

ST JOHN'S, NEWFOUNDLAND, CANADA

The capital of Newfoundland and Labrador, this vibrant city blends big-city luxury with traditional smalltown charm. Stroll along some of the oldest streets in North America in the continent's most easterly city

KEY INFO

Currency: Canadian Dollar (1 USD = 1.36 CAD) **Languages:** English
Population: 110,525 (38.93 million Canada) **Drive on the:** Right
Emergency #: 911 **Pharmacy:** Shoppers Drug Mart, 204 Freshwater Rd 🌐
Drinking water: Tap water is drinkable **Protection:** Sunscreen, insect repellent (in summer)
Time Zone: GMT-3:30 / GMT-2:30 (summer) **Wi-Fi:** Victoria Park, Bannerman Park
ID Requirements: Govt-issued photo ID **Post Office:** Canada Post, 250 Lemarchant Rd 🌐

PORT LOCATION

Ships dock in downtown on Harbour Drive. Thanks to the central location, most attractions are within a short walk from the port

Getting Around: Walking around town is a great way to experience St John's. There is also a public bus system by [Metrobus](#). Tickets can be purchased in cash on the bus (single: \$2.50), or by using a reloadable m-Card. [Click for map](#)

Taxis: Available. Jiffy Cabs is a local provider. Fares start at \$4.50 + \$2.50/km. Pay in cash or card.

Tourist Bus: There is a [Sightseeing Bus](#) (10 stops | 2-hr loop | 9a-4p | \$55 CAD | Stop 1: Alt Hotel)

Tourist Information: In Terminal ([Click for Tourism Brochure](#))

Port Facilities: Toilets, Tourist Information, Shop, Excursions

Port Address: 1 Water Street, St John's, NL A1C 1A1, Canada 🌐

ST JOHN'S HIGHLIGHTS

The Rooms: Cultural hub housing the Art Gallery of Newfoundland and Labrador, the provincial natural and cultural history museum, and the provincial archives.

10a-5p (Mon, Tue, Thu, Sat), 10a-9p (Wed, Fri), 12p-5p (Sun) | \$12 | 1.5km from port (25-min walk) | 🌐 | 🚻

Railway Coastal Museum: Transportation museum in the original Riverhead Station (built: 1903), designated a National Historic Site of Canada. Also 'Mile Zero' of the Trans-Canada Trail.

10a-5p | \$10 | 2.2km from port (30-min walk) | 🌐 | 🚻

Newman Wine Vaults: Historic vaulted port wine cellars, dating back to the late 1700s. All thanks to a Portuguese ship bound for London that sheltered here from pirates in 1679. Their port aged better than ever in the NL vaults, and so the tradition was born. Still in use today. Tours and tastings available.

9:30a-5p | \$6 | 2km from port (25-min walk) | 🌐 | 🚻

NL Pharmacy Museum in Apothecary Hall: A heritage building and former drug store, now exhibiting mortars and pestles, pill-making machines, and all sorts of medicines.

10a-4p (Tue-Sat) | \$3 | 2km from port (30-min walk) | 🌐 | 🚻

For more: www.newfoundlandlabrador.com/top-destinations/st-johns , destinationstjohns.com

Signal Hill National Historic Site: The first transatlantic wireless signal was received at this 17th Century fort overlooking the Atlantic Ocean. Great hiking trails to enjoy. Go at noon for the opportunity to fire the noon day gun. 10a-6p | \$9 | 1.7km from port (30-min walk) | [Information Brochure](#) | [🌐](#) | [📄](#)

Quidi Vidi: A neighbourhood of St John's set beside Quidi Vidi Lake Pronounced *Kiddy Vidi*.
24 Hours | Free | 2km from port (30-min walk) | [🌐](#)

Cape Spear Lighthouse National Historic Site: 1836 lighthouse is NL's oldest. Also on this fortress site are a World War II gun battery and fabulous panoramic hiking trails at the easternmost point of continental North America. 10a-6p | \$9 | 16.5km from port (21-min drive) | [Information Brochure](#) | [🌐](#) | [📄](#)

SOMETHING TO EAT OR DRINK

Figgy Duff: A traditional Newfoundland pudding made with flour, sugar, butter, raisins, molasses, and spices. Nothing to do with figs... historically raisins were known as figs in many parts of the province. Often served as part of a **Jiggs dinner**. [Read more](#)

Cod Cheeks: Newfoundlanders love cod cheeks, which aren't cheeks at all. This delicacy is actually small muscles taken from the back of the fish's neck – slightly gelatinous... an acquired taste. [Read more](#)

Jiggs Dinner: A traditional meal of salt beef, figgy duff (steamed pudding made with raisins, molasses, and spices), pease pudding (savory split pea dish), and steamed vegetables. Name is associated with the character Jiggs from the comic strip 'Bringing Up Father'. [Read more](#)

Iceberg Beer: The main ingredient in beer is water, so how cool to drink a beer that is made from an Arctic iceberg! Iceberg Beer is a lager made from bergy bits harvested in Iceberg Alley. Look for the cobalt-blue bottles, crafted by Quidi Vidi Brewing Company. Only available in Newfoundland. [📄](#)

LOCAL SOUVENIRS

Labradorite and antler jewellery are both typical of this region and make beautiful souvenirs – labradorite – a feldspar mineral – is especially known for its stunning iridescent play of colours.

Carvings are also a traditional craft that is still widely celebrated in the region – look for **hand carved anorthosite** (igneous rock) and **whalebone carvings** in traditional craft souvenir stores.

For edible souvenirs, **local jams, jellies, and sauces** make for a tasty gift or memento of your visit. And Newfoundland's rich literary tradition means that there are plenty of wonderful **books by local authors** to extend your trip here once you get back to the armchair at home.

For more: www.newfoundlandlabrador.com/top-destinations/st-johns , destinationstjohns.com