



Top Niagara Falls Story Ideas for 2022

As an international bucket-list destination, Niagara Falls offers so much to explore once you've seen the famous waterfalls. Whether your perfect escape includes getting close to nature, thrilling adventures, live entertainment, walking in the footsteps of history or tasting your way through a culinary delight, Niagara Falls has something for everyone.

1. History

- NEW - The architecturally stunning **Niagara Parks Power Station** opened to the public in 2021 with exhibits during the day and CURRENTS: Niagara's Power Transformed, a breathtaking immersive sound and light experience each night. In July 2022, the second phase of the power station opens. Travel down the tailrace tunnel to emerge beside the thundering base of the Horseshoe Falls. More information [here](#).
- NEW tour experience coming in 2022. Discover the rich Indigenous history and culture of Niagara Falls with the **Indigenous Niagara: Living Museum Tours**, an interactive guided tour. More information [here](#).
- As a final stop of the 'Underground Railroad', pay homage to the bravery of freedom seekers on a **Black History tour** with Niagara Bound Tours led by Lezlie Harper, a fifth-generation freedom seeker. More information [here](#).
- Visit the **Niagara Falls History Museum** to explore the history that changed a nation, steps away from tours of Drummond Hill Cemetery and a **War of 1812** battle site.

2. Canada's Entertainment Capital

Niagara Falls is a premier entertainment destination with year-round attractions, concerts, theatre and Canada's largest casino. Live music takes place across the destination on a regular basis at restaurants and bars. Locations such as Doc Magilligans, Niagara Brewery, hard Rock Café, Spycy Lounge and many others have live music almost every weekend and almost every night in summer months. Other live music venues include the Niagara Falls Convention Centre and the Fallsview Casino Resort, home to two state-of-the-art entertainment venues in Ontario (1,500 seat Avalon Theatre and the new 5,000 seat Entertainment Centre) with over 320 shows per year. More [here](#).

○ Live Music – "Music City"

Niagara Falls is designated a Music City through signature events like Niagara Falls MUSIC LIVE and other initiatives. Niagara Falls Tourism continues to foster the city's reputation as a leading destination for live music and live entertainment as Canada's Entertainment Capital.



NIAGARA FALLS TOURISM

Niagara Falls' signature events bring another great reason to visit the city:

- **Niagara Falls MUSIC LIVE** – Launched in 2021, this celebration of live music brings the city to life with multi-night events featuring Canadian artists. The inaugural event in December 2021 featured 75+ performances across 20 venues and top Canadian performers. Events are hosted in a variety of venues across the city from intimate performances at restaurants and bars to concerts in theatres and convention centres. Planning is underway for a series of *Niagara Falls MUSIC LIVE* events in 2022 and 2023.
- Celebrating 40 years in 2022, the **Niagara Falls Winter Festival of Lights (WFOL)** is Canada's largest and longest running free outdoor light festival – and it continues to grow each year with new themed routes and displays. NEW for 2021 was the extension of the Festival season from 58 nights to 101 Nights of Twinkling Lights (from November – February). Also NEW is the addition of family friendly live entertainment on weekends and daily throughout the holidays. Families can walk the Festival Route and then warm up to enjoy live entertainment indoors. From magicians and musicians to puppet ventriloquists and acrobats, the Festival's indoor entertainment also includes story time, oversized games and photo opportunities. More information [here](#)

3. Culinary Spotlight

- With its proximity to nearby farmland and wine region, the Niagara Falls culinary scene includes some of the best [dining](#) experiences in the country with talented chefs, inventive cuisine, critically acclaimed, locally inspired FeastON certified options paired with award-winning local wines, craft brews and spirits.
- Experience beautifully crafted dishes at AG Inspired Cuisine, the **#2 Best Fine Dining Restaurant in Canada**. The menu utilizes seasonal ingredients, brought together by the inventive hand of executive chef Cory Linkson. The **historic Flour Mill Restaurant** is acclaimed for its weekend "BLunch" and private dining in cabins and domes in the courtyard.
- A view takes ambiance to a whole new level. Dine right at the brink of the Falls at Table Rock House Restaurant. Enjoy 360 degrees views at the Skylon Tower Revolving Dining Room, and even more incredible views day or night at Massimo's Italian Fallsview Restaurant led by renowned celebrity chef Massimo Capra, 21 Club at the Fallsview Casino, and Watermark Restaurant, voted most romantic in Niagara Falls.
- For a truly unique Canadian treat and curated Ontario product, head to [Maple Leaf Place](#) to sample flights of pure maple syrup. This one-of-a-kind tasting experience is within the interactive [Maple Trail](#), the world's only indoor Maple Sugar Bush.

4. The Wonderous Outdoors

- Niagara Falls has some of Canada's most beautiful [public gardens and landscaped parks](#). While blooms are spectacular each season, spring is one of the most colourful times to visit. Niagara Falls is the **Daffodil Capital of North America**, boasts an impressive tulip display, Canada's largest rose garden, a Magnolia Allee, a fragrant Centennial Lilac Garden, iconic Floral Clock with 16,000 plants, one of Canada's largest Botanical gardens, plus a Japanese-style garden tucked behind the historic Oakes Garden Theatre.
- With 56km of natural wonders and outdoor parks, Niagara Falls is a **popular hiking destination**. The Niagara Parks Niagara Glen is a designated Nature Reserve with paths that wind through a Carolinian Forest and overlook the powerful Niagara River. South of the brink of the Falls, Dufferin Islands offers quiet secluded parkland with walking trails and picnic areas. Nestled high atop the Niagara Escarpment, Queenston Heights Park is the birthplace of Niagara Falls and also a terminus point of the famous Bruce Trail.
- Niagara Falls is a **top cycling destination** with over 300km of routes for beginners and pros. Explore the Niagara River Recreation Trail and Greater Niagara Circle Route on your own or join a Niagara River Bike Tour. For a leisurely ride to explore the sites and attractions, feel the breeze and go pedal-free with a Snap E-Bike rental.
- **World class golf** in Niagara Falls includes top courses at Niagara Parks Legends on the Niagara and the Whirlpool Golf Course. For more fun off the course, practice your swing on championship courses with a golf simulator at the Golf Lounge located in the Best Western Cairn Croft Hotel.



NIAGARA FALLS TOURISM

- Niagara Falls is an **international birdwatching destination** with over 280 species. Each February, bird lovers gather at *Birds on the Niagara International Bird Festival and Celebration*.

5. Wellness and Pampering

- Niagara Falls offers a number of spas in unique settings, with everything from traditional therapies to the latest treatments from around the world:
 - NEW – Opening in 2022, the **Marriott Fallsview Burning Springs Spa & Thermal Pool** is situated on the original location of a natural spring of burning water and offers three thermal pools with salt and minerals to soothe and restore, plus an outdoor fireside relaxation area and Finnish inspired Sauna Cabin.
 - The newly renovated Christienne Fallsview Spa at the Sheraton Fallsview Hotel includes breathtaking views of the Falls and a popular infinity tub.
- The combination of waterfalls and green spaces in Niagara Falls provide the perfect backdrop for wellness escapes. Take a deep breath and soak up the benefits of negative ions released by waterfalls. The Falls are a natural source of negative ions, which can have positive physiological affects on mood and stress levels, as well as help some people breathe easier. Visitors can also soak up the rejuvenating and restorative power of 56km of parkland and beautifully landscaped gardens.

6. Sustainable stories in Niagara Falls can be found [here](#).

Here's an overview:

- Niagara Falls Illumination celebrates Earth Hour and Earth Day each year
- Environmental Designations:
 - World Biosphere Reserve – Niagara Escarpment
 - Carolinian Life Zone – Niagara Peninsula
 - Provincially Significant Area of Natural and Scientific Interest (ANSI) – Niagara Gorge
 - Designated Nature Reserve – Niagara Glen
- Environmental Protection
- Sustainable Gardening Projects
- Green Spaces and Gardens
 - Niagara Glen and Nature Centre
 - Gardens – spectacular ranked among the most beautiful in the world: Queen Victoria Park, Oakes Garden Theatre, Botanical Gardens, Butterfly Conservatory, Floral Showhouse, Centennial Lilac Garden
 - Parklands – Dufferin Islands, Queenston Heights Park
 - Scenic Trails – Niagara River Recreation Trail
 - Cycling – Greater Niagara Circle Route
 - Birding
 - Bouldering
 - World-Class Golf
 - Geocaching
- Calendar of Blooms
- FeastON Restaurants

No visit to Niagara Falls is complete without one or more of these bucket-list adventures: hover 457m (1,500 feet) above the Falls with [Niagara Helicopters](#) for the perfect aerial shot of the entire city on this must-do four season adventure. Voyage into the mist to get up close and personal on [Niagara City Cruises](#) iconic boat ride where you get an epic view (and a little wet) as you sail toward the base of the Falls, 51m (167 feet) below the brink. [WildPlay Zipline to the Falls](#) for a thrilling panoramic ride, 67m (220 feet) above the natural marvel at speeds up to 70 km/h (44 mph). [Table Rock Centre](#), arguably one of the best views in the world, will bring you as close as it gets, 3m (10 feet) from the Falls. [Journey Behind the Falls](#) to descend 38m (125 feet) below the brink of the Falls to explore 130-year-old tunnels leading to an

observation deck and viewing portal to get a glimpse behind the wonder. Enjoy a leisurely gondola ride 53 metres above the Falls on the [Niagara SkyWheel](#).

Media inquiries:

Irene Knight, Public Relations Manager, Niagara Falls Tourism

iknight@niagarafallstourism.com

C: 905-651-5790

Niagara Falls Resources

- Hotels: book.niagarafallstourism.com/
- Attraction Packages: Niagarafallstourism.com/attraction-packages/
- Niagara Falls Itinerary Ideas: Niagarafallstourism.com/blog/itinerary/
- Getting here: Toronto to Niagara Falls [GO Train Service](#)
- Niagara Falls' commitment to guests and employees: SafetoPlay.ca

Website: www.niagarafallstourism.com

Instagram: [@NiagaraFallsTourismCanada](https://www.instagram.com/NiagaraFallsTourismCanada)

Facebook: [@NiagaraFallsTourismCanada](https://www.facebook.com/NiagaraFallsTourismCanada)

Twitter: [@NFallsTourism](https://twitter.com/NFallsTourism)

[#ExploreNiagara](https://twitter.com/ExploreNiagara)

Health and Safety

All events in Niagara Falls follow Public Health guidelines set out by the Government of Ontario. You must be fully vaccinated against COVID-19 to access certain businesses and settings, including restaurants and venues for Niagara Falls Music Live events. Proof of vaccination and government issued identification will be checked at venues. To learn more about vaccination requirements, visit <https://covid-19.ontario.ca>. Face coverings are required indoors and at select outdoor attractions. Visitors are asked to follow all Public Health guidelines.

About Niagara Falls Ontario

Overlooking the legendary Canadian Horseshoe, American and Bridal Veil waterfalls, Niagara Falls is a four-season destination renowned for its awe-inspiring natural wonders combined with world-class accommodation, thrilling entertainment and a burgeoning culinary scene. Visitors from Ontario, across North America and around the world who come to experience nature and adventure, discover family fun, feel the romance and explore unique and memorable experiences have made it Canada's premier entertainment destination and a world-renowned bucket list destination. Located within a 1-day drive of half the population of North America, more than 152 M people, Niagara Falls is the perfect getaway.

About Niagara Falls Tourism

Niagara Falls Tourism (NFT) is the official Destination Marketing Organization (DMO) for the City of Niagara Falls, Ontario, Canada, representing almost 400 member establishments in Niagara Falls, including members throughout the Niagara Region. Welcoming almost 14 million visitors into the destination each year, NFT promotes the tourism and hospitality sector to visitors around the world. Dynamic marketing campaigns and signature events inspire visitors to explore Niagara Falls and support the success of local business. NFT fosters the international reputation of Niagara Falls as a four-season bucket-list destination and Canada's entertainment capital.

