

Boston ♦ Atlantic Canada ♦ Quebec City

CRUISE GUIDE



Sapphire Princess

10-Night Classic Canada & New England

September 23 – October 3, 2026

DEPART	Boston, MA ♦ Sept 23, 4:00 PM
ARRIVE	Quebec City, QC ♦ Oct 3, 6:00 AM
SHIP	Sapphire Princess (Grand-class, refit 2025)
ITINERARY	10 nights ♦ 7 ports ♦ 2 sea days

SEPTEMBER 2026

AI-generated reference — verify details before relying on them

At a glance

Boston to Quebec City over ten nights, hugging the New England coast and rolling north through Maritime Canada into the St. Lawrence. Two relaxed sea days, seven port stops, and one of the most beautiful weeks in the calendar — peak fall colour on the river.

Date	Port	Arrive	Depart
Sep 23 (Wed)	Boston, MA — embark	—	4:00 PM
Sep 24 (Thu)	Portland, ME	7:00 AM	4:00 PM
Sep 25 (Fri)	Saint John, NB (Bay of Fundy)	9:00 AM	7:00 PM
Sep 26 (Sat)	At sea	—	—
Sep 27 (Sun)	Halifax, NS	8:00 AM	5:00 PM
Sep 28 (Mon)	Sydney, NS (Cape Breton)	9:00 AM	6:00 PM
Sep 29 (Tue)	Charlottetown, PEI	8:00 AM	5:00 PM
Sep 30 (Wed)	At sea	—	—
Oct 1 (Thu)	Saguenay, QC (La Baie)	8:00 AM	6:00 PM
Oct 2–3	Quebec City, QC — disembark Oct 3	9:00 AM	—

How to use this guide

Each port page offers **two tracks**. The **green** column is the more active option — more walking, more ground covered. The **rose** column is an easier-pace alternative — the same flavour of the port with less terrain to cover. Pick whichever fits the day. The group can do everything together, or split and meet back on the ship.

MORE ACTIVE	LESS ACTIVE	★ PRO TIP	HEADS UP
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The Sapphire Princess

A mid-sized Grand-class ship (about 2,680 guests, 952 ft) that came out of dry dock in fall 2025 looking sharper than ever — fresh carpets, refreshed staterooms, and two brand-new specialty restaurants. Big enough for everything you need, small enough to learn in a day.

Where things live

Piazza (Deck 5–7)	The ship's living room. Live music, the International Café, and the photo studio. Easy meet-up landmark.
Princess Theater (Deck 6/7 fwd)	Production shows, lectures, comedians. Get there 15–20 min early on headliner nights.
Lotus Spa & Salon (Deck 15 fwd)	Treatments, hair, nails. Book on day one for sea-day slots.
Fitness Center (Deck 15 fwd)	Cardio, free weights, classes. Quiet first thing in the morning.
Lido / Pools (Deck 14)	Two main pools, two adults-only pools, hot tubs. Loungers fill fast on sea days.
Medical Center (Deck 4)	Open daily; charges go to your onboard account. Bring travel insurance details.
Guest Services (Deck 5)	Billing questions, lost items, requests of any kind. The line is shortest after dinner.

Getting around

The ship is a quarter-mile end-to-end, so distances add up fast. Elevators run the full height of the ship at three locations — fore, midship, and aft — and they're the smart default for moving between decks. A nice trick for the long fore-to-aft hauls: ride one direction, then stroll back through the public spaces on the way home.

★ **PRO TIP** · Plenty of seating everywhere — every elevator landing has a bench, the Piazza is full of armchairs, and the promenade deck (Deck 7) has built-in benches every 30 feet. You're never more than a minute from somewhere to sit down.

Eating well at sea

You will not go hungry. The buffet runs nearly all day, the main dining rooms serve a proper three-course dinner each night, and the new specialty restaurants are worth at least one splurge. Dress code is relaxed — "smart casual" most nights, with two "formal" nights where most folks dress up but a nice blouse and slacks is plenty.

Included with your fare

Main dining rooms	Five rooms, identical menus: Pacific Moon & Santa Fe (Deck 6), Vivaldi & The International (Deck 6), and the new Crown Grill space replaced the old Savoy. Reserve a fixed time so the four of them can have the same table every night.
Horizon Court (Deck 14)	Buffet open early to late. Easiest meal of the day — find a table, take turns at the buffet line.
International Café (Deck 5, Piazza)	24-hour pastries, sandwiches, soups, and good coffee. The unsung hero of the ship.
Alfredo's Pizzeria (Deck 5)	Sit-down Neapolitan-style pizza. Lovely lunch.
Room service	Continental breakfast is free; full menu carries a small fee.

Worth paying extra for (book on day 1)

Crown Grill (Deck 5)	Steakhouse — premium aged beef, chops, seafood. ~\$60 pp. Quiet, white-tablecloth. The crown jewel.
Sabatini's Italian Trattoria	Handmade pasta, a real four-course experience. Lovely for a celebration night.
Makoto Ocean (Deck 7)	New as of 2025 — Edomae sushi from chef Makoto Okuwa. Truffle salmon, snow crab temaki, toro tartare. ~\$60 pp.
Sterling Steakhouse	A more casual steakhouse experience offered on select evenings — chops, steaks, and lobster with garlic-and-herb fries. Lower price point than Crown Grill. Confirm availability and current location with the dining team on day one.

★ **PRO TIP** · Open the Princess MedallionClass app the moment you board (free Wi-Fi works inside the app for booking) and reserve dining times, shows, and the specialty restaurants right away. Sea-day spa slots and Crown Grill book up within hours.

Money matters & hidden fees

Princess fares come in three flavours — **Standard**, **Plus**, and **Premier**. Standard looks cheapest on the booking page but you'll pay for nearly everything à la carte on board. For a 10-night sailing with four ladies who like a glass of wine and want Wi-Fi, Plus is almost always the better deal. Premier is worth it only if you're ordering \$15+ cocktails and dining at specialty restaurants several nights.

	Standard	Plus (~\$65/day)	Premier (~\$100/day)
Crew gratuities	\$18/day pp added	Included	Included
Wi-Fi	\$25/day, 1 device	1 device included	4 devices included
Drinks	Pay per drink	Up to \$15 each	Up to \$20 each
Specialty dining	\$60 pp per visit	2 meals included	Unlimited
Premium desserts	Extra	Included	Included
Fitness classes	Extra	Included	Included
Photo package	Extra	Extra	Included

Things that will quietly add to the bill

18% auto-tip on bar drinks	Added to every drink purchase, even with a package. Standard practice — not optional.
Photos	Don't have to buy them. The studio displays prints around the Piazza — browse, smile, walk away if you don't want them.
Casino & bingo	Cash drains fast. Set a pocket-money cap on day 1.
Spa upsells	After every massage they'll offer creams. "No thank you, I'm fine" works great.
Shore excursions	Princess tours are convenient and guaranteed to make the ship — but typically 30–50% more than booking the same operator on shore.
Medallion bar tabs	Tapping your medallion makes it frictionless to order — and easy to lose track. Check the daily folio on the app.

★ **PRO TIP** - On day 1, ask Guest Services to put a **spending limit** on each medallion (e.g. \$50 per port, \$30 per sea day). It's a quiet way to keep the bar tab from sneaking up.

Captain's Circle status

Princess's loyalty program is the **Captain's Circle**. Sign up for free at princess.com before sailing — there's no cost, and you'll need a member number to use the Medallion app. First-time Princess sailors begin at the entry level (sometimes called **Blue**) and graduate to **Gold** automatically after this cruise. Status follows you across all future Princess sailings.

Tier	How to earn	What you get
Blue (entry)	Sign up — no cruises yet	Member number for booking and the Medallion app. Access to member-only sale fares.
Gold	1+ Princess cruise	Captain's Circle launch fares, member newsletter, member pin, invitation to the onboard Captain's Circle party.
Ruby	3 cruises / 30+ days	Everything in Gold + dedicated Captain's Circle phone help desk, complimentary wine tasting invitation, priority check-in line at the terminal.
Platinum	5 cruises / 50+ days	Everything above + 50% off MedallionNet Wi-Fi, 10% off Lotus Spa, 10% off photo gallery, Platinum Lounge access, early access to dining reservations.
Elite	15 cruises / 150+ days	Everything above + complimentary mini-bar setup, deluxe canapés on formal nights, free laundry & dry cleaning, free shoe polishing, 10% off shore excursions and Princess shops, priority disembarkation, early access to new itineraries.

What this means for this trip

If this is your first Princess cruise, you're effectively at **Blue** walking on and **Gold** walking off. The big perks (Wi-Fi discount, mini-bar, free laundry) only kick in at Platinum and Elite — that's why most cruisers consider the Plus or Premier package on early sailings to bridge the gap.

If anyone in the group **has cruised Princess before**, log into princess.com a few weeks ahead and check your tier — even Ruby gets you the dedicated help desk and a much faster check-in line at Black Falcon Terminal in Boston, which is meaningful on embarkation day.

★ **PRO TIP** - Past sailings on **Carnival, Holland America, Cunard, Seabourn, or P&O** can sometimes be matched into Captain's Circle since they're all under the Carnival Corporation umbrella. It's not automatic — call Princess loyalty before sailing and ask. Worth a 10-minute phone call if it bumps anyone up a tier.

Onboard daily essentials

Where to find the things you need without thinking about — water, coffee, restrooms, Wi-Fi, plugs, and all the small stuff that makes ten days at sea feel easy.

Wi-Fi

The ship's network is called **MedallionNet**. Connect once on day one — join the network, open a browser, and follow the prompts. If you're on the **Plus** package, one device per person is included; on **Premier**, four. On **Standard**, it's about \$25/day. The signal is strong enough almost everywhere on the ship for messaging, FaceTime, and email; Netflix is hit-or-miss. **The Princess Medallion app works on the ship's Wi-Fi for free**, even without a paid plan — use it for the daily Patter, dining bookings, and onboard messaging between the four of you.

★ **PRO TIP** · Use the Medallion app's free **OceanChat** to message each other across the ship. It works even without a paid Wi-Fi plan. Way better than "meet me at the Piazza in 20 minutes and hope it works out."

Coffee, tea & water

Free coffee & tea, all day	Horizon Court buffet (Deck 14) — basic drip coffee, hot water for tea, iced tea, lemonade, juices. Available 5:30 AM to late evening.
Free water	Refill stations at the buffet, by every pool bar, and outside the gym. Tap water in your stateroom is safe and good — fill your reusable bottle from the bathroom sink.
Better coffee (paid)	International Café in the Piazza, Deck 5 — proper espresso, cappuccinos, lattes. Open 24 hours. About \$4–\$5 per drink, included in Plus/Premier.
Afternoon tea	Daily ~3:00–4:00 PM in one of the main dining rooms. Free, civilized, lovely. Check the Patter for which dining room each day.
In-room tea/coffee	Stateroom has a kettle and tea bags / instant coffee. Ask your steward for extra packets — they'll keep stocking you up.

Restrooms & conveniences

Public restrooms	Outside every dining room, near the theater, in the Piazza, and on the pool deck. All clearly signed, all spotless — Princess is fanatical about this.
Stateroom amenities	Hairdryer in the desk drawer, fluffy towels (extras on request), shampoo/conditioner/body wash in dispensers, kettle, mini-fridge, safe, robes.
Towels for the pool	Free pool towels at the towel station by each pool. Drop them in the bin when done — no need to bring them back to your stateroom.
Laundry	Self-service laundry rooms on most stateroom decks (free machines, but soap is sold from a vending machine). Or use the ship's full laundry service — pricey but easy. Plus/Premier guests get unlimited free laundry.

Power, plugs & the daily Patter

Outlets	Each stateroom has 110V US outlets and a couple of USB ports. There are never enough — bring a non-surge power strip (surge protectors get confiscated).
Phones	Dial 0 from the stateroom phone for Guest Services, 9-1-1 for medical emergencies. Calls between staterooms are free.
The Patter	The daily program — delivered to your stateroom each evening, also live in the Medallion app. Read it the night before, circle 2–3 things, and you'll always have a plan.
Stateroom safe	In the closet. Set a 4-digit PIN when you board — passports, jewelry, extra cash live here.
Smoking	Cigarettes only in designated outdoor areas (one corner of the pool deck, one on the promenade). No smoking in staterooms or balconies — \$250 fine.

A note on booking excursions

Princess shore excursions are convenient and the ship will **wait for you** if a Princess tour runs late — that's the real value of booking through them. The catch: they're typically **30–50% more expensive** than booking the same operator directly. For the marquee tours below, we've flagged where booking direct is the obvious win and where Princess is worth the premium. Direct bookings: confirm the operator's drop-off is back at the cruise terminal **at least 60 minutes before all-aboard**, and tell the driver you're a cruise passenger.

★ **PRO TIP** - Cruise-line excursions can be cancelled (full refund) up to 5 days before the cruise. Direct bookings vary — most local operators have 24–48 hr cancellation windows. Book Princess for anything you're unsure about, then switch to direct once you're committed.

Portland, Maine

Thursday, September 24 ♦ In: 7:00 AM · Out: 4:00 PM

America's prettiest small port city — red-brick warehouses, working harbor, and the lobster roll capital of the country.

MORE ACTIVE

Half-day to Portland Head Light

Cab or Princess shuttle (~15 min) to Maine's most photographed lighthouse at Cape Elizabeth. Wander the cliffside paths in Fort Williams Park, picnic on the lawn, then head into the Old Port for lobster and shopping. About 2–3 miles of easy walking total.

LESS ACTIVE

Old Port stroll & the train museum

The terminal is a 10–15 min flat walk from the Old Port. Take the free shuttle if Princess is offering it. Sit at a harbor café, then ride the **Maine Narrow Gauge Railroad** — a 40-min coastal train ride along the Eastern Promenade, mostly seated, with stunning Casco Bay views. Trains hourly 10 AM–3 PM.

PAID EXCURSION OPTIONS

- **Portland Discovery Lighthouse Lovers Tour** — 1 hr 45 min seated narrated bus to Portland Head Light. ~\$45 direct via portlanddiscovery.com · Princess version ~\$70.
- **Lucky Catch Lobstering Cruise** — 80 min on a real lobster boat in Casco Bay. Hands-on if you want, watching if you don't. ~\$40 direct, lobster purchase optional.
- **Maine Narrow Gauge Railroad** — 40 min coastal train. ~\$15 direct, walk-up at the museum.
- **Kennebunkport half-day tour** — 5–6 hrs including Bush family compound drive-by. Princess ~\$130 · DayTrip / local operators ~\$75–90 direct.
- **Maine Foodie Tours Old Port walking tour** — 3 hrs, lobster + chowder + chocolate stops. ~\$80 direct via mainefoodietours.com · not offered by Princess.

FREE & ON YOUR OWN

- **Eastern Promenade Trail** — paved, flat waterfront walk with three vista points and benches along the way.
- **Old Port browsing** — Maine-made crafts, soap shops, ice cream, candy, and lobster rolls (try Highroller or Bite Into Maine).
- **Portland Museum of Art** — \$15 senior admission; free admission Friday 4–8 PM (not our day, but good to know).
- **Information Center at Ocean Gateway** — Adirondack chairs, free Wi-Fi, friendly volunteers who'll mark up a map for you.

HEADS UP · The Old Port has cobblestones and a few storefronts with one or two steps up. Congress Street (one block uphill) is much flatter and has the museum, Longfellow's House, and easier sidewalks.

★ **PRO TIP** · Lobster rolls come two ways in Maine: **cold with mayo** (classic) or **warm with butter** (Connecticut-style). Order one of each for the table and split — half the price, twice the experience.

Saint John, New Brunswick

Friday, September 25 ♦ In: 9:00 AM · Out: 7:00 PM

Canada's oldest incorporated city, sitting on the Bay of Fundy — home to the highest tides on Earth.

MORE ACTIVE

Reversing Falls + St. Martins sea caves

Half-day excursion (Princess or independent) out to St. Martins, the picture-postcard fishing village with red sea cliffs and caves you can walk into at low tide. Combine with a Reversing Falls Rapids viewpoint stop. About 4 hours, some uneven shoreline walking at the caves.

LESS ACTIVE

Skywalk + City Market

Stay closer to town — taxi or walk to the **Skywalk Saint John**, a stainless-steel-and-glass viewing platform over the Reversing Falls Rapids with a short film about the tides. From there, head to the **City Market** — North America's oldest farmers' market, all on one flat level — for lunch and souvenirs.

PAID EXCURSION OPTIONS

- **Hopewell Rocks & Bay of Fundy** — full day to the iconic flowerpot rocks at low tide. *Princess* ~\$160 · *Roads to Sea / Wild Caraquet* ~\$95 direct. The Princess version is the safer bet — Hopewell is 90 min away and timing matters.
- **St. Martins sea caves** — half-day to the picture-perfect fishing village; walk into the caves at low tide. *Princess* ~\$95 · *Bay of Fundy Tours* ~\$60 direct.
- **Reversing Falls Jet Boat** — 20 min thrill ride right through the rapids (full-soaking optional). ~\$50 direct via *jetboatrides.com* · Princess sells the same ticket for ~\$80.
- **Skywalk Saint John** — glass viewing platform over the falls. ~\$15 admission, walk up.
- **Kingsbrae Garden + St. Andrews** — full-day garden + colonial seaside town. *Princess* ~\$140 · *Atlantic Tours* ~\$90 direct.

FREE & ON YOUR OWN

- **Saint John City Market** — 3 blocks from the cruise terminal. Free to wander. Try the dulse (dried seaweed snack) if you're feeling adventurous.
- **Loyalist Plaza & the boardwalk** — flat waterfront promenade right at the terminal.
- **King's Square** — leafy Victorian park with a pretty bandstand, 10-min walk inland.
- **Trinity Anglican Church** — beautiful 1880 stonework, small free tour usually available.

HEADS UP · The Bay of Fundy tides change *everything* — the Reversing Falls only "reverse" within an hour or two of slack tide. Check the day's tide chart at the terminal info desk before deciding when to go.

★ **PRO TIP** · Skip the Princess shuttle into town — the City Market is a 5-minute walk uphill from the terminal. A \$5 cab from the pier is the alternative if the climb sounds like too much.

Halifax, Nova Scotia

Sunday, September 27 ♦ In: 8:00 AM · Out: 5:00 PM

Maritime Canada's most charming capital — a walkable waterfront, a working naval city, and the gateway to Peggy's Cove.

MORE ACTIVE

Peggy's Cove half-day tour

The classic Nova Scotia day. 50-min drive each way to the iconic granite-bound fishing village and lighthouse. Book a Princess or local half-day tour (Bruce's Tours and Viator both have good ones). Some loose granite at the lighthouse — wear grippy shoes and stay off the wet black rock.

LESS ACTIVE

Waterfront, Citadel & Public Gardens

Everything is within a flat 10–15 min walk of the pier. Stroll the boardwalk to the **Maritime Museum of the Atlantic** (Titanic artifacts!), then take a **hop-on-hop-off bus** up to the Citadel and Public Gardens — saves the steep climb, and the noon cannon at the Citadel is a delight.

PAID EXCURSION OPTIONS

- **Peggy's Cove half-day** — the iconic Nova Scotia day. *Princess* ~\$90 · *Bruce's Tours* ~\$55 direct · *Ambassatours* ~\$60 direct. **Book direct** — same coaches, same stops.
- **Lunenburg + Mahone Bay full day** — UNESCO heritage town and the Atlantic's most photographed fishing villages. *Princess* ~\$170 · *Atlantic Tours* ~\$110 direct. Long but lovely.
- **Hop-on-hop-off Halifax bus** — 90-min loop, valid all day. ~\$50 direct, ticket booth at the pier. Princess doesn't sell this.
- **Titanic + Fairview Lawn Cemetery tour** — 2 hrs, the Halifax-Titanic story. ~\$45 direct via *Halifax Tours*.
- **Alexander Keith's Brewery tour** — 55 min costumed-actor tour with tasting. ~\$28 direct, walk-up.
- **Citadel admission** — \$15 senior, walk up. Maritime Museum: ~\$10.

FREE & ON YOUR OWN

- **Halifax waterfront boardwalk** — 2.5 miles of flat boardwalk with benches, buskers, and harbor breezes.
- **Halifax Public Gardens** — Victorian garden with topiaries, a bandstand, and resident ducks. Always free.
- **Province House** — Canada's oldest legislature; free guided tours.
- **Alexander Keith's Brewery** waterfront beer garden — sit in the sun with a half-pint.
- **Pier 21 Canadian Museum of Immigration** — 5-min walk from the cruise pier. Senior admission ~\$10 CAD.

HEADS UP · The Citadel is at the top of a hill — taking the hop-on-hop-off bus saves a steep climb. Walking *down* from there back to the waterfront, however, is gloriously easy.

★ **PRO TIP** · If anyone wants a **donair** (Halifax's signature late-night meat-on-pita with sweet sauce), King of Donair is the original. It's wonderfully weird and very Halifax.

Sydney, Nova Scotia (Cape Breton)

Monday, September 28 ♦ In: 9:00 AM · Out: 6:00 PM

The gateway to Cape Breton — Celtic music, lobster suppers, and rust-coloured cliffs along the Cabot Trail.

MORE ACTIVE

Cabot Trail scenic drive

Full-day shore excursion that loops a portion of one of the world's great driving routes — coastal lookouts, Highland villages, and (with luck) a moose sighting. Mostly bus time with short photo stops. Brings you back tired but glowing. Confirm there's a sit-down lunch stop included.

LESS ACTIVE

Big Fiddle waterfront + Membertou tour

Right at the pier you'll be greeted by the **world's largest fiddle** — selfie obligatory. Stroll the flat waterfront boardwalk for live fiddle music and fudge shops. Then book the half-day **Membertou Heritage Park** tour — a Mi'kmaq cultural visit with seated storytelling, drumming, and a traditional meal. Easy pace, deeply moving.

PAID EXCURSION OPTIONS

- **Cabot Trail full-day scenic drive** — one of the world's great drives. *Princess* ~\$220 · *Blackwood Tours* ~\$140 direct · *Cabot Discovery Tours* ~\$135 direct. **Book direct** — same routes, smaller groups.
- **Fortress of Louisbourg** — 18th-century French fortress reconstruction with costumed interpreters. *Princess* ~\$120 · *Blackwood Tours* ~\$70 direct · *Parks Canada admission alone* ~\$18. Significant walking on uneven ground.
- **Membertou Heritage Park half-day** — Mi'kmaq cultural experience, seated, with traditional meal. *Princess* ~\$90 · *Membertou direct* ~\$55.
- **Highland Village Museum (Iona)** — outdoor living-history Gaelic village. ~\$15 admission, taxi from pier ~\$80 round trip.
- **Bell Museum & Baddeck** — Alexander Graham Bell's home, picturesque lakeside village. *Princess* ~\$130 · *See Sight Tours* ~\$85 direct.

FREE & ON YOUR OWN

- **Big Fiddle & boardwalk** — 5-min walk from the gangway. Buskers, benches, harbor view.
- **St. Patrick's Church Museum** — oldest Catholic church in Cape Breton (1828), small donation suggested.
- **Cossit House Museum** — 1787 home, the oldest in Sydney; small fee.
- **Joan Harriss Cruise Pavilion shops** — Celtic crafts, tartan, locally-roasted coffee.

HEADS UP · Fortress of Louisbourg (about 40 min away) is a stunning reconstruction but the terrain is hard work — gravel paths, steps, cobblestones, no shade. Worth it for high-energy travelers; otherwise the Cabot Trail or Membertou is the better day.

★ **PRO TIP** · If anyone wants to skip the all-day excursions, the cruise pavilion has free Wi-Fi, restrooms, and a café, and the waterfront boardwalk has covered seating — easy to spend a relaxed solo morning right at the pier.

Charlottetown, Prince Edward Island

Tuesday, September 29 ♦ In: 8:00 AM · Out: 5:00 PM

The birthplace of Canadian Confederation — and Anne of Green Gables country. Pastoral, gentle, ridiculously charming.

MORE ACTIVE

Anne of Green Gables half-day

Book the **Green Gables Heritage Place + Cavendish coastal drive** excursion. About 40 min each way to Cavendish. Walk the Haunted Wood and Lover's Lane trails (groomed gravel, gentle), tour the Green Gables farmhouse, and stop for a panoramic North Shore view. Around 4–5 hours.

LESS ACTIVE

Downtown stroll & afternoon tea

The pier is right in downtown — most everything is within a 15-min flat walk. Visit **St. Dunstan's Basilica** (stunning stained glass, 1816), browse Victoria Row's boutiques, and finish at the **Great George Hotel** or **Confederation Centre** for a proper afternoon tea. For an Anne fix without the drive, the **Anne of Green Gables Story** show plays at the Confederation Centre.

PAID EXCURSION OPTIONS

- **Anne of Green Gables Heritage Place + Cavendish** — 4–5 hr tour. *Princess* ~\$120 · *Experience PEI / Trius Tours* ~\$70 direct.
- **North Shore lighthouse & coastal drive** — half-day, dunes + Cavendish + Brackley beach. *Princess* ~\$110 · *Sterling Tours* ~\$65 direct.
- **Anne of Green Gables: The Musical** at Confederation Centre — Canada's longest-running musical. ~\$45–\$70 direct, may have matinee. Skip if you're going to Cavendish.
- **PEI Brewing Co. + Gahan House** tasting — local craft beer + island distilleries. ~\$30 direct, 10-min walk from pier.
- **Cox & Coffin Walking Ghost Tour** — 90-min downtown spook story walk. ~\$25 direct, evenings only.
- **Founders' Food Hall + Peake's Wharf shopping** — at the pier, free to wander, pay-as-you-go.

FREE & ON YOUR OWN

- **Confederation Centre of the Arts** — free art gallery in a gorgeous building.
- **Founders' Food Hall & Market** — at the pier, 20+ local food stalls under one roof.
- **Province House National Historic Site** — where Confederation was discussed, free entry.
- **Peake's Wharf** — boutique shopping right at the cruise terminal.
- **Victoria Park waterfront** — flat seaside path with cannons and lighthouse views.

HEADS UP · PEI taxis are government-regulated and inexpensive — short hops within downtown Charlottetown typically run under \$15 CAD. Confirm the fare with the driver before you get in.

★ **PRO TIP** · Try a **COWS ice cream cone** — PEI's famously rich ice cream, voted one of the best in the world. The shop is right at Peake's Wharf, three minutes from the gangway.

Saguenay, Quebec (La Baie)

Thursday, October 1 ♦ In: 8:00 AM · Out: 6:00 PM

A small Quebec town tucked at the head of one of North America's only navigable fjords. Big landscape, small port — mostly French-speaking.

MORE ACTIVE

Fjord cruise + village exploration

Book a small-boat fjord excursion for the morning — 90 min on the water, narrated, with chances to see beluga whales and seals. Afternoon walk through Anse-Saint-Jean (one of Quebec's prettiest villages, covered bridge included).

LESS ACTIVE

Musée du Fjord + Pyramide des Ha! Ha!

Take the cruise pavilion shuttle into La Baie. Visit the **Musée du Fjord** — interactive exhibits, aquariums of fjord marine life, plenty of seating. Then a quick photo stop at **La Pyramide des Ha! Ha!**, a quirky 70-ft pyramid memorializing the 1996 flood. Both are step-free and the museum has a gift shop full of local maple goods.

PAID EXCURSION OPTIONS

- **Tadoussac whale watching full-day** — 90 min each way to one of the world's top whale-watching spots. *Princess* ~\$200 · *Croisières AML* ~\$95 *direct* (boat only). Long day but extraordinary if there are whales.
- **Saguenay fjord cruise from La Baie** — 90 min on the water, narrated, smaller boats. *Princess* ~\$130 · *Croisières du Fjord* ~\$55 *direct*. **Book direct** — same dock, same boat.
- **Anse-Saint-Jean village + covered bridge** — half-day photo tour to one of Quebec's prettiest villages. *Princess* ~\$110 · *local taxi tour* ~\$60.
- **Musée du Fjord** — admission ~\$20 *direct*, *walk-up*. Pavilion shuttle drops you nearby.
- **Maple sugar shack experience** — sample tasting + traditional meal at a cabane à sucre. *Princess* ~\$95 · *local operators* ~\$55 *direct*.

FREE & ON YOUR OWN

- **Cruise pavilion** — beautifully done, free Wi-Fi, info desk, café, restrooms, gift shop.
- **Local welcome show** — folk dancers and musicians often greet ships at the pier; entirely free, charming.
- **Maple-everything tasting** — La Baie producers usually set up tasting tables in the pavilion.
- **Boardwalk along the bay** — short flat stroll right outside the terminal.

HEADS UP · This is the most genuinely French-speaking port of the trip. Most tour operators have English speakers; in shops, a smile and "*Bonjour, parlez-vous anglais?*" goes a long way. Have Google Translate ready on a phone.

★ **PRO TIP** · A Tadoussac whale-watching day trip (90 min away) is incredible but a long bus day. If anyone is whale-curious, the morning fjord cruise from La Baie is a much gentler version of the same experience.

Quebec City, Quebec

Thursday & Friday, October 2–3 ♦ In: Oct 2, 9:00 AM · Out: Oct 3 disembark 6:00 AM

The grand finale — the only walled city north of Mexico, all ramparts, copper roofs, and 400 years of French history. You have an overnight here, so don't try to do it all on day one.

MORE ACTIVE

Upper Town walking tour + dinner

Walk up through the cobblestoned Petit-Champlain district (Quebec's prettiest street), up to Château Frontenac, and along the Dufferin Terrace boardwalk. Tour the Citadelle (changing of the guard at 10 AM if season permits), then dinner at one of the bistros on Rue Saint-Jean. Lots of stairs and slopes — wear real shoes.

LESS ACTIVE

Funicular + horse-drawn calèche

From the cruise terminal it's a flat 5-min walk to the **Old Quebec Funicular** (\$4–\$6 CAD, cash only). It whisks you from Lower Town to Upper Town in 90 seconds, skipping every stair. Up top, hire a **calèche** (horse-drawn carriage) for a 30–45 min narrated loop through Old Quebec. Sit, sip a hot chocolate at Château Frontenac, watch the world go by.

PAID EXCURSION OPTIONS

- **Tours Voir Québec walking tour** — 2 hr guided walk through Old Quebec, multiple times daily. ~\$30 direct, English available, meet at the funicular. Princess sells equivalent for ~\$75.
- **Calèche horse-drawn carriage** — fixed price \$110 CAD for 30 min, \$150 for 45 min (1–4 passengers — split among the four of you, it's cheap). Pickup at Place d'Armes by Château Frontenac.
- **Montmorency Falls + Île d'Orléans half-day** — 270-ft waterfall higher than Niagara + scenic island farms. Princess ~\$110 · Authentik Canada ~\$70 direct.
- **Hop-on-hop-off Old Quebec bus** — open-top double decker, 2-day ticket. ~\$50 direct.
- **Ghost tour of Old Quebec** — 90 min lantern-lit walking tour. ~\$25 direct, evenings only.
- **Citadelle changing of the guard** — admission ~\$20 direct, ceremony at 10 AM if season permits.
- **Funicular** — \$4 CAD per ride, cash only, 90 seconds.

FREE & ON YOUR OWN

- **Dufferin Terrace** — long flat boardwalk along the cliff, postcard views of the St. Lawrence.
- **Notre-Dame de Québec Basilica** — free entry, free guided tours in season.
- **Plains of Abraham** — Canada's most famous battlefield, now a beautiful park (Battlefields Park).
- **Place-Royale** — the literal birthplace of New France, the oldest stone church in North America.
- **Petit-Champlain shopping** — 17th-century streets full of artisan boutiques (and yes, cobblestones).

HEADS UP · Cobblestones are *everywhere* in Old Quebec, and Lower↔Upper Town is connected by stairs and very steep slopes. The Funicular is the answer — it skips every stair, runs all day, and costs less than a coffee.

★ **PRO TIP** · Disembarkation morning is early (off by ~6 AM Oct 3). Pack the night before, leave one outfit out, and put medications & passports in carry-on. The terminal is a five-minute taxi ride to most downtown hotels if anyone is staying on after.

Sea days & the rhythm of the ship

Two full sea days on this itinerary (Sep 26 and Sep 30) — both at perfect points in the trip. These are the days the ship really shines: production shows, lectures, trivia, spa, and quiet afternoons reading on deck.

A good sea-day rhythm for the four of you

Morning	Slow breakfast in Horizon Court (or in-room if anyone wants a lie-in). Check the Patter on the Medallion app for trivia, a lecture, or a craft class.
Late morning	Splittable — spa or pool for some, library or piano lounge for others. The library on Deck 7 is a quiet stunner.
Lunch	Alfredo's pizzeria for a proper sit-down, or the buffet for variety.
Afternoon	Trivia in the Wheelhouse Bar, afternoon tea (white-glove service in one of the dining rooms — check the Patter for which one), or production shows in the theater.
Evening	Pre-dinner drinks in the Piazza, dinner together, then the headline show in the Princess Theater.

Don't miss

The Princess Patter is the daily program — delivered to your stateroom each evening for the next day, and live in the Medallion app. Read it every night before bed and circle two or three things to do. Most things start "on the dot" — a 10:30 AM lecture begins at 10:30 sharp.

Afternoon tea happens daily in one of the main dining rooms (usually 3:00–4:00 PM). It's free and very civilized — finger sandwiches, scones with cream, pastries, proper loose-leaf tea. A perfect mid-afternoon ritual.

Movies Under the Stars on the pool deck after dark, with blankets and popcorn. Bundle up — it gets cold this far north.

★ **PRO TIP** • Time zones change halfway through the trip — the ship moves into Atlantic Time on day 2 (one hour ahead of Boston) and stays there until you're back in Eastern at Quebec City. The clocks change overnight and the staff handle it automatically — worth a heads-up among the four of you the night before so no one's confused at breakfast.

Packing for late-September Atlantic Canada

Late September on the Atlantic is gorgeous but moody. Expect daytime highs of **55–65°F** (13–18°C), nights in the **40s**, and at least a couple of rainy or windy days. Layers are the secret. Quebec City can be the warmest stop or the coldest — bring for both.

The essentials

Clothing & basics	Comfort & health kit
<ul style="list-style-type: none"> • Waterproof rain jacket with a hood • Warm sweater or fleece (layerable) • Comfortable, broken-in walking shoes • A nice outfit for the two formal nights • Smart-casual for dinners (slacks + blouse) • Sunglasses, scarf, light gloves • Small daypack for shore excursions • Reusable water bottle (refillable on ship) • Phone charger + adapter (US plugs work in Canada) • Passport (mandatory — Canada requires it) • Travel insurance card • A book for sea days 	<ul style="list-style-type: none"> • A light umbrella or pull-on rain poncho • Compression socks (helps with fluid retention) • A pashmina or wrap for chilly dining rooms • Two pairs of cushioned shoes (rotate to give feet a break) • Extra pair of reading glasses • A weekly pill organizer • Copies of all prescriptions • Emergency contacts on paper, in your wallet • Hand-warmers for cool shore mornings • Small bag with tissues, lozenges, lip balm • Sea-bands or Bonine for the two sea days • A printed copy of this guide

Documents check (the day before flying)

Passport (mandatory — the cruise ends in Quebec City, so flying home from Canada requires a valid passport, regardless of cruise-specific ID rules). **Cruise tickets** printed and on the Medallion app. **Travel insurance** confirmation (with the 24-hour emergency phone number written down, not just emailed). **Credit card** with no foreign transaction fees, plus a **backup card**. About **\$100 CAD** in cash for taxis, the funicular, and tips — most places take card.

HEADS UP - Quebec funicular is **cash only** (\$4–\$6 CAD per ride). Stop at any bank ATM in Boston or use a Princess onboard cash service — but expect a small fee.

A grab-bag of pro tips

Things experienced cruisers know, distilled. Read this once on the plane and you'll feel like an old hand by dinner on day one.

1. Set up the Medallion app before you board

Do it at home a week before — upload photos, fill in customs forms, choose dining times. Saves a 90-minute check-in line.

2. Pre-book everything on day 1

Specialty restaurants, spa appointments, premium shore excursions — sea-day slots vanish by dinner. The Medallion app does it all.

3. Ask for the same waitstaff every night

If you do anytime dining, request the same servers each night. They'll remember tea and wine preferences, dietary needs, and the rhythm of the table — it transforms the experience.

4. Bring a magnetic hook or two

Stateroom walls are metal. Magnetic hooks turn a cramped cabin into one with hat racks, bag hooks, and a place for the next day's outfit.

5. Use a power strip *without surge protection*

Cruise lines confiscate surge-protected strips at security. A simple non-surge strip is fine — and there are never enough outlets.

6. Get to the theater 20 minutes early

Headliner shows fill up. Early arrival also means seats together for all four.

7. Eat off-peak in the dining room

Anytime dining at 6:30 or 8:30 has shorter waits than the 7:00–7:30 crush.

8. The promenade deck is free, flat, and uncrowded

Three laps around Deck 7 = roughly one mile. A perfect post-dinner walk if anyone's up for it.

9. Tag-team the buffet

One person finds a table while another grabs the plates. Saves everyone from juggling a tray on a moving ship.

10. Use the ship's library

Quiet, well-stocked, often deserted, beautiful sea views. Hidden gem for an afternoon nap with a book.

11. Drink water with every cocktail

Sea air dehydrates fast. Free water is at every bar — just ask.

12. Tip the cabin steward in cash on day 1 with a hello

\$20 each, all four cabins (or split if sharing). Their service for the week will be noticeably attentive.

13. Don't disembark first in any port

The first 30 minutes is a crush. Wait 20 minutes; the gangway clears and the sun is higher.

14. Take a photo of your stateroom number

Photograph each passport ID page, all medication labels, and the deck plan. Phone backups beat scrambling for paper.

15. Bring a printed list of who-takes-what

Names, doses, times. If anyone visits the medical center, this is gold.

If something goes sideways

Cruises run on time and on track 99% of the trip. For the 1%, here's what to know before it matters.

On the ship

Medical Center	Deck 4, midship. Open daily for clinic hours (posted in the Patter); 24-hour emergency line via stateroom phone (dial 9-1-1 on board). Charges go to your account; submit to travel insurance after.
Lost stateroom medallion	Guest Services replaces them free, any time.
If anyone feels unwell	Don't tough it out — the medical team is well-equipped. They'd much rather see you at hour one than hour twelve.
Seasickness	Free ginger candies at Guest Services and the dining rooms. Bonine or Dramamine are sold in the gift shop. Looking at the horizon helps.
Lost passport / wallet	Guest Services first, then the local consulate from the next port. Do NOT leave the ship without your passport copies.

Calling home

Cellular at sea is eye-wateringly expensive. Either turn phones to airplane mode and use the ship Wi-Fi (or the Plus/Premier plan) for iMessage, FaceTime, and email — or buy a Canada/US roaming day pass through your carrier (T-Mobile and Verizon both have them) for shore use.

Add a key emergency contact (family back home) to the Medallion app's emergency contacts on day one. Each of you should also write the number on a slip of paper and tuck it in your wallet — phones can die, get lost, or refuse to roam.

Disembarkation morning (Oct 3)

Quebec City disembarkation begins around 6:00 AM. The night before, set out tomorrow's clothes, pack everything else, and put your luggage in the hallway by midnight (Princess delivers it to the terminal). Carry-on what you cannot live without: meds, passports, valuables, chargers, and one warm layer. Final breakfast in Horizon Court starts at 5:30 AM. Walk off when called — the terminal is right at the foot of Old

Quebec.

Have a great trip.

Eat the lobster, watch the leaves turn, and toast every sunset.
You're going somewhere genuinely beautiful.