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CANADA

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INSIDE PRINCESS BEATRICE AT 35 • KATE'S NEW ROYAL ROLE • FAREWELL TO A CANADIAN ICON



Actor Chad Michael Murray has gushed about his summer in Halifax, filming TV's *Sullivan's Crossing*.

Nova Scotia STAR ESCAPES

Soak up the magic of Canada's picturesque East Coast

By Andrea Karr

EXPLORE

Peppered with quaint towns, scenic trails and ocean vantage points, Nova Scotia is a coastal paradise with something for everyone. If you're a vino lover, bike (and sip) along the Harvest Moon Trailway, stopping at wineries like Mercator Vineyards. For a dose of culture, stroll among the art galleries in the charming fishing village of Lunenburg. And if you love a spectacular view, make sure you see the Hopewell Rocks along the Bay of Fundy.

INDULGE

At Fox Harb'r Resort's Dol-as Spa, total relaxation is on the menu. Try the 90-minute Warming Seaweed Mud Therapy – a detoxifying body scrub and warm organic kelp mask – before taking a dip in the junior Olympic-size pool (1). Crave a Nordic spa experience? The thermal circuit, saunas and massage therapy at Halifax's Nature Folk bathhouse will leave



you tingling with delight.

TASTE

For Maritime lobster that you can eat with your hands, drive the Nova Scotia Lobster Trail and fill your "passport" with stamps from more than two dozen restaurants and markets across the province. In Halifax, make a reservation at Drift (2), an eatery known for its traditional Nova Scotian fare, crafted with fresh seafood, local meats and foraged plants.

STAY

Best known for its 18-hole golf course with nine fairways perched along the ocean, Fox Harb'r Resort (3) is constructing nine additional waterfront holes that will open next year. If hitting the greens isn't your thing, the property also has axe throwing, tennis and sea kayaking. You can even book a private yacht excursion and venture out on the Northumberland Strait. While in Halifax, stay in the bustling Queen's Marque waterfront district at Muir, the capital's first five-star hotel. **H**



What To Pack



Graydon Supermoon Serum, \$89, graydonskincare.ca



Women's Stretch-Cotton Piqué Polo Dress in Light Pink, \$195, lacoste.com



Nilofar Sunglasses in Fern, \$169, oscarwylee.ca

TRIP TIPS Visit between May and October to make the most of warm weather • You'll likely fly into Halifax's international airport, but Fox Harb'r Resort has its own airstrip if you prefer to use a private charter • To extend your East Coast vacation, consider hopping on the 75-minute car ferry from Caribou, N.S., to pay a visit to neighbouring Prince Edward Island