

An aerial photograph of Saint John's cityscape, showing a dense urban area with various buildings, including a prominent tall skyscraper. The city is surrounded by greenery and mountains in the distance under a clear blue sky.

DISCOVER SAINT JOHN & THE TOWNS BY THE BAY

SJTOWNSBYTHEBAY.COM



WELCOME TO SAINT JOHN & THE TOWNS BY THE BAY

- on the beautiful, world-famous Bay of Fundy!
This is where your next bay-cation begins,
along a 100 kilometre stretch of scenic
southern New Brunswick.

Watch the sun rise in Rothesay and see it set
over the water in Grand Bay-Westfield. Grab
breakfast in the City of Saint John, then lunch
by the river in Quispamsis. Walk on the ocean
floor in Fundy-St. Martins the same day you
explore historic Hampton, with stops in the
picturesque Fundy Rural District along the way.

From cool city vibes to waterside
relaxation, Saint John and its
distinctive nearby towns are bursting
with history, culture, character, and
adventure – it's all right here!

Experience the
**HIGHEST TIDES
IN THE WORLD!**



Harbour Passage

@novascotiaexplorer
Reversing Falls Rapids

@eunice.flores.nb
Irving Nature Park

SAINT JOHN is the only city on the Bay of Fundy where the tides rise and fall by 8.5 metres (28.5 feet) twice daily. See the **Reversing Falls Rapids** - the result of the Saint John River colliding with the Bay of Fundy's monstrous tides - from various lookouts, including **Wolastoq** and **Fallsview Parks**.

At **low tide**, the full force of the Saint John River rolls and swirls into the Bay, creating a series of whirlpools and rapids, while at **high tide**, the Bay of Fundy's tides rise, gradually reversing the flow of the river, forming rapids and standing waves. Between these two extremes comes a period of **slack tide**, where the two bodies of water meet with equal force, creating a brief period of flat calm. This is the only time sail boats and pleasure crafts can sail between the two.

Visit **The Plank at Reversing Falls** to learn more about this phenomenon, as well as the geology and history behind it. Watch a 13-minute film in their rooftop theatre and take in the rapids from a 110-foot-high lookout.

EXPERIENCE the Bay of Fundy's tides firsthand in the Saint John Harbour with a sightseeing cruise or thrill ride with **See Sight Tours**, or a guided kayaking tour to Partridge Island with **River Bay Adventures**. Take in spectacular harbourside views along the **Harbour Passage** walking trail or while exploring the coastal trails at the **Irving Nature Park**. Keep your eyes peeled for marine life, including harbour seals, porpoises, and seabirds.

Relax along the Bay of Fundy shores with a day at **Mispec Beach** or comb the shores for sea glass at **Bayshore** or **Tin Can Beach**.



Low slack

Add 3 hrs and 50 mins to Low Tide.*

High slack

Add 2 hrs and 25 min to High Tide.*

*Not for navigational purposes.



VIEW TIDE TABLES



Mispec Beach

MARVEL at the waterfalls, ancient cliffs, and pristine beaches of the **Fundy Trail Parkway**, one of the last remaining coastal wilderness areas between Labrador and Florida. Drive, walk, hike or bike, exploring the lookouts and observation decks throughout this 2,559-hectare (6,323-acre) park featuring a 30-kilometre (19-mile) drive hugging the southern coast of New Brunswick, connecting Alma, Sussex, and Fundy-St. Martins.

Explore the **Fundy-St. Martins Sea Caves**, carved by the power of the Bay of Fundy tides. Choose from a guided hiking or kayaking tour, or a unique tasting experience with **Bay of Fundy Adventures**, or take in stunning views from the **Quaco Head Lighthouse**. It really is phenomenal what the world's highest tides can do.



Fundy-St. Martins Sea Caves



Fundy-St. Martins Wharf at Low Tide

DISCOVER the incredible coastlines of the sheltered **Musquash Estuary**, on guided hiking or kayaking tours with **In-Step Adventures**. Hike one of several seaside trails, including the challenging **Split Rock Trail**, or dip your toes in the black sand of the appropriately named **Black Beach**, the result of naturally occurring graphite deposits.

Head further south to explore the Fundy Isles with a guided hiking or kayaking tour with **Eastern Outdoors** or plan a beach day at **New River Beach Provincial Park**.

For these and other ways to plan your Bay of Fundy adventure, scan:



BAY OF FUNDY



@kellyklaing
Fundy Trail Parkway



Area 506 Waterfront Container Village

Harbour Passage

THE ONLY CITY on the Bay of Fundy packs so much into our vibrant, walkable, historic uptown core. You'll find it hard to choose from **over 80 bars and restaurants** offering a diverse variety of **seafood, pub, and international cuisine** created by **local chefs**, sure to satisfy any craving. Visit the **Saint John City Market**, the oldest continuing farmers market in Canada, stopping at stalls for any number of tasty treats or unique keepsakes.

NO WONDER cruise ships call on Saint John, the vibe along our waterfront is like no other! **Area 506**, New Brunswick's coolest festival has been turned into a permanent waterfront experience. The **Area 506 Waterfront Container Village** has retail shops, a performance space, a container bar, food trucks, public art, pop-up activities, patios, picnic tables, and more, all wrapped up in over 50 shipping containers that celebrate everything cool about our province.



Canterbury Street

Stop at a **patio** for a pint with a view or pop into a **cozy café or lounge** for a drink with atmosphere. See our streets come to life with **art, music, and theatre festivals**. Find **live music** at **numerous venues**, a **variety of entertainment** at **Imperial Theatre** or **TD Station**, enjoy some **friendly competition** at **Woodchucks Axe Throwing** or **Eighty-Three Bar Arcade**, comedians at **Punch Lines Comedy Club**, and so much more.

Take in the **Bay of Fundy** views from patios along the **Market Square Boardwalk**, or the **Market Slip tidal steps** (coming in 2023!). Stroll along **Harbour Passage** and find **art, history, and activity** – and don't be surprised if you spot a harbour seal along the way!

There's no shortage of instagrammable moments!

For more on where to eat, scan:



UPTOWN DINING

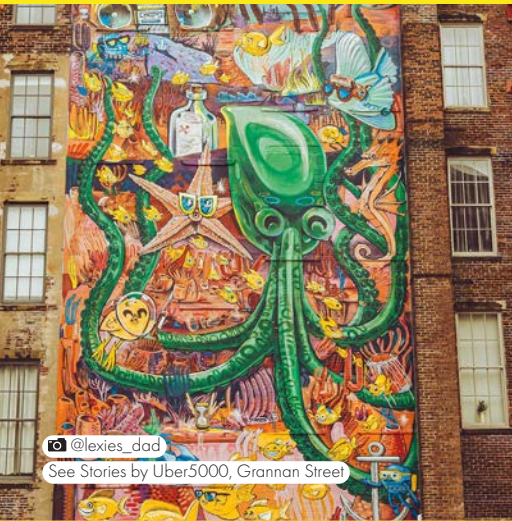
For more on festivals + events, scan:



EVENTS



Saint John Harbour



@lexies_dad
See Stories by Uber5000, Grannan Street

SPEND AN AFTERNOON

shopping, exploring numerous **charming boutiques** catering to a variety of audiences. Discover a thriving **arts scene**, including a **dozen galleries** within walking distance, with works from **local, national, and international artists**. Stumble upon an abundance of **public art**, including **murals, sculptures, and installations**, both out in the open and hidden in plain sight.

For more on where to *shop*, scan:



UPTOWN SHOPPING

For a self-guided *Art* in **Public Places Uptown Walking Tour**, scan:



SELF-GUIDED WALKING TOUR

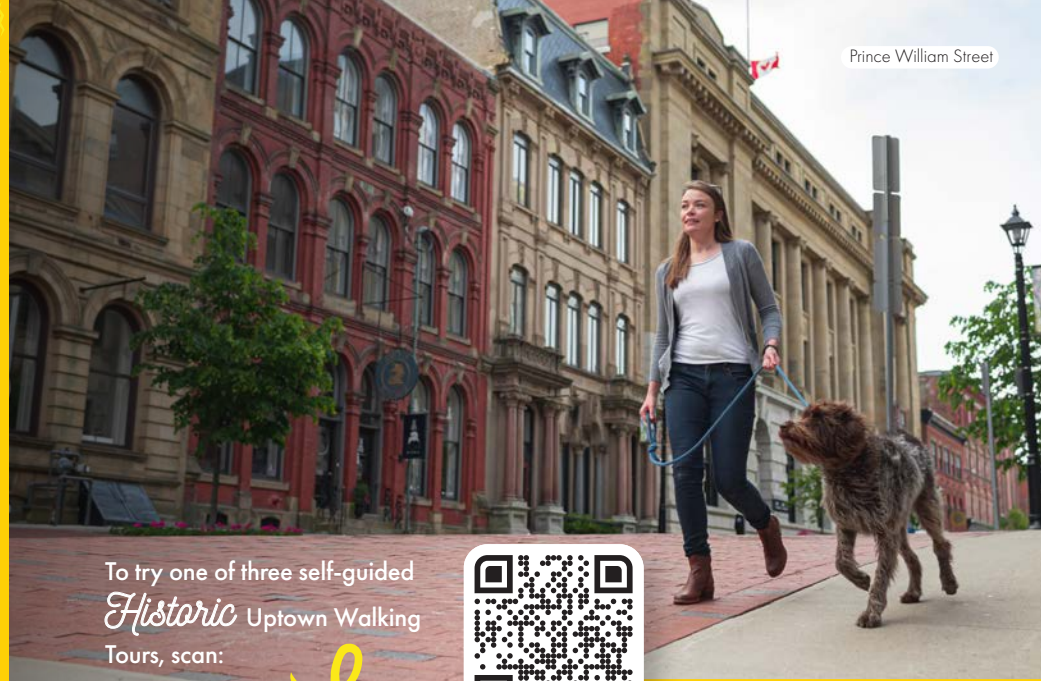


Spicer Merrifield Gallery



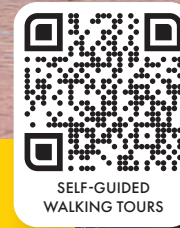
@jenny_ann_nicole

Clementine by Dodo Ose, Canterbury Street



Prince William Street

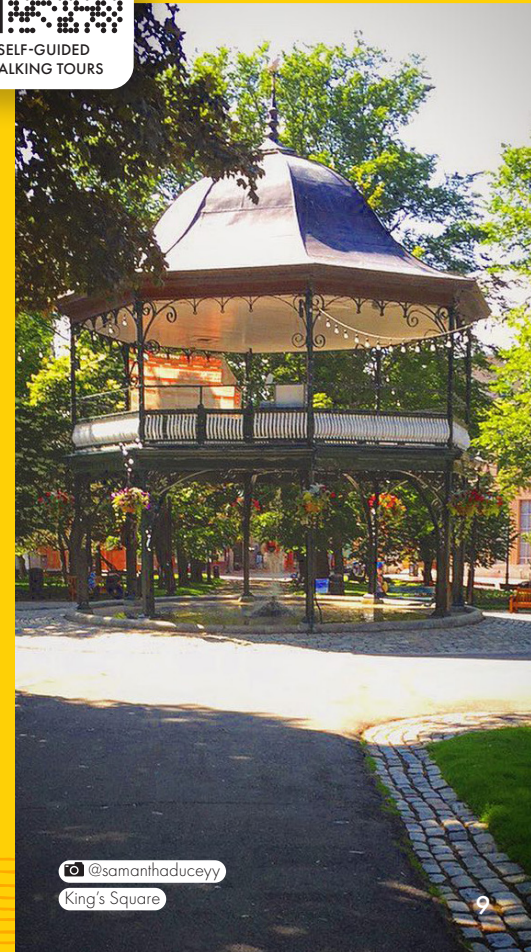
To try one of three self-guided *Historic* Uptown Walking Tours, scan:



SELF-GUIDED WALKING TOURS

WANDER the streets, observing the beautiful mix of new and **historic architecture** – one of the best kept collections of historical buildings in Canada, with **over 100 years' worth of architectural styles**. Enjoy people watching in **King's Square, Queen Square** or the **Old Loyalist Burial Ground**, natural gathering spaces since our city was first designed.

For a more curated historical experience, try one of our **Three Historic Walking Tours**, each taking you on a 90-minute walk throughout the uptown while detailing different pieces of our storied history.



@samanthaduceyy

King's Square



Saint John City Market



Quaco Museum



@littlesarahbirch
Carleton Martello Tower



St. Luke's Anglican Church, Quispamsis

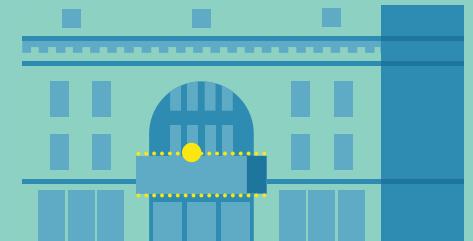


Paris Crew Monument, Rothesay

ENJOY a guided or self-guided walking tour, including guided walks with the **New Brunswick Museum** or learn about our region's Indigenous history with **First Nations Storytellers**. Join local historian **David Goss** on one of his scheduled walks or enjoy **Peter Ferguson's** uptown walking tour.

Take a historic self-guided tour of **Saint John's** uptown core, **Fernhill Cemetery** - where some of Canada's founding fathers are buried, or other **Saint John heritage neighbourhoods**. Wander the streets of Hampton, taking in its' **Historic Homes**, walk through **Fundy-St. Martins** oceanside history, or Grand Bay-Westfield's **Municipal Heritage Trail**.

From national historic sites and landmarks to historic walking tours, from museums that step back in time to industries that keep moving our region forward. It's all here.



DISCOVER communities steeped in history, with endless stories to tell, nestled around the first incorporated city in Canada.

Step back in time at **Place Fort La Tour**, muster at **Carleton Martello Tower** or explore the **Saint John City Market**, just some of the **National Historic Sites** located within our region.

Visit niche museums that tell the history of our region, including **Loyalist House**, the **New Brunswick Black History Society Exhibition Centre**, **Quaco Museum**, the **Saint John Jewish Historical Museum**, the **Saint John Police Museum**, **Kings County Museum**, **John Fisher Memorial Museum**, the **Saint John Firefighters Museum** and the **Frank & Ella Hatheway Labour Exhibition Centre**.



First Nations Storytellers



HISTORY



SELF-GUIDED WALKING TOURS

@strollwiths

Fundy-St. Martins Sea Caves

A BILLION YEARS *of stories*



FARMERS MARKETS

Queen Square Farmers Market



@brooketrevors

Lepreau Falls

@ysj.eats

Kingston Farmers Market



THE FIRST North American member of the **UNESCO Global Geoparks Network**, spanning 2,500 square kilometres (over 965 square miles) of Southern New Brunswick, from Lepreau to Norton to Salmon River, our region is a natural playground that has been created by the collision of continents, oceans, volcanoes, earthquakes and ice ages. There are amazing, hands-on ways to experience geological history in every corner.

Take a **walking tour** of the uptown, learning more about what our geology has meant to our region in the past and present, and what it will mean in the future. Or visit one of the region's **12 geosites** to get up close and personal with the geology that has shaped us.

In Fundy-St. Martins you will find not one, but two UNESCO sites, as Stonehammer's footprint overlaps with that of the **UNESCO-Designated Fundy Biosphere Region**.

To learn more about the rocks that shaped us, scan:

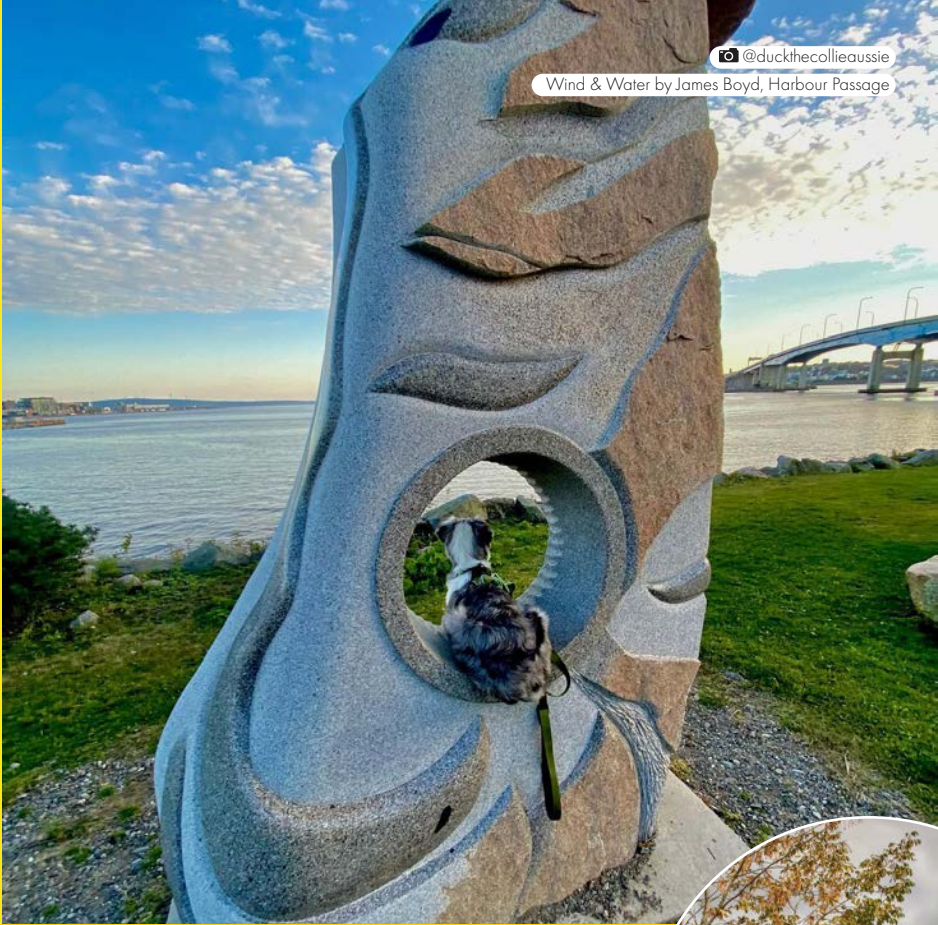


To plan a market-hop and experience them all, scan:



OF COURSE Canada's oldest continuing farmers market is in Saint John - it's Canada's first incorporated city! Discover the **Saint John City Market** and a number of weekly seasonal markets offering fresh local produce, unique crafts and artwork, and a welcoming atmosphere, including **Queen Square Farmers Market, Saint John Night Market, Lupine Market, Brundage Point Market, Kingston Farmers Market, Quispamsis Farmers Market, Fundy-St. Martins Farmers Market** and the **West Side Market**.

With the exception of the Saint John City Market, the markets listed above are seasonal, with most operating weekly between May and October. The Saint John City Market operates year-round and is closed on Sundays and some holidays.



@duckthecollieaussie
Wind & Water by James Boyd, Harbour Passage

DISCOVER our artisans' creative spirit at **local galleries** and **boutiques** and bring home a piece of our heart. From uptown Saint John to the Kingston Peninsula, our region is full of local creators. Plan to take in a **Gallery Hop** or create one of your own. Walk between a dozen uptown galleries including **Spicer Merrifield**, **Handworks**, and **Trinity Galleries**, or drive throughout our communities with stops at galleries like **Soul Impressions Handbuilt Clayworks** and **Art at Hooper Studios**. You will find painters, sculptors, jewelers, carvers, knitters, woodworkers and so much more!

Create your own masterpiece with a canvas at **The Art Warehouse**, blown glass at **Glass Roots Inc.**, or pottery at **DIY Studio** or **Dynamic Ceramics**.



The Art Warehouse



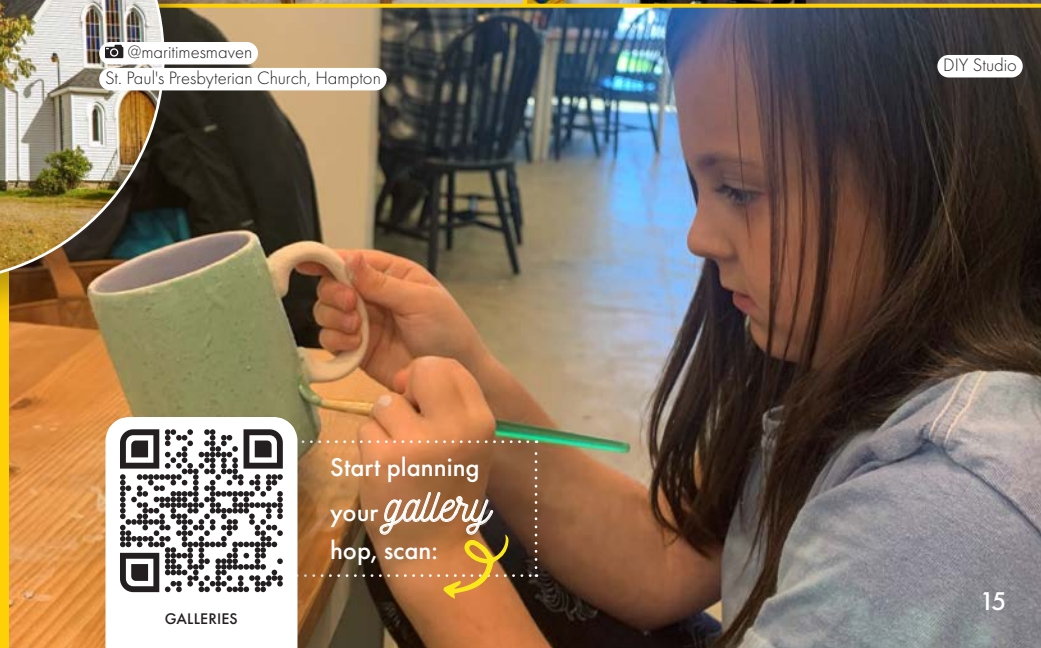
@coreenhildebrand
Lana Langille Doucet Art, Rothesay



@maritimesmaven
St. Paul's Presbyterian Church, Hampton

PUBLIC ART comes to life throughout the Saint John Region. Follow any number of **self-guided tours** to uncover installations by local, national and international artists.

The **Art in Public Places Walking Tour** showcases the art collected in our uptown core. **Sculpture Saint John's International Sculpture Trail** will bring you through our communities, discovering life-sized granite carvings by a host of international artists. The **Quilt Barn Tour** explores our rural routes, taking you on a scenic drive of discovery.



DIY Studio

Take a self-guided tour, scan:



SELF-GUIDED TOURS

Start planning your gallery hop, scan:



GALLERIES



Hampton Golf Club



TimberTop Adventures

EXPLORE urban parks in the heart of the city with breathtaking views.

Rockwood Park offers 2,200 acres of unspoiled natural beauty, with 10 lakes and 55 trails and footpaths. One of the largest urban parks in Canada, Rockwood Park was designed by the same team who designed Central Park in New York City.

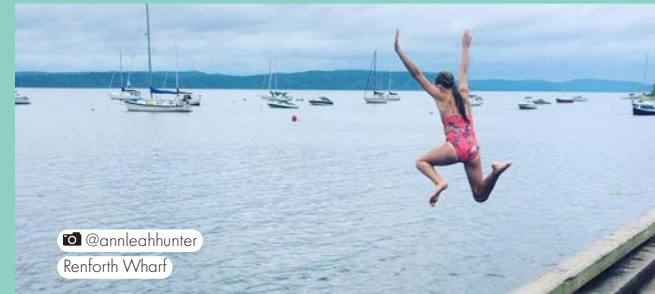
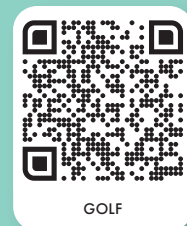
Try any number of outdoor activities, including earth-caching and rock climbing, with **Inside Out Nature Centre**, a guided mountain bike adventure with **Be Rad Adventure Co.**; relax on the beach at **Lily Lake** or **Fisher Lakes** or on **Lily's** lakeside patio.

Hit the links at **Golf Rockwood**, just one of the fantastic courses within our region, as well as **Riverside Country Club**, **Westfield Golf and Country Club**, **Hampton Golf Club**, **Welsford Golf Course** and **Cedar Groves Executive Par 3**, not to mention **driving ranges** and a **mini-golf course**.



More on the *park?* Scan:

Hitting the *links?* Scan:



@anneahunter
Renforth Wharf



@macsaerialphotos
Westfield Cable Ferry

FRESH AND SALT-WATER beaches ready for any waterside adventure. Spend a day at **Dominion Park**, along the banks of the Saint John River. Climb, jump and zip through the treetops of the park's old growth forest with **TimberTop Adventures**, take a kayaking tour with **Go Fundy Events**, or simply enjoy a day on the shore with access to lifeguards, change rooms, and so much more. Head further up the Saint John River to cable ferry hop beginning at **Brundage Point River Centre** to the Kingston Peninsula, then choose between crossings in Saint John or Quispamsis.

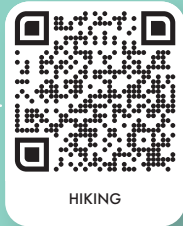
Find more freshwater beaches along the Kennebecasis River, including **Renforth Wharf** and **Meenan's Cove**, or head to dock at the **Lighthouse River Centre**. Many of these parks have playgrounds nearby, lifeguards, canteens and more, perfect for making a day of it on the lake or river.

For more saltwater and freshwater finds, scan:



WITH UNLIMITED rural greenspaces to walk, hike, bike and explore, you'll find a variety of great hiking experiences – many of them accessible to all skill levels. From beginner to expert, you're sure to find the path that's perfect for you. Choose from river, lake or oceanside views, groomed or more natural terrain, and proximity to other amenities, including the trails at the **Irving Nature Park**, Canada's first **Urban Star Park**, the **Fundy Trail Parkway** or **Rockwood Park**.

For the truly adventurous spirit, find additional information on guided hikes in the Bay of Fundy section of this guide. And as long as your furry friends are on a leash, most of our trails are fully accessible for your four-legged companions. You'll also find a number of **Bark Parks** perfect for stretching their legs.



What path will you take? Scan:



@irvingnaturepark
Irving Nature Park

WINTER FUN



Felix Alcantara
Ice Fishing at Renforth Wharf



Is winter your season? Scan:



@reaching_happy
Elmhurst Outdoors



Ponce Alfred Madas
Skating on Lily Lake, Rockwood Park

WHEN WINTER comes calling, the Saint John Region answers!

Rent equipment here or bring your own for activities like snowshoeing with **Inside Out Nature Centre** or cross-country skiing with **Elmhurst Outdoors**. Choose from guided tours, moonlight snowshoes, or just getting out and enjoying their groomed trails.

Hit the trails on fat bikes with **Be Rad Adventure Co.** at **Rockwood** or **Irving Nature Parks**, try ice-fishing with **The Shacks** on the Kennebecasis River, or lace up your skates and get skating on any number of **indoor** and **outdoor rinks**.

When the sap starts flowing in late winter, head to **Elmhurst Outdoors** for a maple sugar bush tour, learning about how maple syrup is made - sampling some too!



Kennebecasis River, Hampton



Inside Out Nature Centre

DIP YOUR PADDLE into an interconnected system of rivers that flow throughout the Saint John Region.

Enjoy guided kayaking tours of the mighty Saint John River with **Go Fundy Events**. Explore the meandering Kennebecasis River tidal system, by kayak, canoe, or paddleboard, with **Osprey Adventures**. Or try hydrobikes at **Rockwood Park's** Lily Lake with **Inside Out Nature Centre**.



@eastcoastanglernb
East Coast Angler

TRY TUBING along the Hammond River with **KV Adventures**.

Or explore any number of our local waterways fishing with **East Coast Angler**, or on a guided river tour with **It's About Time River Adventures**. Most local operators offer equipment rentals, or bring your own if you prefer. Enjoy swimming, fishing, birding, hiking, exploring, and so much more!

Can you *canoe*?
Want to try? Scan:



@karyortz

Nerepis Marsh, Grand Bay-Westfield



Meenan's Cove, Quispamsis

WITH parks, beaches, splash pads, and playgrounds throughout the region, there's no shortage of outdoor fun when it comes to family adventures, but there's so much more to do to keep everyone entertained! Head to the **Irving Nature Park** to check out the **Children's Forest**, including two life-size cedar hedge mazes, or climb through the trees on one of **TimberTop Adventures** aerial adventure courses.

Work together to "break out" of an escape room at **Breakout Saint John**, try and solve a virtual puzzle with **Outwit Adventures**, or challenge the family for bragging rights with a game at **Offline Board Game Café** or **Heroes Beacon**.

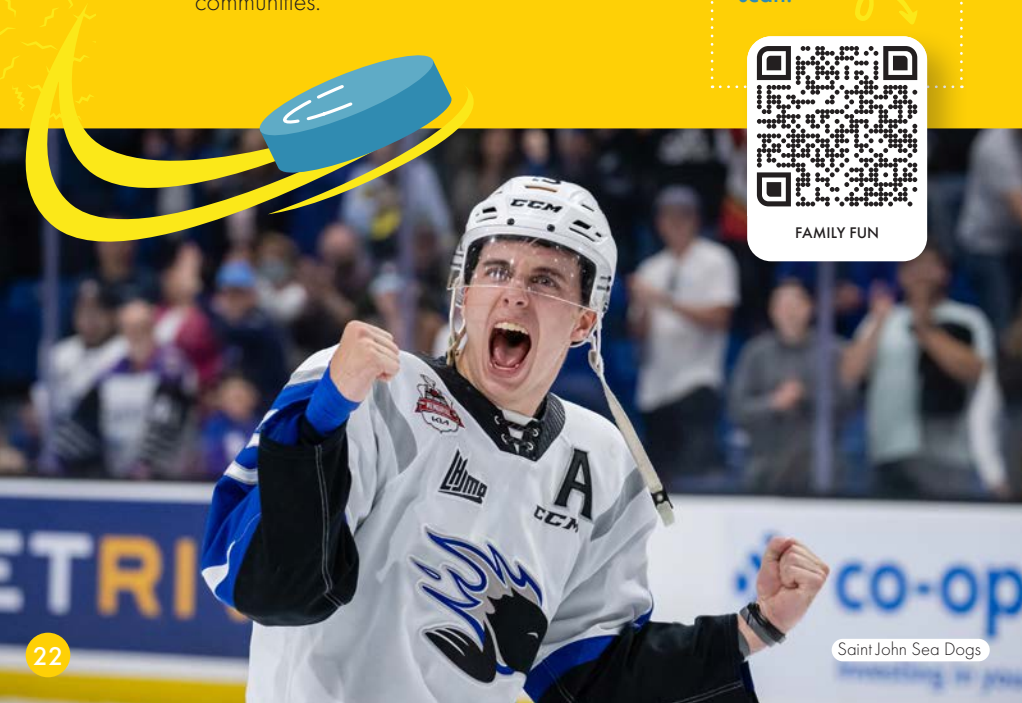
Let the kiddos burn off some energy with a break at **Oasis Trampoline Park** or **Fit Rocks Climbing Gym**. Ride in style with an electric scooter from **Volt E-Scooter Rentals** or head to the **Canada Games Aquatic Centre** for a family swim. In the summer months the **Quispamsis aplex** and **Hampton community pool** are also fantastic places to beat the heat!

Cheer for the home team at **TD Station** with a **Saint John Sea Dogs** game, winners of the 2022 CHL Memorial Cup! And enjoy tasty treats from a variety of **candy, ice cream, and confection shops**, sprinkled throughout our communities.

For all this and more, including a *kids guide*, scan:



Fit Rocks Climbing Gym



Saint John Sea Dogs



@kerynhethrington
Quispamsis aplex



@eunice.flores.nb
Irving Nature Park



Thandi



Long Bay Brewery



Shipyard Café



Area 506 Waterfront Container Village



Kaoku

OUR REGION has a food scene all its own. From the ingredients found, to the crops grown; from the producers who cultivate, to the chefs who create. A taste of our region is uniquely ours, and definitely one to be experienced.

Local chefs and restaurateurs like those at **Port City Royal**, **East Coast Bistro**, **Italian by Night**, **Beer Daddy BBQ** and **The Robertson**, to name but a few, build **incredible seasonal menus**, showcasing the best of what we have to offer. While you will find **familiar national and international chains**, our region really soars when it comes to the diversity of our menus and the chefs who are creating them.

Find **hidden gems** and **local favourites** with incredible ambiance. **Cozy corners** and **welcoming spaces** abound. You need to eat here!

Book your reservations now!

For ALL of the options, scan:



FOOD & DRINK



For local craft producers, scan:



CRAFT PRODUCERS

FROM BEER to cider to spirits and more, craft alcohol producers are working hard to share local flavour. Saint John has a long history with beer, being home to Canada's oldest independent brewery, **Moosehead Breweries Limited**. Plan a stop at **Moosehead Small Batch Brewery** to sample their locally crafted brews as well as traditional world-class favourites.

Find several craft breweries uptown, including **Picaroons General Store**, **Wasted Day Brewing**, **Union House by Trailway** and **Big Tide Brewing Co.**, as well as numerous restaurants with a well curated tap list of local, provincial and maritime brews, like those at **Cask & Kettle Irish Gastropub**, **Saint John Ale House**, **Britt's Pub & Eatery**, **Gahan House Port City**, and **Peppers Pub**. Visit **Uncorked Tours** in the **Saint John City Market** to sample local beer, wine, cider and spirits - the only New Brunswick-exclusive tasting bar in the world, or head to **Hopscotch Whisky Bar**, **Ka•ku•tø•ru** or **Happinez Wine Bar** for deliciously dedicated menus.

Saint John's surrounding communities are also fantastic stops for sampling local, with **Foghorn Brewing Company**, **Long Bay Brewery** and **Hammond River Brewing Company** in Rothesay, **Hampton Brewing Co.**, **Gridiron Brewing** and **Ole Foggy Distillery** in Hampton, and **Yip Cider** on the Kingston Peninsula. You'll also find a well curated tap list at **Old Molly's Bar** in Fundy-St. Martins.



Uncorked Tours Saint John Beer Tour



@mooseheadsmallbatch
Moosehead Small Batch Brewery



Belding Hill Farms



LEARN MORE about the taste of our region with a tour!

Taste your way through 150 years of beer on **Uncorked Tours Saint John Beer Walking Tour**. Or join them to **Uncork the City Market**, where you'll gain access to all the hidden nooks and crannies of Canada's oldest continuing farmers market.

Take a **Moosehead Brewery Tour** to learn more about their history and how the beer is produced, join **Belding Hill Farms** for an educational farm experience to meet their animals and learn where food comes from or join **Acadian Sturgeon and Caviar Inc.**

for their multicourse **Sturgeon & Caviar Academy**.

WE GROW, and make, great ingredients. Whether you're shopping for a snack, something to take home, or looking for tips when navigating local menus, consider the following – you can't find these amazing ingredients more fresh or more tasty than you'll find them here.



SALMON The Saint John Region is home to **Cooke Aquaculture Inc.**, one of the world's largest producers of farmed Atlantic salmon.



DULSE Dulse is an edible red seaweed that grows in the North Atlantic. It is high in calcium, potassium, iron and iodine, and adds a salty, umami flavour to soups, salads and sandwiches. Locals eat it like chips from the sea!



MAPLE SYRUP New Brunswick produces 3 million kilograms (just over 6.6 million pounds) of maple syrup each year, making us the third largest producer in the world. That means Maplelicious – late winter/early spring – is a special time.



MOLASSES **Crosby's** has been importing the world's finest molasses to the East Coast of Canada since 1879; supplying retailers across Canada and into New England.



BAY OF FUNDY LOBSTER & SCALLOPS Raw or

cooked, you'll find these beautiful crustaceans and mollusks for sale direct from local suppliers and fishmongers, or at local grocery stores. The fisheries are seasonal, so prices will vary.



SMELT Fresh smelt are a cold-weather harvest for fishers around the province.

Pan-fried with flour and butter, some rank them right up there with lobster and scallops on the tasty-scale. Look for them on winter menus.



STURGEON & CAVIAR **Acadian Sturgeon and Caviar Inc.**,

located on the Kingston Peninsula, produces locally harvested and farmed sturgeon products, including salty and delicious fresh caviar.

Try them all, and take some home, scan:





Germain Street



@riverandtrail

River & Trail Outdoor Company



Tommy's Superette



Heartbreak Boutique



Juniper



East Point Shopping




@the_pottery_shop

Crimmins Pottery

BUT DON'T THINK UPTOWN IS OUR ONLY OFFERING!

Find most national brands throughout our city, especially on the East and West Sides, with malls like **McAllister Place**, **East Point Shopping**, and **Lancaster Mall** offering numerous options.

Head to the surrounding communities for more specialized retailers just waiting to be discovered. In Rothesay, find gorgeous jewellery at **W. Smith & Co. Fine Jewellers**, beautiful clothing and home décor at **Sweet! Boutique**, and the perfect outdoor accessories at **River & Trail Outdoor Company**. And find a number of specialty shops and studios like **Crimmins Pottery** and **Bubbles and Balms** throughout Hampton and the Kingston Peninsula – a perfect plan for an afternoon drive.


For ALL the shops to add to your hit list, scan: 



SHOPPING

SHOPPING our region is a perfect way to inject some “me time” into your Saint John & the Towns by the Bay visit.

In our uptown core you'll find an eclectic mix of galleries, clothing boutiques, specialty stores and collectables. Update your wardrobe with stops at shops like **In Pursuit**, **Lordon**, **Pristine** or **The Urban Shoe Myth**. Find the perfect quirky gift at **Heartbreak Boutique**, **The Obscurity Shop** or **The Feel Good Store**. Find self-care favourites at shops like **The Blue Pelican** or **Juniper** or pop into **Tommy's Superette** or **Hats on the Square** for the perfect accessories for any look or any adventure! Browse through collections of books at **Scheherazade Books & Music**, records at **Backstreet Records** or coins and photographs at **Loyalist Coins and Collectables** – and we're just getting started. A day spent shop-hopping in our uptown core is a day well spent!

For Uptown Saint John's Retail Guide, scan: 

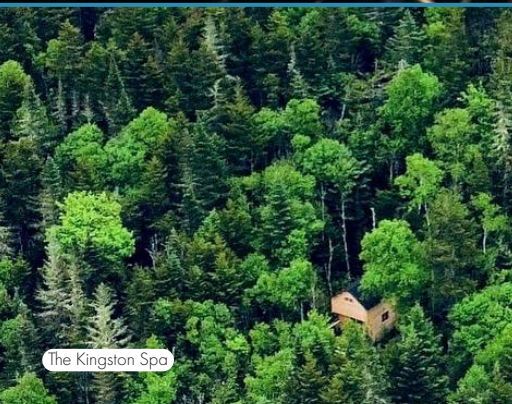


UPTOWN RETAIL GUIDE

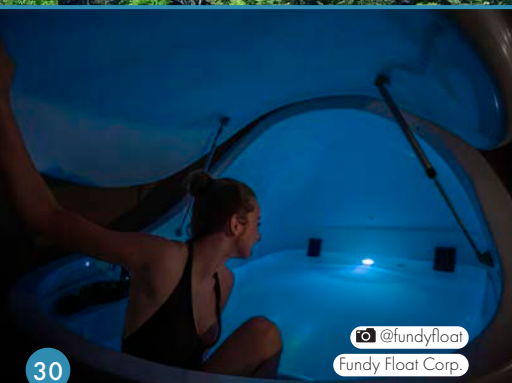
RETAIL & SPAS



Refresh Wellness Studio



The Kingston Spa



@fundyfloat
Fundy Float Corp.

SQUEEZE in some time for self-care as a part of your visit. Find a variety of spas, nail salons, tanning salons, aesthetic services, foot care services and more throughout our region, ready to cater to any number of requests in incredibly comforting settings. Find yoga studios, dance studios, tattoo studios and more – it's all here.

Get back to nature with a cultural thermal experience, the first of its kind in New Brunswick, at **The Kingston Spa**. Book a stay at the **Nattuary Nordic Spa Retreat** for a truly relaxing therapeutic experience. Or try a unique opportunity to unplug in a **Fundy Float** pod.



To carve out your *relaxation* time, scan:



RELAX & PAMPER

ACCOMMODATIONS



Hilton Saint John

WHETHER you prefer to stay at a **notable national or international chain**, a **charming inn** or **historic bed & breakfast**, or get back to nature **glamping or camping**, Saint John & the Towns by the Bay has you covered with a wide variety of accommodations and amenities sure to satisfy every taste.

Find hotels, motels, bed & breakfasts, inns, tourist homes, cottages, dorms, domes, nature retreats, traditional campgrounds, and more - so many options at so many price ranges, from the heart of the city to a rural escape.



Delta Hotels by Marriott Saint John



@ridgeback_lodge
Ridgeback Lodge

Find your *perfect* stay, scan:



WHERE TO STAY



SAINT JOHN REGION *Top 10*

1

Spend some time exploring the Bay of Fundy – home to the world's highest tides.



6

Discover art hiding in plain sight on a walking or driving tour.



7

Get outdoors at one of our urban or rural parks.



2

Discover everything that is uptown Saint John.



3

Step back in time and learn about our region's rich history.



8

Explore the Towns by the Bay waterways by boat, kayak, paddleboard and more.



4

See what a billion years of geology means.



5

Market hop, including a stop at the oldest continuing farmers market in Canada.



9

Sample the unique tastes of the Saint John Region.



10

Take home a piece of our heart from one of our local shops and galleries.



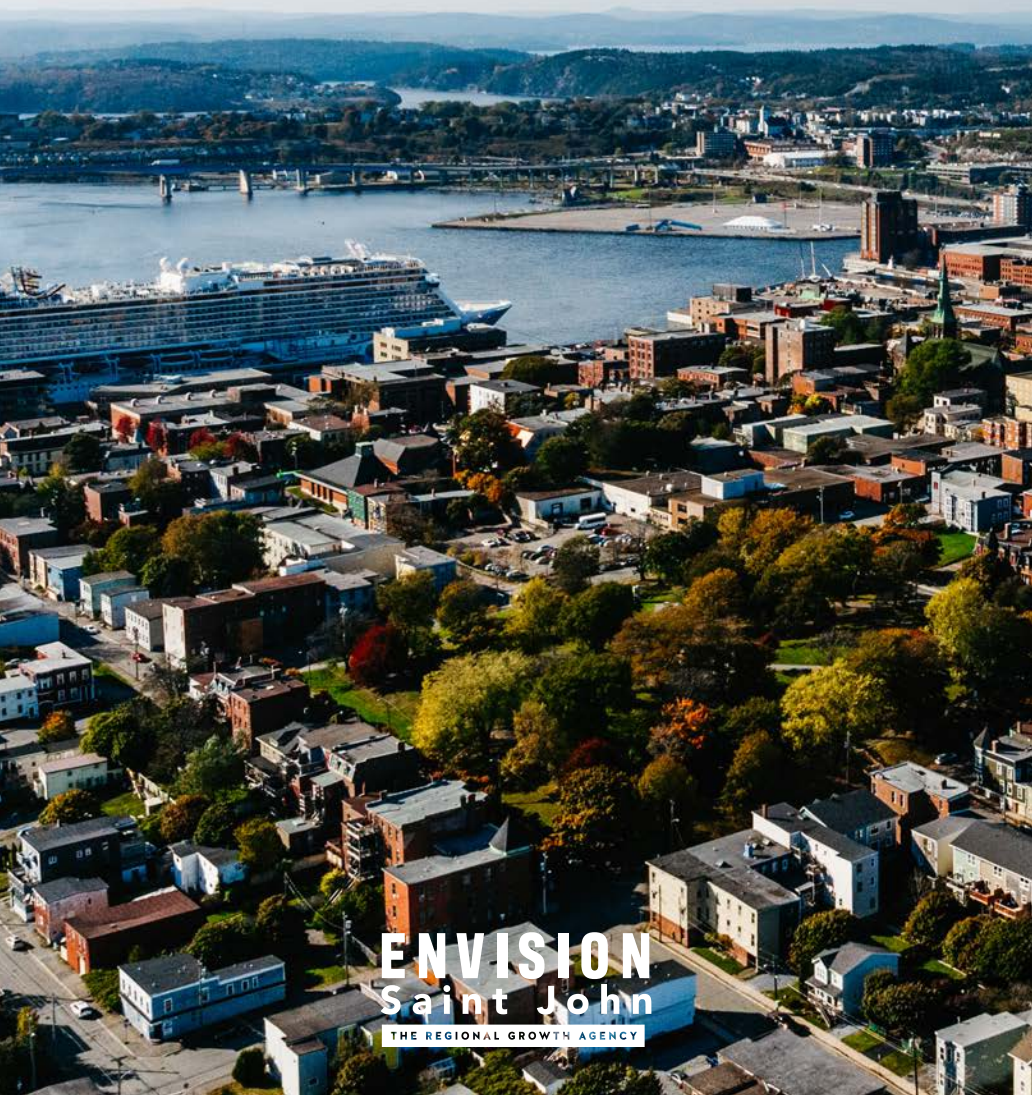


#SJTownsByTheBay

1.866.GO.FUNDY (463 8639)

SJTownsByTheBay.com

DISCOVER SAINT JOHN & THE TOWNS BY THE BAY



ENVISION Saint John

THE REGIONAL GROWTH AGENCY