

Life  
CHOICE\*

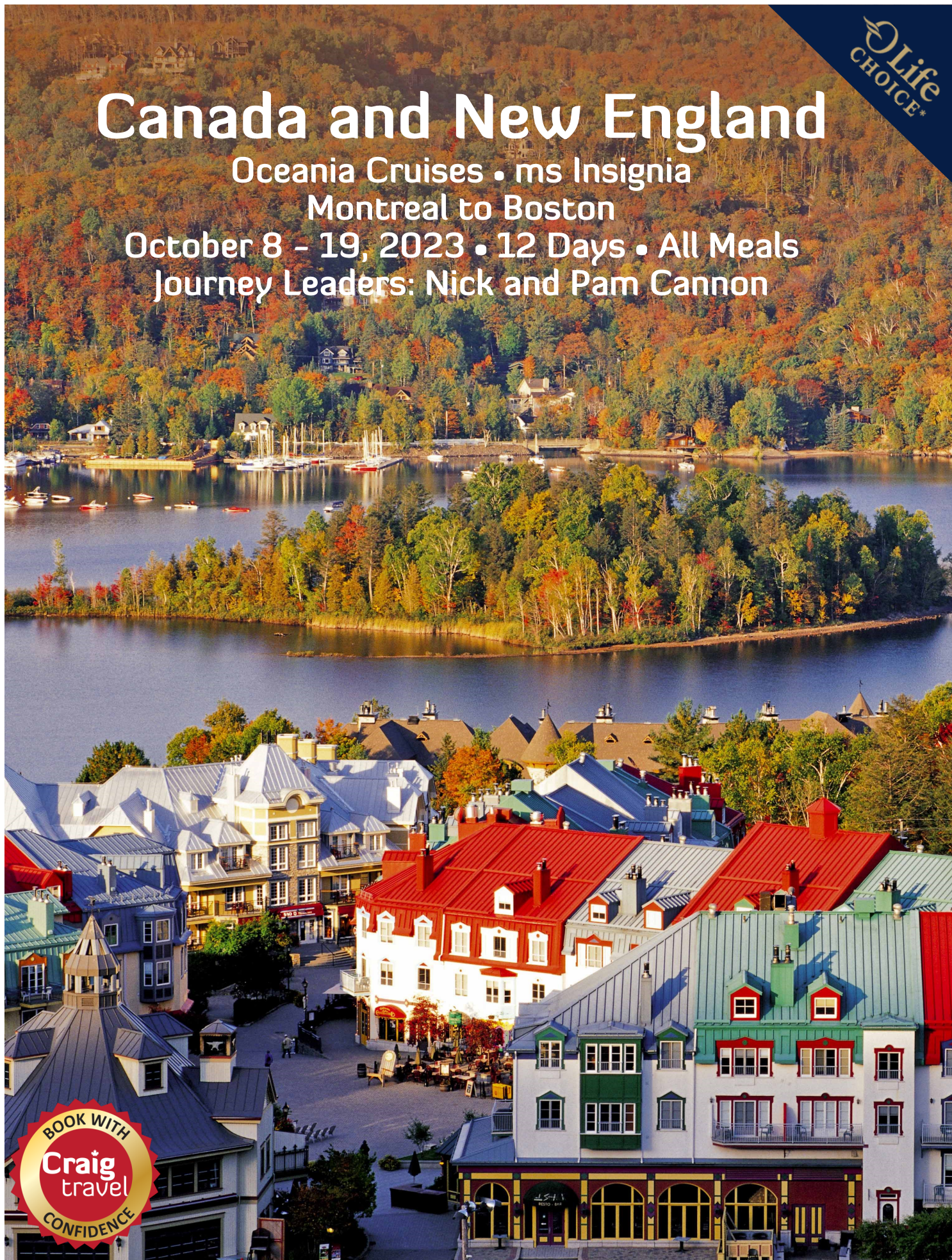
# Canada and New England

Oceania Cruises • ms Insignia

Montreal to Boston

October 8 - 19, 2023 • 12 Days • All Meals

Journey Leaders: Nick and Pam Cannon



*Splendid colours of autumn, Quebec City (courtesy of Oceania Cruises)*



The waters of Atlantic Canada offer much to the cruise enthusiast, especially during the crisp fall season. It has fast become one of North America's most popular cruise destinations.

Enjoy the pampered luxury of Oceania Cruises. Spacious staterooms, gracious public rooms, the warm friendly service of the ship's staff, excellent food, gala entertainment and so much more awaits us.

After embarking in Montreal we sail to Quebec City, one of the few places in North America that is steeped in history. Stroll the cobblestone streets of Old Quebec, a UNESCO World Heritage treasure, and let the European charm, romantic ambiance, and exquisite cuisine enchant you. Next, we cruise the mighty St. Lawrence River to Saguenay with beauty that will take your breath away. Onward to Newfoundland and the incredible rugged beauty of 'the rock'. Next up is Charlottetown, the city of Confederation, before visiting Halifax with its dominating fort. Leaving Canada we witness gorgeous seascapes as we approach Portland, Maine. Our disembarkation will be in one of America's oldest cities, historic Boston.

Join us as we discover this scenic wonderland. Call today and discover the natural beauty of New England, Atlantic Canada and Quebec.



**Shore Excursions** are not included in your cruise cost, unless chosen with OLife Choice offer (see back cover for details). Excursions will be available for purchase through the Oceania website or after embarkation.

### Inclusive Features

- 11 night cruise on the *ms Insignia*, based on sharing a twin-bedded stateroom in selected category
- All meals and entertainment on board
- OLife Choice benefit (see back cover)
- Baggage handling shipside
- All gratuities for included shipboard services
- All cruise line taxes and fees
- Return economy airfare from cities listed (supplements may apply to certain gateways)
- Transfers between the airport and the ship
- All current air taxes, fuel surcharges, and fees
- Airport transfers in Canada or equivalent value

### Our Cruise Ship • *ms Insignia*

In a dramatic re-inspiration process (2018), *Insignia* is now a completely transformed ship without peer. Every surface of every suite and stateroom is entirely new. The public spaces are tastefully refreshed with a soft sea and sky colour palette of fabrics, designer furnishings and custom light fixtures that exquisitely showcase the inimitable style and comfort of Oceania Cruises. From the bejeweled new chandeliers in the gracious Grand Dining Room to the beckoning Reception Hall, *Insignia* invites you to celebrate a rejuvenation so sweeping, you will find it positively unimaginable to resist her welcoming embrace. Sleek and elegantly charming, *Insignia's* decks are resplendent in the finest teak, custom stone and tile work, and her lounges, suites and staterooms boast luxurious, neo-classical furnishings. *Insignia* offers every luxury you may expect on board one of our stylish ships. She features four unique, open-seating restaurants, the Aquamar Spa + Vitality Center, eight lounges and bars, a casino, and 342 lavish suites and luxurious staterooms, nearly 70% of which feature private verandas. With just 656 guests to pamper, our 400 professionally trained European staff ensure you will wait for nothing.

### Journey Leaders

The journey leaders for this upcoming Canada and New England voyage will be **Nick and Pam Cannon**. Nick and Pam, who are inveterate travellers, have journeyed through the United Kingdom, Africa, the Caribbean, and the Mediterranean. As two of our most popular leaders, they have escorted both cruise and tour groups in the last few years to a wide variety of destinations including Panama, Alaska, South Africa, Europe and South America. Their warm and caring personalities and love of travel will be sure to enhance your travel experience.



*ms Insignia* : 30,277 tons and 656 passengers (courtesy of Oceania Cruises)



## Cruise Itinerary

<b>OCT 8, Sun</b>	<b>Arrive Montreal, Quebec, Canada</b> Embark / Sail 6:00pm
<b>OCT 9, Mon</b>	<b>Quebec City, Quebec, Canada</b> Arrive 8:00am / Sail 6:00pm
<b>OCT 10, Tue</b>	<b>Saguenay, Quebec, Canada*</b> Arrive 7:00am / Sail 3:00pm
<b>OCT 11, Wed</b>	<b>Cruising the Gulf of the St. Lawrence</b>
<b>OCT 12, Thu</b>	<b>Corner Brook, Newfoundland, Canada</b> Arrive 7:00am / Sail 3:00pm
<b>OCT 13, Fri</b>	<b>Charlottetown, PEI, Canada</b> Arrive 10:00am / Sail 6:00pm
<b>OCT 14, Sat</b>	<b>Sydney, Nova Scotia, Canada*</b> Arrive 8:00am / Sail 5:00pm
<b>OCT 15, Sun</b>	<b>Halifax, Nova Scotia, Canada</b> Arrive 11:00am / Sail 7:00pm
<b>OCT 16, Mon</b>	<b>Saint John, New Brunswick, Canada</b> Arrive 1:00pm / Sail 10:00pm
<b>OCT 17, Tue</b>	<b>Eastport, Maine, United States</b> Arrive 7:00am / Sail 7:00pm
<b>OCT 18, Wed</b>	<b>Portland, Maine, United States</b> Arrive 8:00am / Sail 7:00pm
<b>OCT 19, Thu</b>	<b>Boston, Massachusetts, United States</b> Disembark 8:00am

*\*Tenders to shore      Note: port times are subject to change*

## Ports of Call

**Montreal, Quebec, Canada:** French-speaking, thoroughly romantic and exquisitely cultured, Montreal definitely warrants a pre- or post-cruise stay. The Old Port is a hub of entertainment, while the Museum of Fine Arts is revered for its collection of more than 30,000 objects. For a respite from the vibrant city, stroll the Montreal Botanical Garden.

**Quebec City, Quebec, Canada:** Surrounded by several miles of granite walls dating back hundreds of years, Quebec City's fabulous Old Town exudes European character, exemplified in the iconic Château Frontenac. Another architectural gem is the fascinating Musée de la Civilisation, a treasure trove of items recreating the French-speaking city's early days.

**Saguenay, Quebec, Canada:** Head to La Baie and tour the Musée du Fjord to admire the frescoes covering every nook and corner of barber and painter Arthur Villeneuve's home. Tour a goat farm or travel the Craftsman Road to see artisans in their element creating cheeses, glass-blowing and soap-making. Don't miss a hike through Saguenay National Park, which cradles the dramatic fjord that has enchanted travelers for centuries.

**Corner Brook, Newfoundland, Canada:** Take in the breathtaking view from the monument honoring Captain James Cook, the first to map the area in 1767. History awaits in the Corner Brook Museum and its marine artifacts, forestry exhibits and Aboriginal collections.

**Charlottetown, PEI, Canada:** Trace the birth of Canada where it happened in 1864 on the waterfront in what is now Founder's Hall. The past also comes alive along historic Great George Street. Don't miss the Neo-Gothic St. Dunstan's Cathedral, or the Confederation Centre of the Arts to see the original manuscript of the beloved Anne of Green Gables, which was set on Prince Edward Island.



*Explore the iconic Château Frontenac (courtesy of Oceania Cruises)*



*Nature awaits you at the Montreal Botanical Garden*



*Take in spectacular views of Maine's rocky shoreline*



*Boston lobsters are a highly praised seafood specialty!*



**Sydney, Nova Scotia, Canada:** Historic Sydney boasts several landmarks from the late 1700s, such as the colonial Cossit House and the Jost House, which features an unusual beehive bake-oven. St. Patrick's, the city's oldest Catholic church, doubles as a fascinating museum.

**Halifax (Bay of Fundy), Nova Scotia, Canada:** Founded by the British in 1749, Halifax still has a British military air about it. Every day at noon, a ceremonial gun is fired at the Halifax Citadel, a star-shaped fortress where the guides wear military uniforms. The exhibits have a more seafaring slant at the Maritime Museum of the Atlantic and include the nearly 100-year-old Acadia.

**Saint John, New Brunswick, Canada:** Explore Canada's oldest continuing museum, the New Brunswick, where displays include the skeletal remains of a rare North Atlantic right whale. Saint John is also known for the bizarre Reversing Falls, a daily tidal phenomenon so severe it reverses the flow of the Saint John River. Birders will enjoy serene Irving Nature Park.

**Eastport, Maine, United States:** Located on Moose Island between Cobscook Bay and Passamaquoddy Bay, aptly named Eastport is the easternmost city in the United States. The surrounding coastline and natural attractions are just as picturesque as some of the more well-trodden Down East destinations, and the city itself is known for its friendly locals and a refreshingly eccentric vibe influenced by the vibrant creative community. Explore one of the many museums and galleries or stop by The Commons Eastport – a waterfront artist cooperative that features and sells the work of more than 90 local artists and artisans. Whale-watching adventures are also popular; in addition to these majestic creatures, you're likely to spot seals, porpoises, bald eagles, osprey and puffins.

**Portland, Maine, United States:** Take in the best views of this vibrant city from the Portland Observatory, America's only remaining historic maritime signal tower. The Portland Museum of Art, located in the thriving Arts District, boasts the works of Picasso, Monet, Renoir and many other masters. Have a picnic or just relax in the serene Eastern Promenade Park, with its majestic slopes extending down to the beautiful Casco Bay.

**Boston, Massachusetts, United States:** Boston's enormous role during the American Revolution is inescapable, and it's easy to trace by following the Freedom Trail, which links more than a dozen historic sights throughout town from the Paul Revere House to the Old North Church. But don't forgo exploring Boston's appealing modern side. For a 360-degree view of the city, head for the skywalk observatory on the 50th floor of the Prudential Tower. For art, browse the Museum of Fine Arts, which includes works from Van Gogh to Egyptian sculpture. If your interests lie in the natural world, wander through the New England Aquarium or Franklin Zoo.

**CT Rating 1 – Leisurely:** This cruise is suitable for all passengers who meet our basic criteria for group travel. Optional excursions are not covered by this rating and may involve considerable walking, sometimes over rough surfaces. Some ports of call require tenders to reach shore.

**Wish to extend your journey?** Why not extend your cruise with a few nights in either Montreal, Boston, or both. Discuss your travel plans with us today.



Enjoy an even more carefree experience with Oceania Cruises OLife Choice. Offering you the flexibility to personalize your vacation experience. Choose one free amenity:

**FREE** - 6 Shore Excursions  
**FREE** - Beverage Package or  
**FREE** - US\$600 Shipboard Credit

\*Amenities are per stateroom.  
 \*OLife terms and conditions apply.

Cruise Cost in Canadian Dollars per person	
Category/Description/Deck	Sharing Twin
<b>G</b> Inside (Deck 4, 6, 7).....	\$5,825
<b>C2</b> Deluxe Outside (Deck 4) .....	\$6,625
<b>C1</b> Deluxe Outside (Deck 4, 6, 7).....	\$6,825
<b>B2</b> Veranda (Deck 6) .....	\$8,925
<b>B1</b> Veranda (Deck 6) .....	\$9,075
<b>A3</b> Concierge Veranda (Deck 7).....	\$9,325
<b>A2</b> Concierge Veranda (Deck 6, 7).....	\$9,525
<b>PH3</b> Penthouse Suite (Deck 8) .....	\$12,125

The above rates are per person based on sharing the category chosen including return airfare and all of the applicable inclusive features. Cruise only passengers will receive a \$600 air credit and will need to join the group at the ship in Montreal and leave the group at the ship in Boston. See deck plan for full details on various categories available. For single rates, ask for prices or visit our website.

#### Estimated air add-ons per person

Toronto / Ottawa / Montreal / Vancouver ..... included  
 Winnipeg / Calgary / Edmonton / Victoria .....\$249  
 Airfares from other gateways are available on request. Air routing is assigned by Oceania 60-75 days prior to departure. Add on fares are estimated and subject to change and will be confirmed prior to final payment. Refer to inclusive features for details. Prices are based on rates, taxes and fees effective June 2022. Prices are subject to change due to factors beyond our control.  
 Insurance is NOT INCLUDED but is highly recommended. Premiums are calculated based on the individual's age, destination (country), trip length, and trip booking window – please contact our staff to receive a quote. Your coverage starts on the effective date of your confirmation of coverage. Please discuss your insurance coverage prior to booking. Check our website for the most current information. Refer to the enrollment form for terms and conditions.

**Final payment will be due July 5, 2023**  
**Deposit is \$1,000 per person**

To reserve your spot on this cruise, simply complete the enclosed enrollment form, indicating the cabin type you prefer and your home city, and forward it with your deposit to:



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