# itineraries double diamond impact





# Day 1: SAINT JOHN



#### Morning

Take yourself to new heights at TimberTop Adventures.



# Lunch

Refuel at Let's Hummus. Eat upstairs for a truly Middle-Eastern vibe.



#### Afternoon

Explore the trails and take in the views at the Irving Nature Park.



#### Evening

Relax on the Moosehead Small Batch patio, trying out their latest creations.



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#### Morning

Hit the biking trails at the Rockwood Park Skills Park with Be Rad Adventure Company or try rock-climbing with Inside Out Nature Centre.



### Lunch

Recuperate with lunch on the patio at Lily's Lakeside Casual Dining.



# Afternoon

Head to Dominion Park for kayaking and exploring the local waterways.



# Dinner

Finish up your day with a visit to the Saint John Ale House. Patio seating is highly recommended – as is a flight of local beers!