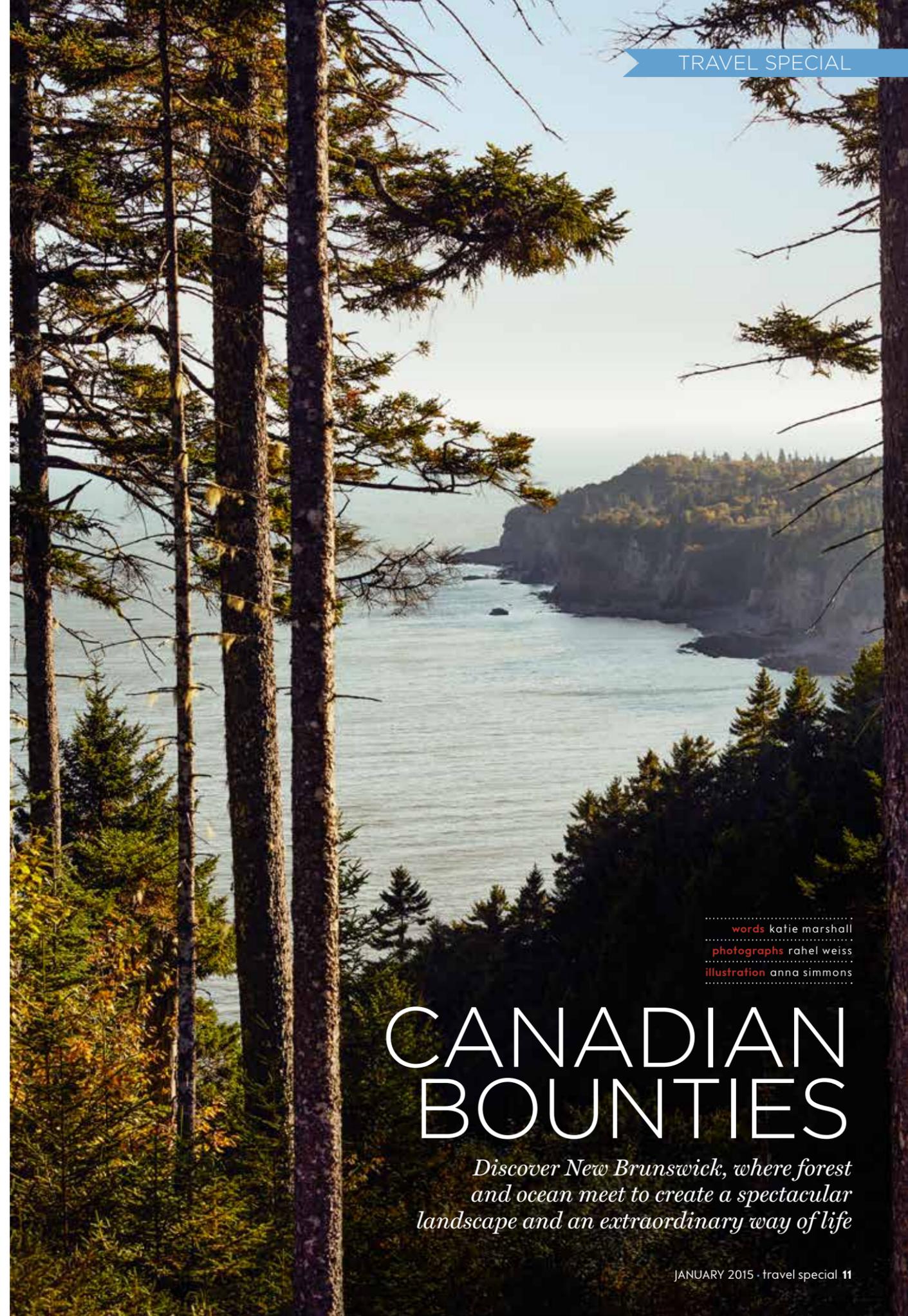


VISIT
New Brunswick
Canada's Hidden Gem



To learn more about New Brunswick visit www.tourismnewbrunswick.co.uk.



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CANADIAN BOUNTIES

Discover New Brunswick, where forest and ocean meet to create a spectacular landscape and an extraordinary way of life



You don't have to be in New Brunswick long to know that there's something special about the place. In fact, you don't even need to be in New Brunswick; the aerial views from the plane offer a pretty good indication of the treasures to come. Cabin windows frame a verdant landscape; pockets of amber and scarlet maples nestle amid the greenest of forests; and the sylvan paradise is intermittently broken by glistening waterways. It's these two things, the forests and the water - both inland and ocean - that define this Canadian province, a combination of forces that have worked together over the centuries to create not just a glorious countryside, but also a unique way of life.

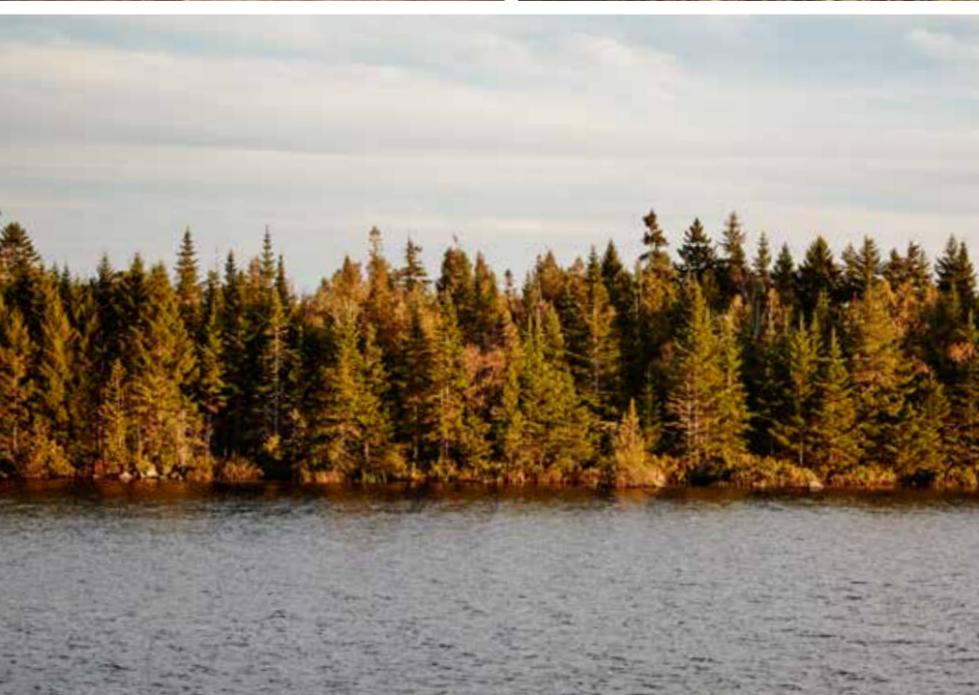
One of the Canadian Maritime provinces, New Brunswick sits alongside Nova Scotia and Prince Edward Island on the Atlantic east coast. With a prevailing maritime tradition and a history dominated by both French and English occupation, this corner of the world enjoys not just a landscape that feels almost untouched by time (the province is still 80 per cent forested), but a slower pace of life too.

Whether you head north to the Appalachian range, meander down the eastern Acadian coast, up the western river valley, or even venture inland on the Miramichi river route, the views are spectacular. But, for this adventure, it is the tug of the world's highest tides along the remarkable Fundy coast route that prove the most alluring.

MONCTON TO SAINT JOHN

Arriving at Greater Moncton International Airport, I spend the night in the city - a chance to acclimatise and get my first taste of New Brunswick's celebrated seafood. Walking into the Catch 22 Lobster Bar, I'm greeted with "Bonjour, good evening", a reminder that this is Canada's only officially bilingual state. A dinner of mussels and scallops later, and I realise that I'm in a seafood paradise, too.

The next morning I'm on the road early, heading to Hopewell Rocks to walk on the ocean floor. It's not the supernatural experience it sounds - the strength of the world-renowned tides at the Bay of Fundy, now a Unesco Biosphere Reserve, leaves the ocean bed exposed, sculpting breathtaking stacks from the sandstone in its wake. »



In the crisp early morning light this natural phenomenon is an awe-inspiring sight; I'm overwhelmed by a sense of calm that sets a reassuring tone for the week ahead.

Onwards to lunch in the town of Alma, and to pick up some of the famously sticky buns from Kelly's Bake Shop, fuel for my walk in the Fundy National Park. With more than 25 waterfalls and mile-upon-mile of trails that take in both the fragrant coniferous Caledonia Highlands and the rugged coastline, the park could keep hikers happy for weeks.

SAINT JOHN TO SAINT ANDREWS BY-THE-SEA

A visit to the bustling Saint John Market is next on the list. The oldest continuing farmers' market in Canada, it's well worth a morning browsing local delicacies such as pumpkin fudge, blueberry juices and maple syrups tapped in early spring from nearby trees. Then it's on to the New Brunswick Museum to discover more about the local history of timber export and shipbuilding, key foundations to the province's colourful cultural heritage. Later, driving through to Saint Andrews by-the-Sea, there's an unscheduled pit-stop in the small town of St George - I can't ignore a signpost advertising a blueberry farm shop selling homemade pie and blueberry teas.

Saint Andrews feels like it hasn't changed for centuries - it's a dreamily relaxing place in which to wallow in the New Brunswick pace of life. A unique microclimate, created by the St Croix river, has proven irresistible to generations of holidaymakers, and is also the source of tremendous local produce. Head to the Rossmount Inn or Savour in the Garden to appreciate the area's bounty, including fruit and vegetables grown in the restaurants' own backyards and daily-caught seafood; or try deep-fried clams at Ossies, the roadside institution where grown men still take their 'moms' on Mother's Day.

SAINT ANDREWS BY-THE-SEA TO GRAND MANAN

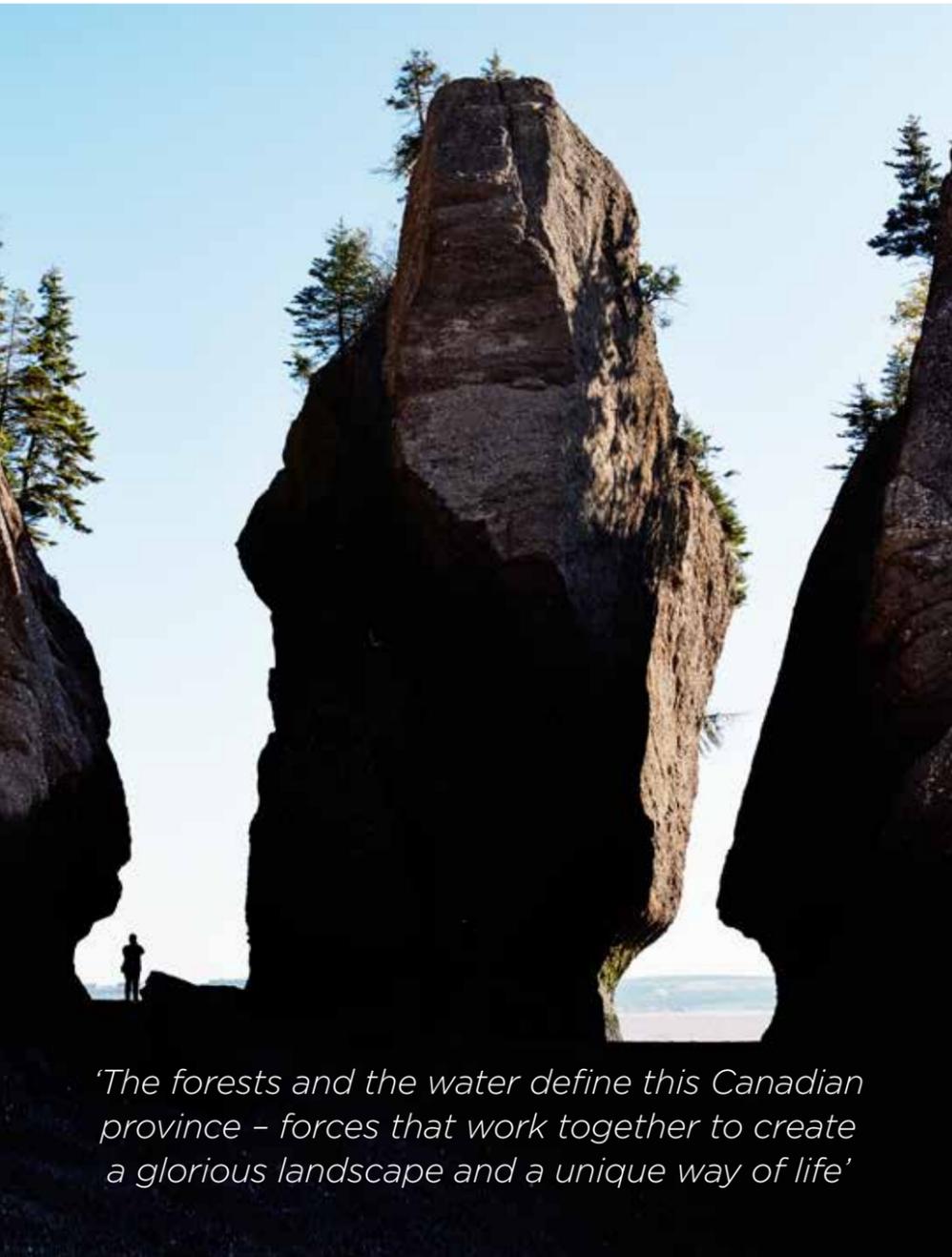
From Saint Andrews it's a short drive to Blacks Harbour for the 90-minute ferry crossing to Grand Manan, with a chance to whale-spot en route. This 21-mile-long island could easily warrant a week's stay. It's a miniaturised version of everything charming about New Brunswick, with only one supermarket for the 2,500 residents, no drinking holes to speak of, and an uncomplicated way of life that leaves you plenty of time and space to appreciate the pristine surroundings.

Pulling into the harbour, past the iconic Swallowtail Lighthouse, I am greeted with a picture-perfect vision of nautical life: multi-coloured buoys hang from the porches of cedar-shingled houses and gulls flock around small boats pulling in herring from the weirs. Fishing has long been the main industry here, although aquaculture is now also gaining ground as the trade warms up to the concerns of sustainability. With 75 per cent of islanders relying on lobster fishing, and salmon farms dotted about the shores, you would be hard-pressed to find fresher seafood. »



'The islanders rely on lobster fishing; you'd be hard-pressed to find fresher seafood'





"The forests and the water define this Canadian province – forces that work together to create a glorious landscape and a unique way of life"

I am soon lured back out to sea again, this time on a Whales-n-Sails Adventures yacht, in search of one of the ocean's most electrifying sights. It's not long before we spot a pair of playful humpback whales. The duo accompany us for the rest of the trip – their tremendous mass surging through the water alongside the boat.

Back on land, I don my walking boots to wander the rough-hewn trails that weave between romantically named inlets, passing author Willa Cather's holiday-home in Whale Cove on the way. "There are few places in the world where you can sea kayak, spot whales and seals, walk woody mountain trails looking out for migrating birds, then go out for a lobster dinner in shorts and a T-shirt or a full suit without anyone batting an eye", sums up Kevin Sampson of local adventure agency, Adventure High. He, and many others I meet in this province, say they can think of nowhere they would rather live. Spend some time here and you may well come to agree.

DON'T LEAVE NEW BRUNSWICK WITHOUT EATING:

- Trio of salmon (Wolfhead smoked with horseradish cream, avocado tartare with wasabi mayonnaise, and dill-sugar cured with cucumber sour cream salad) at Rossmount Inn, St Andrews by-the-Sea (rossmountinn.com)

- Seared Bay of Fundy scallops with apple cider-braised pork belly, apple confit and rocket at East Coast Bistro, Saint John (eastcoastbistro.com)



- Fried clams with homemade tartare sauce at Ossie's Lunch (3034 Route 760, St George; tel: +1 (506) 755 2758)

- Seafood chowder: every restaurant you pass will lay claim to award-winning chowder, so it's up to you to put them all to the test.



- Fresh lobster roll (after a day's kayaking) at Compass Rose, Grand Manan; (65 Route 776, North Head, Grand Manan Island)



Win a week's fly-drive holiday to New Brunswick

Create two dishes inspired by the province and you could win a seven-night holiday for two to Canada's east coast

Beautiful seascapes, stunning provincial parks, numerous culinary delights, and a strong Acadian culture make any trip to New Brunswick unforgettable. Enter the New Brunswick Recipe Challenge and you could find yourself on a fantastic fly-drive holiday to one of the most unique and varied parts of Canada.

The lucky winner will receive a fly-drive holiday for two including flights from London, seven nights' accommodation and car hire for the duration of their stay. Not only that, but they will also get to

choose which areas to explore, with an itinerary tailor-made just for them.

The winning pair could go whale-watching in the Bay of Fundy, where the world's highest tides rise and fall up to 16 metres twice a day. Or they could visit the province's white sandy beaches, with some of the warmest waters north of the Carolinas. And the region's rich agricultural produce and plentiful seafood are unmissable – from lobster in Shediac to oysters at Alex Haun's restaurant in St Andrews. The winner may even find their recipe on the menu!



How to enter:
1 Create two original recipes (one of which must be a main course)

inspired by New Brunswick. Take your cue from the scenery, food, people, history, culture – or any aspect that excites you.
2 Take photos of your dishes and write a brief description (up to 100 words)

about the inspiration behind each.
3 Submit your recipes, photos and descriptions with your name, address and contact telephone number via Facebook (facebook.com/newbrunswickrecipechallenge), email

(NBrecipe@clover-george.com) or post (New Brunswick Recipe Challenge, Clover George Associates, PO Box 16, Market Deeping, Peterborough, PE6 8TS). See page 91 for terms and conditions.

The competition

A panel of judges, including popular New Brunswick chef Alex Haun, will review all the entries and select three finalists. A handful of runners-up will also be selected for a public vote on the New Brunswick Recipe Challenge Facebook page. The winner of the vote will be the fourth finalist.

On 17 July 2015, the four finalists will take part in a cook-off at the Waitrose Cookery School in London, which will be judged by the panel. The cook-off champion will win a seven-night, fly-drive holiday to the stunning province of New Brunswick, and will also dine at Alex Haun's restaurant in St Andrews.

The three runners up will each receive £250 of John Lewis vouchers.

