

There are a wealth of activities to keep you active in Prince Edward Island. Many Islanders play ice hockey during the fall and winter months or ski at the provincial ski park at Brookvale. Curling and figure skating are also popular. In summer, soccer, baseball, golf and tennis are popular sports.

<https://www.relocatecanada.com/charlottetown/sport.html#:~:text=There%20are%20a%20wealth%20of,and%20tennis%20are%20popular%20sports.>

Surrounded by the sea, PEI and its cuisine naturally emphasize seafood – lobsters, scallops, oysters, mussels, crabs and halibut. But PEI potatoes are among the best on the planet. And in recent years, Island beef and pork have developed an enviable reputation.

<https://www.neverstoptraveling.com/prince-edward-island-food#:~:text=Surrounded%20by%20the%20sea%2C%20PEI,have%20developed%20an%20enviable%20reputation.>

All Canadians love outdoor sports, including winter sports. Some sports Nova Scotia enjoys are curling, hockey, cricket, soccer, softball, and ice skating. There are many more sports to enjoy but those are just the main ones. Nova Scotia has two minor-professional hockey teams, the Cape Breton Oilers in Sydney, and the Halifax Citadels. It also has sent a number of stars to the National Hockey League in recent years. Danny Gallivan, a Sydney native, became one of the best known voices in Canada, broadcasting games of the Montreal Canadiens for thirty two years. Soccer has enjoyed a rising popularity. In 1991 the Nova Scotia Clippers of the Canadian Soccer League played their first game. The same year Nova Scotia's first professional basketball team, the Halifax Windjammers, was established.

<https://novascotiaproject.weebly.com/sports.html#:~:text=Some%20sports%20Nova%20Scotia%20enjoys,Sydney%2C%20and%20the%20Halifax%20Citadels>.

Everyone knows that Nova Scotia is world-famous for our lobster and that it is a must-try while visiting. From a traditional lobster dinner to a beach side lobster boil to lobster rolls, creamed lobster, lobster poutine and even lobster beer, Nova Scotia can quell your lobster cravings. But, did you know about the other delicious foods worth trying during your visit? Here are ten for you to chew on.

Digby Scallops

Digby scallops are world-famous for being succulent and fresh, caught off the shores of the Bay of Fundy by the largest scallop fishing fleet in the world based in Digby. Several restaurants throughout the province serve these sweet little morsels in a variety of delicious ways. From bacon wrapped to pan seared; battered and deep fried to served on top of seafood linguine; as a salad topper to chowder and the list goes on!

Wild blueberries

Wild blueberries are Nova Scotia's provincial berry with over 40 million pounds produced in the province each year and shipped all over the world. Oxford, Nova Scotia is Canada's wild blueberry capital with wild blueberry grunt being a delicious and iconic Nova Scotia dessert. Visit a u-pick during harvest time - August to September - or pick up a pint of fresh berries at the nearest farm or farmers' market.

Going on a wild blueberry binge? Check out other Nova Scotia made wild blueberry products like juice, liqueur, syrup, beer, soap, lip balm, baked goods, chocolates, preserves, wine, tea or coffee which you can drink from your handcrafted blueberry themed mug.

The Donair

The iconic donair has been infiltrating westward in Canada, but make no mistake its roots are deep in Nova Scotia, Halifax to be exact. In 2015 this saucy, meaty, messy wrap became the official food of Halifax.

So, what is it anyway?

Spiced beef, cooked on a spit and shaved onto a pita, doused in a sweet garlic sauce and garnished with tomatoes and raw onions is the best way to describe it. But to locals it's just goodness. While there is no beating the classic, innovations in the donair space have been surfacing in recent years. Creative cooks have come up with donair pie, donair pizza, donair poutine, donair burgers, donair eggrolls, donair sausages, and even donair soup.

Need your donair to-go (home, that is)? Order it to go - it'll be wrapped up tight for safe travels - or pick up a bottle of donair sauce or a kit at a local grocery store to make your own.

Apples

When you think of Nova Scotian foods, apples probably aren't the first thing that come to mind. But, maybe they should be. The province's fertile Annapolis Valley is ripe with apple orchards, covering thousands of acres of land. This humble fruit is celebrated each spring at the Annapolis Valley Apple Blossom Festival and harvested each fall, from mid-September to the end of October, with many u-pick options available. There really is nothing like a fresh, juicy apple picked straight from the tree and with over 20 varieties of apples to choose from, your favorite apple for snacking and baking is sure to be available.

Cideries in the province also utilize local apples as the main ingredient when brewing their crisp and flavourful ciders.

<https://www.novascotia.com/trip-ideas/stories/10-foods-try-ns>

Sports in Prince Edward Island (PEI):

So about the sports they are used to playing some kinds of sports in the winter and fall and others in the summer, So in the winter they go skiing provincial ski park at Brookvale and they play some ice hockey too. This team in the picture is their University hockey team but they actually have a junior hockey team called Charlottetown Islanders that plays in the Quebec major junior hockey league.

And in the summer they like to play soccer, baseball, golf, and tennis.

Cuisine in Prince Edward Island (PEI):

So for their gastronomy they are known for their seafood like lobsters, oysters, crabs, and shrimps

But now they're being known by their potatoes, and developing their beef and pork too.

Sports in Nova Scotia:

So besides the ones I mentioned in the other one they like to do for sports curling, cricket, softball, and ice skating

They have some minor-professional hockey teams like the Cape Breton Oilers, and the Halifax Citadels, and the Halifax mooseheads.

They have in soccer the Nova Scotia Clippers that played once the Canadian Soccer League

And their first professional basketball team, the Halifax Windjammers

Cuisine in Nova Scotia:

On their cuisine they have the World-famous Nova Scotia lobster as a must-try dish but they have too, Digby scallops from the Bay of Fundy

Oxford, Nova Scotia is Canada's wild blueberry capital so they're known for this too.

The iconic donair as the official food of Halifax

And their apples are really famous too.