



**Saint John, New Brunswick      Permanent Trail #246**

**Atlantic Director's Walk      12 Km      Rating 3B**

**CVF Special Programs: Lighthouse, Community, Bridges, Murals, 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. **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.

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.** Walk the full length (about 2 km) of Douglas Ave. past Harbour View High School, the old NB Museum and many Victorian style houses. Douglas Ave ends at Main St. **(2.2 km)**
4. Cross **Main St.**, turn right, walk down the hill to the blue/gray **St Luke's Anglican Church**.
5. Turn left at **Lansdowne St.** and go one block to Metcalf St. Cross Lansdowne to McDonald's Restaurant (restrooms).
6. Cross **Metcalf St** and turn right. Proceed along the left side of Metcalf and bear left onto **Magazine St.**
7. Across the street you will see the entrance to **Fort Howe**. Cross carefully. Proceed up the entrance and bear right to go up a steep hill to a cairn and a panoramic view of the city and harbour. Follow the road back down the hill keeping to the right out past the old fort blockhouse (on your left) to Kitchener St.
8. Turn left up **Kitchener St** to Magazine again.
9. Turn right on **Magazine St** to Somerset.
10. Go right on **Somerset St**, crossing the overpass over the railway tracks and highway.
11. Keep to the right up **Dorchester Street**.
12. Turn right on **Sewell** (no sign), arriving at City Road with blue **Harbour Station Arena** across the street.
13. Turn left and go along **City Road**, under the overhead pedestrian way, bear left up the ramp, then left to the corner of Union St. **(4.4 km)**
14. Cross **Union St** to the **Canada Games Aquatic Centre**.
15. Continue downhill past the aquatic centre on **St Patrick St**. At the bottom of the street on your left is **City Hall**. On the right is the **Market Square** complex (restrooms available).
16. Follow the sidewalk in front of City Hall, the building with a coloured vertical embellishment, pass a bus shelter and **SPCA Horse Fountain**.
17. Cross the bottom of Chipman Hill, then bottom of King St (on left) to **Prince William St**. Walk the length of Prince William, 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.
18. Turn left onto **St James** for just one block.
19. Turn left again at **Canterbury** and follow it to Queen St.
20. Cross Queen, then Canterbury and follow **Queen St**, crossing Germain and Charlotte to **Queens Square**.
21. Visit the **Champlain Statue**, turn around and retrace your steps on Queen St to Germain St.

22. Turn right 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**.
23. Turn right up **King St**, Canada's steepest city main street, to Charlotte St.
24. Turn right on **Charlotte St** follow it to the crosswalk and cross Charlotte to **Beatty & the Beastro Restaurant**.
25. Proceed along **King Square South** (across the street from the park itself), and pass the Italian Renaissance style **Imperial Theatre** on your right. **(6.8 km)**
26. Cross **Sydney St** at end of block. Turn left and pass **Old No 2 Engine House Museum**, then the neo-classical **Old Saint John County Court House** with its free standing stone spiral staircase and cross to corner entrance of the **Old Loyalist Burial Grounds**.
27. Turn right to follow perimeter of grounds along **King St East** to the corner at Carmarthen St.
28. 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**.
29. 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**).
30. Use crosswalks to cross King North and then Charlotte St to arrive at the City Market. **(7.5 km)**
31. Go through the City Market (washrooms available). If closed, use either **North or South Market Street** to arrive at Germain St.
32. Turn right to go up **Germain St**, arrive at **Union St**. Cross Germain (left) to **Loyalist House Museum**. Cross Union to **Wellington Row**, proceed to end.
33. Turn left on **Carleton St**. Across the street is the 1824 **St John's Anglican Church**.
34. Turn left on **Peel Plaza**. On your right is the **Saint John Arts Centre** in the Carnegie Building and across the street is the new **Police Station**.
35. Turn right on **Union St** and go down the hill to St. Patrick St.
36. Turn left down **St. Patrick St**. At the bottom of the street, cross right at the first pedestrian crossing to **Market Square**. Here you will see a **Moose Statue** and a unique **Hooper timepiece** with wooden people seated around it. (Washrooms available.)
37. 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 3.1 km back to the **Reversing Falls Visitor Centre**, keeping the water on your left. **(12.0 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"?



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