



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.



@3sweetwesties



@minervaparadigm

4

@joannasable



3



2

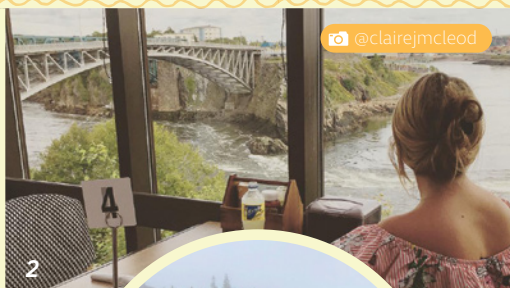


1



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





@clairejmcleod



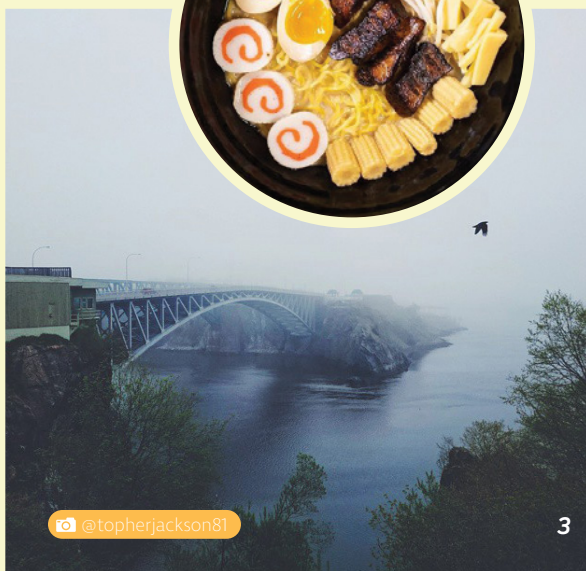
@katie_bee123



@maritime_prime



@mimimisaintjohn



@topherjackson81

3

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.