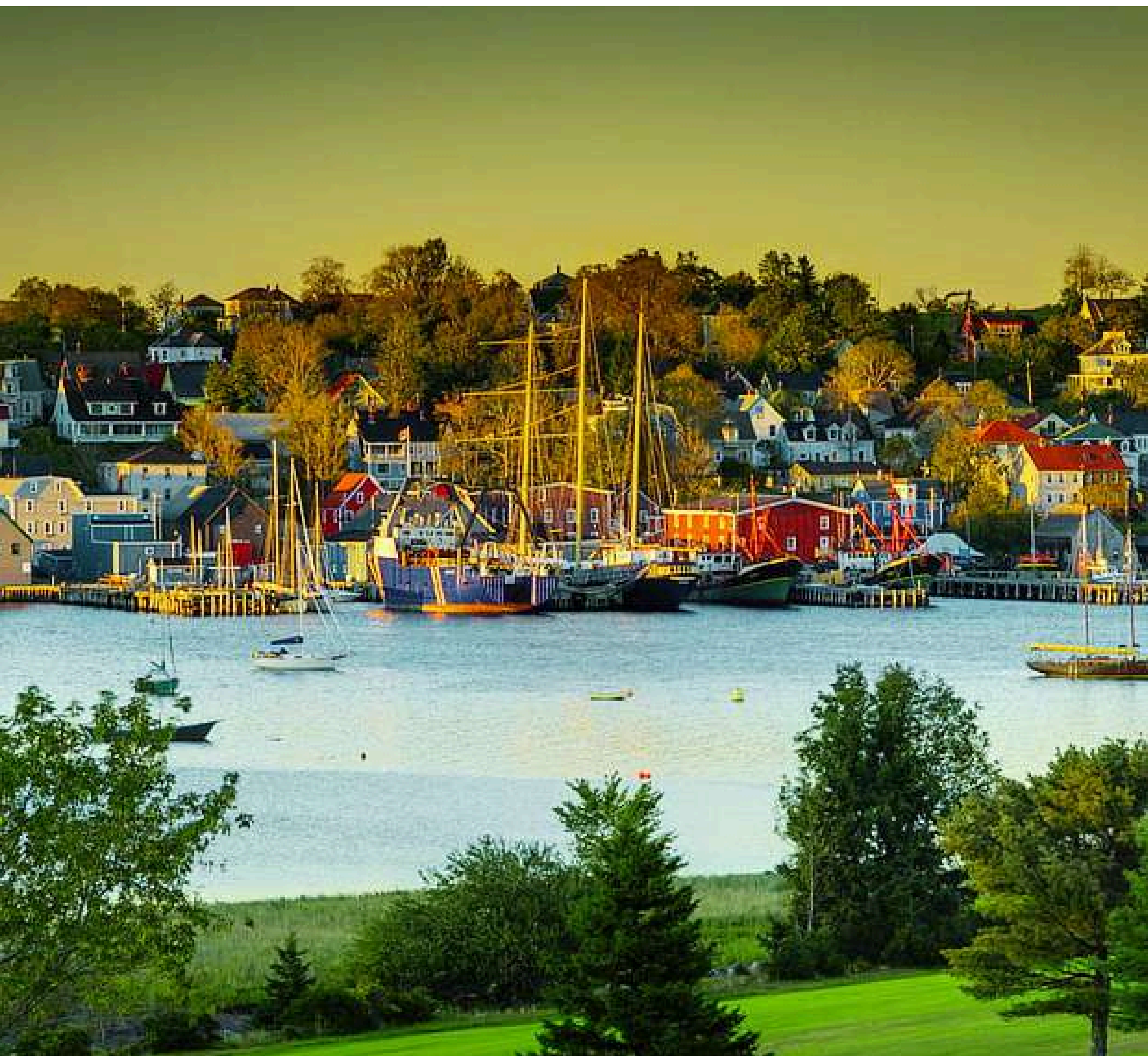


**ATLANTIC TRAVEL & TOURS**

# **CANADA - ACCESSIBLE TRAVEL**

**TRAVEL FREELY AND WITHOUT BARRIERS:  
ACCESSIBLE EXPERIENCES IN CANADA**



**[WWW.VISITATLANTICTRAVELTOURS.COM](http://WWW.VISITATLANTICTRAVELTOURS.COM)**

## FROM THE CEO - FOUNDER

---

Dear travelers,

Imagine a journey where **every detail** is designed to make you feel **free to experience, discover, and be inspired — without barriers or compromises**. Every place has a story to tell, every landscape an emotion to share, and every experience is welcoming, accessible, and thoughtfully created for you.

Picture yourselves strolling through historic cities and vibrant neighborhoods, visiting museums and cultural spaces that surround you with beauty, or enjoying moments of tranquility immersed in nature, among lakes, rolling hills, and beaches where movement is easy and carefree. Feel the warmth of the sun on your face, the fresh air along a scenic pathway, and the rhythm of your footsteps blending with the spirit of the places you explore.

This brochure is an invitation to imagine every experience as something to be fully lived: from iconic attractions to more intimate corners, from breathtaking panoramas to the unique atmosphere of cities and villages. As you turn these pages, **let yourselves be inspired by a world that combines emotion, safety, and comfort — a world where the freedom to explore knows no limits**.

Open these pages, **let yourselves be carried away**, and begin planning a journey that is truly your own — an unforgettable experience to enjoy without barriers.



*Steve Tabacchi*

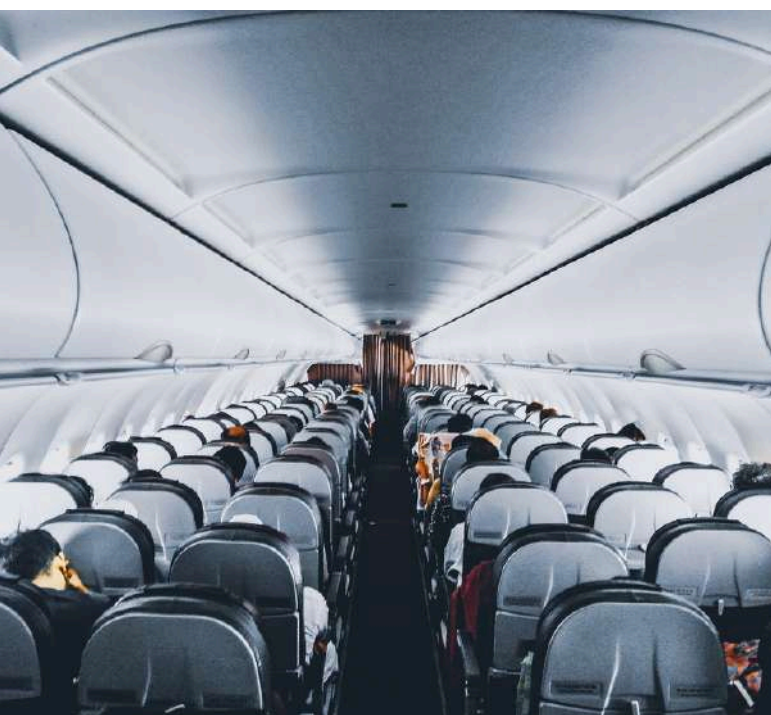
DR. STEVE TABACCHI  
CEO - FOUNDER  
ATLANTIC TRAVEL & TOURS



**WHY TRAVEL  
WITH US**

**DISCOVER WHY OUR  
TOUR OPERATOR IS  
UNIQUE AND  
UNRIVALED!**

# BESPOKE TRAVEL FOR EVERYONE



## OUR TRAVEL ITINERARIES

We exclusively curate itineraries for innovative and original travel experiences that diverge from the conventional paths of mass tourism. Our aim is for each customer to be the protagonist of their own journey.

## OUR TRAVEL CLASSES

We arrange travel for the following categories:

- **FIRST**
- **PREMIUM**
- **ECONOMY**

# WE ORGANIZE ITINERARIES USING THE FOLLOWING TRANSPORTS



## CAR

- ✓ RENTAL



## VAN

- ✓ RENTAL
- ✓ SCHEDULED TOURS WITH DRIVER



## COACH

- ✓ RENTAL WITH DRIVER
- ✓ SCHEDULED TOURS WITH DRIVER



## MOTORHOME

- ✓ RENTAL



## MOTORCYCLE

- ✓ CHARTER SERVICES
- ✓ TAILOR MADE TRAVEL ITINERARIES

# PRIORITY CHECK-IN AND CHECKED BAGGAGE

Bid farewell to lengthy check-in queues! With our priority check-in service, you can swiftly obtain your boarding pass and check in your baggage. We are consistently prepared to provide this option, contingent upon airline availability, to enhance your travel experience, whether you are flying in premium or economy class. **Do not squander time; opt for comfort!**



# NO QUEUES AT THE AIRPORT WITH THE FAST TRACK SERVICE



We understand the frustration of enduring lengthy waits at airport security. Therefore, we consistently incorporate fast track access into our travel packages, allowing you to bypass the queue and enjoy a stress-free experience.

The service is contingent upon the availability at each airport, thus we cannot assure its constant accessibility. Nevertheless, we are pleased to announce that it has been implemented in the majority of the airports we utilize. **Seize this opportunity!**





# COMFORT IN AIRPORT LOUNGES

Once reserved solely for business and first-class passengers, airport lounges are now available to travelers in other classes as well. We provide the highest level of comfort and luxury to ensure your airport experience is memorable. In our travel packages, we consistently strive to include access to these exclusive areas at both departure and arrival points (subject to airport and airline availability). Relax, indulge in culinary delights, savor fine beverages, and enjoy refreshing showers, all within elegant and tranquil settings. **Seize this exceptional opportunity!**



# OTHERS SERVICES

OUR EXCEPTIONAL PARTNERSHIPS WITH DIVERSE SUPPLIERS ENABLE US TO PROVIDE OUR CUSTOMERS WITH THE FINEST OF THE FOLLOWING SERVICES

**ADVANCED LUGGAGE SHIPPING**  
**TOURIST VISAS**  
**CURRENCY EXCHANGE**  
**INSURANCE POLICIES**



	AUD	7.01
	NZD	5.05
	JPY	0.0913
	GBP	11.23
	EUR	9.71
	SGD	5.35
	CHF	7.01



# ALWAYS TRAVEL WITH A PREMIUM DISCOUNT!



**-20%**

- **ACTIVE YEAR-ROUND**
- **FOR ALL CATEGORIES OF TRAVELERS**
- **NO MINIMUM SPENDING THRESHOLD REQUIRED**



# TRAVEL PHOTOGRAPHER

FOR AN UNFORGETTABLE TOUR  
**FOREVER**



Certain journeys hold a unique significance: a honeymoon, a wedding anniversary marked by the renewal of vows, or cherished moments spent with close friends or family. Such beautiful occasions will be immortalized through professional photography and videography. Should you wish to incorporate this option into your upcoming trip, we are pleased to provide assistance with photographers who can transform your experience into a lasting memory.



## **ONE FREE INDIVIDUAL FOR EVERY 15 PAYING CUSTOMERS**

Take advantage of our **perpetually active** promotion. If you can gather a **minimum of 15 individuals**, one person will receive a **complimentary** trip. Consider anyone who might be interested among family, friends, colleagues, or others. Additionally, if you require a tour leader or tour guide to assist you and your group throughout the entire tour, we can provide this service as well



## **OUR COMMITMENT TO ENVIRONMENTAL PROTECTION AND CANCER RESEARCH**



THROUGH OUR TRIPS, WE AIM TO PROVIDE OUR CUSTOMERS WITH THE OPPORTUNITY TO **SUPPORT** NON-PROFIT ORGANIZATIONS DEDICATED TO ADDRESSING THE FOLLOWING GLOBAL CHALLENGES.



- **CONSERVATION OF PLANT AND ANIMAL LIFE**
- **GLOBAL WARMING**
- **CANCER RESEARCH**



## **WHY EXPERIENCE CANADA WITHOUT BARRIERS**

DISCOVER CANADA IN AN  
ACCESSIBLE AND BARRIER-FREE  
WAY, AND LET YOURSELVES BE  
INSPIRED TO CREATE AN  
EXCLUSIVE, TAILOR-MADE  
JOURNEY BEYOND THE USUAL  
PATHS OF MASS TOURISM

# THE PLEASURE OF TRAVELING WITHOUT LIMITS IN CANADA



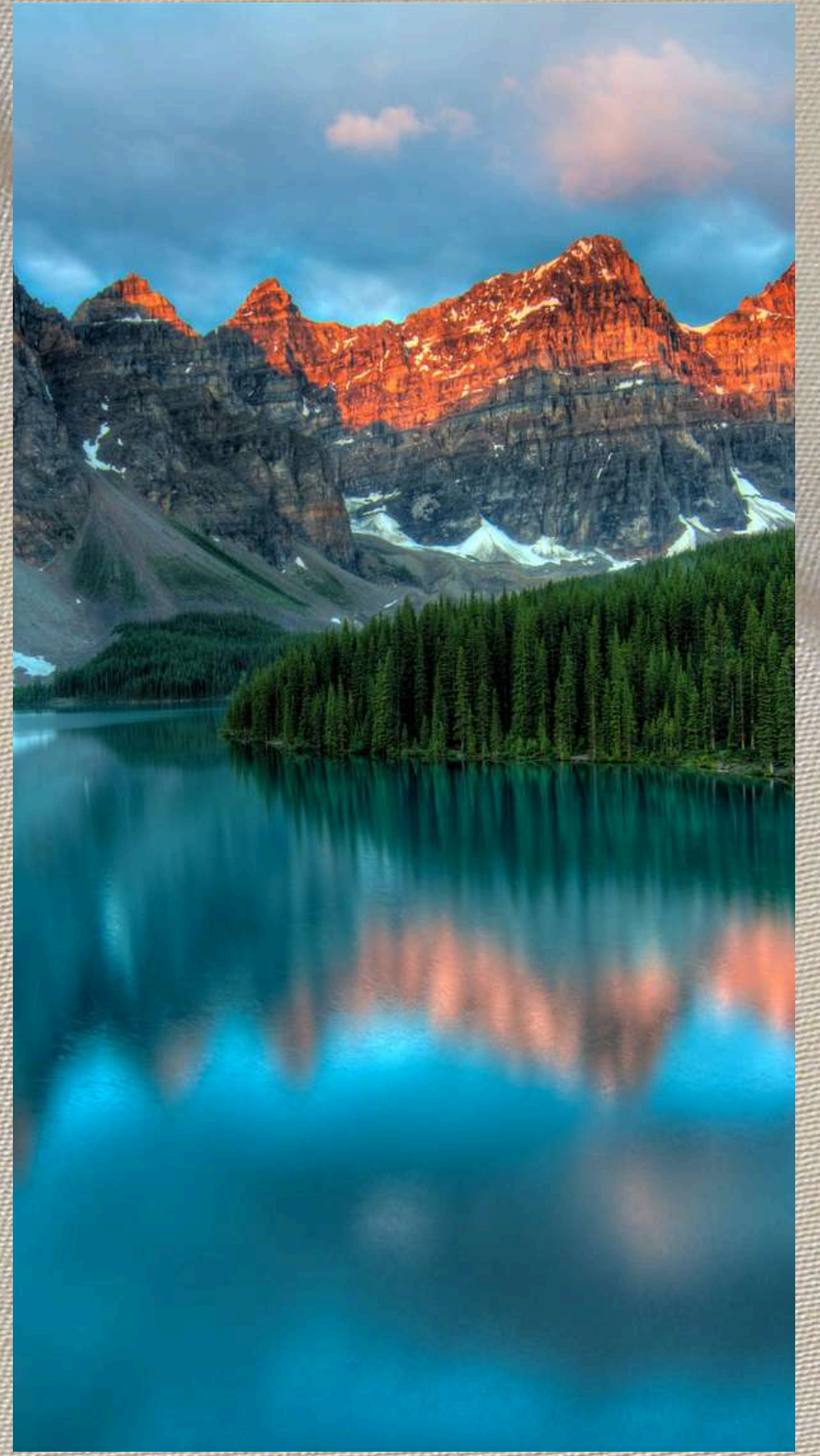
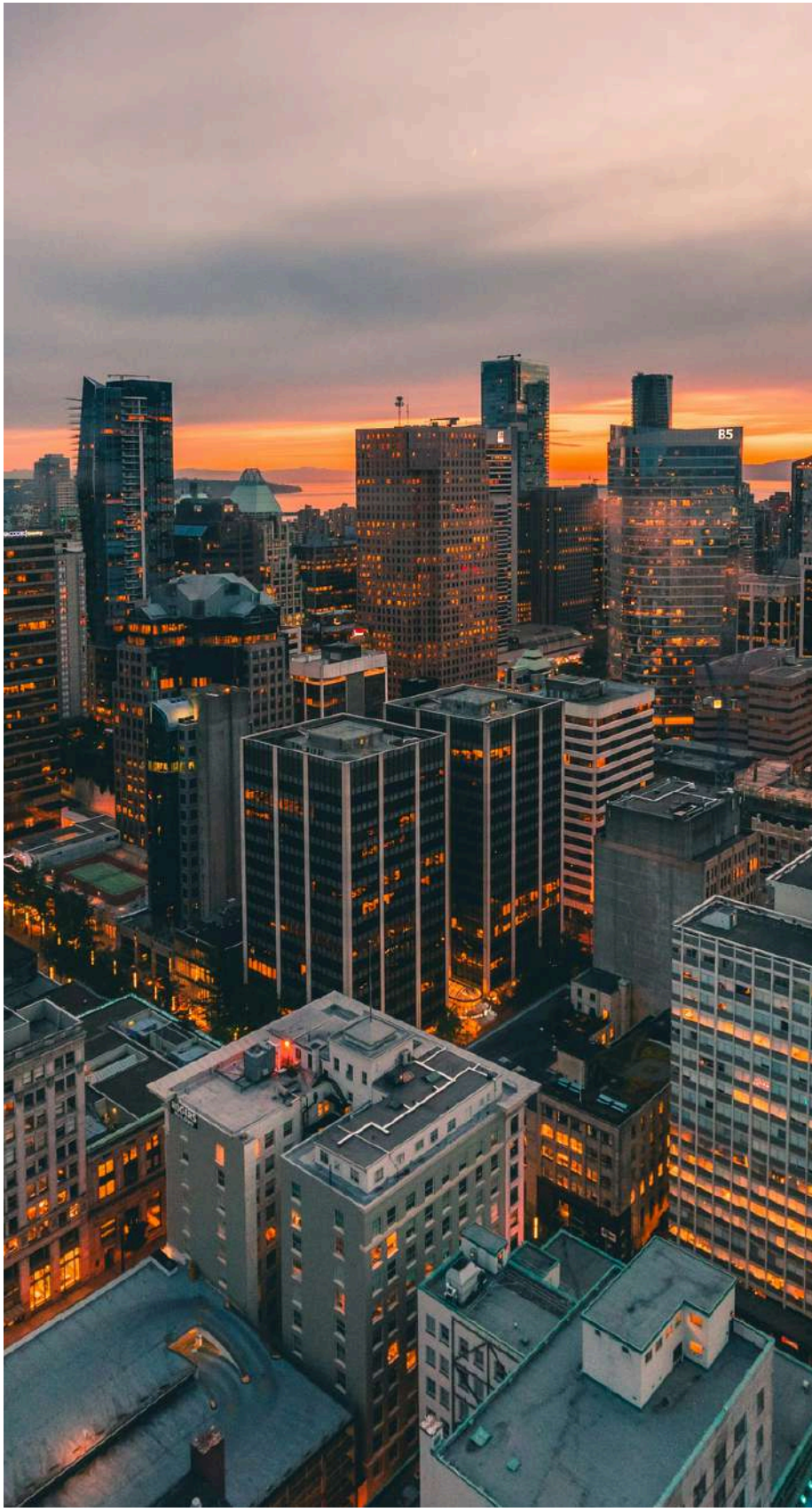
There are journeys that don't have to adapt to the person experiencing them, but that naturally shape themselves to the needs of each person, allowing you to enjoy every moment with serenity and freedom.

Traveling means being able to choose, move freely, and live every experience fully, without compromise. It's time dedicated to discovery, beauty, and sharing, where every detail contributes to creating an authentic and accessible memory.

Canada, at its most welcoming, is a destination distinguished by its focus on inclusivity. The spaces are wide, the pace is relaxed, and the experiences are designed to be enjoyed by all, without barriers. From the Atlantic coast, where boardwalks and panoramic viewpoints allow for peaceful ocean views, to the villages where culture and traditions are explored through accessible museums and interpretive centers, to the vast natural landscapes made accessible thanks to adapted trails, every place invites you to participate without limitations.

Here, travel takes on an even deeper meaning: it's not just discovery, but also freedom. Freedom to move, to stop, to experience each experience at your own pace, knowing you can count on a welcoming and attentive environment. Nature, culture, and people become part of a journey where you always feel at ease.

An experience designed to ensure comfort, safety, and accessibility, allowing every traveler to experience Canada authentically, without compromise, and off the beaten track.



## **WHY DISABLED TRAVEL IN CANADA?**

### **LANDSCAPES THAT WELCOME WITHOUT LIMITS**

Canada is an ideal destination for those seeking unhindered exploration. Far from the crowded streets, it offers breathtaking landscapes and historic villages where every experience can be enjoyed independently. From the Atlantic coast, with accessible boardwalks and lookouts that allow for safe ocean views, to the tranquil lakes and rivers of the inland regions, to the small towns where museums and cultural centers are designed for complete enjoyment, every place invites exploration without compromise.

### **INTIMATE, AUTHENTIC AND ACCESSIBLE EXPERIENCES**

Accessible travel doesn't mean sacrificing depth or emotion. Walks along adapted trails, visits to historic villages and small cultural communities, stops to admire natural vistas, or moments of observing local wildlife are all experiences designed to be fully enjoyed. Here, every detail is designed to allow for a safe and enjoyable experience, guaranteeing the freedom to choose your own pace, routes, and activities.

### **THE ART OF SLOW AND INCLUSIVE TRAVEL**

Canada's vast distances and generous vistas invite a leisurely journey, enhancing not only the destinations but also the journey itself. Scenic roads, accessible trails, and less-traveled routes allow you to create a harmonious itinerary, unhurried and with maximum autonomy. It's the perfect solution for those who want to explore Canada in an authentic, safe, and inclusive way, enjoying profound and memorable experiences.



# **TAILOR-MADE TRAVEL FOR PEOPLE WITH DISABILITIES IN CANADA**

**A trip to Canada for those with mobility or other special needs is more than just a vacation: it's an opportunity to explore extraordinary landscapes, authentic villages, and cultural attractions in complete safety and comfort, enjoying memorable experiences without barriers.**

**For this reason, it should never be a standard package, but a carefully and attentively designed experience, designed for your needs and your pace.**

**Our approach to creating accessible travel is based on a fundamental principle: each itinerary must be unique, accessible, and safe, ensuring freedom of movement and comfort at every stop.**

**We listen to your desires, understand your pace and travel style, and create an itinerary that makes every experience special.**

**Every detail is carefully studied:**

- Choice of destinations, from natural parks with accessible trails to historic villages and equipped beaches, up to easily accessible museums and galleries**
- Pace of the itinerary, to enjoy every experience without rushing and without stress**
- Experiences along the route, such as scenic walks on boardwalks, accessible guided tours, cultural activities and nature excursions with dedicated support**
- Selection of the most comfortable facilities, with easy access, equipped rooms and services designed for every need**

**The result is an authentic, safe, and deeply personal journey, designed to offer unforgettable experiences, moments of relaxation and discovery, transforming every stop into a precious, barrier-free memory.**

# EXPERIENCES THAT MAKE A DISABILITY TRIP TO CANADA UNIQUE

---

## SCENIC ROAD TRIPS

Canada offers fully accessible scenic routes, ideal for discovering nature in complete freedom. Quiet roads and well-marked trails allow for comfortable stops and well-equipped lookouts, allowing you to enjoy mountains, lakes, and forests without physical barriers, transforming every journey into a moment of pleasure and discovery.

---

---



## EXTRAORDINARY NATURAL PARKS

Canadian parks guarantee accessible routes and areas for all, with accessible trails, accessible observation points, and dedicated rest areas. Pristine nature, from ancient forests to hidden lakes, can be safely experienced, allowing wildlife observation, relaxing walks, and moments of contemplation, even for those with special needs.

---

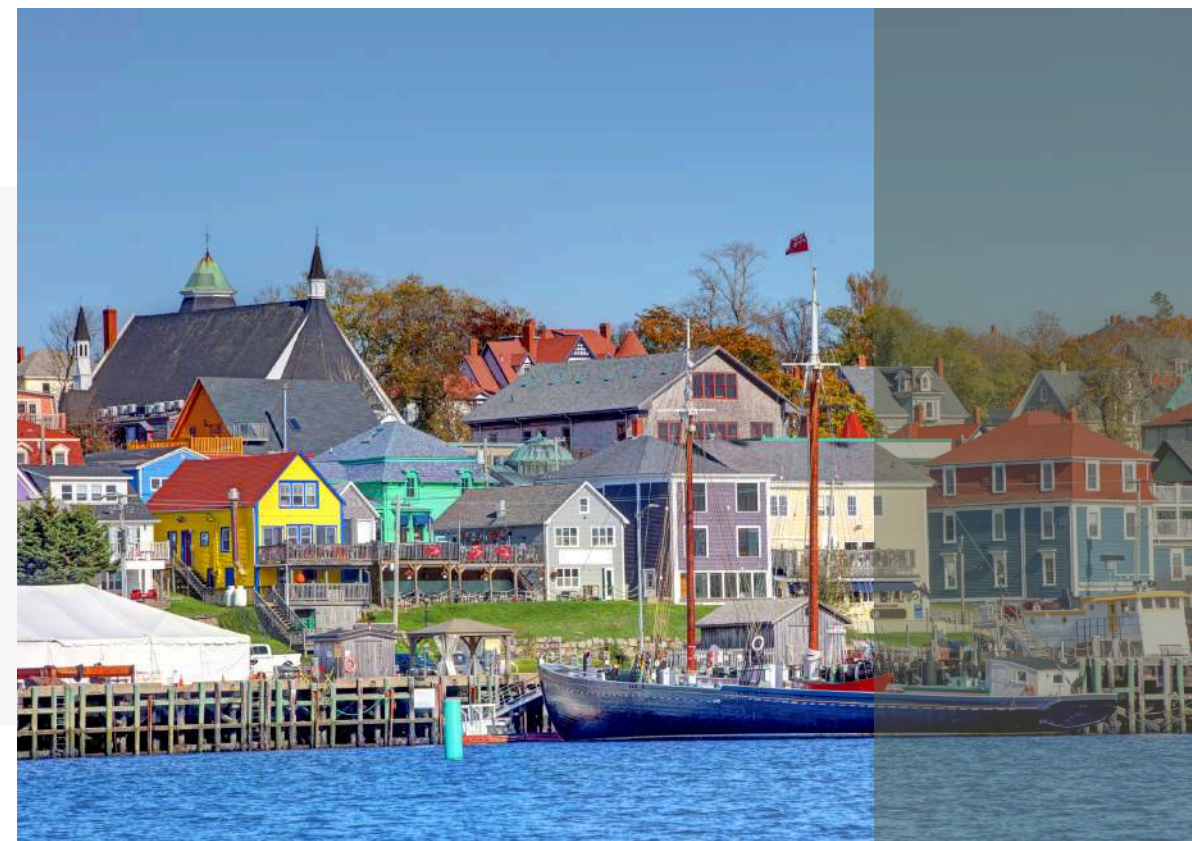
---



## SMALL TOWNS RICH IN HISTORY

Canada's historic and cultural centers are also designed to be accessible, with accessible architecture, well-equipped museums, and adapted art spaces. Strolling through history and culture becomes simple and enjoyable, allowing you to experience the region fully, authentically, and seamlessly, with memorable experiences for everyone.

---



# WHEN TO GO ON A DISABILITY-FRIENDLY TRIP TO CANADA



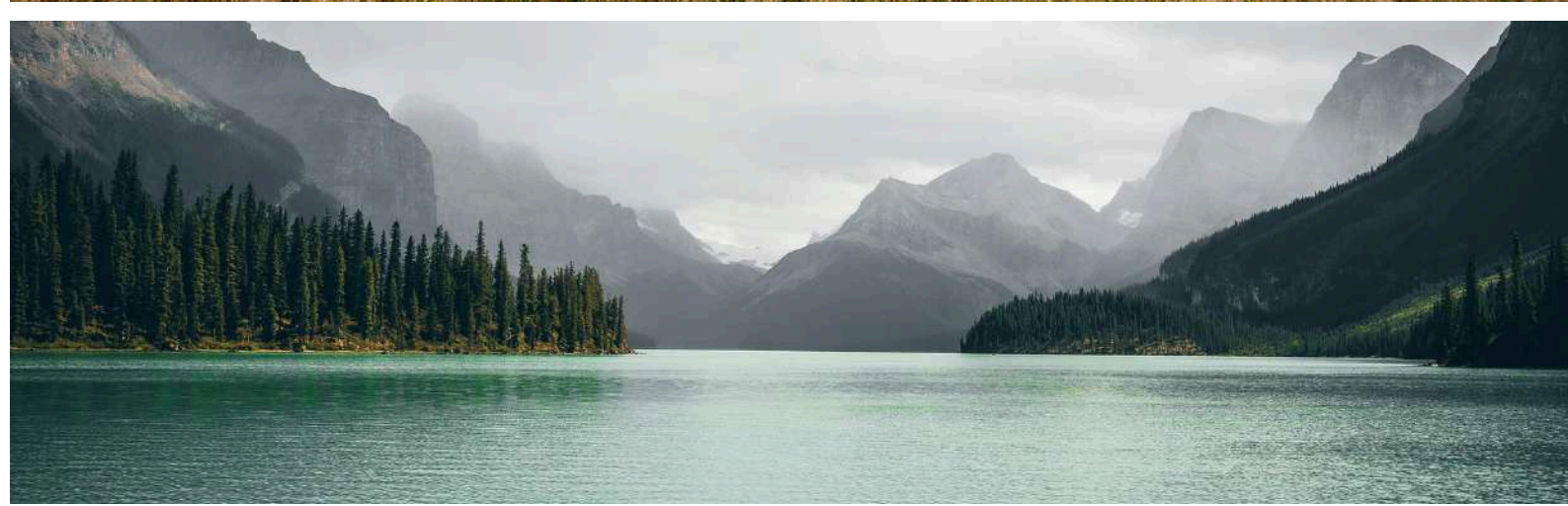
Canada can be discovered in any season, but every time of year offers unique emotions and atmospheres, capable of making every trip special.

**Spring** is the perfect time to experience nature's awakening: rivers and waterfalls begin to flow again, forests and meadows turn bright green, and small coastal villages come alive with local life and traditions.

**Summer** offers long, bright days perfect for exploring the country's vast open spaces: remote fjords, lesser-known parks in the west, and northern regions where lakes and mountains become the backdrop for breathtaking panoramas.

**Autumn** transforms Canada into a mosaic of intense colors: the forests of Quebec and Ontario, as well as the inland valleys of the western provinces, light up with warm hues that make every walk and scenic drive an unforgettable experience.

**Winter** offers intimate and evocative landscapes: snow-capped mountains and forests, quiet villages where the daylight slowly lengthens, and pristine natural spaces that invite moments of contemplation and romance, far from mass tourism.



# 10 DISABLED TRAVEL EXPERIENCES THAT ONLY EXIST IN CANADA

Some experiences in Canada are so connected to the most authentic territories that they make the trip truly memorable.

Among the most suggestive:

Drive a scenic drive through British Columbia's fjords and rugged coastlines - Immerse yourself in seascapes where the ocean meets verdant mountains and secluded coves, far from the beaten track.

- Watching the sunset over the glacial lakes of the Canadian Rockies - Turquoise waters reflecting the fiery sky as the surrounding peaks turn orange and pink, a moment of pure magic.
- Crossing the prairies of Alberta and Saskatchewan under boundless skies - Infinite spaces where winds and clouds shape the landscape, dotted with small villages and memories of pioneer life
- Sailing between remote islands and fjords of Labrador and the Atlantic coast - An adventure among solitary bays, isolated lighthouses and colonies of seabirds, in territories that still retain their wild charm
- Stroll through the historic villages of Quebec and Nouveau-Brunswick - Centers suspended in time, where ancient architecture and local traditions tell stories of French and English colonies, far from the main routes
- Discover the culture of the indigenous peoples of the Northwest and the interior regions - Authentic encounters with crafts, legends and traditional practices, which allow you to understand deep and still living roots
- Observing starry skies in the remote parks of Manitoba and Nunavut - Almost unreal atmospheres where artificial light does not exist, and the stars become witnesses of intimate and indelible moments
- Hike trails through the silent mountains and pristine forests of British Columbia and Alberta - Backroads that lead to secret valleys, hidden waterfalls and vistas that will remain etched in your memory.
- Exploring the Canadian Atlantic's wild coastlines and historic lighthouses - Secluded lighthouses and wave-battered cliffs offer evocative and reflective settings, ideal for those seeking moments away from the crowds.
- Experience the authenticity of rural life in the Prairie and rural Quebec regions - Encounters with local communities, markets, and traditions that tell the story of a Canada far from the most popular destinations, where everyday life becomes an experience to remember.



## **THE MOST CHARMING ACCOMMODATIONS FOR A DISABLED TRAVELER**

A journey is not only measured by the places visited, but also by the spaces in which to stop, relax, and experience moments of intimacy and wonder.

Canada offers a surprising variety of environments where the stay becomes an integral part of the trip.

Cabins nestled in the silent forests of the Rocky Mountains, lodges on the shores of glacial lakes, cottages tucked between the rugged Pacific and Atlantic coasts, rural prairie farms, and historic accommodations in colonial villages offer authentic, intimate, and evocative experiences. For those seeking a truly unique experience, some historic lighthouses along the Atlantic and Pacific coasts offer the opportunity to stay overlooking the sea, surrounded by the sound of the waves and the timeless atmosphere of these historic towers. Here, history blends with nature, and every sunset becomes a moment to cherish.

Each place tells its own story through local architecture, natural materials, and unique atmospheres, transforming your stay into an opportunity to immerse yourself in the culture and nature of the region. In Canada, every break becomes a memorable moment, a fragment of travel that enriches your experience.



# MISTAKES TO AVOID WHEN PLANNING A DISABLED TRIP TO CANADA

## WANTING TO SEE TOO MANY THINGS

One of the most common mistakes is trying to visit too many destinations in one trip. Canada is vast, and the distances between regions can be significant. An overly packed itinerary risks turning the trip into a constant rush of transfers and relocations, taking away time for authentic discovery. Focusing on one or two areas and dedicating time to each allows you to fully experience it, calmly and without rushing.

## UNDERESTIMATING DISTANCES

Looking at a map, trips may seem short, but in many parts of Canada, it takes hours to reach your next destination, especially in the northern regions or along remote coasts. Carefully planning your time and routes allows you to avoid long days spent driving and savor every experience with peace of mind.

## DON'T LEAVE ROOM FOR SPONTANEOUS DISCOVERY

Part of the charm of a trip to Canada is encountering unexpected places along the way: isolated villages, historic lighthouses, hidden coves, silent forests, or small towns where local traditions are still alive. It's essential to plan an itinerary that leaves room for improvisation and curiosity, because it's often these moments that become the most vivid memories.

## LIMIT YOURSELF TO THE MAIN CITIES

Canadian cities offer interesting cultural and artistic experiences, but some of the most authentic experiences are found far from urban centers. Historic villages, pristine natural spaces, wild coastlines, and local communities reveal a different, more intimate, and surprising Canada. Alternating between cities and nature enriches the journey and adds depth.

## NOT CHOOSING ACCOMMODATIONS CAREFULLY

Accommodations are an integral part of the experience. In Canada, choosing a cabin in the woods, a lodge on the shores of a lake, a secluded cottage on the coast, or even a historic lighthouse can transform your stay into a memorable one. The quality, location, and authenticity of the accommodations contribute to making the experience truly special.

## DON'T PERSONALIZE THE TRIP

Everyone has different passions, rhythms, and desired experiences. A tailor-made trip, designed around your inclinations and interests, allows you to live each day more intensely and create lasting memories. Attention to detail transforms an itinerary into a unique experience, far from conventional routes and truly unforgettable.



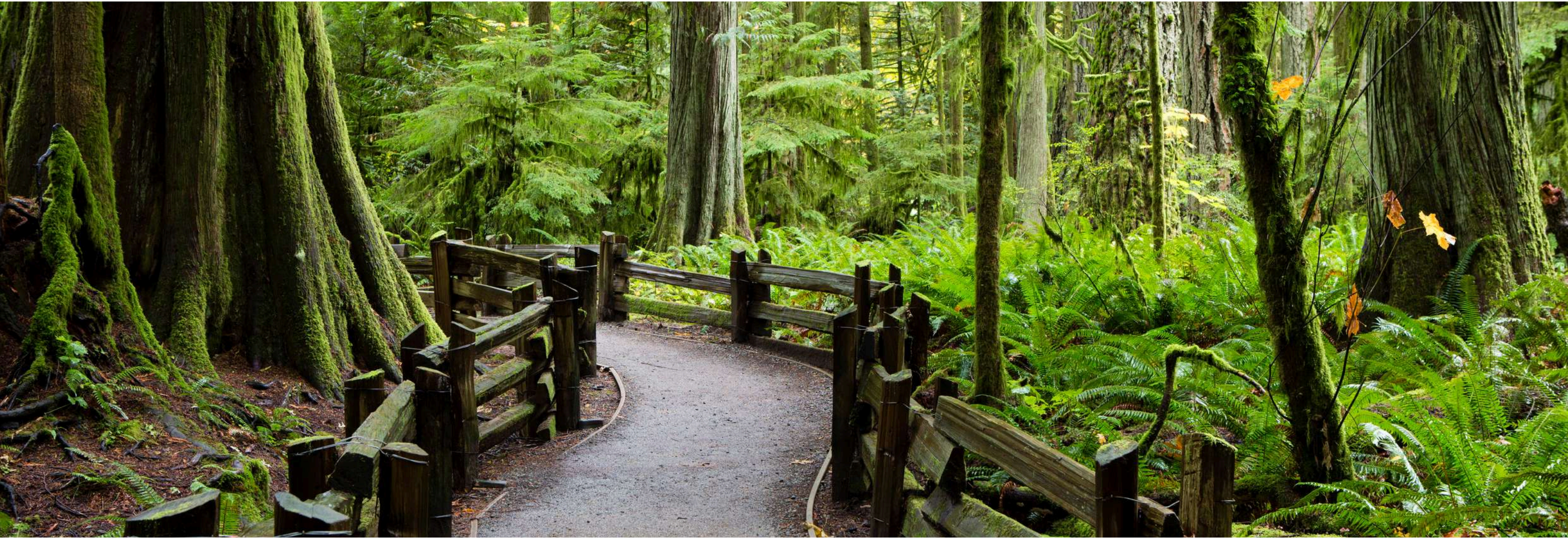
## QUALITY AND SERVICE UPDATES

The experiences and services presented in this brochure have been selected based on qualitative criteria focused on comfort, accessibility, and the personalization of the travel experience.

As operational conditions, dedicated services, and policies may be subject to updates or changes over time, each proposal will be reviewed and confirmed at the quotation stage, in order to ensure full alignment with the traveler's specific requirements and the expected quality standards.



# WESTERN CANADA – WHERE NATURE AND HISTORY MEET



Western Canada is a land of extraordinary contrasts, where majestic mountains, vast prairies, crystal-clear lakes, and rugged coastlines intertwine with age-old histories and vibrant cultural traditions. Before the arrival of Europeans, these regions were inhabited by indigenous peoples such as the Cree, Blackfoot, Salish, and Haida, who developed complex societies deeply rooted in the land, with myths, spiritual rituals, sacred art, and totems that reflect the richness of their cultures and their connection to the surrounding nature. In the 19th century, the expansion of the Canadian Pacific Railway and the arrival of European settlers transformed the prairies and mountains into centers of trade and settlement. Forts such as Fort Langley in British Columbia and Fort Edmonton in Alberta were strategic points for the fur trade and the gateway to new agricultural lands, while settlements along the prairies and rivers of Saskatchewan and Manitoba consolidated rural communities. Even today, historic villages and Indigenous reserves such as Tsleil-Waututh and Squamish in British Columbia, Siksika and Kainai in Alberta, and Brokenhead Ojibway Nation in Manitoba, reveal the cultural layers of these lands, evidence of a balance between Indigenous history and European influences. Major cities, such as Vancouver and Calgary, offer a unique mix of urban modernity, vibrant markets, cultural festivals, and architecture integrated into the natural landscape. Vancouver, for example, combines contemporary art and cosmopolitan culture with temperate forests and rugged coastlines, while Calgary overlooks the Rocky Mountains, a starting point for natural explorations and outdoor adventures.

From a naturalistic perspective, Western Canada is a mosaic of extraordinarily diverse ecosystems: Alberta's Rocky Mountains, with alpine valleys, glacial lakes, and remote trails; British Columbia's rainforests and fjords, home to grizzly bears, eagles, and whales; Saskatchewan's endless prairies, dotted with small towns and waterways; and Manitoba's vast rivers and lakes, offering habitats rich in wildlife and spectacular scenery. These spaces offer hiking, birdwatching, fishing, canoeing, and moments of total immersion in nature, making Western Canada an ideal destination for those seeking adventure, culture, and tranquility in equal measure.

Geographically, the region covers approximately 2,700,000 km<sup>2</sup>, a surface area equivalent to about 9 times that of Italy.

In this vast and surprisingly varied space, four main provinces are concentrated:

- BRITISH COLUMBIA
- ALBERTA
- SASKATCHEWAN
- MANITOBA

A careful journey takes you from the rugged coasts of British Columbia to the mountains of Alberta, from the prairies of Saskatchewan to the lakes and rivers of Manitoba. It's a region that unites ocean, mountains, prairies, rivers, and historic communities with a continuity rare anywhere else in the world.

The main airports providing access to the region are:

- Vancouver International Airport (British Columbia) – Gateway to the Western Coasts, Fjords, and Mountains
- Calgary International Airport (Alberta) – Ideal access to the Rocky Mountains and central prairies
- Winnipeg James Armstrong Richardson International Airport (Manitoba) – Strategic gateway to lakes, rivers, and historic villages in the heart of Canada's West

Western Canada isn't just a destination: it's a layered tale of people, history, and landscapes. It's the most authentic and surprising Canada, where time seems to slow down and every place invites you to experience it with intensity and depth.

# BRITISH COLUMBIA WILD FJORDS, ANCIENT FORESTS, AND COASTAL COMMUNITIES SUSPENDED BETWEEN OCEAN AND MOUNTAINS

British Columbia is one of Canada's most fascinating and complex regions, where ocean, mountains, and forests create a unique natural balance. Before the arrival of Europeans, these lands were inhabited by indigenous peoples such as the Haida, Coast Salish, and Kwakwaka'wakw, who developed structured societies based on fishing, maritime trade, and a deep spiritual connection with nature, still evident today in the totem poles of Haida Gwaii, the villages of Alert Bay, and the artistic traditions along the coast. European exploration began in the 18th century, followed by the fur trade and the British presence, while in the 19th century, the gold rush along the Fraser River led to the establishment of settlements such as Yale, Lillooet, and Barkerville, today important historical sites. Entry into Canadian Confederation in 1871 and the development of the Canadian Pacific Railway, the first transcontinental railway completed in 1885, which connected the Pacific coast to the east of the country, consolidated the region's role as a strategic gateway between the ocean and the rest of Canada. Culturally, British Columbia is a mosaic of Indigenous, British, and Asian influences, particularly evident in coastal cities like Vancouver, Victoria, and Prince Rupert, and rural communities like Kaslo, Cumberland, and Fort Langley. Historic villages like Barkerville and Steveston, Indigenous art galleries like those in Alert Bay and Haida Gwaii, and local museums like the Museum of Anthropology in Vancouver and the Royal BC Museum in Victoria tell the story of First Nations, pioneers, and fishing communities. The region retains a strong and authentic identity, where tradition and modernity coexist harmoniously. Naturally, British Columbia offers an extraordinary variety of landscapes: deep fjords like Knight Inlet and Bute Inlet, some of the world's oldest temperate rainforests in the Great Bear Rainforest, mountain ranges like the Coast Mountains, and wild beaches like Long Beach, Chesterman Beach, and Sombrio Beach, overlooking the Pacific Ocean. Parks such as Pacific Rim National Park Reserve and the Great Bear Rainforest itself represent unique ecosystems, where nature reigns supreme and offers sceneries of rare beauty.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

British Columbia offers fully accessible itineraries for those who wish to explore spectacular landscapes without sacrificing history, culture, and nature. Carefully selected destinations offer inclusive itineraries, facilities, and services, away from the busiest routes. On the Central Coast, towns like Nanaimo, Parksville, and Comox offer accessible and charming experiences. In Nanaimo, the Harbourfront Walkway offers scenic strolls along the harbor with seating and relaxation areas, while the Nanaimo Museum is fully accessible and showcases the city's mining and maritime history. Parksville offers beaches like Rath Trevor Beach Provincial Park, equipped with accessible boardwalks and services, ideal for leisurely strolls and nature observation, while the Parksville & District Museum allows visitors to discover local traditions on their own. In Comox, the Filberg Heritage Lodge and Park offers accessible trails surrounded by historic gardens. Inland, towns like Kamloops, Quesnel, and Prince George offer accessible nature trails and inclusive cultural centers. In Kamloops, the Riverside Park Trail and the BC Wildlife Park are accessible for guests with limited mobility, combining nature and local wildlife. In Quesnel, the Museum of Northern British Columbia offers accessible trails to explore First Nations history and culture, while Prince George offers flat trails along Cottonwood Island Nature Park and accessible spaces at the Explorations Place Museum, perfect for slow, in-depth experiences. On the Sunshine Coast, destinations like Gibsons, Sechelt, and Egmont offer an inclusive experience with accessible galleries, markets, and parks. In Gibsons, the Sunshine Coast Museum & Archives and the accessible waterfront offer barrier-free cultural walks. In Sechelt, flat trails like the Shoreline Trail and open spaces like Porpoise Bay Provincial Park offer easily accessible natural scenery, while in Egmont, nearby bays and harbors feature boardwalks for marine wildlife observation. These destinations offer a safe, comfortable, and rewarding way to experience British Columbia, with itineraries tailored to those with mobility needs: strolls between ports and equipped beaches, accessible nature trails, visits to inclusive museums and galleries, and private moments immersed in nature to celebrate the beauty of the territory without compromise.





## DID YOU KNOW?

The official coat of arms of British Columbia, adopted in 1906, consists of a shield divided into two main sections. The upper section features a crowned red lion, symbolizing loyalty to the British monarchy. The lower section features stylized waves representing the Pacific Ocean and mountains, while above the shield are golden sunbeams, symbolizing the province's Latin motto, "Splendor sine occasu" ("Splendor without Sunset"), a reference to British Columbia's geographical location in Canada's far west and its natural beauty. Each element of the coat of arms reflects the province's history, geography, and unique identity.

British Columbia's culture is extremely diverse: Vancouver and Victoria are hubs of contemporary art and film, while First Nations communities preserve age-old traditions visible in totem poles, ceremonies, and indigenous art. Festivals like the Vancouver International Film Festival and independent music events enrich the Pacific Coast's cultural scene.

Among its attractions, British Columbia is home to unique temperate rainforests (the Great Bear Rainforest), spectacular fjords, secluded beaches like Long Beach, and remote bays like Sechelt Inlet. Historic lighthouses and off-the-beaten-path trails along Vancouver Island complete the discovery experience.

British Columbia residents are known for their strong connection to nature, their focus on sustainability, cultural openness, and innovation, with an active lifestyle that blends outdoor activities, urban culture, and respect for indigenous traditions. Cultural practices such as sun salutation ceremonies and totem pole carving continue today, deepening the connection to First Nations history and culture.

# ALBERTA MAJESTIC PARKS, PRAIRIES AND ALPINE VALLEYS ALONG THE ROCKY MOUNTAINS

Alberta is one of Canada's most spectacular provinces, where the Canadian Rocky Mountains, vast central and southern prairies such as Palliser's Triangle, Grasslands National Park, and the plains of Red Deer and Medicine Hat, and rivers such as the Bow River, the North Saskatchewan River, and the Oldman River define landscapes of extraordinary diversity. Before the arrival of Europeans, the region was inhabited by indigenous communities such as the Blackfoot, Cree, Dene, and Stoney Nakoda, who developed lifestyles based on hunting and gathering and a deep spiritual connection with nature, still evident today in local art, ceremonies, and traditions. With the arrival of European fur traders and the expansion of the Canadian Pacific Railway in the 19th century, settlements such as Fort Edmonton and Calgary emerged, transforming the province into a crossroads of cultures and peoples. Alberta officially joined Canadian Confederation in 1905, solidifying its role as a meeting point between the prairies and the mountains of Western Canada. Culturally, Alberta blends Indigenous, British, and European immigrant influences. Cities like Calgary and Edmonton offer accessible, history-rich museums and galleries, including the Glenbow Museum and the Alberta Aviation Museum, while historic villages like Head-Smashed-In Buffalo Jump and Fort Macleod, and rural communities like Waterton Townsite, preserve First Nations traditions and practices, offering an authentic immersion in local culture. Nature-wise, Alberta is characterized by dramatic landscapes: the Rocky Mountains with iconic parks like Banff and Jasper, the central and southern prairies of Grasslands National Park, Medicine Hat, and Lethbridge, the river valleys of Bow Valley, North Saskatchewan Valley, and Oldman River Valley, and alpine lakes like Lake Louise, Moraine Lake, and Maligne Lake. These spaces offer unique opportunities for trekking, hiking, and outdoor activities in spectacular and authentic settings.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

In the Rockies and alpine valleys, destinations like Canmore, Lake Louise, and Jasper offer accessible natural and cultural experiences. In Canmore, the Canmore Nordic Centre offers flat, wheelchair-accessible trails and accessible forest and mountain paths, with easily accessible lookouts. Lake Louise, in the heart of Banff National Park, offers boardwalks and circular trails around the lake, allowing for easy viewing of the famous glacial lake and surrounding mountains. In Jasper, the Jasper SkyTram takes you up into the mountains and offers spectacular views, with platforms and trails accessible to all. The accessible Jasper Yellowhead Museum & Archives tells the story of pioneers, local communities, and First Nations culture with accessible trails. In the central and southern prairies, destinations like Strathmore, Brooks, and Drumheller offer peaceful and easily accessible experiences. Strathmore offers walks along Prairie Creek and visits to the accessible Strathmore & District Museum, with exhibits on the history of settlement and rural life. Brooks, with its urban parks and accessible trails in Dinosaur Provincial Park, offers views of the badlands and fossils with flat paths and designated rest areas. Drumheller offers an inclusive experience in the Badlands, with trails such as the Royal Tyrrell Museum, designed to ensure full accessibility, where you can admire dinosaur skeletons and geological specimens in spaces adapted for all. In the rivers and lakes area, places such as Edson, Sylvan Lake, and Bow Valley offer natural scenery and accessible walks. In Edson, trails along the McLeod River and visits to the accessible Edson & District Museum allow you to learn about the history of pioneers and local communities. Sylvan Lake offers lakeside walks and flat, designated trails, ideal for enjoying the scenery and aquatic wildlife. In Bow Valley, trails along the Bow River are accessible and offer barrier-free views of mountains, forests, and local wildlife. These destinations combine nature, history, and culture, offering inclusive and peaceful experiences: flat walks among mountains and lakes, visits to accessible local museums, and trails immersed in the prairies and Rockies, creating a stay full of discovery and connection with Alberta's nature.





## DID YOU KNOW?

The official coat of arms of Alberta, adopted in 1907, features a shield with the Rocky Mountains in the background and golden prairies in the foreground, symbolizing the province's natural landscapes and agricultural fertility. The British lion at the top recalls the historic connection to the Crown and the British colonial legacy.

Among Alberta's unique attractions, it's home to Canada's oldest active coal mine in Coleman, as well as numerous fossil sites, such as Dinosaur Provincial Park, a UNESCO World Heritage Site, where you can admire dinosaur fossils in a natural setting. Calgary is famous for the Calgary Stampede, the world's largest rodeo, while Edmonton hosts the Edmonton Folk Music Festival and the Ice on Whyte Festival, both beloved cultural events.

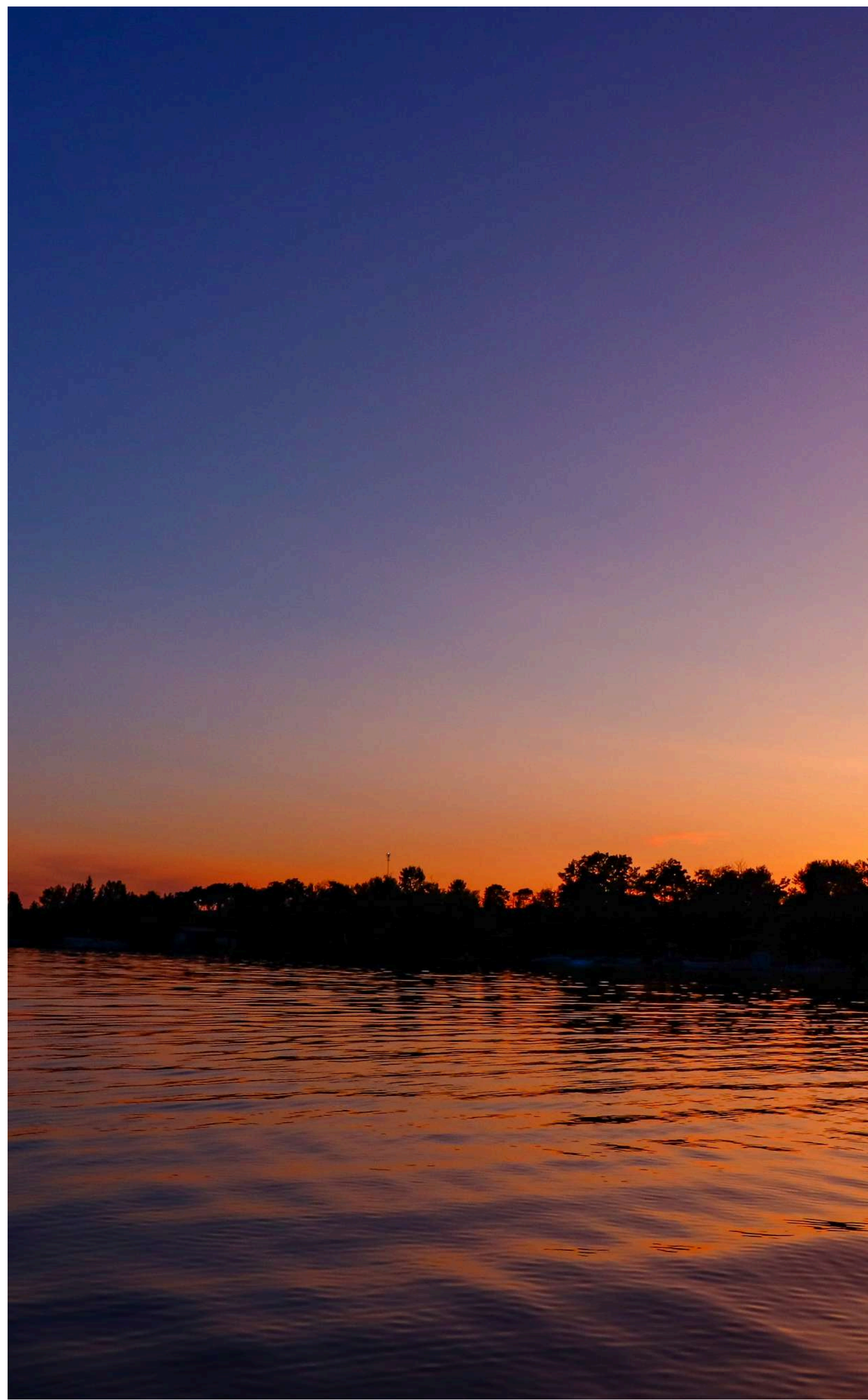
Alberta residents are known for their strong connection to the land and outdoor activities, entrepreneurship, and the hospitality typical of rural communities. Indigenous traditions such as pow-wows, ceremonial dances, and leather and feather crafts continue today, alongside more recent cultural practices related to ranching and life on the prairies, lending cultural continuity and depth to the history of First Nations and pioneers.

# SASKATCHEWAN PRAIRIES, LAKES, AND HISTORIC COMMUNITIES IN THE HEART OF CANADA

Saskatchewan is one of Canada's central provinces, where vast prairies, majestic rivers, and sparkling lakes define a landscape of great expanse and tranquility. Before the arrival of Europeans, the region was inhabited by indigenous communities such as the Cree, Saulteaux, Dene, and Assiniboine, who developed lifestyles based on hunting, fishing, and agriculture, with deep spiritual connections to the land, still visible today in local art, ceremonies, and traditions. With the arrival of European fur traders and the expansion of the Canadian Pacific Railway in the 19th century, settlements such as Regina and Prince Albert arose, transforming the province into a crossroads of cultures and peoples. Saskatchewan officially joined Canadian Confederation in 1905, solidifying its role as the agricultural and cultural heart of the central prairies. Culturally, Saskatchewan combines indigenous, British, and European immigrant influences. Cities like Regina and Saskatoon offer history-rich museums and galleries, including the Royal Saskatchewan Museum and the Mendel Art Gallery, while historic villages like Fort Qu'Appelle, Batoche, and rural communities preserve First Nations and European colonization traditions, offering an authentic immersion in local culture. From a naturalistic perspective, Saskatchewan is characterized by a wide variety of landscapes: the prairies of Swift Current, Moose Jaw, and Yorkton, rivers like the Saskatchewan River, South Saskatchewan River, and North Saskatchewan River, and lakes like Reindeer Lake, Candle Lake, and Lake Diefenbaker offer ideal spaces for hiking, fishing, birdwatching, and outdoor activities, creating a harmonious balance between nature, history, and culture.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

In the central and eastern prairies, towns like Yorkton, Esterhazy, and Foam Lake offer easily accessible natural and cultural experiences. In Yorkton, flat paths along the Yorkton Creek Trail and wheelchair-accessible areas allow visitors to enjoy the scenery, while the fully accessible Yorkton & District Heritage Museum displays artifacts related to historic agriculture, photographs, and testimonies of early settlements. Esterhazy, nestled between lakes and prairies, offers flat trails along the Nut Mountain Trail and visits to the Esterhazy Regional Park Interpretive Centre, with exhibits on local history and First Nations traditions, adapted to all visitors. Foam Lake offers lakeside walks, with accessible boardwalks and viewpoints, and visits to the Foam Lake Museum, with exhibits on pioneers, agricultural life, and indigenous culture, are fully accessible. In the rivers and lakes area, towns like Lumsden, Wynyard, and Nipawin offer serene natural settings and easy walks. In Lumsden, flat paths along Wascana Creek and accessible picnic areas allow you to enjoy nature, while the Lumsden Museum presents historical artifacts and local photographs in fully accessible spaces. Wynyard offers walks along the Crooked Lake Trail, with accessible lookouts, and the Wynyard & District Museum tells the story of colonization and Indigenous communities with exhibits adapted to everyone. Nipawin, with trails along the Saskatchewan River, offers easy hiking and wildlife viewing, while the Nipawin & District Museum guarantees full accessibility to its historical and cultural collections. These destinations combine nature, history, and culture, offering inclusive and peaceful experiences: flat walks among prairies, rivers, and lakes, visits to fully accessible local museums, and trails immersed in Saskatchewan's nature, for a stay full of discovery without barriers.





## DID YOU KNOW?

The official coat of arms of Saskatchewan, adopted in 1906, features a golden lion on a red field at the top, symbolizing the British monarchy, and three ears of corn at the bottom, representing the importance of agriculture to the province. The lion supports a Latin motto, "Multis e gentibus vires" ("Strength from many peoples"), which recalls the cultural diversity and history of European settlers and indigenous communities.

Among cultural highlights, the province is known for festivals such as the Saskatoon Jazz Festival and the Upstream Music Festival in Prince Albert, while Indigenous communities preserve traditions that are still visible today in seasonal ceremonies, dances, and decorative arts. Among its most iconic natural sites, Saskatchewan is home to Grasslands National Park, Reindeer Lake and Lake Diefenbaker, and the badlands of Big Muddy Valley, unique settings for exploration and photography.

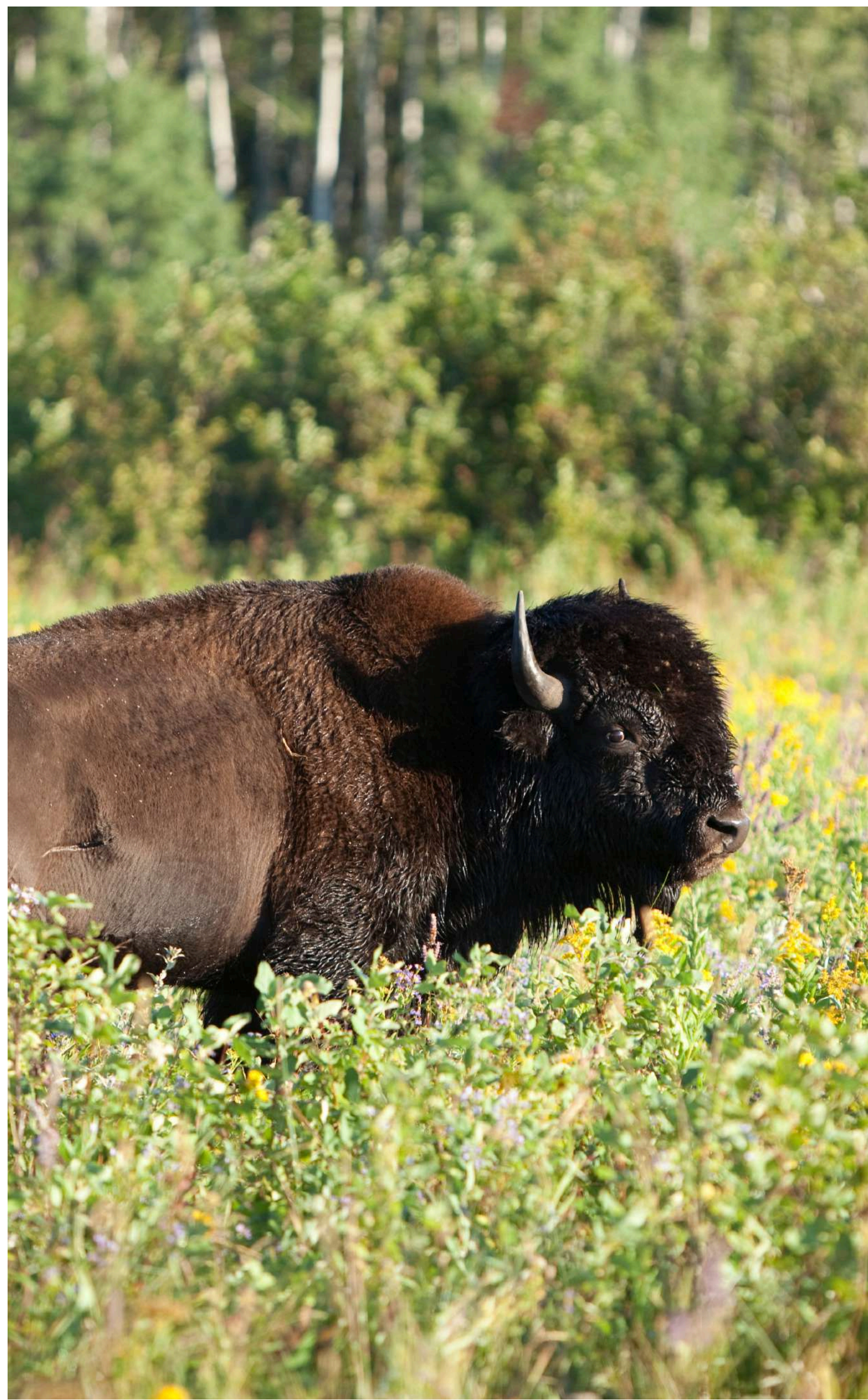
**Local Character:** Saskatchewan residents are known for their strong connection to the land, community, and agricultural traditions, with a lifestyle that combines hospitality, pragmatism, and respect for local history and indigenous cultures. Seasons such as the return of migratory wildlife and planting and harvest celebrations keep traditional practices alive today, creating an authentic connection between people, nature, and culture.

# MANITOBA PARKS, RIVERS AND LAKES IN THE HEART OF CANADA'S CENTRAL PRAIRIES

Manitoba is a central Canadian province, characterized by vast prairies, majestic rivers, and sparkling lakes, creating a landscape of great expanse and tranquility. Before the arrival of Europeans, the region was inhabited by indigenous communities such as the Cree, Ojibwe, Dene, and Assiniboine, who developed lifestyles based on hunting, fishing, and agriculture, with deep spiritual connections to the land, still visible today in local art, ceremonies, and traditions. In the 18th and 19th centuries, Manitoba became a central hub of the Fur Trade, with the establishment of posts by the Hudson's Bay Company and the North West Company, and the birthplace of the Red River Settlement, where the French and British intermingled with the Métis peoples. The leadership of Louis Riel and the Métis Rebellion profoundly affected the province's history, strengthening its Francophone and indigenous cultural identity. Manitoba officially joined Canadian Confederation in 1870, cementing its role as a cultural and agricultural crossroads of the central prairies. Culturally, it blends Indigenous, French-Canadian, and British influences. Cities like Winnipeg and Brandon offer history-rich museums and galleries, including the Canadian Museum for Human Rights and the Manitoba Museum, while historic villages like Selkirk and Steinbach preserve Métis and European settler traditions, offering an authentic immersion in local culture. Naturally, Manitoba boasts a diverse landscape: the Riding Mountain prairies, the banks of the Red, Assiniboine, and Saskatchewan Rivers, and lakes like Lake Winnipeg, Lake Manitoba, and Lake Winnipegosis offer ideal spaces for hiking, fishing, birdwatching, and outdoor activities, creating a harmonious balance between nature, history, and culture.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

In smaller urban areas and accessible parks, places like Portage la Prairie, Steinbach, and Selkirk offer inclusive and well-organized experiences. In Portage la Prairie, walks along Island Park and the Crescent Lake Pathway offer flat paths and wheelchair-friendly surfaces, while the Fort la Reine Museum, accessible in its main exhibition areas, features historic buildings, carriages, pioneer artifacts, and colonization reconstructions. In Steinbach, the Mennonite Heritage Village offers accessible trails among historic buildings and exhibition spaces that showcase the lives of Mennonite settlers with artifacts, photographs, and reconstructions. In Selkirk, the Marine Museum of Manitoba, largely accessible, displays historic vessels, river navigation artifacts, and the history of the Red River, with boardwalks and adapted areas. In the lakes and forests area, destinations like Riding Mountain National Park (accessible areas), Wasagaming, and Lac du Bonnet offer accessible natural settings. In Wasagaming, in the heart of the park, boardwalks and trails along Clear Lake allow for easy landscape viewing, while visitor centers and scenic areas are designed for accessibility. Lac du Bonnet offers walks along the Winnipeg River Trail, with flat sections and equipped rest areas, ideal for safely enjoying nature. These destinations combine nature, history, and culture, offering inclusive experiences: flat trails between lakes and parks, accessible museums, and equipped natural spaces, creating a Manitoba stay rich in discovery and completely accessible.





## DID YOU KNOW?

The official coat of arms of Manitoba, adopted in 1905, reflects the province's colonial and agricultural history: the upper portion features St. George's Cross, a symbol of British heritage, while the lower portion depicts a bison on a green meadow, an emblem of the prairies and wildlife so characteristic of central Canada. The motto "Gloriosus et Liber" ("Glorious and Free") evokes the region's independent and resilient spirit.

Among its many curiosities, Manitoba is considered the cradle of Métis culture in Canada: one of the most important communities was founded along the Red River, and remains central to the province's identity today. The figure of Louis Riel, a Métis leader, is pivotal in Canadian history and represents the link between Indigenous peoples and European settlers. The province is also one of the best places in the world to observe unique natural phenomena: the Northern Lights in the north, in places like Churchill, and the polar bear migration along Hudson Bay, make the region particularly fascinating.

Local Character: Manitoba residents are known for their hospitality, strong sense of community, and connection to local traditions. The presence of Indigenous, Métis, French-Canadian, and Anglo-Saxon cultures is reflected in an authentic and inclusive lifestyle, where seasonal festivals, local markets, and nature and harvest celebrations remain an integral part of daily life.



# NORTHERN CANADA – WHERE SILENCE MEETS NATURE



Northern Canada is a land of boundless spaces, pristine ecosystems, and ancient cultures, where tundra, mountains, glacial rivers, and Arctic coasts create landscapes unlike any other in the world. Before the arrival of Europeans, these regions were inhabited by the Inuit, Dene, and Gwich'in peoples, who developed societies perfectly adapted to extreme climates, with traditions of hunting, fishing, craftsmanship, and oral storytelling passed down from generation to generation. Their in-depth knowledge of the landscape and seasons allowed them to live in harmony with ecosystems, developing cultural practices that still survive in local communities today. The arrival of European explorers and Hudson's Bay Company traders, beginning in the 17th century, introduced new trade routes and small settlements, but much of the territory remained wild and sparsely populated. Villages like Old Crow in the Yukon, Fort Simpson in the Northwest Territories, and Iqaluit in Nunavut tell stories of resistance, adaptation, and collaboration between Indigenous traditions and European influences. Culturally, the region is a mosaic of local languages, practices, and festivals: Inuktitut, Dene, and Gwich'in languages coexist with English and French, while arts, crafts, music, and festivals demonstrate the vitality of communities despite the extreme conditions. Major cities, such as Whitehorse in the Yukon and Yellowknife in the Northwest Territories, offer cultural centers, museums, and markets, becoming points of connection between modern life and Indigenous tradition.

From a naturalistic point of view, Northern Canada is spectacular and wild: imposing mountains like the Mackenzie Mountains, endless tundra, glacial lakes like Great Bear Lake and majestic rivers like the Mackenzie River, together with spectacular northern lights, glaciers and boreal forests, create a unique panorama and habitat for extraordinary wildlife such as polar bears, caribou, walrus, seals and migratory birds.

Geographically, Northern Canada covers approximately 3,921,000 km<sup>2</sup>, an area equivalent to about 13 times the size of Italy, making it the largest and least populated territory in the country.

In this immense space three main territories are concentrated:

- YUKON
- NORTHWEST TERRITORIES
- NUNAVUT

In just a few hours of flight, you can travel from the fjords and glaciers of Nunavut to the mountains of the Yukon, all the way to the plains and lakes of the Northwest Territories, experiencing a natural and cultural continuity that is rare in the world.

The main airports providing access to the region are:

- Whitehorse International Airport (Yukon) – Gateway to the Yukon and Western Mountains
- Yellowknife Airport (Northwest Territories) – Access to lakes and central communities
- Iqaluit Airport (Nunavut) – Strategic gateway to fjords, Arctic islands, and Inuit communities

Northern Canada isn't just a destination: it's a journey through history, people, and pristine landscapes. It's the land of silence, the Northern Lights, and endless expanses, where every experience becomes a personal and unforgettable story.

# YUKON WILD MOUNTAINS, RUSHING RIVERS AND THE ARCTIC FRONTIER

The Yukon is one of Canada's northernmost territories, characterized by wild and pristine landscapes, with majestic mountains, rushing rivers, and vast expanses of tundra and boreal forests. Before the arrival of Europeans, these lands were inhabited by indigenous communities such as the Kwanlin Dün, the Ta'an Kwäch'än, and the Tutchone, who developed lifestyles closely tied to hunting, fishing, and gathering, with deep spiritual connections to the land. Their traditions, seasonal ceremonies, and artisanal practices, still present today, testify to a millennia-old connection with nature and the region's extreme climate. The arrival of European explorers and fur traders, beginning in the 18th century, transformed the territory into a strategic hub for trade between the Arctic and the southern regions. The Klondike Gold Rush of the 1890s led to the establishment of settlements like Dawson City and consolidated the Yukon's role as a frontier region, attracting adventurers from around the world. Connections to the rest of Canada were strengthened with the development of the White Pass & Yukon Route Railway, essential for transporting people and goods between Dawson City and the port of Skagway in Alaska. Culturally, the Yukon is a mosaic of indigenous traditions, influences from gold rush pioneers, and the cultures of immigrants from around the world. Cities and villages like Dawson City, Whitehorse, and Carcross offer museums, galleries, and cultural centers that tell the story of colonization, mining communities, and First Nations. From a naturalistic perspective, the Yukon boasts an extraordinary variety of landscapes: the Ogilvie and Saint Elias mountains, the Yukon, Pelly, and Tatshenshini rivers, Kluane and Laberge lakes, and the Arctic tundra offer ideal settings for hiking, kayaking, wildlife watching, and immersion in Canada's wildest and most remote nature. Parks like Kluane National Park & Reserve, a UNESCO World Heritage site, protect glaciers, mountains, and unique ecosystems, making the Yukon a fascinating destination for those seeking adventure and authentic contact with nature.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

In the rivers and lakes area, towns like Teslin, Marsh Lake, and Carmacks offer accessible natural and cultural experiences. In Teslin, the Teslin Tlingit Heritage Centre has ramps and flat paths that allow visitors to explore exhibits on Tlingit crafts, traditions, and community history. Marsh Lake offers flat boardwalks along the banks and accessible observation points for easy viewing of aquatic wildlife and alpine landscapes. Carmacks offers walks along the Yukon River and visits to the Carmacks Community Heritage Centre, with exhibits on pioneers and indigenous culture designed for everyone. In the mountainous and park areas, villages like Haines Junction, Keno City, and Tagish offer well-maintained natural and cultural trails. Haines Junction, near Kluane National Park, offers flat trails like the Cottonwood Trail with accessible rest areas and overlooks. Keno City, with the Keno City Mining Museum, offers insights into mining history through exhibits easily accessible to those with limited mobility. Tagish offers flat lakeside trails and wildlife observation points equipped to ensure an inclusive experience. In urban areas and historic centers, Whitehorse, Mayo, and Old Crow offer accessible tours and walks. In Whitehorse, the MacBride Museum is equipped with ramps, elevators, and accessible paths, while the long Yukon River Trail offers scenic, barrier-free walks. Mayo offers flat trails through hills and forests, and the Mayo Community Museum features exhibits accessible to all. Old Crow offers access to Vuntut Gwitchin culture at accessible cultural centers and walks along the Porcupine River on accessible trails. These destinations combine nature, culture, and history, ensuring fully accessible experiences: flat trails through mountains, forests, and lakes, accessible local museums, and spectacular, barrier-free views of the Yukon, allowing people with limited mobility to explore the area independently and safely.





## DID YOU KNOW?

The official coat of arms of the Yukon, adopted in 1956, features a shield with snow-capped mountains, forests, and rivers, symbols of the region's natural wealth, and includes a mining trestle commemorating the historic gold rush. The British crown atop the emblem emphasizes the territory's connection to the monarchy and its role in Canadian history.

The Yukon's people reflect the pioneering spirit and resilience required by life in an extreme landscape: they are environmentally conscious, deeply connected to nature and local traditions, and open to multiculturalism and coexistence with indigenous cultures. Their lifestyle includes outdoor activities such as hiking, fishing, wildlife watching, and participation in indigenous cultural practices, such as seasonal ceremonies and wood carving, which continue to this day.

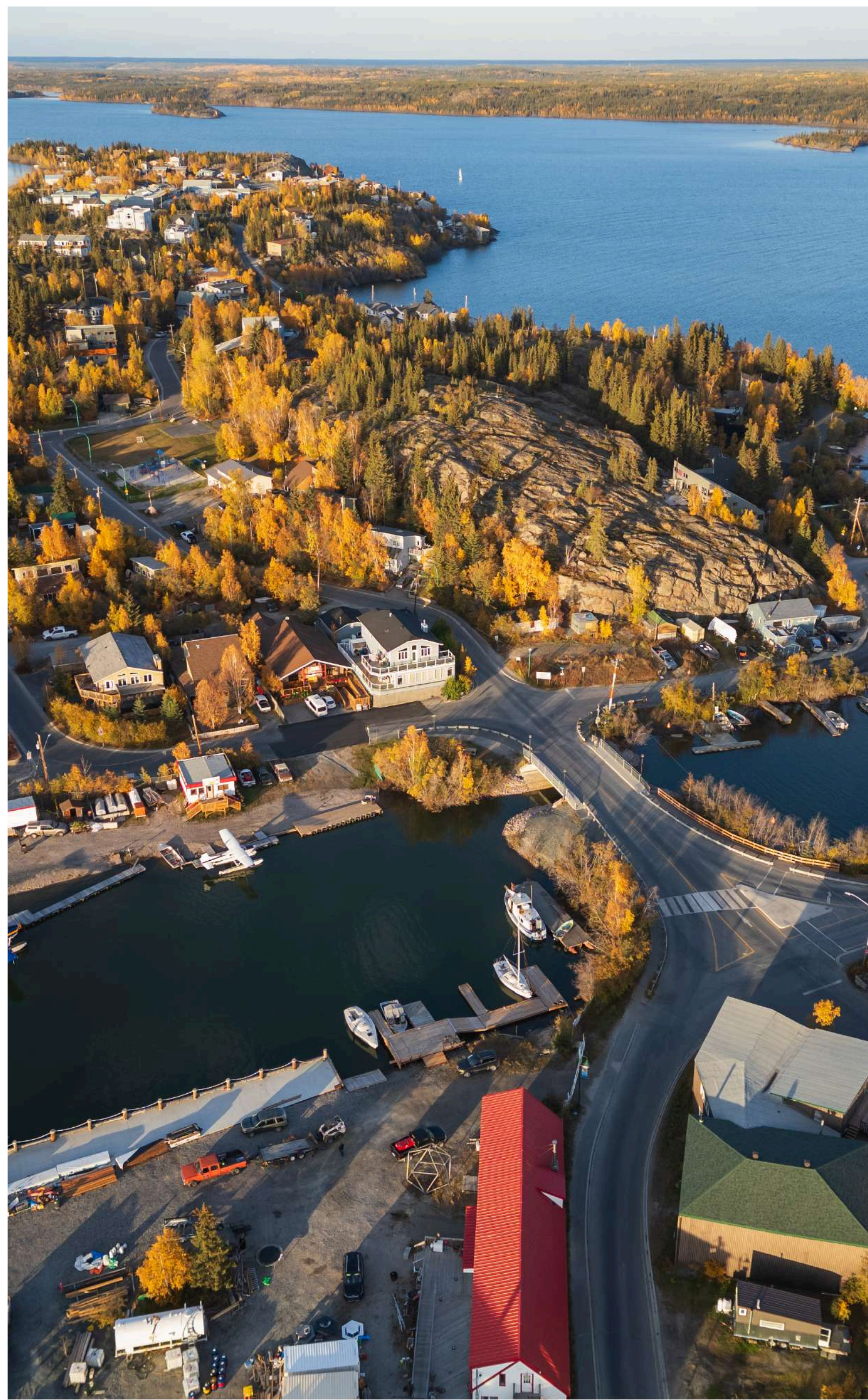
Among its attractions, the Yukon is home to unique landscapes such as Kluane National Park, with spectacular glaciers and mountains; Dawson City, a historic gold rush town; and the Yukon River, over 3,000 kilometers long, which has shaped the lives of local communities. Here, you can also observe the Northern Lights, participate in small cultural celebrations, and discover remote villages accessible only by secondary roads or boats, offering authentic experiences far from the main tourist routes.

# NORTHWEST TERRITORIES WILD LANDSCAPES, MAJESTIC RIVERS AND ANCIENT INDIGENOUS CULTURES

The Northwest Territories, in the northern heart of Canada, offers a landscape of extraordinary vastness and diversity: from rushing rivers like the Mackenzie and Slave Rivers, to crystal-clear lakes like Great Bear Lake and Great Slave Lake, to expanses of tundra and boreal forests stretching as far as the eye can see. Before the arrival of Europeans, these lands were inhabited by Indigenous communities including the Dene, Métis, and Inuvialuit, who developed lifestyles based on hunting, fishing, and a deep spiritual connection with nature, still evident today in ceremonies, art, storytelling, and traditional practices such as the construction of seasonal canoes and igloos. With the arrival of European fur traders starting in the 18th century and the development of trading centers linked to the Hudson's Bay Company, settlements like Fort Simpson and Fort Resolution arose, transforming the region into a key hub for the fur trade and cultural exchanges between Indigenous peoples and Europeans. The Northwest Territories formally became part of Canada in the 19th century, yet they maintain a strong connection to Indigenous cultures and the wilderness that still characterizes the entire territory today. Culturally, the Northwest Territories preserve a unique wealth of Indigenous traditions, with active communities in Yellowknife, Inuvik, and Hay River, combining arts, crafts, music, and local festivals. Historic villages such as Fort Simpson, Fort Resolution, and Fort Liard, and communities such as Behchokò (along Great Slave Lake), Tuktoyaktuk (on the Arctic coast), and Fort Smith (on the Slave River), offer opportunities to learn about First Nations and Métis life. From cultural centers like the Prince of Wales Northern Heritage Centre to smaller local exhibits, they allow for an authentic immersion in the region's stories and traditions. Naturally, the Northwest Territories are characterized by extraordinary scenery: fjords and glacial lakes, mountains and tundra, boreal forests and rushing waterways. Parks like Nahanni National Park Reserve, Tuktu Nogait, and Wood Buffalo offer pristine ecosystems, spectacular hiking opportunities, wildlife viewing, and immersive experiences in Canada's most remote wilderness.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

The Northwest Territories offer accessible natural and cultural experiences in spectacular, uncrowded settings. In the rivers and lakes area, Hay River and Fort Resolution offer flat trails and accessible spaces. In Hay River, the River Walk Trail and Fountain Tire Trail are wheelchair- and stroller-friendly, with views of Great Slave Lake and equipped lookouts. The Hay River Heritage Village is fully accessible and features exhibits on the history of pioneers and indigenous communities. In Fort Resolution, the Fort Resolution Museum offers accessible ramps and spaces to discover the history of Denesoline communities and the fur trade, while lakeside trails offer barrier-free wildlife and landscape viewing. To the north, Yellowknife and Behchokò offer inclusive walks and cultural visits. In Yellowknife, the Frame Lake Trail is flat and accessible to all, while the Prince of Wales Northern Heritage Centre is fully accessible, with exhibits on First Nations, Métis, and territorial history. In Behchokò, the Fred Henne Territorial Park Trail offers easy trails through forests and lakeshores, and local cultural centers allow visitors to explore Tłı̄chų traditions without difficulty. In the Arctic regions, Inuvik and Tuktoyaktuk offer accessible nature experiences. In Inuvik, the Inuvik Community Greenway and Adam's River Interpretive Centre offer inclusive walks and museum visits, with ramps and adapted lookouts. In Tuktoyaktuk, equipped beach areas and Beaufort Sea lookouts allow visitors to admire the Arctic nature independently. These destinations combine nature, history, and culture, offering flat trails, accessible museums, and adapted lookouts, allowing those with disabilities to have an immersive and barrier-free experience in the Northwest Territories.





## DID YOU KNOW?

The official coat of arms of the Northwest Territories, adopted in 1956, features a crown and a shield with symbols of natural resources and iconic animals such as the polar bear and caribou, representing the region's natural wealth, mining industry, and wildlife. The crown recalls the connection to the British monarchy, while the shield symbolizes the distinction between the territory's forested and arctic areas.

The culture of the Northwest Territories is deeply connected to indigenous communities, particularly the Dene, Métis, and Inuit, with traditional crafts, pottery, woven baskets, and decorated clothing still practiced today. Cultural centers like the Prince of Wales Northern Heritage Centre in Yellowknife offer natural history exhibits, archaeological artifacts, and First Nations and Métis heritage, while small local museums in communities along the Mackenzie River and near Great Slave Lake tell stories of traditional life and pioneering activities.

Among its natural attractions, the Northwest Territories are home to spectacular scenery such as Alexandra Falls, the Mackenzie River, and Great Slave Lake, the deepest lake in North America, as well as unique natural phenomena such as the Northern Lights, visible in winter and late summer. The territory also boasts historic sites such as Fort Good Hope, Fort Simpson, and Fort Providence, pioneer villages that preserve original buildings, monuments, and traces of the early Hudson's Bay Company trading posts.

Character of the inhabitants: The residents of the Northwest Territories are known for their resilience, autonomy, and deep connection to nature. Daily life blends traditional practices and modernity, with a strong focus on Indigenous culture, respect for the environment, and community spirit in cities like Yellowknife and more remote villages like Inuvik and Hay River.

# NUNAVUT THE LAND OF TUNDRA, FJORDS, AND INUIT TRADITIONS

Nunavut, officially created in 1999 as a result of the Nunavut Land Claims Agreement, is Canada's largest and northernmost territory, characterized by vast Arctic spaces, remote islands, and a pristine landscape unlike any other. The region is traditionally inhabited by the Inuit, who for millennia have developed a lifestyle based on hunting, fishing, and gathering, adapting to the extreme Arctic conditions and maintaining a deep spiritual connection with the land. Even today, Inuit traditions are visible in daily activities, the construction of igloos and wooden houses, the working of bone and ivory, sculpture, leather weaving, and cultural ceremonies. The arrival of Europeans was limited and late, concentrated primarily in the 17th century with the trade of the Hudson's Bay Company, which interacted with Inuit communities for fur harvesting. There was no agricultural colonization or widespread urbanization; communities remained scattered and tied to the natural rhythms of the land. Nunavut thus maintains a very strong and distinctive cultural identity, with settlements such as Iqaluit, Rankin Inlet, and Arviat serving as administrative, cultural, and commercial centers, while more remote villages such as Pangnirtung and Gjoa Haven offer authentic experiences of Arctic life. From a naturalistic perspective, Nunavut boasts extraordinary scenery: mountains such as the Everett Mountains in southern Baffin Island and Barbeau Peak on Ellesmere Island, the territory's highest peak at over 2,600 meters, offer imposing and wild landscapes. Spectacular fjords such as Sam Ford Fiord and the rugged shores of Frobisher Bay reveal Arctic crags and cliffs smoothed by ice. Among the glacial lakes, Baker Lake, located in the Kivalliq region, and Bluenose Lake in the Kitikmeot region, stand out, dotting the Arctic tundra with clear and often secluded waters. The territory's Arctic coastline includes areas such as Cumberland Sound and the bays of Lancaster Sound, while pristine islands such as Baffin Island, Ellesmere Island and the Belcher Islands archipelago offer a mosaic of rugged coastlines, secluded bays and pristine Arctic landscapes, habitats for unique wildlife such as polar bears, walruses, seals and migratory birds.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

In Nunavut, places like Iqaluit, Arviat, and Baker Lake offer accessible natural and cultural experiences. In Iqaluit, hikes along the Frobisher Bay Trail and the flat areas of Koojesse Inlet offer panoramic views of the bay and surrounding tundra, with wheelchair-accessible paths and platforms. The Nunatta Sunakkutaangit Museum is accessible and features exhibits of everyday objects, traditional Inuit clothing, and artisanal crafts, offering an immersive experience in local culture. In Arviat, on the western shore of Hudson Bay, flat trails along the tundra and Arctic beaches allow for peaceful hikes and wildlife observation. The Arviat Heritage Centre is designed to be accessible to visitors with limited mobility, with explanatory panels on Inuit history, traditions, and art. In Baker Lake, in the central region of the territory, accessible trails along the lake and around the villages offer natural spaces ideal for walking and birdwatching. The Baker Lake Cultural Centre features ramps and accessible spaces for everyone, with exhibits dedicated to Inuit art and daily life, including stone sculptures and traditional objects. These destinations allow visitors to combine nature, culture, and local traditions on flat and easily accessible trails, offering authentic experiences in the Arctic heart of Nunavut, far from the main tourist routes.





## DID YOU KNOW?

The official coat of arms of Nunavut, adopted in 1999, features a red inukshuk and a golden snowflake, symbols of traditional Inuit leadership and wisdom, as well as a reminder of the unity between communities and the vastness of the Arctic. The inukshuk, a traditional stone construction, has been used for centuries as a navigational landmark and a beacon of welcome.

Nunavut's culture is deeply rooted in Inuit traditions: from the production of handcrafted objects such as carvings, sculptures, and textiles, to daily practices such as sustainable hunting, fishing, and the use of kayaks and dog sleds. Communities such as Pangnirtung, Cape Dorset, and Igloolik maintain workshops, galleries, and cultural centers where traditional and contemporary Inuit art can be seen, while local festivals celebrate music, dance, and oral histories.

Among its natural attractions, Nunavut is home to spectacular landscapes such as Pangnirtung Fjord, the mountains of Baffin Island, the glacial lakes of Amadjuak, and the Arctic coasts of Foxe Basin, dotted with pristine islands and unique wildlife habitats, including polar bears, walruses, and migratory birds. The territory is also one of the best places in the world to observe the Northern Lights.

Character of the inhabitants: Nunavut residents are known for their resilience, autonomy, and deep connection to nature. Daily life blends traditional Inuit practices with modernity, with a strong focus on culture, community, and respect for the environment, both in larger communities like Iqaluit and in more remote villages like Gjoa Haven and Arctic Bay.



LA PERLE

OUVERT

# CENTRAL CANADA – THE COUNTRY'S HISTORICAL AND CULTURAL HEART



Central Canada is a region where history, culture, and nature are intensely and diversely intertwined. Before the arrival of Europeans, these lands were inhabited by the Anishinaabe, Haudenosaunee, and Algonquin peoples, who developed agricultural communities, fishing systems on the Great Lakes, and trade networks along rivers such as the Ottawa, the St. Lawrence, and the Richelieu River. Their spiritual, artisanal, and land-use traditions have left a profound mark that is still visible in the region's cultural life and museums. In the 17th century, the arrival of French colonists led to the birth of New France, with cities such as Québec (1608) and settlements along the St. Lawrence River, such as Trois-Rivières and Montréal, which became commercial and cultural centers. With the British conquest of the 18th century, the region became a crossroads of French, British, and indigenous cultures, with French and English as official languages and a rich religious, gastronomic, and artisanal heritage that remains present today. Historic cities and towns like Quebec City, Montreal, Kingston, and Ottawa tell this story through monumental architecture, historic markets, cultural festivals, and museums like the Musée de la Civilisation in Quebec City, the Royal Ontario Museum in Toronto, and the Canadian Museum of History in Ottawa. Rural communities and villages like Merrickville, Port Perry, and Elora, located along rivers and streams, keep agricultural and artisanal traditions alive, while natural spaces like La Mauricie National Park and Algonquin Provincial Park, and Ontario's lake regions, offer spectacular settings for hiking, fishing, birdwatching, and canoeing.

From a naturalistic perspective, Central Canada offers an extraordinary variety of landscapes: Ontario's plains and boreal forests between Algonquin Provincial Park and the Bruce Peninsula, great lakes like Lake Superior and Lake Ontario, the Ottawa and Niagara Rivers, and in southern Quebec the Laurentides and Monts-Valin forests, the St. Maurice and Saguenay Rivers, and the spectacular Niagara Falls. Natural parks like Algonquin Park and Parc national de la Mauricie offer pristine landscapes where nature and history meet, creating habitats for moose, beavers, black bears, and an extraordinary variety of migratory birds.

Geographically, the region covers approximately 1,541,000 km<sup>2</sup>, a surface area equivalent to about 5 times that of Italy.

In this compact and varied space two main provinces are concentrated:

- ONTARIO
- QUEBEC

In just a few hours of driving or train travel, you can travel from major cities like Toronto and Montreal to historic villages along the St. Lawrence River, such as Sainte-Anne-de-Bellevue and Lachine, to lakeside locations such as Kingston on Lake Ontario and Thunder Bay on Lake Superior, and even national parks, finding a seamless blend of history, culture, and nature.

The main airports providing access to the region are:

- Toronto Pearson International Airport (Ontario) – Major international gateway, ideal for Toronto, Ottawa, and the Great Lakes
- Montréal-Trudeau International Airport (Québec) – Access to Montréal, Québec, and surrounding regions along the St. Lawrence River
- Ottawa Macdonald-Cartier International Airport (Ontario) – Convenient to Ottawa and central Ontario

Central Canada isn't just a destination: it's a journey into the country's historic and cultural heart, where every city, river, and forest tells the story of an authentic, vibrant, and surprising Canada.

# ONTARIO CROSSROADS OF NATURE, HISTORY AND CULTURE

Ontario is Canada's most populous province and a crossroads of nature, history, and culture. Before the arrival of Europeans, the territory was inhabited by the Anishinaabe, Haudenosaunee, Mississauga, and Wendat peoples, who developed agricultural communities, fishing systems on the Great Lakes, and trade networks along the Ottawa, St. Lawrence, and Niagara rivers. Spiritual and artistic traditions are still present in local communities today. Between the 17th and 18th centuries, French explorers and traders traversed the territory, establishing outposts along rivers and lakes such as Fort Frontenac (now Kingston) and participating in the fur trade with indigenous communities. These French settlements helped forge lasting commercial and cultural ties before Ontario's cession to the British in 1763 (Treaty of Paris). After the British conquest, Ontario became a destination for Loyalist settlers and British pioneers, who founded settlements such as Toronto (then Fort York), Kingston, and Niagara-on-the-Lake. In the 19th century, agricultural expansion and the construction of railways connected the Great Lakes and the prairies to the east, transforming the province into Canada's economic and cultural hub. Today, Ontario offers a unique balance of urban and natural beauty: Toronto, a financial and cultural hub, with historic districts, markets, and the Royal Ontario Museum; Ottawa, the national capital, with Parliament Hill and the Canadian Museum of History; and rural communities and villages like Merrickville, Elora, and Port Perry, which preserve crafts, agricultural traditions, and historic architecture. Natural spaces such as Algonquin Provincial Park, Bruce Peninsula National Park, and the shores of the Great Lakes offer spectacular settings for hiking, fishing, birdwatching, and canoeing, allowing you to fully experience the province's natural diversity.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

In the Great Lakes region, towns like Port Dover and Long Point offer walks along Port Dover Beach and the trails of the Long Point National Wildlife Area, with flat paths, accessible ramps, and rest areas, perfect for admiring the lake and aquatic wildlife. The fully accessible Long Point Museum displays natural history artifacts, farming tools, and historic photographs related to land conservation. In Cobourg, visitors can stroll along the lakefront at Cobourg Beach and visit the Northumberland County Historical Society Museum, with exhibits on local history and full access for wheelchairs and visitors with limited mobility. In the southern rivers region, Port Hope offers walks along the Gananoque River, with flat paths and benches for quiet rests, and visits to the Peterborough Lift Lock & Museum, with easy access and information on the history of canals and hydraulic infrastructure. In Kingston, the Marine Museum of the Great Lakes is accessible and offers exhibits dedicated to historic navigation, ship models, and artifacts related to local history. Among historic villages and rural areas, Niagara-on-the-Lake offers flat trails through vineyards and along the banks of the Niagara River, with visits to the fully accessible Niagara Historical Society & Museum, which showcases colonial history and local culture. In Elora, walks along the Grand River and access to the Elora Centre for the Arts allow visitors to enjoy art exhibitions in spaces adapted to all visitors. In the northern lake areas, Kawartha Lakes and Haliburton offer flat trails around Sturgeon Lake and Head Lake, with accessible lookouts for nature observation and bird watching. The fully accessible Haliburton Highlands Museum showcases the history of local communities and rural traditions. In Parry Sound, the Georgian Bay waterfront promenade and the trails of the Charles W. Stockey Centre for the Performing Arts combine nature and culture with easy access. Along Lake Superior, Sault Ste. Marie offers lakefront walks and access to the Sault Ste. Marie Canal National Historic Site, with platforms and trails adapted to all visitors. In the rural northwest, Fort Frances along the Rainy River offers flat walks and visits to the accessible Fort Frances Museum & Cultural Centre, filled with exhibits on the history of pioneers and indigenous communities. These destinations ensure an inclusive and safe experience for visitors with disabilities: flat trails, accessible museums, and spectacular natural scenery, spread across the province, allow visitors to discover Ontario in a comprehensive, peaceful, and memorable way, without sacrificing culture, history, and connection with nature.





## DID YOU KNOW?

The Ontario coat of arms, adopted in 1965, combines British and local symbols: the golden lion rampant on a red field, a reference to British influence, and the green maple leaves on a silver field, symbolizing nature and the province's forestry wealth. This coat of arms represents the union of Ontario's colonial history, natural resources, and cultural identity.

Ontario is crisscrossed by majestic rivers such as the St. Lawrence, Ottawa, and Grand Rivers, and is home to glacial lakes such as Lake Superior, Lake Huron, and Lake Nipissing, offering spectacular scenery for hiking, fishing, canoeing, and birdwatching. Historic villages such as Elora, Niagara-on-the-Lake, and Port Perry preserve 19th-century architecture and are home to authentic museums, such as the Elora Centre for the Arts, the Niagara Historical Society & Museum, and the Scugog Shores Museum Village, which showcase local history, agricultural traditions, and crafts.

Among its natural wonders, Ontario boasts more than 1,000 waterfalls, from the famous Niagara Falls to numerous smaller waterfalls in Hamilton and the Bruce Peninsula, and protected areas like Pinery Provincial Park, with unique dunes and accessible trails, a habitat for numerous migratory bird species. The beaches along Lake Huron, Lake Erie, and Lake Ontario offer tranquil spaces for walks and outdoor activities, away from the more touristy trails.

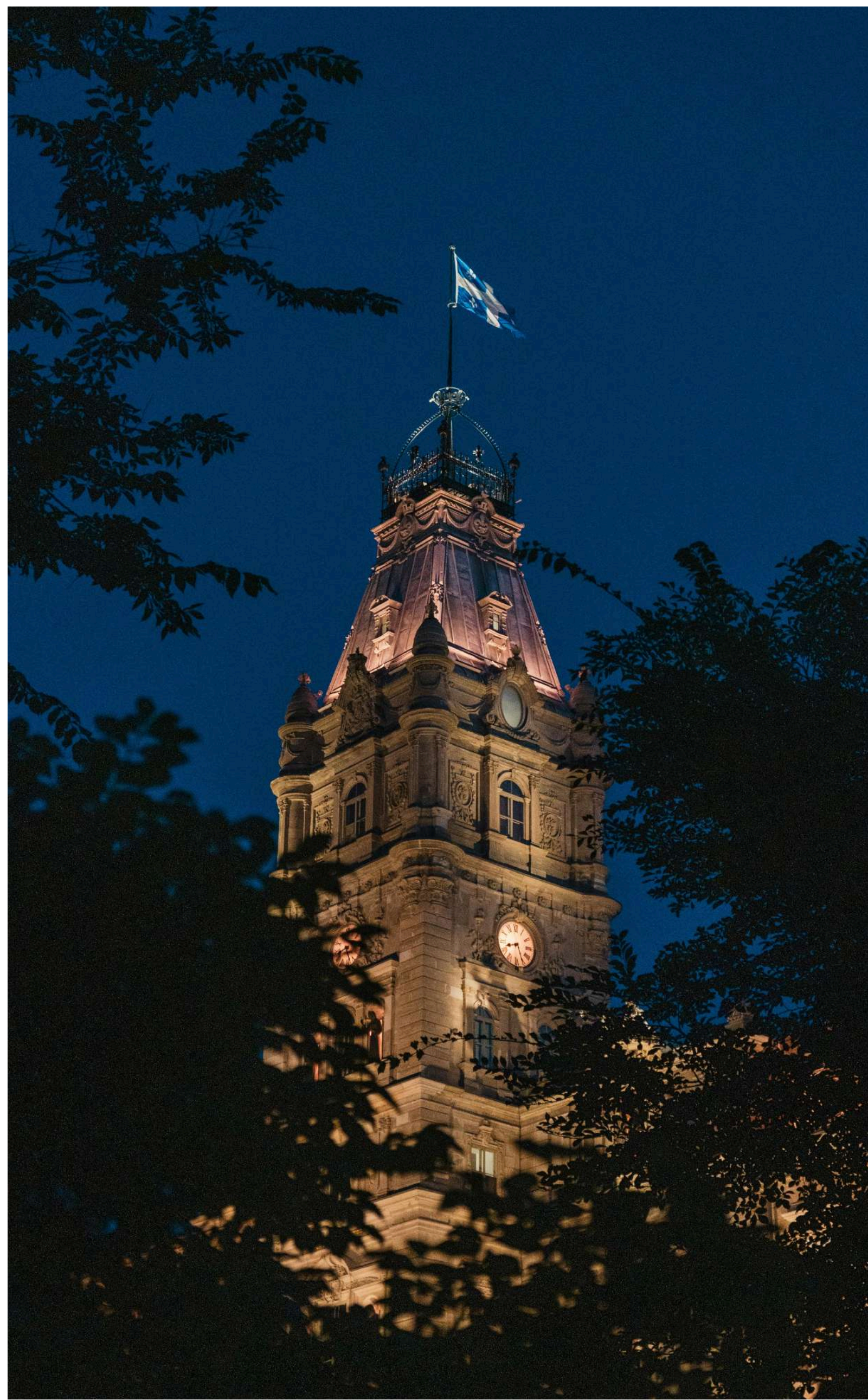
Ontarians are known for their hospitality, cultural diversity, and connection to nature. Language, festivals, art, and cuisine reflect a dynamic province, where history, nature, and innovation coexist harmoniously, making Ontario a surprising place rich in authentic experiences for visitors of all ages.

# QUÉBEC FRANCOPHONE HERITAGE AND BREATHTAKING NATURE

Québec is Canada's French-speaking province, characterized by a unique history and a culture deeply rooted in its language, traditions, and territory. Before the arrival of Europeans, Québec was inhabited by the Algonquin, Innu, Huron-Wendat, and Cree peoples, who developed agricultural communities, fishing systems along the St. Lawrence, Saguenay, and Outaouais Rivers, and intertribal trade networks. These communities had a deep spiritual connection to the land, expressed in myths, ritual practices, and art, still visible today in local indigenous cultures. In 1608, Samuel de Champlain founded Québec City, giving rise to New France, a strategic settlement for the fur trade and military defense. In the following decades, other settlements developed along the St. Lawrence and Saguenay Rivers, such as Trois-Rivières and Montréal, which became commercial and cultural centers. The British conquest of 1763 did not erase the French presence: the French language, Catholic religion, and civil law remained rooted, creating a strong and distinct cultural identity within Canada. Today, Québec offers a balance of history, culture, and nature: Québec City, with the Château Frontenac and the Musée de la Civilisation, bears witness to colonial and indigenous history; Montreal, with Mont Royal, historic districts, and international festivals, is a vibrant cultural hub; and rural villages such as Baie-Saint-Paul, Kamouraska, and Sainte-Anne-de-Beaupré preserve local crafts, cuisine, and traditions. From a naturalistic perspective, the province boasts breathtaking scenery: Mauricie National Park, the Saguenay Valley, the lake regions of Lac Saint-Jean, and the northern boreal forests offer opportunities for hiking, fishing, canoeing, and wildlife watching. Majestic rivers such as the St. Lawrence, Saguenay, and Outaouais, glacial lakes such as Lac Saint-Jean, Lac Memphrémagog, and Lac Témiscouata, and coastal villages such as Baie-Saint-Paul, Kamouraska, and Tadoussac allow you to immerse yourself in a unique landscape where French culture, indigenous traditions, and pristine nature coexist harmoniously.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

Québec offers numerous opportunities for travelers with disabilities, thanks to a growing network of accessible and well-organized facilities and attractions, allowing for comprehensive experiences of history, culture, and nature throughout the province. In the Capitale-Nationale region, Québec City boasts a largely accessible historic center, with adapted trails in the Old Québec area and along the Dufferin Terrace, overlooking the St. Lawrence River. The Musée de la Civilisation offers fully accessible interactive exhibits on Québec's history and culture, while the Parc de la Chute-Montmorency features walkways, panoramic elevators, and accessible observation points for safe viewing of the waterfall. In the Laurentides region, destinations such as Mont-Tremblant offer accessible trails and scenic walks in the Mont-Tremblant National Park, as well as adapted tourism infrastructure. The Domaine Saint-Bernard offers flat, accessible nature trails, ideal for enjoying nature without difficulty. In the Montérégie region, cities like Longueuil and Saint-Jean-sur-Richelieu offer walks along the Richelieu River and landscaped urban parks. Fort Lennox National Historic Site, located on Île aux Noix, is accessible by ferry and offers adapted trails that allow visitors to discover Canada's military history in an inclusive way. In the Centre-du-Québec region, towns like Drummondville offer accessible cultural experiences such as the Village Québécois d'Antan, an open-air museum that recreates 19th-century Québec life with adapted facilities and trails. Here, visitors can immerse themselves in local history through historic buildings, interactive activities, and craft demonstrations. Finally, in the Côte-Nord region, towns like Tadoussac offer accessible nature experiences, including whale watching along the Saguenay–St. Lawrence Marine Park, with operators offering vessels equipped for people with reduced mobility. The Sentier de la Pointe-de-l'Islet offers accessible scenic trails with spectacular views of the river and marine life.





## DID YOU KNOW?

The official coat of arms of Québec, adopted in 1868, is composed of three main sections. The upper section features three golden fleurs-de-lis on a blue field, symbolizing French tradition and New France. In the center, a golden lion on a red field, a nod to British influence after the 18th-century conquest. At the bottom, the coat of arms features a green band with golden shamrocks, symbolizing the province's prosperity and natural wealth. Each element of the coat of arms tells the story of Québec as a territory that unites French and British culture, as well as reflecting its unique identity and natural resources.

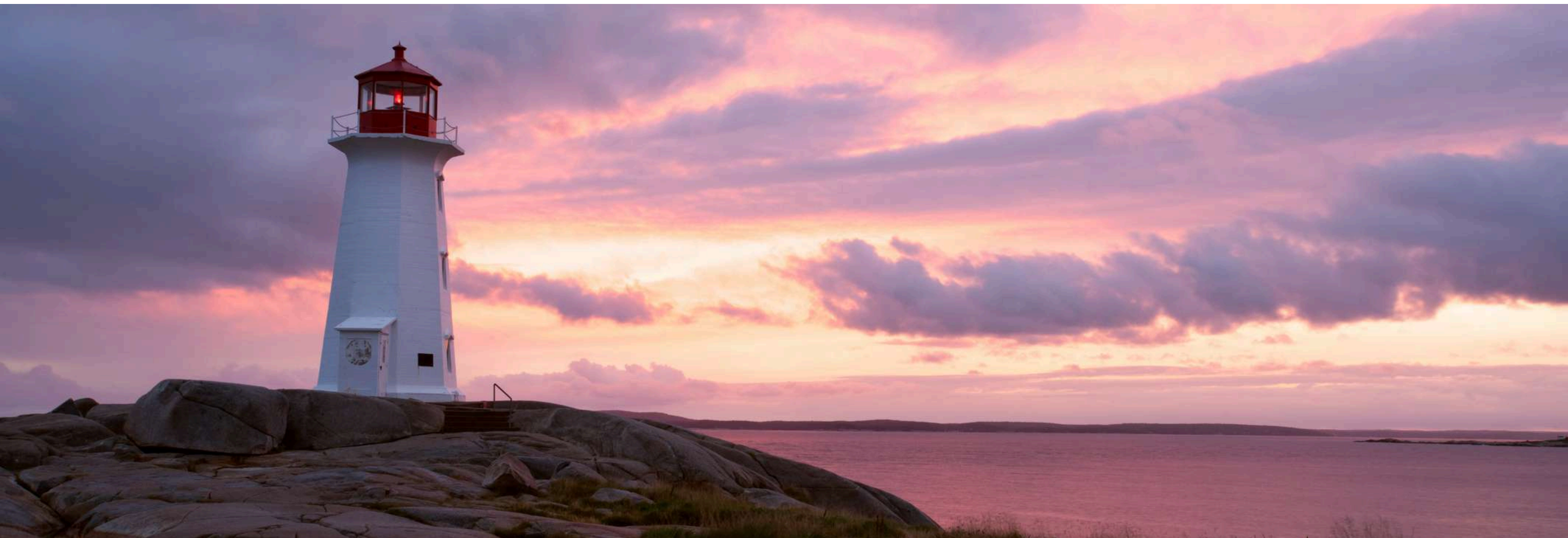
Québec possesses majestic rivers such as the St. Lawrence, Saguenay and Richelieu, and glacial lakes including Lac Saint-Jean and Lac des Two Mountains, ideal scenery for hiking, canoeing, and birdwatching. Historical villages such as Trois-Rivières, Baie-Saint-Paul and Kamouraska preserve architecture from the 17th and 18th centuries and house actually existing museums, such as the Quebec Museum of Folk Culture in Trois-Rivières, which tells folk traditions and contemporary crafts of Baie. dedicated to local art.

The province also offers extraordinary natural phenomena: the Montmorency Falls, over 80 meters high, and the Madeleine Islands, with their rugged coastlines and historic lighthouses, are just a few examples of spectacular scenery. Among the protected areas, the Gaspésie National Park allows you to observe caribou, moose, and other wildlife in their natural habitats, while the St. Lawrence coast is ideal for whale watching.

Québec residents combine creativity, hospitality, and a strong connection to French and indigenous culture. Local language, cuisine, music, and festivals reflect the province's cultural vitality, which blends history, tradition, and innovation in every season, making Québec unique and fascinating for visitors of all ages.



# ATLANTIC CANADA – LAND OF OCEAN, RUGGED COASTS AND STACKS



Atlantic Canada is a region where the ocean, history, and local traditions blend into a unique and evocative landscape. Before the arrival of Europeans, these coasts were inhabited by the Mi'kmaq, Beothuk, and Maliseet peoples, who developed communities based on fishing, hunting, and trade along the bays and rivers. European settlers arrived in the 16th century: the Portuguese, French, and British established the first permanent settlements, such as St. John's in Newfoundland, the village of Annapolis Royal in Nova Scotia, and the ports of New Brunswick along the Saint John River. The region became a crossroads of indigenous and colonial cultures, with English and French languages and traditions linked to fishing, navigation, and local crafts. Even today, these influences can be seen in historical architecture such as the colourful houses of Old St. John's and the Fortress of Louisbourg in Nova Scotia, in museums such as the Maritime Museum of the Atlantic in Halifax and the Rooms in St. John's, and in cultural markets and festivals such as the Celtic Colors International Festival in Cape Breton and the Acadian Festival in Caraquet.

From a naturalistic perspective, Atlantic Canada offers spectacular scenery: sheer ocean cliffs like those of Gros Morne National Park in Newfoundland, the bays and islands of the Fundy Archipelago and Prince Edward Island National Park, coastal forests and majestic rivers like the Saint John River, and rugged coastlines dotted with historic lighthouses, secluded coves, and sandy beaches. Parks like Cape Breton Highlands National Park and Kejimikujik National Park allow you to explore unique ecosystems, including forests, mountains, and ocean cliffs.

Geographically, Atlantic Canada covers approximately 431,000 km<sup>2</sup>, a surface area similar to 1.4 times the size of Italy, comprising the four main provinces:

- NEWFOUNDLAND & LABRADOR
- NOVA SCOTIA
- NEW BRUNSWICK
- PRINCE EDWARD ISLAND

In just a few hours of driving or ferry, you can travel from the historic and colorful ports of St. John's and Halifax to fishing villages like Lunenburg in Nova Scotia, from the beaches and cliffs of Prince Edward Island to the forests and bays of New Brunswick, finding continuity between history, culture, and nature.

The main airports providing access to the region are:

- St. John's International Airport (Newfoundland & Labrador) – Gateway to St. John's and surrounding areas
- Halifax Stanfield International Airport (Nova Scotia) – Access to Halifax, Cape Breton, and surrounding regions
- Charlottetown Airport (Prince Edward Island) – Convenient to the entire island and surrounding areas of New Brunswick
- Moncton International Airport (New Brunswick) – New Brunswick's main airport, ideal for exploring the central and coastal regions

Atlantic Canada is more than just a destination: it's a journey between ocean and land, where lighthouses, villages, and natural parks tell a thousand-year-old story of intertwined cultures and unforgettable landscapes.

# NEWFOUNDLAND & LABRADOR BETWEEN ANCIENT HISTORY, MARITIME CULTURE AND UNCONTAMINATED NATURE

Newfoundland & Labrador is Canada's easternmost province, a unique territory with spectacular landscapes, ancient history, and a vibrant culture. Before the arrival of European settlers, these lands were inhabited by indigenous communities such as the Beothuk in Newfoundland and the Innu and Inuit in Labrador, who developed lifestyles deeply rooted in the sea, fishing, and local natural resources. The arrival of European settlers began in the 16th century, with the English, French, Portuguese, and Basque establishing settlements along Newfoundland's coasts, attracted by the rich fisheries of the North Atlantic. Historic towns such as St. John's, Ferryland, and Bonavista bear witness to this past through colonial architecture such as the Murray Premises Historic Site in St. John's and the historic houses of Ferryland Colony, historic lighthouses such as Cape Spear Lighthouse and Bonavista Lighthouse, and archaeological sites such as L'Anse aux Meadows, the 11th-century Viking settlement unique in North America and a UNESCO World Heritage Site. The fusion of indigenous and European cultures has given rise to a rich cultural tradition of music, crafts, and folklore, still alive today in coastal villages like Trinity and Petty Harbour. From a naturalistic perspective, the province is characterized by breathtaking and diverse scenery: sheer cliffs at Cape St. Mary's Ecological Reserve, deep fjords like Western Brook Pond in Gros Morne National Park, boreal forests in Terra Nova National Park, glacial lakes like Lake Melville, and rugged coastlines dotted with islets like Funk Island and historic lighthouses like Fort Amherst Lighthouse. The local wildlife is extraordinary: moose, whales along the Twillingate Coast, seals, puffins, and colonies of seabirds make Newfoundland & Labrador an ideal destination for nature hikes and wildlife observation in pristine environments. The main cities, St. John's, Corner Brook, and Labrador City, offer a balance of modern urban life, culture, and tradition: museums like The Rooms in St. John's and the Gros Morne National Park Visitor Centre in Rocky Harbour showcase the province's unique history and geography, while local markets and cultural festivals allow visitors to connect with communities and their traditions. Newfoundland & Labrador is thus a land of extraordinary contrasts, where ancient history, indigenous and European culture, and unique natural landscapes intertwine, offering authentic experiences in every corner of the province.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

Newfoundland & Labrador offers accessible and fully accessible experiences for travelers with disabilities, combining nature, history, and culture without barriers and off the beaten path. On the Avalon Peninsula, towns like Bay Bulls and Fermeuse offer flat trails and coastal walks with access ramps, perfect for wheelchair users or those with limited mobility. The Burin Peninsula Coastal Drive is accessible by car and offers effortless scenic stops, with safe vantage points for puffins and cliffs. On the Central Coast, villages like Bishop's Falls and Gander offer accessible routes along the Victoria Park Trail, with flat walkways and equipped picnic areas. Gander Heritage Memorial Park and the Gander Heritage Trail Interpretive Centre offer fully accessible facilities to explore local history and traditional art. On the West Coast, villages like L'Anse au Loup and Roddickton offer short, flat hikes along bays like Roddickton Bay, with accessible marine wildlife viewing areas. L'Anse aux Meadows National Historic Site, a UNESCO World Heritage Site, features paved paths and adapted facilities to allow all visitors to explore the first Viking settlement in North America without barriers. Finally, along the northeast coast, villages like Hare Bay and Sandringham and lakes like Joe Gladden Lake offer peaceful walks, safe viewing points, and accessible picnics, combining pristine nature and moments of relaxation in settings easily accessible to all.





## DID YOU KNOW?

The official coat of arms of Newfoundland & Labrador, adopted in 1952, features a red lion rampant on a gold field at the top, symbolizing the historic connection with England, and an anchor on a blue field at the bottom, representing the maritime tradition and fishing, a cornerstone of the local economy and culture. The polar bear and caribou featured in the coat of arms recall the province's iconic wildlife, underscoring the importance of Arctic and subarctic nature in the lives of residents.

The province is home to the Cape Spear Lighthouse, the easternmost lighthouse in North America, and the Cape Bonavista Lighthouse, both historic symbols of Atlantic navigation.

Places like St. John's, Ferryland, and Bonavista preserve historic villages and unique colonial architecture, testaments to the fusion of indigenous and European cultures.

Traditional music, featuring instruments such as the fiddle and bodhrán, and fishermen's songs, is still an integral part of community life today, offering visitors an authentic immersion in local culture.

Finally, the province is a haven for wildlife watching: moose, whales, seals, and colonies of puffins populate its spectacular landscapes, from the fjords of Gros Morne National Park to the rugged coastlines and islets scattered across the Atlantic.

# NOVA SCOTIA BETWEEN RUGGED COASTS, MARITIME HISTORY AND CULTURAL TRADITIONS

Nova Scotia is one of Canada's Atlantic provinces, known for its rugged coastline, historic lighthouses, picturesque villages, and rich cultural heritage. Before the arrival of Europeans, the region was inhabited by the Mi'kmaq people, who developed a society closely tied to the sea and local natural resources, with traditions of fishing, hunting, crafts, and oral storytelling passed down from generation to generation. The arrival of European settlers began in the 17th century: the French, known as Acadians, founded settlements along the Bay of Fundy and in the Annapolis River Valley, such as Port Royal, while the English established forts and cities such as Halifax, founded in 1749, which became an important military and commercial port. The province's history is also marked by the exodus of the Acadians in the 18th century, events commemorated in museums and historic sites such as Grand-Pré National Historic Site, now a UNESCO World Heritage Site. From a naturalistic perspective, Nova Scotia offers spectacular scenery: rugged coastlines with historic lighthouses like Peggy's Cove Lighthouse and Cape Forchu Lighthouse, national and provincial parks like Cape Breton Highlands National Park and Kejimikujik National Park, glacial lakes like Bras d'Or Lake, and cliffs overlooking the Atlantic Ocean. Local wildlife includes moose, red foxes, bald eagles, seals, and numerous species of migratory birds, making the province ideal for nature hikes, birdwatching, and marine wildlife observation. Major cities, such as Halifax, Sydney, and Lunenburg, offer a balance of urban life, culture, and history: museums like the Maritime Museum of the Atlantic in Halifax, the Cape Breton Miners' Museum in Glace Bay, and the Fisheries Museum of the Atlantic in Lunenburg chronicle the province's maritime and industrial history, while local markets, music festivals, and food festivals offer opportunities to connect with local communities and Acadian and Scottish traditions. Nova Scotia is a land where maritime history, indigenous and European culture, and unique natural landscapes intertwine, offering authentic experiences and breathtaking scenery in every corner of the province.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

Nova Scotia offers accessible and fully accessible experiences for travelers with disabilities, combining nature, history, and culture on flat trails, well-equipped facilities, and away from mass tourism. On the South Shore, villages like Bridgewater and Mahone Bay offer flat waterfront walks, quiet marinas, and accessible rest areas. The Mahone Bay Museum allows visitors to discover local history with adapted trails and easily accessible information panels. Historic lighthouses like the East Ironbound Lighthouse are visible from safe platforms with flat observation points. Inland, towns like Kentville and Wolfville offer accessible trails through vineyards and orchards along the Gaspereau River, with flat paths and equipped picnic areas. Acadia University Art Gallery offers art exhibitions accessible to all visitors, with ramps and dedicated rest areas. On the East Coast, villages like Guysborough and Sherbrooke offer tranquil bays like St. Mary's Bay, with flat boardwalks and safe vantage points for observing marine life. The Sherbrooke Village Museum is fully accessible, with flat trails that allow you to explore restored historic buildings and experience colonial life without barriers. Finally, in the Cape Breton Highlands area, villages like Ingonish and Cheticamp offer scenic, flat trails in Cape Breton Highlands National Park, accessible lookouts, and equipped rest areas along Freshwater Lake. Here, visitors with limited mobility can safely enjoy spectacular views of the ocean, rugged coastline, and local wildlife.





## DID YOU KNOW?

The official coat of arms of Nova Scotia, adopted in 1929, features a shield with a St. Andrew's Cross on a white background, symbolizing the province's Scottish roots, and a red lion rampant on a gold field in the center, a nod to its British heritage. The coat of arms is surmounted by a helmet and distinctive heraldic decorations, representing the military history and resilience of local communities.

The province is home to historic villages like Lunenburg, a UNESCO World Heritage Site, famous for its colorful colonial-style houses and the maritime tradition still alive in its shipyards. Along the coast, historic lighthouses like Peggy's Cove Lighthouse and Cape Forchu Lighthouse have guided sailors for centuries and are iconic symbols of Nova Scotia.

The province is also renowned for its traditional music, with Scottish and Acadian Celtic influences, and festivals like the Celtic Colours International Festival in Cape Breton celebrate these unique sounds.

From a naturalistic perspective, Nova Scotia offers spectacular landscapes: from the cliffs and beaches of Cape Breton Highlands National Park, to the scenic trails along the Cabot Trail, to the rugged coastlines where you can observe seals, bald eagles and colonies of seabirds.

Villages like Annapolis Royal and Mahone Bay offer a glimpse into colonial history and agricultural traditions, offering picturesque yet accessible settings for visitors seeking authentic experiences off the beaten path.

# NEW BRUNSWICK BETWEEN FORESTS, MAJESTIC RIVERS AND MULTICULTURAL TRADITIONS

New Brunswick is an Atlantic province in Canada characterized by a strong bilingual identity, spectacular natural landscapes, and a rich and diverse cultural history. Before the arrival of Europeans, the region was inhabited by the Mi'kmaq, Maliseet, and Passamaquoddy peoples, who developed a lifestyle closely tied to the rivers, lakes, and forests, with traditions of fishing, hunting, crafts, and the oral transmission of local history and myths. The arrival of European settlers began in the 17th century, primarily the French, who founded settlements in the Acadie area, such as Beaubassin and Fort Beauséjour, followed by the English in the 18th century, who established cities and forts such as Saint John and Fredericton. The province's history is deeply marked by the exodus of the Acadians, an event commemorated in museums and historic sites such as the Village Historique Acadien in Caraquet, the Beaubears Island Shipbuilding National Historic Site near Miramichi, and the Acadian Historic Village in Memramcook, which chronicle the life, culture, and traditions of the Acadians before and after the deportation. The coexistence of Francophone and Anglophone communities has created a unique cultural fabric, enriched by music, festivals, traditional cuisine, and crafts. From a naturalistic perspective, New Brunswick is crisscrossed by majestic rivers such as the Saint John River and the Restigouche River, offering spectacular scenery for cruising, canoeing, and fishing. Glacial lakes such as Miramichi Lake and protected forest areas such as Kouchibouguac National Park and Fundy National Park offer breathtaking scenery, accessible hiking trails, and the opportunity to observe wildlife such as moose, beavers, bald eagles, and seals along the Bay of Fundy coast. The province is also home to unique natural phenomena, such as the exceptional tides of the Bay of Fundy, the highest in the world, which create extraordinary backdrops for hiking and photography. The main cities of Fredericton, Saint John, and Moncton offer a balance of urban life, history, and culture: museums such as the New Brunswick Museum in Saint John, the Beaubears Island Shipbuilding Museum, and the Kings Landing Historical Settlement tell the story of local history, from Indigenous peoples to European settlers, while cultural festivals, markets, and food events allow you to connect with local communities. New Brunswick is thus a province where Indigenous and European history, pristine nature, and living cultural traditions intertwine, offering authentic experiences in every corner of the territory, from the Atlantic coast to the forests of the interior.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

New Brunswick offers fully accessible experiences for travelers with disabilities, with flat trails, well-equipped facilities, and quiet locations away from mass tourism. On the Bay of Fundy, villages like St. Martins and Alma offer walks on flat, accessible trails, such as the short sections of the Fundy Footpath Trail, and quiet bays like Cove Creek, ideal for safely observing seals and seabirds. The Fundy Geological Museum in Parrsboro focuses primarily on the region's geology, with a special focus on marine fossils, local rock formations, and the history of the world's highest tides. The museum displays fossilized skeletons of prehistoric fish, samples of local rocks and minerals, and interactive educational panels that explain geological and paleontological phenomena in a clear and accessible way. On the Acadian Coast, towns like Caraquet and Shippagan offer accessible beaches like Havre-Aubert Beach, flat boardwalks, and museums like the Acadian Museum of Caraquet, which showcases local history and culture with barrier-free tours. Along the Miramichi Valley, villages like Doaktown and Blackville offer safe walks along the Miramichi River, complete with picnic areas and scenic overlooks. The Doaktown Heritage Centre is fully accessible and offers a peaceful way to discover local history. In the Kouchibouguac National Park region, villages like Kouchibouguac and Rogersville offer flat trails, lakes, and tranquil bays with accessible boardwalks and observatories, perfect for admiring marine wildlife and coastal forests without difficulty. This itinerary allows visitors with limited mobility to fully experience New Brunswick's history, culture, and nature, with safety, comfort, and complete freedom of movement.





## DID YOU KNOW?

The official coat of arms of New Brunswick, adopted in 1966, consists of a shield divided into two parts: in the upper part, a golden lion on a red background represents the historic connection with the British monarchy; in the lower part, a pine tree on blue waves symbolizes the forests, rivers, and the importance of navigation and maritime trade in the province. The overall design reflects the fusion of natural heritage and cultural history, typical of the Atlantic region.

The province preserves unique testimonies to Acadian history, with villages and historic sites such as Grand-Pré, Memramcook, and Beaubassin, which tell the story of the exodus and resilience of this French-speaking community. Historic lighthouses such as Parlee Point Lighthouse and Cape Enrage Lighthouse line the shores, guiding sailors from the Atlantic and offering spectacular views.

From a nature perspective, Fundy National Park offers accessible trails through forests, rivers, and bays, while the exceptional tides of the Bay of Fundy offer a spectacle unlike any other in the world.

Picturesque villages like Saint Andrews and Shediac combine colonial architecture, tranquil beaches, and local culture, making New Brunswick a province where history, nature, and traditions coexist harmoniously.

# PRINCE EDWARD ISLAND BETWEEN RED COASTS, GREEN FIELDS AND MARITIME TRADITIONS

Prince Edward Island is Canada's smallest province by area, but it is renowned for its scenic beauty, red-sand beaches, sandstone cliffs, and rolling countryside that inspired the famous novel *Anne of Green Gables*. Before the arrival of Europeans, the island was inhabited by the Mi'kmaq people, who developed a lifestyle closely tied to the sea, fishing, and coastal resources, with cultural and spiritual traditions passed down from generation to generation. The arrival of European settlers began in the 17th century: the French, known as Acadians, founded settlements along the southern and eastern coasts, such as Cap-Egmont and Île Saint-Jean, while the English took control of the island in the 18th century, developing port cities such as Charlottetown, now the provincial capital, and Summerside. The province's history is marked by the fusion of Indigenous, Acadian, and British cultures, evident in historic villages like Cavendish, Victoria-by-the-Sea, and Brackley Beach, where traditional architecture, historic lighthouses, and museums chronicle the island's cultural and maritime evolution. From a naturalistic perspective, Prince Edward Island is famous for its rugged coastline and red-sand beaches like Cavendish Beach, Brackley Beach, and North Rustico Beach, ideal for hiking and bird watching. The province is also home to national and provincial parks such as Prince Edward Island National Park, the Greenwich Dunes Trail, and the protected areas along the Hillsborough River, offering hiking, wildlife viewing (moose, red foxes, migratory birds, and seals), and picturesque landscapes. The main cities, Charlottetown and Summerside, offer a blend of culture and history: museums such as the Province House National Historic Site, where the conference that led to the Canadian Confederation was held in 1864, the Acadian Museum of Prince Edward Island in Miscouche, and the Confederation Centre of the Arts in Charlottetown narrate the island's political, cultural, and artistic history. Local festivals, markets, and food events offer insights into local communities and their agricultural and maritime traditions. Prince Edward Island is thus a province where Indigenous and European history, maritime traditions, and unique natural landscapes intertwine, offering authentic experiences and breathtaking scenery in every corner of the territory, from red beaches to rolling countryside.

## PLACES AND EXPERIENCES FOR ACCESSIBLE TRAVEL FOR PEOPLE WITH DISABILITIES OFF THE BEATEN TRACK

Prince Edward Island offers fully accessible natural and cultural experiences, allowing those with limited mobility or other special needs to experience the island independently. On the north coast, towns like Cavendish and Stanley Bridge offer accessible beaches like Brackley Beach, with wooden walkways to the shore and accessible facilities for those with disabilities. Here, you can enjoy the sea and dunes without obstacles, immersing yourself in the island's typical landscapes. Inland, villages like North Rustico and Rustico offer fully accessible museums, such as the North Rustico Fishermen's Museum, which tells the story of local fishing and maritime life with displays of traditional boats, nets, and vintage photographs, and the Rustico Heritage Museum, which documents Acadian agricultural life and culture with traditional objects and accessible information panels. Level trails and picnic areas like those along the Confederation Trail ensure barrier-free routes, perfect for wheelchair users or those who need to walk slowly. On the west coast, villages like Tignish and Cascumpec offer easy access to tranquil bays like Cascumpec Bay, ideal for observing local wildlife, including migratory birds and seals, without barriers. Historic lighthouses like West Point Lighthouse and Cape Tryon Lighthouse offer ramps and adapted paths, allowing visitors to safely admire the views and learn about the island's maritime history. This itinerary combines nature, culture, and full accessibility, allowing those with special needs to experience Prince Edward Island authentically, exploring beaches, historic villages, and museums without limitations, away from the beaten tourist track.





## DID YOU KNOW?

The official coat of arms of Prince Edward Island, adopted in 1905, features a shield with three green oak trees on a gold field at the top, symbolizing the three principal waters and the island's historical roots, and a red lion rampant at the bottom, a nod to its British heritage. The entire coat of arms is a nod to the island's colonial history and connection to the British Crown, while the oak trees symbolize the strength of the communities and the natural wealth of the land.

The island is famous for its picturesque villages such as Charlottetown, Cavendish and Victoria-by-the-Sea, which retain Victorian-style homes and quiet streets nestled in the countryside.

Beaches such as Cavendish Beach and Brackley Beach offer unique scenery of red sand dunes and crystal-clear waters, perfect for romantic walks and nature immersion.

Local and small museums like the PEI Museum & Heritage Foundation tell the island's agricultural and maritime history, while local farms and farmers' markets offer insights into culinary and artisanal traditions.

The province is also a haven for observing migratory birds and coastal wildlife, making Prince Edward Island a destination where history, culture and nature coexist harmoniously.



## **CONTACT US**

**OUR EXCLUSIVE SUPPORT  
TO PERSONALIZE YOUR  
ITINERARY ACCORDING  
TO YOUR NEEDS AND  
WISHES**



## **WOULD YOU LIKE TO REQUEST A QUOTE?**

We hope this travel planner has been of interest to you and has provided inspiration for your next journey.

If you would like to organize your next trip, please click on the “Itinerary and Quotation Request” button.

Complete and submit the form, and we will contact you shortly to create your personalized travel quotation.

**ITINERARY AND QUOTATION REQUEST**



# Atlantic Travel & Tours Ltd

London, New York  
Los Angeles, Miami  
Denver

## **ATLANTIC TRAVEL & TOURS LTD**

**HEADQUARTERED IN THE UNITED STATES AND THE UNITED KINGDOM**

### **REGISTERED COMPANIES**

USA - DENVER - COLORADO - COMPANY REGISTRATION NUMBER: 202 110 96 014

UK - LONDON - COMPANY REGISTRATION NUMBER: 130 288 33

### **E-MAIL**

USA - [unitedstatesadministration@atlantictourstravel.com](mailto:unitedstatesadministration@atlantictourstravel.com)

UK - [unitedkingdomadministration@atlantictourstravel.com](mailto:unitedkingdomadministration@atlantictourstravel.com)

### **WEBSITE**

[www.visitatlantictraveltours.com](http://www.visitatlantictraveltours.com)

### **FULL CONTACT DETAILS**

[www.visitatlantictraveltours.com/contact](http://www.visitatlantictraveltours.com/contact)