



# alumni UBC

## East Coast Extravaganza

October 13 - 21, 2017



### OVERVIEW

Celebrate Canada's 150<sup>th</sup> on a trip to the 'other' coast.

Start in Halifax to explore the Citadel, Canada's most visited historic site, and Pier 21, one of CBC's 'Seven Wonders of Canada'. Enjoy city's vibrant hip and historic feel; much of the city's architectural integrity has been well-preserved, mingling with the liveliness of a town with five universities.

Then enjoy four nights at the multi-award-winning Fogo Island Inn, a traditional yet contemporary masterpiece of modern architecture and design. Fogo Island Inn sits on an island, off an island, off of one of the four corners of the Earth. Every one of the 29 one-of-a-kind guest suites has dramatic floor-to-ceiling windows that open onto the wildest and most powerful ocean on the planet. The Inn is a community asset, and 100% of operating surpluses are reinvested into the community. Meet with one of the founders of the Shorefast Foundation on Fogo Island, practicing a new model for economic and cultural resilience that may hold learnings for small communities everywhere.

Wake up to the dramatic interplay of sea and sky, hike or cycle to explore the beautiful coastal scenery, enjoy meals featuring locally sourced produce, fish, and game, forage for wild berries and mushrooms, listen to the lilt of local music, and gaze at a million stars from the rooftop. Experience an authentic centuries-old culture.

Conclude in St. John's, the oldest city in North America, with its jellybean-coloured houses and vibrant food and music scene. It's a city full of character with a contemporary edge. Meet with Memorial University Professor Sean Cadigan for a presentation on the big issues facing Newfoundland and Labrador. Enjoy a "scoff and a scuff" – a meal followed by dancing and traditional music.

Join fellow UBC alumni and friends for this exclusive trip to the edge of the earth.

*"What made this trip so special was all the community hosts and Captain A and Michael, their warmth, humour and hospitality! Thank you for welcoming us to your home."*

- (D.Z, Caledon, participant on the June, 2016 UofT trip to Fogo Island)

TRAVEL ARRANGEMENTS BY:

**WorldwideQuest**  
*Alumni Expeditions*

## SIGNATURE MOMENTS

Visit Halifax's great Canadian historic sites

Unwind on super-scenic Fogo Island

Learn about the Shorefast Foundation's social enterprise philosophy

Enjoy fabulous regional cuisine

Experience one of Canada's great inns

# East Coast Extravaganza

October 13 - 21, 2017

## DAILY ITINERARY

**Friday, Oct. 13: Arrive Halifax**

Participants make independent arrangements to reach our hotel. Please arrive at the hotel by 4PM so you can meet the group for our introductory briefing and welcome dinner.

*Overnight: The Lord Nelson Hotel, Halifax*

*Meals: Dinner*

**Saturday, Oct. 14: Halifax**

Start the day at Canada's most visited national historic site, the huge, star-shaped fort with a strategic hilltop location. This is where the British military founded the town in 1749; the present Citadel, known Fort George is the fourth iteration, completed in 1856. We'll visit Pier 21 where over a million immigrants passed through between 1928 and 1971. Named by CBC as one of the Seven Wonders of Canada, the museum's exhibits showcase the history of immigration and first hand testimonials. We'll explore the city's vibrant street scene in a guided walk this afternoon.

*Overnight: The Lord Nelson Hotel, Halifax*

*Meals: Breakfast, Dinner*



[Read More >](#)

### Sunday, Oct. 15: Fly to Gander, ferry to Fogo Island

Transfer to the airport for the short flight to Gander, NL. A two-and-a-half-hour coach ride takes us to Farewell from where we take the 45-minute ferry to Fogo Island. The Inn's welcoming staff will escort you to your suite where you will find views of one of the wildest and most powerful oceans in the world through your floor-to-ceiling windows. Breathe out, unwind. This evening meet one of the founders of the Shorefast Foundation, a social enterprise that uses business minded ways to achieve social ends. The Foundation's approach to community revitalization focuses on three distinct elements; Fogo Island Arts, the Fogo Island Inn, and the development of a micro-lending program for Fogo Island entrepreneurs.

*Overnight: Fogo Island Inn*

*Meals: Breakfast, Dinner*

### Monday, Oct. 16 - Wednesday, Oct. 18: Fogo Island

During our three full days on Fogo, a range of daily activities are available according to your interests and tastes (literally and figuratively), as well as the weather. Community hosts, Inn staff and your Worldwide Quest tour manager are all on hand to ensure that everyone enjoys the experience they prefer.

*Overnight: Fogo Island Inn*

*Meals: Breakfast, Lunch, Dinner*

### Inside, Outside, and In-Between

Unique to Fogo Island Inn, guests are matched with a person from the local community. Community hosts are passionate, lifelong Fogo Islanders who are pleased to offer their insights into the Island's natural and cultural heritage, guiding you through the curiosities and particularities of the Island. Community host-led small group excursions depart after breakfast and lunch each day. Daily meeting times will be provided by our tour manager. Choose from a range of indoor or outdoor options, or feel free to spend your time at leisure. Remember to save some energy for evenings - there's always something exciting happening!

## DAILY ACTIVITIES:

### Exploring Fogo's land and seascapes

Fogo Island plays host to a wide variety of flora that thrive in our mineral-rich soil. Coniferous plants including juniper and spruce coincide with woods such as maple and birch. Wildflowers are plenty and include orchids, goldenrod, asters, and Newfoundland's provincial flower, the stunning Pitcher Plant. Berries carpet the Island from late summer into the fall. Just a few short minutes of careful picking will easily yield handfuls of blueberries, raspberries, bakeapples, crowberries, or partridgeberries. Along the way, spot wild mushrooms and beautiful lichens: mosses and algae that cooperate to exist together on coastal rocks.

Familiarize yourself with Fogo's rugged coastal topography on some of the 200 kilometres of walking trails and paths. Watch for Caribou in the rocky barrens, or scan the ocean from a clifftop for migratory whales breaking the water's surface. The 14 primary trails range in length from 0.5 to 6.9 kilometres, and there are options for all levels of fitness and experience. Trail maps are available at the Inn.

### Community projects

Get an introduction the Island's active fishing economy by boarding a long-liner and then visiting a working fish plant. Guided by the boat's captain, learn about how fishing techniques have changed, laugh at tall stories, gasp at close calls and see how a modern fishing boat operates. In the fish plant, experience Fogo Island's economic engine and learn more about the fishery. Todd Saunders' designs for the artist studios (Squish, Long, Tower & Bridge) gave way to a new Newfoundland architecture but also in a way that embraces the traditional character of buildings. The studios have strong clean lines that position them in contemporary design, but within the lines they allow the handmade qualities to breathe as well. You feel this when you get close to them. The use of materials is right at home. The rough finishes feel the same as that of the old sheds and stages on the island. We'll have the chance to meet at least one resident artist to see their work and hear about their path to Fogo Island.

Visit the Winds & Waves Artisan's Guild to hear about the successes of the Shorefast Foundation's microfinance efforts and how they are continuing to contribute to the cultural and economic resilience of the Fogo Island and Change Islands community, and may serve as a model for resisting cultural homogenization.

### An intimate look at the inn

Meet with one of the Fogo Island Inn's resident architects, in service to the Inn's head architect, Todd Saunders.

Resident architect Kingman Brewster at the Fogo Island Shop leads an orientation on traditional outport furniture and how it has given rise to the contemporary pieces at the Inn.

Each evening there is a screening of 'Fogo Process': a National Film Board led initiative of the 1960's that prompted Fogo Islanders to stay on the island during a time that urged the community to do otherwise.

The rooftop sauna is a great place to relax, especially on a clear night when it's easy to get lost in the stars.



### Celebrate like an islander

A traditional boil-up at Foley's Shed is a one-of-a-kind event with the locals where you can enjoy live music, learn island folk songs and hear tales of life on the edge of the sea. You might also just find yourself up on your feet dancing with the locals, too!

**Thursday, Oct. 19: Drive to St. John's**

From Fogo Island, we take the ferry back to the 'mainland' and then set off by coach to St. John's. Our five-hour drive takes us south along the Trans Canada Highway through Terra Nova National Park and onto the Avalon Peninsula. Before arriving to St. John's we'll stop at Cape Spear, the most Easterly point in North America with the North Atlantic all around us. This evening, Memorial University history professor Sean Cadigan presents on the social and ecological history of Newfoundland and Labrador.

*Overnight: Sheraton Hotel Newfoundland*

*Meals: Breakfast, Dinner*

**Friday, Oct. 20: St. John's**

Join our local guide for a walking tour of the historic centre of the city. Later, visit The Rooms - Newfoundland and Labrador's largest cultural space - which unites the Provincial Museum, the Provincial Art Gallery and the Provincial Archives under one roof and serves a portal to the many stories the province has to tell. The afternoon is free to explore independently before our farewell dinner accompanied by grand local entertainment this evening.

*Overnight: Sheraton Hotel Newfoundland*

*Meals: Breakfast, Dinner*

**Saturday, Oct. 21: Depart St. John's**

Participants make independent arrangements to reach the Airport today.

*\*Note: The itinerary and accommodation described in these notes are subject to change due to logistical arrangements and to take advantage of local events.*

**TOUR HOST:**



**Faye Wightman, BSc '91 (Nursing)**

Faye's work has been focused on the not for profit sector including serving as the President and CEO of Vancouver Foundation and campaign director for United Way of the Lower Mainland. She has been recognized and received numerous awards including the City of Vancouver's Civic Medal for her community work and the Queens Jubilee medal for her philanthropic work in Canada. Faye is currently the Interim Executive Director for BC/ Yukon Division of the Canadian Cancer Society and doing governance work with associations and non-profits.



Grilled lobster tails



## How to Book

Please contact Amanda at the  
Worldwide Quest Office.

1-800-387-1483

# TOUR DETAILS

**Tour Cost (per person):** Approx. C\$3995 + HST 15%

Single Supplement: C\$2400

*If you are travelling on your own and would like to share accommodation, we would be happy to try to match you with a suitable roommate. If we are unable to do so, the single cost applies.*

**Group Size:**

18 - 20 participants

**What's Included:**

- Accommodations based on double occupancy in hotels listed or similar
- Flight from Halifax to Gander
- Transfer from Gander to Fogo Island
- Transfer from Fogo Island to St. John's
- Meals as indicated in the itinerary
- All activities as listed including entrance fees
- Presentation by Sean Cadigan, Memorial University Newfoundland
- Presentation at Dalhousie University
- Presentation at Fogo Island Inn
- Gratuities

**Not Included:**

- Roundtrip airfare from your home to Halifax and home from St. John's
- Airport transfer on arrival in Halifax
- Beverages with meals
- Items of a personal nature, ie laundry, drinks, phone calls, etc.
- Travel insurance

**Payment Details:**

A deposit of C\$500 per person is required to reserve your space on this tour. A payment of C\$1000 is due six months prior to departure. The balance is due 90 days prior to departure.



TICO#: 2667946

Updated February 13, 2017

# WHAT TO EXPECT

---

## Joining Instructions

This tour begins with our briefing and welcome dinner at 5PM on October 13<sup>th</sup>. Please ensure that you arrive in Halifax by 4PM to join the group. Please note that arrival and departure transfers are not included on this tour.

## Level of Activity: Moderate

A good level of fitness is important for this trip. You must be comfortable walking on uneven terrain and irregular paving and climbing stairs for at least two hours at a stretch. While on Fogo Island there will be opportunities for hiking and cycling.

## Accommodation

We are staying in great Canadian hotels on this tour. The Lord Nelson Hotel is a landmark in downtown Halifax. The multi award winning Fogo Island Inn has an international reputation for exceptional, embodied, place-specific hospitality and bold, thoughtful, humanistic contemporary design. The Hotel Newfoundland in St. John's finest hotel with great views of the harbour.

## Transportation

We will be travelling in comfortable chartered vehicles driven by professional drivers. On Fogo Island transportation is provided in small vans. This tour includes one internal flight, between Halifax and Gander.

## Weather

We expect a mix of every type of weather at Fogo Island's 'Berry Season' with average daytime temperatures of between 10° C - 14° C and overnight lows of about 5°C. Evenings can be chilly.

## Travel Documents

Canadian participants will require government issued photo ID or a passport (recommended) for this trip. Citizens of countries other than Canada will require a passport.

# ADDITIONAL INFO

---

## Terms and Conditions

For additional information about our terms and conditions, please refer to your booking form, the current brochure or our website. All participants booking with Worldwide Quest are covered by the terms of the Ontario Travel Industry Act (Worldwide Quest International, Ontario - License # 2667946).

## Cancellation Policy

All payments are non-refundable, however you may transfer your initial deposit for any land tour to another tour 90 days or more prior to your scheduled departure date. Initial deposits for cruises are non-refundable and non-transferable. Your second payment and your final payment are non-refundable and non-transferable. If you cancel within 90 days prior to trip departure, all associated trip costs are non-refundable. The tour price is quoted as a package. No partial refunds or credits will be given for services not used. In the event of a cancellation, you must notify Worldwide Quest immediately and in writing.

## Travel Insurance

We urge you to ensure that you have adequate cancellation and medical insurance in place, should an unexpected event cause you to cancel or interrupt your trip or should the tour not be operable per our terms and conditions. We will offer you Manulife insurance coverage. Medical insurance including emergency medical evacuation coverage is mandatory on all our tours.

# Travel with *alumni UBC*

---

## It's your travel experience.

Indulge your curiosity as we take you to unique places you've always dreamed about.

UBC experts and knowledgeable local hosts provide context. That allows you to develop a deep connection to the people you meet and the cultures, cuisines and landscapes you're exploring.

- Best value in educational travel
- Meaningful local experiences
- Thoughtful itineraries

See our complete list of tours at:  
[WorldwideQuest.com/alumniUBC](http://WorldwideQuest.com/alumniUBC)

The University of British Columbia Alumni Association will not be responsible for the financing, the arranging, or the conducting of these tours. They assume no liability or responsibility for damages or financial loss to person howsoever arising from the negligence, omission or otherwise of travel services arranged through Worldwide Quest International. Refer to the General Terms and Conditions established by Worldwide Quest International with respect to participating in this tour.