

Hopewell Rocks Experience Guide

Walk on the Ocean Floor at the Bay of Fundy



One of Canada's most extraordinary natural wonders, **Hopewell Rocks** offers visitors the rare opportunity to **walk on the ocean floor at low tide and kayak through the very same area at high tide**. Located on the shores of the **Bay of Fundy** in New Brunswick, this remarkable destination showcases the incredible power of the world's highest tides.

Towering sandstone formations—known as the famous **Flowerpot Rocks**—have been sculpted by wind, waves, and the Bay of Fundy's dramatic tidal changes over thousands of years. Every six hours, the landscape transforms as billions of tons of seawater rush into and out of the bay.

For travelers visiting **Saint John** or extending their cruise vacation in Atlantic Canada, Hopewell Rocks is one of the region's most unforgettable experiences.

Why Visit Hopewell Rocks?



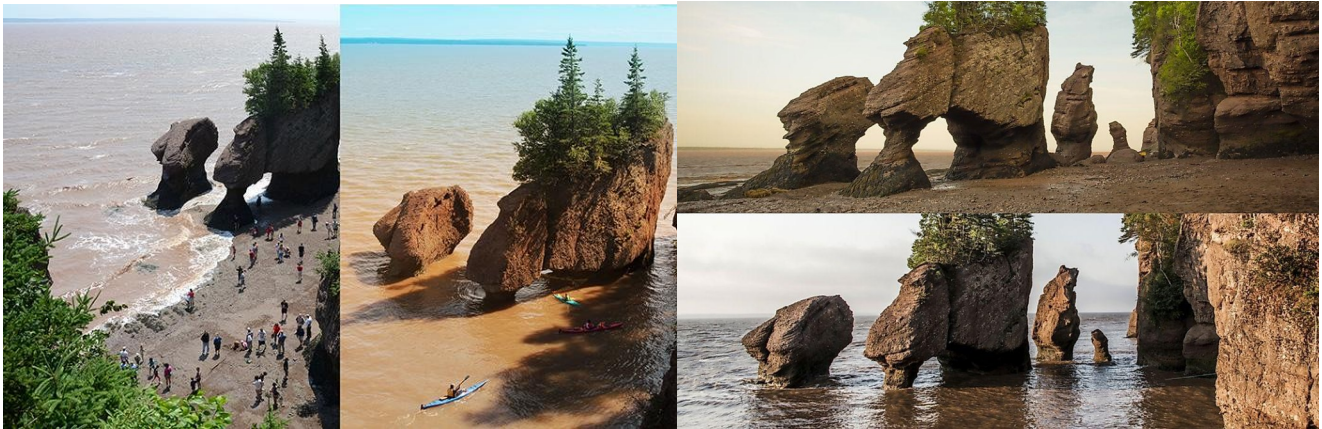
Hopewell Rocks is unlike almost anywhere else in the world.

Visitors come to experience:

- Walking on the ocean floor
- The world's highest tides
- Giant Flowerpot Rocks
- Coastal hiking trails
- Scenic overlooks
- Kayaking at high tide
- Incredible photography

It's one of the most iconic attractions in Atlantic Canada.

The World's Highest Tides



The Bay of Fundy experiences tidal changes of more than **50 feet (15 meters)** in some locations.

Twice each day:

- The ocean completely transforms the landscape.
- Massive rock formations become islands.
- Walking paths disappear beneath the sea.
- Billions of tons of seawater enter and leave the bay.

Few places on Earth demonstrate the power of the tides as dramatically as Hopewell Rocks.



The Famous Flowerpot Rocks



The park's signature attraction is the collection of towering sandstone sea stacks known as **Flowerpot Rocks**.

These remarkable formations:

- Were carved over thousands of years by erosion.
- Stand several stories tall.
- Support trees and vegetation growing on top.
- Change appearance as the tides rise and fall.

Each formation has its own unique shape and character.



Walk on the Ocean Floor



At low tide, visitors can:

- Walk beneath the towering rock formations.
- Explore sea caves and tidal channels.
- Observe marine life in tide pools.
- Experience a landscape that will soon be underwater.

It's one of the few places in the world where you can safely stand on the seabed and later watch the ocean return.

Kayak at High Tide



During high tide, adventurous visitors can:

- Paddle among the Flowerpot Rocks.
- Experience the towering formations from water level.
- Observe the dramatic tidal change firsthand.
- Enjoy one of Canada's premier kayaking experiences.

This unique perspective offers incredible views of the cliffs and sea stacks.

Wildlife



Wildlife commonly seen includes:

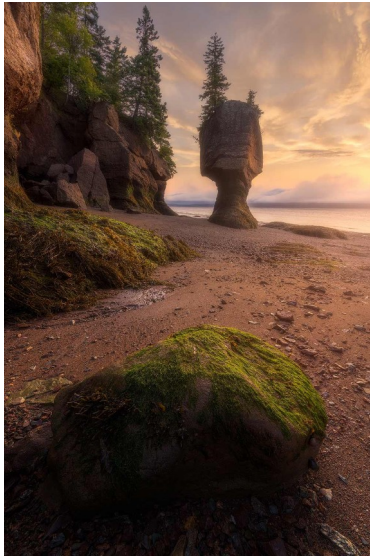
- Harbor Seals
- Bald Eagles
- Great Blue Herons
- Sandpipers

- Gulls
- Cormorants
- Shorebirds

The nutrient-rich tidal ecosystem supports an abundance of marine and bird life.



Best Photo Spots



Don't miss:

- Flowerpot Rocks
- Ocean floor walkways
- Scenic observation decks
- Coastal cliffs
- High tide kayaking areas
- Bay of Fundy shoreline

The changing tides provide completely different photography opportunities throughout the day.



Visiting from Your Cruise Ship



Most cruise passengers visit Hopewell Rocks from **Saint John, New Brunswick**.

The drive takes approximately **1½ to 2 hours each way**, making it a full-day excursion.

Many tours combine:

- Hopewell Rocks
- Bay of Fundy viewpoints
- Coastal scenic drives
- Local villages

Because of the distance, booking a ship-sponsored or reputable independent excursion is usually the best option.



Cruise Day Tips

- Check the tide schedule before your visit—your experience depends entirely on the tide.
- Wear sturdy, non-slip shoes with closed toes.
- Dress in layers and bring a light rain jacket.
- Bring a camera with extra memory cards.
- Allow plenty of time to walk the trails and observation decks.



Premium Travel Group Tip

If possible, choose an excursion timed for **low tide**, when you can actually walk on the ocean floor beneath the Flowerpot Rocks. It's one of those rare travel experiences that simply can't be duplicated anywhere else. If you ever return to the Bay of Fundy for a land vacation, come back at **high tide** to see the same landscape transformed into a kayaking paradise.



Continue Exploring New England & Canada

Continue your adventure with our related guides:

- Bay of Fundy Experience Guide
- Saint John Cruise Port Guide
- Halifax Cruise Port Guide
- Canadian Maritime Culture Guide
- Wildlife Guide
- Whale Watching Guide (*future guide*)
- New England & Canada Cruise Planning Guide
- Best Time to Cruise New England & Canada
- Fall Foliage Guide
- Coastal Photography Guide (*future guide*)



Fun Facts

- The **Flowerpot Rocks** were formed over thousands of years by erosion from the Bay of Fundy's powerful tides.
- Some areas of the Bay of Fundy experience tidal changes of more than **50 feet (15 meters)**.
- At high tide, the water surrounding the Flowerpot Rocks can be **four to five stories deep**.
- Hopewell Rocks is one of the few places in the world where visitors can walk on the ocean floor during low tide and kayak through the exact same area at high tide.
- The Bay of Fundy moves an estimated **160 billion tons of seawater** during each tidal cycle—more than the combined flow of all the world's freshwater rivers.



Why You'll Love Hopewell Rocks

Hopewell Rocks is one of those destinations that reminds you just how powerful nature can be. Watching the tides completely reshape the landscape every few hours is something that photos and videos simply can't capture. Whether you're standing on the ocean floor beneath towering sea stacks, exploring tidal pools, or watching the Bay of Fundy reclaim the coastline, every moment feels extraordinary. It's a truly one-of-a-kind experience and one of Atlantic Canada's greatest natural treasures.



Joe's Logbook

Hopewell Rocks is one of those places where the timing of your visit is just as important as the destination itself.

If you arrive at low tide, you're walking across the ocean floor beneath giant rock formations. Come back a few hours later, and that same area is covered by enough water for people to kayak between the rocks. It's almost hard to believe until you witness it yourself.

For cruise passengers, this is one excursion that's worth planning around the tide schedule. If your visit lines up with low tide, you'll experience something that very few places on Earth can offer.

I also recommend taking your time. Walk the trails, stop at the observation decks, and simply watch the landscape change. It's one of those rare places where you don't have to rush to the next attraction—the attraction is watching nature do what it has done for thousands of years.

If you're looking for a shore excursion that's completely different from anything else on your cruise, Hopewell Rocks belongs at the very top of your list.