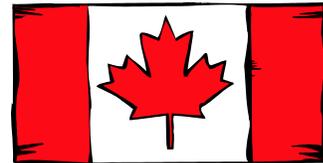


Cedar Rapids /Iowa City Friendship Force Exchange to Niagara Canada

June 3 to 10, 2015

Contact: Mary Stull 393-6254; mcdstull@aol.com



Tentative Program:

Wednesday June 3 arrive and go to Welcome Dinner at 5:00 p.m.

Thursday June 4 -

Day in **Niagara Falls** seeing an IMAX presentation about the Falls, going up to see the view of the Falls from the Skylon Tower, and then walking along the gardens up to the Falls. Then everyone will get their own lunch at the Food Court at the Falls, and then go on the Hornblower boat ride right up under the Falls. This takes from 9:30 a.m. until about 3:30 p.m. (Note: Niagara Falls Day is quite physically demanding for anyone who has Health & Mobility needs (standing/walking for about 2 hours in the morning, and over 2 hours in the afternoon). We can make special arrangements to accommodate Ambassadors with special needs, but we really need to have sufficient prior notice .

Thursday evening June 4 - Hosted dinner in groups with FF Niagara dinner party hosts

Friday June 5 -

Day at the Shaw Festival Theatre - Backstage Tour, Acting Workshop, lovely lunch provided in the Theatre Lobby & Gardens, and "Sweet Charity" musical. Spend the evening with your night hosts, perhaps visiting the Falls to see the lights & fireworks after dark.

Saturday June 6 -

Morning at Crawford Lake (an hour's drive northwest of Niagara), including a tour of the 15th century Iroquoian village, followed by a picnic lunch provided by night hosts, and a hike around the lake's boardwalk nature trail. Afterwards there are many possibilities that each Ambassador can work out with his/her night host. Dinner with night host.

Sunday June 7 -

In the morning either relax or go to church. Meet at 2:00 p.m. in quaint historic Niagara-on-the-Lake for an hour-long walking tour led by DED Carol Liboiron (who was with us in Cedar Rapids). Afterwards, accompanied by your night host, go shopping in the boutiques, and/or choose from many fascinating possibilities from along the beautiful Niagara River Parkway (Brock Monument & Queenston park, Butterfly Conservatory, Horticultural School's gardens, Whirlpool attractions, Fort George or Fort Erie,...). Ambassadors treat their hosts to dinner this evening.

Monday June 8 -

Tour and Scavenger Hunt of the St Catharines area in three stages - Historic St Catharines (from mid & late 1800s), mid-20th Century, and current developments. Buy your own lunch at the Pen Centre shopping mall (one of the largest & oldest in this area). In the evening—another hosted dinner in groups with FFN dinner party hosts

Tuesday June 9 -

In the morning, tour of the Welland Canal & its Museum led by FF Niagara member Wendy Hammond (she does a fabulous job on this). Lunch provided by FFN for everyone at the Lock 3 Museum's picnic area. Afterwards Ambassadors can choose between going on a Winery & Brewery Tour at Niagara College with a Wine & Food Pairing Workshop, or go to the Happy Rolph's Sanctuary & our 9/11 Memorial Park overlooking Lake Ontario and then walk out the pier on the Lake at Port Dalhousie. Farewell Dinner in the evening

Wednesday morning June 10 - depart.

Travel: Approximately 750 miles; 12 hours travel time. Airports: Toronto Canada or Buffalo, NY

Cost: Estimate: \$425 plus travel

Next step: Fill out an ambassador application and submit with \$100 deposit. The Niagara club wants to begin home hosting plans at its Jan 2015 meeting so we would like to provide the number of ambassadors going.