

CLIA DESTINATION FACTSHEET

NEW ENGLAND & EAST COAST



George Washington Monument
Boston

BEST TIME TO GO/WEATHER

Cruises run from May to October, with the biggest concentration of departures from August to the end of the season to catch the famous autumnal colours during fall foliage. The start and the end of the season are marked by cool temperatures, especially at night, during May, June and October, though the summer months are comfortably warm with temperatures hovering around the mid-20s Celsius. The temperatures get lower, the further north you travel while Quebec is characterised by a humid continental climate.



Bay of Fundy

10 REASONS TO CRUISE HERE

Fall foliage – the vivid tide of autumnal colour that cascades down from Canada’s provinces and through New England is the region’s most colourful claim to fame; a natural wonder which attracts an army of leaf-peeping tourists.

Sleepy fishing ports – picturesque clapboard houses, pretty picket fences, artisanal shops and bundles of whimsical charm are key features of these peaceful communities, tucked into rugged coastlines and hidden coves.

Atmospheric cities – from Boston’s tumultuous past as the “Athens of America” and one of the country’s oldest metropolises to the maritime and military heritage of Halifax combined with the unmistakable Gallic aura of Quebec City.

Revolutionary spirit – Boston stands proud as the birthplace of American independence, where passionate speeches fired the masses to throw off British rule; rebels staged the infamous Boston Tea Party; and the first battles sparked the American Revolutionary War.

Tales of Titanic – the legendary liner is inextricably linked to Halifax as bodies of victims were brought ashore here, with most laid to rest in three city cemeteries. Fairview Lawn Cemetery is the main one worth visiting.

The great outdoors – thousands of miles of craggy untamed Atlantic coastline, dense Spruce forests, rolling hills, rugged mountain peaks and crystalline lakes make this region ideal for outdoor pursuits.

Taste of the sea – clambakes are a New England staple and add to a seafood bounty of lobsters, oysters and mussels along with fresh farm fare and the sweet-toothed temptations of pancakes drenched in maple syrup.

Gallic flavours – Quebec is full of continental culture; definitively and proudly French, where locals are bilingual; street artists ply their talents on cobblestone streets; and chi-chi restaurants and cafes display typically gastronomic passion.

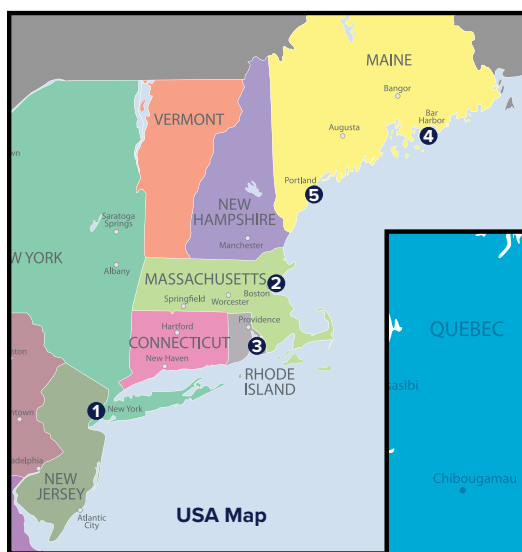
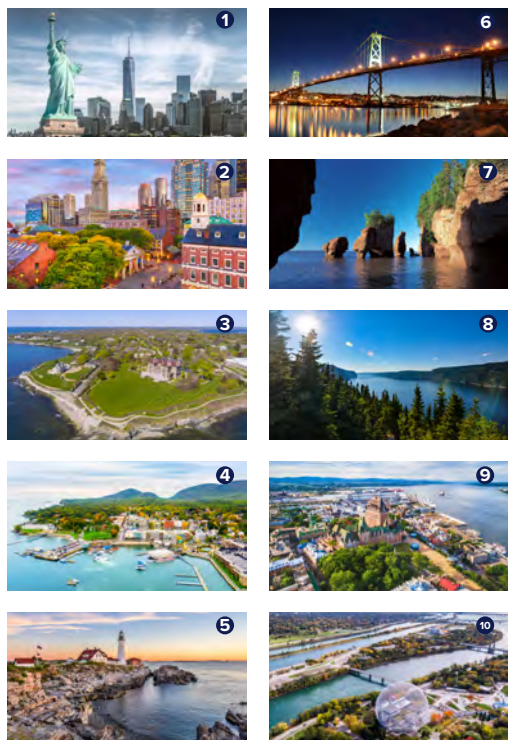
Sense of history – from the Pilgrim Fathers arriving in 1620 and birth of American Independence in New England, to the battle for supremacy between French and British forces in Canada’s maritime region and shared legacy of different cultures.

Natural appeal – this region is prime whale-watching territory, especially in the vast Gulf of St Lawrence off the Canadian coast, though additionally there are thousands of species of birds, plus moose, caribou and black bears.

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10 KEY ATTRACTIONS



1. New York – the Big Apple brings its own distinctive flavour with a frenetic whirl of 24/7 action; swanky shopping along Fifth Avenue; Broadway shows, first-rate museums, heart-stopping views from the Empire State Building and the evocative aura of the Statue of Liberty.

2. Boston – a sophisticated cultural hub with a small town feel and lots of history, best discovered on the Freedom Trail linking key historical sites from America's fight for independence. A lively restaurant scene is spiced up with the Cheers Bar from the legendary TV series.

3. Newport – the capital of Rhode Island, America's smallest state, a sailing mecca with a yacht-filled harbour, pretty clapboard houses, upmarket ambience and extravagant colonial-style mansions located along the famous Cliff Walk.

4. Bar Harbor – this colonial-era town is a tourist hot-spot with souvenir shops, bars and restaurants, plus a working waterfront where lobsters are the prime catch. It's best known as the gateway to the Acadia National Park, 47,000 acres of wilderness criss-crossed with hiking and cycling trails.

5. Portland – lobsters rule in this lively coastal city, whose roots as a fishing hub hold true today, though the Old Port warehouse district is now a chic shopping/dining complex. Its 18th century lighthouse is said to be the most photographed in the USA.

6. Halifax – the main attractions lie on the waterfront with the Maritime Museum of the Atlantic's Titanic exhibition and fascinating recollections of the 1917 Halifax Explosion, which killed nearly 2,000 people. A popular scenic draw is Peggy's Cove and signature lighthouse.

7. Bay of Fundy – dubbed one of the seven wonders of North America, this 170-mile stretch of coastline near St John in New Brunswick lays claim to the highest tides on earth, reaching nearly 60ft, the krill-filled waters attracting whales and seabirds.

8. Saguenay – this pocket of distinctive Quebecois charm, with streets of atmospheric shops and bars, is heightened by the spectacular Saguenay Fjord, 65 miles long and home to migrating birds, beluga and minke whales.

9. Quebec City – step into a slice of France amid winding streets leading up to the eye-catching Chateau Frontenac hotel dominating the skyline. The charismatic ambience is a Gallic delight with pavement cafes, street performers and lilting French accents of its bilingual residents.

10. Montreal – another French-infused delight located on an island in the St Lawrence River; a cultural melting pot combining the cosmopolitan city appeal of its modern face with the atmospheric colonial flavours of the Vieux-Montreal Old Town.

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New York

10 THINGS TO KNOW BEFORE YOU GO:

Multi-centre delights – with many sailings departing or arriving at New York, Boston, Quebec City and Montreal, it's easy to tag on city stays before or after the cruise. Alternatively, take the train from Montreal to stay in Toronto and visit Niagara Falls.

Get active – with wide open spaces, forests, mountains plus miles of coastline there's ample scope for hiking, biking and climbing. Alternatively, take to the lakes and the ocean for fishing trips, boat rides and kayaking explorations.

Remember the right gear – with such a range of activities don't forget hiking boots or walking shoes, plus binoculars for whale-watching, cameras and spare memory cards.

Easy to explore – efficient local transport, especially in Canada, and tourist services make it easy to jump on buses to local points of interest. Tourist information offices are often located near where ships dock.

It's all about timing – especially if you want to see fall foliage colours, spot migrating whales or hit the beaches for some summer sun, so pick the right months that tie in.

Which way? – many cruises are one-way and range from five to 14 nights, so decide if you want to start in Canada and sail southwards or travel in the opposite direction. Some longer itineraries may also include Greenland, Iceland, transatlantic crossings or southerly routes to Florida.

Watch out for whales – this region is one of the best for the volume and variety of cetaceans that can be spotted in the waters of the North Atlantic, including minke, humpback and fin whales plus dolphins and porpoises.

Small ship v big ship – while larger ships will cover the main attractions of this region, smaller vessels unearth lesser-known historic communities such as Lunenburg and Pictou in Nova Scotia, the remote Iles de la Madeleine and Baie-Comeau in Quebec.

From woolly hats to sunscreen – conditions can vary, especially the further north you go, where mornings and nights can be chilly, but days can be warm – so be prepared, layer up and don't forget waterproofs.

Double up on dollars – don't forget to take Canadian as well as US dollars as not everyone accepts US dollars north of the border and if they do the exchange rate may leave a lot to be desired.



Frontenac Castle in Old Quebec City