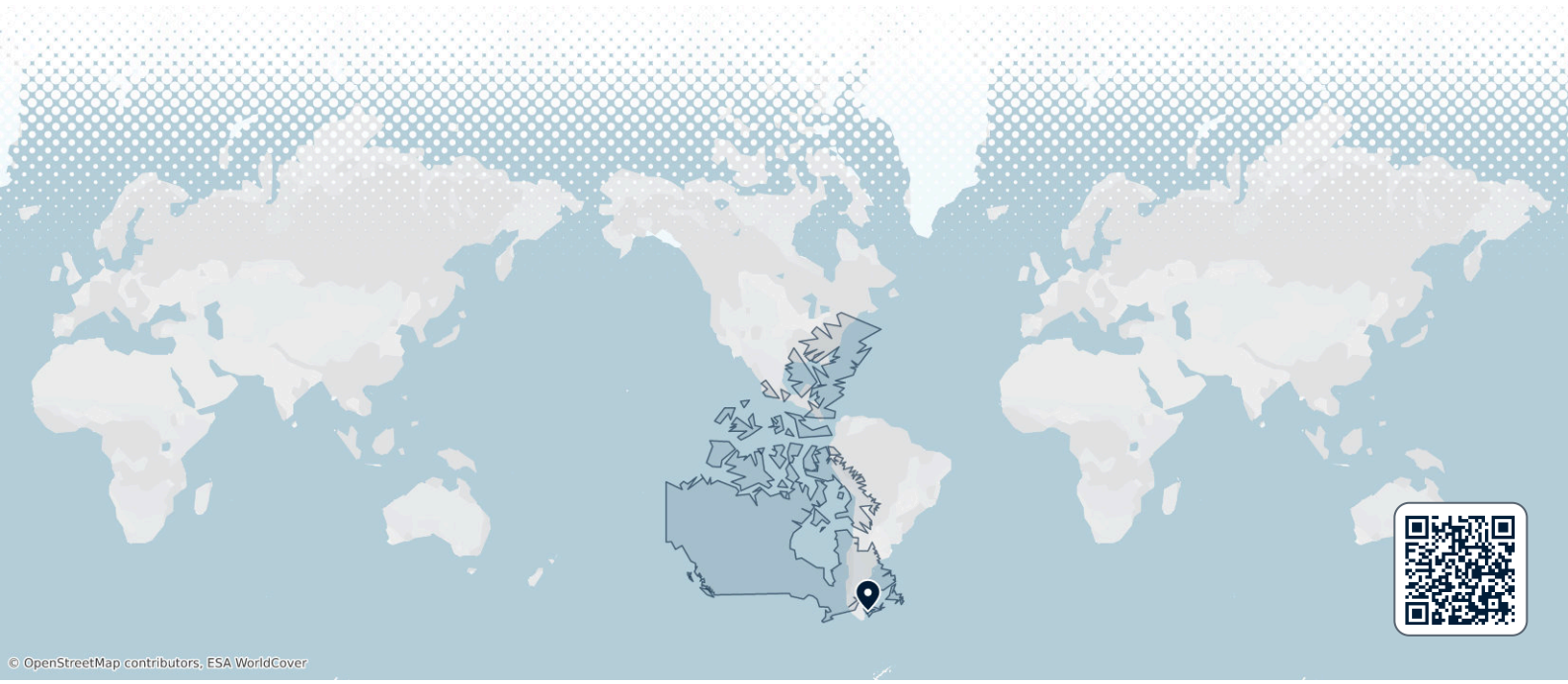


Bay of Fundy

Canada

TRAVEL GUIDE

Tripomatic



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Overview

The Bay of Fundy lies between New Brunswick and Nova Scotia. It has some of the highest tides in the world. Twice a day the water rises and falls by many metres, and the shore changes completely.

The region suits a road trip of three to five days. Visitors come to walk on the sea floor at low tide, hike in Fundy National Park and drive the Fundy Trail Parkway. Small fishing towns, lighthouses and fossil cliffs fill the gaps. The bay has no single centre, so you travel between the sights by car.

When to visit

Summer is the main season. July and August are the warmest months, and most parks, tours and parkways are open. September is quieter and still mild. Fog is common on the coast, and the sea stays cold all year.

Plan around the tide, not the season. High and low tide change by about an hour each day. Check a tide table before you visit Hopewell Rocks, Joggins or any beach. Many parks and the Fundy Trail Parkway close from late October to May.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for watersports	-1° / 8° Feels like -7°	-9° / -18°	13 rainy days · Dry air
February	Poor Poor for watersports	-1° / 7° Feels like -6°	-8° / -17°	12 rainy days · Dry air
March	Poor Poor for watersports	3° / 10° Feels like -3°	-4° / -13°	12 rainy days · Dry air
April	Poor Poor for hiking	8° / 14° Feels like 4°	1° / -3°	13 rainy days · Dry air
May	Good Good for hiking	14° / 20° Feels like 11°	6° / 2°	12 rainy days · Dry air
June	Good Good for sightseeing	18° / 23°	11° / 7°	12 rainy days · Dry air · Calm winds
July	Great Great for sightseeing	22° / 25°	15° / 12°	Calm winds
August	Great Great for sightseeing	22° / 25°	16° / 13°	Calm winds
September	Great Great for sightseeing	18° / 23°	13° / 8°	Dry air
October	Good Good for hiking	13° / 19° Feels like 10°	8° / 2°	Dry air
November	Poor Poor for watersports	7° / 15° Feels like 2°	2° / -5°	12 rainy days · Dry air
December	Poor Poor for watersports	2° / 11° Feels like -3°	-4° / -13°	14 rainy days · Dry air

Best months: July, August

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5; NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Hopewell Rocks are red sea stacks on the New Brunswick shore. At low tide you can walk on the sea floor between them. At high tide the same spot is under water, so plan time for a full tide cycle. Entry is valid for two days in a row.
- Fundy National Park has forest, waterfalls and coastal trails, with the small village of Alma at its gate. Alma has a busy fishing harbour that empties at low tide.
- **Fundy Trail Parkway** is a scenic road along the coast west of Alma, near St. Martins. It has lookouts, short walks, beaches and a suspension bridge. It is usually open from mid-May to late October.
- B Joggins Fossil Cliffs in Nova Scotia is a World Heritage Site. Tall cliffs show 300-million-year-old Coal Age rock and fossils. Guided beach walks run from the Joggins Fossil Centre.
- **St. Martins** is a small harbour village with a pair of sea caves that you can walk into at low tide. It is also the start of the Fundy Trail Parkway.
- C Fort Howe is a hilltop park above the harbour in Saint John. It has a replica blockhouse and wide views of the port. In the same city, the Reversing Falls rapids change direction with the tide.



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What to experience

- **Walk the ocean floor.** At low tide, join the walk between the sea stacks at Hopewell Rocks. Return at high tide to see the same place under water.
- **Hunt for fossils with a guide.** Guided beach walks run at Joggins. Photograph what you find and leave it in place.
- **Watch the tide turn.** At Saint John, the Reversing Falls rapids change direction as the tide changes.
- **Take a whale-watching trip.** Boats leave from Grand Manan, Digby and other ports in summer. Whale sightings are most likely in summer, from about July to September.
- **Hike to a waterfall.** Fundy National Park has several waterfall trails, including Dickson Falls and Laverty Falls.

Day trips

All trips are one way from the area named, in order from closest to farthest.

- **Hopewell Rocks from Moncton**: about 40 minutes by car. A short drive for the sea stacks.
- **St. Martins from Saint John**: about 45 minutes by car. Sea caves and the Fundy Trail Parkway.
- **Fundy National Park from Moncton**: about 1 hour by car.
- **Joggins from Moncton**: about 1 hour 15 minutes by car. It lies across the New Brunswick border in Nova Scotia.
- **Grand Manan from Blacks Harbour**: the ferry takes about 1.5 hours. The island is known for birds, whales and cliffs. Stay overnight if you can.

Where to explore

- Fundy National Park is the main park on the New Brunswick side of the bay.
- Saint John is the largest city on the bay and a base for the Fundy Trail Parkway.
- Moncton is the best base for Hopewell Rocks, Fundy National Park and Joggins.
- Halifax is the main gateway for the Nova Scotia shore.

Getting there

- **By air**: There is no airport at the bay itself. Moncton (YQM) is the most useful for New Brunswick sights. Halifax (YHZ) suits Nova Scotia and has more flights. Saint John (YSJ) has limited service.
- **By car**: This is the main way to arrive. Moncton is about 40 minutes from Hopewell Rocks. Saint John is about 1.5 hours from Moncton. Halifax is about 3 hours from Moncton.
- **By ferry**: The MV Fundy Rose crosses between Saint John and Digby, Nova Scotia, in about 2 to 2.5 hours. It saves a long drive around the bay. Reservations are strongly encouraged, and the schedule changes by season. See Bay Ferries.
- **By train and bus**: VIA Rail's Ocean train stops in Moncton, but no train reaches the parks and coast. Coaches link the main cities, but they do not reach the parks either.

Getting around

- **Public transit**: None connects the sights. Plan to drive between towns, parks and trails.
- **On foot**: Towns and parks are walkable once you arrive. Distances between sights are long.

Getting around on foot & by bike

WALKABILITY

Low

Sights are far apart, so most trips need a car. Towns and parks are walkable once you arrive.

CYCLING INFRASTRUCTURE

Moderate

Coastal roads are scenic but hilly, with narrow shoulders in places.

Driving

- **Is a car worth it?** Yes. A car is the only practical way to see the coast, parks and villages.
- **Distances**: Hopewell Rocks to Alma is about 45 minutes. Saint John to St. Martins is about 45 minutes. Allow extra time for fog and narrow coastal roads.
- **Fundy Trail Parkway**: A vehicle fee applies at the gate. Hours change by month. Official information: Fundy Trail Provincial Park.
- **Parks Canada**: A daily fee or pass applies in Fundy National Park. Official information: Fundy National Park.
- **Fuel and services**: Fill the tank in a larger town before you drive the coast. Services are limited between villages.
- **Wildlife**: Moose and deer cross roads at dusk and dawn.

Food & drink

Seafood is the main reason to eat here. Look for lobster, scallops, haddock and chowder. Dulse, a dried red seaweed from the bay, is a local snack.

Good places to eat cluster in harbour villages such as Alma, St. Martins and Digby. Digby is known for its scallops. Alma has lobster shops and small seafood restaurants near the harbour. Tipping of 15 to 20 percent is normal in sit-down restaurants.

What to eat & drink

DINNER

Tourtière
A savory meat pie, traditionally made with pork, beef, or game, especially popular in Quebec.

SNACKS & STREET FOOD

Poutine
Fries topped with cheese curds and hot gravy, originally from Quebec and now popular nationwide.

Bannock
A simple fried or baked bread with roots in Indigenous cooking, found in many regional variations across the country.

Montreal-style Bagel · Bagel montréalais
A smaller, sweeter, denser bagel than the New York style, boiled in honey water and baked in a wood-fired oven.

Maple Syrup · Sirop d'érable
Syrup tapped from maple trees, mainly in Quebec and Ontario, used on pancakes and in baking and savory dishes alike.

SWEETS & DESSERTS

Butter Tart
A small pastry shell filled with a sweet, gooey butter, sugar, and egg filling, sometimes with raisins or pecans.

Nanaimo Bar
A no-bake dessert bar from British Columbia with a chocolate-crumb base, custard filling, and chocolate topping.

DRINKS

Caesar
Canada's signature cocktail: vodka, Clamato juice (tomato and clam broth), and spices, served with a celery stalk.

Canadian Whisky
A lighter, smoother style of whisky than Scotch or Bourbon, often blended with rye.

Ice Wine
A sweet dessert wine made from grapes frozen on the vine, produced mainly in Ontario's Niagara region and British Columbia's Okanagan Valley.

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Safety & health

The region is safe for visitors. The main risk is the tide.

- **Tides**: Tides rise fast and can cut off a beach. Check tide times, turn back before low tide ends and never walk far from the stairs. Ocean-floor rocks and mud are slippery. Wear sturdy shoes.
- **Cliffs**: Stay back from cliff edges and do not climb on sea cliffs. Parts of them fall without warning.
- **Weather**: Fog and cool wind are common, even in summer. Bring a warm layer. In summer, bring insect repellent for trails.
- **Fossils**: Do not remove fossils at Joggins. It is against the law.

History

Mi'kmaq and Wolastoqiyik peoples lived along the bay for thousands of years. French settlers arrived in the early 1600s and farmed the tidal marshes. They built dykes to keep the sea out. These Acadian dykes are still visible at some places along the shore.

British forces took the region in the 1700s. Many Acadians were forced to leave in 1755. In 1783, loyalists from the American colonies founded Saint John, where Fort Howe guarded the harbour. Later, shipbuilding, fishing and coal mining shaped the coast, and the cliffs at Joggins Fossil Cliffs still show old mine workings.

Country facts

Quick practical facts for Canada at a glance:

CURRENCY
CAD $

EMERGENCY
911

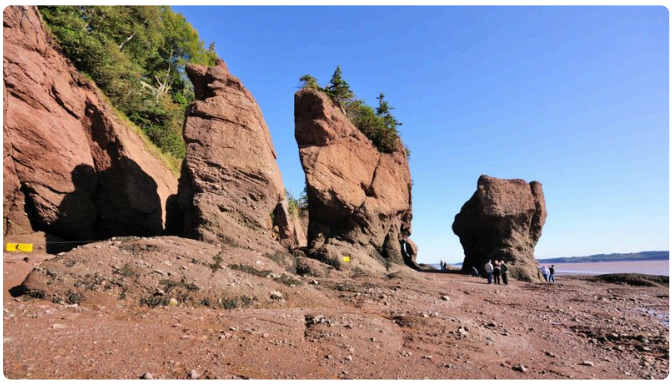
ELECTRICITY
Type A / Type B
120 V · 60 Hz

LANGUAGES
English, French

TAP WATER
Safe to drink

Top sights





A Hopewell Rocks

Red-brown sea stacks, 12–21 m tall, shaped by Bay of Fundy tides and walkable on the seafloor at low tide.

Discovery Road 131, E4H 4Z5 (45.81781, -64.57829)

thehopewellrocks.ca, (877) 734-3429



B Joggins Fossil Cliffs

Fifteen kilometres of Bay of Fundy sea cliffs exposing 300-million-year-old Coal Age rock and fossil forests, a UNESCO World Heritage Site since 2008.

B0L, Canada (45.69468, -64.45046)

Mo–Su 10:00–17:00

jogginsfossilcliffs.net



C Fort Howe

Fort Howe was a British fort built in Saint John, New Brunswick during the American Revolution.

34 Magazine St, Saint John E2K, Canada
(45.27712, -66.07185)

DATA SOURCES

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IMAGE CREDITS

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- Fort Howe — "FortHoweArtilleryWWIIEra" by Magu2k, pd

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