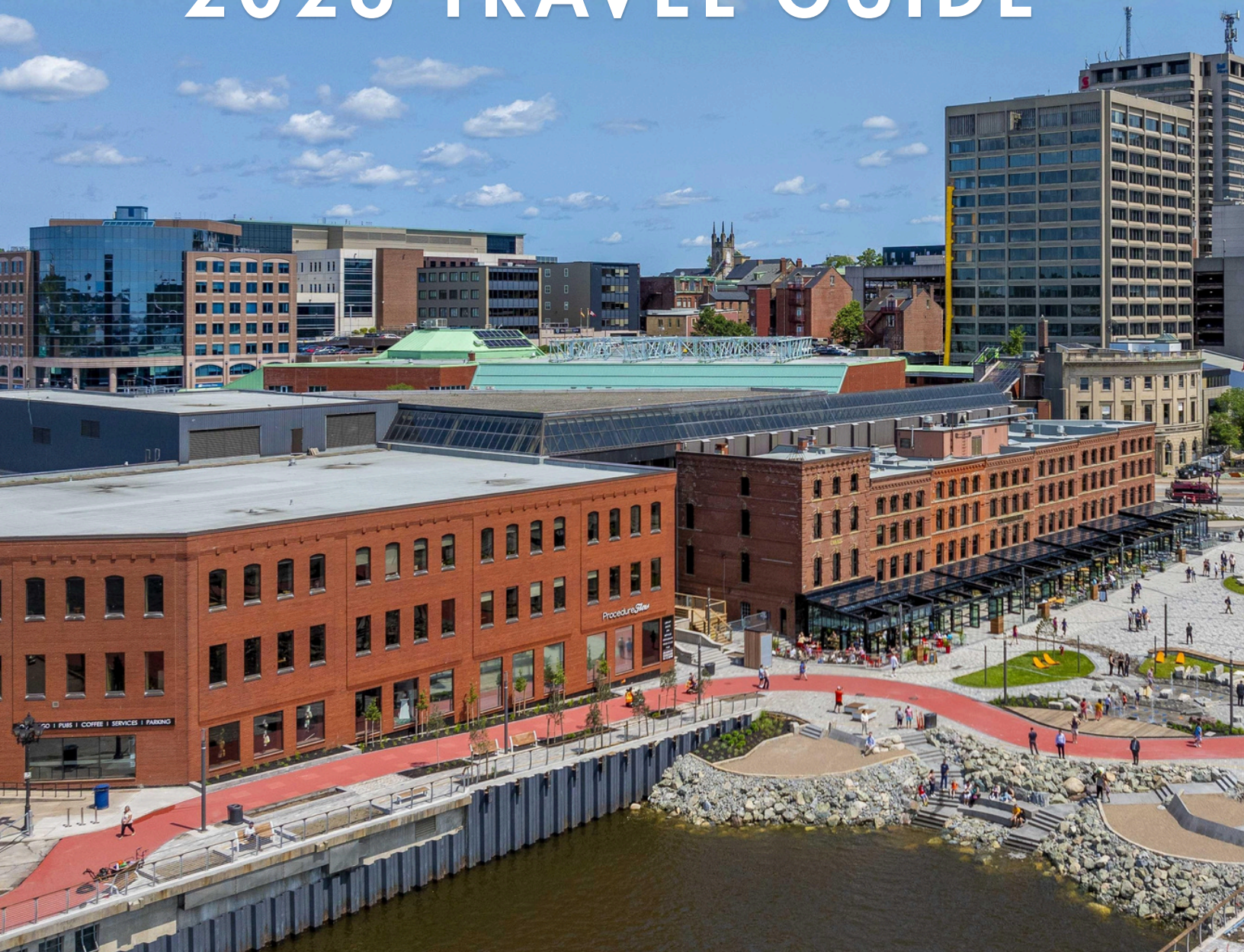


FOUNDERS CUP

2026 TRAVEL GUIDE



MENAHQESK
"Where the sea takes the land"

THE
SAINTJOHN 
REGION

LAND ACKNOWLEDGEMENT

The Saint John Region is situated on the traditional territory of the Wolastoqiyik, Mi'Kmaq, and Peskotomuhkati Nations. This territory is covered by Peace and Friendship Treaties signed with the British Crown in the 1700s. The treaties recognized the significant and meaningful role of the Wolastoqiyik, Mi'Kmaq, and Peskotomuhkati in this province and the country with the intent to establish a relationship of trust and friendship.

Envision Saint John: The Regional Growth Agency pays respect to the elders, past and present, and descendants of this land, and is committed to moving forward in the spirit of truth, collaboration, and reconciliation.

WE CAN'T WAIT TO WELCOME YOU!

Saint John has a proud history of hosting national and international events, and we're excited to add the 2026 Founders Cup to that legacy. To help you make the most of your visit to the only city on the Bay of Fundy, we've put together a guide with everything you need to plan your trip - and plenty of ideas to fill your days once you've arrived. From the moment you get here, you'll see why our region leaves a lasting impression.



OTHER TRAVEL OPTIONS

DRIVING

Need a car while you're here? We can help with that! Book your rental car before you arrive so you're ready to hit the road as soon as you land.

[RENT A CAR](#)

ALTERNATE TRAVEL OPTIONS

If you prefer to take the scenic route, there are other ways to get to Saint John.

[BY BUS](#)

[BY FERRY](#)



GETTING AROUND UPTOWN SAINT JOHN

The Inside Connection pedway makes it simple to move between TD Station and Delta Saint John without ever stepping outside, offering a seamless, weatherproof way to get where you're going. Prefer fresh air? Just steps away, Harbour Passage offers a scenic waterfront route that connects the same points - plus even more places to explore along the way. Indoors or out, getting around the city is effortless. Click [HERE](#) to see for yourself.





DELTA SAINT JOHN

Staying at Delta Saint John is treating yourself to a seamless experience. Located in the midst of historic uptown, attractions, restaurants, and your championship venue are only steps away. Gather at Mix - Resto Bar, find relaxation in your guest room, work up a sweat at the fitness centre, or cool off in the largest indoor hotel pool in Saint John.

Athletes and family can book a room at Delta Saint John under the 2026 Founders Cup room block.



BOOK YOUR STAY



DELTA

HOTELS

MARRIOTT

SAINT JOHN

FOOD AND DRINK

BEER BREAD PIZZA

The concept of Beer Bread is simple: welcome everyone to a new era in bar service and experience with innovations and a speciality in Detroit-style pizza and craft beer.

7 Market Square
506.652.1047
beerbreadpizza.com

BRITTS PUB & EATERY

A British pub where friends can meet and enjoy quality food in a casual atmosphere.

42 Princess St.
506.214.5335
brittspub.ca

CASK & KETTLE

In the tradition of the local pubs of Ireland, Cask and Kettle honours where we came from. So sit back and enjoy great food, fresh drinks, and big fun in uptown Saint John!

112 Prince William St.
506.214.4391
caskandkettle.com

EAST COAST BISTRO

ECB feeds your whole self. Based on, but not bound by, classic French techniques and dishes, their menu changes with the season, the tide, their chefs' inspiration and their supplier.

60 Prince William St.
506.696.3278
eastcoastbistro.com

GAHAN HOUSE

Handcrafted ales, a delicious menu, and fresh East Coast oysters in the signature warm and welcoming atmosphere you'll find at any Gahan House location across the Maritimes.

87 Prince William St.
506.214.8337
saintjohn.gahan.ca

GRANNAN'S SEAFOOD

Located in historic Market Square on the waterfront, Grannan's offers fresh Maritime seafood, fresh cut steaks, and creative casual fare.

1 Market Square
506.634.1555
grannangroup.com

ITALIAN BY NIGHT

IBN's goal is to share their love of Italy by creating an authentic Italian dining experience. The vibe is generous and relaxed. The food is pure and sensual.

97 Germain St.
506.214.8259
italianbynight.com

LEMONGRASS THAI FARE

Flavourful, health-conscious food choices using steamed jasmine rice, noodles, fresh vegetables, imported herbs and spices, as well as your choice of

market fresh seafood, beef, pork, chicken, tofu, or an array of vegetables.

1 Market Square
506.657.8424
lemongrasssaintjohn.com

PORT CITY ROYAL

Port City Royal's pursuit of authenticity helps them to understand those who come before. In a world that looks for the new, they seek to interpret the old in a fresh way.

45 Grannan St.
506.631.3714
portcityroyal.com

SAINT JOHN ALE HOUSE

SJAH experiments with all seasonal ingredients, including fiddleheads, lobster, halibut, local lamb, beef, and cheeses to inspire their menu.

1 Market Square
506.657.2337
saintjohnalehouse.com

THANDI

A family-owned business known for its fusion of flavours from East to West, offering a delicious variety of steaks, seafood, chicken, and authentic Indian curries.

33 Canterbury St.
506.648.2377
singhdining.com/thandi

THE COUNTRY CLUB

Where southern charm meets East Coast hospitality. Offering a range of shareable plates, savoury appetizers, and hearty entrees all made with fresh, local ingredients, all designed to satisfy every craving.

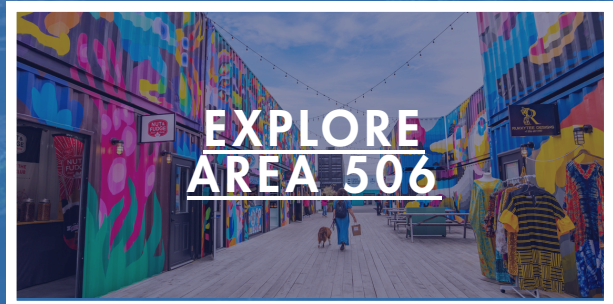
1 Market Square
506.643.0467
thecountryclubsj.com



Click [HERE](#) for a full list of restaurants and bars throughout the region.

TOP 10 THINGS TO DO

There are endless ways to explore the Saint John Region, but we've pulled together a list of 10 things to do to help you get started. Click on each box below for more information.



EVENTS

The action doesn't have to start and stop at the arena. There's a full lineup of festivals and events waiting for you to discover. Come a little early, stay a little longer, and discover even more of the Saint John Region.

[UPCOMING EVENTS >](#)

FUNDY SEA SHANTY FESTIVAL

August 7 - 9, 2026



[LEARN MORE >](#)

THIRD SHIFT

August 14 - 16, 2026



[LEARN MORE >](#)

DRAGON BOAT FESTIVAL

August 15, 2026



[LEARN MORE >](#)

FUNDY FRINGE FESTIVAL

August 17 - 22, 2026



[LEARN MORE >](#)

SAINT JOHN SEAGLASS FESTIVAL

August 28 - 29, 2026



[LEARN MORE >](#)