

bruce peninsula traverse



trip highlights

Explore the front and backcountry of Bruce Peninsula National Park

Hike atop the UNESCO-designated Niagara Escarpment

Enjoy endless cliff-top views

Dip your toes into Georgian Bay's inviting crystal-clear turquoise waters

View shipwrecks on a glass-bottom ride to Flower Pot Island in Fathom Five National Marine Park

Walk through fairy-tale like forests of moss-covered boulders and lush foliage

Test your identification skills with up to 43 species of orchids, 23 species of ferns, and 300 bird species



Trip Duration	7 days	Trip Code: BRU
Grade	Moderate	
Activities	Hiking: Guided	
Summary	6 nights b&b or hotel	

welcome to Great Canadian Trails

Thank you for your interest in our Bruce Peninsula Traverse trip. With a small population compared to its vast size, Canada's wilderness is immense, wild, and largely untouched; an endless natural playground with countless opportunities for outdoor adventure. And, with history and character unique to each region, Canadian culture is a rich mosaic of customs. With Great Canadian Trails, experience charming communities and changing landscapes on foot or by bike, paddle along dramatic shorelines, or hike rugged trails with the support of our expert local teams. If you enjoy a physical challenge in the great Canadian wilderness or prefer a more leisurely pace, we're here to provide all you need so that you can enjoy your active holiday to the fullest. From the grand mountains of the West to the impressive Great Lakes and jovial Maritime culture of the East, not to mention the unimaginable scale of the remote North, there is no shortage of beauty and wonder awaiting the active traveller. We invite you to discover all of Canada's treasures from coast to coast to coast.

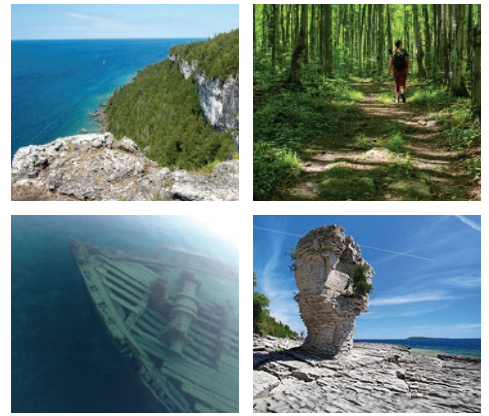
why travel with Great Canadian Trails?

We are Canadian, our team is highly-experienced, and our understanding of the land means carefully-crafted hiking and cycling holidays that offer the active traveller an immersive and truly authentic experience. Our unique selection of itineraries draws upon some of the country's most inspiring landscapes, incredible networks of trails, and stunning national parks while showcasing communities along the way. Our wide range of accommodations include our selection of friendly bed & breakfasts, charming inns, perfectly-located hotels, and quiet cottages or cabins. Our drivers are local, professional, and full of information which they are eager to share as they take you to the trailheads and move your luggage ahead to the next overnight stay. We provide you with sectional maps, an emergency hotline, and a customized route booklet with detailed local information and the inside scoop on where to eat, visit, and explore each day. Each itinerary has been tried and tested with every detail accounted for, so that all you need to do is spend the day exploring at your own pace, to your heart's content. By travelling with Great Canadian Trails you are also making a positive impact, since most of our trips include a donation to the local non-profit organization who builds and maintains the trail. This helps others get out and experience Canada's natural wonders.



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All single participants will be accommodated in their own room/tent at no extra charge

trip dates

2026 13 Sep - 19 Sep

fast facts

Countries Visited:
Canada

Visas:
Please check visa requirements with your reservations consultant*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

responsible travel

The natural environments that you'll travel through are fragile and the cultures and traditions precious. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact.

trip grading

Moderate

the trip

The Bruce Trail is Canada's oldest and longest marked footpath, measuring over 890km (550miles) from Niagara to Tobermory, following the magnificent Niagara Escarpment - a UNESCO World Biosphere reserve. This extensive guided itinerary covers what many hikers claim to be the most spectacular section of the trail: The final stage from Wiarton to Tobermory, covering the Bruce Peninsula from end to end. Each day on the trail affords endless outstanding coastal views perched high atop cliffs and along rocky beaches, looking out across the crystal-clear turquoise waters of Georgian Bay. You will swear that you are exploring Caribbean shorelines! With limited accommodation options, we've carefully selected a handful of inns, and have combined these cozy stays with a friendly guide and transfer service. Your luggage is transferred as needed as well, leaving you free to enjoy the trail with only a light daypack.

at a glance

DAY 1	ARRIVE TORONTO AND TRANSFER TO SAUBLE BEACH
DAY 2	SYDNEY BAY TO HOPE BAY (~15KM/9.3MI, ~7HRS)
DAY 3	HOPE BAY TO RUSH COVE (~14KM/8.7MI, ~8HRS)
DAY 4	LION'S HEAD LOOP (~14KM/8.7MI, ~8HRS)
DAY 5	FLOWER POT ISLAND BOAT TOUR AND OPTIONAL BURNT POINT LOOP (~9KM/5.6MI, ~5-6HRS)
DAY 6	EXPLORE BRUCE PENINSULA NATIONAL PARK (~5KM/3.1MI, ~4HRS)
DAY 7	TOUR ENDS WITH A TRANSFER TO TORONTO

what's included

- 4 breakfasts, 5 lunches
- 6 nights in a combination of B&Bs and hotels, generally with private facilities, on a double occupancy basis
- Licensed wilderness guide
- All transfers during the trip beginning from the initial meeting point
- Emergency equipment for use with first aid and communications
- Flowerpot Island boat tour pass
- Park entry fees

detailed itinerary

DAY 1 Arrive Toronto and transfer to Sauble Beach

You will be picked up in Toronto at approximately 1:30pm from a pre-set meeting location unless you arrive on your own directly to Sauble Beach. Please advise us of your arrival details well in advance of your trip to coordinate your joining point.

From Toronto, you will be transferred to the small town of Sauble Beach where your guide will arrange to meet you. Sauble Beach, as the second longest freshwater beach in the world, is world famous and features 7km of white sands. Check into your trendy accommodation and enjoy a 5-minute walk to the beach or to any of the town's delightful restaurants, pubs, bakeries, or hidden gems. Don't miss the renowned sunset views in the evening.

meals: NIL

DAY 2 Sydney Bay to Hope Bay (~15km/9.3mi, ~7hrs)

After breakfast in town, it's a short drive to the Sydney Bay trail access point. From here, our hike follows the trail closely along the scarp edge and enjoys ever-changing views of Sydney Bay. It's a pleasant walk through a succession of forests. We descend a couple of wooden ladders before emerging into quiet Hope Bay. Return to Sauble Beach at the end of the day.

meals: L



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Daily walks are between 10km and 20km (6mi to 12mi) on well-marked trails over diverse terrain – from relatively flat to short, steep sections with some light scrambling.

Hikers should be prepared for plenty of roots, rocks, and potential variable weather conditions. You should pay particular attention to your footwear to ensure that it is suitable to avoid blisters and rolling ankles. You will need a good level of fitness and be in good health. Suggested preparation: 45 minutes of aerobic exercise three times a week from a minimum of 3 months leading up to your trip. This can include swimming, jogging, hard walking or cycling. For hiking trips, hill or stair walking with a 15lb daypack is highly recommended at least once per week.

Route finding will be reasonably straightforward as the Bruce Trail is well-marked using its own system and signage.

adventure travel

By its very nature adventure travel involves an element of the unexpected. When hiking, expect rugged terrain with plenty of dirt, roots and rocks. In wet conditions, trails can be muddy and slippery, potentially raising the level of difficulty of your trip. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with our trained staff.

DAY 3 Hope Bay to Rush Cove (~14km/8.7mi, ~8hrs)

Today's walk takes you along the main trail and around Cape Dundas to pretty Rush Cove. Explore Magazine has listed the Cape Dundas Loop as one of Canada's 8 'essential routes', and you will soon find out why! Highlights of the day include glacial potholes, rare open alvar, walking along the base of the rocky escarpment, and large, moss-covered boulders that create an other-worldly and magical forest environment. Rush Cove is a lovely spot to end the day. Enjoy the rocky shore before your pick-up and transfer to the town of Lion's Head, where you can settle into your comfortable B&B.

meals: L

DAY 4 Lion's Head Loop (~14km/8.7mi, ~8hrs)

After a delightful breakfast from your hosts, we head out for the hike that some claim to be the highlight of the peninsula – the Lion's Head Loop. This section has plenty of ups and downs, exposed tree roots, and rocky pathways. You will be rewarded with dramatic views from the exposed cliff-tops at Gun Point and postcard-perfect Lion's Head Lookout. Take in the spectacular coastal view of the limestone cliffs plunging in the turquoise waters of the Georgian Bay, be in awe by the biodiversity of the Niagara escarpment and its lush forest, and now you know why this is a 'must-do' on any hiker's list.

meals: B,L

DAY 5 Flower Pot Island Boat Tour and Optional Burnt Point Loop (~9km/5.6mi, ~5-6hrs)

You can't visit Tobermory without taking a trip to Fathom Five Marine National Park and the famous Flowerpot Island. The adventure begins with an excursion on a glass-bottom boat, taking us over shipwrecks and past lighthouses to the islands. In the morning, our guide leads the way to explore the Flowerpot Island trails and its namesake, 'the flowerpots.' Admire these outlying stacks of escarpment cliffs that stand a short distance from the island, most with vegetation (including trees) still growing on them. Return to Tobermory after lunch and see the mainland section of Fathom Five National Marine Park next. Here, the main trail joins the Burnt Point Loop overlooking the park's offshore islands. You also have the option to relax and explore the town this afternoon.

meals: B,L

DAY 6 Explore Bruce Peninsula National Park (~5km/3.1mi, ~4hrs)

Today's section of the main trail is short, giving you time to enjoy Bruce Peninsula National Park's many highlights, lakes, and geologic features. You and your guide will hike to and from the main parking lot at the Head of Trails access point. The views along this section are meant to be among the best on the entire peninsula. Within the park, the main highlights are Indian Head Cove, the Natural Arch, and the 'must-see' Grotto – An impressive cave on the shore with sunlight from the outside revealing a brilliant blue underwater tunnel on the inside. It is easy to lose track of time exploring this spectacular section of beautiful rocky shore and the majestic caves. We conclude the day with a drive back to your accommodation and group dinner for the last night with your hiking friends.

meals: B,L

DAY 7 Tour ends with a transfer to Toronto

After breakfast, you will be picked up at your hotel at 9am and transferred back to a pre-set point of departure in Toronto. Please advise us of your intended departure details well in advance of your trip to coordinate your departure point.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

joining instructions

You need to make your way to the pre-determined pickup and meeting location in Toronto on Day 1. Please inform your reservations agent as to your pre-tour arrangements at least 60 days prior to departure so that we can ensure a smooth connection at the pickup location.

country information

The Bruce Peninsula lies in southern Ontario, Canada between Georgian Bay and the main basin of Lake Huron. A nature lover's dream, the peninsula is home to two national parks – Bruce Peninsula NP and Fathom Five Marine NP. Botanists will appreciate over 43 species of orchids, 20 species of ferns, mixed forests of balsam fir, spruce, birch, aspen, and thousand-year old Cedar trees. Geologists will revel in the wonders of the Niagara escarpment – A 725km/450mile-long limestone wall and its caves, sinkholes, sheer cliffs, overhangs, sea caves, cobble and shingle beaches. Historians will be intrigued by the various historical light stations and 22 preserved shipwrecks scattered throughout the pristine freshwater of Fathom Five.

climate

Around the Great Lakes, the climate is moderated by surrounding water bodies and characterized by mild springs, warm summers, and pleasant autumns. During the summer months (July and August), expect daytime highs between 25-30°C (77-86°F), and evenings can be quite cool by the water. Best to pack a light jacket. In mid-September, daytime temperatures begin to cool off to around 15°C (59°F) and by early October, the fall foliage displays its full glory with a vibrant landscape of brilliant reds, yellow, orange, and green. Waves and storms can develop quickly at any time. Boaters and swimmers should use caution and monitor weather forecasts.

dietary requirements

Provided we are advised in advance of your departure, we are able to cater to vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (ideally, months prior to your trip/at time of booking) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

pre and post tour accommodation

Accommodation is not included in Toronto. The tour usually starts from pickup in Toronto - At a pre-determined meeting spot as designated on your travel voucher. If arriving late, we recommend spending the night here before your tour begins.

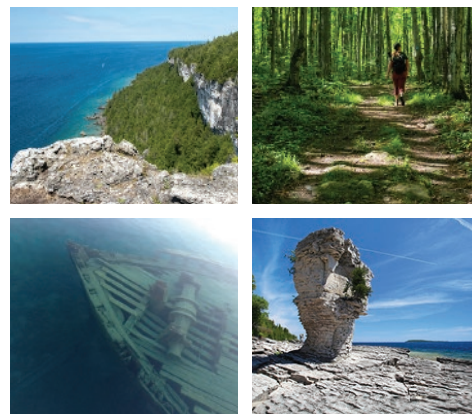
what you carry

This is a fully supported hike. you only need to carry your daypack with your water bottles, jacket, camera, and other personal items. You should plan on carrying at least 2 litres of water each and every day.



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equipment required

Wet weather gear, sunscreen, good walking boots, water (min 2L), and sun hat. Walking poles are recommended. A comprehensive gear list is included in the pre-departure information provided on booking.

getting there

PARKING & TRANSFERS

Weekly parking is available in some of the parking lots near the point of departure at which you will be picked up when joining the tour. Look for something near the Novotel Toronto Hotel in North York.

BY AIR

The nearest international airport is Toronto Pearson (YYZ).

BY BUS

From downtown Toronto, there are plenty of transit options that should assist you with reaching your meeting spot. For schedules and fares, please visit <https://www.ttc.ca/>

TRANSFER SERVICE

On Day 1 and 7, the transfers between Toronto and Sauble Beach are approx. 3 hours.

way marking

The Bruce Trail is marked using its own easy-to-follow signage system.

special visa requirements

All international visitors will require proper documentation to enter Canada. Most nationalities require either a tourist visa or an ETA. Detailed information will be provided upon booking.

what's not included

- Travel to and from Toronto (beside transfers listed as inclusions as per the itinerary)
- Meals where not indicated
- Travel insurance
- Applicable taxes of 13% when booking made in North America

private groups

The adventures featured on our website are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charities, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, www.greatcanadiantrails.com

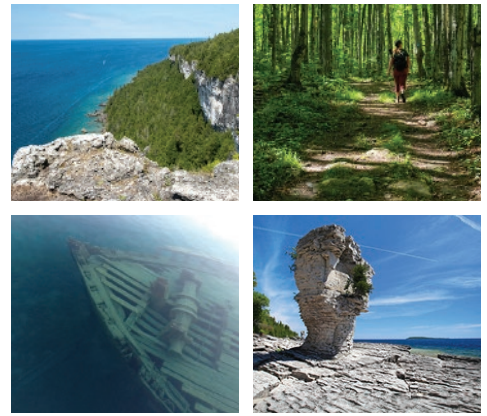
social networking

Follow us on Facebook at <https://www.facebook.com/GreatCanadianTrails>, on Twitter at [@GreatCanTrails](https://twitter.com/@GreatCanTrails) and on Instagram at <https://instagram.com/GreatCanadianTrails>



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trip availability

If this trip seems right for you then we encourage you to book now. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Our self-guided holidays visit small communities with limited accommodations, and we can only guarantee rooms once we've booked and confirmed with each property. For this reason, we can only confirm availability of tour once bookings have been received. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can confirm your adventure of a lifetime we ask that you check trip availability with our team at your earliest convenience.

how to book

To book a Great Canadian Trails trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function. We can also help you with any additional arrangements that you require, such as pre or post trip accommodation in conjunction with the main Great Canadian Trails trip.