

SAILING THE ST. LAWRENCE SEAWAY AND CANADIAN MARITIMES - EASTERN CANADA CRUISE

Discover the natural beauty and diverse cultures of Eastern Canada on an adventure along the picturesque St. Lawrence River. Stroll through 400 years of history in Old Quebec--a UNESCO World Heritage Site--and St-Pierre, the only remaining French territory in North America. Venture into the rugged wildernesses of the Saguenay River Fjord and Île Bonaventure, a National Park of Canada in search of rare wildlife. And, at every turn, you'll be immersed in the region's fascinating history, stemming from French, British, and Indigenous roots.



ITINERARY

Day 1 St. John's, Newfoundland / Embark Ship

Arrive in St. John's, the picturesque capital city of Newfoundland and Labrador, in the afternoon and embark the ship.

Day 2 St-Pierre, France

The first landfall is in St-Pierre, France's oldest remaining overseas territory. Get to know this picturesque French fishing enclave by visiting a local island, where you will learn about its historic cod fisheries and explore the fascinating L'Arche Museum, dedicated to preserving the history of this remote territory.

Day 3 At Sea



Sail across the Gulf of St. Lawrence, known for its abundant plant and animal life both under water and on shore. Find a place on the observation deck to watch for the wildlife that calls this region home--including seven species of whales, such as the endangered North Atlantic right whale. Enjoy the day on board to edit photos, attend a presentation about the region with one of the naturalists or schedule a massage with the wellness specialist.

Day 4-5 Côte-Nord, Québec, Canada

Bordering the Labrador Sea and the Gulf of St. Lawrence, the Cote-Nord region of Quebec offers breathtaking, wild landscapes and geologic diversity, abundant marine life, maritime history and a culture influenced by its nine Indigenous communities. Spend two days exploring this stunning marine environment by Zodiac, kayak and on foot as you learn about the area alongside local experts.

Day 6 Québec City

Arrive in the provincial capital, Quebec City. The only remaining walled city north of Mexico, Quebec's rich history comes to life amid the ramparts and ancient streets of its old town, a UNESCO World Heritage site. Experience the city's European charm while strolling the lanes below the stately Citadel, keeping an eye out for the iconic realist murals that showcase Quebec's history. As you explore, get a taste for the city's renowned culinary scene, from its First Nations recipes and traditional French and English flavors to maple syrup-infused sweets.

Day 7-8 Saguenay River and Tadoussac / At Sea

Originating in Lake Saint-Jean in the Quebecois highlands and draining into the St. Lawrence Seaway, the Saguenay River is a haven for marine life, most notably the beluga whale. Harbor seals, porpoises and minke, blue and fin whales can also be seen at different times throughout the year in these nutrient-rich waters. The river's fjord, carved by glaciers over 10,000 years ago, plunges more than 900 feet below the surface, and its rising peaks and hanging cliffs soar more than 1,500 feet into the air. The landscape provides an astonishing backdrop as you sail and explore where two iconic rivers meet.

Enjoy a day at sea by attending an engaging presentation by naturalists and experts, relaxing with a book in the lounge or experiencing a wellness treatment at the spa. Keep an eye out for wildlife as the ship travels towards Îles de la Madeleine.

Day 9 Îles de la Madeleine

A cluster of wispy islands isolated in the Gulf of St. Lawrence, the Îles de la Madeleine are home to miles of golden beaches and dunes, grassy hills and dazzling red sandstone cliffs. Local experts will guide you across this landscape of caves and sea arches, stopping along the way in colorful fishing villages as you learn about Acadian culture.

Day 10 At Sea

Retrace a path back through the Gulf of St. Lawrence, passing between Nova Scotia and Newfoundland. Spend the day on board making final edits to your photos with the certified photography instructor or head to the bridge to learn about the ship's navigation from the crew.

Day 11 St. John's, Newfoundland / Disembark Ship

Disembark in St. John's and transfer to the airport for flights home.



Please note:

Itineraries are subject to change.



YOUR SHIP: NATIONAL GEOGRAPHIC EXPLORER

YOUR SHIP:	**National Geographic Explorer**
VESSEL TYPE:	**Luxury Expedition**
LENGTH:	**108 meters**
PASSENGER CAPACITY:	**148 (single & twin cabins)**
BUILT/REFURBISHED:	**1982 / 2008**

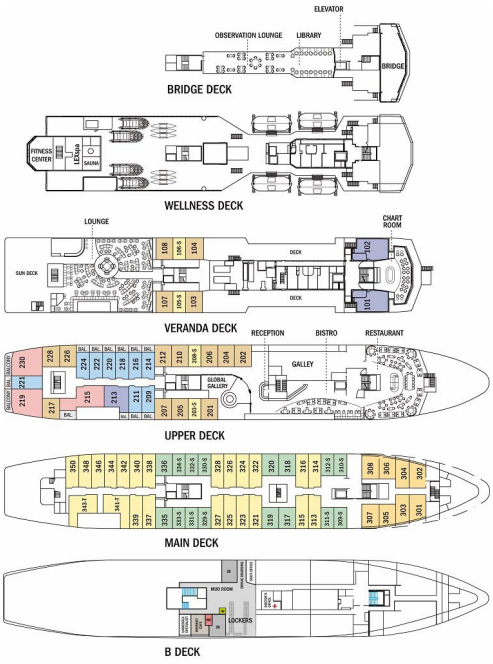
National Geographic Explorer is a state-of-the-art expedition ship. It is a fully stabilized, ice-class vessel, enabling it to navigate polar passages while providing exceptional comfort. It carries kayaks and a fleet of Zodiac landing craft. An Undersea Specialist operates a remotely operated vehicle (ROV) and sophisticated video equipment, extending access to the underwater world. Public areas : Bistro Bar; Chart Room; Restaurant; Global Gallery; Library, Lounge with full service bar and state-of-the-art facilities for films, slideshows and presentations; Mud Room with lockers for expedition gear, and Observation Lounge. Our "Open Bridge" provides guests an opportunity to meet our Officers and Captain and learn about navigation. Meals : Served in single seatings with unassigned tables for an informal atmosphere and easy mingling. Menu is international with local flair. Cabins : All cabins face outside with windows or portholes, private facilities and climate controls. Expedition Equipment : Zodiac landing craft, kayaks, Remotely Operated Vehicle (ROV), hydrophone, SplashCam, underwater video camera, Crow's Nest remote controlled camera, video microscope, snorkeling gear. Special Features : A full-time doctor, Undersea Specialist, LEX Photo Specialist and Video Chronicler, Internet Cafe and laundry. Wellness : The vessel is staffed by two Wellness Specialists and features a glass enclosed Fitness Center, outdoor stretching area, two LEXspa treatment rooms



and Sauna.



INSIDE YOUR SHIP



Category 01



Category 02



Category 03



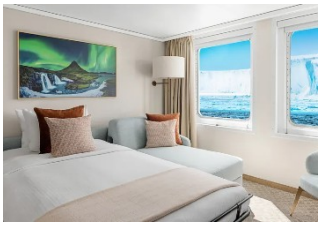
Category 04



Category 05



Category 06



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