

# GoMedia **Canada 2020**

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## **New Brunswick**

### **Life by the Tides - A Coastal Adventure on the Bay of Fundy**

**September 4-9, 2020**

#### **Theme**

New Brunswick's Bay of Fundy is home to the highest tides in the world. Take a walk on the ocean floor, explore sea caves and giant rock formations, enjoy a coastal adventure tour of the idyllic St. Andrews by-the-Sea, and discover Saint John, the vibrant city on the Bay.

#### **Description**

Discover how the power of the Bay of Fundy's tides—the highest in the world—colours life in New Brunswick. When the tide goes out and reveals a road to Ministers Island, you'll cross over to explore the home of the railway magnate who was responsible for the expansion of the railway across Canada, then return to the mainland before the tide comes in and covers the road!

You'll savour the town of St. Andrews by-the-Sea, a laid-back culinary and cultural hotspot since the late 1800s, where a VIP jet boat will take you out to mingle with the whales who migrate to the Bay of Fundy.

Recharge and dip your toes in the Bay at New River Beach Provincial Park. Discover Saint John, the only city on the Bay of Fundy, where gallery-hopping and dining on fresh seafood are a short stroll from your waterfront hotel. The upper Bay of Fundy's sea caves and giant rock formations carved by the enormous tides are perfect to explore the Bay's wild beauty, from kayaking to walking on the ocean floor.

#### **Considerations**

- Participants should advise if they have any dietary restrictions or food allergies.  
\*Please note that this tour is not recommended with those with seafood or shellfish allergies.
- While this adventure is not overly strenuous, participants must be of "fair" physical fitness (e.g. must be able to walk on uneven terrain, endure outdoor conditions). You will have the option to do more rigorous hiking or kayaking which would require a higher level of physical fitness.
- A credit card will be taken at the hotel to cover personal incidentals such as laundry, movies, etc.
- Some activities are weather-dependent. We will make every effort to ensure that activities take place as planned, but may cancel should inclement weather arise.

# Itinerary

## Day 1 – Friday, September 4

Arrive at Saint John airport. A transfer to your hotel will be provided.

Check in to [Hilton Saint John](#) for a two night stay. (If you are unable to arrive in time for dinner you are welcome to arrive a day earlier).

Afternoon Options for those who arrive early:

Explore [Saint John](#), Canada's first incorporated city, and the only city on the beautiful [Bay of Fundy](#). There is simply no other place where the urban charms of a vibrant, historic city nestle up against the grand, natural allure of this world-famous bay.

Visit [Skywalk Saint John](#), one of only three skywalks in North America and the only one within a city and over water.

Gallery-hop to the new [Sarah Jones Gallery](#), with work from some of Atlantic Canada's most exciting contemporary artists, and the [Buckland Merrifield Gallery](#), in the heart of Uptown, for Canadian fine art and fine crafts with an emphasis on regional artists.

Enjoy the [Saint John City Market](#), the oldest market in North America and a full city block long. Built in 1876, it withstood the Great Fire of 1877 that burned much of the city. Look up to see the distinctive rafters that resemble the inverted hull of a ship! The original wrought-iron gates still stand at both market entrances.

Close out the afternoon with a [Moosehead Brewery Tour](#), brewing since 1867. Grab a seat at the Tap Room bar and order your favourite.

7:00 pm Dinner at [East Coast Bistro](#). The traditional French bistro serves contemporary Maritime cuisine using local and seasonal ingredients.

Overnight Hilton Saint John, Saint John

## Day 2 – Saturday, September 5

Morning Breakfast at hotel.

8:30 am Depart for a day trip to the village of [St. Martins](#), home of the famous sea caves carved by the Bay of Fundy's world's highest tides, and a charming tidal harbour with colourful fishing boats and covered bridges. An adventure lover's dream!

A don't-miss Fundy experience, the [Fundy Trail Parkway](#) is more than a trail. It is a fascinating eco-system, and a 2,559-hectare park with a 19 kilometre drive that hugs the coast with stunning views in every direction, three discovery beaches, coastal trails and footpaths, lookouts with soul-inspiring views, a waterfall, suspension bridge, little flowerpot rock, and 600 million-year-old rock formations. Long Beach, first accessible in 2016, stretches over two kilometres along the Bay.

Early lunch

- 12:15 pm Kayak the sea caves with [Red Rock Adventure](#). You'll see the longest stretch of coastal wilderness on the Eastern seaboard — so remarkable in its geological formations and marine diversity that UNESCO designated it the [Fundy Biosphere Preserve](#). Red Rock Adventure kayak tour will take you to mossy caves, towering cliffs, enchanted coves and, if you're lucky, the curious faces of porpoises and seals.
- 4:00 pm Free time in Saint John.
- 7:00 pm Dine at [Italian by Night](#), an urban Italian restaurant and bar with a cuisine focused on combining imported Italian ingredients with local seasonal ingredients, using old world techniques in a modern kitchen.
- Overnight Hilton Saint John, Saint John.

### Day 3 – Sunday, September 6

- Morning Breakfast at hotel. Check out and settle any incidentals.
- Option if you are an early riser:
- Take a run along [Harbour Passage's](#) cranberry-coloured trail (behind the hotel) with a series of interconnected walkways, lookouts and heritage sites that link the [Reversing Rapids](#) to [uptown Saint John](#). Interpretive panels bring Saint John's vibrant shipbuilding and waterfront history to life and highlight the extraordinary natural environment. The trail includes stretches of Water Street, the boardwalk at [Market Square](#), and the area around [Barbour's General Store](#).
- 9:00 am Depart for the charming town of [St. Andrews by-the-Sea](#), with a stop at [New River Beach Provincial Park](#) to beachcomb at low tide. (Drive time: 65 minutes)
- Founded by the United Empire Loyalists (est. 1783), St. Andrews by-the-Sea is one of the best-preserved examples of colonial heritage in North America. The town, designated one of Canada's National Historic Districts, is a treasure trove of beautiful architecture, unparalleled scenery, and rich marine life. Today, the streets remain steeped in charm, with some homes over 200 years old, and the air of a perfectly preserved seaport village.
- 11:15 am Tour the award-winning [Kingsbrae Garden](#).
- 12:30 pm Lunch at the Garden Café at Kingsbrae Garden. Award-winning Chef Alex Haun and his culinary team create artistically-inspired plates utilizing fresh garden ingredients and products from all over New Brunswick.
- Afternoon Check into the [Algonquin Resort](#) for a two night stay in St. Andrews by-the-Sea. Explore the Bay of Fundy from the reimagined Algonquin Resort, who celebrates 131 years of hospitality and history this year. Swim in indoor or outdoor pools, visit [Ministers Island](#) at low tide, whale watch on the Bay of Fundy, or simply relax on the veranda of this historic resort after a round of seaside golf.
- Free time to browse the shops along Main Street or enjoy a coffee by the water. Option to golf at the newly redesigned seaside [Algonquin Golf Course](#).
- 7:30 pm Dinner at [Braxton's Restaurant and Bar](#), for uncompromising quality and a commitment to fresh, local ingredients, in the elegant and relaxed environment of the Algonquin Resort

Overnight Algonquin Resort, St. Andrews by the Sea

#### Day 4 – Monday, September 7

Morning Breakfast at the hotel.

9:30 am An intriguing trip back in time awaits you on [Ministers Island](#), a part-time island that can only be reached at low tide by driving or walking over the seafloor. Once there, you'll be immersed in an experience from the late 19th and early 20th centuries at the summer estate of Sir William Van Horne, the president and driving force behind the Canadian Pacific Railway. Wander through the 50-room 'cottage', *Covenhoven*, and explore the gigantic livestock barn which was home to Van Horne's thoroughbred horses and prized herd of Dutch Belted cattle, and housed a huge hay loft and a creamery.

Lunch Look out over Passamaquoddy Bay from the [Niger Reef Tea House](#).

3:00 pm Hang on to your hat for high-speed adventure on a jet boat excursion with [Jolly Breeze](#) in St. Andrews. From Passamaquoddy Bay to the Bay of Fundy, your experience may include feeding whales, seeing playful porpoises, soaring eagles, seals sunning on the rocks, and more! (Trip: 2 ½ hours)

7:30 pm Dinner at [Rossmount Inn](#). The Rossmount has a colourful history that dates to 1889. Located at the base of Chamcook Mountain with views of historic Ministers Island, today the inn is one of the Maritime's premiere culinary destinations, with locally harvested ingredients memorably prepared by renowned owner and chef, Chris Aerni.

Overnight Algonquin Resort, St. Andrews by-the-Sea

#### Day 5 – Tuesday, September 8

Morning Breakfast at the hotel.

8:30 am Depart for the upper Bay of Fundy...sit back and enjoy the drive! (Drive time: 2 ½ hours)

11:00 am Enjoy coastal panoramas at [Fundy National Park](#). The Bay of Fundy is one of the Marine Wonders of the World, with tides rising as much as 16.3m (53 vertical feet) over a 12-hour period...twice each day! [Cape Enrage](#) offers one of the most spectacular views of the natural phenomenon from its towering cliffs and has been a light station and fog alarm since 1838; the current light tower is over 140 years old.

11:45 am Lunch at Cape House Restaurant.

12:45 pm Depart for the Hopewell Rocks (Drive time: 45 minutes)

1:30 pm Walk on the ocean floor at low tide at the [Hopewell Rocks](#), in the shadows of the majestic flower-pot rocks, unique formations carved by the giant tides over thousands of years.

3:00 pm Depart for the city of [Moncton](#) (Drive time: 40 minutes)

Check in to the [Delta Beausejour](#).

7:00 pm Dinner at [Tide & Boar Gastropub](#), an award-winning pub named one of Canada's Top 50 restaurants by Maclean's magazine, one of Canada's Favorite Bars by Air Canada's Enroute magazine and featured on The Food Network's "You Gotta Eat Here". They update their menu with seasonal, fresh, local fare for your plate and in your glass. The perfect location to say farewell after your adventures on the Bay of Fundy!

Overnight Delta Beausejour, Moncton

### **Day 6 – Wednesday, September 9**

Morning A breakfast to-go will be provided.  
Early morning transfer to [Moncton International Airport](#) for flights to Victoria.

6:00 am Depart Moncton on Air Canada AC1501 for Toronto, arrives at 7:10 am

9:45 am Connecting flight departs Toronto AC 1681 arrives in Victoria at 11:58 am

11:58 am Arrive in Victoria and transfer to hotel for GoMedia

## **List of recommended items to bring**

- Wear layers, including a warm layer (fleece or similar)
- A raincoat with a hood
- Water-resistant footwear like swimming/pool shoes, active sandals, or an old pair of running shoes for coastal areas and walking on the ocean floor
- Sneakers/running shoes for hiking
- Outdoor wear
- Sunscreen and sunglasses
- Insect repellent
- Business casual for dining
- Sunhat
- Camera
- Water bottle