



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

**Atlantic Director's Walk      6 Km      Rating 3B**

**CVF Special Programs: Community, Bridges, 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 approximately 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.** 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. Go back down the hill, follow the road straight out past the old fort blockhouse (on your left). **(3.0 km)**
8. Exit Fort Howe at **Kitchener St**. Cross the street, turn right, go downhill to Osborne.
9. Turn left on **Osborne St** and proceed to Millidge St (on right).
10. Go to the bottom of **Millidge St** (steep hill).
11. Turn right and stay on concrete sidewalk (**Main St**) following the painted rock face on the right. Cross the bottom of Metcalf St, continue along Main St to Lansdowne (McDonald's on right). **(4.3 km)**
12. Cross **Lansdowne**, then Main with **Harbour Bridge** in view. Here Lansdowne becomes **Chesley Drive**. Follow Chesley Drive under the train overpass at the bottom, then ½ km to pedestrian controlled crossing at **Bentley St**.
13. Cross Chesley to the pavilion and waterfront trail. Turn right on the trail and follow the sidewalk along **Chesley Drive**, to the **Reversing Falls Bridge** visitor centre. **(6.4 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 NB 6 km walk

