and sailing its shores. The Roosevelt Campobello International Park is preserved as a memorial and is a symbol of the close friendship between Canada and the United States.

#### Whale Watching

Begin your day by enjoying breakfast overlooking the grounds of Prince Cottage. Pack a picnic lunch and take a whale watching excursion with one of the top whale and wildlife outfitters, Mackie Green. He will teach you about whale behavior while looking for humpbacks, finbacks, minkes, and the North Atlantic Right whales, along with grey and harbour seals, porpoises, and a variety of shorebirds which all make their home in the Bay of Fundy.

#### Head Harbour Lightstation

Enjoy a picnic lunch overlooking Head Harbour. At low tide, walk out across the ocean floor to the lightstation. Meet the Friends of the Head Harbour Lightstation, a group of local residents who have worked tirelessly to preserve and protect this irreplaceable piece of history.

#### Walk in the Footsteps of the Roosevelts

This afternoon, you will have the option to hike the trails of the park with your guide. Enjoy the views along the coastline. Alternatively, go back to the cottages to explore the grounds or visit the museum on site.

#### Lobster Dinner

Have a traditional Bay of Fundy lobster boil. Learn tips on how to cook, crack, and eat the lobster from a local member of a fishing family.

Accommodations  
Roosevelt Cottages

Meals Included  
breakfast, lunch, dinner

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### DAY 6

Monday  
8/20/18

### Campobello Island to St. Andrews by-the-Sea

Saint Andrews represents one of the best-preserved examples of colonial heritage in North America. The town is full of beautiful architecture, unparalleled scenery and rich marine life.

#### Boat Transfer to St. Andrews by-the-Sea

After a relaxing morning at the Roosevelt Cottages, travel back to the mainland by a boat shuttle through the Fundy Isles to the historic resort town of Saint Andrews. While on board, keep a watch for the phenomenal Bay of Fundy marine life as you cruise into Passamaquoddy Bay.

#### Explore St. Andrews

Enjoy a lunch on your own and an afternoon to explore the many shops and restaurants around the waterfront. Your guide will be available if you'd like to visit Minister's Island and low tide or the Huntsman Marine Center.

#### Farewell Dinner

Celebrate the end of an exceptional trip with a farewell dinner at one of the area's top culinary destinations. Located at the base of Chamcook Mountain with views of the historic Minister's Island, the Rossmount Inn focuses on locally-harvested ingredients that are thoughtfully designed and prepared for you to enjoy.

### Accommodations

The Algonquin Resort

### Meals Included

breakfast, dinner

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### DAY 7

Tuesday  
8/21/18

### St. Andrews by-the Sea and Depart

Enjoy one last morning in St. Andrews before departing for the US.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport in Saint John for your flights home.

Meals Included  
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

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### Accommodation Details

#### Hilton Saint John

Hilton Saint John offers a magnificent location on the harbor - part of the Bay of Fundy and a UNESCO Global Geopark Site. Most of the city's best attractions are within walking distance and the hotel is even connected to the Inside Connection Pedway, allowing you to explore the city.

#### St. Martin's Country Inn

Situated in the heart of the magnificent Bay of Fundy, this heritage Inn (circa 1857) has a commanding view of the ocean in the historic fishing village of St. Martins New Brunswick. The St. Martins Country Inn offers sixteen uniquely furnished guest rooms with a combination of antiques and contemporary amenities.

#### Roosevelt Cottages

Stay in a cottage on Campobello Island, where Franklin and Eleanor Roosevelt had their summer home. Enjoy stunning views as you unwind after a day of exploration.

#### The Algonquin Resort

The Algonquin is one of Canada's most luxurious and legendary resorts. Rich in history, meticulously restored to its original splendour, and complete with every modern comfort you could desire, this year-round destination truly offers the best of the past with contemporary amenities. The iconic building and its grounds are an oasis.



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### Included/Not Included

#### Included:

- ▶ All hotel accommodations throughout the trip
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ All entrance fees
- ▶ Guides throughout the trip
- ▶ One AdventureWomen Associate

#### Not Included:

- ▶ International airfare to and from Canada
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities