



# Escorted Small Group Holidays

## A SHARED SMALL GROUP EXPERIENCE

Since 1987, Adventures Abroad has been organising small group holidays to over 130 countries and territories worldwide. These unique small groups allow exploration in ways unlike the large tour operators: off the beaten path, away from the crowds, and longer time at sites.

Adventures Abroad's North American tours can be combined with a stay at any one of our villa properties. Most Western Canada programmes begin/end in Vancouver, however for those tours which do not, we will be happy to arrange connecting flights or transport.



## INTERNATIONAL DESTINATIONS

In addition to Adventures Abroad's Canadian programmes, tours are offered to over 130 countries worldwide. There are currently over 500 itineraries available.

For more information on tours to Canada or worldwide, contact our sales office for catalogues (Cultural Tours, Active Adventures and Family Holidays), day-by-day itineraries, or additional information.

Visit the Adventures Abroad web site for the entire selection of itineraries and programmes.

[www.adventures-abroad.com](http://www.adventures-abroad.com)

*Left to Right: Lighthouse, Nova Scotia (AA), Québec carriage (AA), Group on ferry (AA), Prince Edward Island (AA), 78th Media, Halifax (NSTC) and group at glacier (AA).*

## ADVENTURES FOR ALL AGES

Most of Adventures Abroad's holidays can be enjoyed by anyone of an average fitness level. (Some of our active adventures require a higher level of fitness.)

People of all ages participate on their tours; travellers join from all over the USA, Canada, Britain, Australia and New Zealand. A mixed group enhances the travel experience!

## SMALL GROUPS

Most trips operate with four to 21 participants, with 12 being the average group size. Travelling in a small group enables you to get to know your fellow travellers and allows flexibility which large tour groups cannot experience. Spontaneity is an integral part of every Adventures Abroad tour, whether it be a chance to see an outdoor wedding or an opportunity to take part in an aboriginal festival.

## OFF THE BEATEN TRACK

Each of Adventures Abroad's tour visits the major cultural and historic sites, usually with the expertise of a local guide adding to the Tour Leader's knowledge. Travelling to the unusual destinations, however, is what makes our tours so different. Visiting little known sites along the route, planned excursions, and staying in smaller, less-known places add to your travel experience.

## ITINERARIES

Carefully planned itineraries create the perfect balance between travelling, sightseeing and independent time. Each trip has its own highlights, many of which cannot be written into the printed itineraries since they are impossible to predict. Excellent Tour Leaders are able to adapt to local events, and adapt the itinerary to maximize your experience. Each tour offered has a detailed day-by-day itinerary that describes each day's included activities; the itinerary also lists which meals are included (always at least two per day,) and any additional information.



## THE ROCKIES TO VANCOUVER ISLAND

Code: AA-WC1  
Calgary-Vancouver

1/Arrive in Calgary. 2/Travel to Banff; Sightseein in Banff. 3/Lake Louise sightseeing; Yoho National Park. 4/Columbia Icefields; Jasper. 5/Travel to Kamloops. 6/Continue through Coquihalla Country to Vancouver. 7/Sightseeing in Vancouver. 8/Whistler sightseeing; Sea-to-Sky Highway. 9/Ferry to Vancouver Island; Tofino and Long Beach. 10/Whale Watching at Tofino. 11/Victoria sightseeing. 12/Free in Victoria; return to Vancouver. 13/Departure.

## FROM SKY TO SEA

Code: AA-WC3  
Calgary-Vancouver

1/Arrive in Calgary. 2/Travel to Banff; Sightseeing in Banff. 3/Lake Louise sightseeing; Yoho National Park. 4/Columbia Icefields; Jasper. 5/Travel to Kamloops. 6/Travel through Coquihalla Country to Vancouver. 7/Sightseeing in Vancouver. 8/Whistler sightseeing; Sea-to-Sky Highway. 9/Departure.

## HIKING AND CANOEING THE CARIBOO

Code: AA-XBC  
Vancouver-Vancouver

1/Arrive in Vancouver. 2/Sightseeing in Vancouver. 3/Board “Cariboo Prospector” to 100 Mile House. 4/Mountain trails lead by naturalist guide. 5/Bird’s Nest Mountain. 6/Mountain trails lead by naturalist guide. 7/Travel through central Cariboo Plateau to Wells. 8/Bowron Lake canoeing. 9/Portage at Indianpoint Lake and Issac Lake. 10/Paddling on Bowron Lake. 11/Paddle through “Chute” and “Rollercoaster”. 12/Paddle Cariboo River. 13/Continue on Cariboo River. 14/Paddle Bowron River. 15/Departure.

## FEATURES

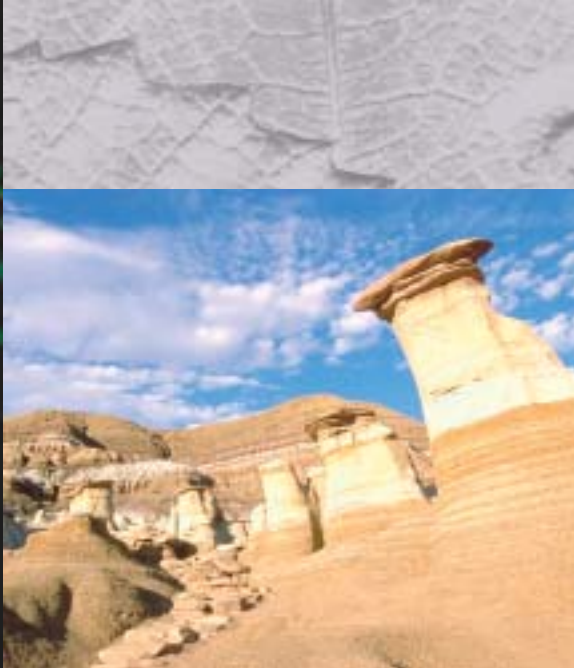
- 12 nights accommodation
- Sightseeing in Calgary, Banff, Lake Louise, Jasper, Vancouver, Vancouver Island, Victoria
- Breakfast and dinner daily
- Adventures Abroad Tour Leader

## FEATURES

- 8 nights accommodation
- Sightseeing in Calgary, Banff, Lake Louise, Columbia Icefields, Drumheller, Waterton
- Breakfast and dinner daily
- Adventures Abroad Tour Leader

## FEATURES

- 14 nights accommodation
- Sightseeing in Vancouver
- Guide hiking and canoeing
- Breakfast and dinner daily; Lunch while canoeing
- Adventures Abroad Tour Leader



## LOOKING FOR SOMETHING ELSE?

Adventures Abroad designs their tours in a “module” system. Most trips have shorter or longer versions; many tours operate “back-to-back”, so you can have longer journeys.

In addition to our Canadian itineraries, we also offer Alaska and New England. (New England can combine with our Atlantic Canada itinerary.)

For additional information and a full selection of itineraries, please visit

[www.adventures-abroad.com](http://www.adventures-abroad.com)

*Left to Right: Uchuel, Vancouver Island (TBC), Lake of the Woods, BC (TBC), Bowron Lakes canoeing (AA), Tofino, Vancouver Island (Tourism BC), Hoodos, Alberta Badlands (Travel Alberta), and Mount McKinley, Alaska (R Melton, ADT).*

## ALBERTA HERITAGE

Code: AA-WC4  
Calgary-Calgary

1/Arrive in Calgary. 2/Travel to Waterton Lakes International Park. 3/Sightseeing in Waterton. 4/Travel to foothills of Rocky Mountains and Lethbridge via archaeological site. 5/Visit Dinosaur Provincial Park; travel through the “Badlands” to Drumheller. 6/Royal Tyrrell Museum of Paleontology; hike through the “Badlands”. 7/Travel to Rocky Mountain House; visit aboriginal village. 8/Visit Columbia Icefields; “Snocoach” ride on Athabasca Glacier; Lake Louise. 9/Banff sightseeing; Sulphur Mountain gondola. 10/Calgary Zoo. 11/Departure.

## FEATURES

- 10 nights accommodation
- Sightseeing in Calgary, Banff, Lake Louise, Columbia Icefields, Drumheller, Waterton
- Breakfast and dinner daily
- Adventures Abroad Tour Leader

## ALASKA: THE LAST FRONTIER

Code: AA-AK1  
Anchorage-Anchorage

1/Arrive in Anchorage. 2-3/Denali National Park. 4/Kenai National Park. 5/Fjords National Park. 6/Prince William Sound. 7/Valdez and Columbia Glacier. 8/Anchorage. 9/Departure.

## FEATURES

- 8 nights accommodation
- Sightseeing in Anchorage, Denali, Kenai, Valdez
- Breakfast and dinner daily
- Adventures Abroad Tour Leader



## QUÉBEC: LA BELLE PROVINCE

Code: AA-QU1  
Montréal-Montréal

**1/**Arrive in Montréal. **2/**Transfer to Québec City; Québec City sightseeing. **3/**Visit Ile d'Orleans. **4/**Travel to Saint-Jean-Port-Joli; traverse St Lawrence River to Saint-Simeon. **5/**Whale watching at Baie-Sainte-Catherine. **6/**Ferry to Ile aux Courdes. **7/**Montmorency Falls. **8/**Montréal. **9/**Departure.

## QUÉBEC & ATLANTIC CANADA

Code: AA-QU4  
Montréal-Halifax

**1/**Arrive in Montréal. **2/**Transfer to Québec City; Québec City sightseeing. **3/**Visit Ile d'Orleans. **4/**Travel to Saint-Jean-Port-Joli; traverse St Lawrence River to Saint-Simeon. **5/**Whale watching at Baie-Sainte-Catherine. **6/**Ferry to Ile aux Courdes. **7/**Montmorency Falls. **8/**Montréal. **9/**Board overnight train for Halifax. **10/**Arrive in Halifax. **11/**Sightseeing in Halifax; Peggy's Cove and Lunenburg. **12/**Grand Pre; Glooscap Trail. **13/**Moncton; Confederation Bridge to Prince Edward Island. **14/**Charlottetown; Green Gables and Cavendish Beach. **15/**Ferry to Cape Breton Island. **16/**Cabot Trail. **17/**Louisbourg; Overnight ferry to Newfoundland. **18/**Cornerbrook. **19/**Gros Morne National Park; Grand Falls. **20/**Terra Nova National Park; Clarenville. **21/**Avalon Peninsula. **22/**St John's. **23/**Departure.

## NEWFOUNDLAND & LABRADOR

Code: AA-NF3  
Deer Lake-St John's

**1/**Arrive Deer Lake. **2/**Gros Morne National Park. **3/**Plum Point, Blanc Sablon, and Red Bay. **4/**L'Anse aux Meadows National Historic Park. **5/**Grand Falls. **6/**Twillingate and Gander. **7/**Terra Nova National Park. **8/**Bonivista and Trinity. **9/**Burin Peninsula. **10/**Saint-Pierre. **11/**Ile-aux-Marins. **12/**Miquelon. **13/**St John's. **14/**Departure.

### FEATURES

- 8 nights accommodation
- Sightseeing in Montréal, Québec, and the St Lawrence lowlands
- Breakfast and dinner daily
- Adventures Abroad Tour Leader

### FEATURES

- 22 nights accommodation
- Sightseeing in Montréal, Québec, St Lawrence lowlands, Halifax, Cape Breton, Terra Nova, St John's, Prince Edward Island, Moncton
- Breakfast and dinner daily
- Adventures Abroad Tour Leader

### FEATURES

- 13 nights accommodation
- Sightseeing in Gros Morne, L'Anse-aux-Meadows, Terra Nova, St John's, Saint-Pierre-et-Miquelon
- Breakfast and dinner daily
- Adventures Abroad Tour Leader



## WHAT WE CAN DO FOR YOU

Our start point is helping to find the right trip for you. Our itineraries provide an overall sense of what you can expect on tour. Our well-travelled and experienced sales staff is very good at discerning your needs and determining your suitability for a particular programme and can set you up with past clients who have agreed to act as references.

After you've booked, our Tour Consultants will answer your questions promptly and frankly; our pre-departure information packages have been carefully prepared to have *you* perfectly prepared for your adventure.

*Left to Right: St Joseph's Oratory, Montreal (D Trudel/TQ), Wood Islands, Prince Edward Island (CTC), St John's, Newfoundland & Labrador (CTC), Parc national des Hautes-Gorges-de-la-Rivière-Malbaie (TQ), Peggy's Cove, Nova Scotia (CTC), and Martha's Vineyard, Massachusetts (AA).*

## ATLANTIC CANADA

Code: AA-AP1  
Halifax-St John's

1/Arrive in Halifax. 2/Sightseeing in Halifax; Peggy's Cove and Lunenburg. 3/Grand Pre; Glooscap Trail. 4/Moncton; Confederation Bridge to Prince Edward Island. 5/Charlottetown; Green Gables and Cavendish Beach. 6/Ferry to Cape Breton Island. 7/Cabot Trail. 8/Louisbourg; Overnight ferry to Newfoundland. 9/Cornerbrook. 10/Gros Morne National Park; Grand Falls. 11/Terra Nova National Park; Clarenville. 12/Avalon Peninsula. 13/St John's. 14/Departure.

## FEATURES

- 13 nights accommodation
- Sightseeing in Halifax, St John's, Moncton, Cape Breton, Prince Edward Island, Gros Morne, Terra Nova
- Breakfast and dinner daily
- Adventures Abroad Tour Leader

## NEW ENGLAND

Code: AA-NG1  
Boston-Boston

1/Arrive in Boston. 2/Travel to York Beach, Maine. 3/Kennebunkport and Lincoln, New Hampshire. 4/Franconia Notch and Fairlee, Vermont. 5/Green Mountains and Sturbridge, Massachusetts. 6/Rhode Island. 7/Martha's Vineyard and Cape Cod. 8/Departure.

## FEATURES

- 7 nights accommodation
- Sightseeing in Boston, Maine, New Hampshire, Vermont, Rhode Island, Cape Cod and Martha's Vineyard
- Breakfast and dinner daily
- Adventures Abroad Tour Leader