

# Symphony on the St. Lawrence: From Québec to the Canadian Maritimes – with Smithsonian Journeys

From **16/10/2023**  
to **30/10/2023**

Ship: **LE BELLOT**

From **Toronto**  
to **Gloucester**



Shore excursion in each port of call + transfers included

## In alliance with Smithsonian Journeys.

*This cruise is part of a collection of PONANT voyages that are specially tailored for English-speaking travellers 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.*

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 **St Lawrence River**, a prodigious waterway home to exceptionally beautiful nature.

You will then call in at two emblematic cities: **Montreal**, famous for its energy 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. At the mouth of Saguenay River, you will reach **Tadoussac**. This National Park is also an unmissable site for whale watching as the mammals gather to feed before winter.

Further on, you will reach **Percé**, one of the most scenic villages of Quebec, close to a National Park famed for its natural, historical and geological heritage.

*Le Bellot* will then cruise along the coasts of **Nova Scotia**, home to great historical towns and villages of unrivalled cachet.

Then you will head south to **Bar Harbor** on Mount Desert Island, discovered by Samuel de Champlain in 1604. This small bustling town on the north-east coast of the state of Maine is a seaside resort whose appeal lies in its stunning landscapes, including those of Acadia National Park.

This trip will end in **Gloucester**, the oldest port in the United States.



The information in this document is valid as of 06/07/2022

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## YOUR STOPOVERS :

### TORONTO

Embarkation 16/10/2023 from 16:00 to 17:00

Departure 16/10/2023 at 18:00

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, cafés, 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.

### SAILING LAKE ONTARIO

Arrival 17/10/2023

Departure 17/10/2023

**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.

### SAILING RIVER SAINT LAWRENCE AND GOING THROUGH ITS LOCKS

Arrival 17/10/2023

Departure 17/10/2023

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.

### MONTREAL

Arrival 18/10/2023 early morning  
Departure 18/10/2023 late afternoon

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.

## QUÉBEC

Arrival 19/10/2023 early morning  
Departure 19/10/2023 late afternoon

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 **Château Frontenac**, is the perfect place for views of the river and old city.

## TADOUSSAC

Arrival 20/10/2023 early morning  
Departure 20/10/2023 early evening

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.

## AT SEA

Arrival 21/10/2023  
Departure 21/10/2023

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.

## PERCÉ

Arrival 22/10/2023 early morning

Departure 22/10/2023 midday

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.

## CHARLOTTETOWN

Arrival 23/10/2023 early morning

Departure 23/10/2023 late afternoon

The colonial seaport of **Charlottetown** is the capital of Prince Edward Island, "the Garden of the Gulf of St. Lawrence." The town played a crucial role in Canada's history, hosting the **Charlottetown Conference** (1864), which set the stage for the country's unification. **Province House** is site of that conference and now home to the provincial legislature. Explore nearby **Prince Edward Island National Park** and the **Anne of Green Gables House**—inspiration for Lucy Maud Montgomery's classic novel. Also see the **Confederation Bridge**, which crosses the eight miles of the Northumberland Strait, making it Canada's longest bridge and the longest bridge in the world to span ice-covered water.

## CAP-AUX-MEULES, MAGDALEN ISLANDS

Arrival 24/10/2023 early morning

Departure 24/10/2023 late afternoon

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.

## BADDECK

Arrival 25/10/2023 early morning

Departure 25/10/2023 late afternoon

Discover the charming village of **Baddeck** in the heart of Cape Breton Island in Nova Scotia. Located on the banks of Bras d'Or Lake, designated as a UNESCO Biosphere Reserve, this community of several hundred inhabitants is renowned as the point of departure and arrival of the **famous Cabot Trail**. Named in honour of the Venetian explorer John Cabot who discovered Atlantic Canada at the end of the 15<sup>th</sup> century, this panoramic road lets travellers enjoy the sumptuous coastal landscapes of the north of the island. Crossing the **Cape Breton Highlands National Park**, it offers many possibilities to admire the wooded expanses, lakes and streams, deep gorges and steep cliffs that make

the area so beautiful.

## LOUISBOURG

Arrival 26/10/2023 early morning

Departure 26/10/2023 early afternoon

Set in the Atlantic Ocean, **Cape Breton Island** turns up fun-to-explore curiosities such as **Louisbourg**, the former capital from when it was named Ile Royale. This picturesque little town is home to one of the country's most significant historical sites: the symbolic and beautifully restored **Fortress of Louisbourg**. A tour transports you back to the heart of 18<sup>th</sup>-century Canada. Access the old fortified square via the drawbridge and Dauphin Gate, which is guarded by a sentry. You can then explore the **fortified town** as it was in its heyday. Get ready for an extraordinary adventure that's more than just a journey back in time.

## LUNENBURG

Arrival 27/10/2023 midday

Departure 27/10/2023 early evening

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.

## AT SEA

Arrival 28/10/2023

Departure 28/10/2023

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.

## BAR HARBOR

Arrival 29/10/2023

Departure 29/10/2023 early afternoon

With landscapes that seem to have come straight from a Stephen King novel, made up of long rocky outcrops plunging into the cold waters of the Atlantic, the region of Maine is full of unexpected delights. **Bar Harbor** is one of them. A seaside resort for aristocrats of another era, this former fishing port, founded in the early 18th Century reveals an atmosphere that is **both chic and refined**, and over time has become the ideal destination for romantics and **lovers of open spaces**

## GLOUCESTER

Arrival 30/10/2023 early morning

Disembarkation 30/10/2023 at 07:00

**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.