



## Plan the perfect day in Truro, Nova Scotia!

### IDEA #5 (BRING A CHANGE OF CLOTHES!)

#### *one of the 7 natural wonders of north america!*

Home to the world's highest recorded tides, the Bay of Fundy is witness daily to one of nature's most amazing feats not found anywhere else--the tidal bore. A tidal bore is a tumbling wavefront which moves upstream in a river, announcing the arrival of an incoming tide, at mid-tide, the flow of water is the same as the estimated combined flow of all the rivers on Earth: a million tonnes of water per second! The **Fundy Discovery Site** is one of the most convenient and accessible places to experience the incredible tidal phenomena.

#### *hit the water!*

Take the family on a tidal bore rafting excursion with one of the **many river outfitters** located near Truro. Experience the tide 12 feet above land, then walk on the river floor--this is the stuff memories are made of! When they ask if you want to go mud-sliding, always say YES!

#### *the railyard*

Test your mountain biking acumen at Truro's own **Railyard**--enjoy fantastic scenery, wildlife and options for all skill levels while navigating perfectly maintained trails.

**INN ON PRINCE**  
HOTEL & CONFERENCE CENTRE TRURO