



# 45TH ANNUAL CANADIAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY

*Conference*

JUNE 6<sup>TH</sup> - 9<sup>TH</sup>, 2026

DELTA BY MARRIOTT ST. JOHN'S HOTEL AND CONFERENCE CENTRE  
ST. JOHN'S | NEWFOUNDLAND

## PLAY THERAPY GUIDE





# A Warm Welcome to the Rock

Welcome to St. John's, Newfoundland and Labrador — or, as you'll hear locals say, welcome to The Rock.

Perched at the eastern edge of North America, St. John's is a city shaped by the sea, the weather, and centuries of stories. From its colourful row houses and rugged coastline to its music-filled pubs and welcoming smiles, this is a place where visitors are treated like old friends.

This guide was created by the local planning committee to help you experience St. John's beyond the conference rooms. Whether you're stepping out for a quiet coastal walk, sharing a meal with colleagues, or squeezing in a quick adventure between sessions, we hope these recommendations help you discover the charm, character, and creativity of our city.

Take your time, explore at your own pace, and don't be surprised if a casual outing turns into a memorable story — that tends to happen around here.

## Good to know before you go!

### Getting Around

Downtown St. John's is compact and walkable, with many attractions, restaurants, and shops close to one another. Taxis and ride-share services are easy to find, and car rentals are a good option if you plan to explore farther afield, including scenic coastal routes and nearby communities.

### Weather Wisdom

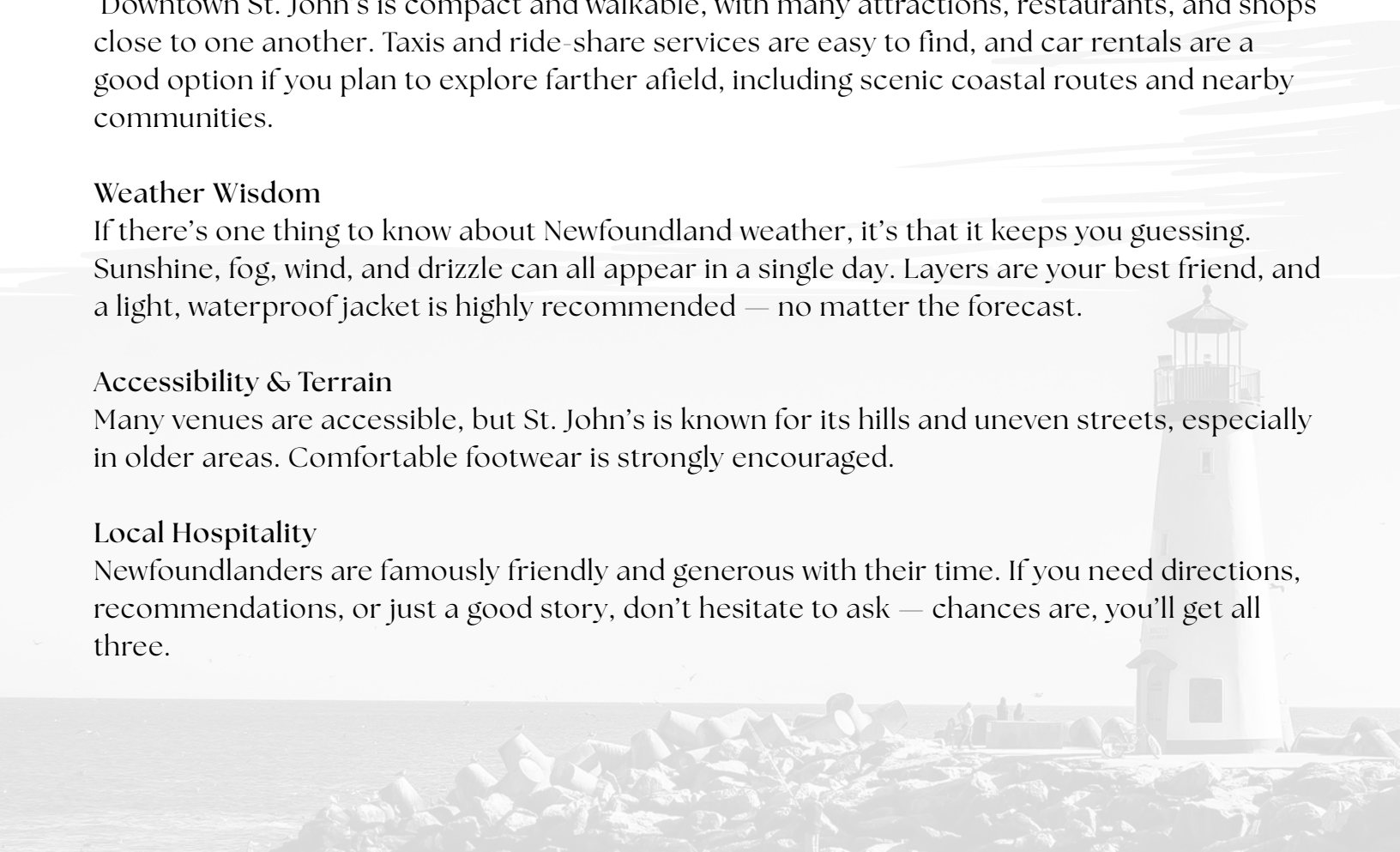
If there's one thing to know about Newfoundland weather, it's that it keeps you guessing. Sunshine, fog, wind, and drizzle can all appear in a single day. Layers are your best friend, and a light, waterproof jacket is highly recommended — no matter the forecast.

### Accessibility & Terrain

Many venues are accessible, but St. John's is known for its hills and uneven streets, especially in older areas. Comfortable footwear is strongly encouraged.

### Local Hospitality

Newfoundlanders are famously friendly and generous with their time. If you need directions, recommendations, or just a good story, don't hesitate to ask — chances are, you'll get all three.



## Cape Spear Lighthouse National Historic Site

### Website

Standing at the most eastern edge of Canada, Cape Spear is surrounded by breathtaking views of the Atlantic Ocean and rugged Newfoundland coastline. Here stands the oldest surviving lighthouse in Newfoundland and Labrador. Built in 1835 by the Colonial Government to signal mariners on the approach to St. John's harbour, the lighthouse was in continuous operation from 1836-1955.

### Tour Times:

Open daily, 10:00 am to 6:00 pm

### Admission:

*Adult \$9 | Senior \$7.50 | Youth under 17 FREE*

## Signal Hill National Historic Site

### Website

Signal Hill is one of St. John's most popular landmarks due both to its compelling history and spectacular views of the city, Atlantic Ocean and the rugged coastline. Originally known as the "Lookout" because of its strategic placement overlooking St. John's harbour, Signal Hill was advantageously used in defence, observation and signalling from the early 1700s to the Second World War.

### Tour Times:

Open daily, 10:00 am to 6:00 pm

### Admission:

*Adult \$9 | Senior \$7.50 | Youth under 17 FREE*



TOP PICKS



Blue on Water

*Seafood / International* \$\$ – \$\$\$

319 Water St, St. John's, NL

1-877-431-2583 | [Website](#)

Exile

*Contemporary Canadian* \$\$\$

115 George St W, St. John's, NL

(709) 738-1524 | [Website](#)

Gypsy Tea Room

*Contemporary* \$\$ – \$\$\$

315 Water St, St. John's, NL

(709) 739-4766 | [Website](#)

Saltwater

*Seafood / Local meat* \$\$\$

320 Water St, St. John's, NL

(709) 754-5670 | [Website](#)

St. John's Fish Exchange

*Seafood / Grill* \$\$

351 Water St, St. John's, NL

(709) 739-7539 | [Website](#)

Terre Restaurant & Café

*Contemporary / Farm-to-Table* \$\$\$

125 Water St, St. John's, NL

(709) 383-2136 | [Website](#)

Zimmy's Restaurant and Lounge

*Bistro / Lounge* \$

115 George St W, St. John's, NL

(709) 738-1524 | [Website](#)

Basho Restaurant & Lounge

*Asian / Japanese / Sushi* \$\$\$

283 Duckworth St, St. John's, NL

(709) 576-4600 | [Website](#)

Duke of Duckworth

*Pub / Traditional* \$\$

325 Duckworth St, St. John's, NL

(709) 739-6344 | [Website](#)

Portage

*Contemporary / Farm-to-Table* \$\$\$

128 Water St, St. John's, NL

(709) 552-1100 | [Website](#)



A TASTE OF ST. JOHN'S





Arbour Restaurant and Lounge  
*Casual Canadian / Pub-style* \$ - \$\$  
1 Island Cove Road, Bay Bulls, NL  
(709) 334-3388 | [Website](#)

Chafe's Landing Restaurant  
*Seafood / Canadian* \$\$  
11 Main Rd., Petty Harbour-Maddox  
Cove, NL  
(709) 747-0802 | [Website](#)

Landings Eatery & Pub  
*Seafood / Fish & Chips* \$  
1 Ferry Terminal Rd, Portugal Cove-St.  
Philip's, NL  
(709) 895-0000 | [Website](#)

More Lunch Options

3 Sisters Vietnamese Subs  
*Sandwiches* \$  
204 Water St, St. John's, NL  
(709) 576-8888 | [Website](#)

Anderson's Butcher & Takeaway  
*Burgers* \$-\$\$  
285 Water St, St. John's, NL  
(709) 739-6328 | [Website](#)

Cojones  
*Mexican-inspired* \$\$  
195 Water St, St. John's, NL  
(709) 754-8226 | [Website](#)

O'Reilly's Irish Newfoundland Pub  
*Pub-Style* \$\$  
13 George St, St. John's, NL  
(709) 722-3735 | [Website](#)

Piatto  
*Italian* \$\$  
377 Duckworth St, St. John's, NL  
(709) 726-0909 | [Website](#)

Pinnacle Restaurant (in the hotel)  
*Contemporary Canadian* \$\$\$  
120 New Gower St, St. John's, NL  
(709) 570-1660 | [Website](#)

Sushi Island  
*Japanese* \$\$  
210 Water St, St. John's, NL  
(709) 753-2378 | [Website](#)


Yellowbelly Brewery  
*Contemporary Pub* \$\$  
288 Water St, St. John's, NL  
(709) 757-3780 | [Website](#)






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USE DISCOUNT CODE  
**CACAP\_2026**



 [gatheralls.com](https://gatheralls.com)

 709-334-2887

 [info@gatheralls.com](mailto:info@gatheralls.com)

 Bay Bulls, Newfoundland

### Gatherall's Puffin & Whale Watching Website

Experience puffins, whales, icebergs + incredible coastal scenery. Entertaining. Educational. Engaging & Fun.

Tour Times:

Visit their website for specific details.

Admission:

*Adult \$94 | Senior \$85 | Student \$70*

### Iceberg Quest Ocean Tours Website

Join Newfoundland's award-winning boat tour Iceberg Quest from the heart of downtown St. John's. This two hour fully narrated tour lets you experience Cape Spear, Cabot Tower and Fort Amherst from the sea along with humpback whales, icebergs and the elegant Atlantic Puffin.

Tour Times:

Visit their website for specific details.

Admission:

*Adult \$100 | Student \$95 | Youth \$75*

### Ocean Quest Adventures Website

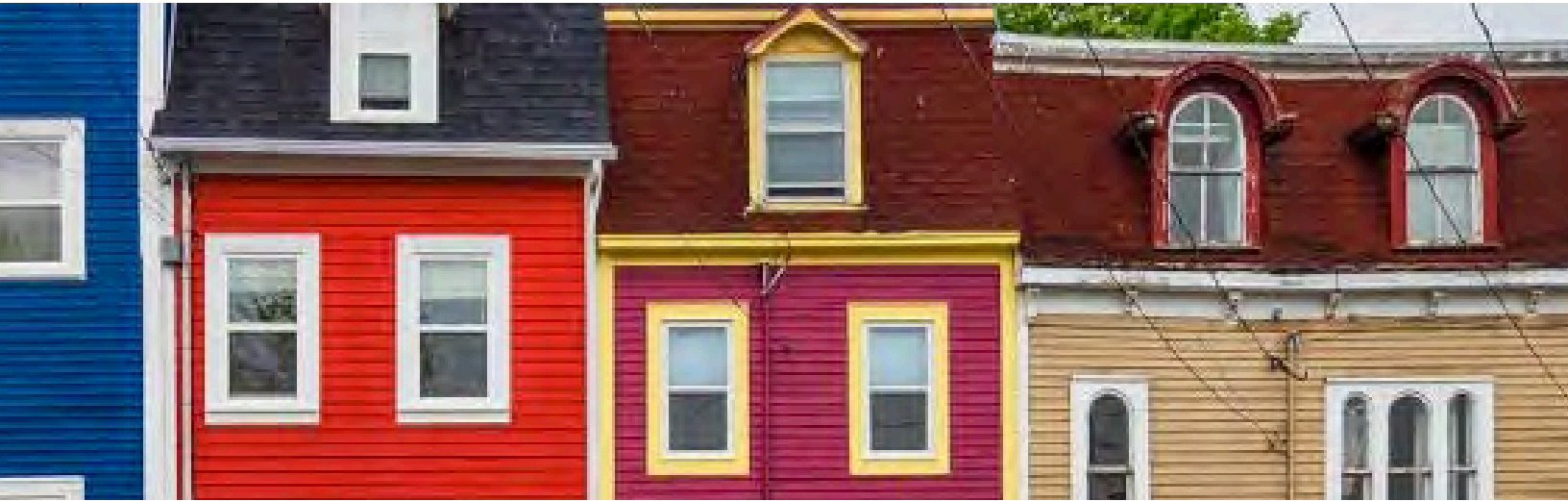
Ocean Quest Adventures "dives" into many areas of adventure including zodiac boat tours, snorkeling, kayaking and cod fishing!

Visit their website for more information.



**BOAT TOURS**





## Water Street Strolls

### [Website](#)

Water Street in St. John's, Newfoundland and Labrador is **one** of North America's oldest commercial streets, featuring a Water Street Historic District National Historic Site with pre-20th century buildings. Today, it is a bustling area with shops, restaurants, pubs, and boutiques, and in the summer it becomes a pedestrian mall with expanded patios and pop-up shops.

## East Coast Trail Hikes

### [Website](#)

The East Coast Trail unites genuine wilderness hiking with richly historic communities from Topsail Beach, to Cape St. Francis, to Cappahayden on Newfoundland & Labrador's Avalon Peninsula. There are 25 paths to explore...

The paths of the East Coast Trail take you past towering cliffs and headlands, sea stacks, deep fjords, and a natural wave-driven geyser called the Spout.

## Jellybean Row

### [Website](#)

The rainbow houses and business buildings are scattered throughout the downtown area on several different streets. Even alleys hold surprises such as artwork on fences, a door-knocker shaped like a fish, or a port-hole shaped window in the front door.

The Jellybean Row Houses have become an iconic part of St. John's character, and a must-see for visitors

## Grand Concourse Walkways

### [Website](#)

A vast network of walkways and trails winding through St. John's and connecting Mount Pearl, Paradise, and many other communities. Downtown St. John's – made up of Duckworth Street, Water Street, and Harbour Drive – makes for a fine day out, twacking along the some of the oldest streets in North America and exploring the waterfront. Other trails and boardwalks meander around lakes, along streams, and through peaceful wooded valleys.

EXPLORE THE OUTDOORS



## House of Assembly

### Website

Experience the focal point of democracy in our province! From our beginnings as a Colony of Great Britain, then a Dominion, and since 1949 a province of Canada, the Legislature has a rich history with many stories to tell.

Tour Times:

Monday to Friday, not available evenings or weekends

Admission:

Tours of the House of Assembly are free and take approximately 45 minutes. All tours must be booked in advance.

## Gower Street United Church

### Website

The Gower Street United Church, built in 1896, is a Romanesque Revival with Gothic elements, designed by Elijah Hoole, and became a Registered Heritage Structure in September 1995.

## Quidi Vidi Village

### Website

Quidi Vidi Village is a picturesque neighbourhood located in the city of St. John's, Newfoundland and Labrador, Canada.

Just a 5 minute drive to downtown, Quidi Vidi is known as the only village in Newfoundland; a special place within a place.



EXPLORE THE OUTDOORS



## The Rooms

### Website

This is NL's largest public cultural space - where history, heritage and artistic expression come together. The Rooms is a portal to the many stories this province and its people have to tell, including collections, exhibits and programs that tell stories and interpret our natural world through art, artifacts, archaeology, architecture and archival records. Hours: Visit their website for specific details.

Admission:

*Adult \$13.80 | Senior & Student \$8.97*

## Colonial Building Provincial Historic Site

### Website

The Colonial Building was home to the Newfoundland and Labrador Legislative Assembly from 1850 until 1959. A gem of neoclassical architecture, the building's grandeur is a testament to the optimism its builders felt about our future.

Tour Times:

Daily, 9:30am to 5pm

Admission:

*Adult \$6 | Senior & Student \$4 | Youth FREE*

## Newman Wine Vaults

### Website

Dating between circa late 1700's to the early 1800 the Newman Wine Vaults is one of the oldest standing structures in St. John's. Constructed of brick and stone, the vaults were used to age the Celebrated Newman's Port. The Newman Wine Vaults tell the amazing story of a 300-year connection between wine produced in sunny Portugal, aged in the cool climate of Newfoundland, and sipped by England's aristocracy for generations.

Tour Times:

Visit their website for specific details.

Admission:

*Adult \$6 | Senior & Student \$4 | Youth FREE*

## The Fluvarium

### Website

Discover the secret life of St. John's most renowned river and the ecosystems of which it is part. Explore how water shapes our land, our city, our history, and our lives. Experience accommodation in a venue like none other.

Tour Times:

Visit their website for specific details.

Admission:

*Adult \$8 | Senior & Student \$6*

## Commissariat Provincial Historic Site

### Website

The Commissariat was built between 1818-1820 as the home and offices of the Assistant Commissary General - the supply officer for British forces in Newfoundland. Today visitors are invited to explore life in St. John's in the 1830s when British rule was ending and the town was alive with talk of Newfoundlanders having the right to manage their own affairs.

Tour Times:

Visit their website for specific details.

Admission:

*Adult \$6 | Senior & Student \$4 | Youth FREE*

## NL Pharmacy Museum

### Website

Join Newfoundland's award-winning boat tour Iceberg Quest from the heart of downtown St. John's. This two hour fully narrated tour lets you experience Cape Spear, Cabot Tower and Fort Amherst from the sea along with humpback whales, icebergs and the elegant Atlantic Puffin.

Tour Times:

Wednesday to Sunday; 10 am - 4 pm

FUN FOR THE WHOLE FAMILY



## Bell Island

### Website

Bell Island is an island that is part of Newfoundland and Labrador, Canada's easternmost province. With an area of 34 square kilometres, it is by far the largest island in Conception Bay. Visit the lighthouse, go on a mine tour, see Grabes Nest, hike a trail and so much more!

Ferry Terminal is 17 km from hotel.

Portugal Bay - Bell Island [Ferry Schedule/Fares](#)

## Legend Tours

### Combination Tour

Discover the best of St. John's on our most popular bus tour, perfect for both first-time explorers and yearly visitors! This highly-rated tour takes you through iconic landmarks and hidden gems, offering a memorable journey through the city's rich history, breathtaking views, and vibrant culture.

Length: 3 hours

Tour Times:

9:30 AM and 2:00 PM on select days.

Admission:

*Adult \$90 | Senior \$85 | Child \$60*

### Northeast Avalon Tour

Join us on a bus tour that takes you north of St. John's along the coast. Explore charming coastal towns, immerse yourself in Newfoundland's rich history, and experience the natural rugged beauty that makes this region so captivating.

Length: 3 hours

Tour Times:

9:30 AM and 2:00 PM on select days.

Admission:

*Adult \$90 | Senior \$85 | Child \$60*

## La Manche Provincial Park

### Website

La Manche Provincial Park is full of attractions to offer park visitors. See remnants of the old fishing village of La Manche and explore among the old foundations of houses and outbuildings. Walk the reconstructed 50 metre suspension bridge across the gorge above the mouth of La Manche River. This park also offers visitors the opportunity to view a beautiful waterfall on the La Manche Falls Trail.

Within the park you can find many species of shrubs and wildflowers. Keep an eye out for honeysuckle, Labrador tea, tall meadow-rue, twin flower and lily-filled ponds as you enjoy the many trails through this park.

Tour Times:

Visit the website for more details

Picnic area open until 10pm with access to two hiking trails

## St. John's Walking Tours

### Website

There's no better way to explore St. John's, Newfoundland than on foot, and St. John's Walking Tours offers some of the best St. John's tours to help you discover the Canadian city's unique history, culture, and charm.

Tour Options: Signature Walking Tour, Walking on Water Street, Newfoundland Beer Tour

Admission: Varies (\$35 - \$105 per person)

TAKE A TRIP

