


DISCOVER SAINT JOHN
and the Towns by the Bay

YOUR OFFICIAL COMMUNITY-CURATED HANDBOOK ON:

The Great Outdoors



St. Martins Sea Caves  @crystal_catherine

[SJTOWNSBYTHEBAY.COM](https://www.sjtownsbay.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

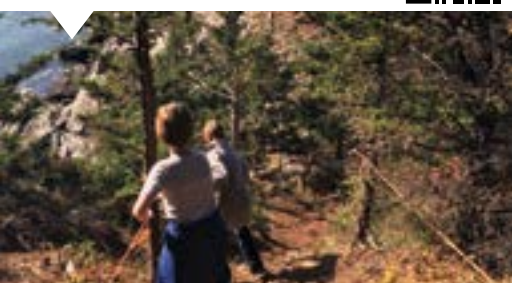
Rockwood Park

📍 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

Paddle board the Kennebecasis River with Osprey 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 #SJTownsByTheBay?

@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



@beckymabee

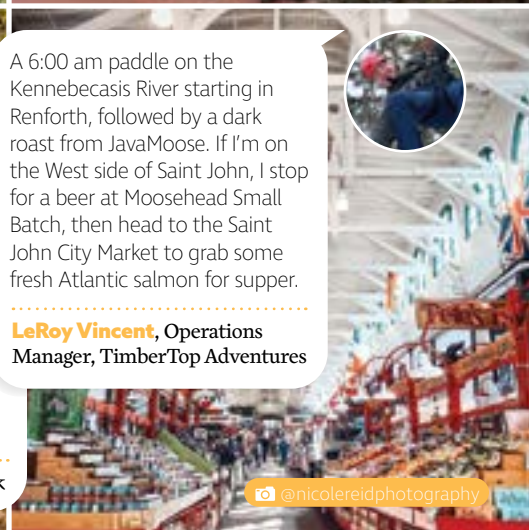
I love going to Rockwood Park with my two kids and riding our bikes around the trails. Our favourite trail is the Millennium Falcon because of all the fun 'woop-di-woos'!

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!

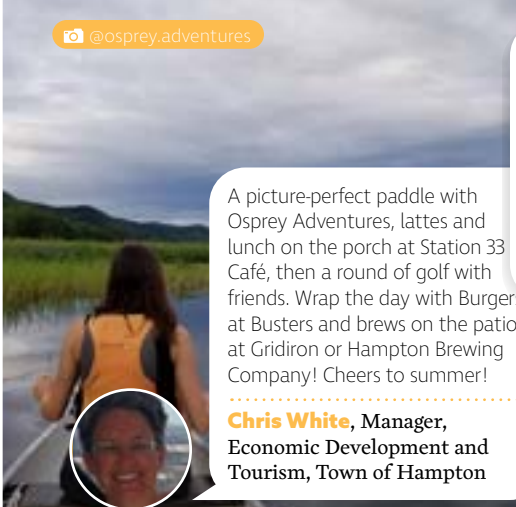
Chrissy Cusack, Park Manager, Irving Nature Park



@osprey.adventures

A picture-perfect paddle with Osprey Adventures, lattes and lunch on the porch at Station 33 Café, then a round of golf with friends. Wrap the day with Burgers at Busters and brews on the patio at Gridiron or Hampton Brewing Company! Cheers to summer!

Chris White, Manager, Economic Development and Tourism, Town of Hampton



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



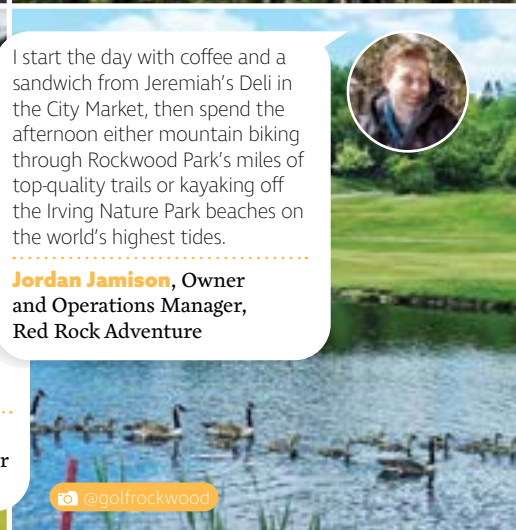
@ryaoco

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



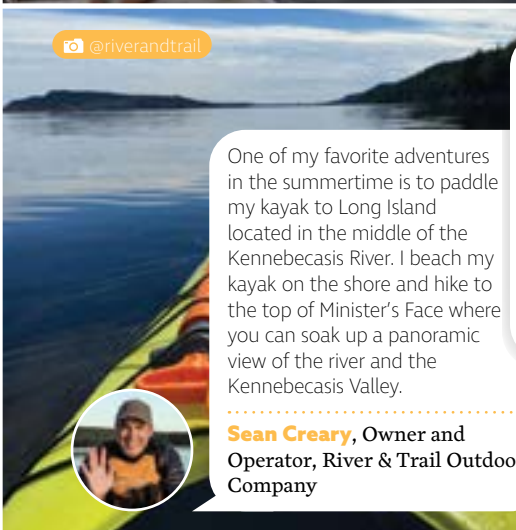
Alfredo Justo



@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



@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

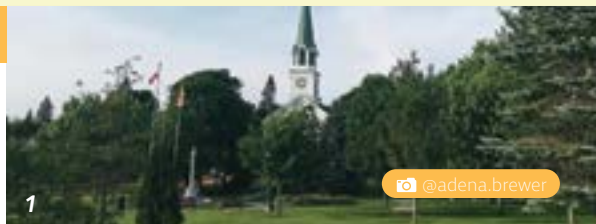
Evening

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.

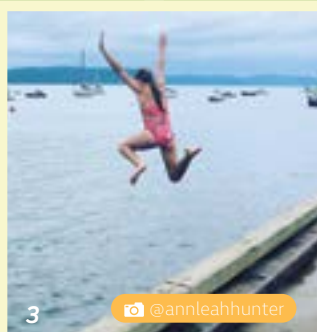


@adena.brewer



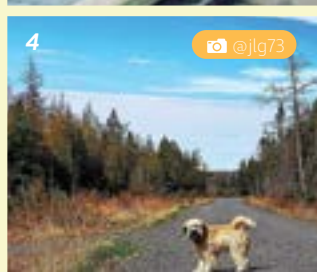
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@katie_bee123



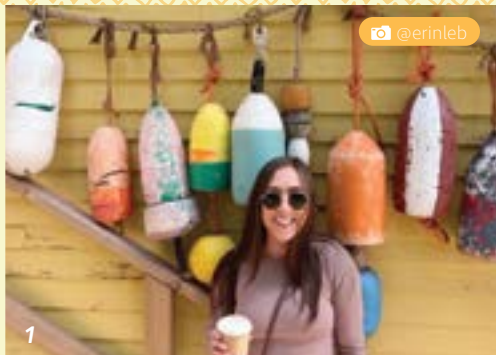
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@annleahhunter



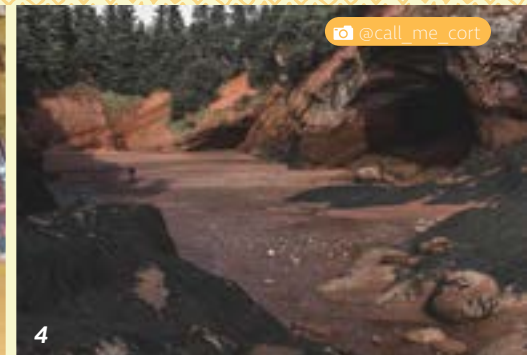
4

@jlg73



@erinleb

1



4

@call_me_cort



Day 2: ST. MARTINS

1

Early start

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

3

Lunch

Dig into the seafood platter at the Seaside Restaurant.

2

Morning

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

4

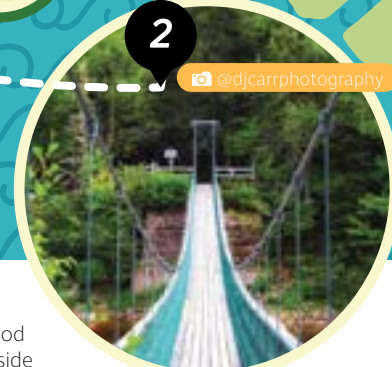
Afternoon

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.



@djcarphotography



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.

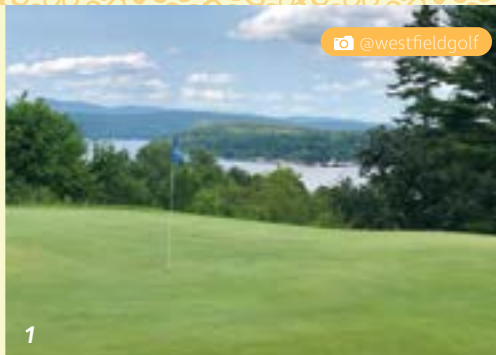


@nbdaytripper

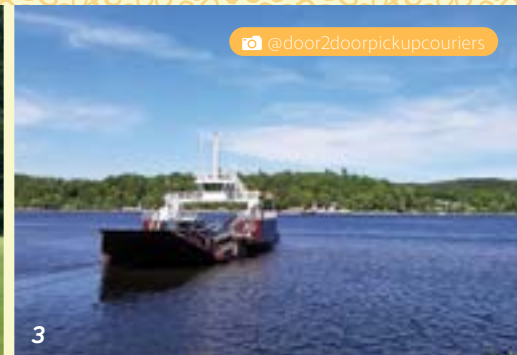
@littlesthobo3

@laustoddard

@smokingpigbbq



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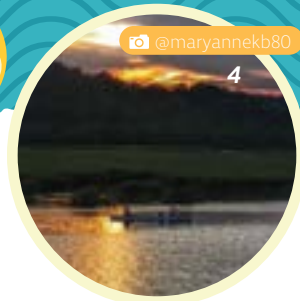
3



@maryannekb80

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

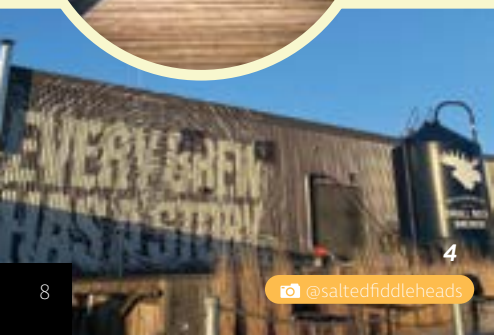


@timbertopadventures



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.



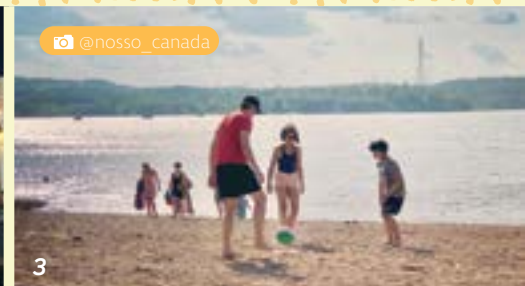
@saltedfiddleheads



@eflores.photography



@tkjwhite

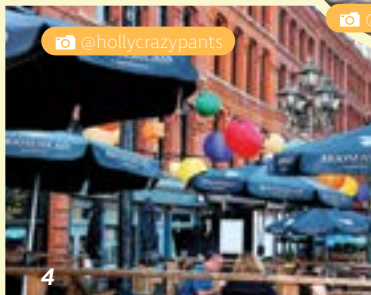


@nosso_canada



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!



@lydi_white
@campbaymedia
@be.rad.adventures
@hollycrazypants

@mfc7



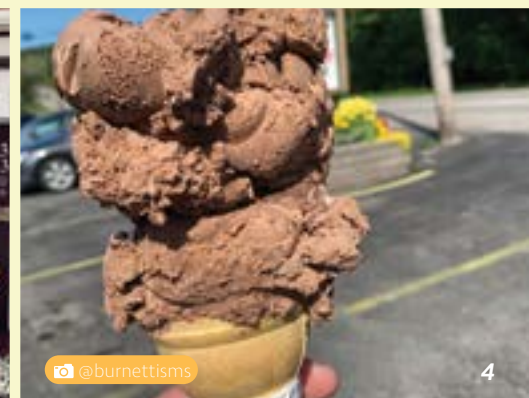
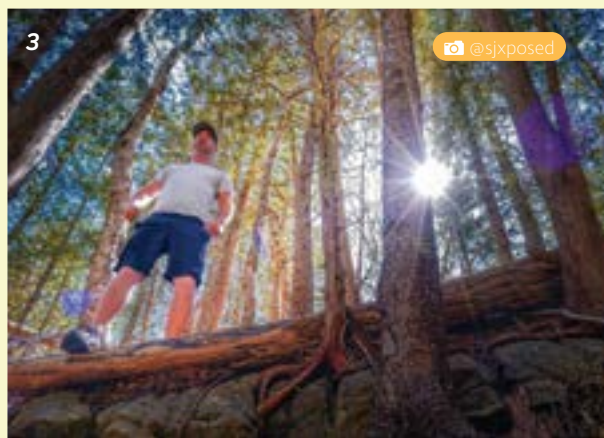
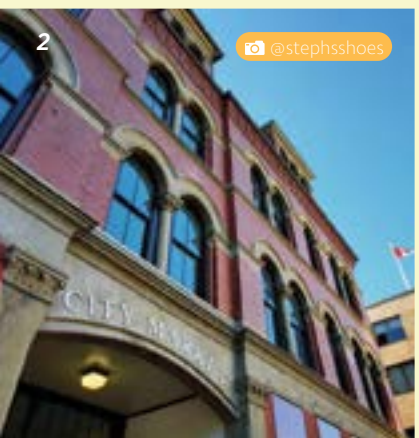


ITINERARIES

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!



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**
Kayak, canoe, or paddle board along the Kennebecasis River with Osprey Adventures.
- 4 Dinner**
Stop by Kredl's for takeout, ice cream and river views to round out your day.





ITINERARIES

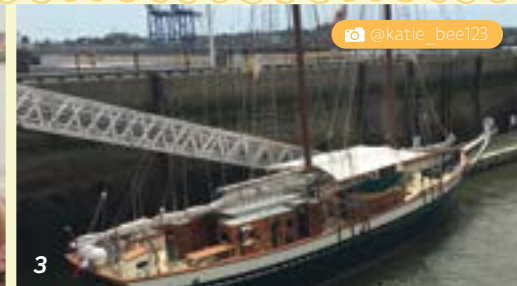
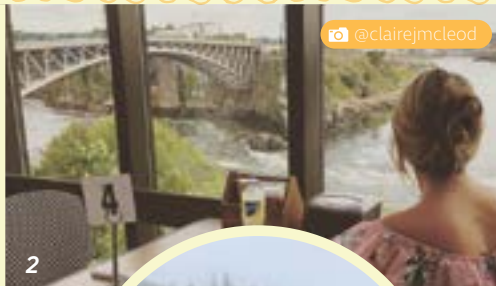
tidal expressions

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 Bay of Fundy Adventures for a kayaking or zodiac tour on the bay.
- 4 Dinner**
Head to Saint John for dinner at Billy's Seafood Company.



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**
Grab a lunch on the go 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.



St. Martins ► Fundy National Park

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



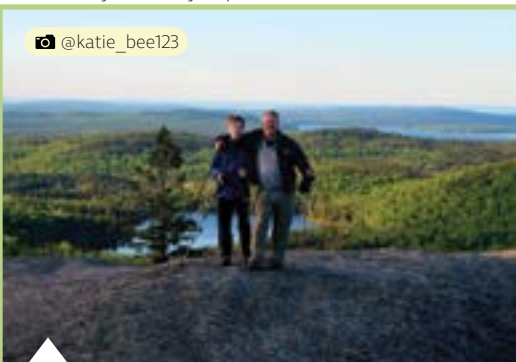
📷 @abigaiilkate



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.

