

FROM CANADA TO THE AMERICAN EAST COAST

From Toronto, set sail aboard Le Bellot for the vast unspoiled expanses of Canada and the North American coast. You will first enjoy a magnificent sail along the shimmering waters of Lake Ontario, then your ship will sail into the Saint Lawrence river, a prodigious waterway home to exceptionally beautiful nature. You will then call in at two emblematic cities: Montreal, famous for its liveliness and its cultural vibrancy and Quebec, capital of Canada's Beautiful Province, located on the St. Lawrence estuary and founded by Samuel de Champlain in 1608. Do not miss discovering this charming and lively city where the historic neighbourhood of Old Quebec, with its ramparts and fortifications, is listed as World Heritage by UNESCO. You will then sail towards the dramatic fjord of Saguenay, where many marine mammals have taken refuge. In the Gulf of Saint Lawrence, Havre-Saint-Pierre is the gateway to the beautiful Mingan Archipelago, where giant limestone formations rise from the waters. In this national park reserve, seals and cetaceans share their territory with countless birds. Le Bellot will then cruise along the coasts of Nova Scotia, home to great historical towns and villages of unrivalled cachet. You will leave Canadian waters for the United States. In Eastport, you will walk on the first stretch of land reached by the French upon arriving in the New World. This is where the highest tides in the Northern Hemisphere can be found, with tidal ranges of up to 8 metres (26 feet). Provincetown will also provide an opportunity to learn more about the origins of the country in the easy atmosphere of Cape Cod. This trip will end in Gloucester, the oldest port in the United States.



ITINERARY

Day 1 TORONTO

The largest city in Canada and capital of the province of Ontario, Toronto fascinates as much by its incredible diversity as by its size. Make sure you visit the CN Tower, the tallest tower in the western hemisphere, as well as the St. Lawrence Market whose stalls reflect the multicultural wealth of this city known as the global city. Not far from there, the historic Distillery District unveils its brick-paved streets imbued with romantic charm and



its myriad of small restaurants, cafes, boutiques, theatres and art galleries. The Royal Ontario Museum and its impressive collections devoted to the world's natural and cultural history will also be an unmissable stop during this port of call.

Day 2 KINGSTON

Located at the intersection of the St. Lawrence River, the Rideau Canal and Lake Ontario, Kingston takes pride in having been the first capital of Canada, from 1841 to 1844, before Ottawa. Kingston is often called "Limestone City", for the many heritage buildings built from this local stone. You will disembark right near the town hall to discover Kingston's major sights, such as the waterfront and its well-preserved architecture, the farmers' market, and the many museums (PumpHouse - the transportation museum, the Penitentiary Museum, etc.). One not-to-be-missed visit is Fort Henry, a military fort built in the early 19th century to defend this vital shipping route.

Day 3 SAILING RIVER SAINT LAWRENCE AND GOING THROUGH ITS LOCKS

Linking the Atlantic Ocean to the Great Lakes region inland, the Saint Lawrence Seaway was inaugurated in 1959, more than 250 years after the initial construction aiming to avoid the rapids obstructing navigation in these parts. This large engineering project, which required four years of huge work, offers a unique sailing experience, punctuated by the passage of the different locks marking out this corridor, which is almost 4,000 km long.

Famous for its gentle way of life, Montreal, Canada's second-largest city, is a warm and cosmopolitan metropolis. Situated on the eponymous river island, it is home to a multitude of districts, each as unique as the other. Set off to discover Old Montreal, most of which is declared a historic area, Little Italy, where you'll be able to stroll around the largest open-air market in North America, or the Golden Square Mile, the luxurious district located on one of the hills of Mount Royal and which has sumptuous Victorian-style residences. Simultaneously marked by the influences of the Old Continent and North-American gigantism, Montreal will never cease to amaze you.

Day 5 QUÉBEC

The capital of "La Belle Province" sits at the confluence of the St Charles River and the Gulf of St Lawrence in south-east Canada. Founded in the 17th century, the city still has an encircling wall, a historic civil engineering work and the only one of its kind remaining in North America. You will love the postcard-perfect stone houses of Old Quebec, the historic district listed as a UNESCO World Heritage site. Shopping is a pleasure in pedestrian streets such as Petit-Champlain Street, or you can relax over a spruce beer, seasoned with pine buds. Dufferin Boardwalk, an esplanade near the emblematic Chateau Frontenac, is the perfect place for views of the river and old city.

Day 6 SAGUENAY

Day 4 MONTREAL





The city of Saguenay nestles in a valley through which flows the eponymous river, one of the region's treasures. As it joins the Saint-Lawrence, the Saguenay River forms a spectacular fjord boasting extraordinarily differing landscapes. From Saguenay, you can explore the attractive Saguenay-Lac-Saint-Jean region, which is a paradise for those who love the great outdoors. You can combine country walks with boat trips within the various national parks studded throughout this extraordinary natural kingdom.

Day 7 AT SEA

During your day at sea, make the most of the many services and activities on board. Treat yourself to a moment of relaxation in the spa or stay in shape in the fitness centre. Depending on the season, let yourself be tempted by the swimming pool or a spot of sunbathing. This day without a port of call will also be an opportunity to enjoy the conferences or shows proposed on board, to do some shopping in the boutique or to meet the PONANT photographers in their dedicated space. As for lovers of the open sea, they will be able to visit the ship's upper deck to admire the spectacle of the waves and perhaps be lucky enough to observe marine species. A truly enchanted interlude, combining comfort, rest and entertainment.

Day 8 HAVRE-SAINT-PIERRE

Located on the Northern Shore of Quebec, Havre St Pierre is the gateway to the amazing natural heritage that surrounds it. This Ouebecois town provides an excellent base for exploring the

string of islands sprinkled off the coast. From Havre St Pierre, you can visit the Mingan Archipelago National Park Reserve. This is a land forged by the sea and elements, where nature still rules. This chain of islands is renowned for its spectacular limestone formations.

Day 9 AT SEA

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Day 10 SYDNEY

Founded in 1785, Sydney is located in the province of Nova Scotia, on Cape Breton Island. Sydney was very much shaped by the steel industry, since in the early 20th century it became home to the world's largest steel plants. The city contributed to the allied war effort by becoming a base for the supply convoys bound for Great Britain during the Second World War. Today, tourism has supplanted mining and the Sydney Mines Heritage Museum & Fossil Centre makes for an interesting visit. Walkers



will enjoy hiking along the lighthouse coastal trail through the wild nature of Cape Breton, with stunning views over the ocean.

Day 11 AT SEA

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Day 12 SHELBURNE

At the end of an arm of the Atlantic Ocean, in the Maritime province of Nova Scotia in the south-east of Canada, Shelburne takes you on a journey back in time, between gorgeous lakes and verdant plains. The history of this charming town can be felt through its paved streets lined with beautiful 17th-century buildings. The British flag still flies on some of the houses, as something of a memento of the past. And with reason, since the town was once the stronghold of Loyalists, American colonists who had remained loyal to the British Crown and taken refuge in the region after the American Revolution in 1783. This is just one chapter in the history to be discovered in the town's famous

museum, the Shelburne County Museum.

Day 13 EASTPORT

At the Canadian border, Eastport is, as its name suggests, the easternmost city in the United States. It is here that, in 1604, the first French people to arrive in the New World settled. Discover their story at the Saint Croix Island International Historic Site. In the late 19th century, this charming town in Maine grew significantly as a result of the development of the canned sardine industry. At the time, the town boasted more than a dozen sardine canneries. The architecture and some mansions from this period live on, affording the town a distinct elegance. One of the attractions of this town is undeniably its proximity to the Old Sow Whirlpool, the largest tidal whirlpool in the Northern Hemisphere, where visitors can watch the birds and marine mammals that come to feed on the nutrients driven up to the surface.

Day 14 PROVINCETOWN

At the far end of Cape Cod is where you'll find this hidden little New England village. Its elongated bay offers pristine, sandy beaches. For a bit of shopping, you can explore Commercial Street and the many art galleries and coffee shops there. At the end of the street, you will come across the Pilgrim Monument and its 116 steps. This tower was built at the beginning of the century to celebrate the first pilgrims who arrived a few hundred years earlier. The Provincetown museum commemorates the history and way of life of the Mayflower Pilgrims. Fine food is not scarce here, and you'll be tempted by delicious sea food



platters in the restaurants opposite the harbour!

Day 15 GLOUCESTER

Gloucester is a coastal town in Massachusetts, founded on the site named "Le Beau port" by Samuel de Champlain in 1604. The oldest fishing port on America's Eastern seaboard enjoyed a prosperous economy. The stunning seaside landscapes of Cape Ann and its proximity to New York and Boston made this a popular holiday destination for artists. Among these were Impressionist painters such as Rudyard Kipling or Edward Hopper. You will be captivated by the coming and going of ships in the harbour, the creative vibe on Rocky Neck Avenue, and the serene beauty of the surrounding nature. You may also spot some whales.

Please Note:

Itineraries are subject to change.





YOUR SHIP: LE BELLOT

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VESSEL TYPE:

LENGTH:

PASSENGER CAPACITY:

BUILT/REFURBISHED:

Featuring innovative and environmentally-friendly equipment, elegantly designed staterooms, spacious suites with large windows, and lounge areas that open onto the outside, this new limited-capacity yacht boasting just 92 staterooms and suites will offer you a truly unique cruising experience. As the first ship in a new series, Le Bellot will embody the unique atmosphere of a subtle blend of exploration, refinement, intimacy and comfort. Aboard this ship that flies the French flag, you will experience the incomparable pleasure of an intimate cruise, with the possibility of exploring an ever-increasing range of destinations in an ethnic-chic ambiance with luxury service. Experience a luxurious setting where the accent is on authenticity and passion for travel. RESTAURANTS As it is an essential part of French culture, gastronomy will naturally have pride of place aboard this new ship. To the back of Deck 4, you will find a 260 m² panoramic restaurant which can accommodate all of our passengers in a single sitting. Designed differently to that on our other ships, this dining area, which opens onto the outside, will have a buffet of salads, desserts and cheeses at your disposal. Our discreet and attentive crew will provide table service for hot meals. In a relaxed atmosphere, an outdoor grill on Deck 3 will serve grilled meats with a variety of salads and desserts. PUBLIC AREAS Le Bellot has many common areas that are designed and equipped to meet all of your needs while preserving the intimacy of each passenger. A 140 m² reception area includes: A reception/concierge desk, An excursions desk, The ship's administrative services, The sales office, manned by our Guest Relations Officer, Our 50 m² boutique which sells clothing, jewellery, beauty products, postcards and various accessories, Toilets accessible to passengers with reduced mobility. A new hydraulic platform with adjustable height provides: Easier boarding than on any other cruise ship, Easier Zodiac embarkation and disembarkation for expeditions, Easier access to the sea for swimming and practising various water sports such as kayaking or paddle-boarding. A pool deck offering: A pool with a panoramic view, equipped with a counter-current swimming system, A pleasant solarium, An outdoor bar and lounge with armchairs and sofas. A 200 m² main lounge which can accommodate all of our passengers to share convivial moments and to host activities organised during the day or evening. Lastly, a theatre that seats 188, equipped with: The latest sound and lighting technology, A LED wall as the stage backdrop, for the projection of high-resolution images and videos. Please click the following links to read more about Ponant and the other Ponant

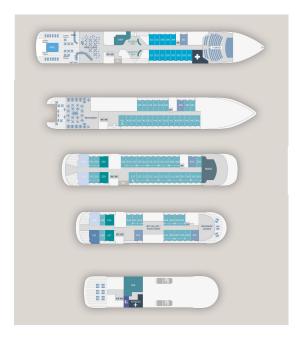




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