



**XX World Congress on
Gestational Trophoblastic Diseases**
October 20 – 23, 2019
Toronto, Canada



Niagara Falls -- Ontario, Canada – A Natural World Wonder

Before you arrive: download the Niagara Falls Visitor's Guide (www.niagarafallstourism.com) to learn about the many sites and activities and also cost-savings passes that allow you to see the top tourism sites for less cost. Also download the Explore Niagara brochure for great ideas and cost-saving coupons (www.niagarafallstourism.com)

How to travel to and from the many sites of the Niagara Parks system: It is not necessary to pay for transportation because you can walk along boisterous Clifton Hill to the Sky Wheel (Ferris wheel with enclosed gondola cars), the Niagara Parkway along the view of the falls, walk to the entrance to Hornblower Cruises, walk through lovely, floral, Victoria Park and find the Journey Under the Falls behind the Table Rock Building all in one afternoon. But if you want to venture further, or you want to see all the sights by bus, the WEGO bus costs CAD\$9 (\$6 for a child over 6 years old) for the whole day, anywhere you go on its four lines to all the best tourist spots. Travel as often as you want, wherever you want, for the whole day. Purchase tickets at any hotel, many restaurants, all tourism kiosks. (Parking in Niagara Falls is both difficult and expensive.)

Where are the public restrooms (toilets): Free and clean public restrooms are in the Table Rock building, the Queen Victoria Plaza, and the Victoria Park (in the building behind the statue of King George VI). Also, you will find Tim Horton's (Canada's iconic coffee shops), everywhere and they have good restrooms. For example, the Tim Horton's in front of the Sky Wheel, has large restrooms downstairs accessible by stairs or elevator.

Plan ahead! There is a lot of walking to do so wear good shoes. Wear sturdy shoes and have good knees if you want to hike the glen or the nature trails. If you have a lightweight plastic rain poncho and can toss some waterproof sneakers in a backpack then bring them. Ponchos cost CAD\$ 2.25 at the Table Rock gift shop if you want to purchase one. They are included in the admission price for the Hornblower cruise or Behind the Falls activities. There can be a wonderful, but cold and downright wet, mist off the Falls, depending on the weather and the wind direction. A clear plastic bag will be handy for your camera and cell phone, especially on the wetter activities. Also note that 13% tax will be added to everything.

The Best Free Things to Do!

Free! Walk the broad sidewalks of the Niagara Parkway for the best views and photo opportunities of the American Falls, the Bridal Falls (both on the US side of the Niagara River) and the Horseshoe Falls, right to Table Rock where you watch the Niagara River fall over the falls. Mesmerizing! Be ready to experience the Niagara mist and you might also see a rainbow. The Table Rock building has restaurants (fast casual on the main floor and finer dining on the second floor), lots of souvenirs and free washrooms. There is a nice indoor viewing area for the horseshoe falls from the second floor (elevator accessible). 'Journey Behind the Falls' tickets are sold at the back of the Table Rock building. As you walk along the Niagara Parkway, the falls are not the only wonderful sight; Victoria Park with its lovely gardens are just across the street. You will want to spend one leisurely hour doing this walk. If you will be at Niagara Falls overnight, make sure you go back to the falls at night to see the fireworks and the way the falls are illuminated at night. It is very romantic, and the kids will love it too!

Free! Walk down boisterous Clifton Hill, Niagara Falls' arcade, with places to eat and places to spend money! Walking past and enjoying the busy street is free; everything else is rather expensive (also fun for kids). We do recommend the Sky Wheel which you enter from close to the top of Clifton Hill (you can learn about it below). You will want 30 minutes to see the sights of Clifton Hill (much more if you enter the attractions).

Free! Need some peace and nature? From Table Rock take the Green Line WEGO (or walk about 20 minutes) to Dufferin Islands, a 10-acre park and oasis of quiet nature. Photographers and painters have been known to spend an entire afternoon here. You can see it in an hour though.

Free! Niagara Glen nature reserve hiking from the Niagara Parkway down to the Niagara River. Take the WEGO Green Line north of the falls to the Niagara Glen visitor center, then, if you are fit and can handle a lot of stairs, you can hike down the glen from the Niagara Glen visitor's center to the Niagara River below. Most of the trails are easy but there is some rough terrain. BUT, BE CAREFUL!! The mist might make rocks slippery, and most importantly, the Niagara River is deceptively fast-flowing and dangerous. Heed the warning signs, do not enter the river even to just get your feet wet! You should have good walking shoes (and knees!) to do some of this hike.

Free! Niagara Parks Botanical Gardens (free admission but pay for parking). Take the Green WEGO line north to the 90 acre botanical gardens (not too far from the Niagara Glen Visitor's center). As you visit Niagara Falls you will see beautiful garden displays everywhere and they all come from the gardeners and gardens of the Niagara Parks Botanical Gardens and its School of Horticulture. You will need an hour to enjoy this site.

Not Everything is Free! But these are the Best Value things to do!

Take a Hornblower Cruise up the Niagara River to the Falls (formerly called Maid of the Mist). Hear and feel the thunder of the falls and feel the power of the water as it drenches you (they provide a rain poncho and you will still get wet). Also, your shoes will get wet so bring sandals to wear in your backpack and you can buy sandals there as well). Hands down the best, most exciting thing to do in Niagara Falls. This is included in the Niagara Falls Adventure Pass (described in the Visitor's Guide at www.niagarafallstourism.com) or will cost about \$26 per person. Although the entrance is located right along the Niagara River parkway that you are going to walk to see the falls, you might have to stand in line for this adventure (length of time depends on time of day and how busy Niagara Falls is that day). You can buy timed tickets. The actual boat trip is about 20 minutes, and it is 20 minutes of 'amazing excitement'. This may be too much 'amazing excitement' for kids under 5 years old.

The Sky Wheel with its enclosed, climate-controlled gondola cars is a fun way to see a bird-eye view of the falls and the Niagara River. It is \$12.99 for adults and \$6.99 for children. It is a good value. You will see the entrance to the Sky Wheel towards the top of Clifton Hill.

Walk across the Rainbow Bridge to the US or even just half-way for a great view of the falls, wonderful photo opportunity and likely see a rainbow. BUT, you **must** have your passport with you **and** if you are from a country where you would require **a visa** to enter the US, then you must also have a visa ahead of time. The bridge walk will cost \$1. It is chilly on the bridge!

Niagara Parks Floral Showhouse is a series of greenhouses that help provide the wonderful floral gardens you will see everywhere all along the Niagara Parkway. Walk about 10 minutes from Table Rock or take the Green WEGO bus, and the admission is \$7. You will want at least a half hour to see this site (more if you are a gardener or hobby botanist).

Bird Kingdom. The world's largest indoor aviary, a huge free-flying bird sanctuary, so much fun (and informative) for kids. Also, you will see an extraordinary Javanese house from the 1800's. Buy tickets online and save \$2 per person, otherwise pay \$18 per adult and \$15 per child under 15 yrs old. Find it along the Niagara Parkway (Green line on WEGO), just north of the Rainbow Bridge. You will need an hour or more to see this site.

Tired of walking? Hungry? Thirsty? Prefer to see the falls over a coffee and food? There are restaurants on the upper and lower levels of the Table Rock Building, in the Queen Victoria Plaza (adjacent to Victoria Park), both with good views of the falls and the family-owned Secret Garden restaurant overlooking the gardens is directly in front of the American falls. Also experience coffee, soup, sandwiches and donuts the way Canadians do, at iconic Tim Horton cafés found nearly everywhere.

What else can we do? One can easily spend a few days in Niagara Falls or a week in the Niagara region. The Adventure Pass will tell you it's bundle of savings including the Journey Behind the Falls (fun and wet!). There is also the Wildplay Mist-Rider zip line and the Whirlpool Aero Car which takes you across the natural whirlpool that forms as the Niagara River changes direction. You will only cross from Canada to Canada, so no passport is required. Niagara Falls has a butterfly conservatory in the Botanical Gardens (\$17 for ages over 13 and \$11 for

ages under 13). You can try your luck at the two casinos in Niagara Falls; the casinos include shops and food courts open to everyone, but children will not be allowed entry to the gaming floors. Or spend more time in our beautiful Niagara region to experience wonderful wineries, award winning wines and our special ice wine. Niagara on the Lake, a lovely historic town full of things to see with great restaurants and the Welland Canal that enables shipping in the Great Lakes are a short drive away

Make sure to buy: Some maple syrup! Some Canadian wine! Some Ice Wine!

Prepared for the International Society for the Study of Trophoblastic Diseases by Michelle Marcotte, medical editor, www.marcotteconsulting.com