

ATLANTIC TRAVEL & TOURS

CANADA - SENIOR TRAVEL

**RELAX AND CULTURE: UNMISSABLE EXPERIENCES
FOR SENIOR TRAVELERS IN CANADA**



WWW.VISITATLANTICTRAVELTOURS.COM

FROM THE CEO - FOUNDER

Dear travelers,

Imagine rediscovering the pleasure of traveling at a gentle pace, without rush, allowing yourselves to be guided by curiosity and the landscapes that surround you.

Every place has a story to tell, every experience is an invitation to live in the moment, to **feel the rhythm of each destination and to savor its true essence.**

Picture leisurely walks through historic towns, along narrow streets that preserve ancient traditions, or moments of tranquility immersed in timeless natural landscapes. Let yourselves be embraced by the atmosphere of cultural cities, museums, local markets, rolling hills, and lakes that invite pause, reflection, and enjoyment.

This brochure is an invitation to dream with open senses: each page offers ideas, colors, scents, and inspirations to help you imagine a journey designed entirely for you. It is not just a collection of destinations, but a guide to experiences that combine **culture, nature, and comfort**, allowing you to fully enjoy every moment.

Turn these pages with curiosity, **let yourselves be inspired**, and begin planning a journey that celebrates the joy of discovering the world in your own way.



Steve Tabacchi

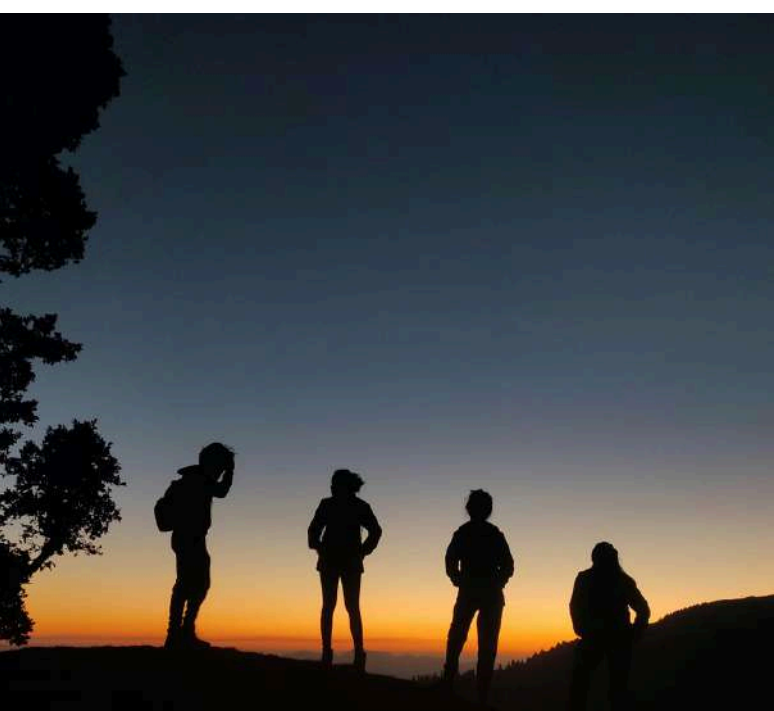
DR. STEVE TABACCHI
CEO - FOUNDER
ATLANTIC TRAVEL & TOURS



**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



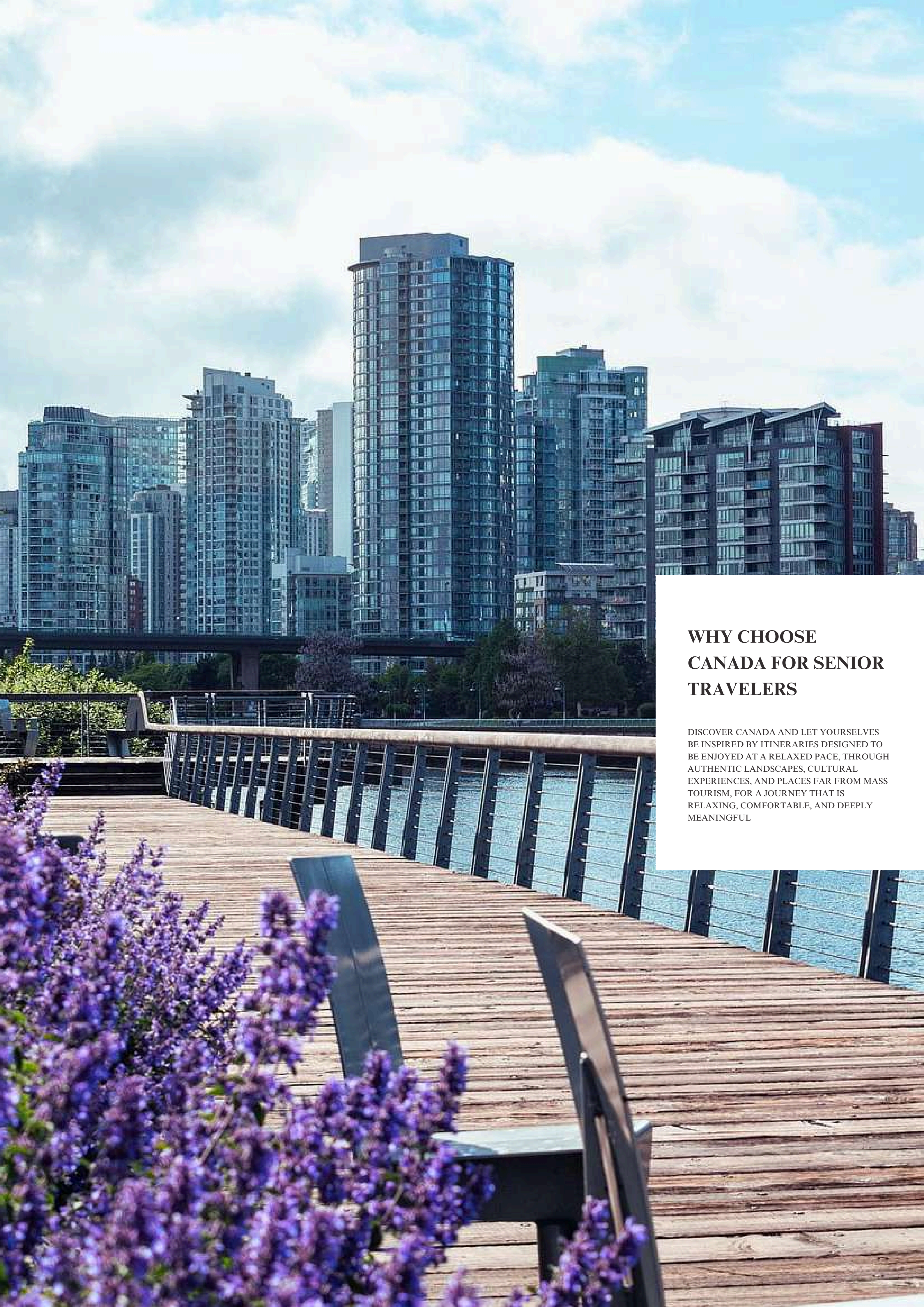
OUR COMMITMENT TO ENVIRONMENTAL PROTECTION AND CANCER RESEARCH



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 CHOOSE CANADA FOR SENIOR TRAVELERS

DISCOVER CANADA AND LET YOURSELVES BE INSPIRED BY ITINERARIES DESIGNED TO BE ENJOYED AT A RELAXED PACE, THROUGH AUTHENTIC LANDSCAPES, CULTURAL EXPERIENCES, AND PLACES FAR FROM MASS TOURISM, FOR A JOURNEY THAT IS RELAXING, COMFORTABLE, AND DEEPLY MEANINGFUL

THE ALLURE OF A TRIP TO CANADA FOR THOSE OVER 65



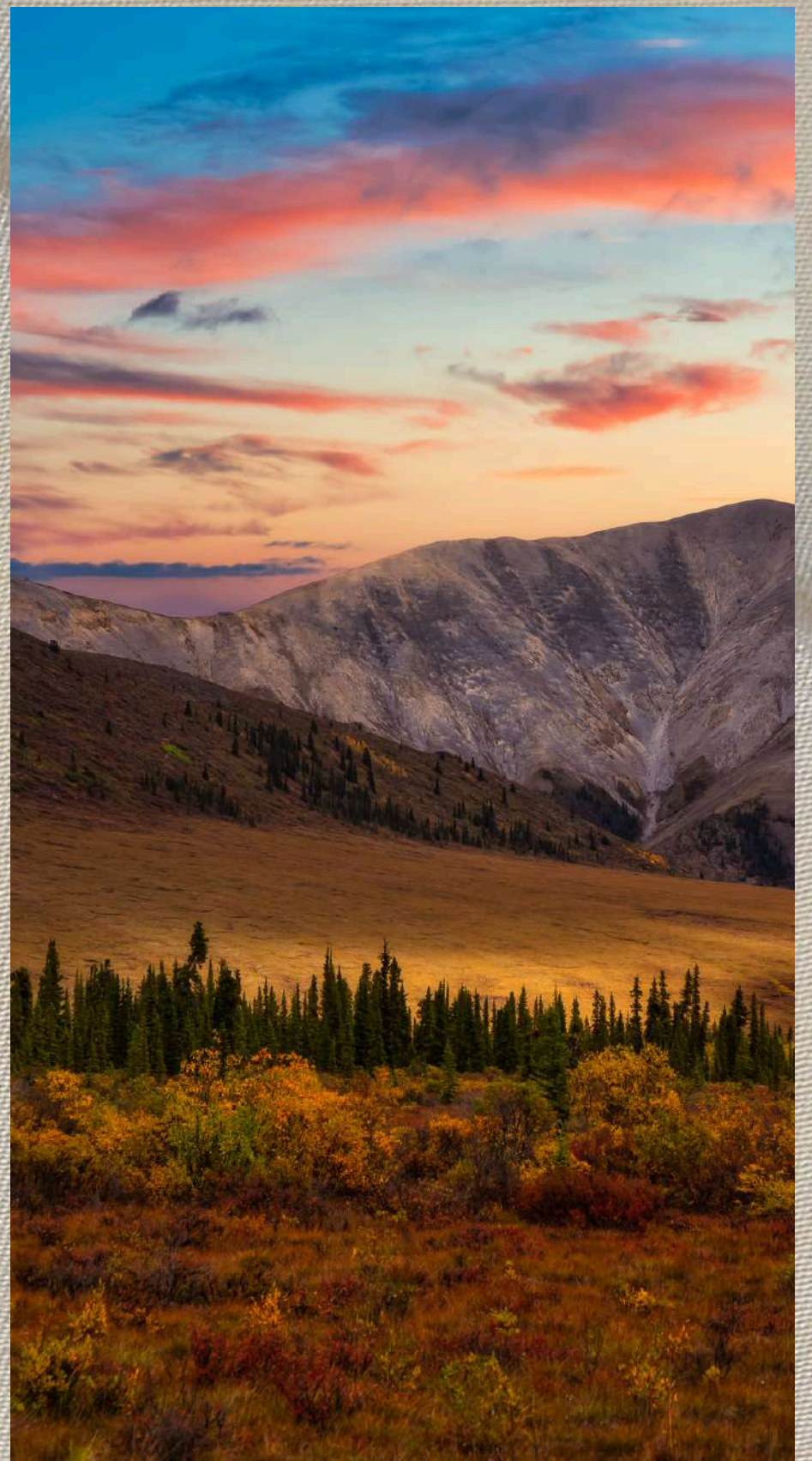
There are journeys that don't need to surprise with excess, but know how to accompany with elegance, offering the time and space to appreciate every detail calmly and mindfully.

Traveling after 65 means choosing experiences that respect your own pace, where pleasure lies not in the quantity but in the quality of what you experience. It's a deeper way of exploring, where every landscape, every encounter, and every discovery takes on authentic value, without rushing.

Canada, in its most authentic form, lends itself perfectly to this type of journey. It is a destination that welcomes rather than imposes, with vast and harmonious territories where nature is observed without being intrusive and culture reveals itself gradually. From the Atlantic coast, where the rhythm is marked by the sea and small villages overlooking the water, to the inland regions crisscrossed by tranquil rivers and silent lakes, to the communities where history is authentically preserved, every place invites you to pause and savor the moment. Here, the journey takes on a different form: traveling scenic roads without haste, stopping in places where time seems to slow down, discovering local traditions through museums, stories, and everyday gestures, letting yourself be guided by a sense of balance and serenity.

It is not an experience designed to amaze, but to make you feel good.

A carefully planned trip, ideal for those who want to experience Canada in a relaxed and mindful way, prioritizing comfort, the beauty of the landscapes and the rich culture, far from the frenetic pace and the most crowded destinations.



WHY A TRIP TO CANADA FOR OVER-65S

LANDSCAPES THAT WELCOME AND SURPRISE

Canada is the perfect destination for those seeking travel over the age of 65: an authentic experience, far from the crowded streets, where every landscape invites you to pause and enjoy its beauty at your leisure. From the Atlantic coast, where the rhythm of the sea marks the time, to the villages preserving historical memories and living traditions, to the interior spaces with tranquil lakes and vast forests, each place is designed to be discovered at your own pace. The diverse landscapes, from arctic vistas to forested landscapes, allow for a mix of light hikes and leisurely strolls, discovering local cultures, art, and small museums that tell fascinating stories.

INTIMATE AND OFF-THE-BEATEN-PATH EXPERIENCES

A trip designed for those who love to move slowly is built through authentic moments: walks along scenic trails, stops in villages where history and tradition coexist, watching the changing light of day along rivers and lakes. Here, the priority is not the spectacle, but the pleasure of enjoying every moment without haste. Small details, encounters with locals, or simple panoramic breaks become part of a memorable and relaxing experience.

THE ART OF SLOW TRAVEL, BETWEEN FREEDOM AND HARMONY

Canada naturally invites a slow and harmonious pace. The distances between destinations allow you to appreciate each journey, choosing less traveled paths and enjoying the seamless continuity of the landscapes. Scenic trails, secondary roads, and historic itineraries allow for a seamless journey, where each day seamlessly integrates with the next without pressure. It's ideal for those who want to experience Canada with balance, comfort, and depth, appreciating both the destinations and the journey itself.



UNFORGETTABLE TAILOR-MADE TRIPS FOR OVER-65S

A trip to Canada for those over 65 is more than just a vacation: it's an opportunity to explore extraordinary landscapes, discover authentic villages, immerse yourself in the local culture, and experience moments of relaxation far from the frenzy of mass tourism.

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

Our approach to creating trips for seniors 65 and over is based on a fundamental principle: each itinerary must be unique and reflect the needs of those who travel slowly, seeking comfort, accessibility, and authenticity.

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

Every detail is carefully studied:

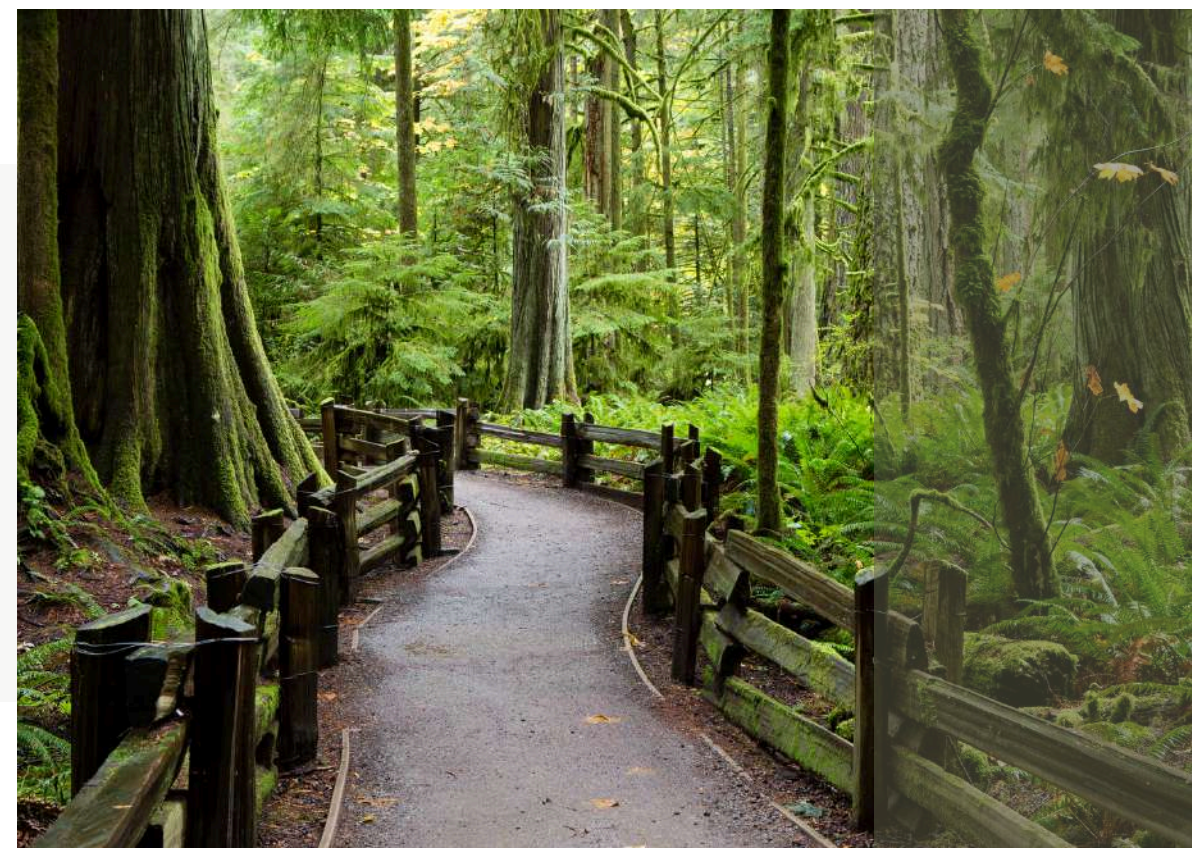
- Choice of destinations, from historic villages to little-known hamlets, quiet beaches and natural parks with accessible trails
- Pace of the itinerary, to enjoy every experience without rushing and without stress
- Experiences along the way, such as scenic walks, visits to local museums and galleries, food and wine tastings, and short excursions immersed in nature
- Selection of the most comfortable, welcoming and charming facilities, away from the most crowded tourist routes

The result is an authentic, balanced, and deeply personal journey, designed to offer moments of relaxation, discovery, and pleasure, transforming each stop into a lasting and precious memory.

EXPERIENCES THAT MAKE A TRIP TO CANADA UNIQUE FOR THOSE OVER 65

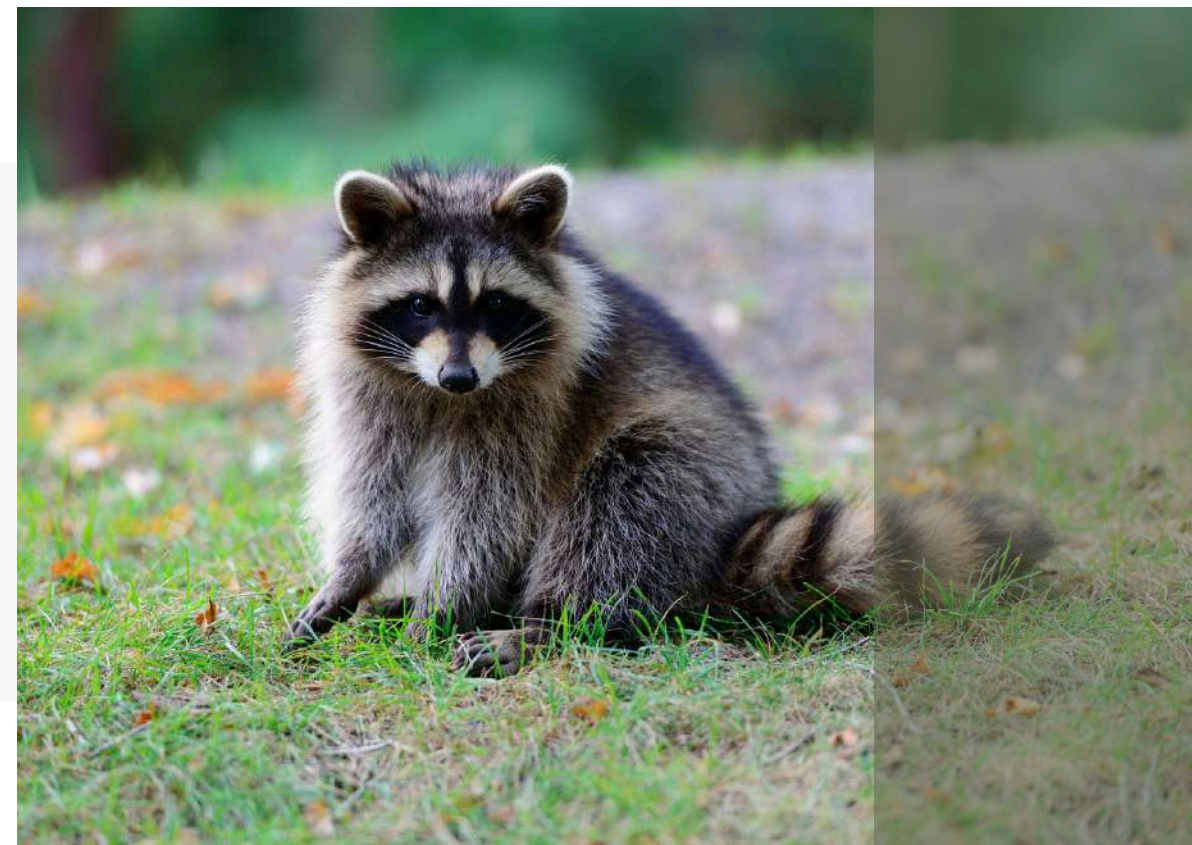
SCENIC ROAD TRIPS

Traveling in Canada after age 65 means traveling along quiet, scenic roads, immersing yourself in vast, serene landscapes. Rolling hills, silent lakes, and ancient forests offer the opportunity to admire nature at your leisure, with comfortable stops and contemplative pauses that make the journey relaxing and rejuvenating.



EXTRAORDINARY NATURAL PARKS

Canadian parks offer easy and accessible walks, wildlife observation opportunities, and rest areas immersed in nature. Mountains, valleys, and forests create evocative and tranquil settings, perfect for those who want to enjoy natural beauty without excessive physical exertion, enjoying peaceful and rewarding experiences.



SMALL TOWNS RICH IN HISTORY

Local communities offer easily accessible cultural spaces and vibrant traditions, telling the story of the region in a pleasant and accessible way. A leisurely stroll through historic architecture, art spaces, and artisan workshops allows you to experience Canada in a profound and authentic way, combining relaxation, culture, and leisurely discovery.



WHEN TO GO ON A TRIP OVER 65 IN CANADA



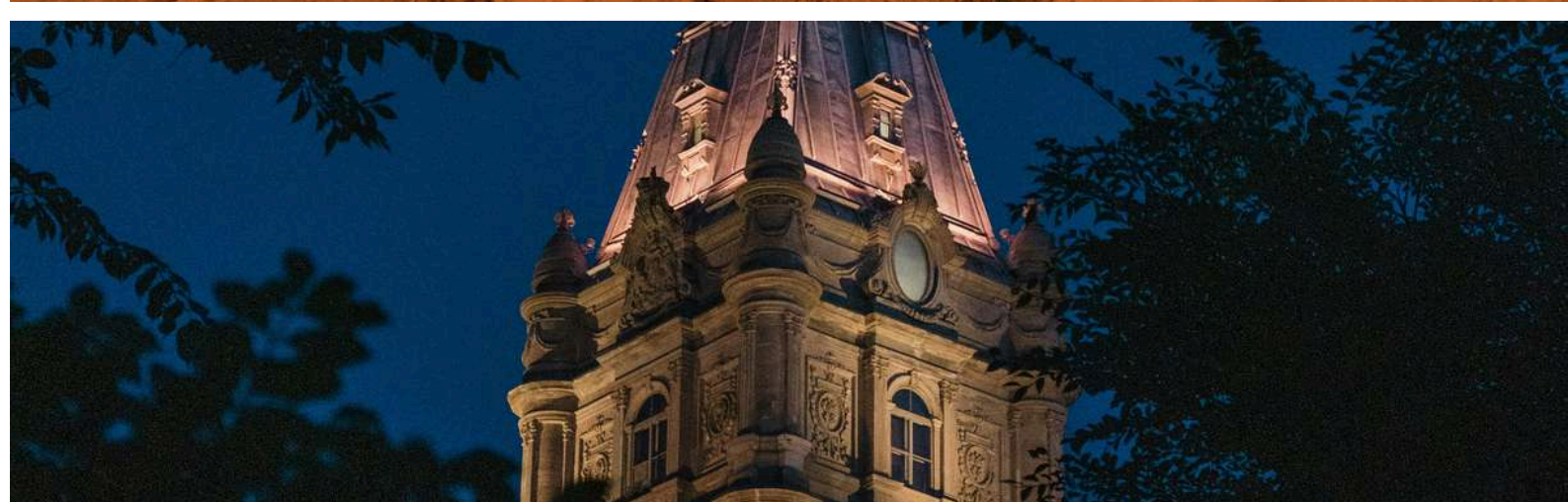
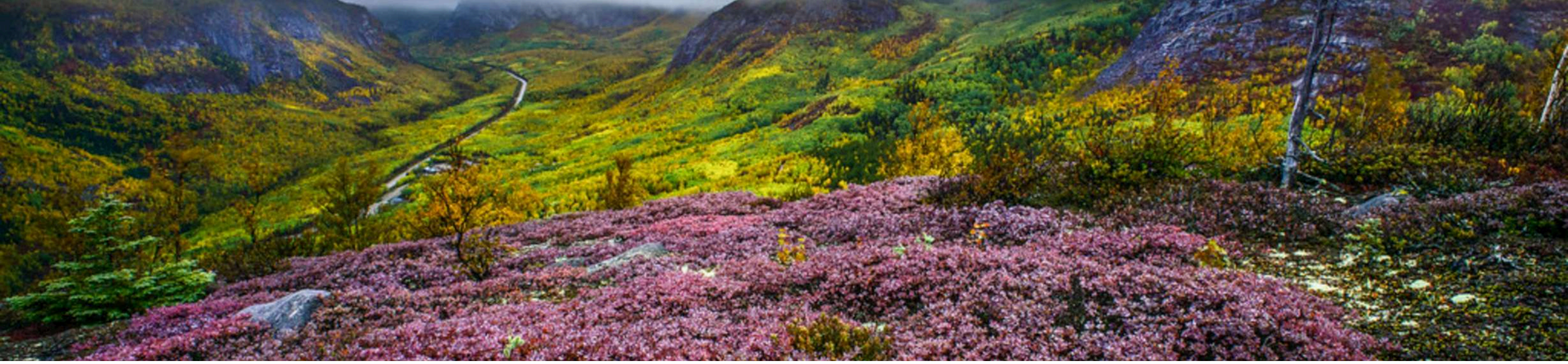
Canada can be discovered in any season, but every time of year offers unique emotions and atmospheres, capable of making every trip special.

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 OVER-65 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.



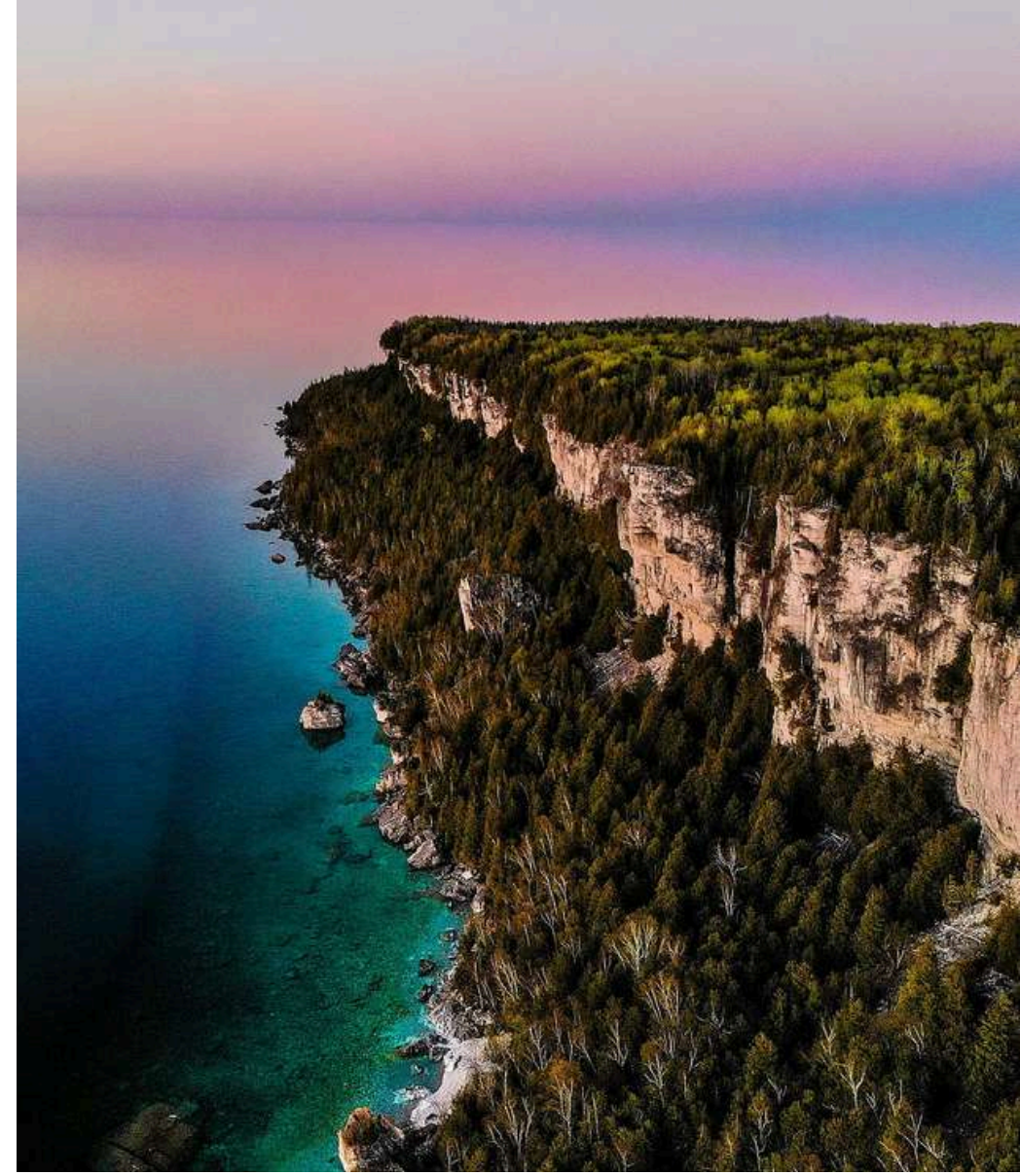
THE MOST CHARMING ACCOMMODATIONS FOR A TRIP FOR OVER 65S

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 TRIP TO CANADA FOR OVER-65S

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 km², 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

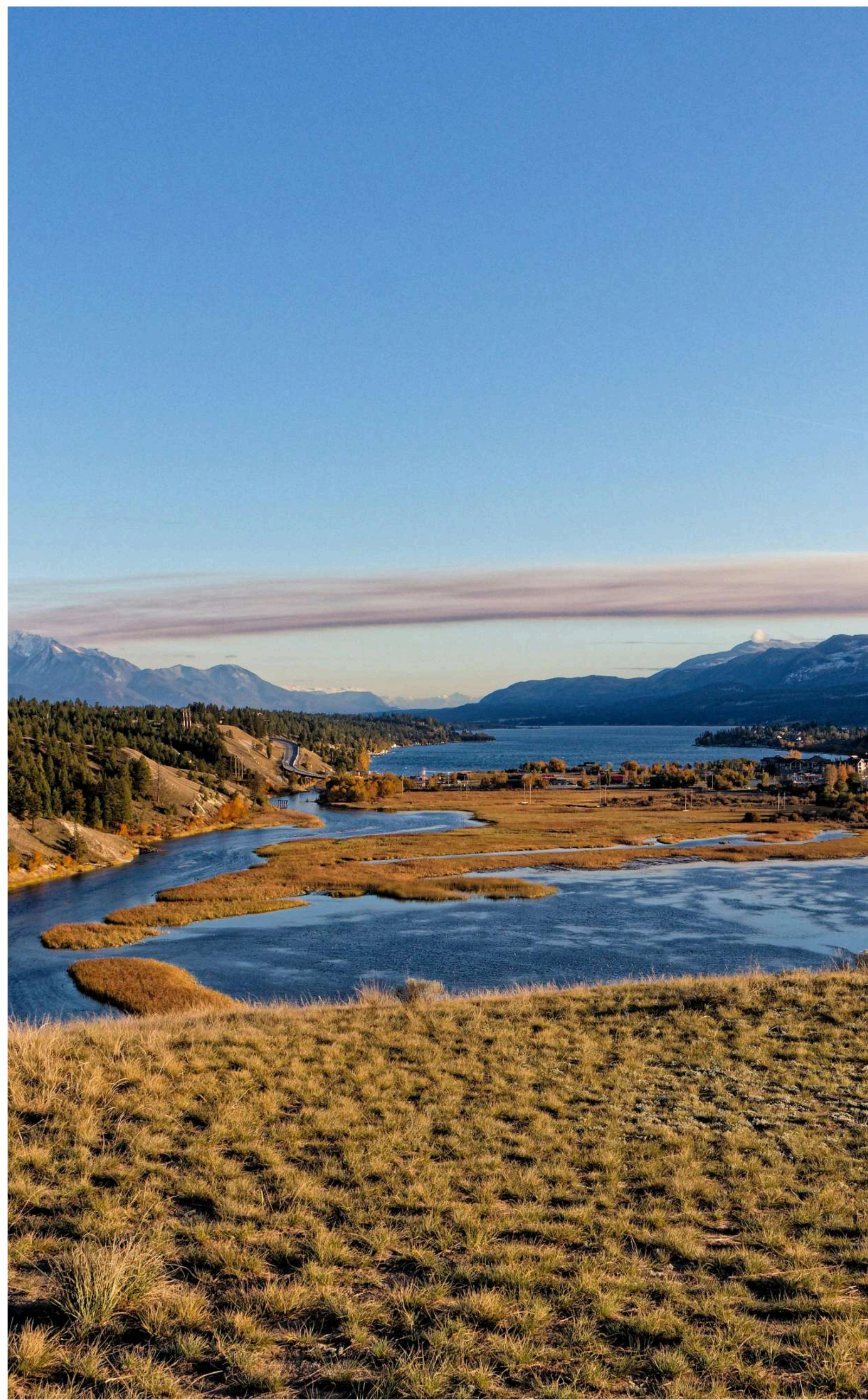
Western Canada isn't just a destination: it's a layered tale of people, history, and landscapes. It's the most authentic and surprising Canada, where time seems to slow down and every place invites you to experience it with intensity and depth.

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 AN OVER-65 TRIP OFF THE BEATEN PATH

For those who want to experience British Columbia at a leisurely pace, away from the crowds, the region offers secluded and captivating landscapes, where history, culture, and nature harmoniously intertwine. Along the southern coast of Vancouver Island, towns like Cowichan Bay, Qualicum Beach, and Chemainus offer peaceful strolls through historic harbors and arts centers. In Cowichan Bay, local markets and art galleries showcase the area's maritime heritage, while in Chemainus, famous historical murals chronicle the history of the community and local trade. Qualicum Beach, with its tranquil beaches like Pinery Provincial Park and Makers Beach, offers easy and accessible scenic trails, perfect for observing wildlife and enjoying the slow pace of the coast. Inland, villages like Fort Steele, Harrison Hot Springs, and Cache Creek offer an intimate and cultural experience. In Fort Steele, you can visit the Fort Steele Heritage Town, a restored village featuring reconstructed gold rush buildings and streets, and the Brewster's General Store Museum, which houses historical artifacts and items from pioneer life. Harrison Hot Springs combines thermal relaxation with walks along Harrison Lake and coastal trails like the Harrison River Estuary Trail, offering tranquil views suitable for all tastes. Cache Creek, along the inland prairies, offers local history at the Ashcroft Museum, dedicated to the region's pioneers and the traditions of the Secwepemc communities, and easy walks like the Hat Creek Trail, immersed in relaxing and open landscapes. On the Sunshine Coast, destinations like Gibsons, Sechelt, and Egmont offer an inclusive experience with galleries, markets, and well-equipped parks. In Gibsons, the Sunshine Coast Museum & Archives offers insights into the community's history, with exhibits on fishing, maritime trade, and local crafts, while the accessible waterfront offers scenic walks among historic vessels and harbor views. In Sechelt, flat trails like the Shoreline Trail offer views of the Strait of Georgia, bird watching, and small piers overlooking bays like Sechelt Inlet, while open spaces like Porpoise Bay Provincial Park allow for exploring temperate rainforests, tranquil lakes, and nature trails suitable for all levels. In Egmont, nearby bays and harbors, like Sakinaw Bay and Agamemnon Channel, feature boardwalks for viewing marine life, including seals, eagles, and cormorants, offering immersive experiences without barriers. These experiences offer a tailored itinerary for those who want to discover British Columbia at a leisurely pace, combining nature, history, and culture: strolls through historic villages and remote harbors, visits to local museums and art galleries, and views of coastal vistas and ancient forests create an enriching, relaxing, and deeply fulfilling journey.





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.

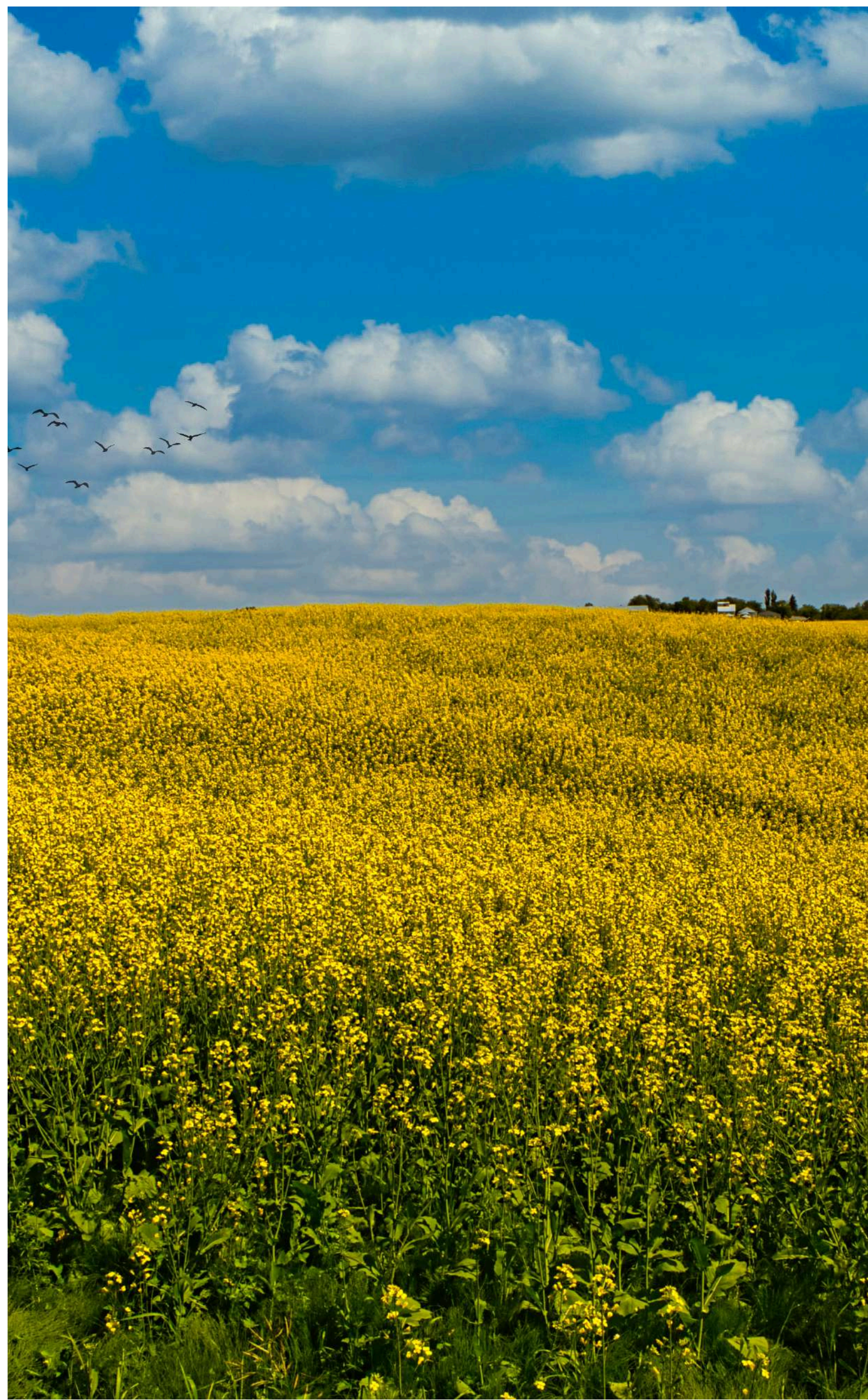
British Columbia residents are known for their strong connection to nature, their focus on sustainability, cultural openness, and innovation, with an active lifestyle that blends outdoor activities, urban culture, and respect for indigenous traditions. Cultural practices such as sun salutation ceremonies 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 OVER-65S TRIPS OFF THE BEATEN PATH

In the Rocky Mountains, towns like Bragg Creek, Exshaw, and Kananaskis offer peaceful experiences immersed in nature and local history. In Bragg Creek, gentle strolls along the Elbow River and the trails of Bragg Creek Provincial Park offer uncrowded mountain views, while small galleries and the Bragg Creek Artisans' Studio showcase the local artistic tradition. Exshaw, with hikes along the Moose Mountain Trail, combines mountain scenery with cultural spaces like the Exshaw Heritage Centre, which documents the history of the mining community and First Nations. Kananaskis, with easy trails like the Troll Falls Trail, offers relaxing walks through forests and alpine lakes, offering glimpses of local wildlife. In the central and southern prairies, villages like Strathmore, Cochrane, and Drumheller offer a blend of history, culture, and nature. Strathmore offers walks along Prairie Creek and visits to the Strathmore & District Museum, which houses artifacts about the region's settlement and rural life. Cochrane, with its well-preserved historic center and trails along the Bow River, offers insight into the history of pioneers and local ranching communities. Drumheller, the heart of Dinosaur Provincial Park, a UNESCO World Heritage Site, offers easy trails through badlands and fossils, making it easy to discover dinosaurs and the desert landscapes of the Badlands. In the rivers and lakes area, towns like Grande Cache, Caroline, and Abraham Lake offer moments of tranquility and walks amid spectacular natural scenery. Grande Cache offers hikes along the Snake Indian River and visits to the Grande Cache Museum, with exhibits from pioneers and First Nations culture. Caroline offers easy trails around Lac Cardinal and cultural spaces like the Caroline Heritage Museum, which chronicles the history of agriculture and local communities. Finally, Abraham Lake offers flat trails along the lakeshore and panoramic viewpoints for admiring the surrounding mountains and alpine wildlife. These destinations combine history, culture, and nature, offering accessible and peaceful experiences: hikes through mountains and prairies, explorations of historical and cultural sites, and journeys along rivers and lakes, creating a stay rich in discoveries and moments of contemplation of Alberta's natural beauty.





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 OVER-65S TRIPS OFF THE BEATEN PATH

In the central and eastern prairies, towns like Humboldt, Melfort, and Wadena offer peaceful and culturally enriching experiences, perfect for those seeking slow walks and immersion in local history. In Humboldt, flat trails along the Little Red River and visits to the Humboldt & District Museum, which preserves historic photographs, farming tools, and relics of pioneer and indigenous life, allow you to discover the region's culture without the crowds. Melfort offers relaxing walks along the Tisdale Creek Trail and visits to the Melfort & District Museum, where you can explore artifacts related to historic agriculture and the area's first settlements. Wadena, with its parks and flat trails, offers the opportunity to walk along the shores of Wadena Lake and visit small local museums like the Wadena & District Museum, which chronicles the history of early schools, farming communities, and the traditions of local First Nations. In the rivers and lakes area, Nipawin, Carrot River, and Tobin Lake offer serene natural scenery and easy walks. Nipawin offers flat trails along the Saskatchewan River and a visit to the Nipawin & District Museum, with exhibits dedicated to the daily lives of pioneers and indigenous traditions. Carrot River offers tranquil riverside walks and accessible nature trails, while Tobin Lake offers lake views and local wildlife viewing along easy, uncrowded trails. These destinations combine history, culture, and nature, offering peaceful and rewarding experiences for those over 65: flat walks along rivers, lakes, and prairies, visits to accessible local museums, and discovering historic villages, creating stays rich in serenity and authentic connection with the Saskatchewan landscape.





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 OVER-65S TRIPS OFF THE BEATEN PATH

In the southern prairies and small historic towns, towns like Morden, Winkler, and Altona offer peaceful and culturally enriching experiences, ideal for those seeking a slower pace and relaxing environments. In Morden, strolls along the Boundary Trails Health Centre Pathway and visits to the Canadian Fossil Discovery Centre, which displays marine fossils, prehistoric reptile skeletons, and paleontological reconstructions, allow you to discover the region's geological history. Winkler offers flat walks in city parks and visits to the Pembina Threshermen's Museum, with collections of historic farm machinery, period buildings, and relics of rural life. Altona, with its gardens and open spaces, offers relaxing walks and the opportunity to visit the Gallery in the Park, which exhibits local artwork and photographs related to the region's culture. In the western lakes and forests, destinations like Dauphin, Swan River, and Clearwater Lake offer serene and easily accessible natural settings. Dauphin offers hikes along the Vermillion River Trail and visits to the Fort Dauphin Museum, which houses historic buildings, pioneer artifacts, and First Nations artifacts. Swan River offers flat trails through forests and nature parks, ideal for light hikes, while Clearwater Lake, known for its clear waters, offers shoreline strolls and relaxing moments immersed in nature. These destinations combine history, culture, and nature, offering peaceful and accessible experiences: flat walks through prairies and lakes, visits to local museums, and discovering authentic communities, creating a relaxing and enriching stay in the heart of Manitoba.





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, walruses, seals and migratory birds.

Geographically, Northern Canada covers approximately 3,921,000 km², 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 OVER-65S TRIPS OFF THE BEATEN PATH

In the rivers and lakes area, villages like Teslin, Carmacks, and Tagish offer peaceful, easy-to-navigate experiences. In Teslin, the Teslin Tlingit Heritage Centre offers insights into Tlingit culture through exhibits on crafts, traditions, and local history, with accessible spaces and flat trails along Teslin Lake. Carmacks, along the Yukon River, offers peaceful riverside strolls and visits to the Carmacks Community Heritage Centre, which houses artifacts about the gold rush, pioneers, and indigenous communities. In Tagish, lakeside paths and uncrowded forest trails offer serene settings, ideal for observing local wildlife and enjoying alpine views without crowds. In the mountainous and parkland areas, towns like Keno City, Haines Junction, and Marsh Lake offer a relaxing blend of nature and culture. Keno City offers walks along historic streets and visits to small museums like the Keno City Mining Museum, which tells the story of mining and pioneer communities with easily accessible exhibits. Haines Junction, near Kluane National Park, offers flat trails like the Cottonwood Trail, perfect for light hikes through mountains and forests, while Marsh Lake offers easy hikes and secluded spots for observing aquatic wildlife and enjoying the tranquility of the lake. In the coastal and forest areas, villages like Whitehorse, Mayo, and Old Crow offer cultural and nature experiences suitable for seniors over 65. Whitehorse, the capital, offers peaceful visits to the MacBride Museum and hikes along the Yukon River Trail, while Mayo offers flat trails through forests and hills and the opportunity to discover local mining history at the Mayo Community Museum. Old Crow, in the northern region, offers views of the Porcupine River and an opportunity to experience Vuntut Gwitchin culture through exhibits and guided tours at cultural centers, all in easily accessible natural settings. These destinations combine nature, culture, and history, offering peaceful trails, local museums, and scenic views, allowing seniors over 65 to explore the Yukon in a relaxed, safe, and authentic way.





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, Tuktoyaktuk, and Wood Buffalo offer pristine ecosystems, spectacular hiking opportunities, wildlife viewing, and immersive experiences in Canada's most remote wilderness.

PLACES AND EXPERIENCES FOR OVER-65S TRIPS OFF THE BEATEN PATH

For travelers over 65 who want to explore the Northwest Territories at a slower pace and enjoy experiences rich in culture and nature, there are quiet towns and spectacular scenery off the beaten track. In the rivers and lakes area, Fort Resolution and Hay River offer gentle walks and accessible natural spaces. In Fort Resolution, along the southern shore of Great Slave Lake, the Fort Resolution Museum preserves historical artifacts about the life of the Denesoline communities and early fur trade settlements; flat lakeside trails and picnic areas make it easy to admire the tranquil waters and local wildlife. In Hay River, gentle hikes along the River Walk Trail or the Fountain Tire Trail offer panoramic views of the lake and islands, ideal for spotting migratory birds and admiring nature in complete tranquility, while the Hay River Heritage Village tells the story of pioneers and indigenous communities in easily accessible spaces. To the north, Yellowknife and Behchokò offer a balance of nature, culture, and urban convenience. In Yellowknife, walks on the Frame Lake Trail or along the shores of Great Slave Lake are perfect for gentle outdoor activities, while the Prince of Wales Northern Heritage Centre offers in-depth exhibits on the cultural history of First Nations, Métis, and Northern Residents, with easily accessible spaces. In Behchokò, flat trails like the Fred Henne Territorial Park Trail offer peaceful strolls through forests and lake shores, and local communities offer insights into Tłı̨chǫ traditions. In the Arctic and subarctic coastal areas, Inuvik and Tuktoyaktuk offer tranquil experiences for those over 65 with a focus on landscapes and culture. In Inuvik, the Inuvik Community Greenway offers a flat path for relaxing walks, while visits to the Adam's River Interpretive Centre offer accessible insights into Gwich'in culture. In Tuktoyaktuk, long walks on Arctic beaches and lookouts overlooking the Beaufort Sea offer picturesque views and direct contact with northern nature without the crowds. These destinations combine history, culture, and nature, offering easy walks, accessible museums and interpretive centers, and tranquil views of rivers, lakes, and Arctic coastlines, creating an experience for those over 65 filled with discovery, comfort, and an authentic connection with 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 OVER-65S TRIPS OFF THE BEATEN PATH

In Nunavut, destinations such as Pangnirtung, Cape Dorset, and Coral Harbour offer tranquil and cultural experiences suitable for travelers over 65. In Pangnirtung, hikes along the flat Ukkusiksalik Fjord Trail and the fjord's shores offer effortless views of glacial lakes and mountains, with spectacular views and sheltered rest stops. The Pangnirtung Tapestry Studio offers a glimpse into traditional Inuit textile art, with accessible exhibitions and demonstration workshops. Cape Dorset, a renowned center for contemporary Inuit art, offers galleries and studios with ramps and adapted spaces, where visitors can admire carvings, sculptures, and traditional objects. The surrounding flat trails offer views of bays and cliffs, ideal for leisurely walks and panoramic photography. In Coral Harbour, in the Southampton Island region, flat coastal trails and quiet beaches allow for safe strolls across tundra and bays, with the possibility of observing migratory birds and seals. The small Coral Harbour Cultural Centre displays handcrafted objects, historic photographs, and Inuit artifacts, telling the story of local communities in easily accessible spaces. These destinations combine nature, culture, and local traditions, offering peaceful experiences, flat walks, visits to accessible cultural centers, and moments of contact with Arctic wildlife, making a trip to Nunavut for seniors an authentic and rejuvenating experience.





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.



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 km², 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 OVER-65S TRIPS OFF THE BEATEN PATH

In the Great Lakes region, Cobourg offers lakeside strolls along Cobourg Beach, with flat walkways and benches for relaxing breaks, while the Northumberland County Historical Society Museum chronicles local history, from early farming communities to 19th-century urban life, with spaces accessible to visitors over 65. In Port Hope, the walk along the Gananoque River and through the historic center allows you to admire restored Victorian buildings, while the Peterborough Lift Lock & Museum offers easy access and information on the engineering history of the Trent-Severn Waterway canals. Among historic villages and rural regions, 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 explores colonial history, local traditions, and the art of winemaking. In Elora, visitors can stroll along the Grand River on adapted paths and visit the Elora Centre for the Arts, which combines exhibitions by local artists with cultural events in accessible spaces. In the northern lake areas, Kawartha Lakes and Haliburton offer flat trails along Sturgeon Lake and Head Lake, perfect for leisurely strolls or birdwatching, complete with benches and scenic overlooks. The fully accessible Haliburton Highlands Museum chronicles life in rural communities, the history of early settlers, and local traditions. In Parry Sound, the Georgian Bay waterfront walk and the trails of the Charles W. Stockey Centre for the Performing Arts combine nature and culture with easy access and comfort for those over 65. In the northwest river areas, Fort Frances along the Rainy River offers flat walks and visits to the Fort Frances Museum & Cultural Centre, with exhibits on the history of pioneers and indigenous communities. Along Lake Superior, Sault Ste. Marie offers lakefront walks and visits to the Sault Ste. Marie Canal National Historic Site, where flat trails allow you to admire historic dams and spectacular views. These destinations offer an inclusive, safe, and immersive experience for travelers over 65, combining natural landscapes, accessible museums, and historic villages. They allow travelers to explore Ontario in all its diversity without sacrificing comfort and serenity, ensuring moments of discovery, culture, and connection with nature in every corner of the province.





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 OVER-65S TRIPS OFF THE BEATEN PATH

Québec offers travelers over 65 a wide variety of peaceful and accessible experiences, away from the crowded routes, where history, culture, and nature harmoniously intertwine in every region of the province. In the Charlevoix region, villages like La Malbaie and Baie-Saint-Paul offer scenic walks along the St. Lawrence River, with flat paths and observation points ideal for relaxation. The Musée de Charlevoix recounts the region's artistic and cultural history, while the Route du Fleuve offers scenic itineraries easily accessible by car, taking in river landscapes and small historic villages such as Saint-Irénée, known for its bay and sandy beach, Les Éboulements, with panoramic river views, and Petite-Rivière-Saint-François, one of the region's oldest villages, overlooking the St. Lawrence. In the Bas-Saint-Laurent area, towns like Rimouski and Kamouraska offer walks along the Saint Lawrence River and tranquil coastal areas like the Parc National du Bic, known for its accessible trails and opportunities to observe seals and seabirds. The Site historique maritime de la Pointe-au-Père in Rimouski, with its lighthouse and museum dedicated to the Empress of Ireland, recounts the 1914 sinking of the ocean liner in the Saint Lawrence River, one of the worst maritime disasters in Canadian history. Through artifacts, testimonies, and reconstructions, it combines maritime history and cultural exploration in an easily accessible setting. In the Outaouais region, cities like Gatineau offer high-quality cultural experiences with the Canadian Museum of History, one of Canada's most important museums. It hosts exhibitions dedicated to Canadian history, First Nations cultures, European colonization, and the country's development, featuring immersive reconstructions, historical objects, and the famous Grand Hall with totem poles and indigenous works. Nearby, Gatineau Park offers scenic trails, tranquil lakes like Lac Philippe, and picnic areas for relaxing breaks surrounded by nature. In the Abitibi-Témiscamingue region, towns like Ville-Marie and Rouyn-Noranda offer a glimpse into a lesser-known Quebec, with lakes like Lac Témiscamingue and walks along tranquil shores. The Musée d'art de Rouyn-Noranda offers an interesting overview of local contemporary art, while the surrounding natural landscapes guarantee tranquility and direct contact with nature. Finally, in the Lanaudière region, villages like Saint-Donat and Rawdon offer lakes like Lac Ouareau and Lac Rawdon, ideal for relaxing walks and moments of tranquility. Here, you can visit natural sites like the Chutes Dorwin, easily accessible and perfect for enjoying the picturesque scenery without excessive effort.





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.

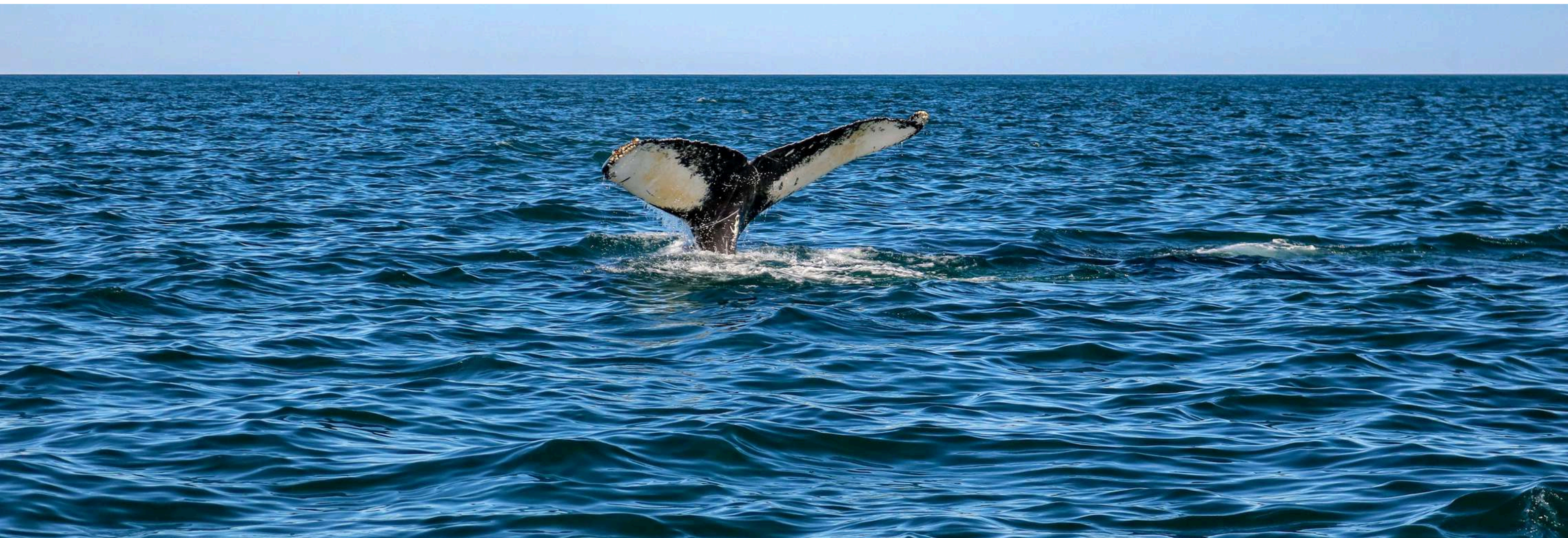
Québec possesses majestic rivers such as the St. Lawrence, Saguenay and Richelieu, and glacial lakes including Lac Saint-Jean and Lac des Two Mountains, ideal scenery for hiking, canoeing, and birdwatching. Historical villages such as Trois-Rivières, Baie-Saint-Paul and Kamouraska preserve architecture 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 km², 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 OVER-65S TRIPS OFF THE BEATEN PATH

Newfoundland & Labrador offers peaceful and accessible experiences for travelers over 65, combining nature, history, and culture in relaxing itineraries away from the main tourist routes. On the Bay de Verde Peninsula, villages like Old Perlican and Bay de Verde offer scenic walks along cliffs and quiet coves, with views of the Atlantic and the chance to spot puffins and seals. The Heritage Interpretation Centre in Old Perlican tells the story of fishing communities and local maritime culture, with trails accessible to all. Along the east coast, villages like Trinity and Port Rexton offer flat roads and guided walks to discover historic architecture and small museums like the Trinity Historical Society Museum, which showcases colonial life and craft traditions. Small nature trails, like those on the Trinity South Trails, are suitable for light walks and wildlife observation. Inland, the Gander and Gander Lake area offers peaceful hikes along the flat Gander Heritage Trails, with rest areas for picnics and nature observation. Here, visitors over 65 can appreciate the richness of glacial lakes, boreal forests, and rivers like the Victoria River, in safe and easily navigable settings. Finally, Labrador's western coast, with villages like Cartwright and Red Bay, and tranquil bays like Partridge Bay, offers spectacular yet accessible views, with the option of boat trips or easy cliff walks. The Red Bay Basque Whaling Station adds a cultural and historical element to the trip, combining natural beauty and unique heritage, easily accessible even for travelers over 65.





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 AN OFF-THE-BEATEN TRIP FOR OVER-65S

Nova Scotia offers relaxing and scenic itineraries for travelers over 65, combining nature, culture, and history in accessible routes away from mass tourism. In the Annapolis Valley, villages like Wolfville and Kentville offer peaceful strolls through vineyards and orchards, with flat trails along the Gaspereau River. The Acadia University Art Gallery and the Annapolis Royal Historic Gardens allow you to discover local history and art in easy-to-navigate settings. Along the South Shore, towns like Bridgewater and Lunenburg offer picturesque harbors and flat roads, ideal for leisurely strolls. The Lunenburg Fisheries Museum of the Atlantic chronicles the history of local fishing and marine life, while historic lighthouses like the East Ironbound Lighthouse offer spectacular views without requiring a demanding hike. On the East Coast, villages like Guysborough and Sherbrooke offer easy hikes along quiet bays like St. Mary's Bay, with picnic areas and easy trails, perfect for enjoying marine life and coastal scenery in complete relaxation. The Sherbrooke Village Museum showcases colonial life in accessible and well-designed settings. In the Cape Breton Highlands area, towns like Ingonish and Cheticamp offer flat trails in Cape Breton Highlands National Park and accessible lookouts, glacial lakes like Freshwater Lake, and breathtaking coastal views. Here, easy walks and safe lookouts allow you to experience the park in peace, immersed in nature and the history of local communities.





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.

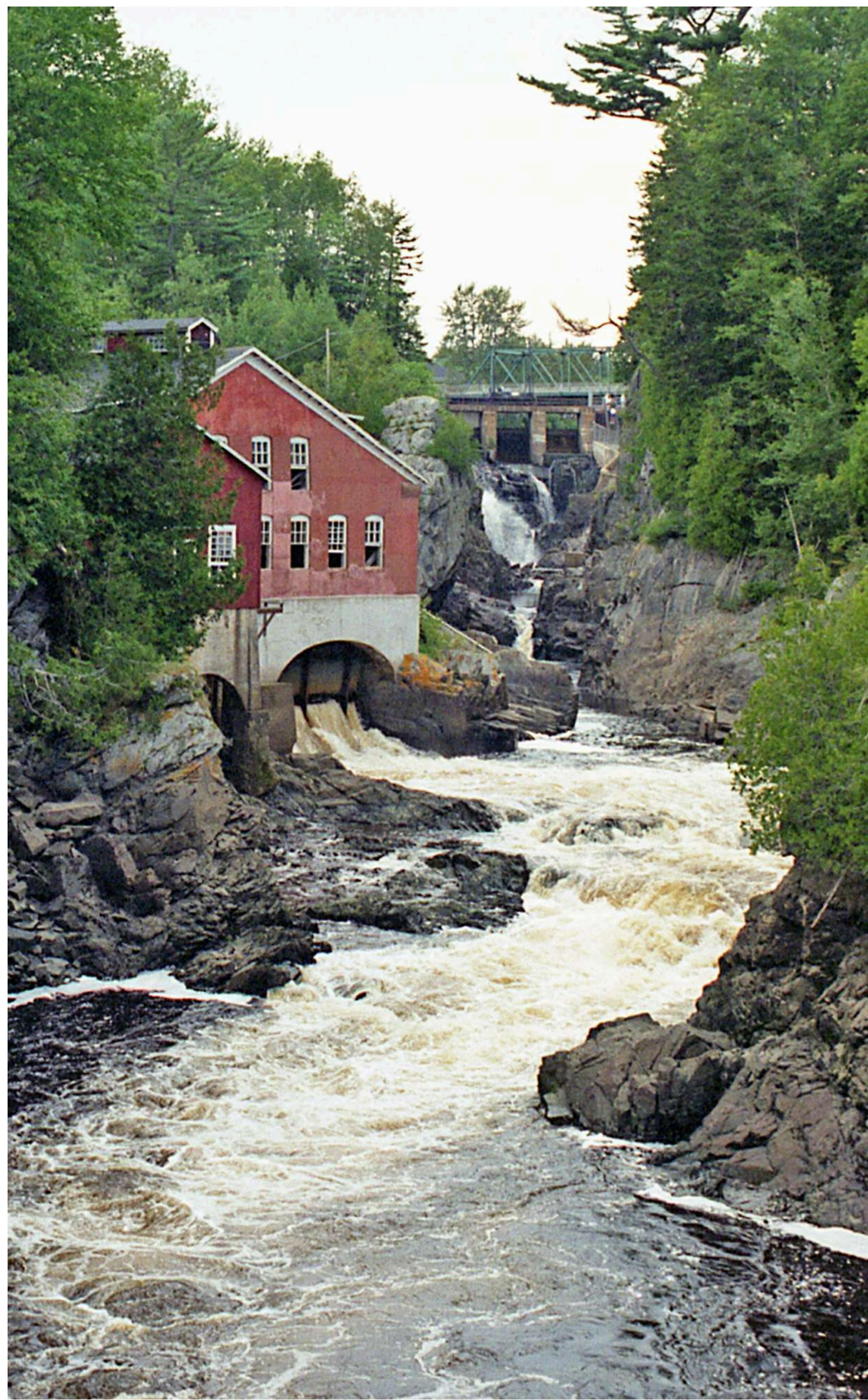
Villages like Annapolis Royal and Mahone Bay offer a glimpse into colonial history and agricultural traditions, offering picturesque yet accessible settings for visitors seeking authentic experiences off the beaten path.

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 AN OFF-THE-BEATEN TRIP FOR OVER-65S

New Brunswick offers peaceful and scenic itineraries for travelers over 65, combining nature, history, and culture on flat and easily accessible routes. In the Bay of Fundy region, villages like St. Martins and Alma offer walks along flat trails like the Fundy Footpath Trail (short and accessible sections) and quiet bays like Cove Creek, ideal for observing seals, seabirds, and the world's highest tides. The Fundy Geological Museum in Parrsboro showcases the local geology and wildlife, with routes designed for those seeking a leisurely visit. On the Acadian Coast, towns like Caraquet and Shippagan offer walks along quiet beaches like Havre-Aubert Beach, small accessible museums like the Acadian Museum of Caraquet, and flat trails ideal for effortlessly discovering the culture and history of the Acadian community. Along the Miramichi Valley, villages like Doaktown and Blackville offer relaxing walks along the Miramichi River, with picnic areas and safe vantage points for observing river wildlife. The Doaktown Heritage Centre showcases local history in accessible settings, combining culture and nature in a tranquil setting. In the Kouchibouguac National Park area, villages like Kouchibouguac and Rogersville offer flat trails, tranquil lakes and bays, equipped picnic areas, and accessible observatories for admiring coastal wildlife and boreal forests. This itinerary allows travelers over 65 to experience the natural and cultural beauty of New Brunswick in peace, safety, and comfort, away from the most popular tourist routes.





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 AN OFF-THE-BEATEN TRIP FOR OVER-65S

Prince Edward Island offers relaxing and culturally rich experiences for travelers over 65, with quiet trails, accessible villages, and natural vistas to enjoy at your leisure. On the northeast coast, towns like Brackley and Stanley Bridge offer strolls along Brackley Beach and the adjacent dunes, with boardwalks and flat trails accessible even for those who prefer light hikes. Here, you can observe local wildlife, including colonies of seabirds and seals along the coast. Inland, villages like Clyde River and North Wiltshire offer visits to small local museums, such as the Clyde River Heritage Centre, which chronicles the community's agricultural and maritime history with historic objects, photographs, and tools, and the North Wiltshire Historical Society, with exhibits on daily life on the island and testimonies of the Mi'kmaq culture and European settlers. Flat trails like those along the Confederation Trail allow for leisurely hikes, easy cycling, and safe strolls. On the southwest coast, villages like Borden-Carleton and Cape Traverse offer views of the Northumberland Strait and quiet coves where you can relax. Historic lighthouses like Cape Tryon Lighthouse and Cape Traverse Lighthouse are easily accessible and visitable, allowing for effortless panoramic views and a simple and comfortable way to appreciate the island's maritime history. This itinerary combines relaxation, nature, and culture, offering travelers over 65 authentic and peaceful experiences among beaches, historic villages, and local museums, all in complete safety and off 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.



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