



VOYAGE ALONG THE ST. LAWRENCE: FROM QUEBEC TO THE CANADIAN MARITIMES — WITH SMITHSONIAN JOURNEYS

In alliance with Smithsonian Journeys. This cruise is part of a collection of PONANT voyages that are specially-tailored for English-speaking travelers who want to engage with the world. In addition to the usual elements of the PONANT experience, the listed price for these voyages includes transfers to and from the ship, talks and discussions aboard ship by world class experts, and a shore excursion or activity in each port of call that encourages guests to embrace the sights, sounds, tastes, and smells of the local environment and culture. The waterways of eastern Canada and northern New England are among the loveliest in the world. The rock-bound coast, soaring cliffs, and idyllic waterfront villages have drawn visitors for more than one hundred years. After embarking in Toronto, Ontario, your first full day aboard ship is spent navigating the St. Lawrence Seaway, a network of lakes, canals, and locks that provides deep-water passage from Lake Ontario to the St. Lawrence River. Montreal, the first of four calls in Quebec, is a cosmopolitan metropolis, where you may tour the charming Old Town or explore the arts scene along St. Laurent Boulevard. Quebec City, with its narrow cobblestoned lanes and historic battlements, is one of North America's most romantic spots. Tadoussac, the oldest continuously inhabited European settlement in Canada, sits at the mouth of the Saguenay River, an area famous for the whales that congregate there to feed. And the picturesque village of Perce, at the tip of the Gaspé Peninsula, serves as gateway to the UNESCO Global Geopark of Bonaventure Island. Cap-aux-Meules, in the Magdalen Islands, is a fascinating Acadian stronghold, where the legacy of the 17th-century colonists who settled here and defended their autonomy against

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both British and French lives on. Nova Scotia is next, offering the historical town of Lunenburg for discovery. Charming Lunenburg, whose Old Town is a UNESCO World Heritage site, is also home to the Fisheries Museum of the Atlantic. A day at sea brings you to Eastport, Maine, where you will enjoy an opportunity to visit the Tides Institute & Museum of Art or Shackford Head State Park on Moose Island, or to join your local boat captain on a whale watching excursion, collecting lobster traps on the way back to port. Disembark the following day in Boston,



Massachusetts.

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 SAILING LAKE ONTARIO & SAILING RIVER SAINT LAWRENCE AND GOING THROUGH ITS LOCKS

Lake Ontario is the smallest and most easterly of the five Great Lakes of North America, that together form one fifth of all the freshwater on the planet. You will enjoy a magnificent setting, enhanced by the Indian summer, for an exceptional voyage on the sparkling waters of this natural treasure, lying 76 metres above sea level. Fed by the waters of Lake Eyrie and the extraordinary Niagara Falls, it flows into the Saint Lawrence River which follows its course. On the border between the United States and Canada, the lake has great cities like Toronto on its shores but also boasts more secret and unspoiled areas, teeming with beaches, forests and small ports in a bucolic atmosphere. 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



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almost 4,000 km long.

Day 5 TADOUSSAC

Day 3 MONTREAL

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 4 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.

The Quebec village of Tadoussac stands at the confluence of the Saguenay River and the Gulf of Saint-Lawrence, in south-east Canada. The village is bright with multicoloured houses nestling in an emerald-green pine forest. From the waterfront, it's easy to spy out Tadoussac Chapel, thanks to its bright red roof. Not far from this church built of wood, one of the oldest in North America, stands a century-old village holiday resort, Hotel Tadoussac. Treat yourself to tea on the terrace overlooking the shoreline. In addition, at the marine mammal interpretation centre, you can hone your knowledge of the cetaceans that regularly frequent Tadoussac bay.

Day 6 PERCÉ

If you appreciate the beauty of scenery and geological phenomena, you will fall under the irresistible spell of Percé, one of the most beautiful villages in Quebec. Apart from the attractions of the town itself, Percé owes its reputation to its proximity to the famous rock of the same name that rises opposite it in the Gulf of Saint Lawrence. Along with the neighbouring Bonaventure Island, this rocky outcrop forms a national park famed for its natural, historical and geological heritage. With a choice of hiking, underwater exploration and cultural activities, you'll never be short of things to do in this fascinating region.

Day 7 CAP-AUX-MEULES, MAGDALEN ISLANDS



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Although it is the administrative and economic centre of the Magdalen Islands archipelago, in the Gulf of Saint Lawrence, the village of Cap-aux-Meules remains a peaceful location and is ideal for exploring preserved nature. Located on the eponymous island, in reference to the sandstone rocks of the cape that were used in the past to make grindstones, the location is above all considered to be the maritime gateway to the archipelago. In this respect, it offers privileged access to many sites renowned for their natural and historic heritage, such as the village of Havre-Aubert which is a member of the Most Beautiful Villages of Quebec.

Day 8 AT SEA

During your journey 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 journey without a port of call will also be an opportunity to enjoy the conferences or shows proposed on board, depending on the activities offered, or 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 9 LUNENBURG

Stretching out along the eastern seaboard of Nova Scotia, the picturesque port of Lunenburg will leave an indelible impression. You can admire the colonial architecture of this fishing village whilst strolling through the chequerboard streets studded with brightly coloured houses. The enchanting charm of the old town has earned it UNESCO World Heritage status. The former naval shipyard town of Lunenburg is where you will also find the replica of the legendary Bluenose schooner, originally built in this port.

Day 10 AT SEA & EASTPORT

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Day 11 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 12 BOSTON

Nicknamed " America's Walking City", the city is considered to be the epicentre of American history. Founded in 1630, the tenth largest agglomeration in the United States, is a pleasure for walkers. To get around, just follow the Freedom Trail circuit that serves most of the tourist sites with its red line traced on the ground. Don't miss all the delicious local specialities on offer at Quincy Market, like the lobster sandwich, and then take time to explore North End, the Italian quarter. For the more romantic among you, Beacon Hill, the historic quarter, with its absolutely charming cobbled streets, is really worth a look.

Please Note:

Itineraries are subject to change.



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YOUR SHIP: Le Champlain

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Featuring innovative and environmentally-friendly equipment, elegantly designed cabins, spacious suites with large windows, and lounge areas that open onto the outside, this new limited-capacity yacht boasting just 92 cabins and suites will offer you a truly unique cruising experience. As the first ship in a new series, Le Champlain will embody the unique atmosphere that is the cruise line's hallmark: a subtle blend of 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. Through its two restaurants, Le Champlain will invite you on a journey to elegance and epicureanism. In a relaxed atmosphere, a first dining area located on Deck 3 and able to seat 70 will serve grilled meats daily, along with a variety of salads and desserts. 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. **PUBLIC AREAS** Like Le Boreal and its sisterships, Le Champlain 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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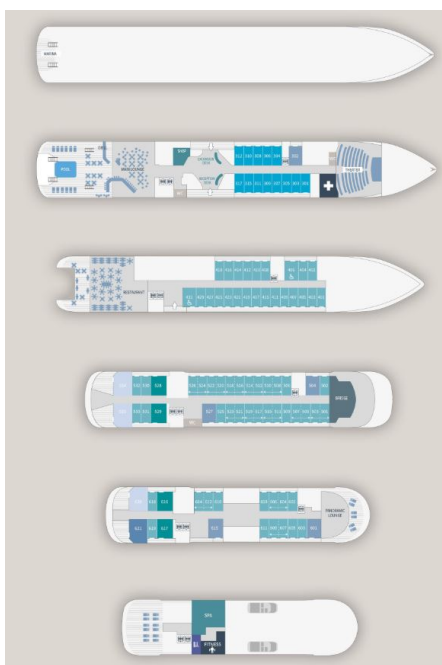
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