

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



Your journey begins in St. John's, a harbour city whose history has long been shaped by the North Atlantic. Colourful houses climb the hills above one of the world's great natural harbours, while Signal Hill and the Narrows speak to centuries of arrivals, departures, fishing, trade, and seafaring. As you cast off, pass through the Narrows and leave the sheltered harbour behind. Signal Hill rises above you and Cape Spear marks the eastern edge of the continent as you turn toward open water. Ahead lies Sable Island, a slender crescent of sand whose story begins with the same forces surrounding you now: wind, waves, currents, and the restless Atlantic.

Day 2: At Sea



Your passage south offers time to begin understanding the unusual island ahead. Through presentations and conversations, the expedition team introduces Sable's ecology, geology, wildlife, and human history, revealing how wind, waves, and ocean currents continually reshape a landform that seems improbable in the open Atlantic. From deck, watch for seabirds, whales, and dolphins as you cross the northwest Atlantic. The ocean itself is part of Sable's story, carrying the currents and weather that have shaped its dunes, challenged generations of mariners, and continue to determine when and where you may be able to step ashore.

Day 3-6: Sable Island



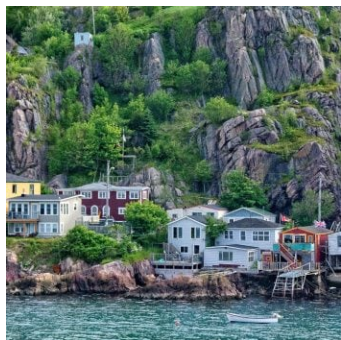
Sable Island appears low on the horizon, a long crescent of sand surrounded by the open Atlantic. Yet even its familiar shape is temporary. Wind moves dunes across the island, waves alter its beaches, and currents continually redistribute the sand from which it is made. Your exploration is conducted in close collaboration with Parks Canada, with weather and sea conditions determining when and where you can safely go ashore. When conditions allow, travel by Zodiac to experience this protected national park with the care such rare access requires. On shore, look closely. Grey seals may gather along the beaches, while Ipswich sparrows move among marram grass and beach peas and terns wheel overhead. Free-roaming horses appear across dunes and open grasslands, sometimes distant on a ridge, sometimes encountered while walking through the island's shifting landscape. Naturalists and Parks Canada guides help you understand the relationships that sustain life here and the forces that continually reshape it. Human stories are written into the landscape too. Learn about shipwrecks, lifesaving stations, scientific research, and the people who have lived and worked on this remote island. No two visits to Sable are quite alike. Zodiac cruises, shore walks, wildlife observations, and opportunities to explore will depend on the conditions you encounter. Over several days, you have the rare privilege of experiencing the island on its own terms.

Day 7: Saint-Pierre, France



Just off Newfoundland's southern coast lies Saint-Pierre, part of the French archipelago of Saint-Pierre and Miquelon and France's last remaining territory in North America. Close to its North American neighbour, yet unmistakably French, the island reflects centuries of French and North Atlantic history. French is the language of daily life, while the architecture, cuisine, shops, cafés, and public spaces give Saint-Pierre its distinctive character. Spend time exploring its streets, perhaps stopping at a café, visiting a museum, or sampling local flavours along the way. After the wild sands of Sable Island, Saint-Pierre offers a fascinating contrast: an authentic taste of France in the North Atlantic.

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



Follow the rugged, cliff-lined coast toward St. John's. From the sea, there is little to suggest that a city lies nearby until the entrance to the Narrows appears and the harbour is suddenly revealed beyond the steep headlands. Pass beneath Signal Hill and through this remarkable natural gateway into the sheltered waters of St. John's Harbour. By the time you disembark, Sable Island is already changing. Wind moves sand across its dunes, waves redraw the shoreline, and horses wander somewhere beyond the horizon. The island encountered on this journey belonged to a singular moment in its restless existence, one that will never unfold in quite the same way again.

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
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