

**Saint John**  
**Live Like the Locals**  
Saint John, New Brunswick, Canada

**Sweat:**

Harbour Passage: A beautiful trail located right on the water. Perfect for stretching your legs for a quick run or walk after sitting all day! <http://www.tourismnewbrunswick.ca/Products/H/Harbour-Passage.aspx>

Goodlife Fitness: Looking to join a spin class or lift some weights? There is a Goodlife gym located right in Brunswick Square- accessible from the hotel without even leaving the building!

Who knows- you might even see some of our IntelliSys team there.

<https://www.goodlifefitness.com/locations/newbrunswick/saintjohn/brunswick-square>

The Saint John Yoga Coop: Nourish your inner yogi with a lunch or early evening yoga class!

<http://yogacoop.ca/schedule/>

**Shop:**

Lordon: Unique to Saint John; a women's lifestyle boutique carrying clothing, luggage, apothecary and more. <http://shoplordon.com/>

Ella: An entrepreneurial venture born in Saint John- an elegant shop with a carefully curated selection of women's fashion + a convenient way to help the planet by exchanging preloved fashion with other fashionistas in your community! <http://thisisella.com/>

Pristine: A one of a kind lifestyle clothing boutique, offering clothing and accessories exclusive to not only uptown Saint John, but the East Coast of Canada! <http://Pristinelife.ca>

Barbours General Store: Steps from the hotel front doors- this authentic 18th century general store is the perfect place to purchase your New Brunswick souvenirs.

<http://discoversaintjohn.com/places/barbours-general-store/>

Buckland Merrifield Gallery: Notorious as one of the best curated fine art and craft galleries in Atlantic Canada representing +70 professional artists and craftspeople.

<http://www.bucklandmerrifield.com/>



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**Sweets:**

Beavertails: Looking for a sweet little afternoon snack? The Beavertail stand on the harbourfront has you covered! (Caution: they are deliciously addictive!) <http://beavertails.com/en/about-us/>

Lil Gelato and Sweet Shoppe: Located in the City Market, this sweet little shop serves up amazing desserts and coffees. Their authentic italian gelato is made on site using all natural ingredients (can you say guilt-free dessert?)

Freak Lunchbox: Described as “The best little candy store in Canada!” and we agree! Even people without a sweet tooth will enjoy browsing this neat little candy store.

<https://www.freaklunchbox.com/saint-john-nb/>

**Sights:**

City Market: A Saint John must-see! Experience a traditional “farmers market” while shopping for a wide selection of goods and services, ranging from dulce to hand-made local crafts, and enjoy a delicious meal from one of the numerous restaurants, featuring local and international foods. <http://www.sjcitymarket.ca/main.html>

Reversing Falls: The collision of the Bay of Fundy and the Saint John River creates the unique phenomenon of the Reversing Falls in Saint John. At low tide, the river empties into the bay causing a series of rapids and whirlpools. As the tides rise, they slow the river current for a brief period called slack tide. The Bay’s tides continue to rise, gradually reversing the flow of the river, and rapids form again, peaking at high tide.

<https://www.tourismnewbrunswick.ca/Products/R/Reversing-Rapids.aspx>

King Square: A public green space complete with monuments, walkways, gardens and a bandstand- a beautiful place to sit and relax on a warm day!

<http://seesaintjohn.com/features/kings-square/>



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**Sip:**

Java Moose: Located directly across from our office- Java Moose is the IntelliSys team's favorite place to grab a caffeine boost at any and all times of the day!

Second Cup: Need. caffeine. NOW?! Second Cup is located right across from the hotel for all your urgent coffee needs!

Locavore: Offering fresh, locally inspired craft food and amazing coffee in a friendly atmosphere.

A short walk from the Delta, Locavore is a great place to grab a latte and catch up on your emails! <https://www.eatlocavore.ca/>