

# THE SAINT JOHN REGION

[DISCOVERSAINTJOHN.COM](https://discoversaintjohn.com)

# WELCOME TO SAINT JOHN AND 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 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!

To start  
planning your  
visit, scan:



TRIP PLANNER

EXPERIENCE THE  
**HIGHEST TIDES  
IN THE WORLD!**



Harbour Passage

@daveyandsky  
Reversing Falls Rapids



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, Lookout Point** at the **Reversing Falls Bridge**, and on **Riverview Avenue West**.

At **low tide**, the full force of the Saint John River rolls and swirls into the Bay, creating a series of whirlpools and rapids. 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 **Reversing Falls Restaurant** to learn more about the phenomenon, as well as the geology and history behind it. Watch a 13-minute film in their rooftop theatre and take in the phenomenon from above on a 110-foot-high lookout.

**LOW SLACK**

Add 3 hrs and 50 mins to Low Tide.\*

**HIGH SLACK**

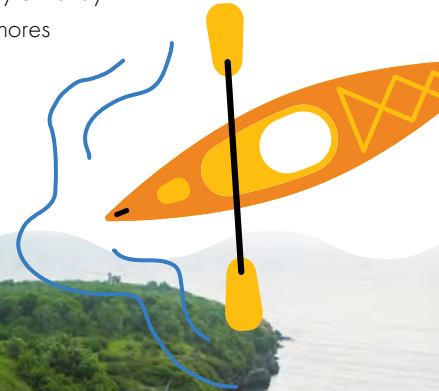
Add 2 hrs and 25 min to High Tide.\*



VIEW TIDE TABLES

\*Not for navigational purposes.

**EXPERIENCE** the Bay of Fundy's tides firsthand in the Saint John Harbour with **Tripshepherd's** thrilling jetboat ride 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**.



Partridge Island

**MARVEL** at the waterfalls, ancient cliffs, and pristine beaches of the **Fundy Trail Provincial Park**, 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**; tour the Fundy Trail by e-bike with **2nd Wind Cycle**; or, take in stunning views from the **Quaco Head Lighthouse**. It really is phenomenal what the world's highest tides can do.



@in\_step\_adventures  
Black Beach

**DISCOVER** the incredible coastlines of the Bay of Fundy, including the sheltered **Musquash Estuary**, on a guided hiking or kayaking tour 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** or plan a beach day at **New River Beach Provincial Park**.



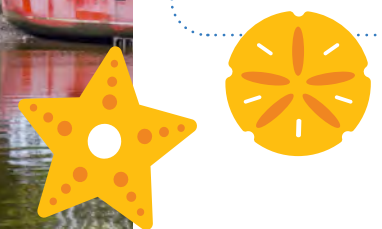
For these and other ways to plan your Bay of Fundy adventure, scan:



@kellyklaing  
Fundy Trail Provincial Park



@coreenhildebrand  
Fundy-St. Martins Wharf at Low Tide





Ihtoli-maqahamok - The Gathering Space



Harbour Passage

**THE ONLY CITY** on the Bay of Fundy packs so much into its 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.



Woodchucks Axe Throwing

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.

There's no shortage of instagrammable moments!

For more on where to eat, scan:



UPTOWN DINING

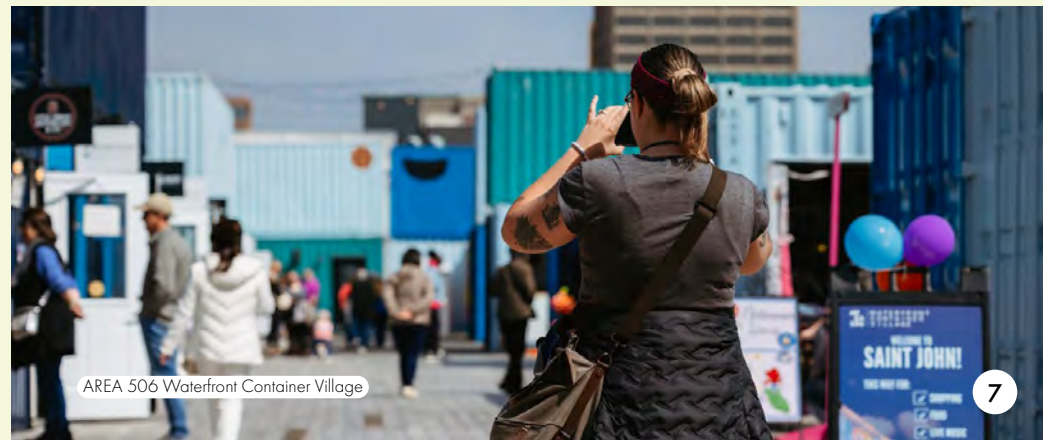
For more on festivals + events, scan:



EVENTS

**NO WONDER** cruise ships call on Saint John, the vibe along our waterfront is like no other! **AREA 506 Waterfront Container Village** - New Brunswick's coolest festival, turned into a permanent waterfront experience - has retail shops, entertainment, a dockside bar, food vendors, 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.

Take in the **Bay of Fundy views**, or a performance at **Ihtoli-maqahamok - The Gathering Space**, from Market Square's four-season patios. Relax on the **Market Slip tidal steps** or stroll along **Harbour Passage**, where you'll find a blend of **art, history, and activity** - and don't be surprised if you spot a harbour seal along the way!



AREA 506 Waterfront Container Village



Glass Roots Studio

**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:

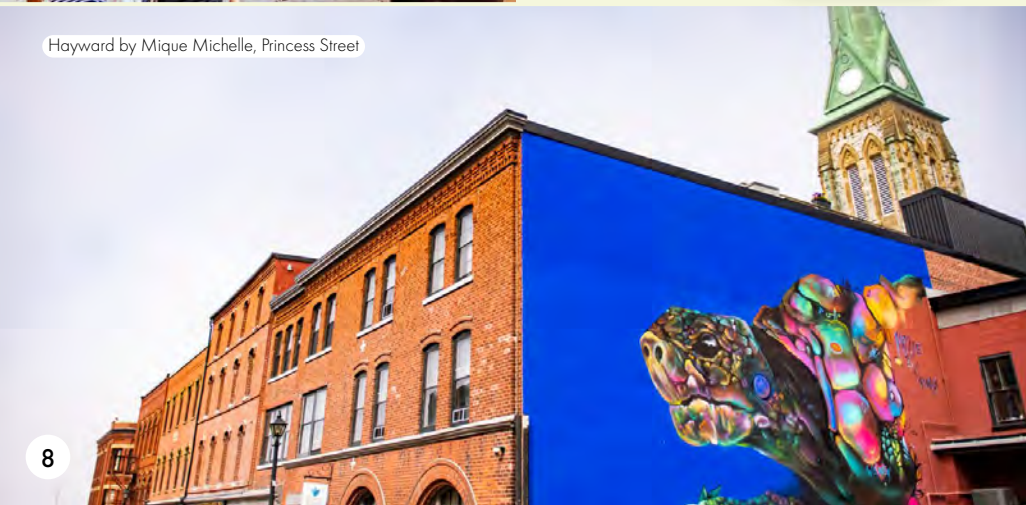


SELF-GUIDED WALKING TOUR

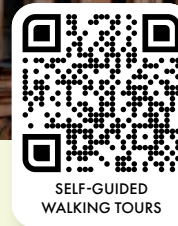


Canterbury Street

Hayward by Mique Michelle, Princess Street



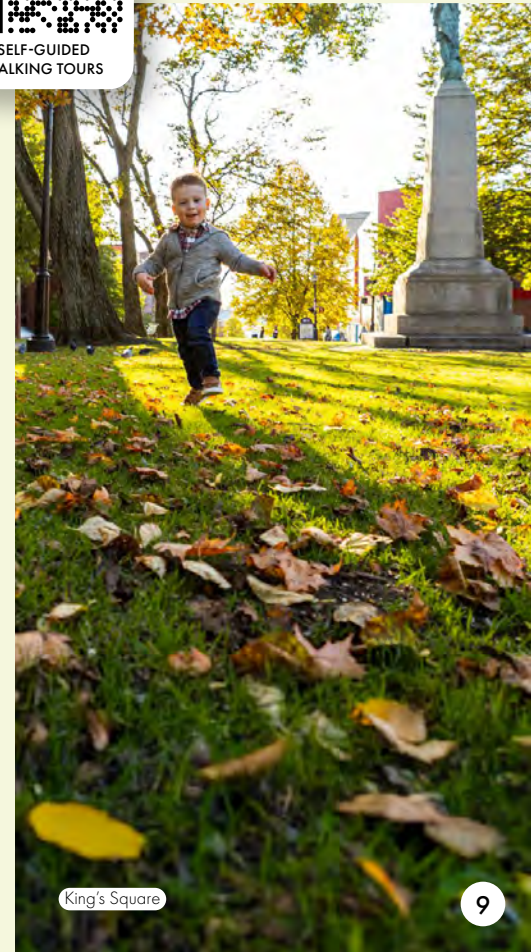
To try one of three self-guided Historic Uptown Walking Tours, scan:



SELF-GUIDED WALKING TOURS

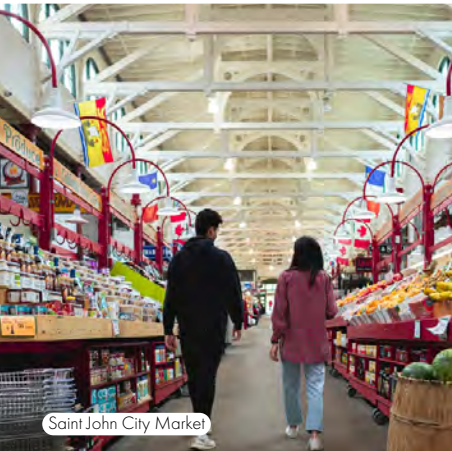
**WANDER** the streets, observing the beautiful mix of new and **historic architecture** – one of the best kept collections of historical buildings in Canada, with **over 100 years' worth of architectural styles**. Enjoy people watching in **King's Square, Queen Square** or the **Old Loyalist Burial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



King's Square

Place Fort La Tour



Saint John City Market



Kings County Museum



St. Paul's Anglican Church



Darlings Island Covered Bridge

**ENJOY** a guided or self-guided walking tour, including guided walks with **Stonehammer UNESCO Global Geopark**, 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.

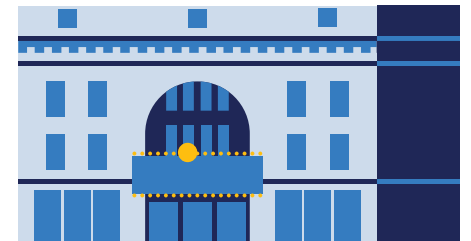
Take a historic self-guided tour of **Saint John's** uptown core; **Fernhill Cemetery**, where some of Canada's founding fathers are buried; or other

**Saint John heritage neighbourhoods**. Wander the streets of Hampton, taking in its **historic homes**, walk through Fundy-St. Martins' **oceanside history**, or along Grand Bay-Wesfield's **heritage trail**.



NATIONAL HISTORIC SITES

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**, **New Brunswick Black History Society Exhibition Centre**, **Quaco Museum**, **Saint John Jewish Historical Museum**, **Saint John Police Museum**, **Kings County Museum**, **John Fisher Memorial Museum**, **Saint John Firefighters Museum**, and **Frank & Ella Hatheway Labour Exhibition Centre**.



First Nations Storytellers



SELF-GUIDED WALKING TOURS



HISTORY

@maritimesaven

Fundy-St. Martins Sea Caves

# A BILLION YEARS OF STORIES



## FARMERS MARKETS

Brundage Point Weekly 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 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**.



Kennebecasis River



Queen Square Farmers Market

**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**, along with a variety of weekly seasonal markets offering fresh local produce, unique crafts and artwork, and a welcoming atmosphere. These include the **Queen Square Farmers Market, Saint John Night Market, Hampton Market, Brundage Point Weekly Market, Kingston Farmers Market, Fundy-St. Martins Farmers Market, and Loch Lomond Farmers 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.

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



STONEHAMMER

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



FARMERS MARKETS



See Stories by Uber5000 (Allan Ryan)

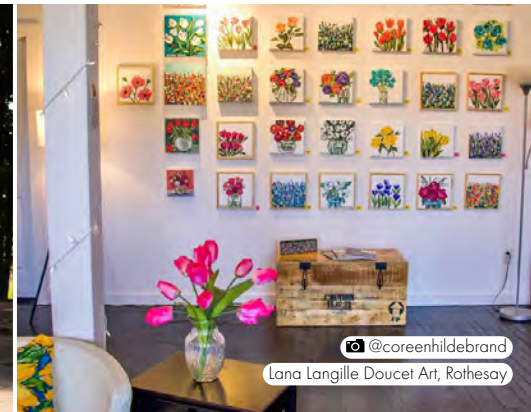


**DISCOVER** our artisans' creative spirit at **local galleries** and **boutiques** and bring home a piece of our heart. From uptown Saint John to the Kingston Peninsula, our region is full of local creators. Plan to take part in a **Gallery Hop** or create one of your own. Walk between a dozen uptown galleries including **Cobalt, 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, glass blowers, woodworkers, and so much more!

Create your own masterpiece with **Glass Roots Inc., Stained Glass Creations by Kim,** or **DIY Studio.**



John Peters Humphrey statue



@careenhildebrand

Lana Langille Doucet Art, Rothesay

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

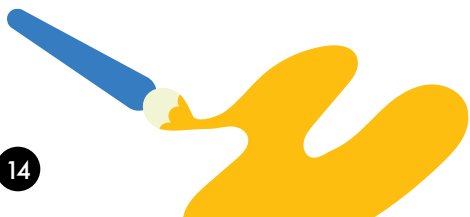
The **Art in Public Places Walking Tour** showcases art installations throughout our uptown core. **Sculpture Saint John's International Sculpture Trail** will bring you through our communities, discovering life-sized granite carvings by a host of international artists. The **Quilt Barn Tour** explores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



Sunshine and Moonlight over Saint John by Hiroyuki Asano



DIY Studio



To take a self-guided tour, scan:



SELF-GUIDED TOURS

To start planning your gallery hop, scan:



GALLERIES



Hampton Golf Club



TimberTop Adventures

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

**Rockwood Park** offers 900 hectares (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** or a guided mountain bike adventure with **Be Rad Adventure Co.** Relax on the beach at **Lily Lake** or **Fisher Lakes** or unwind on **Lily's** lakeside patio.

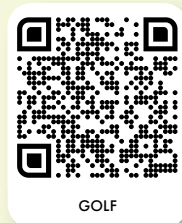
Hit the links at **Golf Rockwood**, **Riverside Country Club**, **Westfield Golf and Country Club**, **Hampton Golf Course**, **Welsford Golf Course**, or **Cedar Groves Executive Par 3**, as well as **driving ranges** and a **mini-golf course**. And keep perfecting your swing in the off-season at **FIREDRIVE Indoor Golf & Lounge** or **Top Shots Golf** indoor golf simulators.



ROCKWOOD PARK

To learn more about Rockwood Park, scan:

Hitting the links? Scan:



GOLF



Meenan's Cove



@east\_coasteater  
Westfield Cable Ferry

**OUR** fresh and salt-water beaches are perfect 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 the dock at the **Lighthouse River Centre**. Many of these parks have lifeguards, canteens and more, with playgrounds nearby, making them great choices for a day on the lake or river.

For more saltwater and freshwater finds, scan:



PUBLIC BEACHES



**DISCOVER** unlimited rural greenspaces to walk, hike, bike and explore— 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**), **Fundy Trail Provincial Park**, 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 four-legged companions. You'll also find a number of **Bark Parks** perfect for stretching their legs.



HIKING

What path will you take? Scan:



Blueberry Hill



Inside Out Nature Centre



Duka Adventures



OutFer'ARip



@irvingnaturepark  
Irving Nature Park

**LOOKING** for different ways to explore the coastal routes and rural roadways throughout the Saint John Region? Experienced riders can rent a motorcycle from **Duka Adventures** or all-terrain vehicles from **OutFer'ARip**. Explore uptown Saint John or Rockwood Park with **Fundy ebike Tours**, the Fundy Trail Provincial Park with **2<sup>nd</sup> Wind Cycle**, or take a bicycle tour from Rockwood Park to Moosehead Taproom with **Inside Out Nature Centre**.

More passive explorers can plan to take a variety of guided driving tours of the region, including those offered by **Fun Day Tours**, **Tours Your Way by Cher**, **VGO Tour**, **Tripshepherd** and **Shore Tours**.

To find your preferred tour, scan:



OUTDOOR ADVENTURES

Hammond River



**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** or the serene beauty of Sea Dogs Cove with **East Coast Kayak**. 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**.

Go tubing along the Hammond River with **KV Adventures**, rent personal watercrafts with **OurFer'ARip**, or explore any number of our local waterways fishing with **East Coast Angler**. Most local operators offer equipment rentals, or you can bring your own if you prefer. Enjoy swimming, fishing, birding, hiking, exploring, and so much more!



@eastcoastanglernb  
East Coast Angler

Can you canoe?  
Want to try?  
Scan:



KAYAKING AND CANOEING

# WINTER FUN



Felix Alcantara  
Ice Fishing at Renforth Wharf



@reaching\_happy  
Elmhurst Outdoors



@victoriapike  
Skating at Ihtoli-maqahamok - The Gathering Space

**WHEN WINTER COMES CALLING**, the Saint John Region answers!

Rent equipment on-site for activities like snowshoeing with **Inside Out Nature Centre**, snowmobiling with **OurFer'ARip**, or cross-country skiing with **Elmhurst Outdoors**. Choose from guided tours, moonlight snowshoes or just getting out and enjoying the groomed trails.

Hit the trails on fat bikes with **Be Rad Adventure Co.** at Rockwood Park or Irving Nature Park, try ice fishing with **The Shacks** or **KV Adventures** on the Kennebecasis River, or lace up your skates and get skating on one of the many **indoor** and **outdoor rinks**, including the newest outdoor rink at **Ihtoli-Maqahamok - The Gathering Space** in uptown Saint John.

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

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** or challenge the family for bragging rights with a game at **Heroes Beacon**, **Carny Island Arcade**, or **Bowlarama**.

Let the kids burn off some energy with a stop at **Oasis Trampoline Park** or **Fit Rocks Climbing Gym**. Head to the **Canada Games Aquatic Centre** for a family swim any time of year, as well as the **Quispamsis aplex** and **Hampton community pool** in the summer months!

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:



FAMILY FUN



@eunice.flores.nb  
Irving Nature Park



Fit Rocks Climbing Gym



@kerynhethrington  
Quispamsis aplex



Ihtoli-Maqahamok – The Gathering Space



AREA 506 Waterfront Container Village



Yip Cider



Thandi



Eastbound Burgers



Beer Daddy BBQ

**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 restauranteurs** 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!

For **ALL** of the options, scan:



FOOD &amp; 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 Taproom** 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**. Try locally-curated one-of-a-kind cocktails at **Ka•ku•tə•ru** or relax in the elegant ambience of **Hopscotch Whisky Bar** or **Happinez Too Wine Bar**, both offering delicious food and drink pairings.

Saint John's surrounding communities are also fantastic stops for sampling local, with **Foghorn Brewing Company**, **Long Bay Brewery**, and **Drifters Brew Co.** in Rothesay; **Tragically Hopped** in Quispamsis; **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.



Port City Royal



@mooseheadsmallbatch  
Moosehead Taproom

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

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. Experience the flavours of the Maritimes firsthand with **Trip Shepherd's Saint John Seafood Walking Tour**. For those looking for a truly decadent experience, join **Acadian Sturgeon and Caviar Inc.** for their multicourse **Sturgeon & Caviar Academy**.



Belding Hill Farms

**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 fresher or tastier 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.



**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.



**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!



**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.



**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.



**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.



**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.

To try them all, and take some home, scan:



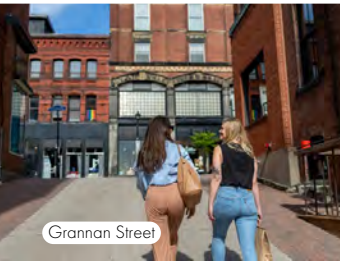
TASTE LOCAL



In Pursuit



River & Trail Outdoor Company



Grannan Street



Heroes' Beacon



Juniper

**SHOPPING** our region is a perfect way to inject some “me time” into your Saint John and 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**, **London**, **Paddington Station**, or **The Urban Shoe Myth**. Find the perfect gift at **Heartbreak Boutique**, **1778 Trading Post**, **Emporia**, or **The Feel Good Store**. Find self-care favourites at shops like **The Blue Pelican** or **Juniper** or pop into **Hats on the Square** for the perfect accessories for any look! 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

**BUT DON'T THINK UPTOWN IS THE ONLY PLACE TO SHOP!**

Find most national brands throughout our city, especially on the east side, with shopping centres like **McAllister Place** and **East Point Shopping** 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 from **Boutique Zekara**, one-of-a-kind 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.



East Point Shopping



@the\_pottery\_shop  
Crimmins Pottery

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



SHOPPING





The Kingston Spa



Refresh Wellness Studio

**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, among other services– it's all here.

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

To carve out your relaxation time, scan:



RELAX & PAMPER



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 and the Towns by the Bay has 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

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WHERE TO STAY

# 10 BAY-CATION EXPERIENCES

YOU CAN'T MISS (IN NO PARTICULAR ORDER)



Immerse yourself in the waterfront experience



Shop at Canada's oldest continuing Farmers Market



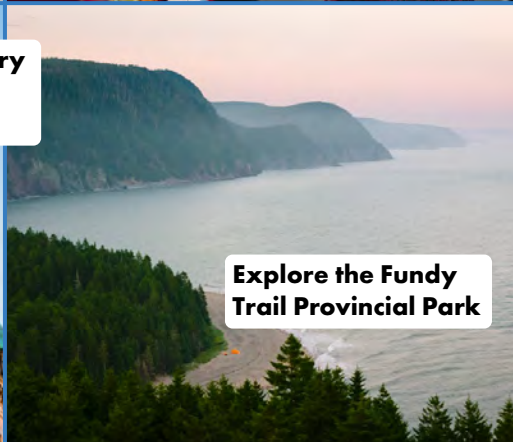
Celebrate everything cool about our region at AREA 506



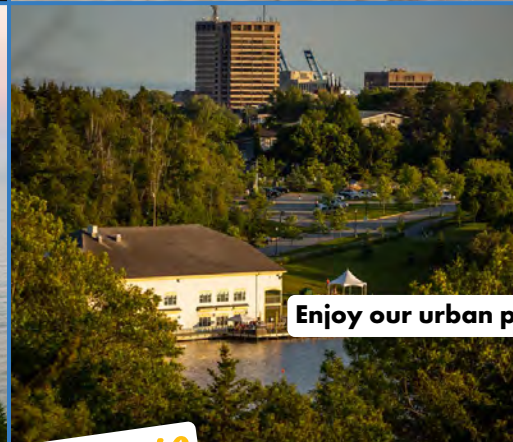
Shop at unique boutiques and charming galleries



Discover the history of Canada's first incorporated city



Explore the Fundy Trail Provincial Park



Enjoy our urban parks



Sip & savour our craft beer, ciders and spirits



Dine in uptown Saint John



Take part in an authentic Indigenous experience

**BONUS**

Check out our festivals & events



For more information, scan:



BAY-CATION BUCKET LIST

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Saint John  
THE REGIONAL GROWTH AGENCY

