

DISCOVER THE SAINT JOHN REGION
on the Bay of Fundy

YOUR OFFICIAL COMMUNITY-CURATED HANDBOOK ON:

The Great Outdoors



DISCOVERSAINTJOHN.COM

THE BIG FIVE



Looking for
directions?

Scan here

with the camera on your phone
so we can show you the way!



**Big Salmon River
Suspension Bridge**

📍 Fundy Trail Parkway, St. Martins

📷 @shannaleesmith

Rockwood Park

📍 Saint John

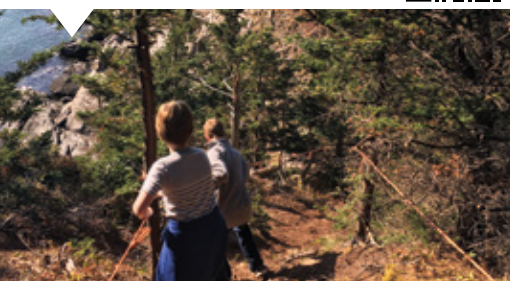
📷 @canada_blizz



Split Rock Trail

📍 Saint John

📷 @katie_bee123



Sea Caves

📍 St. Martins

📷 @strollwithsara



Nerepis Loop

📍 Grand Bay-Westfield

📷 @karyortz

ten

hidden gem experiences



1

**Visit the
Walton Glen
Gorge Lookout**

📍 Fundy Trail
Parkway,
St. Martins

2

**Put your toes
in the sand at
Black Beach**

📍 Black Beach Rd.,
Saint John

3

**Visit the
Quaco Head
Lighthouse**

📍 Lighthouse Rd.,
West Quaco

4

**Go geocaching at
Irving Nature Park**

📍 1790 Sand Cove Rd., Saint John

5

**Take a selfie in a covered
bridge at Meenan's Cove**

📍 199 Model Farm Rd., Quispamsis

6

**Take in the river view at
East Riverside-Kingshurst
Park**

📍 2602 Rothesay Rd., Rothesay

7

**Kayak the picturesque
Hammond River**

📍 10 Porter Rd., Nauwigewauk

8

**Climb through the
treetops at TimberTop
Adventures**

📍 730 Dominion Park Rd.,
Saint John

9

**Take a river cruise with
Zelda's Kennebecasis
River Adventures**

📍 1075 Main St.,
Lighthouse River Centre,
Hampton

10

**Take a ferry over
to the Kingston
Peninsula**

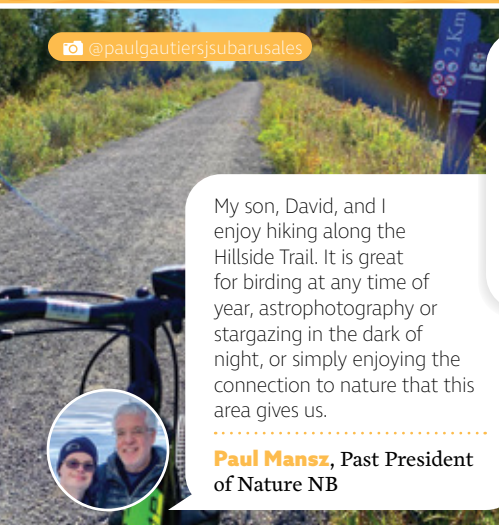
📍 Grand Bay-Westfield
or Quispamsis



LOCALS KNOW BEST

What's your favourite way to spend a day in the Saint John region?

 @paulgautierssubarusales



My son, David, and I enjoy hiking along the Hillside Trail. It is great for birding at any time of year, astrophotography or stargazing in the dark of night, or simply enjoying the connection to nature that this area gives us.

Paul Mansz, Past President of Nature NB

I enjoy walking the trails or the beach at the Irving Nature Park, biking Harbour Passage with my wife and two boys, and cruising the Saint John River in the summer.

Steve Leblanc, PGA of Canada Head Professional, Westfield Golf & Country Club



 @finneganfetch

 @beckymabee



I love going to Rockwood Park with my two kids and riding our bikes around the trails. Our favourite trail is the Millennium Falcon because of all the fun 'woop-di-woos'!

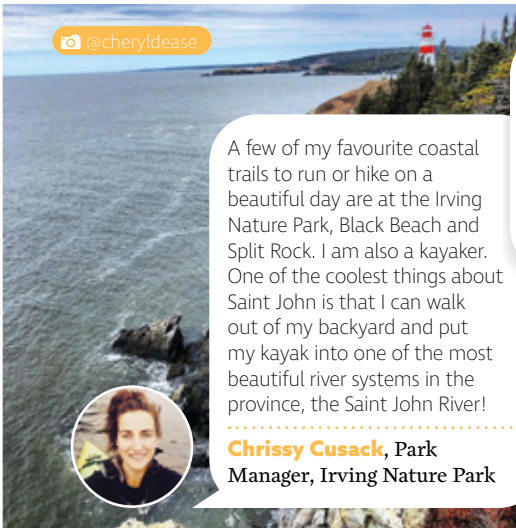
Emilie Murphy, Rockwood Park

A 6:00 am paddle on the Kennebecasis River starting in Renforth, followed by a dark roast from JavaMoose. If I'm on the West side of Saint John, I stop for a beer at Moosehead Small Batch, then head to the Saint John City Market to grab some fresh Atlantic salmon for supper.

LeRoy Vincent, Operations Manager, TimberTop Adventures




 @nicolereidphotography



@cheryldease

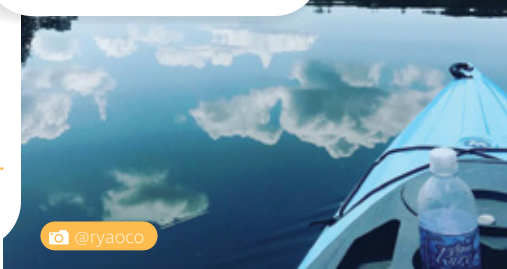
A few of my favourite coastal trails to run or hike on a beautiful day are at the Irving Nature Park, Black Beach and Split Rock. I am also a kayaker. One of the coolest things about Saint John is that I can walk out of my backyard and put my kayak into one of the most beautiful river systems in the province, the Saint John River!

Chrissy Cusack, Park Manager, Irving Nature Park

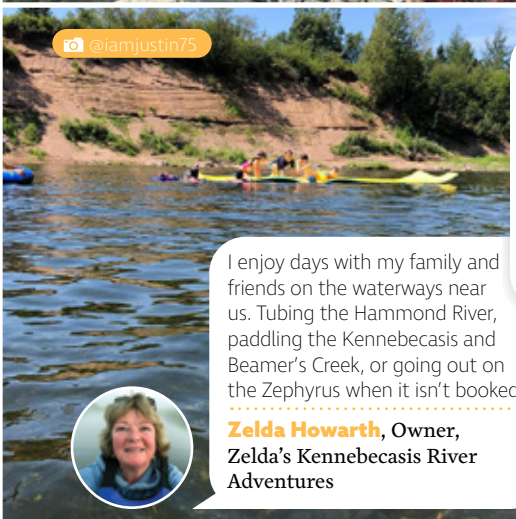


Quispamsis is a wonderful place to enjoy nature. I love a run on our trails or a paddle along the beautiful Hammond River.

Dana Purton Dickson, Director of Community Services, Town of Quispamsis




@ryaoco



@iamjustin75

I enjoy days with my family and friends on the waterways near us. Tubing the Hammond River, paddling the Kennebecasis and Beamer's Creek, or going out on the Zephyrus when it isn't booked.

Zelda Howarth, Owner, Zelda's Kennebecasis River Adventures



I love any forest trail that is near the ocean or has a nice waterfall nearby. Black Beach, Lepreau Falls and New River Beach are all favourite spots of mine to spend a nice day outdoors.

Alfredo Justo, Curator of Botany and Mycology, New Brunswick Museum




Alfredo Justo



@riverandtrail

One of my favorite adventures in the summertime is to paddle my kayak to Long Island located in the middle of the Kennebecasis River. I beach my kayak on the shore and hike to the top of Minister's Face where you can soak up a panoramic view of the river and the Kennebecasis Valley.

Sean Creary, Owner and Operator, River & Trail Outdoor Company



I start the day with coffee and a sandwich from Jeremiah's Deli in the City Market, then spend the afternoon either mountain biking through Rockwood Park's miles of top-quality trails or kayaking off the Irving Nature Park beaches on the world's highest tides.

Jordan Jamison, Owner and Operations Manager, Red Rock Adventure



@golfrockwood



ITINERARIES

kids in tow

Day 1: ROTHESAY

1 Morning

Head to the Rothesay Common for some outdoor fun. Shoot some hoops, play at the playground, or simply wander the grounds. This is a fantastic spot for bikes or a soccer ball.

2 Brunch

Dine inside or outside at the Garden Grove Café. We highly recommend the brookie!

3 Afternoon

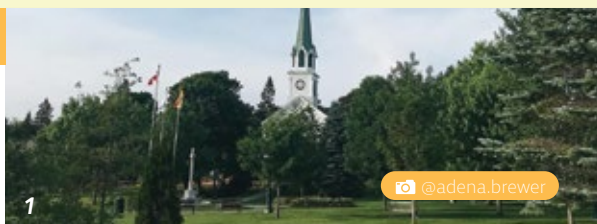
Cool off with swimming and a jump off the Renforth Wharf into the beautiful Kennebecasis River.

4 Evening

Work up an appetite with a hike along the tree-lined Hillside Trail.

5 Dinner

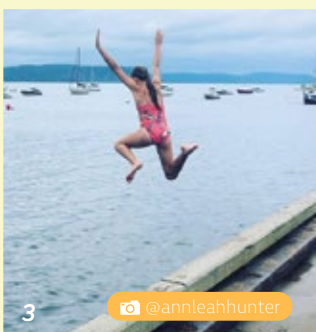
Wrap up your day with a delicious meal on the patio at Peddlers Creek BBQ.



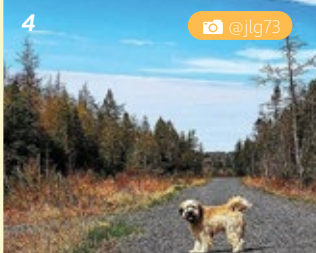
@adena.brewer



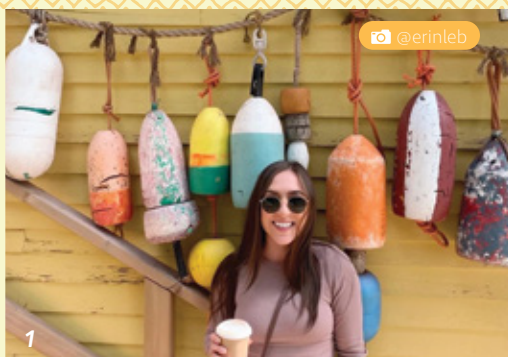
@katie_bee123



@annleahhunter



@jlg73



1



4



Day 2: ST. MARTINS

1

Early start

Start your morning at the Shipyard Café for coffee and baked goods.

2

Morning

Test your nerve on the suspension bridge at the Fundy Trail Parkway.

3

Lunch

Dig into the seafood platter at the Seaside Restaurant.

4

Afternoon

Explore in and around the St. Martins Sea Caves. Keep your eyes peeled for sea glass treasures along the beach.

5

Evening

Enjoy the sunset with a cool treat from Octopus Ice Cream on the St. Martins Wharf.





ITINERARIES

outdoor chill

Day 1: QUISPAMIS

1

Morning

Meander the Great Trail, stopping to enjoy nature along the way.

2

Lunch

Enjoy a picnic at Smoking Pig BBQ. Order family style so you can try a little of everything!

3

Afternoon

Relax at Meenan's Cove Beach, or the Quispamsis qplex if you prefer a pool.

4

Dinner

Try something new from Sushi Blossom or Kim's Fry Time.



1

@nbdaytripper

2

4

4

@littlesthobo3



2

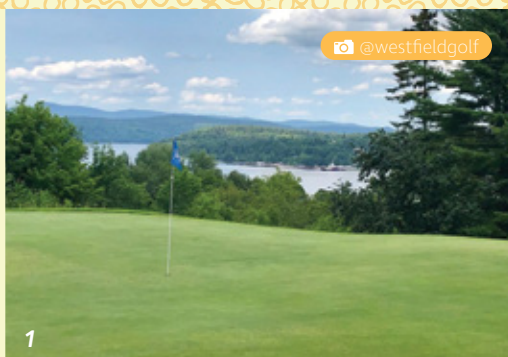
@laustoddard



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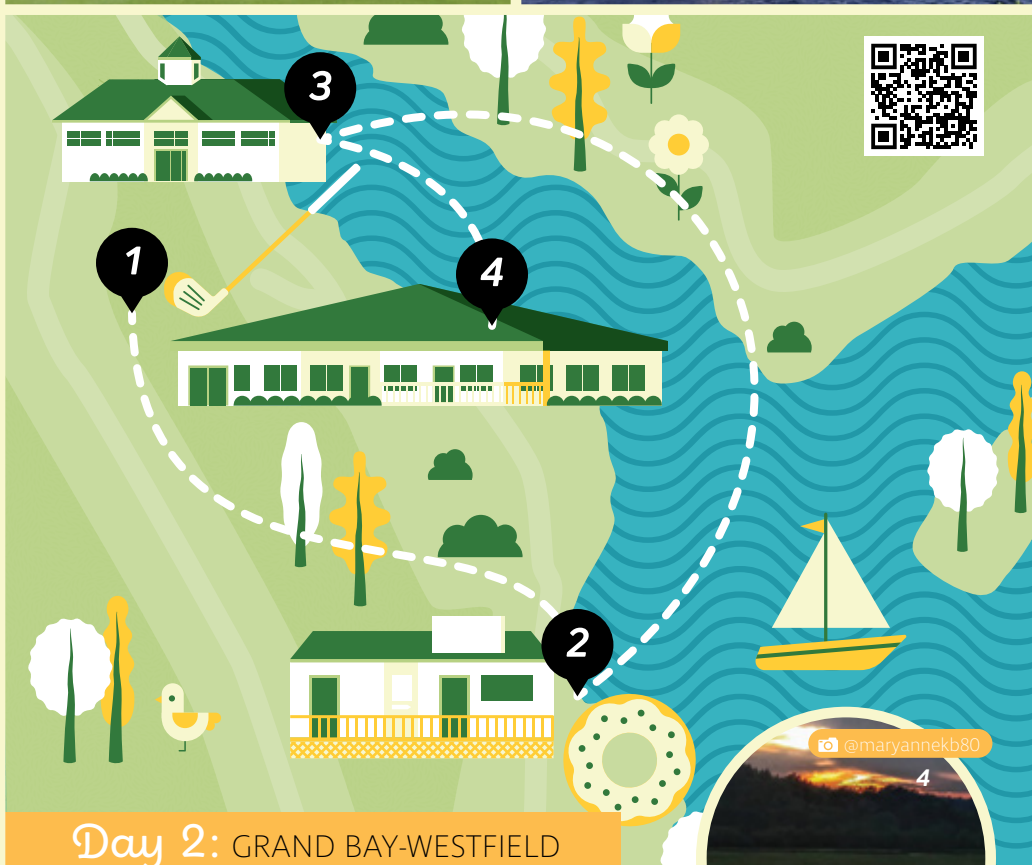
@smokingpigbbq



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3



Day 2: GRAND BAY-WESTFIELD

1

Morning

Hit 9 holes at the Westfield Golf & Country Club.

2

Brunch

Head to Village Square Bake Shop for any number of sweet or savoury creations.

3

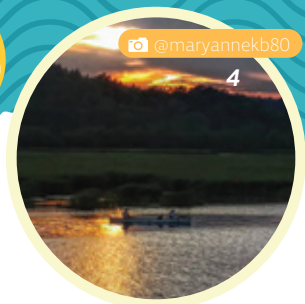
Afternoon

Watch the ferries go by and take in the public art at the Brundage Point River Centre.

4

Dinner

Catch the sunset and maybe do some birdwatching at the Nerepis Marsh, then head back to the golf course to Grass Roots Grill, rounding out a perfectly chill day.



4

ITINERARIES



double diamond impact



@timbertopadventures



Day 1: SAINT JOHN

1

Morning

Take yourself to new heights at TimberTop Adventures.

2

Lunch

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

3

Afternoon

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

4

Evening

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



@saltedfiddleheads



@eflores.photography



2

@tkjwhite



3

@nosso_canada



1

@lydi_white

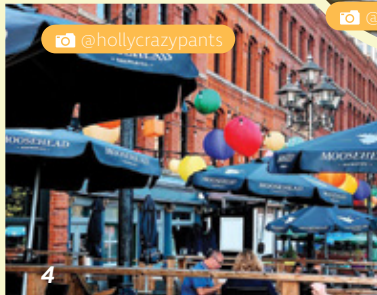
@campbaymedia

@be.rad.adventures



3

@mfcb_7



4

@hollycrazypants



Day 2: SAINT JOHN

1

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.

2

Lunch

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

3

Afternoon

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

4

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!

ITINERARIES

nerding out on nature

Day 1: SAINT JOHN

1 Morning

Hike the Black Beach Trail for incredible Bay of Fundy views, and well – a black sand beach!

2 Lunch

Taste the Bay at the Saint John City Market – try dulce from Slocum & Ferris.

3 Afternoon

Explore Rockwood Park with Inside Out Nature Centre and learn about Stonehammer UNESCO Global Geopark's billion years of stories.

4 Dinner

Sample local cuisine at East Coast Bistro – any reason to order their milk buns is a good one!



@kjcousins

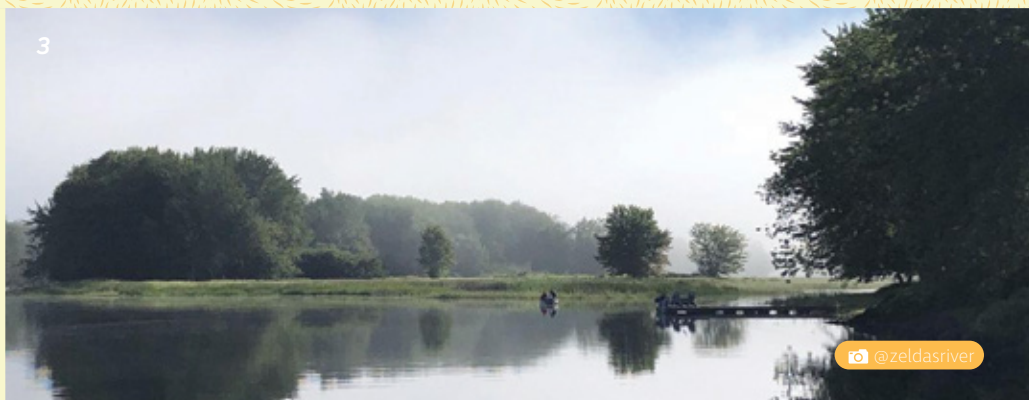


@stephshoes



@sjxposed

3



@zeldasriver



@keepinitrealestate



@burnettisms

4



@catherinehamiltonphotography

Day 2: HAMPTON

- 1 **Morning**
See what you can spot birdwatching at the Hampton Rotary Nature Park.
- 2 **Lunch**
Sample tasty creations at Station 33 Cafe & Studio.
- 3 **Afternoon**
Enjoy a pontoon boat tour with Zelda's Kennebecasis River Adventures.
- 4 **Dinner**
Stop by Kredl's for takeout, ice cream and river views to round out your day.





ITINERARIES

tidal expressions

Day 1: ST. MARTINS

1 Morning

Walk on the ocean floor at the St. Martins Sea Caves, or head into the Fundy Trail Parkway to see their very own flowerpot rock, carved by the Bay of Fundy tides.

2 Lunch

Chowder at The Caves Restaurant is a must-do!

3 Afternoon

Visit Red Rock Adventure for a kayaking or zodiac tour on the bay.

4 Dinner

Head to Saint John for dinner at Billy's Seafood Company.



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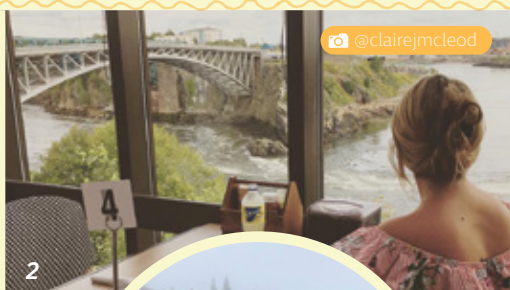


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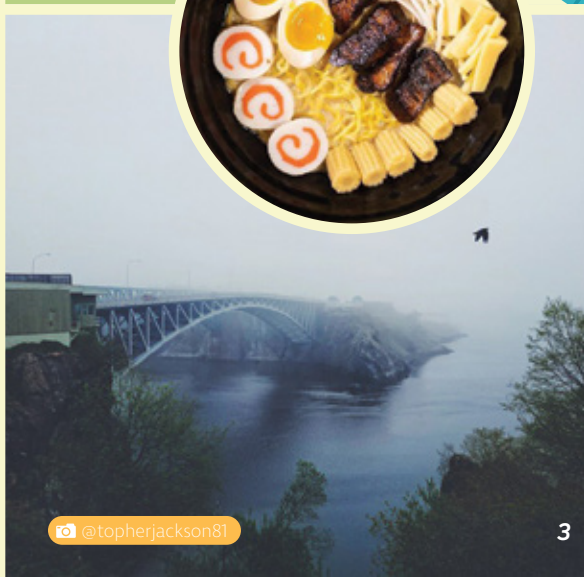
Want to watch
the tides in action?
Get the full tide
tables here to plan
your next visit!





Day 2: SAINT JOHN

- 1 **Morning**
Hike the Five Fathom Hole Trail, enjoying Bay of Fundy breezes.
- 2 **Lunch**
Visit 14 ½ Café + Bar patio for a meal with a view of the Reversing Falls Rapids!
- 3 **Afternoon**
Watch the mighty Bay of Fundy tides collide with the Saint John River at the Reversing Falls Rapids Lookoff and then wander the Harbour Passage trail.
- 4 **Dinner**
Relax at Mimimi with shareable Asian plates.



JUMPING OFF

POINTS

@katie_bee123



St. Martins ► Fundy National Park

From St. Martins, head west to Fundy National Park for even more Bay of Fundy experiences.



@abigaiilkate



Saint John ► New River Beach

From Saint John head west to New River Beach for a day on the shore.

@katie_bee123



Grand Bay-Westfield ► Welsford Trails

From Grand Bay-Westfield head north to the Welsford Trails for some fantastic waterfall hikes.



@lockhartalaina



Hampton ► Quilt Barn Tour

If you're in Hampton, take some time to follow the Quilt Barn Tour. Can you find them all?

@brettllynnfarms



Hampton / Quispamsis ► Kingston Peninsula

Whether you're starting in Hampton or Quispamsis, the Kingston Peninsula is an incredible place to explore.





the list

Extend, customize, or make your own itinerary!



Visit discoversaintjohn.com (or scan the QR code) for even more fantastic trip ideas in the Saint John region!



Hiking

Bicentennial Ball Field	1700 NB-111, Rothesay	2 km (1.2 mi)
Black Beach Trail	4812 Black Beach Rd., Saint John	4.2 km (2.6 mi)
Cedars Light Trail	Long Reach	1 km (0.6 mi)
Dutch Point Trail	Off Branscombe Ln., Hampton	2 km (1.2 mi)
East Riverside-Kingshurst Park	2602 Rothesay Rd., Rothesay	0.5 km (0.3 mi)
Five Fathom Hole Trail	Off Five Fathom Hole Rd., Hampton	5.7 km (3.5 mi)
Fundy Trail Parkway	3 Fundy Trail Parkway, Salmon River	30 km (18.6 mi)
Hammond River Park Trail	Off Reynar Dr., Quispamsis	4.3 km (2.7 mi)
Harbour Passage	1 Market Square, Saint John	4 km (2.5 mi)
Heritage Trail	Grand Bay-Westfield	13.5 km (8.4 mi)
Hillside Trail	Grove Ave., Rothesay	6.3 km (3.9 mi)
Irving Nature Park	1790 Sand Cove Rd., Saint John	14 km (8.7 mi)
Little River Reservoir	Off Loch Lomond Rd., Saint John	3.5 km (2.2 mi)
Mispec Park	3266 Mispec Rd., Saint John	5 km (3.1 mi)
Moss Glen Trail	Off Williams Rd., Kingston	2 km (1.2 mi)
Rockwood Park	10 Fisher Lakes Dr., Saint John	over 50 km (31.1 mi)
Saunders and Matthews Trails	20 Randy Jones Way, Quispamsis	3.3 km (2.1 mi)
Split Rock Trail	4179-4279 Black Beach Rd., Saint John	4.2 km (2.6 mi)
Spruce Lake to Prince of Wales	Off Ocean Westway, Saint John	15 km (9.3 mi)
Steele-Kennedy Nature Park	Off Steele St., Rothesay	1 km (0.6 mi)
Villa Madonna To Kennebecasis Park	100 Villa Madonna Rd., Rothesay	1 km (0.6 mi)

Biking

BMX Dirt Jump Park	40 Chelsea Dr., Quispamsis
Rockwood Park Skills Park	10 Fisher Lakes Dr., Saint John

Birding

Hampton Rotary Nature Park	56 Cemetery Rd., Hampton
Musquash Marsh Viewing Area	Prince of Wales Rd., Prince of Wales
Nerepis Marsh	Off Nerepis Rd., Grand Bay-Westfield
Saint's Rest Marsh, Irving Nature Park	1790 Sand Cove Rd., Saint John

Beaches and Waterways

Black Beach	Black Beach Rd., Saint John
Brundage Point Beach	4 Ferry Rd., Grand Bay-Westfield
Dominion Park	Off Dominion Park Rd., Saint John
Gondola Point Beach	Kingston Ferry Landing, Quispamsis
Jordan Miller Park Beach	Ricketts Ln., Rothesay
Kennebecasis Park Beach	Off Princess Pl., Rothesay
Lily Lake And Fisher Lakes	55 Lake Dr. S, Rockwood Park, Saint John
Little River Reservoir	Off Loch Lomond Rd., Saint John
Mac's Beach	St. Martins
Meenan's Cove	199 Model Farm Rd., Quispamsis
Mispec Park	3266 Mispec Rd., Saint John
Renforth Wharf Beach	141 James Renforth Dr., Rothesay



Saints Rest Beach	1790 Sand Cove Rd., Irving Nature Park, Saint John
St. Martins Beach	Off St. Martins Rd., St. Martins
Tucker Park	Off Tucker Beach Rd., Saint John

Scenic Drives and Walking Tours

Fundy Trail Parkway	3 Fundy Trail Parkway, Salmon River	506.833.2019 1.866.386.3987	fundytrailparkway.com
Irving Nature Park	1790 Sand Cove Rd., Saint John	506.653.7367	jdirving.com/parks
Rockwood Park	10 Fisher Lakes Dr., Saint John	506.658.4455	rockwoodpark.ca
Stonehammer UNESCO Global Geopark	Multiple locations	506.643.7981 1.888.268.9595	stonehammergeopark. com
Community Gems Hunt			facebook.com/Fundy Winterfest

Golf

Firefly Forest Driving Range	64 Robertson Rd., Hampton	506.832.3200	fireflyforest.ca
Golf Rockwood / Aquatic Driving Range	1255 Sandy Point Rd., Saint John	506.634.0090	rockwoodgolf.ca
Hampton Golf & Country Club	68 William Bell Dr., Hampton	506.832.3407	hamptongolf.ca
The Riverside Country Club	2524 Rothesay Rd., Rothesay	506.847.7545	riversidecountryclub.ca
Wesford Golf Course	8632 Route 101, Welsford	506.486.2217	wesfordgolfcourse.com
Westfield Golf & Country Club	8 Golf Club Rd., Grand Bay- Westfield	506.757.2907	westfieldgolf.com

Glamping & Camping

From camping or glamping under the stars to a stay in a 4.5 star hotel – plan the stay that most suits your style from this list of fantastic options!



Scan to view full list
of accommodations



Use this QR code
to jump to our online
resources, including digital
versions of all four community-
curated handbooks, checklists
and activities your family will
love, and even more surprises!



While this guide is best enjoyed in Spring, Summer and
Fall, the Saint John region is a four-season destination.
Visit our website for fantastic winter itineraries, too!

Published by:

ENVISION
Saint John
THE REGIONAL GROWTH AGENCY

Contact

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visionsaintjohn.com

DiscoverSaintJohn
VisitSaintJohn
DiscoverSaintJohn
DiscoverSaintJohn
DiscoverSaintJohn
#SaintAwesome

VISITOR INFORMATION CENTRES SEASONAL

**Barbour's
General Store**
10 N. Market St.,
Saint John
1.866.GO.FUNDY

**Saint John
Throughway**
1509 Saint John Trwy,
Saint John
1.866.GO.FUNDY

**Hampton
(Old Train Station)**
657 Main St.,
Hampton
506.832.6111

**Brundage Point
River Centre**
4 Ferry Rd.,
Grand Bay-Westfield
506.738.3258

Please be COVID-savvy: follow the rules, call ahead, and stay safe!