

STORY IDEAS – AUTUMN IN NIAGARA FALLS

The Fall season is a memorable time to explore Niagara Falls. The iconic vistas of the Niagara River Corridor and Escarpment throughout Niagara Falls offer spectacular views of quintessentially Canadian fall colours. The panoramic colours are complemented by picturesque public gardens and floral shows. Niagara Falls is the perfect fall getaway with a variety of options to take in the breathtaking sights and explore the outdoors.

VIBRANT COLOURS TRANSFORM NIAGARA FALLS

The Fall season is a memorable time to explore the spectacular [autumn](#) colours in Niagara Falls. The landscape bursts with vibrant colours of red, yellow, and orange. The same trees that have made Canada famous for Maple syrup dominate the landscape with brilliant fall colours throughout Niagara Falls. Celebrate the transition to fall in Niagara Falls as you tour the Niagara River Recreation Trail along the Niagara River and along the Niagara Parkway and enjoy breathtaking views complemented by the bold red, orange and gold hues and surrounding fall chrysanthemums. Plan a hike through the [Niagara Glen](#), a designated Nature Reserve with over 4 km (2.5 miles) of paths that wind through a pristine pocket of Carolinian Forest (a life zone in North America characterized by trees with broad leaves). Visit the [Niagara Glen Nature Centre](#) or the [Whirlpool Aero Car](#) for panoramic views of the fall colours overlooking the Niagara River and Whirlpool below.

NIAGARA FALLS PUBLIC GARDENS

Niagara Falls is surrounded by picturesque, landscaped gardens, considered among the most beautiful public gardens in Canada and the world. The gardens are open year-round, and the flowers vary each season offering a landscape of changing blooms. Take your time exploring and soaking up the healing and rejuvenating power of Niagara Falls' green spaces and vibrant colours. [Queen Victoria Park](#), the heart of Niagara Parks, celebrates every season with a visual spectacle. The spectacular [Oakes Garden Theatre](#) is the entranceway to Queen Victoria Park, the key central area of Niagara Parks that showcases the perfect panoramic view of the Falls. The [Niagara Parks Botanical Gardens](#) is among Canada's largest with 40 hectares (99 acres) of beautifully maintained gardens to explore including the largest rose garden in Canada and is home to the [Butterfly Conservatory](#), one of the largest in North America. Just south of the Falls, walk the green spaces and smell the flowers at the [Floral Showhouse, turned 75 years in 2021](#). With seven shows a year including one of the oldest, the fall Chrysanthemum Show, something new is always in bloom in the hands of the team of Horticulturists at Niagara Parks.

THE ICONIC FLORAL CLOCK (North of the Botanical Gardens)

One of the largest of its kind, each year the intricate design on the face of the iconic [Floral Clock](#) in Niagara Falls is planted with approximately 20,000 plants. The clock design is changed twice each year with seasonal blooms and features a different theme each year. Each planting takes up to two weeks.

Westminster Chimes - The grounds surrounding the clock feature bedding displays and a tower at the back of the clock houses Westminster chimes that greet guests each quarter hour. If the door into the tower is open, you can take a glimpse at the clock mechanism and enjoy photographs that show the history of almost every face design all the way back to 1950.

EVENTS

ANNUAL BUTTERFLY MIGRATION IN NIAGARA FALLS – SEPTEMBER 3-4, 2022

Each September, for almost 30 years, Niagara Parks holds its annual monarch release program *Majestic Monarchs* at the [Butterfly Conservatory](#). Guests are invited to join Niagara Parks staff in this international research tracking program [Monarch Watch](#), which tags and releases the endangered butterfly as it begins its remarkable journey south toward Mexico for the winter. Visitors have the opportunity to participate in tagging and releasing of the butterflies. The tags allow researchers to effectively track Monarch migration patterns and document changes and trends in their behaviour. Also, any found tags are recorded and posted online, giving participants the chance to potentially see where their tagged butterfly ended its journey. In addition to the release initiative, Niagara Parks staff educate visitors on the Monarch's fascinating lifecycle and the unique conservation efforts being taken to support these amazing insects.

One of the largest glass-enclosed butterfly conservatories in North America, this magical attraction features over 2,000 colourful tropical butterflies floating freely among lush, exotic blossoms and greenery. Paths wind through the rainforest setting, past a pond and waterfall and the Emergence window, where butterflies leave their pupae and prepare to take their first flight! The self-guided walking tour of the Butterfly Conservatory begins with a short, informative video presentation that is close captioned for the hearing impaired.

[ANNUAL FLORAL SHOWHOUSE CHRYSANTHEMUM SHOW \(October 8-November 18, 2022\)](#)

Each Fall the Niagara Parks Floral Showhouse is transformed into a lush fall paradise as cascading chrysanthemum blooms adorn every corner of the showroom during the annual Chrysanthemum Show – one of the longest running shows at the Floral Showhouse. Often considered one of the Floral Showhouse's most spectacular seasonal displays, the design of the Chrysanthemum Show features stunning hanging baskets and arrangements, as well as individual blooms and bushes, all bursting with bold autumn shades of red, gold, white and orange.

THINGS TO DO

NIAGARA FALLS - AN INTERNATIONAL FOUR-SEASON BIRDWATCHING DESTINATION

With its proximity to the Niagara River corridor, one of the world's most biodiverse places, Niagara Falls is an untapped four-season international destination for bird lovers, adventure travelers and ecotourists alike. More than 280 bird species can be found in the Niagara River Corridor. Over 27 species of gulls, many of them rare, have been found here making it the best gull watching location in the world and a top destination for birders from all over the world hoping to add them to their list. In 1996, the entire Niagara River corridor, stretching 56 km from Lake Erie to Lake Ontario, became the first site in North America to receive international recognition as an **Important Bird and Biodiversity Area (IBA)** by major conservation groups in Canada and the United States. Click [here](#) to see a full list of birds and birdwatching locations during the fall season.

NIAGARA FALLS – WORLD-CLASS GOLF DESTINATION

Niagara Falls is a world-class [golf destination](#) with 8 top golf courses designed by famed architects including [Legends on the Niagara](#), Canada's premier public golf course, and the [Whirlpool Golf Course](#), one of Canada's most highly rated and renowned public golf courses located in a spectacular setting against the backdrop of the Niagara River Whirlpool and Gorge.

Golf Lounge (Best Western Plus Cairn Croft Hotel)

The Niagara Golf Lounge offers an enhanced golf experience with indoor simulators and a sports entertainment bar. Eat, drink and swing the day away! Located in the lobby of the Best Western Plus Cairn Croft Hotel, guests and the public alike can enjoy a round of golf at one of 80+ of the world's top courses, regardless of the weather. Click [here](#) for more information.

CYCLING IN NIAGARA FALLS

Niagara Falls is one of Ontario's premier cycling destinations with over 300km of exceptional cycling routes and trails for beginners and pros alike. Whether you rent a bike or bring your own, there are great trails, bike friendly restaurants and self-guided tours to suit every level of cyclist in Niagara Falls, Canada. Begin a cycling tour in Niagara Falls and travel along the **Niagara River Recreation Trail**, which offers over 56 kilometers of breathtaking views, including the Niagara Glen and Whirlpool, finishing in historic Niagara-on-the-Lake. Cycle through the **Greater Niagara Circle Route**, a 140 km picturesque route along the Niagara Parkway beside the Falls leading you through the lush greenery of the Niagara Escarpment. **Niagara River Bike Tours** offer 2.5 hour cycling tours showcase the hidden gems along the Niagara River.

Click [here](#) for more information about cycling in Niagara Falls, including transit for you and your bike, bike friendly accommodations and bike rentals.

HIKE THE SCENIC TRAILS IN NIAGARA FALLS

Whether by foot or bike, discover 56 kilometers (35 miles) of historical and horticultural sights along the **Niagara River Recreational Trail**. Bordering the winding Niagara River, travel past the Canadian Horseshoe Falls, historical sites, attractions, restaurants and parkland as this trail connects Fort Erie to **Niagara-on-the-Lake**.

Dufferin Islands, popular with locals and tourists alike, offers ten acres of quiet secluded parkland including several small islands connected by bridges and footpaths. Admission is free.

Nestled high atop the Niagara Escarpment, **Queenston Heights Park** is the birthplace of Niagara Falls where garden and nature lovers, hikers and picnickers have enjoyed this park for generations. Queenston Heights Park is also a terminus point of the famous Bruce Trail and the location of **Brock's Monument**, a tribute to Sir General Isaac Brock, commander of the British forces in Upper Canada. A self-guided tour of the Battle of Queenston Heights starts at the foot of the monument and includes a climb to the top for a magnificent view. Also explore the Landscape of Nations: The Six Nations and Naïve Allies Commemorative Memorial. A nationally significant public artwork, the **Landscape of Nations** is a living memorial dedicated to the contributions and sacrifices made by Six Nations and Native Allies on Queenston Heights and throughout the War of 1812.

FALL HARVEST - FEASTON RESTAURANTS IN NIAGARA FALLS

Celebrate the Fall Harvest at any of Niagara Falls Feast ON certified restaurants. Committed to sourcing Ontario grown and made food and drinks, a restaurant with the FeastON designation ensures you will enjoy the Niagara terroir with a locally sourced and inspired meal.

- All five of the Niagara Parks' restaurants focus on locally sourced ingredients: **Table Rock House Restaurant**, **Queen Victoria Place Restaurant**, **Queenston Heights Restaurant**, **Legends on the Niagara Restaurant** and **Whirlpool Restaurant**.
- **Flour Mill Scratch Kitchen Restaurant** offers dining in the only historic restaurant in Niagara Falls dating back to 1904 (in the Old Stone Inn). Famous patrons include Princess Diana, Prime Minister Trudeau and more recently Chrissy Teigen and John Legend, among others.



NIAGARA FALLS TOURISM

- **AG Inspired Cuisine** is a recipient of CAA/AAA 4 Diamonds Award, OpenTable Top 100 Restaurants in Canada and TripAdvisor's 10 Best Niagara Falls Restaurants. This acclaimed dining experience showcases ingredients grown and harvested daily including honey from the new AG Busy Bee Honey Factory.
- **Ravine Vineyard** (Niagara-on-the-Lake) is considered one of the top 20 winery restaurants in the world. Located on a 100+ year-old farm, Ravine has been owned and operated for five generations by the Lowrey family who craft small-batch organic VQA wines, bake their own bread, raise their own pigs, and grow their own certified organic vegetables.
- **Vineland Estates** (Vineland) dates back to the 1800s and rests on the fertile Niagara Escarpment, located on a former Mennonite Homestead painstakingly restored. With sweeping views of lush vineyards, the farmhouse is the perfect place for an enjoyable and customizable dining sensation.
- **Peller Estates** (Niagara-on-the-Lake) is the ultimate wine and food lover's playground. Partake in a barrel cellar dinner, fine dining in the Winery Restaurant with Executive Chef Jason Parsons, or casual dining on the patio's Barrel House Grill.

SCENIC FALL DRIVE ITINERARY – NIAGARA FALLS

Plan the perfect getaway to Niagara Falls and while you're there take to the road to explore the area. With 56 km (35 miles) of natural wonders, outdoor parks, a nature reserve, trails, gardens, iconic attractions plus picturesque farms and countryside with world-class wineries and restaurants - Niagara Falls is one of the best places in North America to go for a [drive](#).

ABOUT NIAGARA FALLS CANADA

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 adventure, discover family fun and feel the romance have made it Canada's #1 leisure travel destination and an international bucket-list destination.

PLAN YOUR VISIT

For more information about unique and memorable experiences in Niagara Falls, please visit www.niagarafallstourism.com and these helpful resources:

WHERE TO STAY

Book a Fallsview room to enjoy a [Room with a View](#), the majesty of the Falls from the comfort of your bed, any time of the day. Niagara Falls [campgrounds and cottages](#) afford visitors a special way of getting a little closer to nature.

RESOURCES

- Niagara Falls Illumination: www.niagarafallstourism.com/illumination/
- Niagara Falls Itinerary Ideas: www.niagarafallstourism.com/blog/itinerary/
- Attraction Packages: www.niagarafallstourism.com/attraction-packages/
- Niagara Falls 24/7 Live Cam from Fallsview Casino: [Niagara Falls Live Stream](#)

LET'S STAY CONNECTED

Website: www.niagarafallstourism.com

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NIAGARA FALLS TOURISM

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

[NIAGARA FALLS AUTUMN PHOTOS LINK](#)