

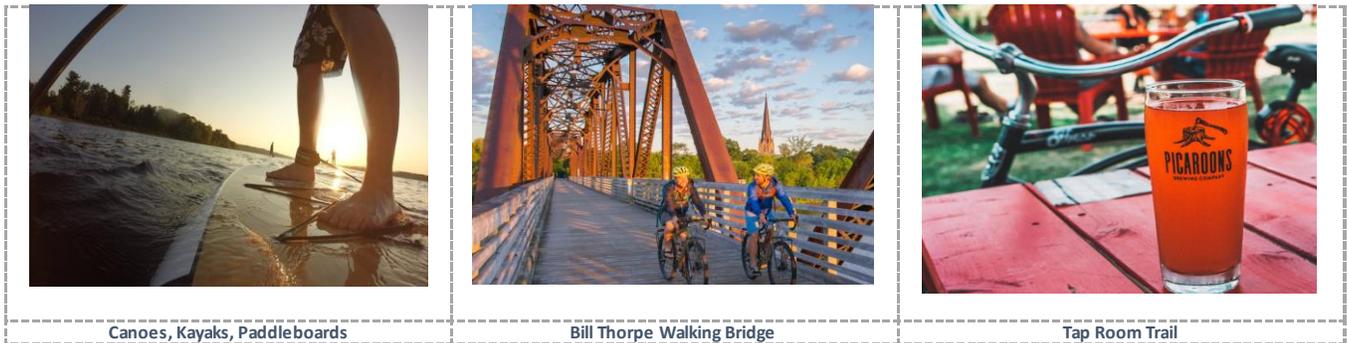


The Perfect Day in Fredericton

Thank you for considering the Holiday Inn Express & Suites. We hope you choose to stay with us and create unforgettable moments along the way. We've got countless suggestions on how to spend the perfect day, but here are a few of our favorites to get you started.

Day 1:

For getting active on the Wolastoq (Saint John River) you'll want to connect with Second Nature Outdoors. In addition to renting canoes, kayaks, paddleboard they have several excursions they offer. Just 30 minutes north west of Fredericton is a beautiful area called Mactaquac Country, situated on both sides of the Mactaquac headpond on the river. With great swimming beaches and stunning colours, Mactaquac Provincial Park is New Brunswick's largest recreation park at 525 hectares (1,200 acres) of open land and forest. It features a wonderful network of nature trails and free picnic sites and is popular for both water-based and landbased activities. The park is home to an 18-hole championship course set in the spectacular rolling hills of the St. John River Valley.



Canoes, Kayaks, Paddleboards

Bill Thorpe Walking Bridge

Tap Room Trail

Day 2:

Fredericton has over 100 kms of multi-purpose trails to explore on the south and north sides of the city and Outpost magazine has ranked them as some of the best! Fredericton's trail system connects with the greater TransCanada Trail system, and visitors will find a Trans Canada Trail pavilion on The Green, downtown. The city also features a unique trail bridge, which is the longest bridge in the trail system in New Brunswick! Bring your camera as the sunsets can be amazing from this view.

Then choose one of our local pubs for a hearty maritime meal and be sure to hit up the local taprooms - the perfect place to chat with locals and enjoy local craft beer, cider or even mead.