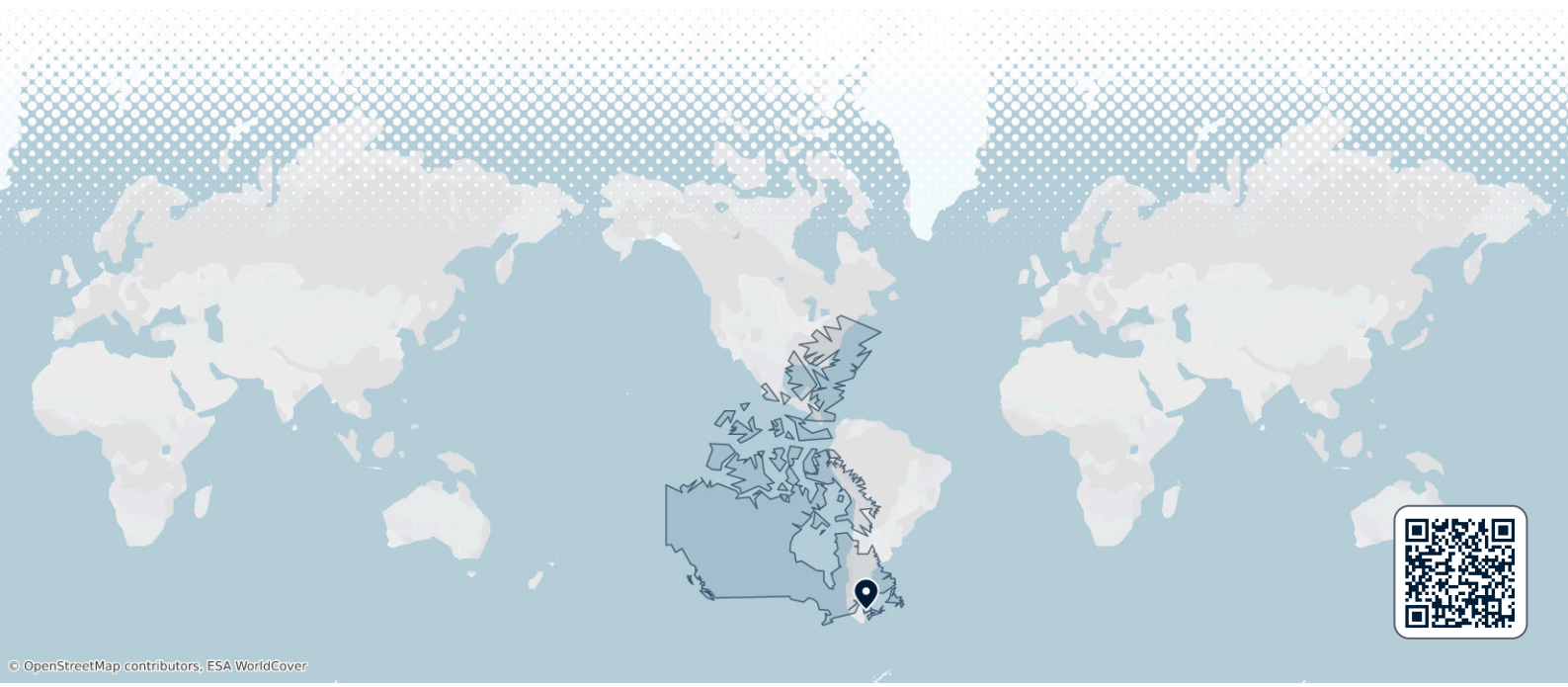


Fredericton

New Brunswick · Canada

TRAVEL GUIDE

Tripomatic



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Overview

Fredericton is the capital of New Brunswick. It sits on the Saint John River, called Wolastoq by the Wolastoqiyik. The city is small, green and easy to walk. It is also home to two universities, which gives downtown a young, relaxed feel.

The centre has a historic military district, an art gallery with a strong collection, a Gothic cathedral and a Saturday farmers market. Trails follow the river on both banks. Most visitors stay one to three nights, often on a road trip across the Maritimes.

When to visit

Summer is the main season. Days are warm, the riverfront is busy and outdoor events run most weekends. September is mild and clear, and the leaves change colour in early October. Spring is short and wet.

Winters are long, cold and snowy. FROSTIval in February brings outdoor winter events to the city. The Harvest Jazz and Blues Festival fills downtown venues in September.

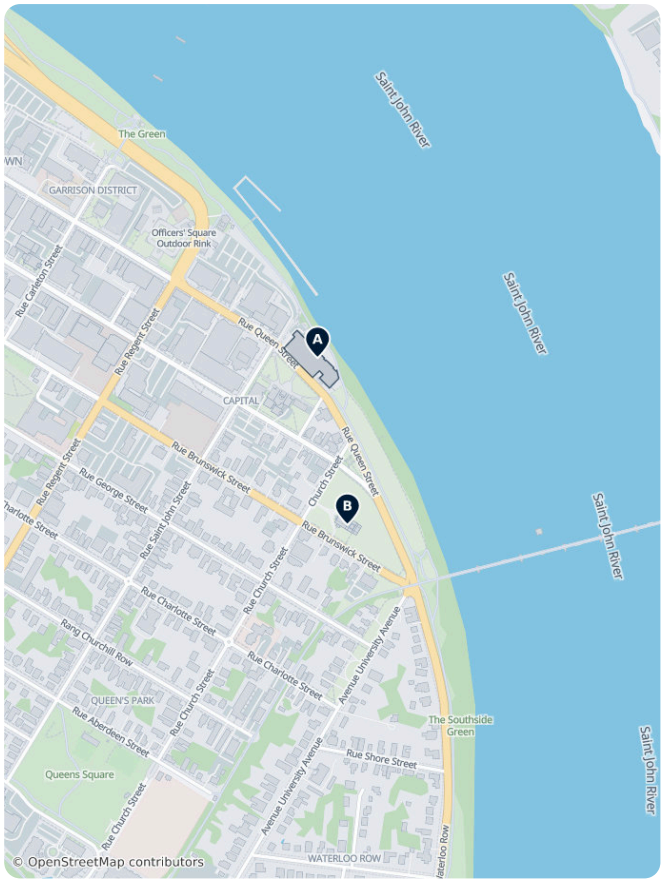
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Poor Poor for watersports	-4° / 5° Feels like -9°	-14° / -25°	12 rainy days · Dry air · Calm winds
February	Poor Poor for watersports	-3° / 4° Feels like -8°	-13° / -24°	Dry air · Calm winds
March	Poor Poor for watersports	2° / 11° Feels like -2°	-7° / -18°	12 rainy days · Dry air · Calm winds
April	Fair Fair for cycling	10° / 18° Feels like 6°	0° / -6°	14 rainy days · Dry air · Calm winds
May	Good Good for cycling	17° / 25°	6° / 0°	15 rainy days · Dry air · Calm winds
June	Good Good for sightseeing	22° / 28°	11° / 6°	16 rainy days · Calm winds
July	Good Good for sightseeing	25° / 30°	15° / 11°	16 rainy days · Humid air · Calm winds
August	Good Good for sightseeing	24° / 29°	14° / 10°	13 rainy days · Humid air · Calm winds
September	Great Great for sightseeing	20° / 27°	10° / 4°	Dry air · Calm winds
October	Good Good for cycling	13° / 21°	4° / -3°	12 rainy days · Dry air · Calm winds
November	Poor Poor for watersports	6° / 15° Feels like 2°	-2° / -10°	13 rainy days · Dry air · Calm winds
December	Poor Poor for watersports	-1° / 9° Feels like -5°	-9° / -19°	13 rainy days · Dry air · Calm winds

Best months: September

Climate data: NASA POWER (MERRA-2) · 1996–2025

Top sights

- A Beaverbrook Art Gallery is the city's main museum of art. It holds British and Canadian works and a large painting by Salvador Dali.
- B Christ Church Cathedral is a Gothic Revival church on a quiet street near the river. It was built in the 1850s and has fine stained glass.
- The Historic Garrison District is the old military quarter, around Officers' Square. It has stone barracks, a museum and summer events. It is free to walk through.
- The Fredericton Region Museum stands on the edge of Officers' Square. It tells the story of the city and the river valley.
- The New Brunswick Legislative Building is a grand 1880s building on the riverbank. Guided tours are offered. Check the hours before you go.
- Boyce Farmers Market is a Saturday morning market downtown. It sells local food, baking, crafts and ready meals.
- The Bill Thorpe Walking Bridge is a former railway bridge. It now carries walkers and cyclists across the Saint John River.
- Odell Park is a large park of forest trails, west of downtown. It is a good place for a short walk among old trees.



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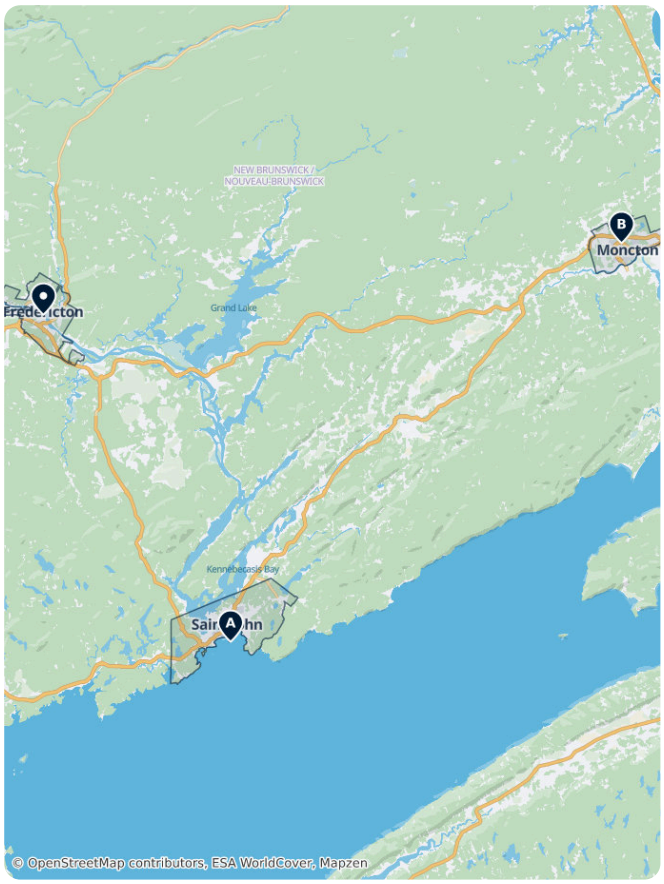
What to experience

- **Paddle the Saint John River.** Rent a canoe or kayak in summer and paddle past the city and the islands.
- **Walk or cycle the riverfront.** Follow the trails from the Garrison District to the Bill Thorpe Walking Bridge, and on to the north bank.
- **Browse the Saturday market.** Boyce Farmers Market is the best place to try local food.
- **Try local craft beer.** Several breweries and taprooms are close to downtown.
- **Join FROSTIval in February.** The festival brings ice sculpture, music and winter games to the city.

Day trips

All trips are one way from downtown, in order from closest to farthest.

- **Kings Landing**: about 35 minutes west by car. A living-history village of 19th-century buildings, with costumed staff. It is open in the warmer months.
- **Crabbe Mountain**: about 45 minutes by car. A small ski area, with winter skiing and some summer hiking.
- A Saint John: about 1 hour by car. A port city on the Bay of Fundy, with a market and a rocky coast.
- B Moncton: about 2 hours by car. A busy city with the Bay of Fundy tidal bore and good restaurants.



Where to explore

- New Brunswick is the province. It has the Bay of Fundy coast, the Acadian shore and the Saint John River valley.
- Grand Falls is a river town with a waterfall gorge, about 2 hours northwest by car.
- Sussex is a small farming town between Saint John and Moncton, with covered bridges nearby.

Getting there

- **By air**: Fredericton International Airport (YFC) is southeast of the city. Air Canada and other airlines fly to Toronto and other Canadian cities, and routes change by season, so check the airport site for current flights. Taxis and shuttles meet flights. See Fredericton International Airport.
- **By bus**: Long-distance coaches link Fredericton with Saint John, Moncton, Halifax and other towns in the region.
- **By car**: Fredericton is on Route 2, the Trans-Canada Highway. Saint John is about 1 hour away. Moncton is about 2 hours away. Halifax is about 4.5 hours away.
- **By train**: There is no passenger train service to Fredericton.

Getting around

- **On foot**: Downtown is compact. The Garrison District, the art gallery, the cathedral and the market are all within about 10 minutes of each other.
- **Riverfront trails**: Paved paths run along both banks of the Saint John River. The Bill Thorpe Walking Bridge links the two sides. Bike rentals are seasonal.
- **Public transit**: Fredericton Transit runs city buses. Routes and fares are on Fredericton Transit. Buses are less frequent in the evening and on Sundays.
- **Taxi**: Taxis are available downtown and at the airport.
- **By car**: A car helps for Odell Park, Kings Landing and other trips out of town.

Getting around on foot & by bike

WALKABILITY

Moderate

The downtown core is compact and flat. Other areas are spread out.

CYCLING INFRASTRUCTURE

High

Paved trails follow both banks of the river and cross the walking bridge.

Driving

- **Is a car worth it?** Not for a downtown stay. A car is useful for day trips and for the sights outside the centre.
- **Parking**: Paid parking is easy to find downtown. Many lots and streets are free in the evening.
- **Winter**: Roads can be snowy or icy from December to March. Use winter tires and allow extra time.

Food & drink

Fredericton has a relaxed café and pub scene around Queen Street and Regent Street. Seafood from the coast is common on menus. In spring, look for fiddleheads, the young shoots of the ostrich fern. They are a New Brunswick favourite.

Local craft beer is a good choice in the evening. Many pubs have patios on warm days. 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

Fredericton is a safe city for visitors. Normal city care is enough. Keep valuables out of sight in parked cars.

Winter needs preparation. Wear warm layers, a hat, gloves and boots with good grip. Ice on paths can be slippery. Do not walk on the river ice. In summer, bring insect repellent for park and trail walks. Check for ticks after walks in long grass or forest.

History

The Wolastoqiyik have lived along this river for thousands of years. French settlers built a small fort and village here in the 1690s. Loyalist families arrived after the American Revolution, in the 1780s. The city was named for Prince Frederick, a son of King George III.

Fredericton became the capital of the colony of New Brunswick in 1785. The British army kept a garrison here for most of the next century. Its stone buildings are now the Garrison District.

Country facts

Quick practical facts for Canada at a glance:

CURRENCY
CAD $

EMERGENCY
911

ELECTRICITY

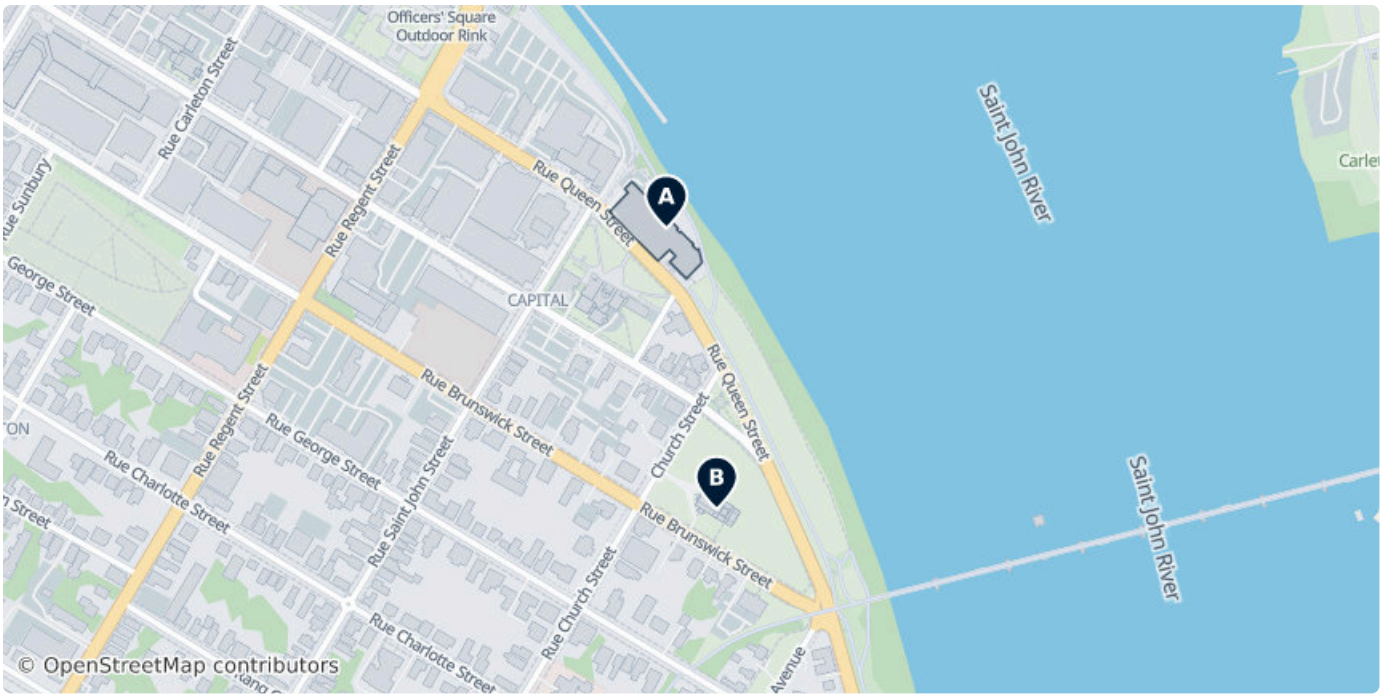


Type A / Type B
120 V · 60 Hz

LANGUAGES
English, French

TAP WATER
Safe to drink

Top sights





A Beaverbrook Art Gallery

The Beaverbrook Art Gallery is a public art gallery in Fredericton, New Brunswick, Canada.

Queen Street 703 (45.95992, -66.63547)

beaverbrookartgallery.org



B Christ Church Cathedral

Christ Church Cathedral is the cathedral church of the Anglican Diocese of Fredericton. It is located in Fredericton, New Brunswick, Canada.

West entrance, Fredericton, NB E3B 1J1, Canada (45.95730, -66.63480)

cccath.ca

DATA SOURCES

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IMAGE CREDITS

- Beaverbrook Art Gallery — "Portrait of Hester Thrale and her daughter Hester label QS:Len,"Portrait of..." by Joshua Reynolds, pd
- Christ Church Cathedral — "Christ Church Cathedral Fredericton tracery" by HazelAB, cc-by-sa-4.0

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