



Fredericton Capital Region: Life Well Crafted

Where culture, creativity, and natural beauty meet.

Welcome to the Fredericton Capital Region—where the historic **Wolastoq** (Saint John River) winds through a city known for its rich heritage, vibrant arts scene, natural beauty and authentic Maritime charm. Whether you're walking the tree-lined trails, exploring 19th-century streets, or sipping a craft beer while listening to live music, Fredericton is a destination that crafts a story with every visit.



Canada's Most Storied River

- The **Wolastoq**, meaning "beautiful and bountiful river," has been central to the region for thousands of years. It extends for 673 km from the upper reaches of Maine until it empties into the Bay of Fundy. Once part of the Indigenous Maliseet Trail, later traveled by Samuel de Champlain in 1604, the river became a key military and trade route for early settlers, the river is still the soul of the city. Its seasonal gift, the **fiddlehead**, is a local delicacy celebrated each spring.
- The river is also the backdrop to many legendary stories, including one in 1860, when the Prince of Wales (a teenager at the time) spotted a birch bark canoe on the river. Never having seen one before, he was intrigued and snuck out of Government House and hailed to Gabriel Acquin. This ride formed a friendship between the two gentlemen whereby Gabe (founder of the St. Mary's First Nation) was invited to England many times. Their friendship became a symbol of cultural exchange that resonates today.



Nature at our Doorstep

- With a forest canopy covering 60% of the city, Fredericton is one of Canada's greenest capitals. The jewel of Fredericton's forested park lands is **Odell Park**, 432 acres with trees that are more than 400 years old.
- Our **150 km trail system** winds along rivers, through forests, and across the scenic Bill Thorpe Walking Bridge.



Music City

- Fredericton lives and breathes music. From patios and pubs to concert halls and parks, you'll hear live music year-round, throughout the region.
- The city comes alive during the acclaimed **Harvest Music Festival** every September, one of North America's top festivals.



Heritage Lives Here

- Fredericton is blessed with some of the finest heritage architecture in Canada and much of it has been carefully preserved throughout the downtown retaining much of its distinctly Loyalist character. Visitors can tour National Historic Sites like **Government House**, and **Christ Church Cathedral** to hear the stories and see the more than two centuries of vibrant styles of architecture found within the Heritage Preservation Area.
- Birthplace of the Canadian Army- Set behind a wrought iron and stone fence the Garrison District recalls our military past. In 1784 Fredericton became the headquarters of the British military and remained a British Garrison until Canadian Confederation in 1867. In 1883, the Infantry School Corps was established - the birth of the Canadian army. ISC "A" Company name changed to The Royal Canadian Regiment of Infantry in 1893. The RCR is Canada's oldest permanent force infantry regiment, earning many battle honours from 1885 until today.
- The city's military legacy is recalled in stories like the 104th Regiment's legendary 1813 winter march—an epic 1,176-kilometre journey up the frozen Wolastoq to defend Canada during the War of 1812.
- **Kings Landing** – A world-class living history museum that tells the story of the transition from the Loyalists to the late Victorians. With over 70 buildings and 100+costumed staff , visitors experience a hands on authentic visit to New Brunswick in the 1800s



A Taste of the Region

- **Craft Beer Capital** -with 25+ craft producers and one of the highest concentrations of taprooms per capita, Fredericton is a haven for beer and spirits lovers. Follow the **Fredericton Taproom Trail** to explore unique local brews.
- Whisky fans can explore over **1100 selections** at the **Lunar Rogue Pub**. Gin lovers have a pick of 90+ gins at Southside Shake and with a growing number of distilleries in the region like Big Fiddle Still and First Light, everyone's in good spirits!
- Markets are a staple of city life—from the beloved **Boyce Farmers' Market** to the **Garrison Night Market**, the Big Potato and the many roadside farm stands and seasonal farm markets offering fresh produce and handmade goods.

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Fredericton

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A Mecca for Arts and Culture

- At the heart of the city is the **Beaverbrook Art Gallery**, one of Canada's top art museums and home to world-class works by Dali, Turner, Constable, Kriehoff, and more. Don't miss Santiago El Grande, one of Dali's largest and most awe-inspiring works.
- Public art is everywhere—from murals to sculptures—making the city a walking gallery.
- Fredericton is a capital of creativity, home to the **New Brunswick College of Craft & Design**, Canada's only college devoted exclusively to fine craft and design. The city pulses with creativity, from boutique workshops to open studios.
- Fredericton is known as **Poet's Corner of Canada**, in recognition of three poets from the city's past: Bliss Carmen, Charles G.D. Roberts, and Francis Sherman.
- The Village of Gagetown**, once a stop for river boats, is the birthplace of Sir Samuel Leonard Tilley, a Father of Confederation. Now known for its strong artistic community drawing artists and visitors.



Fun Facts

- Christ Church Cathedral is the home of '**Little Ben**', a working model for 'Big Ben' in London, England. The clock in the cathedral is an exact copy of Big Ben in London.
- Freddy the Little Nude Dude, is a **Fredericton landmark that is older than the Statue of Liberty**. This little cherub stands atop the three tiered fountain in front of City Hall, squirting water since 1885.
- The world's largest axe is found in Nackawic (Forestry Capital of Canada) and stands at 49ft tall. There's also a Big Fiddle (15 ft) honouring local Harvey fiddling hero Don Messer.
- The first **observatory** built in Canada (1851) was the William Brydone Jack Observatory, on the UNB Campus.
- CFB Gagetown** (Canadian Forces Base) is the biggest facility in Eastern Canada, and Canada's second-largest base (1,100 km² area).

Famous Frederictonians

- Lord Beaverbrook (Max Aitken)** – Fredericton's greatest benefactor
- Willy O'Ree** – NHL's first Black player
- Measha Brueggemann** – International opera singer
- Matt Stairs** – MLB power hitter for 13 teams
- Jake Allen** – Stanley Cup-winning NHL goalie
- David Myles, Holly Cole** – Award winning musicians
- Stanton Friedman** – World-renowned UFO researcher
- Alexander "Boss" Gibson** – Industrial pioneer of Marysville

WANT MORE INFO?

Find our **Visitor Guide, Calendar of Events & Curated Experiences** on our website.
You'll also find: Story Ideas, What's New, Fredericton Overview.



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