

ST LAWRENCE RIVER, NOVA SCOTIA AND MAINE SMALL SHIP CRUISE

French charm meets British elegance: discover the Canadian way of life on North America's third-largest river - visually stunning discoveries and a great lock adventure as well.



ITINERARY

Day 1 Toronto/Lake Ontario/Canada, departure 22.00 hrs

Day 2 Passage through the Thousand Islands Lock adventure on the St Lawrence River: passage through seven locks

Where the St Lawrence River creates the border between the United States and Canada, your small expedition ship will pass through a photogenic labyrinth of skerries. Cruising through the Thousand Islands offers highly diverse island contrasts. In fact, there are not just 1,000, but more than 1,800 islands. Each island is different: some are covered in green forests, some have an English castle or colourful cottages - and the best views of



them can be enjoyed from the many open deck areas.

A highway of water: the St Lawrence River is a transport route, lifeline and the "home of whales" in North America. It connects the Great Lakes with the Atlantic Ocean. During your extraordinary passage, the ship will have to negotiate seven locks with a difference in height of up to 15 m (49 ft). Exciting manoeuvres that you can experience directly during the day: since your ship is built for expeditions and direct encounters with nature, you can use the many open decks to observe the lock passages. The Observation Lounge on Deck 8 also offers you a beautiful view of the action ahead. With your lock adventure on the St Lawrence River, you will experience a nautical feat that only a few ships can accomplish.

Day 3 Montreal/Canada, 07.00 – 19.00 hrs

In Montreal, Canada's second-largest city, the French way of life meets British understatement. The metropolis is gently nestled along Mont Royal: the local mountain is also the city's namesake and is a pleasant park for taking walks to enjoy wonderful views of Montreal. In the oldest district of Vieux-Montreal, many buildings such as the Notre-Dame Basilica, the Bonsecours Market and the town hall are reminiscent of the city's French roots. Enjoy the European flair of the neighbourhoods on your own explorations or on excursions*. In the largest French-speaking city in the world after Paris, your personal spirit of discovery meets a special form of savoir vivre.

Day 4 Quebec/Canada, 08.00 – 23.00 hrs

On your approach along the impressive the St Lawrence River, an iconic structure already provides a hint of Quebec's French flair: the Chateau Frontenac, a hotel in the style of a Norman castle, sits majestically high above the city. Take a fascinating journey of discovery through the picturesque old town: wander down the narrow, cobbled lanes, past traditional French architecture, charming boutiques and bistros. The ensemble is enclosed by a centuries-old city wall, which was declared a UNESCO World Heritage Site in 1985. In addition to the slower pace of life, Quebec is characterised by a vibrant cultural scene in which art galleries, theatres and street artists come together.

Day 5 Tadoussac/Canada, 12.00 – 24.00 hrs

With a bit of luck, you will see beluga whales before you reach Tadoussac - the waters here are home to world's southernmost population. Where the Saguenay Fjord joins the St Lawrence River, the village of Tadoussac, with its 800 inhabitants, welcomes you. It was founded by Europeans in the 17th century and is thus one of the oldest settlements in the country. Colourful houses with restaurants and small shops line the main street. Surrounded by green wooded hills, the pace of life here seems to be more relaxed. The proximity to the wide-open natural surroundings, the curved coastline and the river makes the village a popular starting point for outdoor activities* of all kinds and whale watching* - or for your own hikes.

Day 6 Saguenay (La Baie)/Canada, 07.00 – 18.00 hrs Cruising in the Saguenay Fjord

Jacques Cartier first set foot in the area around Saguenay in 1535. The explorer was amazed by the vastness of the region and named it "Kingdom". The reference has stuck, and Saguenay-Lac-Saint-Jean never misses an opportunity to remind its visitors of this with a variety of cultural and historical activities. It was only in 2002 that the present-day city of Saguenay was officially created by merging the surrounding small towns and communities.



In one of the largest side branches of the St Lawrence River, the Saguenay, nature is particularly vibrant. Keep an eye out for whales as you pass along the lifeline of the Canadian wilderness. Cruising on the Saguenay Fjord, you may be lucky to spot belugas, which can be found hunting for fish and plankton here all year round. The open deck areas and the deck tour at the bow are the best places to observe them. At the end of the fjord lies the region's capital, which has a French charm all of its own. It is a picturesque starting point for spectacular excursions. Spectacular, rugged mountain landscapes frame the scenery and make cruising on the Saguenay an unforgettable experience.

Day 7 Cruising in the Gulf of Saint Lawrence

Embark on an unforgettable adventure that reveals the beauty and vastness of eastern Canada's largest body of water: the Gulf of Saint Lawrence extends from the mouth of the St Lawrence River to Newfoundland and Nova Scotia, connecting Lake Ontario with the Atlantic Ocean. The cruise offers spectacular views of the picturesque coast, passing idyllic islands, historic towns and steep cliffs that characterise the region. Sit back, relax and enjoy the cruise, keeping an eye out for whales and migratory birds from the deck.

Day 8 Havre-Saint-Pierre/Canada, 08.00 – 17.00 hrs

Situated on the north-western shore of the St Lawrence River, Havre-Saint-Pierre is a place of remarkable diversity: impressive experiences of nature and wildlife viewing, hikes in unspoilt countryside and cultural discoveries await you. The port was founded in the 19th century by Acadian settlers, the "Cayens". In a former general store, which is now a cultural centre, you can gain insights into history. Directly off the coast lies the Mingan Archipelago National Park Reserve with its bizarre limestone monoliths, shaped by the sea and wind: the shapes will spark your imagination and make impressive photo motifs. In addition to rare flora with over 450 species of plants, the numerous islands and headlands are home to colonies of seabirds such as puffins and cormorants. Whales and seals also have their habitats here. Let yourself be captivated by French Canadian charm.

Day 9 Gaspe/Canada, 08.00 – 17.00 hrs

The local charm of the small town Gaspe is defined by the surrounding picturesque bays and cliffs as well as the majestic Gulf of Saint Lawrence. Located at the tip of the Gaspe Peninsula, the scenic town is known for its breathtaking landscapes. These vary greatly and have differences in height of up to 400 m (1,300 ft). The name Gaspe probably comes from a word of the Native American Mi'kmaq people and means something like "land's end". The place is also attributed with the historical significance of a beginning: it is considered the birthplace of the French colonisation of present-day Canada - in 1534, the explorer Jacques Cartier erected the first cross here. His contribution to the mapping of the St Lawrence River and his legacy in Canadian history remain significant to this day.

Days 10 - 11 Iles de la Madeleine/Canada Prince Edward Island/Canada

Cruising in the Gulf of Saint Lawrence, you will reach the Iles de la Madeleine in the Atlantic bay. The nine main islands and numerous smaller islands of the Magdalen Islands look like splashes of colour in the watercolour painting of the gulf. Red cliffs, golden beaches, green dunes and colourful wooden houses characterise the idyll, with small fishing boats bobbing on the water in front of picturesque villages. Here, your spirit of discovery is combined with savoir vivre: French caresses your



ear while culinary delicacies with fish and seafood tempt your palate. From the Cape Alright Lighthouse, perched lonely up on a cliff, you can enjoy breathtaking views of the coast.

The "birthplace of Canada" is located on Prince Edward Island: in 1864, a conference of the founding fathers in the charming capital city of Charlottetown gave the impetus for Canadian Confederation. As the sound of horse-drawn carriages rings through the streets, the centre offers fascinating discoveries. The smallest Canadian province is just as important to the country's history as it is large for its fishing tradition - there are said to be more than 1,000 licensed lobster fishermen in the region. Lobster was once considered a poor man's meal, but today the shellfish not only tops menus, but is also the focus of adventure tours both on and off the island.

Day 12 Relaxation at sea

Day 13 Halifax/Nova Scotia/Canada, arrival 08.00 hrs

The skyline of Halifax alone reveals: the capital of Nova Scotia presents itself modestly. When you set foot on land, you get an idea of what it must have been like for immigrants to touch Canadian soil for the very first time. In fact, between 1928 and 1971, around one million immigrants came to Canada in search of a new life. Enrich your impressions with a visit to the Canadian Museum of Immigration. Once the gateway to the New World, Halifax is now a place to linger and enjoy. The long seafront promenade, with its galleries, shops and restaurants, invites you to take a relaxed stroll. North America's oldest farmers' market is a popular meeting place for locals and visitors alike. History comes alive at the Maritime Museum of the Atlantic with its Titanic exhibition and at the open-air museum at the star-shaped Fort George citadel. End your day in atmospheric pubs with live music - your ship has an overnight lay time here.

Day 14 Halifax/Nova Scotia/Canada, departure 12.00 hrs

Day 15 Bar Harbor/Maine/USA, 10.00 – 20.00 hrs

Bar Harbor on Mount Desert Island brings you closer to life surrounded by Maine's nature. With its typical New England charm - characterised by historic architecture, cosy cafes, art galleries and maritime flair - this small harbour town invites you to while away some time. Museums such as the Abbe Museum tell the story of the region and the Wabanaki Confederacy, an alliance of Indigenous peoples in the north-east of the United States and Canada. Bar Harbor is also the starting point for your visit to Acadia National Park: numerous hiking trails lead through dense pine forests, flowering meadows and to an impressive rocky landscape. The ascent up Cadillac Mountain rewards you with spectacular 360-degree views over the Atlantic Ocean and the offshore islands.

Day 16 Cruising on Penobscot River

Cruising on Penobscot River reveals one of New England's most impressive river landscapes. Gentle, granite-covered hills follow the course of the river, while extensive mixed forests of maple, spruce and hemlock line the banks. With a bit of luck, they will shine in the bright colours of Indian summer. Time and time again, clearings reveal small islands, quiet tributaries and unspoilt wetlands. With a bit of luck, you may see a bald eagle circling high above the water - the Penobscot is considered one of the best places to observe these majestic birds of prey. The river, which was once heavily influenced by the timber and paper industry, has undergone a remarkable ecological recovery in recent years thanks to extensive renaturation and dam

removal projects. Thanks to improved water quality and restored fish migration routes, the Penobscot is once again one of the most important refuges and spawning grounds for Atlantic salmon in New England. This successful restoration makes a boat trip on the Penobscot River not only scenically appealing, but also a little journey into the success story of modern nature conservation work.

Day 17 Boston/Massachusetts/USA, arrival 07.00 hrs

Please note:
Itineraries are subject to change.



YOUR SHIP: HANSEATIC INSPIRATION/SPIRIT/NATURE

YOUR SHIP:	**Hanseatic inspiration/spirit/nature**
VESSEL TYPE:	
LENGTH:	
PASSENGER CAPACITY:	
BUILT/REFURBISHED:	

The HANSEATIC inspiration, spirit and nature are small, state-of-the-art expedition ships with a maximum of 230 guests, offers a perfect blend of adventure and comfort for explorers seeking to uncover the world's wonders. As an international vessel conducting cruises in both English and German, it brings over 30 years of expertise from a market leader in German-speaking countries to every journey. Each expedition is a masterpiece, passionately crafted to reveal far-flung worlds--be it icy realms, tropical paradises, wildlife havens, or cultural gems--making every voyage a unique discovery aboard this exceptional ship. Features of all cabins and suites An ocean view with even more: exclusively outside cabins and suites, almost all with balconies or French balconies Spaciously designed - enjoy a relaxing stay in rooms from 21 m²/226 ft² up to 71 m²/764 ft² in size Exceptionally equipped - for example, with binoculars, Nordic Walking poles, air conditioning, coffee machine and mini bar (free of charge) and 24-hour cabin service Separable beds Rain shower and heated wall in bathroom (e.g. for towels and wet parkas) Extensive infotainment with live broadcast and recordings of expert presentations, forwardview camera, navigation chart, films and much more Restaurants Aboard the HANSEATIC Inspiration and Spirit, a new kind of freedom blends adventure and pleasure with a culinary journey across three exceptional restaurants. The spacious HANSEATIC Restaurant offers flexible mealtimes and a free choice of seating, serving a daily-changing menu of global flavors inspired by local specialties, paired with fine wines and supported by attentive 24-hour cabin service. At the Lido Restaurant, guests can savor breakfast under the open sky or enjoy a perfectly grilled steak from the outdoor barbecue, complete with panoramic views and an open show kitchen. The specialty restaurant Nikkei fuses fine Japanese creations with modern Peruvian cuisine, delivering a unique dining experience that elevates exploration to new heights--all while bars in the Observation Lounge and HanseAtrium offer favorite drinks against stunning backdrops, from Nordic fjords to icy Antarctic vistas. Fitness and Wellness On the HANSEATIC inspiration, an extraordinary time out awaits after thrilling Zodiac rides, challenging hikes, or Arctic adventures. Unwind in the Ocean Spa, where a Finnish sauna with stunning ocean views, a gentle steam sauna, an ice fountain, and a relaxation room rejuvenate your senses, complemented by professional massages, cosmetic treatments, and eco-friendly products made from natural, vegan ingredients. Stay active in the 100 m² fitness room or separate course room--both with ocean vistas--guided by a fitness coach offering personalized advice and a variety of courses, either indoors or on deck. The pool area, with its flexible canopy, invites relaxation year-round, featuring water loungers, a whirlpool, and a bar, ensuring a perfect blend of

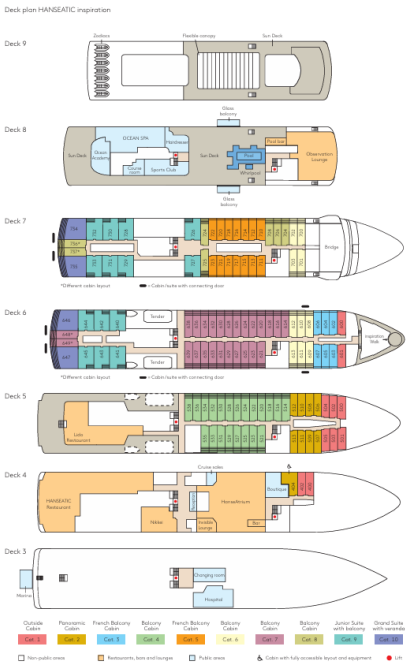
indulgence and revitalization against the backdrop of the open sea. Knowledge Shore excursions and Zodiac rides come alive with deeper context through fascinating presentations in the HanseAtrium, a high-tech lounge where experts share daily precaps and recaps, doubling as an atmospheric evening bar for films and discussions. The Ocean Academy enhances the journey with a Study Wall and interactive poster of scientific insights, microscopes for exploring hidden wonders alongside experts, and Study Seats--with swivel touchscreens--for personal dives into science. Supported by travel diaries and destination videos, this immersive experience broadens horizons with cutting-edge tools and



expertise.



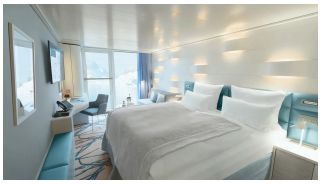
INSIDE YOUR SHIP



Balcony Cabin. From



French Balcony Cabin. From



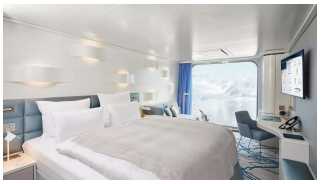
Junior Suite. From



Outside Cabin. From



Panoramic Cabin. From





PRICING

26-Sep-2028 to 12-Oct-2028

Outside Cabin. From	£9129 GBP pp
Panoramic Cabin. From	£9639 GBP pp
French Balcony Cabin. From	£10684 GBP pp
Balcony Cabin. From	£11594 GBP pp
Junior Suite. From	£16099 GBP pp