

Saint John, New Brunswick Cruise Port Guide

Home of the Reversing Falls & Canada's First Incorporated City



Located on the beautiful **Bay of Fundy**, Saint John is one of Atlantic Canada's oldest and most fascinating cruise ports. Rich in maritime history, Victorian architecture, and natural wonders, Saint John offers visitors an unforgettable blend of history, culture, and breathtaking coastal scenery.

Founded in **1785**, Saint John proudly holds the distinction of being **Canada's first incorporated city**. Today, cruise visitors enjoy exploring the historic uptown district, visiting the famous Reversing Falls Rapids, shopping at the oldest continuing farmers market in Canada, and witnessing the incredible tides of the Bay of Fundy.

Whether you're interested in nature, history, photography, or simply enjoying a relaxing stroll through a charming Canadian city, Saint John has something for everyone.

Cruise Port Information



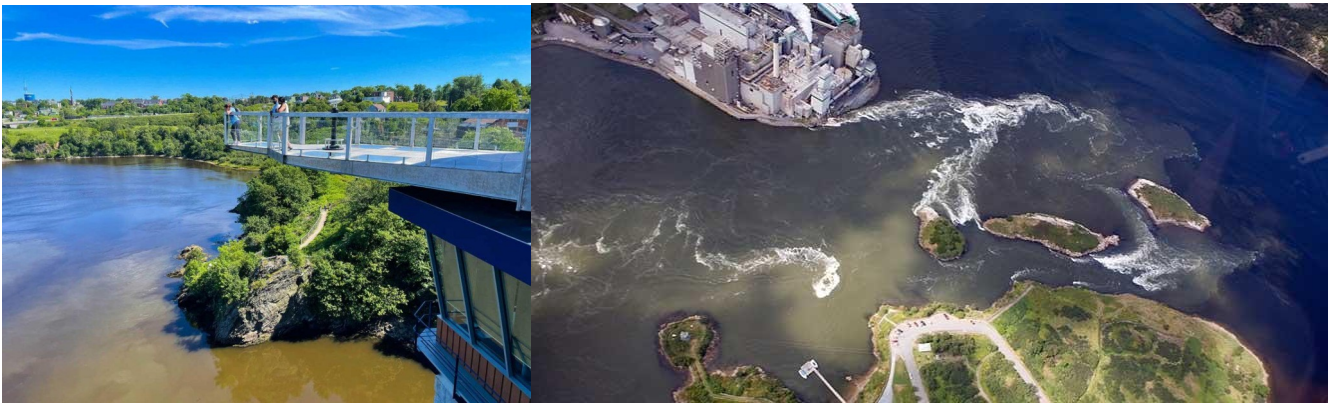
Cruise ships dock at **Port Saint John**, located just steps from the historic Uptown district.

Within walking distance you'll find:

- Visitor Information Centre
- Historic Uptown
- Restaurants
- Local shops
- Museums
- Shore excursion departures
- Waterfront parks

Saint John is one of the easiest Canadian ports to explore independently.

Reversing Falls Rapids



Saint John's most famous attraction is the incredible **Reversing Falls Rapids**.

This natural phenomenon occurs because the enormous tides of the **Bay of Fundy** actually reverse the flow of the Saint John River.

Visitors can enjoy:

- Powerful tidal rapids
- Observation platforms
- Skywalk viewing areas
- Jet boat tours
- Excellent photography

The rapids change dramatically throughout the day as the tides rise and fall.

Bay of Fundy



The **Bay of Fundy** is famous worldwide for having the **highest tides on Earth**.

Depending on the location, tides can exceed **50 feet (15 meters)**.

Popular experiences include:

- Coastal sightseeing
- Tide viewing
- Sea caves
- Nature walks
- Photography

Watching the water level rise and fall is one of the region's greatest attractions.

Historic Uptown Saint John



The city's historic Uptown district features:

- Beautiful Victorian architecture
- Historic churches

- Brick streets
- Local boutiques
- Cafés
- Art galleries
- Waterfront views

After a devastating fire in 1877, much of the city was rebuilt, creating one of Canada's finest collections of Victorian architecture.



Saint John City Market



One of the city's hidden gems is the **Saint John City Market**.

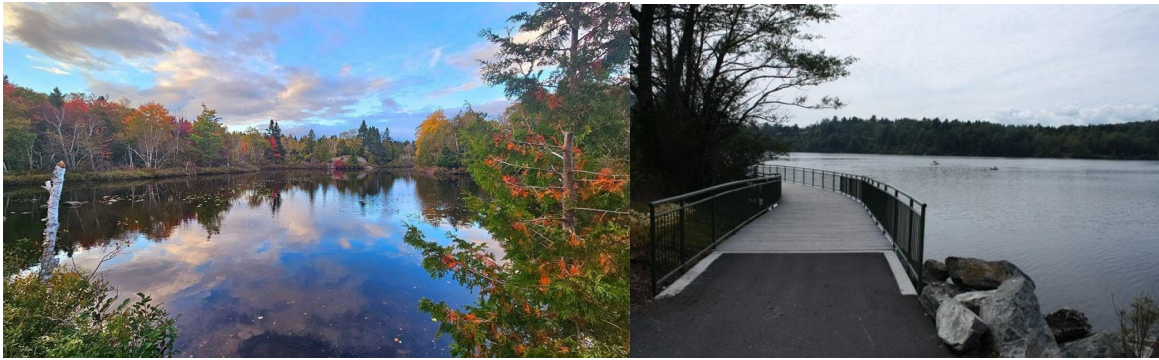
Operating since **1876**, it's Canada's oldest continuously operating farmers market.

Here you'll discover:

- Local seafood
- Fresh baked goods
- Maple products
- Artisan crafts
- Local produce
- Handmade gifts

It's a great place to experience everyday life in New Brunswick.

Rockwood Park



If you're looking for nature close to downtown, visit **Rockwood Park**.

This massive urban park offers:

- Walking trails
- Lakes
- Forests
- Wildlife viewing
- Kayaking
- Scenic overlooks

It's one of the largest urban parks in Canada.

Local Foods to Try



Don't leave without trying:

-  Atlantic Lobster
-  Seafood Chowder
-  Atlantic Salmon
-  Fresh Oysters

🌿 Fiddleheads (seasonal)

🍁 Maple treats

Fresh seafood is the star of nearly every menu.

Wildlife



Depending on the season, you may spot:

- Humpback Whales
- Fin Whales
- Minke Whales
- Harbor Seals
- Bald Eagles
- Ospreys

The Bay of Fundy is one of the best whale-watching regions in Atlantic Canada.

Best Photo Spots



Favorite photography locations include:

- Reversing Falls Rapids
- Uptown Saint John
- Port Saint John Waterfront
- Bay of Fundy coastline
- Loyalist House
- King Square

Morning and late afternoon provide beautiful lighting along the harbor.



Cruise Day Tips

- Check the tide schedule if visiting Reversing Falls—the experience changes dramatically throughout the day.
 - Wear comfortable walking shoes for Uptown's hills and historic streets.
 - Bring a light jacket, as ocean breezes can be cool even in summer.
 - Sample local seafood while you're in port.
 - Leave time to explore the City Market before returning to the ship.
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Premium Travel Group Tip

If it's your first visit to Saint John, make **Reversing Falls Rapids** your top priority. Seeing the incredible tidal forces of the Bay of Fundy in action is something you simply won't experience anywhere else. Afterward, enjoy a leisurely walk through the historic Uptown district and stop by the City Market for a true taste of New Brunswick.



Continue Exploring New England & Canada

Continue planning your adventure with our other guides:

- New England & Canada Cruise Planning Guide
 - Bay of Fundy Guide (*future guide*)
 - Canadian Maritime Culture Guide
 - Wildlife Guide
 - Whale Watching Guide
 - Lighthouse Guide
 - Halifax Cruise Port Guide
 - Charlottetown Cruise Port Guide
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Fun Facts

- Saint John became **Canada's first incorporated city** in **1785**.
 - The **Bay of Fundy** experiences the **highest tides in the world**, with water levels changing by more than **50 feet (15 meters)** in some locations.
 - The **Reversing Falls Rapids** occur because the incoming tide is so powerful that it temporarily reverses the flow of the Saint John River.
 - The **Saint John City Market**, opened in **1876**, is the oldest continuously operating farmers market in Canada.
 - Much of Uptown Saint John was rebuilt after the **Great Fire of 1877**, creating one of Canada's finest collections of Victorian architecture.
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Why You'll Love Saint John

Saint John offers a unique combination of natural wonders, maritime history, and authentic Canadian charm. From watching the Bay of Fundy's incredible tides reshape the river at Reversing Falls to wandering the historic streets of Uptown and sampling fresh Atlantic seafood, every visit offers something memorable. It's a destination that showcases both the power of nature and the welcoming spirit of Atlantic Canada.

Joe's Logbook

Saint John is one of those ports where nature really steals the show.

The first time I learned about the Reversing Falls, I remember thinking, "The river actually flows backward?" Then you see the incredible power of the Bay of Fundy tides, and it all makes sense. It's one of those natural wonders that's hard to fully appreciate until you're standing there watching it happen.

After taking in the rapids, I like slowing the pace by exploring Uptown. The Victorian buildings, local cafés, and friendly atmosphere make it feel like you've stepped into another era. And if you enjoy local markets like I do, don't miss the City Market. It's a great place to sample regional foods and chat with local vendors.

Saint John may not be as well known as some cruise ports, but that's part of what makes it special. It's authentic, welcoming, and full of surprises—and I think you'll leave with a much deeper appreciation for Atlantic Canada.