

## # ATTRACTIONS

- McFarland House Tea Room
- Niagara Pumphouse Arts Ctr.
- Fort George Historic Site
- Shaw Festival Theatre
- Butler's Barracks Historic Site
- Niagara-on-the-Lake Museum
- Voices of Freedom Park
- Fort Mississauga
- King Street Gallery
- All In The Wild Gallery
- Edward Spera Gallery
- Upper Cda.Native Art Gallery
- Butterfly Gallery
- ArtSpace106 Gallery
- Gate Street Studio

## I Niagara-on-the-Lake

### NIAGARA-ON-THE-LAKE RESTAURANTS

If you are visiting Niagara-on-the-Lake and looking for authenticity, affordability (\$-\$\$\$), atmosphere, and the best reviews (Google), below is a selection of 10 restaurants.

**Ginger Restaurant**, 390 Mary St. Asian Fusion.  
**Masaki Sushi**, 60 Picton St. Japanese cuisine.  
**The Grist Craft Kitchen and Brewery**, 78 Four Mile Creek Rd. Fun gastro pub menu.  
**Bar Ruffino**, 242 Mary Street. Italian cuisine & wine bar.  
**The Irish Harp Pub**, 245 King St. Irish style bar & cuisine.  
**The Exchange Brewery**, 7 Queen St. Brewery pub food.  
**Sandtrap Pub & Grill**, 358 Mary St. Sports-centric pub.  
**The Garrison House**, 111C Garrison Village Dr. Gastropub.  
**The Old Winery Restaurant**, 2228 Niagara Stone Rd. Tuscan-inspired & wood-fired pizzas.  
**Niagara Oast House Brewers**, 2017 Niagara Stone Rd. Tacos and Barbeque.

### NEED TO KNOW

During the War of 1812, Niagara-on-the-Lake was destroyed by fire and then rebuilt by Loyalist settlers. The town was designated a national historic site of Canada because it possesses the best collection of buildings in Canada from the period following the War of 1812, that is from 1815 to 1859, especially houses, designed in the British Classical tradition as well as vernacular buildings with features. The historic district is distinguished by the individualized façades and the clear differentiation between buildings.

## INFO ON THE GO

### Niagara Falls • Niagara-on-the-Lake

### NIAGARA FALLS RESTAURANTS

If you are visiting Niagara Falls and looking for authenticity, affordability (\$-\$\$\$), atmosphere, and the best reviews (Google), below is a selection of 16 restaurants:

**Niko's Place**, 5125 Victoria Ave., Fast food window w/ picnic table seating.  
**Falls Best Restaurant**, 5546 Robinson St. Asian fusion.  
**Kaashi Indian Cuisine**, 5745 Ferry St. Indian cuisine.  
**Niku Japanese BBQ**, 5278 Ferry St., Japanese cuisine.  
**Shooks A Taste of Jamaica**, 5983 Clark Ave. Jamaican.  
**Counterpart Brewing**, 3659 Stanley Ave. Upscale brewpub fare.  
**Tide and Vine Oyster House**, 3491 Portage Rd. Seafood restaurant & bar.  
**Timmy's Tanūr**, 4465 Drummond Rd. Halal restaurant.  
**Hi-Lite Restaurant**, 4524 Queen St. All day breakfast & lunch.  
**The Blind Pig Niagara**, 6689 Lundy's Ln. Handhelds, burgers, and pizza.  
**Taps Brewhouse**, 4680 Queen St. Brewery pub food.  
**Blackburn Brewhouse**, 8001 Blackburn Pkwy. Brewery pub food.  
**Paris Crêpes Café**, 4613 Queen St. French cuisine.  
**Taco N Tequila**, 6405 Stanley Ave. Mexican cuisine.  
**Zappi's Pizza & Pasta**, 6663 Stanley Ave. Wood fired pizza.  
**Strada West**, 7805 Lundy's Ln. Italian cuisine.

### WEGO VISITOR TRANSPORTATION

WEGO is the hop-on, hop-off visitor transportation system that connects all Niagara Parks locations to your hotel as well as other Niagara Falls tourism areas. The three WEGO lines all connect at the brink of the Canadian Horseshoe Falls - Table Rock Centre. A fourth line, connects the Botanical Gardens to Niagara-on-the-Lake April to October. See inset maps for more about 601-Red Line/ Lundy's Lane, 602-Blue Line/Fallsview-Clifton, 603-Green Line/ Niagara Parks, and 604-Orange Line/Niagara-on-the-Lake Shuttle.

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**CHIPPAWA RESTAURANTS**  
 If you are visiting Marineland and/or Dufferin Islands, consider having lunch or dinner in nearby Chippawa. Here are a few: **Mcuire**, 3876 Main St. Nigerian and Ghanaian Fusion. **Catalina's Bakery & Café**, 3746 Bridgewater St. Canadian, Korean and Keto. **Fried Chicken ROK's**, 7990 Portage Rd. Korean Fried Chicken. **Nine Five Eatery & Convenience**, 8053 Portage Road. Convenience store oasis with outdoor seating.

### HOT TIPS

Purchase a *Niagara Falls Adventure Pass Plus* from Niagara Parks. This bundle includes admission to 7 attractions and 4 heritage sites, including Journey Behind the Falls, Niagara Parks Power Station + Tunnel, White Water Walk, Old Fort Erie, Butterfly Conservatory, Whirlpool Aero Car and more. Adventure Pass Plus purchasers also enjoy 3-day access to WEGO and the Falls Incline Railway.

### # ATTRACTIONS

- Chippawa Battlefield
- Marineland
- Dufferin Islands
- Floral Showhouse
- Power Station
- Horseshoe Falls
- Journey Behind The Falls
- Table Rock Centre
- Falls Incline Railway
- Fallsview Casino
- Skylon Tower
- WildPlay Zipline
- Bird Kingdom
- Casino Niagara
- NF History Museum
- Lundy's Lane Battlefield

## II Queenston Heights

### # ATTRACTIONS

- White Water Walk
- Whirlpool Aero Car
- Great Wolf Lodge
- Niagara Whirlpool
- Whirlpool Beach
- Lookout Point
- WildPlay Niagara Falls
- Whirlpool Golf Course
- Niagara Glen Nature Ctr
- Botanical Gardens
- Butterfly Conservatory
- Centennial Lilac Garden
- Bruce Trail Terminus
- Landscape of Nations
- Brock's Monument
- Newspaper Museum
- Laura Secord Homestead
- Whirlpool Jet Boat Tours
- RiverBrink Art Museum

### HOT TIPS

If Niagara Falls was your Day #1, consider Niagara-on-the-Lake to Queenston Heights as Day #2, ("the bike ride", see cycling section), and Day #3 as Niagara Parks. Take the WEGO Bus to the Botanical Gardens and Butterfly Conservatory, then make your way to Niagara Glen, the Whirlpool Aero Car, and White Water Walk. It will be a full day. If extra time is available, check out any of the sites you may not have seen in Queenston Heights by using the WEGO Shuttle.

### NIAGARA PARKS AREA RESTAURANTS

**Whirlpool Restaurant**. The airy dining room is at the Whirlpool Golf Course. Open to the public throughout the golfing season, enjoy pub-style cuisine paired with a glass of Niagara VQA wine or a pint of Ontario craft beer. Open 11am-7pm in season.

**Garden Café @ Botanical Gardens**. The newly renovated, quick-serve café makes a good attempt at variety and healthy choice. Reviews indicate the good, bad, and expensive ("museum food"). A selection of Niagara wine and craft beer is available. Opening days and hours vary by season. Patio available.

**Fork You Restaurant**. An authentic Peruvian restaurant located at the bottom of this park district. It has earned rave reviews, 4.8 out of 5.

## Wineries

The Niagara Peninsula has the largest planted area of all viticultural areas in Canada. These vineyards are moderated by two prominent features: Lake Ontario and the Niagara Escarpment. At 802 feet deep, Lake Ontario's water mass moderates air temperatures year-round, while the Niagara Escarpment provides shelter from prevailing southwesterly winds. The Niagara Peninsula is home to about 100 wineries and is further divided into two regional appellations: Niagara-on-the-Lake and Niagara Escarpment.

Niagara-on-the-Lake contains 38 wineries. It is further divided into four sub-appellations - Four Mile Creek (the largest producer of wine grapes in Canada), St. David's Bench (the warmest in Niagara), Niagara Lakeshore, and Niagara River.

Wine production in Ontario is regulated by Vintners Quality Alliance (VQA). The labelled varietal, such as Syrah, must be at least 85% content, which is a widely used international standard. All VQA wines must declare where the grapes are grown on the front label. This can be simply "Ontario" (meaning it is sourced from anywhere in Ontario), or regional appellation like "Niagara-on-the-Lake", or a more specific sub-appellation, such as "Four Mile Creek".

In your wine tasting adventure, drilling down to a sub-region is desirable, as you can experience its terroir (the natural environment in which a particular wine is produced), including factors such as the soil, topography, and climate - and then be able to make cross-comparisons, aka. a Cabernet Franc from Niagara River vs. Four Mile Creek.

It is impossible to visit them all, so consider the following that produce sub-appellation products: **Four Mile Creek: Between The Lines Winery** [C-2] and **Joseph's Estate Wines** [C-2]. **St. David's Bench: Ravine Vineyard** [C-3] and **Château des Charmes** [B-3]. **Niagara Lakeshore: Palatine Hills Estate Winery** [B-1] and **Hinterbrook Winery** [B-1]. **Niagara River: Two Sisters Vineyards** [D-2] and **Reif Estate Winery** [D-2].

Many of the above schedule culinary events, while Two Sisters features full food service at Kitchen76, and Ravine offers Seasonal Tastes.

**Niagara College Teaching Winery, Brewery & Distillery** [A-3] offers a variety of pairing, tasting, and tour experiences at different times of day for a fee. The facility is located 12km from Niagara Falls. Sign up in advance. And finally, there is Icewine - the most famous wine of Niagara-on-the-Lake. Ontario is the world's largest producer of Icewine.

If you wish to dig in deeper, consider consulting with Ontario Wine Awards, Wine Country Ontario, Wineries of Niagara-on-the-Lake, and Ontario Wine Appellation Authority.

## Breweries & Distilleries

The Niagara Peninsula offers more than a dozen distillers and craft brewers. The following is an attempt to capture them all. If a listing includes an (F) - food service is available.

In the Niagara-on-the-Lake area, consider **The Exchange Brewery** (F) [C-1] and **Niagara Oast House Brewers** (F) [B-1]. Nearby in Virgil is **Silversmith Brewing Co.** (F) [B-2] and **Limited Distilling** [B-2]. Along the lakeshore is **Spirit in Niagara Distillery** [A-2]. In St. David's is **The Grist - Craft Kitchen & Brewery** (F) [C-3].

West of Niagara Falls is **Niagara College Teaching Winery, Brewery & Distillery** [A-3]. In Niagara Falls, see **Niagara Distillery** (F) [C-5], **Niagara Falls Craft Distillers** [C-6], **Counterpart Brewing** (F) [C-4], **Taps Brewhouse** (F) [C-5], **Niagara Brewing Company** (F) [C-5], and **Blackburn Brew House** (F) [B-6].

## Liquid Tour Companies

If the goal is to visit as many brewers, distillers, and wineries as possible, perhaps a designated driver and tour company should be on the menu. Consider: Niagara Craft Brewery Tours, Grape Escape Wine Tours, Niagara Wine Tours International, Niagara Getaway Wine Tours, Niagara Custom Tours, and, Grape and Wine Niagara Tours.

## Cycling

There are lots of cycling opportunities in Niagara. Let's start with the big one: Greater Niagara Circle Route - Niagara's 140km flagship cycle touring loop links the region's recreational trails including the Niagara River Recreational Trail, Welland Canals Parkway Trail, Friendship Trail, and the Waterfront Trail. 90% of the route follows off-road paved trails, with the remaining 10% on paved shoulders. Starting in Niagara-on-the-Lake, the route follows major bodies of water including the Niagara River, Lake Erie, Welland Canal, and Lake Ontario. The routes pass through wine country, past Niagara Falls, scenic Niagara River and Escarpment views, lake and canal riding, and rural and urban areas. It can take 2-3 days to complete!

The Niagara River Recreation Trail parallels the river for 56 km. The trail extends from Fort George in Niagara-on-the-Lake through Niagara Falls to end at Old Fort Erie. Along the way, cyclists descend the Niagara Escarpment while being treated to scenic vistas. Quality bicycles can be rented at **Zoom Leisure Bike Rentals & Tours** [C-1] at 431 Mississauga St. in Niagara-on-the-Lake. Zoom also has BikeShare locations nearby hotels and historic sites throughout Niagara-on-the-Lake. These shareable bikes are convenient. You can rent up to 4 bikes on 1 phone and they are adjustable to accommodate persons from 5'2" - 6'2". Download the Zoom BikeShare app.

If you are an average cyclist, and are visiting Niagara Falls, consider taking the the Niagara Parks WEGO 603-Green Line bus up to the Floral Clock and transfer to the 604-Niagara-on-the-Lake WEGO Shuttle; this will drop you off at **Fort George** [D-1]. After touring Fort George, and exhibits at the **Niagara Pumphouse Art Centre**, you'll find a Zoom BikeShare on the north side of Fort George - there are also two other BikeShare locations nearby (see app).

Ride the **Niagara River Recreational Trail** south towards Niagara Falls. You will pass **Walker's Country Market** [D-2] about 10 minutes into your journey - consider buying a boxed lunch, baked goods, or fruit for the journey (remember to bring a knapsack). You will reach **Queenston** [D-3] in 30-45 minutes; here you can tour the **Laura Secord Homestead** and the **Mackenzie Printery & Newspaper Museum**.

If you endeavor to head further south, expect a 60 metre descent as you glide down the escarpment (and a reascend on return). At **Queenston Heights** [D-3], tour the **Brock Monument**, **Landscape of Nations**, and the **Bruce Trail Southern Terminus Cairn**.

On the way back, riding 25 minutes will bring you to **Reif Estate** [D-2] for a Niagara River VQA wine tasting, and another 13 minutes to **Two Sisters Vineyards** [D-2] where you can enjoy a late lunch at Kitchen76 (check hours/days). 8 more minutes will return you to Fort George.

## Cycling Tour Companies

Organized Cycling Tours include Niagara Cycling Tours, Pedal Pub Niagara on the Lake, Niagara World Wine Tours International, eBikeNiagara, Zoom Leisure Bike Rentals & Tours, and Tour de Vine.