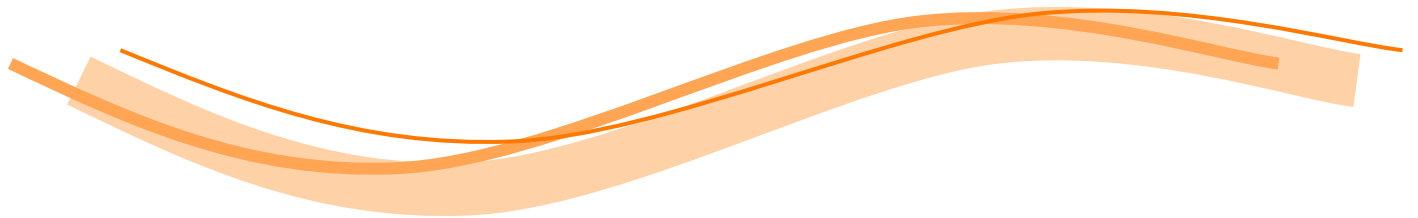




# HEART OF ONTARIO





<b>HEART OF ONTARIO</b>	<p>Explore from the heart and you'll discover many things! Like the perfect family vacation or couples getaway - right on your doorstep in Hamilton Halton Brant Region. Visit any time of year – but with its blazing autumn colours, scenic outdoor adventure and popular harvest fairs, the region of Hamilton, Halton and Brant is the ideal destination in the Fall.</p> <p>Located in the heart of Ontario, the region boasts the picturesque shoreline of Lake Ontario to the south and the winding Grand River to the north. Cutting through the region is the striking Niagara Escarpment, a UNESCO World Biosphere Reserve, with its dense forests, waterfalls and endless trails.</p> <p>Get back to the land in Hamilton with a trip to one of the city's many country markets and farms, a short, scenic drive from the city's downtown core. Pick apples at the beautiful Carluke Orchards in Ancaster, grab your own Halloween pumpkin at Dyment's Farm in Dundas or visit Rockton Berry Farm Country Market for its mouth-watering blend of fresh produce, gourmet deli and baked goods.</p> <p>Hamilton is also home to the country's largest Pow Wow at the Canadian Aboriginal Festival, celebrating the best of aboriginal culture with music, lacrosse competitions and 1,000 dancers from across the continent. It will be held at Hamilton's Copps Coliseum on November 25, 26, 27, 2011.</p> <p>Hit the wine trail in Hamilton, the gateway to Niagara's wine country. Local wineries include the award-winning Ridge Road Estates and Puddicombe Estate Farms &amp; Winery, ideal for a fall outing with the whole family thanks to weekend events such as the Country Wine &amp; Harvest Festival and Halloween Ho-Down.</p> <p>Take in the beautiful fall colours at Canada's largest garden of its kind, Royal Botanical Gardens with its 2,700 acres of colourful blooms, conservation areas and trails. The garden is also in full-bloom year-round with indoor exhibitions and a stunning arboretum bursting with exotic foliage.</p> <p>Fall into nature in the neighbouring Halton region where you can scale the Niagara Escarpment on a chair lift ride at Kelso Park or take in the spectacular fall colours from one of its many trails. Train buffs and kids will love the autumn views from the vintage Halton County Radial Railway.</p>
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	<p>Take in an entertainment farm at Chudleigh's in Milton where three-generations of the family have helped bring apple farming to the mainstream with apple picking and delectable baked goods, including the world-famous Apple Blossom.</p> <p>Then head over to Brant County for more hands-on fall festivals at the St. George Applefest in St. George or take the kids on a wagon ride and meet the farmers at Orchard Fresh Produce.</p> <p>Bundle up and head over to the heart of Ontario for a beautiful and memorable fall season...</p>
<b>Location</b>	Located in the heart of Ontario, the region boasts the picturesque shoreline of Lake Ontario to the south and the winding Grand River to the north. Cutting through the region is the striking Niagara Escarpment, a UNESCO World Biosphere Reserve, with its dense forests, waterfalls and endless trails.
<b>Geography</b>	The Heart of Ontario includes County of Brant, City of Brantford, Halton Region (City of Burlington, Town of Halton Hills, Town of Milton, Town of Oakville), City of Hamilton, Six Nations of the Grand River Territory and Mississaugas of the New Credit First Nations.
<b>Name</b>	The Heart of Ontario is exactly descriptive of this region! The town of Hamilton was conceived by George Hamilton.
<b>Population</b>	The population of Metro Hamilton is nearly 700,000.
<b>Language</b>	English
<b>Currency</b>	Canadian Dollar
<b>Tipping</b>	This is home from home – so as you usually reward good service.

<b>CLIMATE</b>	
<b>General climate</b>	As for Toronto.
<b>Today's weather</b>	Saturday, July 30 <sup>th</sup> 2011 is sunny and 29C – a perfect summer's day!
<b>Best time to visit</b>	This region is a great spot for a short break any time of year.

<b>GETTING AROUND</b>	
<b>Getting There</b>	Drive down the Queen Elizabeth Way or west on the 401 and you're there before you know it!
<b>Cities</b>	Hamilton is the biggest city of the region.
<b>Distances</b>	Most of the region is only 30 to 60 minutes drive away from Toronto.
<b>Boats</b>	<p><b>Hamiltonian Tour Boat</b></p> <p>The 12 passenger tour boat offers a leisurely narrated 60 minute tour of the Hamilton harbour with the captain providing interesting stories and history of one of North America's most noteworthy harbours.</p> <p>47 Discovery Drive, Hamilton, ON L8L 8K4 905-525-4498</p>

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<p><b>Trains</b></p>	<p>The Halton County Radial Railway and the OERHA was formed in 1953 by a group of men who wanted to save Toronto Transit Commission (TTC) streetcar 1326 from being sent to the scrap yard. After the donation of this streetcar, the dream grew. Land that used to be a part of the Toronto Suburban Railway in Nassagaweya Township was acquired, and subsequently, a number of other street and radial cars were eventually rescued. The museum's grand opening to the public took place in 1972.</p> <p>Since the beginning, the vision of the HCRR was to inform, educate and inspire the public about the electric railway history of Ontario and Canada. Today, the museum displays and operates a variety of historic streetcars, radial cars and work cars, and maintains a collection of photographs, memorabilia and archival materials. The oldest rail car in the collection dates from the late 1800s.</p> <p>Admission to the Halton County Radial Railway includes unlimited historic streetcar rides on two kilometers of scenic track, which stops at our famous ice cream shop (approximately a 20 minute ride), access to the grounds, display barns and historic Rockwood Station.</p>
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<p><b>ACCOMMODATION TYPES</b></p>	<p>Excellent full function hotel choices are here aplenty, but there are also some lovely B&amp;B's and even camping options too.</p>
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<p><b>LIFESTYLES</b></p>	
<p><b>Kids</b></p>	<p>Pick apples at the beautiful <a href="http://www.carlukeorchards.ca">Carluke Orchards</a> in Ancaster, grab your own Halloween pumpkin at <a href="http://www.dyments.com">Dyment's Farm</a> in Dundas or visit <a href="http://www.rocktonberryfarm.com">Rockton Berry Farm</a> Country Market for its mouth-watering blend of fresh produce, gourmet deli and baked goods. Visiting the Rockton Berry Farm is a unique country experience - a boutique, gourmet food, deli and specialty bakery, and when in season, scoop ice cream and frozen yogurt, all wrapped up under one roof.</p> <p><a href="http://www.carlukeorchards.ca">http://www.carlukeorchards.ca</a>  <a href="http://dyments.com">http://dyments.com</a>  <a href="http://www.rocktonberryfarm.com">http://www.rocktonberryfarm.com</a></p>
<p><b>Teens</b></p>	<p><b>African Lion Safari</b>  Come 'face to face' with over 1,000 exotic birds, animals that roam free in large Game Reserves. Live animal shows, Misumu Bay Wet Play. It's a full day of family fun. May 7 to October 10, 2011  R.R. #1, 1386 Cooper Rd, Cambridge, ON N1R 8B2  Tel: 519-623-2620  Website: <a href="http://www.lionsafari.com">http://www.lionsafari.com</a></p> <p><b>Canadian Warplane Heritage Museum</b>  9280 Airport Rd. Mount Hope</p>

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	Home to over 40 aircraft from WWII to military jets; including an operational Avro Lancaster. Vintage aircraft flying, restaurant, gift shop, displays, guided tours.
<b>Romance</b>	My pick for a romantic spot would be one of the 100+ waterfalls that grace the region.
<b>Seniors</b>	Dundurn National Historic Site Visit the magnificent home of Sir Allan Napier MacNab, one of Canada's first premiers. Discover mid-19th-century Hamilton on your tour of more than 40 rooms on three floors. 610 York Blvd. Hamilton, ON L8R 3H1 905-546-2872 <a href="mailto:dundurn@hamilton.ca">dundurn@hamilton.ca</a>

<b>UNIQUES</b>	<p><b>Six Nations of the Grand River</b></p> <p>The Six Nations of the Grand River Territory is a league of nations comprised of the Onondaga, Cayuga, Seneca, Mohawk, Oneida, and Tuscarora. The Tuscarora who are originally from North Carolina joined the confederacy in 1722.</p> <p>The traditional account of how the Iroquois Confederacy was formed began with “the Peacemaker” who brought teachings of the peace, power and righteousness which is known as “The Great Law of Peace”. “The Great Law of Peace” is the founding constitution of the Haudenosaunee Confederacy and is the underlying basis for our society. Fifty Chiefs, Clanmothers and Faithkeepers were appointed as the “Caretakers of the Law” each with their respective jobs and duties to follow. It is in this way that the “The Great Law of Peace” is perpetuated and remains intact and alive today.</p> <p>The Chiefs pass their title down to their successors and are chosen by the Clanmothers who are the head of each Clan (family). The Clans include three each from the land, water and the sky – the Turtle, Eel, Beaver, Heron, Hawk, Snipe, Bear, Wolf and the Deer.</p> <p>Haudenosaunee - “People of the Longhouse” are a matrilineal society, which means ones Clan and Nation are passed down to a child from his or her mother. People from the same Clan are not allowed to marry each other, as a Clan constitutes a familial relationship.</p>
<b>Surprising</b>	The people of Six Nations are the oldest living participatory democracy on earth. Their 800 year-old model of self-government served as an inspiration for Thomas Jefferson, the leading author of the U.S. Constitution.
<b>History</b>	In pre-colonial times, the Neutral Indians used much of the land but were gradually driven out by the Five (later Six) Nations (Iroquois) who were allied with the British against the Huron and their French allies. A member of the Iroquois Confederacy provided the route and name for Mohawk Road, which originally included King street in the lower city. In 1784, about 10,000 United Empire Loyalists settled in Upper Canada

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	<p>(what is now southern Ontario), chiefly in Niagara, around the Bay of Quinte, and along the St. Lawrence River between Lake Ontario and Montreal. They were soon followed by many more Americans, some of them not so much ardent loyalists but attracted nonetheless by the availability of inexpensive, arable land. At the same time, large numbers of Iroquois loyal to Britain arrived from the United States and were settled on reserves west of Lake Ontario.</p> <p>The town of Hamilton was conceived by George Hamilton (a son of a Queenston entrepreneur and founder, Robert Hamilton), when he purchased farm holdings of James Durand, the local Member of the British Legislative Assembly, shortly after the War of 1812. Nathaniel Hughson, a property owner to the north, cooperated with George Hamilton to prepare a proposal for a courthouse and jail on Hamilton's property. Hamilton offered the land to the crown for the future site. Durand was empowered by Hughson and Hamilton to sell property holdings which later became the site of the town. As he had been instructed, Durand circulated the offers at York during a session of the Legislative Assembly and a new Gore District was established of which the Hamilton town site was a member.</p> <p>Initially, this town was not the most important centre of the Gore District. A permanent jail was not constructed until 1832 when a cut-stone design was completed on one of the two squares created in 1816, Prince's Square. Subsequently, the first police board and the town limits were defined by statute on February 13, 1833. Official City status was achieved on June 9, 1846, by an act of Parliament.</p>
<b>Must Sees</b>	<p>The <b>Niagara Escarpment</b> as it curves its way through this region, together with its many waterfalls and the Bruce Trail which is the finest hiking path in Ontario.</p>

<b>SPORTS ACTIVITIES</b>	<p>Hamilton was the host of Canada's first major international athletic event, the first Commonwealth Games (then called the British Empire Games) in 1930</p>
<b>Golf</b>	<p>There's a host of excellent golf courses dotted throughout the region. Here's just a few:</p> <p>Apollo Valley Golf Club 2462 2nd Concession W Lynden 9 holes in a country setting. Great for juniors, seniors and beginners. Rentals available.</p> <p>Carlisle Golf &amp; Country Club 523 Carlisle Rd L0R 1H0 Offer 27-holes of spectacular golf. This meticulously maintained course will challenge any caliber of player.</p> <p>Century Pines Golf Club 592 Westover Rd Troy</p>

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	<p>Challenge this new 18-hole championship golf course re-designed in 2001 in a parkland motif by renowned Architect Ted Baker or relax on the beautiful patio for a cool beverage.</p> <p><b>Chedoke Golf Club</b> 563 Aberdeen Ave. Hamilton Minutes away from downtown Hamilton and incorporating the scenic Niagara Escarpment, the Chedoke Golf Course features two 18-hole courses that offer fair and challenging layouts.</p> <p><b>Chippewa Creek Golf &amp; Country Club</b> 9639 Chippewa Creek Rd. W, Mount Hope The layout at Chippewa verges on the spectacular, sculpted over gently rolling terrain, amongst water hazards and through scenic woodlands.</p> <p><b>Copetown Woods Golf Club</b> P.O. Box 100 Copetown Copetown Woods Golf Club is home to one of the area's finest Championship golf courses and an elegant Victorian style Clubhouse.</p> <p><b>Glancaster Golf &amp; Country Club</b> 555 Glancaster Road Mount Hope This par 71 course is a challenging 6,200 yards over gently rolling terrain, with bunkers and water coming into play on many holes.</p> <p><b>Hamilton Golf &amp; Country Club</b> 232 Golf Links Road Ancaster The Hamilton Golf and Country Club is a private 27 hole championship golf course, established in 1894.</p> <p><b>Heron Point Golf Links</b> 2787 Dunmark Road Alberton Ranked 73rd in the country by SCOREGolf in 2008, Heron Point has played host to several Canadian Tour events, including the 1997 Canadian Masters won by Mike Weir at 18 under par.</p>
<b>Fishing</b>	<p><b>The Grand River</b> offers excellent fishing opportunities, and is home to over 80 different species of fish which represent over 50% of all the species found in Canada.</p>
<b>Horse riding</b>	<p><b>Conestoga River Horseback Adventures</b> Trail rides, sleigh and wagon rides, camps, lessons and parties. Family owned and very friendly. <a href="http://www.horsebackadventures.ca">http://www.horsebackadventures.ca</a></p>
<b>Hiking</b>	<p>The Niagara Escarpment, which runs through the heart of the region, has been designated as a World Biosphere by UNESCO and is the home to <b>The Bruce Trail</b> with some of the best sections of trail anywhere along its considerable length.</p>
<b>Cycling</b>	<p>The <b>Waterfront Trail</b> is a perfect (and mostly flat!) path for bikers. For mountain bikers, parts of the <b>Bruce Trail</b> are very challenging. Find bicycle friendly businesses in: Niagara and other Greenbelt Regions including Hamilton, Halton, York, Peel, Durham &amp; Northumberland; plus County of Frontenac. Accommodations,</p>

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	<p>Restaurants, Cafes and Attractions. Click to go to Welcome Cyclists Website <a href="http://www.welcomecyclists.ca">http://www.welcomecyclists.ca</a></p> <p><b>The Bike Train</b> is a fun, economic and environmentally friendly way to enjoy a self-guided biking getaway in Ontario. The Bike Train provides passengers with bikes a convenient roll on, roll off service to the doorstep of Ontarios' premier tourist destinations. Click to go to Biketrain.ca website at <a href="http://www.biketrain.ca">www.biketrain.ca</a></p>
<p><b>Canoeing</b></p>	<p><b>Grand River:</b> Cruise through history and spectacular scenery along the Grand – a Canadian Heritage River. Explore the river by canoe, kayak or enjoy a relaxing lunch or dinner cruise in season.</p>
<p><b>Football</b></p>	<p>The <b>Canadian Football Hall of Fame</b> is a not-for-profit corporation, located in Hamilton that celebrates great achievements in Canadian football. It is an open to the public institution. It includes displays about the Canadian Football League, Canadian university football and Canadian junior football history. It includes a gift shop and the Hall recently opened a website. The main feature of the Hall is the central portion of the museum where inducted members, each with a metal bust depicting their head, are displayed. There are also featured displays that highlight each Canadian Football League team's history, and an interactive field goal kicking exhibit.</p> <p>The Canadian Hall of Fame officially opened on November 28, 1972. It is located in downtown Hamilton, beside the former Hamilton City Hall and Family Courts Building, which is inside the former Andrew Carnegie library on Main Street, between Bay Street and MacNab Street.</p> <p>The Canadian Hall of Fame is easily identified by the slightly-larger-than-life metal sculpture Touchdown, featuring a successful receiver being tackled. Currently, the Canadian Football Hall of Fame has honoured over two hundred inductees.</p> <p>The Canadian Football Hall of Fame is open from Tuesday to Saturday from 9:30 a.m. to 4:30 p.m. Admission is seven dollars for adults. During many months the Grey Cup is displayed in the Hall's foyer. During each Hamilton Tiger-Cats home game the Hall extends hours until game time, though Ivor Wynne Stadium is several kilometres east of downtown Hamilton.</p> <p><a href="http://www.cfhof.ca">http://www.cfhof.ca</a></p>
<p><b>Running</b></p>	<p>The <b>Around the Bay Road Race</b> circumnavigates Hamilton Harbour or Burlington Bay. Although it is not a marathon distance at 30kms, it is the longest continuously held long distance foot race in North America. I have had the pleasure of running this race for the last four years and it's in my Top 10 Races:</p> <p><a href="http://www.chrisrobinsontravelshow.ca/Planning/ChrisTop10Lists/Marathons.aspx">http://www.chrisrobinsontravelshow.ca/Planning/ChrisTop10Lists/Marathons.aspx</a></p>

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<p><b>CULTURE</b></p>	<p><b>The Six Nations</b>     <a href="http://www.sntourism.com">http://www.sntourism.com</a></p> <p><b>Chiefswood National Historic Site</b>          Sitting atop the rolling hills of Six Nations Chiefswood National Historic Site was built in 1856. The site is the birthplace and home of famed Canadian poet and writer, Pauline Johnson. Today, Chiefswood National Historic Site is open to the public and features tours throughout the home and estate daily. Open May (Victoria Day, by appointment only), October (10am - 3pm) and November.</p> <p><b>Bear's Inn</b>          Experience Iroquois Culture &amp; Hospitality at this Gracious Country Inn. Each of the 14 rooms and private cabins has a different story to tell.</p> <p><b>Woodland Cultural Centre</b>          The Woodland Cultural Centre is a First Nations educational and cultural centre. It was established in 1972 to protect, promote, interpret and present the history, language, intellect and cultural heritage of the Onkwehon:we.</p> <p><b>Royal Chapel of the Mohawks</b>          Her Majesty's Royal Chapel of the Mohawks is the oldest "Protestant" church in Ontario, constructed in 1785. The grounds of the Mohawk Chapel is the final resting place of Chief Joseph Brant and his son John Brant. The Chapel is open to the public from May to the end of October.</p>
<p><b>Arts</b></p>	<p>Discover unique collections and exhibits at the Art Gallery of Hamilton, Burlington Art Centre, Oakville Galleries, Brantford Arts Block and Glenhyrst Art Gallery. Catch exciting live theatre at Hamilton Place, Oakville Centre, Sanderson Centre (an historic vaudeville theatre) and Theatre Aquarius. Take in a great concert at Copps Coliseum.</p> <p>Founded in 1914, the <b>Art Gallery of Hamilton</b> is Ontario's third largest public art gallery. The Gallery has over 9,000 works in its permanent collection that focus on three areas: 19th-century European, Historical Canadian and Contemporary Canadian.</p> <p>The <b>McMaster Museum of Art</b>, founded on campus in 1967, houses McMaster University's collection of more than 6,000 works of art, including exhibitions on the historical and contemporary work and the Herman Levy collection of Impressionist painting.</p> <p>The <b>Burlington Art Centre</b> is home to Canada's foremost collection of contemporary Canadian ceramics.</p>

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<p><b>Music</b></p>	<p>The thirteenth annual <b>Canadian Aboriginal Music Awards</b> gala will be staged at the Hamilton Place Theatre, Friday evening November 25th 2011. The Music Awards gala features performances by some of the best Aboriginal Musicians from across Canada and USA. More than 300 entries are expected for this years' awards. Entries from across Canada are juried by some 90 jurors drawn from both the Aboriginal and non-Aboriginal music industry.</p>
<p><b>Films</b></p>	<p>The 2009 film Defendor, starring Woody Harrelson as a vigilante superhero, is implied to take place in Hamilton, referred to by its nickname of "Hammer Town" several times throughout the film.</p>
<p><b>Museums</b></p>	<p>Hamilton has built on its historical and social background with attractions including the Canadian Warplane Heritage Museum, the HMCS Haida National Historic Site (Canada's most famous warship and the last remaining Tribal Class in the world), Dundurn Castle (the residence of a Prime Minister of Upper Canada), the Royal Botanical Gardens, the Canadian Football Hall of Fame, the African Lion Safari park, the Cathedral of Christ the King, and the Workers Arts and Heritage Centre.</p> <p><b>HMCS Haida:</b> She is the last remaining example of the 27 Tribal Class destroyers built for the Royal Canadian Navy, the Royal Navy and the Royal Australian Navy between 1937 and 1945. It has been said that The Tribals were "magnificent in appearance, majestic in movement and menacing in disposition". Technologically, they represented the most advanced naval architecture, marine propulsion systems and weaponry of their time.</p> <p>Once, HAIDA was a mighty fighting ship. Today, she is an irreplaceable historic artifact and her significance has been formally recognized by the Canadian Historic Sites and Monuments Board. Not only is the ship historically significant, but she is a cultural asset representing a life style, however transient, of more than a generation of Canadians who served in Canada's Navy between 1943 and 1963. The thousands of men who sailed in Haida represented a total cross section of Canadian society during that period. Today, Parks Canada owns and operates HMCS HAIDA as a National Historic site.</p> <p>Pier 9, 658 Catharine Street North, Hamilton  <a href="http://hmcshaida.ca">http://hmcshaida.ca</a></p> <p><b>Canadian Warplane Heritage Museum</b> is a living museum featuring the aircraft used by Canadians or Canada's Military from the beginning of World War II up to the present. The Museum's collection includes aircraft that really fly and several that remain on static display and are interactive workshops.</p> <p>The museum strives to allow the visitor to experience and interact with</p>

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	<p>our displays. One could climb into the cockpit of a real WWII trainer or a real jet fighter, the Avro CF-100. There are interactive flight combat simulators which will surely test the flight skills of any aspiring aviator. The Museum also offers the visitor an educational experience that will take them back through Canadian history. The Museum has interactive video displays, movies, photographs and memorabilia from Canadian History. It's situated adjacent to Hamilton International Airport at 9280 Airport Road, Mount Hope.  <a href="http://www.warplane.com">http://www.warplane.com</a></p>
<p><b>Festivals</b></p>	<p>Celebrate year-round with festivals such as Music Concerts, Fall Fairs, Flower Festivals, Six Nations Powwows, Winter Carnivals, Festival of Lights, International Villages and much more.</p> <p><b>The Canadian Aboriginal Festival</b> is scheduled for November 25th, 26th &amp; 27th, 2011 at the Copps Coliseum , Hamilton, Ontario. 2011 marks the 18th Anniversary of the Canadian Aboriginal Festival. The Festival offers something for everyone from shopping, food, spectacular dancing, lacrosse, contemporary music, and many other items.  <a href="http://www.canab.com">http://www.canab.com</a></p> <p><b>St. George Applefest</b>          Visit one of the Premier Festivals in Ontario - filled with good food, tons of shopping and on - going entertainment enjoyable for the whole family. Nestled centrally to Cambridge, Paris and Brantford, St. George is blessed with apple blossoms in the spring and a fresh crop of apples in the fall. At this time of year our community “comes alive” and hosts a fantastic festival highlighting apples, pies, crafts, artisans, live entertainment, kids rides and much more.  <a href="http://www.stgeorgeapplefest.com">http://www.stgeorgeapplefest.com</a></p> <p><b>AGH CIBC Wood Gundy World Film Festival 2011          Sept 23 – Oct 2, 2011</b>          Celebrating The French Connection in 2011, in partnership with Le Centre français Hamilton inc., films will be screened from France as well as works by acclaimed Quebec directors. Experience Festival fun outside the Westdale Theatre on October 1st and 2nd, as the Westdale BIA joins in with a street celebration as well.          This is a great example of what makes the World Fim Festival the success it is: it's all about the partnerships. Building from the first festival with its Italian flavour, partner Cinema Insieme is back with a free outdoor screening of classic Cinema Paradiso at Hamilton City Hall, complete with a live music component. Another returning partner is the Ancaster Film Fest, this year adding a second day of matinee screenings. New programme partners include the Burlington Art Centre</p>

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	<p>and Encore Cinemas in downtown Burlington, growing the Festival beyond municipal boundaries. In the heart of downtown Hamilton, Hamilton Public Library is joining to present free lunchtime screenings at the newly-renovated Central Branch. And throughout the Festival, Central's LED screens will showcase video installations commissioned especially for the Festival.</p> <p>The festival is looking closely at the world's biggest festivals (Cannes, TIFF, New York Film Festival, Tribeca, and Sundance, among others), to see which films (including documentaries) really spark the imagination. And speaking of sparks flying and igniting change, there's a special multimedia event coming to McIntyre Theatre at Mohawk College (another returning partner): Spark. Centred around outstanding individuals who continue to inspire others, this evening will feature Survivorman Les Stroud, Juno Award-winner Serena Ryder, Dave Courchene (Turtle Lodge), and Velcrow Ripper (Scared Sacred and Fierce Light).</p>
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<p><b>ATTRACTIONS</b></p>	<p>It's easy to get active at challenging golf courses, ski facilities, hiking trails or cycling our rural routes. Sports fans can cheer at speedways, horse tracks or catch sports teams such as the Hamilton Tiger-Cats, Hamilton Bulldogs, Brantford Blast and Dundas Real McCoys. Glen Abbey Golf Club, designed by Jack Nicklaus, serves as the home of the Royal Canadian Golf Association and the Canadian Golf Hall of Fame &amp; Museum.</p>
<p><b>Beaches</b></p>	<p>On the Waterfront - Hike the breath-taking <b>Waterfront Trail</b>, and in the warmer seasons, picnic on sandy beaches, make a splash at Wild Waterworks, take a scenic cruise on the Harbour Queen, tour HMCS Haida and sail model boats or skate at Discovery Landing. Boaters can enjoy the lake and stop at attractions on their tour at LaSalle, Bronte, Oakville, Harbour West marinas.</p>
<p><b>Waterfalls</b></p>	<p>You can explore over 125 waterfalls, including <b>Tews Falls</b>, one of the highest falls in Ontario at over 41 metres.</p>
<p><b>Wildlife</b></p>	<p>Get closer than you ever imagined to over 1,000 exotic birds and animals at African Lion Safari. See native and exotic animals like big cats or raptors at Killman Zoo, Mountsberg Conservation Area, and Twin Valley Zoo.</p>
<p><b>Parks</b></p>	<p><b>Outdoor Adventure</b> - Explore over 8,000 unspoiled hectares of conservation land featuring lakes, rivers, marshes, waterfalls, caves and cliffs with 4 conservation authorities in the Region Hamilton, Halton, Grand River and Niagara Peninsula. Enjoy picnics, bird watching, fishing, swimming, boating, hiking, cycling, skiing, geocaching, and rock climbing. The region also boasts hundreds of kilometers of hiking and bike trails for outdoor enthusiasts.</p>

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	<p><b>Kelso Conservation Area</b> is a mecca for outdoor enthusiasts. Indulge in a swim at a sandy beach, fish for trout in the glistening lake or get energized with some great downhill skiing at Glen Eden Ski and Snowboard Centre . Mountain bikers can test their skills on marked trails on the majestic Niagara Escarpment or hikers can trek the rugged Bruce Trail. You can also rent kayaks, paddle boats and canoes. Hundreds of picnic tables dot the rolling landscape and shelters are available for company and family picnics.  <a href="http://www.conservationhalton.on.ca">http://www.conservationhalton.on.ca</a></p>
<p><b>Gardens</b></p>	<p><b>Royal Botanical Gardens</b>          Surround yourself in the breathtaking spectacle of Royal Botanical Gardens, an exhilarating, year-round trip through some of nature's most beautiful work. The Gardens' 1,100 hectares (2700 acres) of cultivated gardens, indoor plant scapes and natural lands provide a 12-month wave of colour, from the lushness of the indoor Mediterranean Garden in January to brilliant poinsettia displays in December.          The Royal Botanical Gardens has five geographically separated garden areas.</p> <p><b>RBG Centre</b>          Season of interest: all year          RBG Centre is our headquarters and information centre. Along with a variety of visitor services, RBG Centre includes greenhouses, special collections and floral displays, both indoors and out.</p> <p><b>Hendrie Park (Rose Garden)</b>          Season of interest: May through October          Major horticultural features include roses, medicinal plants, scented plants, lilies, climbers and espaliers, woodland plants and many of our smaller feature gardens.</p> <p><b>Laking Garden</b>          Season of interest: May through October          Major horticultural features include irises, perennials, peonies, daylilies, ornamental grasses and the Heritage Garden.</p> <p><b>Rock Garden</b>          Season of interest: May through October          Major horticultural features include spring bulb display, summer annuals display, flowering cherries, azalea display and many unusual trees and shrubs.</p> <p><b>Arboretum</b>          Season of interest: all year</p>

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	<p>Major horticultural features include lilacs, rhododendrons, magnolias, flowering shrubs, trees, Ontario native trees and shrubs, conifers, native plants, hedges, dogwoods and redbuds, hawthorns, flowering crabapples and the Maze.</p> <p>Start your visit at the RBG Center, at the hub of the Gardens! Visit the restaurant and gift shop, and catch the free shuttle bus to some of the other garden areas.</p> <p>This week's blooms @ The Gardens</p> <p>Rock Garden: annuals;</p> <p>Arboretum: flowering shrubs and tree;</p> <p>Laking Garden: perennials and ornamental grasses;</p> <p>Hendrie Park Gardens: shrub and antique roses, annuals and perennials;</p> <p>RBG Centre: orchid showcase and greenhouse displays of Mediterranean plants.</p> <p>Open daily 10 a.m. to 8 p.m. Tel: 905-527-1158</p> <p>Address: 680 Plains Road West, Burlington</p> <p>Website: <a href="http://www.rbg.ca">http://www.rbg.ca</a></p> <p>For more information from the Travel Show files, go to:  <a href="http://www.chrisrobinsontravelshow.ca/images/upload/Royal%20Botanical%20Gardens%20Research.pdf">http://www.chrisrobinsontravelshow.ca/images/upload/Royal%20Botanical%20Gardens%20Research.pdf</a></p> <p>Also visit the carefully restored Gairloch Gardens and Gallery, Erchless Estate Gardens and Glenhyrst Gardens.</p>
<p><b>Orchards</b></p>	<p><b>Chudleigh's</b> was established in 1957. Over the years, the farm has evolved beyond 'pick your own fruit' to include children's entertainment, a retail store, a fully licensed restaurant and many exciting events. 3 generations later, they continue this tradition, entertaining thousands of guests each year. Some of the features of the farm include 100 acres of apple orchard with over 28,000 trees - that's 35 continuous miles of tree rows; a children's play area with huge bales of straw surrounding two giant slides, and a giant straw maze. Country lunches are served from July until October out-of-doors, where you can see the beautiful Niagara Escarpment. <a href="http://www.chudleighs.com">http://www.chudleighs.com</a></p>
<p><b>Historical Sites</b></p>	<p>Step Back in Time - Celebrate local history by visiting one of over 20 unique museums including Joseph Brant Museum, Bell Homestead, Dundurn Castle, Canadian Warplane Heritage Museum, Westfield Heritage Village, Myrtleville House Museum, Oakville Museum at Erchless Estate, Halton Hills Museums, Halton County Radial Railway and Halton Region Museum.</p> <p><b>Dundurn Castle</b>  Dundurn Castle is a historic neoclassical mansion on York Boulevard in</p>

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Hamilton. Sir Allan MacNab, later prime minister of the united Province of Canada between 1854 and 1856, hired architect Robert Wetherall and construction of this stately home was completed in 1835. The 18,000-square-foot house took three years and \$175,000 to build. The seventy-two room castle featured the latest conveniences of gas lighting and running water.

Dundurn Castle became famous all over the country for its grand entertainments. Sir John A. Macdonald and King Edward VII are among those who have been entertained there.

It is currently owned by the City of Hamilton who purchased it in 1900 for \$50,000. The City has spent nearly \$3 million renovating the site to make 42 of the original 72 rooms open to the public. The rooms have been restored to the year 1855 when its owner Sir Allan Napier MacNab, 1st Baronet, was at the height of his career. Costumed interpreters guide visitors through the home, illustrating daily life from the 1850s. It is now designated as a National Historic Site of Canada.

[http://www.hamilton.ca/CultureandRecreation/Arts\\_Culture\\_And\\_Museums/HamiltonCivicMuseums/Dundurn/Dundurn\\_Castle.htm](http://www.hamilton.ca/CultureandRecreation/Arts_Culture_And_Museums/HamiltonCivicMuseums/Dundurn/Dundurn_Castle.htm)

### **Joseph Brant Museum**

Burlington's community museum is a replica of the original homestead of Joseph Brant 'Thayendanegea' (1742-1807). In 1798, the Mohawk and British captain was granted 3,450 acres at the 'head-of-the-lake' (Burlington Bay) by King George III, awarded for his services to the Crown during the Seven Years War and the American Revolution.

Built to commemorate Joseph Brant at the urging of the Hon. T.B. McQueston, Minister of Highways in Ontario, and with the help of the Imperial Order of the Daughters of the Empire, Thayendanegea Chapter; construction began in 1937, with the official opening of the Museum to the public on May 23, 1942.

Over the years, the Museum has added a number of important acquisitions to the collection, including personal artifacts owned and used by Joseph Brant and the Eileen Collard Collection of Historic Costume and Textiles. Committed to the preservation of Burlington's past, the Joseph Brant Museum is a place for exploring a wealth of cultural traditions, issues and ideas that inspire within and beyond our borders.

<http://museumsoburlington.com>

### **Bell Homestead**

This sturdy homestead was the site of one of the most important scientific breakthroughs in history. On July 26th, 1874, the young Alexander Graham Bell sat in the dale here, in a spot he called his "dreaming place", and pondered the quest for a "speaking telegraph".

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	<p>As he stared down at the Grand River that warm summer day, inspiration struck: Bell grasped the principle on which his most famous invention, the telephone, would work. On a subsequent visit to his parents here two years later, he mounted one of the three crucial public demonstrations that proved the telephone was a practical form of communication. Bell's invention would reshape the world.</p> <p>These momentous events created such affection for this mid-Victorian farm that in 1909 the Bell Telephone Memorial Association purchased the property and deeded it to the Brantford Board of Park Management, for use in perpetuity as a public parkland and memorial of the invention of the telephone in Brantford. The Bell Homestead, as it quickly came to be known, opened its door to the public for the first time in 1910. For a century, the Homestead has welcomed visitors from far and wide. As one of Ontario's oldest historic home museums, it has grown significantly in that time, with three restored historic buildings and an eclectic collection of original Bell family artifacts. Together they tell the story of how a young teacher of the deaf came to invent the telephone.</p> <p><a href="http://www.bellhomestead.ca">http://www.bellhomestead.ca</a></p>
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<b>OTHER ACTIVITIES</b>	
<b>Shopping</b>	With unique shopping districts in picturesque downtowns offering quaint shops and galleries, to premier shopping malls and destination stores such as IKEA, Mountain Equipment Coop, and the Hide House, you'll find everything you're looking for and more.
<b>Markets</b>	<p><b>Ancaster Farmer's Market</b> 272 Wilson St. East Ancaster The Ancaster Farmer's market has an abundance of the seasons best local produce with a large section grown as nature intended.</p> <p><b>Hamilton Farmers' Market</b> 55 York Blvd. Hamilton There are rows of excellent product filling the Farmers' Market. From farm fresh product to coffee and donuts, each market day is a remarkable sight that attracts regular customers and tourists alike.</p>
<b>Casinos</b>	<b>OLG Slots at Flamboro Downs</b> features 750 slot machines. A complimentary shuttle is available from Downtown Hamilton. Hours of operation Monday to Wednesday 9 am to 3 am, Thursday to Sunday 24 hours. 967 Highway 5 W. Hamilton

<b>CUISINE</b>	
<b>Food</b>	Local farms produce many delicious seasonal products displayed fresh at markets, farms and roadside stands. Well known farms that do tours include Chudleigh's, Springridge, Dymont's, Lindley's, William Dam Seeds and E.D. Smith Cherry Farm. There are numerous farmers' markets open in season in the area. The area also boasts three

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	wineries: Puddicombe Estate Farms, Ridge Road & Scotch Block all offering tours and tastings There's Nichel Brook, Camerons and Trafalgar breweries, and over 1,000 dining establishments, plus numerous culinary-themed events for Foodies to enjoy.
<b>Wine</b>	Hit the wine trail in Hamilton, the gateway to <a href="#">Niagara's wine country</a> . <a href="http://www.winecountryontario.ca">http://www.winecountryontario.ca</a> . Local wineries include the award-winning <a href="#">Ridge Road Estates</a> and <a href="#">Puddicombe Estate Farms &amp; Winery</a> , ideal for a fall outing with the whole family thanks to weekend events such as the Country Wine & Harvest Festival and Halloween Ho-Down. See also the separate Chris' Travel Notes for Wine Country Ontario at: <a href="http://www.chrisrobinsontravelshow.ca/images/upload/Ontario_Wine_2011Research.pdf">http://www.chrisrobinsontravelshow.ca/images/upload/Ontario_Wine_2011Research.pdf</a>
<b>Restaurants</b>	Located in the heart of Burlington's downtown Restaurant district, <b>The Martini House</b> is a place where creations of the finest cuisine and an inviting atmosphere harmonize. <a href="http://www.martinihouse.ca">http://www.martinihouse.ca</a> Try dinner at <b>Quatrefoil Restaurant</b> in Dundas, featuring contemporary French cuisine. <a href="http://www.quatrefoilrestaurant.com">http://www.quatrefoilrestaurant.com</a>

<b>MORE INFO</b>	
<b>Brochures</b>	Call the numbers below or pick up brochures from one of the many tourist offices in the region.
<b>Website</b>	<a href="http://www.theheartofontario.com">www.theheartofontario.com</a> <a href="http://www.tourismhamilton.com">www.tourismhamilton.com</a> 1-800-263-8590 <a href="http://www.halton.ca">www.halton.ca</a> 1-866-4HALTON <a href="http://www.brant.ca">www.brant.ca</a> 1-888-250-2296

<b>PERSONAL EXPERIENCES</b>	Royal Botanical Gardens; the waterfalls; Around The Bay race; wineries
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