Eagle-Eye Tours

Gulf of St Lawrence Cruise Itinerary

Link: Gulf of St Lawrence Cruise

Tour Overview

Sail into the heart of the Gulf of St. Lawrence, where land, sea, and story converge in one of Canada's most diverse and captivating regions. Beginning in the vibrant harbour of St. John's, trace coastlines shaped by wind, tide, and time—from the remote fjords of Newfoundland's south shore to the wind-carved islands of Québec's lower north shore.

Step into Nitassinan, the Innu homeland on Québec's North Shore, where language and tradition still flow with the tides. Wander among the limestone giants of Mingan Archipelago National Park Reserve and explore Anticosti Island, a UNESCO World Heritage Site where waterfalls plunge through fossil-rich canyons and deer roam wild forests. Sail beneath the monumental arch of Percé Rock and witness the skies alive with gannets and kittiwakes over Bonaventure Island's soaring cliffs.

In the Îles-de-la-Madeleine, experience Acadian warmth through music, food, and storytelling. Cross the sea to France's doorstep in Saint-Pierre-et-Miquelon, where European charm meets Atlantic resilience. Along the way, whales breach, seabirds wheel, and every horizon reveals a new chapter in the region's living story.

This voyage through the St. Lawrence is both a journey through place and a passage through time—an invitation to discover the wild beauty, rich cultures, and deep histories that have shaped these storied shores.

Itinerary

Day 1: St. John's, NL, Canada

Your journey begins in St. John's, a vibrant North Atlantic city where history and commerce meet. Set in a vast, amphitheatre-like harbour, the port hums with activity—freighters, cruise ships, offshore vessels, and fishing boats sharing the water below steep hills and colour-splashed neighbourhoods. As we sail out through the passage known as the Narrows, Signal Hill keeps watch above, and the bright façades of the Battery seem to cling to the cliffs. If we're lucky, a whale or two may mark the start of our voyage into the open Atlantic.

Day 2: Northeast Coast

Trace the rugged shoreline shaped by the cold, nutrient-rich Labrador Current, aka Iceberg Alley—a marine lifeline that sustains seabirds, whales, and the communities who have long made their lives here. Along this coast, weathered wharves, brightly painted boats, and enduring, hand-built homes speak to generations of resourcefulness. Whether from ship or shore, you'll witness a landscape where ocean rhythms govern daily life and where craggy headlands, sweeping skies, and working harbours offer endless fascination for the curious and the camera-ready.

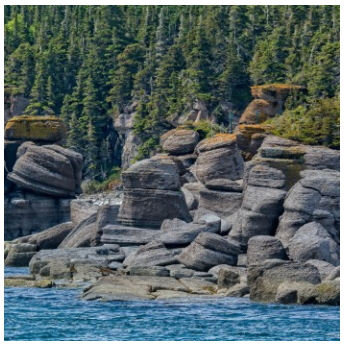
Day 3: Henley Harbour & Castle Island

Wander through Henley Harbour, a once-thriving fishing village now gently surrendering to time. Weathered buildings lean away from the wind, and history lingers in the quiet. Above the harbour, a striking formation of basalt columns known as the Devil’s Table rises like a stone altar. Nearby, Castle Island, with similar basalt columns, rises like a natural fortress, its sheer cliffs formed over half a billion years ago.

Days 4–5: Nitassinan, QC

Visit Nitassinan, the ancestral homeland of the Innu Nation, along Québec’s lower north shore. In communities such as Unamen Shipu or Natashquan, local hosts welcome us into a living culture shaped by thousands of years of deep connection to land and sea. Over two days, you’ll hear the cadence of Innu-aimun, listen to stories passed down through generations, and engage in moments of respectful exchange—whether through food, craft, language, or laughter.

Day 6: Mingan Archipelago National Park Reserve



Sail into a dreamscape of stone and sea. Along this Gulf coast, wind and water have sculpted limestone into monoliths—towering figures that rise from the Gulf like natural cathedrals. This is Canada’s largest concentration of erosion-carved limestone monoliths—but it’s also a place where geology, ecology, and imagination meet. Among a maze of islands and islets, puffins, razorbills, and terns nest on grassy ledges. Spring awakens the meadows with wildflowers, while seals stretch out on sun-warmed rocks. Every curve of the coastline invites wonder.

Day 7: Anticosti, UNESCO World Heritage Site

Welcome to Anticosti—Québec's wild island in the Gulf and a newly designated UNESCO World Heritage Site. Here, fossil-rich cliffs and deep canyons tell a story 450 million years in the making. White-tailed deer wander through boreal forest, and Arctic-alpine plants cling to windswept rock. You'll hike to Vauréal Falls, where spring melt sends water crashing into a sheer-walled canyon, and explore the community of Port-Menier—founded by French chocolate magnate Henri Menier and still home to islanders proud to call this place their own. In spring, Anticosti is untamed and alive: a landscape shaped by time, rich with life, and layered with human stories.

Day 8: Parc national de l'Île-Bonaventure-et-du-Rocher-Percé

Sail into one of Québec's most iconic coastal scenes. Rocher Percé—its massive stone arch rising from the sea—greets us like a gateway to the wild. Get rare views of this geological wonder from the sea. Nearby, Bonaventure Island comes alive each spring with the calls and wingbeats of over 100,000 northern gannets, one of the largest and most accessible colonies in the world. Watch for kittiwakes, murres, and other seabirds beating their way to or from the feeding grounds or nesting along the ledges. This is a place where geology, biodiversity, and Acadian spirit meet—endless inspiration for photographers and nature lovers.

Day 9: Îles-de-la-Madeleine

Where red sandstone cliffs meet wide beaches and salt-tinged air, the Îles-de-la-Madeleine reveal a bold expression of Acadian identity. Though part of Québec, these islands are geographically closer to the Maritimes—and feel entirely their own. Spend the day exploring vibrant fishing villages, lively studios, and cafés where Acadian voices prevail. Meet some of the 12,000 residents who call this windswept archipelago home and taste the island's bounty: fresh-caught lobster, local cheeses, smoked delicacies, and small-batch wines and beers. The Magdalen Islands are rich in culture, cuisine, and character—and always ready with a warm welcome.

Day 10: South Coast, NL

Along Newfoundland's rugged south coast, the landscape invites exploration at every turn. We'll navigate a coastline carved with hidden bays, narrow fjords, and steep headlands—each offering a new window into the island's geological story. Depending on conditions, we'll land by Zodiac to hike, beachcomb, or simply stand and take it all in. Wildflowers may brighten the barrens and wildlife appears when least expected. This is the kind of day that rewards flexibility and curiosity—where the journey is shaped by wind, sea, and a spirit of discovery.

Day 11: Saint-Pierre-et-Miquelon, France

Just off Newfoundland's coast, step ashore into a world of cobblestone streets, brightly painted houses, and unmistakably French charm. Saint-Pierre is a living remnant of France in North America—complete with gendarmes, boulangeries, cafés, and markets that hum with island life. Explore the town's unique blend of European elegance and Atlantic resilience. Taste fresh pastries, sip local wine, browse French goods, and hear the stories that shaped this overseas community—from maritime traditions to rum-running intrigue. It's a small island with a big cultural presence—familiar, and yet delightfully foreign.

Day 12: St. John's, NL, Canada

This morning, we sail back through the Narrows into the wide embrace of St. John's harbour. The colourful houses of the Battery welcome us home, and Signal Hill stands watch, just as it did at our departure. As we disembark, we'll say farewell to shipmates and expedition team members who have shared stories, sightings, and unforgettable moments along the way. The journey ends—but the experience, and the connections made, will travel with you long after the lines are tied.

What to Expect

Our small ship cruising programs allow you to experience the best of the natural world, while enjoying the comforts of our friendly floating hotel. The ship generally makes crossing between islands at night, so every morning you awake to new vistas and discoveries. Every day we offer a combination of interesting shore excursions and fun shipboard activities. You can choose which elements of the program you want to participate in.

This is a general natural history and cultural expedition rather than a dedicated birding tour. Travellers can look forward to a mix of wildlife viewing, cultural experiences, and time to appreciate the region's incredible scenery — with opportunities for birding included along the way.

This expedition cruise necessitates passengers to be in reasonably good health. Zodiac cruises and transfer times can be lengthy. You must be able to climb stairs between decks on the ship, as well as the external gangway stairs to transfer between the zodiac and ship.

Some of our shore landings will be 'wet', requiring waterproof boots. Once you have left the zodiac, you'll find our shore excursions accommodate both those who wish to enjoy a gentle stroll and those who prefer more active hikes. The excursion may involve walking over uneven or sandy terrain in variable weather conditions. Our onboard specialists will join us on these shore excursions to provide interpretation and narration to these wonderful landscapes and experiences.

Each evening we will gather in the lounge to recount the day's events and share memorable stories. Our onboard musician will provide some lively entertainment during happy hour and the expedition leader will outline the following day's schedule. Our resource staff of naturalists, historians, and other guest speakers will give informative talks at various times throughout the voyage.

Meals in the ship’s dining room are a great opportunity to meet new friends and recount the day’s adventures. Special diets can be accommodated with advance notice. Safety is also a top priority with Eagle-Eye Tours – our team has extensive experience in the field, and all of our Voyages are run in conjunction with operators with the highest safety standards.

When the ship is underway, it is a wonderful time to join a naturalist on deck, take photos of the stunning scenery, or get caught up on some reading in the library.

Weather, ice, government regulations, and community requests may necessitate changes to the planned itineraries and/or the cancellation of certain shore excursions and enhancements. Published itineraries are examples only and we reserve the right to change or modify the itinerary and landing sites at any time prior or during an expedition. Changes will be communicated at your expedition orientation or during your onboard expedition briefings.

We know that everyone travels for different reasons. Over the years, however, we have found one common element among the guest who choose to travel with us – a thirst of knowledge and authentic experience. Knowing this drives us to ensure the highest quality learning experience on our trips, by taking time to carefully design each trip we offer.

What's Included

Tour Price Includes
• Passage aboard the Ocean Nova
• Applicable taxes and credit card fees
• Complimentary expedition jacket
• Special access permits, entry, and park fees
• Expert expedition team
• Guided activities
• Sightseeing and community visits
• All Zodiac excursions
• Port fees
• Pre-departure materials
• Educational program
• Interactive workshops
• Evening entertainment
• All shipboard meals
• Wi-Fi access (basic service included)

Tour Price Does Not Include
• Commercial and charter flights
• Program enhancements/optional excursions
• Gratuities
• Personal expenses
• Mandatory medical evacuation insurance
• Additional expenses in the event of delays or itinerary changes
• Possible fuel surcharges and administrative fees
• Pre- and post-trip hotel accommodation
• Premium internet access available at an additional cost