Canada: Charlottetown PEI

Description

Information package

Arrival & Departure

Charlottetown is the capital city of the Island and the only airport. However, the PEI airport only serves national flights. If you are arriving from anywhere other than the main cities in Canada and especially if you are arriving on an international flight, you will need to change flights.

PEI airport is located 15 min away from downtown Charlottetown, so the best way to get downtown is via taxi or vehicle rental.

Alternately you could fly into Halifax and drive from there. Most people drive to Charlottetown by crossing the famous Confederation Bridge from New Brunswick to Borden-Carleton in PEI. It takes about 13 minutes to cross the bridge and there are tolls collected on the way back. It takes about an hour to get from the bridge to Charlottetown via Trans-Canada Hwy/PE-1 W. If you want to take a break from driving, you can take a 75-90 minute ferry ride from Caribou, Nova Scotia. Ferry schedules vary seasonally. Tolls are collected upon leaving PEI at Wood Islands.

Documents

If you are not Canadian you will need a valid passport or travel documents to enter Canada for this trip. No visas are required for American, Australian, UK, Irish and New Zealand citizens, as well as EU citizens (including non-EU countries like Norway and Switzerland). However, most citizens of these visa-exempt countries, with the major exception of the USA, need an Electronic Travel Authorization form if they are flying into Canada. You can check here if you need the ETA here. This is not required if you arrive in Canada by road.

We suggest that you carry your passport with you at all times, except when on the water. It is also a good idea to make a photocopy of the pages of your passport that contain your personal information and photograph, and carry it separately from your passport.

It is your responsibility to purchase travel medical/Evacuation insurance. CARRY YOUR MEDICAL INSURANCE DOCUMENTS ON YOUR PERSON. Be sure you know how your particular health insurance system works.

Transportation

On our independent tours **guests must provide their own transportation.** The rowing club is within walking distances of the downtown of Charlottetown and many accommodations. To explore more of PEI you will need to have access to a vehicle or other transportation during this trip.

About Canada
Emergency

In case of emergency in Italy, dial 112 for police (Caribinieri), 113 forlocal police, 116 for roadside assistance, and 118 for ambulance.

Electricity

In Canada the standard voltage is 120 volts with 60 Hz frequency. Unless you are from North America, Central America or Japan, where the plugs are the same, you will likely need a plug adapter and maybe a power converter.

Money

Canada uses the Canadian dollar as currency. Canadian businesses on a rare occasion will take US currency as a courtesy. Expect to receive Canadian currency for your change and recognize that you will typically get a less favorable exchange rate than at a bank or currency exchange.

Most merchants accept credit cards with Visa and MasterCard the most popular. American Express is not as widely accepted. While most major retailers in Canada accept American Express credit cards not all small businesses do. Be aware that most cards charge a transaction fee for foreign currency transactions. You may wish to check with your credit card

company on their fees and to notify them of your travels. Debit cards are very widely used in Canada and can be tapped for purchases under $200. You should always carry some cash with you.

Canada Scotiabank has ATMs located across the country and is a member of the global ATM alliance; the international ATM fee (often the equivalent of $3 to $5 US) will be waived for customers of other alliance members (including Bank of America, BNP Paribas, Barclays, Deutsche Bank, Westpac) when withdrawing cash using a Scotia bank ATM.

Accommodation

The Harbour House is where we have stayed under traditional group rowing tour. This family run boutique hotel has been in business for over 20 years. This hotel is also just an 8 minute walk away from the Charlottetown Yacht Club. Breakfast is included in the room rates and some rooms are also fully equipped with a kitchenette. There are a variety of different room configurations available including studio units, traditional rooms as well as an executive suite. There are also rooms available that have a balcony. Booking a minimum of two nights may make you part of the eco friendly program. By skipping housekeeping services you can receive benefits such as special gifts in the restaurant, discounts in shows and bike rentals.

Delta hotels Prince Edward is another great choice in Charlottetown. This hotel is situated right on the harbourfront with easy access to the waterfront boardwalk and is a 9 minute walk away from the Charlottetown Yacht Club where the rowing club is located. This hotel offers clean and classic rooms with available options that include suites if desired. They have a swimming pool, fitness centre, and a Wellness spa. The Delta Hotel is green globe certified. They have parking available if youâ□□ ve chosen to rent a car and also offer electric car charging.

Restaurants

Charlottetown is a prime destination for seafood lovers. In addition to lobster, they are well known for crab, scallops, mussels and fish. Nothing can top PEIâ□□ s oysters as they are world famous.

Here are just a few places that are sure to please:

Salt & Sol is upstairs right at the Charlottetown Yacht Club and has a beautiful waterfront patio. The food is all sourced locally.

Merchantman Fresh Seafood & Oyster Bar is around the corner from the Charlottetown Yacht Club and located in the historic Peake-Carvell Building. It has a lunch and a dinner menu that will not disappoint and reservations can be made right on the website.

The Pilot Houseâ ¯is a short five minute walk from the Charlottetown Yacht Club. The Pilot House offers a pub, dining room or bistro â queueâ option. The Bistro also has an outdoor patio.

Water Prince Corner Shop & Lobster Pound is located at the corner of Water and Prince Streets in the Historic District of Olde Charlottetown. There is an option to dine on the patio or inside with fresh seafood from the PEI fisherman that has been brought directly to the pound.

Foundersâ Hall and Market is a five minute walk from the Charlottetown Yacht Club. There are a variety of food options here including a vegan cafÃ©, burgers, sushi and pastries. The market has a number of vendors for gift shopping.

Receiver Coffee â The Brass Shop. â The Brass Shopâ was originally constructed in 1876 and is among the oldest buildings in Charlottetown. The building is called â the Brass Shopâ because during the railway era, the 2000 sq ft. island sandstone structure was used to polish the brass components on locomotives.

Exploring Charlottetown

Famous for lobster suppers, potato fields to the sea and Anne of Green Gables, Prince Edward Island, affectionately known as PEI, is Canadaâ s smallest province.

Charlottetown is the capital city of PEI. It may be small but itâ s bursting with energy and island hospitality. This seaside city itâ s full of culture, events and world class restaurants. Street corners, lampposts and sides of buildings are brought to life with impressive artistic creations. You are rarely more than a short walk, bike ride or drive from the waterâ s edge.

Those of you who know your Canadian history know that Charlottetown is the cradle of Confederation. It was here in 1867 that the idea of Canada came into being. Although small, there is a lot to see and do in Charlottetown. Enjoy a city walking tour with the Heritage Players whose streetside conversations bring history alive. Walk the harbour pathway, stopping for a lobster roll and of course an ice cream from Cowâ□□ s Creamery. They say it is Canadaâ□□ s best.

On such a small island it is easy to travel quickly to Cavendish, of Anne of Green Gables fame and home to a stunning national park along the Gulf of St. Lawrence. You could bike on the Confederation Trail, a rails to trails project, part of the Trans Canada Trail. Multiple golf courses dot the island, which is ringed by beautiful beaches and many fishing villages. Be sure to indulge in a lobster supper!

There are lots of cultural highlights to see as well you can learn more below.

Cultural attractions

These are our top picks:

- Point Prim Lighthouse â□□ this is the oldest lighthouse on Prince Edward Island with fabulous views at the top. There is also a wonderful museum that explores the lighthouse keeping life.
- Beaconsfield Historic House â□□ this mansion was designed and built by the prominent PEI architect WC Harris in 1877. It includes all the fashionable features of the day including elegant 19th century furnishings, gingerbread trim, a grand veranda and a crowning belvedere.

Sustainability

Charlottetown is one of the prettiest provincial capitals in Canada staying true to its small town roots. We believe that responsible tourism is the key to ensuring that these treasures remain intact.

From eco friendly accommodations and electric vehicles, to support for local businesses, we encourage you to make your travel choices with sustainability in mind.

Here are some sustainable travel trips for Charlottetown:

1. Choose eco-friendly accommodations: look for accommodations that are eco friendly, such as hotels or guest houses that use renewable energy, recycle or support local conservation efforts. Check our suggestions for two great options.

2. Walk or bike: Charlottetown is a very walkable city, so walking is an easy an eco-friendly way to get around. Due to the mainly flat terrain biking is also a great option and the city has lots of bike rental options available throughout. There are places to rent electric bikes, bikes with two or four wheels or even a solar powered party bike.

3. Visit local markets: Charlottetown has several local markets such as the Charlottetown Farmers Market and the Downtown Farmerâ□□ s Market, where you can find fresh products and other local goods. By shopping at these markets, you are supporting local businesses and reducing the carbon footprint of transporting goods from outside the region.

4. Take a food tour: not only his PEI famous for its potato but its cuisine naturally emphasizes seafood. Taking a food tour can be a great way to learn about local cuisine while supporting small, locally owned restaurants.

5. Visit eco friendly attractions: the downtown core was designed to be walkable and Charlottetown is full of trails and green spaces that make adventuring in nature inspiring.

6. Reduce water consumption: it is important to conserve water. Turn off the tap when brushing your teeth or shaving, take shorter showers, and reuse towels instead of having them washed everyday are easy ways to reduce our consumption.

7. Reduce plastic waste: bring a reusable water bottle and refill it at fountains or tap water sources instead of purchasing plastic water bottles. Bring your reusable shopping bag to reduce waste when buying groceries or souvenirs.

By following these travel tips, you can help to minimize your impact on the environment while enjoying all that this amazing city has to offer.

Books

Lucy M. Montgomery. *Anne of Green Gables*. 1908. It is impossible to start talking about PEI literature and not mention this book. Anne Shirley, begins her adventures at Green Gables, a farm outside Avonlea, Prince Edward Island.

Christopher Moore. *1867: How the Fathers Made a Deal.* 1997. PEI was a birthplace of Confederation, and this book provides the political context surrounding the 1864 Charlottetown and Quebec meetings as well an introduction to the personalities involved.

Edited by Edward MacDonald, IrenÃ© Novaczek & Joshua MacFadye. *Time and a Place. An Environmental History of Prince Edward Island.* 2016. A more scientific insight â□□ a collection of essays that documents the arrival of flora, fauna, and humans, and the different ways these inhabitants have lived in this place over time.

Douglas Baldwin. *Land of The Red Soil: A Popular History of Prince Edward Island*. 1990. This book includes a light insight on the Confederation Bridge, Japanese tourism, the changing economy, the writings of L M Montgomery and much more.

Michael Smith. *Open Kitchen: A Chefâ□□ s Day at The Inn at Bay Fortune.* 1998. For those interested in cooking, the story of one day in the life of an inn chef and of how easy it is to transform simple, fresh ingredients into exceptional cuisine.

D.Scott MacDonald. Prince Edward Island Then and Now. 2016. Vic Runtz, a long-time cartoonist for The Guardian newspaper in Charlottetown was able to get to know Elton Woodside, the Flying Farmer who delivered the newspapers across the province therefore allowing for highly-detailed aerial photographs of many of the communities at the time. Upon discovering this amazing collection, D. Scott MacDonald set out on the task to take photographs of the same communities today.

Packing suggestions

FOOTWEAR in general plan on wearing shoes in the boats. The foot stretchers are like those on ergometers. In Charlottetown docks will be used. However, we may also land on beaches, so have water shoes or sandals that you can use for wet launches or landings. Long socks can be helpful in preventing irritation from seat rails.

YOUR HANDS Consider bike or rowing gloves just for variation. Bring lots of band-aids and blister packs. These are also useful if the seat rails are hurting your calves.

SEAT COVER If you have one, bring it.

JACKET the most important feature of your jacket is that it will be visible. Have at least one lightweight jacket in a bright, preferably neon colour. Also be prepared for rain. Bring a jacket that is waterproof, not just water repellent. The best are both waterproof and breathable (eg. Entrant, Gore-Tex).

SUNGLASSES Wear ones that block UV rays 100%.

ROWING CLOTHES Bring loose-fitting, comfortable clothes that you would row in at home. Also bring at least one bright coloured top for visibility.

EXTRA LAYERS Temperatures can vary greatly, especially on morning rows. We highly recommend â□□ transport layerâ□□ underwear, which wicks away moisture and is worn as a top layer.

TRAVEL TOWEL A small towel would be very useful to dry your feet after a wet launch.

DRY SACK AND DAYPACK Be prepared that your things may get wet, and that you might not have a lot of storage space. If you need to take things with you during the row, bring a dry sack. A day pack that is waterproof can be used in the boat and for other activities.

WATER BOTTLE Whatever you get, make sure itâ□□ s BIG!

CAP Can be cool in so many ways.

PFD/LIFE JACKET These are provided for this tour. If you prefer to bring your own, we recommend the waist type, often used by SUP boarders (stand-up paddleboard). Generally it appears that airlines will allow you to bring a self-inflating (with CO2cartridge) in your carry-on or checked luggage, but check with the carrier that you are flying with.

CELL PHONE Virtually everyone, whether European or North American or from elsewhere, has to pay roaming charges outside of your own country. Much depends on your service provider and how much you might wish to use it to talk, text and for data functions. There are virtually no pay phones. If you are planning to travel in Canada before or after your trip, an occasional

short call to resolve logistics may make carrying the phone worthwhile.

PLUG ADAPTERS Many, if not most, electronics are designed to work on multiple voltages. But double-check before you plug your favourite device into the socket. All that may be needed is a plug adapterâ□□ these are hard to acquire in the tour area, so bring what you need.

MONEY BELT OR FANNY PACK This is a practical way to keep your passport, airline tickets, health insurance information, money, and credit cards with you at all times.

SUN BLOCK Sunscreen (SPF50+) is recommended.

FAQs

WHAT ARE THE ROWING SHELLS LIKE?

You will be rowing coastal rowing shells, singles (solo) and doubles.

WHAT WILL BE THE EXPERIENCE BE LIKE?

This experience is one day of rowing and is perfect for flat water rowers who wish to experience a bit of coastal rowing in a safe environment with experienced local guides and without the extremes that some coastal races and events offer. You will enjoy a unique view of the capital city, from the Spires of Saint Dunstanâ□□ s Basilica, to the scenic Victoria Park, to the farms of dairy cows along our route.

WHO IS THE COACH AND GUIDE?

Nancy started rowing in 2010, the summer that Rowing PEI was launched. She is a trained coach, club administrator and was proud to be manager of the PEI Rowing Team at the 2017 Canada Games. With 30 plus years as a reporter and producer at the Canadian Broadcasting Corporation or CBC, she loves to spread the word about rowing especially coastal rowing.

WHAT ARE THE MEETING ARRANGEMENTS?

We will connect you with Nancy via e-mail, and final meeting details can be made together.

WHAT CAN I DO TO PREPARE FOR THE TRIP?

Your training preparation should be in two areas: cardiovascular fitness and endurance. The rowing will typically be at a steady but slow rate, so intense cardiovascular preparation is less important but always helpful. More important is being able to sustain physical activity for a long period in both the morning and afternoon. Practice rowing longer distances and, if possible, increase the frequency of your rowing in advance of the trip. Sometimes it is a matter of getting used to sitting on the rowing seat that long!

Although the best way to get into shape for a rowing trip is to row, you can build fitness and endurance through other physical activity as well. And there is always the ergometer.

WHAT KIND OF SHAPE DO I HAVE TO BE IN?

A good level of rowing fitness is needed. The fitter you are, the more you will enjoy the trip. You should be able to rope for at least two hours at a rate of 18 strokes per minute, with only brief breaks. On a rowing trip, distances rowed are usually longer than normal distances road at a home club. Training for a trip can be part of the fun.

WHAT CAN I DO IF I FIND THE ROWING TOO TIRING?

To reduce difficulty during the row, we encourage you to rest frequently, drink water, and have a snack. This is a personalized Experience and you can make it longer or shorter as you wish, in consultation with Nancy or whomever is on the water with you.

Your Guide

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Guide contact information

Nancy can be contacted via:

Tel: 902-394-3297

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Your host club location â□□ https://www.cyc.pe.ca/

If you have any questions, contact us at row@rowingtheworld.com

