

SALTSCAPES Food and Travel

YOUR INTIMATE GUIDE TO CANADA'S EAST COAST

Fun & flavour for hungry travellers

- Culinary travels in Acadian NB
- Marvellous PEI mussels
- Dine along NL's Great Northern Peninsula
- Lobster à la beach

GREAT FINDS

- Rant and row in Old St. John's
- Explore PEI's North Cape drive
- RVing the Cabot Trail

PM# 40597063
2480781 Food & Travel Apr 16 H 52(F)
MR DALE DUNLOP
315 VIEWMOUNT DR
HEAD OF ST MARGARETS BAY NS B3Z 2G4

Plus:
Find the perfect patio

saltscapes.com/travel

Do you know
someone who loves
Atlantic Canada?
Why not send them a FREE
issue of SALTSCAPES?
Trust us; they'll enjoy your
thoughtfulness!
Saltscapes.com/SHARE



Scott Munn



Scott Munn

Above: Halifax Citadel National Historic Site. Left: *Titanic* exhibit at the Maritime Museum of the Atlantic. Below: A diorama at the Museum of Natural History.

Nova Scotia's capital city

Three great places to visit in Halifax

by Dale Dunlop

Halifax has a number of attractions that every first time visitor should not miss. These include walking the boardwalk along the waterfront, visiting a popular National Historic Site, the **Halifax Citadel**, and dropping into the **Maritime Museum of the Atlantic** to view the *Titanic* exhibit.

Here are three suggestions for places to visit that might not come readily to mind, but are very much worth seeing.

The **Museum of Natural History** is located a short distance from **Citadel Hill** and is easy to find because there is a giant frog clinging to the side of the building. It is a replica of the spring peeper, a tiny frog with a distinctive call that generally heralds the return of spring to Nova Scotia.

This museum is the headquarters of the Nova Scotia museum system and houses most of the almost one million artifacts that belong to the people of the province. But don't get the idea that this is a fusty old place with case after case of boring displays. The museum uses some of the most up-to-date technology to ensure that visitors of all ages, especially children, are entertained while learning about the natural and anthropological history of Nova Scotia.

A large portion of the museum is set aside for traveling exhibits and the current one on display until May 24th is a doozy. *Dinosaurs Unearthed* features life size animatronic models of adult and juvenile *Tyrannosaurus Rex*, the horned herbivore *Protoceratops* and everyone's favourite velociraptor, *Deinonychus*. It also includes newly unearthed fossils from various sites, including Nova Scotia, and a digging pit where you can try your hand at paleontology.

Not to be missed is a demonstration of the Science on a Sphere, which is a giant globe that appears to spin in mid-air and can be used to simulate the planets, the moon, global weather and ocean currents, earthquakes and many other phenomena. It is one of only two in Canada and is a great teaching tool.

The static exhibits are equally informative and well displayed. Some of the highlights are implements from the first paleo-Indians, which date back 13,500 years, exquisite Mi'kmaq quill work, rocks and gems, including some amazing Nova Scotia gold nuggets, and dioramas featuring native moose and other species.

The Marine Gallery has a replica of the **Sable Island** weather station and a fascinating 3D sandbox in which the conditions that create the shifting sands that



Scott Munn

ESCAPE

to the smell of the **SEA**

**"FAIR
WEATHER
TO YOU
& SNOW
ON YOUR
HEELS"**

PractiCar®
Car & Truck Rentals

RentA Wreck®
Car & Truck Rentals

**SINCE 1976, PRACTICAR® &
RENT-A-WRECK® HAVE RENTED,
LEASED AND SOLD CLEAN,
DEPENDABLE USED CARS,
TRUCK AND VANS FOR LESS.**

LOCATIONS ACROSS CANADA

call: 1-800-327-0116

or visit: PractiCar.ca

or visit: Rent-a-Wreck.ca



Neptune Theatre



shape the island can be recreated. This is but a brief description of all the entire museum has to offer, and when you go, be sure to say "Hi" to Gus the gopher tortoise who has lived at the museum, in all its various locations, for more than 65 years. Visit the website at naturalhistory.novascotia.ca.

Theatre in Halifax has a long history and 2015 marks the 100th anniversary of such on the site where the present **Neptune Theatre** is located. The original theatre was designed by Halifax's famous architect, Andrew Cobb. The acoustics were so good that despite several rebuilds, the original stage has been preserved. While its small size does have limitations, these are more than offset by the intimate feel of this venerable place.

Neptune is Atlantic Canada's largest professional theatre and over the years has attracted many well-known actors to appear there including Tony Randall, John Neville and Fiona Reid. Other now-famous actors began their careers at Neptune. Fans of the cable series *Sons of Anarchy* probably don't know that Kim Coates, who plays Tig, was on stage in Halifax long before he hit the big time. Neptune's season usually runs from September through May and draws audiences from afar. For many, making an overnight visit to the city to see the latest production is a pleasant ritual.

However, there is another way to visit Neptune that does not involve watching a show. Once a year the theatre allows visitors to tour the backstage portions of the building through the Doors Open program, which gives access to buildings of historic and cultural importance that are usually closed to the public.

The corridor walls are lined with the posters of the nearly 200 productions staged since the new theatre opened in 1997. Among the attractions is the very colourful wardrobe room with costumes from every possible time and era. The Cast Wall of Fame is a particularly fascinating tradition. At the close of a production the cast creates its own unique collage or theme on a wall and adds all the signatures. One could easily spend an hour poring over the details on this wall.

The highlight of a backstage visit is, of course, to stand on the stage and face the audience (only empty seats maybe, but still a chance for a brief moment to contemplate the experience of being an actor).

This year's Doors Open dates are June 6 and 7. There is also an open house on September 26.

Other than visiting during these times, individual group tours can be arranged by prior appointment with Jennie King. Contact her at jking@neptunetheatre.com. Visit the website at neptunetheatre.com.

For a chance to experience the rural side of Nova Scotia, literally within view of the downtown towers of Halifax, consider a visit to **Fisherman's Cove**—located an easy drive from the city in suburban **Eastern Passage**. It offers the opportunity to take a stroll on a boardwalk through an estuarine salt marsh, experience an active fishing community, take a boat ride to **McNab's Island**, chow down on fish so fresh it literally just came off the boat, or shop for some unique Maritime creations.



Kalley Mander



Above, left: Neptune Theatre is Atlantic Canada's largest professional theatre. Above, from top: Find lots of handcrafted items at Shore Things in Eastern Passage; Har matey! Pirates come ashore at Boondocks restaurant in Fisherman's Cove in Eastern Passage.

Fisherman's Cove is a non-profit organization that oversees a unique collection of shops, restaurants and historic sites that is only 20 minutes from downtown Halifax.

Visitors can start by enjoying the salt air and great views from the boardwalk at **McCormack's Beach**, which flanks the waters of Eastern Passage. It was through this narrow waterway that in August 1864 the Confederate raider *Tallahassee*, with the help of local pilot Jock Flemming, made a daring escape from union ships that had chased her north into Halifax Harbour. That event is commemorated annually during **Tallahassee Days**, during which Fisherman's Cove comes alive with costumed pirates, privateers and mermaids that might not have a lot to do with the actual event, but is great fun anyway. This year's festival takes place August 22 and 23rd.

Fisherman's Cove is the departure point for **McNab's Island Ferry**, which offers boat tours to that island of abandoned forts, deserted beaches and fantastic views of peninsular Halifax. The company also offers boat tours of outer Halifax Harbour including **Lawlor's** and mysterious **Devil's Island**. Paddlers can launch their own kayaks and tour the tranquil waters of The Crick (as locals call the small harbour) or head out for a McNab's Island landing.

For those inclined to stay ashore there is plenty to see and do starting with a walk to the north side of the cove, an actual working wharf where fisherman land their catches of lobster, mackerel, haddock, cod and halibut.

Sightseeing done, there's time to visit the many interesting shops at Fisherman's Cove, located in small colourful buildings that have doubled as the fictional Maine town of *Haven* in the TV series of the same name. At **Shore Things** expect to find original handcrafted artworks made from driftwood, beach glass, shells and other natural materials found nearby. **Fog Off** is an East Coast clothing line sold only at Fisherman's Cove, while the **Emerald Cauldron** and the **Violet Unicorn** offer items on the more whimsical side.

By this time most visitors will be hungry and **Boondocks** has a great outdoor patio where you can sample some of that fresh seafood that was just landed down the way. 🍷



SHAPED BY FAMILY

Tino Masecchia's family immigrated to Montreal in 1965 on the day he turned 10 years old. Tino never forgot his roots, worked hard and became a successful businessman. Now a grandfather, his family is his pride and joy. He resides in little Italy in Montreal, a place that reminds him of life in a small Italian town. It's stories like Tino's that shape us as a nation.

SEE HOW THE WORLD SHAPES CANADA. VISIT PIER 21 AT THE HALIFAX SEAPORT.



Canadian Museum of Immigration at Pier 21
Musée canadien de l'immigration du Quai 21

Canada

www.pier21.ca |   

Re-envisioned. Re-imagined. Re-opened Summer 2015.