

THE BEAUTY OF DISCONNECTING



3 Days in Restigouche

Welcome to summer in Restigouche! If you've decided to spend a weekend in our neck of the woods, then congratulations - we have an unforgettable experience lined up for you.

If you're not sure where to begin, don't fret! To help you plan your visit, we've cooked up the ideal 3 day itinerary to help you get the absolute most out of your time in Restigouche. From local dining hotspots to the breathtaking scenery of Sugarloaf Provincial Park (and plenty of hidden gems in-between), you won't have to look far to find an adventure that's perfect for you.

Ready to get going? Then let your Restigouche journey begin.



Day 1 - Campbellton

The perfect first stop on your Restigouche excursion is the beautiful city of Campbellton. In our region's largest city, you'll find no shortage of exciting experiences and sites to take in, not to mention dozens of options for accommodations and places to eat.

Before setting off, you may want to pop in to the **Restigouche River Experience Centre**, where you'll find our handy visitor's guide. While there, take the chance to stop by the **Interpretation Centre** and explore the secrets and cultural history of the famous Restigouche River.

By now, you're likely feeling the call of the **Restigouche Esplanade**. This paved trail along the waterfront stretches from the Restigouche Experience Centre all the way to **Sugarloaf Park** and makes for an excellent bike ride! Besides its spectacular views and informative displays detailing even more of the region's fascinating history, the Restigouche Esplanade has plenty of opportunities for family fun, too.

If you've brought the kids along, make sure to pack some swimsuits and treat them to a splash of joy at **Kiosk Park's** splash pad area. For those who brought lunch, **Salmon Plaza** offers a quiet, scenic spot to enjoy an afternoon picnic under the hot summer sun.

Looking for a quick cocktail or brew before you settle on your evening meal spot? You'll find plenty of options Downtown, including **Snack Bar Restigouche** and **Artisan Brewing Co.** for all your craft brew needs. Treat yourself.



It's time for dinner, and the Downtown continues to offer plentiful options for whatever mood you find yourself in. For a pub-style experience, the **Smoke on the Water BBQ smokehouse** will satisfy even the most seasoned meat-lovers out there.

For something quick and simple, nearby **Al's Pizzeria** comes highly recommended by locals - and with good reason. The moment that irresistible pizza smell engulfs your senses, you'll know you made the right choice dining here! Alternatively, **Café Chez Wes** - also a local favourite - offers a wide variety of seasonal dishes that are sure to delight your taste buds.



As your first day in Restigouche comes to a close, you're already in the perfect spot to enjoy a breathtaking view of the sunset from the waterfront, another activity highly coveted by the locals. Make sure to get lots of rest afterwards, because your Restigouche adventure is just getting started.

Day 2 - A Day in Heron Bay

For your second day in Restigouche, we'll be taking a short drive down to beautiful Heron Bay. But first - coffee.

Depending on where you're staying, you'll have different nearby options for a delicious morning brew. Fuel up for the day ahead at the **Early Bird Company** in Campbellton, or head down to Dalhousie and visit **New Bean Café** instead! No matter where you go, your taste buds are in for a real morning treat.

While making your way down to the bay, why not stop by **Croissant Délice**, a beloved local bakery, for an extra pre-noon pick-me-up? Once you've reached Heron Bay, get ready for all sorts of options for what to do next.



For all you history buffs, the **Restigouche Regional Museum** can give you that juicy dose of heritage and history you're missing. If relaxing under the warm sun is more your style, **Charlo Beach** is the perfect place to spend a few hours soaking up some rays - just don't forget your sunscreen.



Lunch time brings a few different options. If you don't fancy a quaint picnic on the beach, nearby **Chez Phil's Kitchen** serves up some exquisite canteen-style comfort food. And if family-style food is the style for you, you'll find all your favourite culinary classics at **Chez Rachel**.

As the day rolls on, prepare yourself for a sweet and delectable afternoon as you make your way to the **Charlo Honey House**! While there, you'll learn about the important role of honey bees and the pollination process, and you can even pick up a sweet, delicious jar of fresh, local honey.

There's also the nearby **East Wind Boutique**, where you'll find a wide assortment of locally-made artisan crafts - the perfect spot to grab a gift or souvenir from the region to take home with you! While you're in the area, be sure to stop by the neighboring Hub D'la Baie and the **By the Sea Cafe & Bar** for even more options to eat, sip or shop.



Itching to explore the beautiful Bay of Chaleur? Head on over to **North Shore Adventures** in Eel River Bar, where you'll find kayak and paddle board rentals perfect for your afternoon stint in the bay.

It's time for another choice to make as you decide on the ideal dinner spot this evening. Depending on your mood, you may like the sound of a cozy café meal at **Moulin à Café**, where you'll find delicious French Canadian-style dishes that will fill your tummy as well as your heart. If you decide that BBQ is on the menu instead, then **BackBeat Bar-B-Que** has you covered with authentic West Tennessee-style comfort food.

To wrap up your second day, it seems only fitting to treat yourself to a yummy ice cream delight at **The Pink Creamery**, a local favourite for all things cold, creamy and delicious! Make sure to leave some room for day 3, though - nature is calling, and it's about time we answer.



Day 3 - Adventure Time!

Your 3-day Restigouche excursion deserves an exciting finale, and what's more exhilarating than an adventure into the great outdoors? Thankfully, you'll find no shortage of options for scenic places to explore in our neck of the woods.



For option number one, you'll be venturing into Kedgwick to visit the famous **Mount Carleton Provincial Park**! This scenic landscape of trees and mountain peaks has plenty of ways to keep you occupied, including camping, hiking, swimming, and more! Feel free to pack a picnic for lunch, or visit the comfy **Lodge-Cafe** for a stunning view of Lake Nictau to go along with your meal. They even have Wi-Fi.

After a day of discovering the many plants, animals and incredible views of Mount Carleton, a casual fine dining experience is waiting for you at **River Run Lodge**. There, you'll get to enjoy a lovely and sophisticated dining experience as the soothing sound of the nearby river provides a gentle backdrop to your trip's final evening.



If you're looking for something that'll get your blood pumping instead, don't worry - we've got you adrenaline lovers covered! As an alternative third-day escapade, you may want to head out to Campbellton's **Sugarloaf Provincial Park** and pay a visit to the **Mountain Bike Park**.

Boasting Atlantic Canada's first mountain bike lift service and the option to rent or bring your own bike, spending an afternoon here is sure to give you that boost of excitement you need. Of course, if a relaxing family bike ride is more your speed, the park offers trails for people of all skill levels to enjoy at their leisure.



You also have the option to take it slow at Sugarloaf by spending the afternoon hiking its network of picturesque trails. You'll be greeted with a stunning view of the surrounding landscape at the mountain's summit, but you'll also find lots to see on your way up, including several popular spots for bird watching.

For your mid-day snack, the nearby **TBar** Restaurant is ready to grill you up something fresh and delicious. If you're still not ready to pack up for the day, the Prirchard's Lake Loop trail provides an excellent hike that'll help you wind down as you head into the evening.



After a jam-packed day of excitement and discovery, a quaint sit-down dining experience seems in order. The **Pronto Bistro Italiano** restaurant will whip up a meal that'll have even the most seasoned pasta lovers speechless with their classic and authentic Italian dishes - a perfect way to top off your Restigouche adventure in comfort and luxury.

While this itinerary offers just a taste of all the wonders Restigouche has in store, one thing is clear: you'll find no shortage of places to visit, flavours to discover and beauty to adore when you decide to pay us a visit. Whether you stick to the plan or set off on your own uncharted course, Restigouche has what you're looking for.

If an unforgettable 3 day vacation is what you're after this summer, we guarantee you'll find that - and so much more - in Restigouche.

Come say hello and discover the beauty of disconnecting. We can't wait to see you.

