



Saint John, New Brunswick Permanent Trail #246

Atlantic Director's Walk 10 Km Rating 3B

**CVF Special Programs: Dock & Walk, Lighthouses, Bridges, Community,
Trans Canada Trail**

This walk begins at the Reversing Falls Visitor Information Centre, 200 Bridge Road, E2M 7Y9. Washrooms and parking are available. The information centre is a Start Point on the map only. There is no "Walk Box" at this establishment. The Saint John visitors' guide, available at the information centre, contains a map that is helpful for this walk. **Directions:** From the west on Highway 1, take exit 119, turn left over the bridge, right on Fairville Blvd. After ½ kilometer the street name changes to Bridge Road.

This walk may also be started at the Market Square Complex in downtown Saint John where there are several parking lots (parking fees apply). For **Dock and Walk participants:** passengers disembarking at Pugsley Terminal, turn left and follow Water Street to the Market Square boardwalk; those disembarking at Long Wharf, turn right and follow Harbour Passage to the Market Square boardwalk. **Go to paragraph 6 to begin your walk.**

1. Cross the **Reversing Falls Bridge**, coming to the **Harbour Passage Trail "Split Rock" Pavilion**.
2. Take the trail to the right under the bridge.
3. Walk up to **Douglas Ave**. Follow Douglas Ave. past Harbour View High School until you come to the old NB Museum. **(1.4 km)**
4. Cross Douglas Ave and go down the left side of **Bentley St**. At the foot of Bentley use the pedestrian light to carefully cross **Chesley St** to the pavilion.
5. Turn left and follow the **Harbour Passage Trail**. Follow the trail to the right at **Navy Way**, then straight ahead under the highway and to your left. Before the railway tracks it curves to the right and comes to a boardwalk. Follow the boardwalk to its end. The Market Square complex will be on your left. Washrooms and a food court inside. **(3.6 km)**
6. At the end of the boardwalk there is a **moose statue** on your right and the unique **Hooper timepiece** (carvings of seated people) on your left. Turn right on **Water St**. Ahead on your left you will see **Barbour's General Store**. Walk a short distance to the pedestrian controlled crosswalk light. Cross Water St, walk in front of Barbour's General Store (free, worth a visit if open) and cross Prince William St.
7. Turn right and walk the length of **Prince William St**, facing traffic, leading to St James St. Across the street is **St Patrick's Square** with the **Three Sisters Lamp** (a navigational guide since 1848) and the **Celtic Cross** monument. **(4.3 km)**
8. Turn left onto **St James** for just one block.
9. Turn left again at **Canterbury** and follow it to Queen St.
10. Cross Queen, then Canterbury and follow Queen St to Germain St.
11. Turn left to follow the left hand side of Germain St for a Victorian stroll past homes, churches and businesses built after the 1877 fire. Perched atop a steep bank on the right is Trinity Anglican Church.

12. Turn right up **King St**, Canada's steepest city main street, to Charlotte St.
13. Turn right on Charlotte St follow it to the crosswalk and cross Charlotte to Beatty & the Beastro Restaurant.
14. Proceed along King Square South (across the street from the park itself), and pass the Italian Renaissance style Imperial Theatre on your right. **(5.4 km)**
15. Cross **Sydney St** at the end of the block. Turn left and pass **Old No 2 Engine House Museum**, then the neoclassical **Old Saint John County Court House** with its free standing stone spiral staircase and cross to corner entrance of the **Old Loyalist Burial Grounds**.
16. Turn right to follow perimeter of grounds along **King St East** to the corner at Carmarthen St.
17. Turn left down **Carmarthen St** to bottom corner of the grounds and turn left to enter grounds here. Follow brick path bearing left diagonally through the grounds past the **Beaver Fountain** to wrought iron memorial gates at **Sydney St**.
18. Use the pedestrian controlled light to cross to the corner of **King's Square**. Follow the path leading diagonally to the bandstand and fountain, then take a 90 degree turn right to follow the path diagonally to the corner of **King North** and **Charlotte St** (kitty-corner from the entrance to **City Market**).
19. Use crosswalks to cross King North and then Charlotte St to arrive at the City Market. **(6.3 km)**
20. Go through the City Market (washrooms available). If closed, use either **North or South Market Street** to arrive at Germain St.
21. Turn right to go up **Germain St** to Union St. Cross Germain (left) to **Loyalist House Museum**. Cross Union.
22. Turn left on **Union St** and follow it to the waterfront, crossing St. Patrick and Smythe streets, to the **Harbour Passage** trail. **(6.8 km)**
23. Turn right and follow the **Harbour Passage Boardwalk** along the promenade to the cranberry red concrete trail. This is also part of the **Trans Canada Trail** system. Follow this trail 2.8 km back to the **Reversing Falls Visitor Centre**, keeping the water on your left. **(9.6 km)**

We hope you enjoyed your walk!

Samuel de Champlain & the St. John River

Samuel de Champlain was a cartographer by trade, exploring with expedition leader Pierre duGua, Sieur de Mons (or "De Mont"). They arrived at the mouth of the Saint John River in 1604 on the day of the feast of Saint John the Baptist, and named the river for this saint. The City of Saint John was not so named upon its founding. The part of the city where you start your walk was named "**Parrtown**" by the Loyalist founders. Note that the river is "**St. John**". The city is "**Saint John**" (spelled out). Not to be confused with "**St. John's**", which is the capital of the province of Newfoundland and Labrador. The city across the Harbour (no bridges then!!) was at first "Conway", and then until the 1960's "Carleton". Now, it is the Saint John west.

The Tides

As a note of interest, while the Bay of Fundy boasts 58-foot tides, at this point in the Bay (Saint John) the tide is about half of that, or 28 feet. The bay essentially experiences two large "waves" or tides each day. In essence, the 28-foot wave (or tide) comes in (flow tide) gradually over 6-1/4 hours, then goes back out (ebb tide, another 6-1/4 hours), then in, then out. In all, the two "daily" tides (in and out twice) take about 25 hours, so whether you are watching or waiting for high or low tide, it's timing is about an hour later than the day before, then another hour later the next day, and so on.

The Reversing Falls

The Reversing Falls were noted by Basque explorers/settlers/fishermen before the Demont/Champlain arrival and naming of the river in 1604. Champlain's records mention the reversing rapids phenomenon. How do they work? When the Bay is at high tide, the Bay's water level is above that of the river, and the Bay is literally seeking to empty into the River, forcing the river back inland upstream). When the Bay's tides go back out, at a certain point the Bay's level goes below that of the river, and the river starts emptying into the Bay again. Twice daily, the two bodies of water (the river and the bay) are for about 20 minutes at about the same level. For this brief time the water is neither going up inland, or out to the Bay. We call this slack tide, and the Reversing Rapids look still, rather like a lake. There are only a few such "reversing" falls or "reversing rivers" in the world, but this one has the most impressive water level change, and is probably the most accessible for you to see. While in the city, why not 'get a little closer' to the rapids and experience their power with a fun and thrilling (and wet!) "jet boat ride"?

PT246 Saint John 10 km

