

# Discover Atlantic Canada

## Atlantic Provinces General Information

Province	Characteristics
New Brunswick	
Newfoundland and Labrador	
Nova Scotia	
Prince Edward Island	

### New Brunswick

New Brunswick is the most western of the Atlantic provinces and is the second largest with the second largest population. Tourism contributes over \$522 million to the provinces' Gross Domestic Product (GDP).

Here are some things you should know about New Brunswick:

- Borders Nova Scotia, Maine and Quebec
- Home to the oldest incorporated city in Canada, Saint John
- The only officially bilingual province in Canada
- Home to some of the warmest salt water in Canada
- Main industries include timber and agriculture (potatoes, fruits and berries and dairy)

## Newfoundland and Labrador

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Newfoundland and Labrador is the largest province in Atlantic Canada and the fourth largest province in all of Canada. It is however, the least densely populated province with a population of 530,376. The tourism industry supports approximately 17,581 jobs in the province.

Here are some things you should know about Newfoundland and Labrador:

- It is the youngest province (did not join Canada until 1949)
- Often is referred to as "The Rock"
- 92% of the population live on the island of Newfoundland
- The Strait of Belle Isle divides Labrador (the mainland) and the island of Newfoundland
- It is the most unilingual province with over 97% having English as their mother tongue
- Has the most coastline of any province
- Main industries include mining, hydroelectricity, oil and gas, fishing and tourism

## Nova Scotia

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Nova Scotia (Latin for New Scotland) is the second smallest province in Atlantic Canada, but it packs a potent tourism punch with 7,400 km of ocean coastline and rugged scenery. It also has the largest population of Atlantic Canada. Nova Scotia attracted 1,469,000 visitors in 2017.

Here are some things you should know about Nova Scotia:

- Connected to New Brunswick by a peninsula (Chignecto Isthmus) and to Cape Breton by a causeway
- Ferries run between Nova Scotia and Prince Edward Island, Newfoundland island, New Brunswick and Bar Harbour, Maine
- Surrounded by the Bay of Fundy, Atlantic Ocean and the Cabot and Northumberland Straits
- Inhabited by "Bluenosers"—the nickname for people from Nova Scotia because Nova Scotia is home to the famous Bluenose Schooner

## Prince Edward Island

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Tourism is the second largest industry in Prince Edward Island, providing 7,700 thousand full-time jobs for a population of only 150,000, the smallest in the region. It contributes 6.4% to Prince Edward Island's total GDP, the highest percentage of any province in Canada.

Here are some things you should know about Prince Edward Island:

- Home to the birthplace of confederation and the Confederation Bridge, the longest bridge in the world over ice-covered water
- Situated in the Gulf of St. Lawrence and separated from Nova Scotia and New Brunswick by the Northumberland Strait
- Agriculture and potato exports play a significant role in the economy
- Was known to the Mi'kmaq as "cradle in the waves"
- Largest supplier of potatoes to Canada
- Main industries include agriculture, tourism, construction and manufacturing

## Main Attractions

### Newfoundland and Labrador

Major Cities/Areas	Major Attractions	Popular Activities

### Nova Scotia

Major Cities/Areas	Major Attractions	Popular Activities

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## Prince Edward Island

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Major Cities/Areas	Major Attractions	Popular Activities

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## Newfoundland and Labrador

Major Cities/Areas	Major Attractions	Popular Activities
<ul style="list-style-type: none"><li>• St. John's</li><li>• Gander</li><li>• Corner Brook</li><li>• Happy Valley-Goose Bay</li></ul>	<ul style="list-style-type: none"><li>• Signal Hill National Park</li><li>• L'Anse aux Meadows National Historic Site</li><li>• Twillingate</li><li>• Cape Spear Lighthouse</li><li>• Fogo &amp; Change Islands</li><li>• Torngat National Park, Labrador</li></ul>	<ul style="list-style-type: none"><li>• Walk on the mantle floor in Gros Morne National Park</li><li>• Visit L'Anse aux Meadows, the archeological site of the only Viking settlement in Canada</li><li>• Visit Signal Hill where Marconi received the first transatlantic wireless message</li><li>• See icebergs and whales</li><li>• Enjoy the shops, culture and entertainment St. John's has to offer</li></ul>

## Nova Scotia

Major Cities/Areas	Major Attractions	Popular Activities
<ul style="list-style-type: none"><li>• Halifax</li><li>• Wolfville</li><li>• Yarmouth</li><li>• Lunenburg</li><li>• Cape Breton</li><li>• Sydney</li></ul>	<ul style="list-style-type: none"><li>• Cabot Trail</li><li>• Halifax</li><li>• Bay of Fundy</li><li>• Peggy's Cove</li><li>• Fortress of Louisburg</li><li>• Halifax Citadel</li><li>• Cape Breton Highlands National Park</li></ul>	<ul style="list-style-type: none"><li>• Walk on the ocean floor</li><li>• Visit the Alexander Graham Bell National Historic Site</li><li>• Visit the Africville Museum which documents the history and dislocation of the people in this community</li><li>• Visit the Joggins Fossil Cliffs to take a glimpse of life on earth 300 million years ago</li><li>• Enjoy the shops, culture and entertainment Halifax has to offer</li><li>• Drive the scenic Cabot Trail</li></ul>

# Prince Edward Island

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Major Cities/Areas	Major Attractions	Popular Activities
<ul style="list-style-type: none"><li>• Charlottetown</li><li>• Summerside</li><li>• Cavendish</li></ul>	<ul style="list-style-type: none"><li>• Confederation Trail</li><li>• Province House National Historic Site</li><li>• Anne of Green Gables</li><li>• Lobster suppers</li><li>• Prince Edward Island National Park</li><li>• Basin Head Beach featuring the "singing sands"</li><li>• Cavendish Beach featuring miles of sand dunes</li></ul>	<ul style="list-style-type: none"><li>• Immerse yourself in the life of Anne of Green Gables</li><li>• Go biking on a variety of trails that offer a wide range of difficulty</li><li>• Golf in one of the premiere golf destinations in Canada</li><li>• Relax on the beach</li><li>• Go clam digging</li></ul>