



HALO DONUTS



TIDAL BORE



CAPITOL THEATRE

The Perfect Day in Moncton, New Brunswick

Thank you for considering the **Crowne Plaza Moncton Downtown Hotel**. 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, here are a few of our favorites to get you started.

Day 1:

- Start your day off right with Peace, Love & Donuts at the amazing Halo Donuts.**
 Located at 110 St. George St. Moncton. All while snacking on donuts, check out the Tidal Bore schedule to catch the next wave!
- If you've never experienced the Tidal Bore, head down 15 minutes before the scheduled arrival of the daytime bore.** A tidal bore is a tidal phenomenon in which the leading edge of an incoming tide forms a standing wave of water that travels upstream, against the current of a river or narrow bay. The tidal bore in Moncton is caused when the unparalleled tides in the Bay of Fundy begin to make their way up the historic Petitcodiac River. The Bay of Fundy is home to the highest tides in the world and over 100 billion tonnes of water comes in and out of the bay each day! Best to view at 10 Bendview Court, downtown Moncton.
- Enjoy your evening at the Capitol Theatre.**
 Located downtown Moncton, the Capitol Theatre is an 800-seat, restored 1920s-era vaudeville house that serves as the center for cultural entertainment to the city.





Day 2:

- **Start your wellness morning at the USVA Spa Nordik, the only Nordic spa to date in Atlantic Canada.** A unique experience that will immerse you in a world of pure relaxation, rain or shine. Inspired by a Nordic ritual dating back more than 2000 years, the thermal experience involves alternating between heat and cold, followed by a period of rest. Spa services available onsite. Located at 774 Front Mountain Rd.
- **Now that you are relaxed, hop in the car for a short drive to walk the Ocean floor at the world-famous Hopewell Rocks.** Time and tide have carved from the cliffs and coves distinctive sandstone formations topped with trees. During periods of low tide, you can walk 2 km of beach and explore several coves filled with these flowerpot rocks. Many of the formations have nicknames inspired by their appearance. Look for Lover's Arch, Dinosaur Rock, Mother-in-law and ET, just to name a few. At high tide, these curious formations become small islands, surrounded by water. While many people like to explore the flowerpot rock formations at low tide, there are plenty of activities at high tide as well.
- **Experience Life's Magnetic Moments with Magnetic Hill Winery.** Swirl, sniff and savour their delicious award-winning wines as you discover why wine lovers everywhere are drawn to Magnetic Hill for more than the optical illusion! Enjoy a guided tour though the Tank Room, a wine and cheese experience. You can also shop at the winery for your favorite bottles. Located at 860 Front Mountain Rd.

Our concierge team is here to help you organize the best summer staycation in Moncton! Feel free to reach out to our team directly at (506) 853.5286

