



# Prince Edward Island & Nova Scotia's Cape Breton Island

**A Celtic Odyssey Closer to Home**  
Exploring the Fiber Arts of Canada's Maritime Provinces



**Travel & Leisure named Cape Breton**  
**The #1 Must See Island in North America and #3 Island in all the world!**

**July 7 - 18, 2018**

12 Days

“Uncommon Textile Journeys  
that Change Lives”





# Cape Breton and Prince Edward Islands

Discover the Island Gems of Canada's Atlantic Maritime Provinces

## Cape Breton Island, the Prize of Nova Scotia

Travel and Leisure named Cape Breton "the Number One, Must See Island in North America" and number three on its top islands of the world! It's no wonder. Nova Scotia's Cape Breton Island is an idyllic wonderland filled with quaint coastal fishing villages, a mountainous and densely wooded interior, Canada's only inland sea. To top it off, Cape Breton is ringed by the azure waters of the Atlantic Ocean and the Gulf of St. Lawrence. The Cabot Trail that meanders around most of the top of the island is considered one of the premiere drives in all the world. Culturally, Cape Breton has a rich Gaelic tradition and has become a true bastion for that ancestry. Some even say that it is even more fiercely Scottish than Scotland. More than 80 percent of the population of Nova Scotia (New Scotland) can trace their ancestry to the British Isles. Cape Breton is also home to the Mi'kmaq First Nation that dates back thousands of years and an Acadian ancestry from France.

## Prince Edward Island, "Land Cradled on the Waves"

Canada's smallest province has one of its biggest hearts. Discovered by Jacques Cartier in 1534, he described it as "The finest land 'tis possible to see. Full of fine meadows and trees." Its numerous lighthouses, green pastoral landscape, miles of red sandy beaches, stunning vistas, some of the freshest seafood in the world, and the setting of the famous 1908 novel, *Anne of Green Gables*, makes PEI a truly an unforgettable destination. The island is also home to several woolen mills, sheep farms and many fiber artists' studios making it a textile fanatic's dream. The heritage of the island is a blend of living Celtic, Acadian and Mi'kmaq First Nation peoples. It is said that "Canada was born here" when 150 years ago the seeds were sown for the founding of Canada at a meeting held in Charlottetown, its present-day seaside capital.

## Our Special Accommodations

Each of our accommodations throughout the itinerary is a special treat in its own right. We'll stay in a 178-year-old architectural landmark 5-star home and carriage house in Charlottetown on PEI and a working distillery located on 200 acres rich in the heritage of its Scottish culture. An historic seaside inn with spectacular views of Cape Smokey rising out of the sea and a Scottish-themed 5-star country inn in the Bras d'Or lake region round out the experience. Each offers a unique taste of the Gaelic culture of the islands.

## Our Fiber Arts Mentors

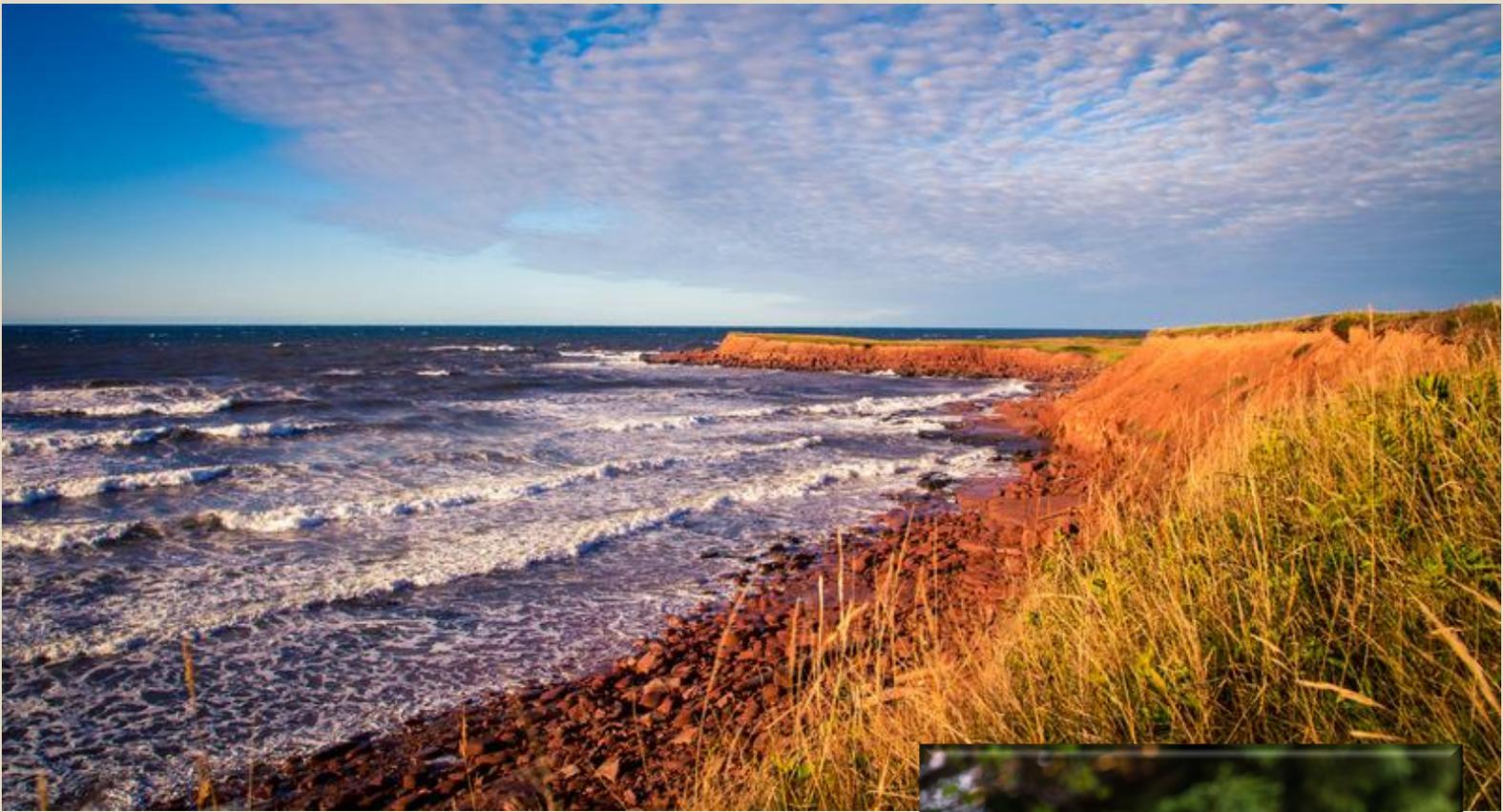


**Lorna McMaster** has been breeding fiber sheep, working in wool, and teaching fiber art since 1997. She is a juried member of the League of NH Craftsman and the PEI Craft Council, and has received several awards for her felt work. Her felted dolls have appeared in several galleries in New England and PEI, and her business, Lorna's Wool Needle Felting Kits, have taught thousands of people to needlefelt since 2006. Lorna is the author of several instructional books including *Woolworks: Teaching to the National Standards with Fiber Arts*; *Nature Notebook: The Art of Learning to See*; and *Dancing with Sheepdogs: A Beginner's Guide to Herding*. She currently owns and operates a working organic sheep farm in Pembroke that we will visit.

## Margaret McEachern

Margaret is a knitter and weaver and owner of Knit Pickers of Prince Edward Island. Her knitwear designs are inspired by the beauty of the PEI landscape. She is the designer of the new **MacEachern tartan** which is now registered with the Scottish Register of Tartans. Margaret has made a choice to knit and weave using only wool from sheep raised in Canada and that is manufactured in Canada. She is passionate about fostering creativity. She offers workshops for all ages - from 5 to 105 years old! She believes that learning to make something with your own hands inspires confidence and is proven to be beneficial to your health. Margaret and Catherine McEachern are the artisans who design and create all the wonderful items at Knit Pickers PEI. Their retail studio is located in beautiful Cavendish, PEI.





## Saturday, July 7 Arrive Prince Edward Island

Our tour begins in Charlottetown on Prince Edward Island. There are a number of ways to reach the island via air, train, or bus from Halifax, Nova Scotia or you can fly in directly for the simplest routing. We will be happy to make recommendations. In the evening, we will meet for a welcome drink and orientation followed by a group dinner at a local restaurant. Our accommodations for the next 5 nights on PEI are at Fairholm Inn and Carriage House, a historic 5-star architectural masterpiece in downtown Charlottetown. They are adjoining properties which share the same green space, grounds, gazebo, gardens, and amenities. Fairholm Inn, a beautiful home, was built in 1838, and has been a city landmark for 178 years! The Carriage House is Fairholm's newest addition to its two acre property. The "all suite" building is situated where Fairholm's original carriage house used to stand. Overnight at Fairholm Inn and Carriage House. (D)

[www.fairholminn.com](http://www.fairholminn.com)



## Sunday, July 8     Border Collies, Sheep and Felted Foxes

What a treat we have to kick off our first full day on the island. This morning we head to Pembroke Farm, where Lorna McMaster and her husband raise organic vegetables, wool sheep, Indian Runner ducks and border collies. After a tour of the farm and the chance to watch the border collies at work, we will enjoy a workshop with Lorna (see her bio on Page 2) exploring techniques for felting wool into a realistic portrait of the beloved PEI fox. These red foxes are famous all over the world as the first successful attempts at breeding the red fox occurred here. Fox farming on PEI in the early 1900's was the equivalent of the Gold Rush in the Klondike. But as this industry waned over time, many of the farmers just released

their foxes into the wild and they have continued to thrive ever since. Some have even suggested naming the fox PEI's official Spirit Animal. So how could we not pay homage to this icon? In the workshop, we'll learn to blend techniques of needle felting and wet felting to create a flat piece of artwork. Translating a photo image into a wool masterpiece, we learn how to utilize different tools and different types of wool used in felting as well as how to build multiple layers into a piece to create a sense of depth and realism. Lunch will be provided by the farm utilizing their organic products. We'll wrap up this fabulous day on nearby Pannure Island to watch the sunset and dine on the freshest of seafood at Sandbar and Grill (dinner not included). Overnight at Fairholm Inn and Carriage House. (B,L)

**Monday, July 9**

## **Hooking With Locks Workshop**



Today we continue to work with Lorna in a completely different fiber art workshop. Lorna will come to our hotel to teach us the art of "Hooking with Locks." These are not your grandma's traditional hooked rugs! Rather than using the traditional thin strips of wool fabric, Lorna will teach us to use dyed and natural colored locks straight from her sheep, along with hand dyed yarns to create visual depth and texture in our finished piece. Dyeing and finishing techniques will be discussed and demonstrated during the workshop, as well as sourcing materials. Overnight at Fairholm Inn and Carriage House. (B)

**Tuesday, July 10 Exploring PEI:  
Artists, Woolen Mills, Spirits and Anne of Green Gables**



Today we will spend the entire day seeing the sights of PEI. The island is home to not only lovely beaches and lighthouses, but also three woolen mills featuring woven creations from their own sheep and alpaca. There are a myriad of artists including weavers, potters, woodworkers, knitters and more dotting the island. We will visit some of their

studios. PEI also has several wineries and distilleries. One even produces a lavender mead from their own flower fields where their sheep mow the grass and another specializes in blueberry vodka. Prince Edward Island was also the setting for Lucy Maud Montgomery's classic book "Anne of Green Gables." We can visit the original gabled house that was inspiration for the author with its 19<sup>th</sup> century gardens, farmyard, walking trails, including the Haunted Wood and Lovers Lane. We'll have the most wonderful day exploring this treasure-filled island. Overnight at Fairholm Inn and Carriage House. (B)

## Wednesday, July 11



## Knitting Looms, Lambs and Lobster

Today a mix of Scottish and Acadian cultures and the island's farming and fishing history await! Our first stop will be at The Knit Pickers studio, located just minutes away from Cavendish Beach. Here Margaret McEachern, an internationally recognized knitter and weaver, will share with us the tips and techniques to knit a perfect hat and scarf. You'll wind your wool, cast on your first project and try your hand at a few different stitches on an old-style knitting loom. And - you will take home your own wooden knitting loom which has been hand-made in PEI. Our next stop is a short jaunt down the road to Ferme Isle Saint-Jean, a sheep farm where Knit Pickers sources its local wool. Gabriel and Deirdre Mercier have family histories of farming and award-winning cheese-making. Together, they raise happy, healthy sheep

that not only give you wonderful wool, but their milk makes the most delicious grilling cheese and yogurt - tasty products that are not made anywhere else in the Maritimes! We'll try a sample and learn a little about sheep's milk cheese and yogurt - uniquely PEI! We'll wrap up our day at The Yellow House in North Rustico, where classically trained French chefs Mike and Jennifer Levy have created "A Little Taste of Rustico" for us to enjoy. The harbour is just steps away so you won't find seafood fresher than this! Overnight at Fairholm Inn and Carriage House. (B,L)

## Thursday, July 12

## To Cape Breton Island / Bras d'Or Lakes



We leave Prince Edward Island today bound for Nova Scotia's Cape Breton Island. We'll make a few stops en route including Lismore Sheep Farm, a working farm with 300 sheep which are mainly Dorset/Finn crosses producing a beautiful soft fleece. We can get close to the sheep and lambs in the barn as well as explore their Wool Shop that features a wide range of products. You can find wool blankets, wool filled comforters, wool mattress pads, yarn, hand-knit socks, hats, mitts and a variety of sheepskin products. The farm is also the home of the River John Needle Company, a new venture making wooden knitting needles. Our destination this evening is the Bras d'Or Lakes (literally translated as "Arm of Gold") located in the middle of Cape Breton Island. Designated



as an UNESCO Natural Biosphere Reserve, it is Canada's only inland sea with three passages to the Atlantic Ocean. We will spend the next three nights at The Birches at Ben Eoin Country Inn overlooking the lakes and lying in the shadow of Ben Eoin, meaning Jonathan's Mountain or Hill. All of the rooms at this Scottish-themed inn

are named after a tartan pattern - quite fitting since Nova Scotia means "New Scotland." Boasting one of the finest restaurants around, Malcolm's Dining Room is named after the proprietor and his grandfather. East Bay Hills Trail is located 6 minutes east and is the perfect place for a leisurely nature walk and there is a provincial picnic park 3 minutes away. Overnight at The Birches. (B)

Friday, July 13

## A Day at Baile nan Gàidheal Highland Village



Today is a very special day immersed in the Scottish history of Nova Scotia! We will spend the day focusing on textiles at the *Baile nan Gàidheal* / Highland Village, an outdoor living history museum that tells the story of Gaelic settlement in Nova Scotia. Located on a stunning 43-acre property overlooking the majestic Bras d'Or Lakes, the museum and cultural center has 11 period buildings and a passionate



staff in full historic dress. Our day will be a chronological tour beginning circa 1700's Scotland and ending around 1925. We'll participate in a "Milling Frolic", a Scottish textile tradition set to song that is still celebrated in Nova Scotia as a social event. If you have seen *Outlander*, you may remember the scene of the "Milling Song." After cloth comes off the loom, the cleansing and shrinking was done by hand as a shared labor made pleasant by singing songs to lighten the load. We will also have the chance to participate in other traditional domestic crafts practiced by the Highland women of the past and a traditional lunch. Overnight at The Birches. (B,L)

Saturday, July 14

## A First Nation Eskasoni Cultural Journey



Yesterday we learned all about the Gaelic settlement in Nova Scotia. Today we go back even further in time to learn firsthand about the founding cultures of this region. We'll discover what it was like 10,000 years ago when occupation of this area began for the Mi'kmaq at Eskasoni Cultural Journey. The original people settled in this region after the retreat of the glaciers. They were the first to greet the European visitors and taught them to survive in this new land. After John Cabot arrival in 1497, the indigenous people traded furs for goods such as woolen blankets, iron knives and copper kettles. Today their descendants make up the five Mi'kmaq populations. Of the five Mi'kmaq communities in Cape Breton, Eskasoni First Nation is the largest one in the world and has deep roots in the Mi'kmaq culture. We have the unique opportunity to meet and talk with the local people and experience the rich everyday activities of their culture. With an Eskasoni guide, we will participate in a smudging ceremony, play an ancient game, bake a traditional cake and have hands-on experiences in the arts of their basketry and beading traditions each producing a treasure we can take home. We'll even enjoy a classic feast. The day will give us the opportunity to immerse ourselves in the past history and current way of life for this First Nation culture. Overnight at The Birches. (B,L)



© Photos  
Eskasoni  
Cultural  
Journey



Sunday, July 15

## The Cabot Trail, One of the World's Greatest Drives through Gaelic and Acadian Cultures



Today is a special treat as we meander along the iconic Cabot Trail, a spectacular 185-mile road that takes us around the greater part of Cape Breton Island (we'll take to days to savor it!). It is considered one of the most beautiful and famous drives in Canada as it winds through fishing villages, Cape Breton National Park and is chocked full of historic and cultural landmarks. It also boasts many wonderfully talented artists, incredibly fresh seafood and deeply-rooted cultural traditions.

We begin with a visit to Colaisde na Gàidhlig, the Gaelic College, a non-profit institution which has a reputation internationally for its promotion and preservation of traditional Gaelic culture. The school offers more than ten different disciplines and offers the opportunity to experience the living Gaelic culture of Nova Scotia. There is also a wonderful craft shop on the premises with many treasures. We'll stop by their sewing studio where they are known for kilt making with a 40-year history making traditional kilts. Master kilt maker Ann Cantwell makes one-of-a-kind kilts that each require over 6,000 hand-sewn stitches!

From here, we journey deeper into St. Anne's Bay, a unique artist's community, visiting the many local artists who find their inspiration in the beauty of their natural surroundings. We can watch them create beautiful unique treasures crafted with clay, glass, leather, wood, pewter, iron, paint, fiber and canvas. A special stop will be the visual heaven at Sew Inclined. Artist and Costume Designer Barbara Longva specializes in one-of-a-kind clothing featuring tapestries and brocades, hats and historical designs. Continuing north on the island's Atlantic side, we meander north along the Atlantic to our destination at the rural coastal community of Ingonish Beach. Here the heritage of the early Scottish settlers is preserved. Our accommodations are at the historic Keltic Lodge, situated on a headland overlooking the Atlantic Ocean in the heart of Cape Breton Highlands National Park. Overnight at the Keltic Lodge. (B)



## **Monday, July 16**      **The Gulf Side of the Cabot Trail**

We continue driving the Cabot Trail today winding along the steep ocean side cliffs of the Gulf of St. Lawrence through the most touted scenery of the route. Here the French-speaking towns preserve their Acadian heritage. Second only to the Mi'kmaq people that we learned about the other day, Acadians have the deepest roots of any founding culture in the province arriving in 1603. By the early 1700's, they had their own distinct identity which was strengthened by their special relationship with the Mi'kmaq. Today Chéticamp and Isla Madame on Cape Breton have a particularly strong Acadian presence. We'll explore Cheticamp and its Elizabeth LeFort Gallery and the Marguerite Gallant Collection and Acadian museum. Here we find an expansive collection of amazing tapestries, rug hooking as well as antiques reflecting daily life during the settlement of the town. We continue south along the breathtaking coast soaking up the scenery and culture. Our destination this evening is Glenora Distillery and Inn whose first single malt whiskey was the first to be produced in North America. The inn, located in a scenic 200-acre wooded glen, features a lively pub and restaurant. Overnight at Glenora Inn. (B)

[www.glenoradistillery.com](http://www.glenoradistillery.com)

## **Tuesday, July 17**      **On the Road to Halifax**

Today we carry on to Halifax, the capital of Nova Scotia with some interesting stops along the way. This seaside city has a scenic and historic waterfront, eclectic galleries and shops, the oldest continuously operating farmer's market in North America and fascinating museums. We'll arrive here in the afternoon so that you have some time to explore. For those that are interested, we can gather tonight at one of the many fabulous restaurants for a farewell dinner (not included). Our accommodations are at the Lord Nelson Hotel which was originally built in 1928. It is a beloved landmark centrally located in the city overlooking the famous 16-acre Halifax Public Gardens. The hotel has recently been refurbished with a resulting blend of historic charm and "urbanely elegant" touches. Overnight at the Lord Nelson Hotel. (B).

## **Wednesday, July 18**      **Flights home or begin Halifax Extension**

Today you will transfer on your own to the airport for your flight(s) home or begin an extension in Halifax and its surroundings (description on Page 11). (Breakfast is not included)

[www.lordnelsonhotel.ca](http://www.lordnelsonhotel.ca)

## Land Costs Include:

- 11 Nights, double occupancy (all in individually atmospheric 4-5 Star accommodations- no large impersonal chain hotels!). Single accommodations available at additional cost (see below)
- Private tours and museum visits
- 5 Days of fiber arts workshops including all materials (all workshops are optional – you need not participate in all of them)
- Private mini-coach and local expert guide
- Private visits and demonstrations with talented knitters, weavers, spinners, jewelers and textile designers
- Daily breakfast (B) and other meals as described, lunches (L), dinners (D)

## Land Costs Exclude:

- Any air transportation (we will be happy to make recommendations)
- Meals not designated on the itinerary
- Any item not specifically included in your program including all snacks, extra personal beverages & bottled water, etc. other than during designated meals, alcoholic beverages
- Excess baggage fees, laundry, and other items of a personal nature not specifically listed
- Tips for your guide, drivers, hotel porters and other service staff
- Additional insurance of any kind

**Cost** \$3,895 Per Person Based on Double Occupancy; \$3,495 Per Person for Non-Fiber artist  
If you prefer a single room, there is a single supplement of \$1,195.\*\*

\*\*Accommodations for this tour typically charge very close to the same rate whether there are one or two people sharing the room. Thus the Single Supplement is rather costly. Please contact us with any questions.

**Save Your Spot!**

**Please call our office for details or questions!**  
**800.369.3033 (from US Only) ~ 970.728.6743**



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## Loom Dancer Odysseys

does not believe in large group, bargain or "ordinary" tours. Instead, we strive to immerse the creative and adventurous traveler into the wondrous world of global fiber arts with quality cultural encounters. Our typical group size is limited to 12-16 participants to allow for a more hands-on, intimate travel experience.

We invite you to join us;  
be a creative traveler, not a tourist.



# Optional Halifax and Nova Scotia Mainland Extension

Wednesday, July 18  
Your Choice of 2 Tours



## The South Coast, Peggy's Cove, and UNESCO's Lunenburg or Bay of Fundy, the World's Highest Tides & Acadian Culture

Today we will travel outside of the city and you have a choice of routes, both of which are full day tours (we will offer both options this day with up to six people for each tour). **The first option** begins with breakfast at Peggy's Cove before all the crowds arrive. Perhaps no site is more iconic in Nova Scotia than Peggy's Cove, a small fishing village just 40 kms from Halifax (larger picture above). Then, we follow the "Lighthouse Route" traveling along the south shore of Nova Scotia which National Geographic named one of the Top 10 Coastal Destination in the World. One of our stops will be the picturesque fishing village of Chester. We'll also visit iconic Mahone Bay on the way to the UNESCO World Heritage Site of Lunenburg (smaller photo above). We'll wander its narrow streets with unique architecture dating back 200 hundred years, a seafaring history and home of the Blue Nose II, a replica of the most famous tall ship in Canada.

**Option two's route** is equally architypal to Nova Scotia and its history. We'll follow Nova Scotia's scenic Evangeline Trail to Hall's Harbour on the Bay of Fundy which is an ideal place to fully witness the startling wonder of the Fundy tides. These tides reach a peak of 53 feet, the height of a five story building! (We will return later in the day to see the unimaginable change in the tides). From here we will visit Grand Pré National Historic site to learn the history of the 1755 Acadian deportation. This beautiful site and interpretive center recalls the sad story of the deportation and illustrates the history of a courageous people whose culture and actions continue to enrich Canada. We carry on to the Annapolis Valley which has gained worldwide fame for its fruit trees, particularly apple trees, although there are also



pear, plum, grape, cherry, assorted berries and vegetables farmed here. In this lush paradise, depending on the group's interests, we can visit an award winning winery, cheese farm, a "gastropub" or a farm where racing pumpkin yachts are grown. Overnight at Lord Nelson Hotel. (B)

## Thursday, July 19 Exploring Halifax

This morning we will have a guided tour of this interesting city visiting some of its most famous sites. We begin our tour at the Halifax Public Gardens, which is the finest example of formal Victorian Gardens in North America, followed by a visit to the Halifax Citadel. Other stops will be various historic sites including the Titanic Cemetery where we will learn about Halifax's connection to the maritime tragedy of 1912. The afternoon is at your leisure to further explore the city, visit its museums, cafes, and scenic waterfront on your own. Overnight at Lord Nelson Hotel. (B)

## Friday, July 20 Flights Home

Today you will transfer on your own to the airport for your flight(s) home.

### Includes:

- 2 Nights' Accommodations at the historic 4-star Lord Nelson Hotel
- Private Guided Tours

**Cost:** \$495 per person, double occupancy; \$250 Single Supplement

**Minimum 6 participants required to operate extension**



**Save Your Spot!**

Please call our office for details or questions!

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