Eagle-Eye Tours

Sable Island Cruise Itinerary

Link: Sable Island Cruise

Tour Overview

Out in the open Atlantic beyond Nova Scotia's shores, Sable Island is a slender crescent of sand shaped by wind, waves, and ocean currents. Its dunes migrate, its shoreline shifts, and yet life persists. Wild horses roam its ridges, grey seals gather by the thousands, and the Ipswich sparrow nests in only one place on Earth.

Part of Sable Island's enduring fascination lies in the stories shaped by this restless place. Long known as the Graveyard of the Atlantic, its shifting sands claimed hundreds of ships, while generations of lifesavers risked their own lives to rescue those in peril. Wild horses crest the dunes as they have for generations, seemingly as much a part of the island as the wind itself. They are among the reasons Sable Island has captured the imagination, inviting visitors to wonder how they came to inhabit this ever-changing landscape, and how they continue to thrive here.

Step ashore by Zodiac to wander among shifting dunes, encounter the island's iconic wildlife, and experience a place where nature sets the terms. Along the way, in collaboration with Parks Canada, we'll have the rare privilege of visiting this protected national park reserve. Few people ever have the opportunity to walk this remarkable landscape, and every visit carries with it a responsibility to approach it with care and respect. Adventure Canada's expedition team brings Sable Island's natural and human history into focus, while a visit to nearby Saint-Pierre offers another perspective on the North Atlantic's rich cultural heritage.

Itinerary

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



Our journey begins in the vibrant, salt-tinged heart of Newfoundland: St. John's. With its colourful row houses, steep streets, and lively spirit, this harbour city is not only picturesque—it's storied. Since 1498, Europeans have fished here, making St. John's the oldest continuous European settlement in North America. But long before that, this coast was known to Indigenous peoples, the Beothuck, who populated the coast and navigated these waters. Casting off from St. John's is a moment to savour. We'll pass through the legendary Narrows, where Signal Hill towers above—a sentinel to centuries of comings and goings. As Cape Spear, North America's easternmost point, slips past on starboard, we'll head into open waters with stirring anticipation.

Day 2: At Sea



Our time at sea offers the perfect opportunity to dive into the stories that shape the journey ahead. Today, our on-board presentation series begins in earnest, as members of the expedition team share their knowledge of Sable Island's extraordinary ecology, geology, and human history. While the learning continues inside, the outer decks beckon. Keep your binoculars at the ready—this corner of the northwest Atlantic is rich with life. Watch for seabirds, whales, and dolphins from deck. Life aboard balances comfort and discovery—with inviting lounges, great food, a library, and sweeping views of open ocean.

Day 3–6: Sable Island



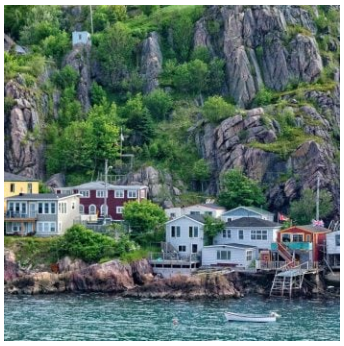
As we approach Sable Island, its long crescent of sand emerges from the Atlantic, an isolated world shaped by wind, water, and time. Our time there is conducted in close collaboration with Parks Canada, ensuring all visits are respectful of this delicate and protected ecosystem. Landing by Zodiac (weather permitting), we step onto sand sculpted by wind and tide. Grey seals dot the shoreline like boulders, their grunts and scent carried by the salty breeze. Endemic Ipswich sparrows—the island's signature songbird—flit among marram grass and beach peas. Arctic and common terns wheel overhead. Looking to the horizon, wild horses may appear first as ghostly shapes in the mist or as distant silhouettes cresting the dune ridges. You may hear the rhythmic thunder of hooves, and, with patience, you may witness tender moments between mares and foals, or stallions sparring over the attention of a mare. These animals are not just icons of wildness—they're testaments to survival, having endured decades of isolation, wind, and shifting sands. Naturalists will guide our experience with insight into the island's layered history. We'll hear shipwreck tales, explore shifting landscapes, and learn about Sable's former life-saving stations—hubs of human endurance in a remote and volatile world. Zodiac outings offer a unique sea-level view of the island's coastal life, seal colonies, and its ever-changing contours.

Day 7: Saint-Pierre, France



Today we arrive in Saint-Pierre—a small but spirited remnant of France nestled off Newfoundland's southern coast. As the last vestige of France's once-vast colonial presence in North America, Saint-Pierre offers a cultural experience that feels both familiar and entirely unexpected. The island's 6,500 residents are of diverse descent, including French, Basque, Breton, and Norman. Their heritage is evident not only in the language but in the rhythm of daily life—from cafés that spill onto cobbled sidewalks to the melodic lilt of local conversation. Saint-Pierre's architecture is as eclectic as its history: narrow alleys, colourful facades, and charming storefronts evoke a sense of old-world charm that's rare this side of the Atlantic. During our visit, you'll enjoy a guided tour as well as time to explore at your own pace. Perhaps you'll sample French wine and cheese, visit a local museum, or simply soak in the island's unmistakable ambiance. It's a day to savour—a little slice of Europe wrapped in salt air and Atlantic mist.

Day 8: St. John's, NL, Canada



We arrive back in St. John's in the morning as Sable Island's imprint lingers: salt on the wind, footprints in the sand, echoes of stories carved by sea and survival. It invites reflection.

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
