

Day 1



John Fisher Memorial Museum

The John Fisher Memorial Museum is a small museum housed in a 19th-century general store, dedicated to preserving the history of the Kingston Peninsula and its surrounding areas. Named after local historian John Fisher, the museum showcases a diverse collection of artifacts, documents, and photographs detailing the lives of early settlers, including Loyalists, Acadians, and Indigenous peoples. Operated by Kingston Peninsula Heritage Inc., the museum serves as a vibrant community hub, offering special events, guided tours, and educational programs, making it a must-visit for those interested in the region's rich heritage.

Website: kingstonnb.ca/more/john-fisher-memorial-museum

Phone number: (506) 763-2101

Address: [874 Route 845, Kingston, NB E5N 1V3](#)



1810 Carter House

The 1810 Carter House Heritage Site is a well-preserved example of early 19th-century Loyalist architecture, originally built by Dr. James Carson. Now a museum, it offers visitors a glimpse into the daily life of early settlers through period furnishings and artifacts. Operated by Kingston Peninsula Heritage Inc., the site hosts events like reenactments, tea parties, and guided tours, and features a historic garden. The Carter House serves as both a cultural landmark and a community hub, celebrating the region's Loyalist history and heritage.

Instagram: [@1810_carter_house](https://www.instagram.com/@1810_carter_house)

Website: kingstonnb.ca/more/the-1810-carter-house

Phone number: (506) 832-2902

Address: [874 NB-845, Kingston, NB E5N 1V3](#)



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Kings County Museum

The Kings County Museum is a local history museum dedicated to preserving and showcasing the heritage of Kings County and its communities. Housed in the historic former Kings County Gaol (jail) built in 1870, the museum features a diverse collection of artifacts, photographs, and documents that reflect the region's social, cultural, and economic history. Exhibits cover topics such as early settlement, Loyalist history, local industries, and notable figures. The museum also hosts special events, educational programs, and guided tours, making it a vibrant hub for exploring the rich past of Kings County.

Facebook: [@Kings-County-Museum](#)

Website: kingscountymuseum.com

Phone number: (506) 832-6009

Address: [27 Centennial Rd, Hampton, NB E5N 6N3](#)



Station 33 Cafe & Yoga

Station 33 Cafe & Yoga in Hampton is a distinctive community space that combines a cozy café with a vibrant yoga studio, catering to both body and mind. The café offers a warm atmosphere with fresh, locally sourced food and beverages, including specialty coffee, teas, baked goods, and nutritious meals. The yoga studio provides a variety of classes for all skill levels, including Hatha, Vinyasa, and Yin yoga, along with workshops and events focused on wellness and mindfulness. Designed to be serene and welcoming, it encourages relaxation and personal growth. As a community hub, Station 33 fosters connections among locals and visitors, making it a popular destination for healthy living.

Instagram: [@station33cafeandyoga](https://www.instagram.com/station33cafeandyoga)

Facebook: [@station33cafeandyoga](https://www.facebook.com/station33cafeandyoga)

Website: station33.ca

Phone number: (506) 832-1180

Address: [33 Railway Crescent, Hampton, NB E5N 5L2](#)



Day 2



Saint John Jewish Historical Museum

The Saint John Jewish Historical Museum, established in July 1986, preserves and showcases the local Jewish community's heritage from 1783 to today. It features permanent exhibits on immigration, Sabbath preparations, life rites, and the Shaarei Zedek Synagogue, along with changing exhibits on different aspects of Jewish life. Guided tours by community members provide firsthand insights, while the museum also has a library and archive available by appointment. Educational programs for schools and support for community organizations and tour groups are offered.

Facebook: [@jewishmuseumsj](https://www.facebook.com/jewishmuseumsj)

Website: jewishmuseumsj.com

Phone number: (506) 633-1833

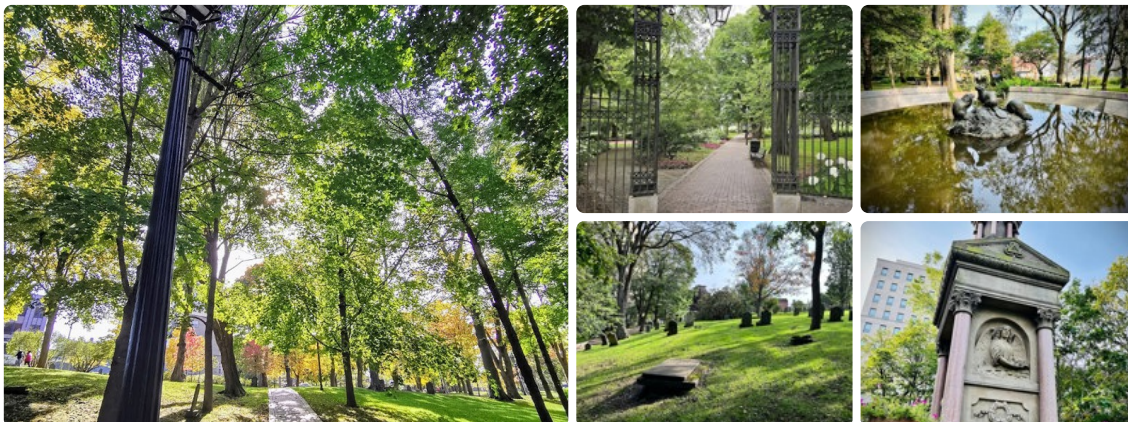
Address: [91 Leinster St, Saint John, NB E2L 1J2](#)



Loyalist Burial Ground

The Loyalist Burial Ground is a historic cemetery established in 1783 by the United Empire Loyalists, American colonists who remained loyal to the British Crown during the American Revolutionary War. Located in the heart of Uptown Saint John, the burial ground is the final resting place for many of the city's early settlers, including soldiers, politicians, and community leaders. With its aged headstones, intricate carvings, and notable monuments like the "Loyalist Cross," the cemetery offers a peaceful space for reflection and learning about the city's heritage. Serving both as a historical site and public park, it provides visitors with a unique connection to Saint John's past.

Address: [Sydney St & King St E, Saint John, NB](#)



Saint John Firefighter Museum

The Saint John Firefighter Museum is dedicated to preserving the history and heritage of firefighting in the region. Housed in the historic Old No. 2 Engine House, the museum features a collection of artifacts, photographs, and memorabilia that highlight the evolution of firefighting techniques and equipment over the years. Visitors to the museum can explore exhibits that showcase the contributions of local firefighters and the development of the fire service in Saint John. It has received positive reviews, boasting a rating of 4.8 stars, reflecting its significance as a community resource and educational venue. For those interested in learning more about firefighting history, the museum provides a unique glimpse into the past and the brave individuals who served in this vital role.

Facebook: [@saintjohnfirefightersmuseum](#)

Phone number: [\(506\) 633-1840](#)

Address: [24 Sydney St, Saint John, NB E2L 2L3](#)



Catapult Coffee & Studio

Catapult Coffee is a community-focused coffee shop offering high-quality coffee from local roasters, teas, and herbal infusions. It aims to empower individuals facing workforce challenges by providing skills in a supportive setting. The café serves as a gathering place, promoting connections through craft and hospitality, and features artisanal products from its social enterprise, Catapult Creative. It invites patrons to enjoy great coffee while engaging with the community and creativity.

Facebook: [@catapultcoffeeandstudio](#)

Website: [catapultcoffeeandstudio.com](#)

Phone number: [\(506\) 642-6442](#)

Address: [116 Princess St, Saint John, NB E2L 1K4](#)



Saint John Police Museum

The Saint John Police Museum, established in 1996, preserves the history of one of North America's oldest police departments, founded in 1849. Managed by retired officers and volunteers, it features historical artifacts such as uniforms, badges, vehicles, and photographs that showcase the evolution of policing in Saint John. The museum offers exhibits on significant events in the police force's history and the broader law enforcement context. Open to the public on select days, it serves as a valuable resource for understanding the police's role in the community and is an engaging destination for local history enthusiasts.

Phone number: [\(506\) 674-4137](tel:5066744137)

Address: [56 Prince William St, Saint John, NB E2L 2B1](#)



Saint John City Market

The Saint John City Market is the oldest continuously operated farmer's market in Canada, with a charter dating back to 1785. This historic market, housed in a striking Second Empire-style building completed in 1876, features a vibrant array of local vendors offering fresh produce, meats, seafood, and handmade crafts. The market is a bustling hub of activity, open year-round from Monday to Saturday, where visitors can experience the lively atmosphere filled with the aromas of diverse foods and the sounds of bustling shoppers. Designated a National Historic Site of Canada in 1986, the Saint John City Market remains a cherished destination for both locals and tourists, showcasing the rich culinary and cultural heritage of the region.

Instagram: [@sjcitymarket](#)

Facebook: [@sjcitymarket](#)

Website: sjcitymarket.ca

Phone number: [\(506\) 658-2820](tel:5066582820)

Address: [47 Charlotte St, Saint John, NB E2L 2H8](#)



Loyalist House

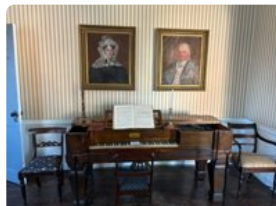
Loyalist House, a museum and National Historic Site that highlights the history of the United Empire Loyalists. Built between 1811 and 1817 by Loyalist David Daniel Merritt, it was the Merritt family's home until 1959. This well-preserved Federal-style house survived the Great Fire of 1877, making it one of the city's oldest significant buildings. It features high-quality Georgian and Victorian furnishings and offers guided tours about the Merritt family's life and wealthy Saint John residents. The museum is open to the public from May 18 to early September, with extended hours for cruise ship visitors in autumn.

Facebook: [@MerrittHome](#)

Website: loyalisthouse.com

Phone number: (506) 652-3590

Address: [120 Union St, Saint John, NB E2L 1A3](#)



Day 3



Irving Nature Park

The Irving Nature Park is a sprawling 600-acre natural reserve along the Bay of Fundy, offering stunning views and a diverse array of ecosystems, including forest, salt marsh, and coastal cliffs. Just minutes from uptown Saint John, this area is a haven for wildlife, serving as a traditional staging site for migratory birds and a breeding ground for various waterfowl. Visitors can explore the park's extensive network of trails, enjoy recreational activities like hiking and birdwatching, and participate in educational programs focused on environmental stewardship. With features such as scenic viewpoints, picnic areas, and a children's forest, the park provides an ideal setting for families and nature lovers to connect with the beauty of New Brunswick's landscapes while learning about the importance of conservation.

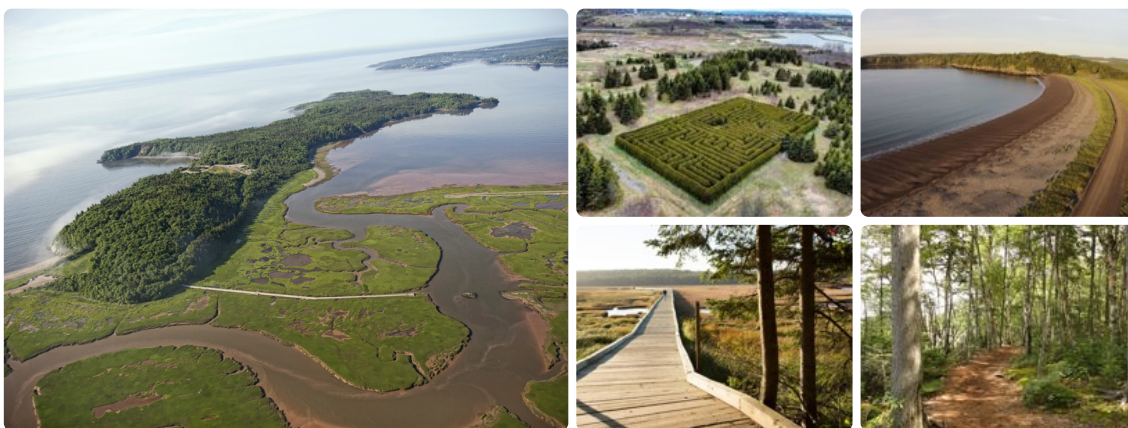
Instagram: [@irvingnaturepark](#)

Facebook: [@IrvingNaturePark](#)

Website: Irving Nature Park

Phone number: (506) 653-7367

Address: [1790 Sand Cove Rd, Saint John, NB E2M 4Z8](#)



The Harvest Café

The Harvest Café is a cozy and welcoming spot known for its fresh, locally sourced ingredients and a menu that offers a variety of healthy and delicious options. The café is popular for its homemade soups, salads, sandwiches, and baked goods, catering to diverse tastes, including vegetarian and gluten-free options. With a warm, community-focused atmosphere, it's a favorite spot for locals and visitors to relax, enjoy a meal, or grab a coffee while experiencing the charm of Saint John.

Facebook: [Harvest Saint John](#)

Website: healthyheather0.wixsite.com/harvest

Phone number: (506) 640-0738

Address: [77 Catherwood St, Saint John, NB E2M 7X1](#)



Carleton Martello Tower

The Carleton Martello Tower is a historic military structure that dates back to the War of 1812. Built by the British to protect the city and its harbor from potential American attacks, the tower is one of the few remaining Martello towers in North America. The structure played a crucial role in coastal defense throughout the 19th century and was later used during World War II as a command post and observation point. The tower is now a National Historic Site of Canada and serves as a museum and interpretive center. Visitors can explore its unique design, learn about its military history, and enjoy panoramic views of Saint John and the Bay of Fundy from the tower's observation deck. The Carleton Martello Tower is a significant reminder of Canada's colonial past and its strategic importance in the defense of the British Empire.

Website: parks.canada.ca

Phone number: (506) 636-4011

Address: [454 Whipple St, Saint John, NB E2M 2R3](#)



Reversing Falls Rapids Lookouts

The amazing phenomenon of the **Reversing Falls Rapids** is a sight to behold. If you time it just right, you can watch the Bay of Fundy's monstrously high tide reverse the flow of the mighty Saint John River, even as it pushes through a gorge formed by the collision of continents millions of years ago. Get a bird's eye view on the waves and whirlpools that result from nature's tug-of-war, at the Bridge Road lookout (200 Bridge Road), and Fallsview (100 Fallsview Avenue) and Wolastoq parks (228 Lancaster Avenue).

At **low tide**, the full force of the Saint John River rolls and swirls into the Bay, creating a series of whirlpools and rapids, while 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.

Check the tide tables:

<https://www.discoversaintjohn.com/fundy-tide-watch>



Moosehead Taproom

The Moosehead Taproom is part of Moosehead Breweries, Canada's oldest independent brewery, established in 1867. This vibrant taproom offers visitors a unique experience to sample a variety of Moosehead's beers, including their flagship Moosehead Lager and exclusive small-batch brews. The taproom provides a welcoming atmosphere where guests can enjoy freshly brewed beer alongside a selection of food options, making it a popular destination for both locals and tourists. With its rich history and commitment to quality, the Moosehead Taproom serves as a testament to the brewery's legacy and its integral role in the community. Visitors can also participate in brewery tours to learn more about the brewing process and the history of Moosehead.

Instagram: [mooseheadtaproom](#)

Facebook: [MooseheadTaproom](#)

Website: moosehead.ca/the-taproom/

Phone number: [\(506\) 635-7000](tel:5066357000)

Address: [89 Main St W, Saint John, NB E2M 3H2](#)



Day 4



Explore the Fundy Trail Parkway

The Fundy Trail Provincial Parkway, located in southern New Brunswick, is a stunning 30-kilometer coastal drive that showcases the natural beauty of the Bay of Fundy. Spanning over 2,559 hectares, this parkway features more than 20 scenic lookouts, several pristine beaches, and numerous hiking and biking trails, including access to waterfalls and the Big Salmon River Suspension Bridge. Recognized as part of the UNESCO Fundy Biosphere Reserve and the Stonehammer Geopark, the parkway offers diverse outdoor activities and breathtaking views of the world's highest tides. Completed in 2020, it serves as a vital connection between St. Martins and Fundy National Park, making it a premier destination for eco-adventures and exploration.

Instagram: [@fundytrail](#)

Facebook: [@fundytrail](#)

Website: FundyTrailParkway.com

Phone number: (506) 833-2019

Address: [3 Fundy Trail Pkwy, Salmon River, NB E5R 0B3](#)



Shipyards Café

The Shipyards Café is a charming coffee shop that pays homage to the area's shipbuilding heritage. Situated within the Bay of Fundy Adventures shop, the café offers a selection of beverages made from beans roasted by the Whitney Coffee Company and organic teas from Beauteafull. In addition to drinks, the café features a variety of baked goods crafted from traditional family recipes, creating a warm and inviting atmosphere for visitors. With its focus on quality and community, the Shipyards Café serves as a delightful stop for both locals and tourists looking to enjoy a cozy space and delicious refreshments.

Instagram: [@shipyards_cafe](#)

Facebook: [@ShipyardsCafe](#)

Website: bayoffundyadventures.com/shipyardscafe

Phone number: (506) 833-2231

Address: [415 Main St, St. Martins, NB E5R 1C3](#)



Quaco Museum

The Quaco Museum preserves the area's rich history, particularly its maritime heritage and shipbuilding industry from 1803 to 1900, when it was the second-largest producer of wooden sailing vessels in New Brunswick. Established in July 1978, the museum features a permanent collection, including the restored figurehead from the ship *Prince Victor*, displayed in 2017. It showcases artifacts related to the community's past, including the lumber industry and shipbuilders. Operating seasonally from June to October, the museum serves as a historical resource and cultural hub, welcoming donations and loans of historical items.

Website: quaco.ca/museum/

Phone number: (506) 833-4740

Address: [236 Main St, St. Martins, NB E5R 1B8](#)



Bay of Fundy Adventures - Sea Caves Kayak Tour

Bay of Fundy Adventures offers an immersive outdoor experience along one of the world's most dramatic coastlines, specializing in guided tours and activities that allow visitors to explore the breathtaking natural beauty of the Bay of Fundy, renowned for its record-breaking tides. Guests can paddle past charming covered bridges and colorful fishing boats in St. Martins' harbor, venture into the village's premier attraction—the sea caves—while kayaking on the world's highest tides. They can marvel at the stunning coastline of sheer red rock cliffs, shaped over millions of years, and comb the sand for treasures as knowledgeable guides share insights into the area's geology, wildlife, and history. Whether it's sea kayaking, hiking, or enjoying a locally sourced smoked salmon beach snack, Bay of Fundy Adventures provides a popular choice for those seeking an active and educational experience in a stunning natural setting, allowing visitors to connect with the unique environment of the Bay of Fundy in a meaningful way.

Instagram: [@bayoffundyadventures](#)

Facebook: [@bayoffundyadventures](#)

Website: bayoffundyadventures.com

Phone number: (506) 833-2231

Address: [415 Main St, St. Martins, NB E5R 1C3](#)



Old Molly's Bar

Old Molly's Bar, a beloved establishment in St. Martins, It draws its name from Steam Engine #1, fondly nicknamed "Old Molly," which once connected the village to Hampton. Housed in the former residence of one of Old Molly's conductors, this popular gathering spot at 14 Beach St. not only serves up local culinary delights but also preserves a slice of regional history. With its welcoming atmosphere and 5-star rating, the bar invites patrons to immerse themselves in the rich heritage of St. Martins, offering a unique blend of past and present. Visitors can savor both the flavors and stories of the area, forging their own connections to this charming coastal village through the legacy of Old Molly and the warm hospitality of the bar that bears her name.

Instagram: [@oldmollysbar](#)

Facebook: [@OldMollysBar](#)

Website: oldmollysbar.com

Phone number: [\(506\) 833-4485](tel:5068334485)

Address: [14 Beach St, St. Martins, NB E5R 1C7](#)

