

# HEART OF NIAGARA

CELEBRATING

# 50

HEART OF NIAGARA  
HOTELS

YEARS

[WWW.HEARTOFNIAGARA.CA](http://WWW.HEARTOFNIAGARA.CA)

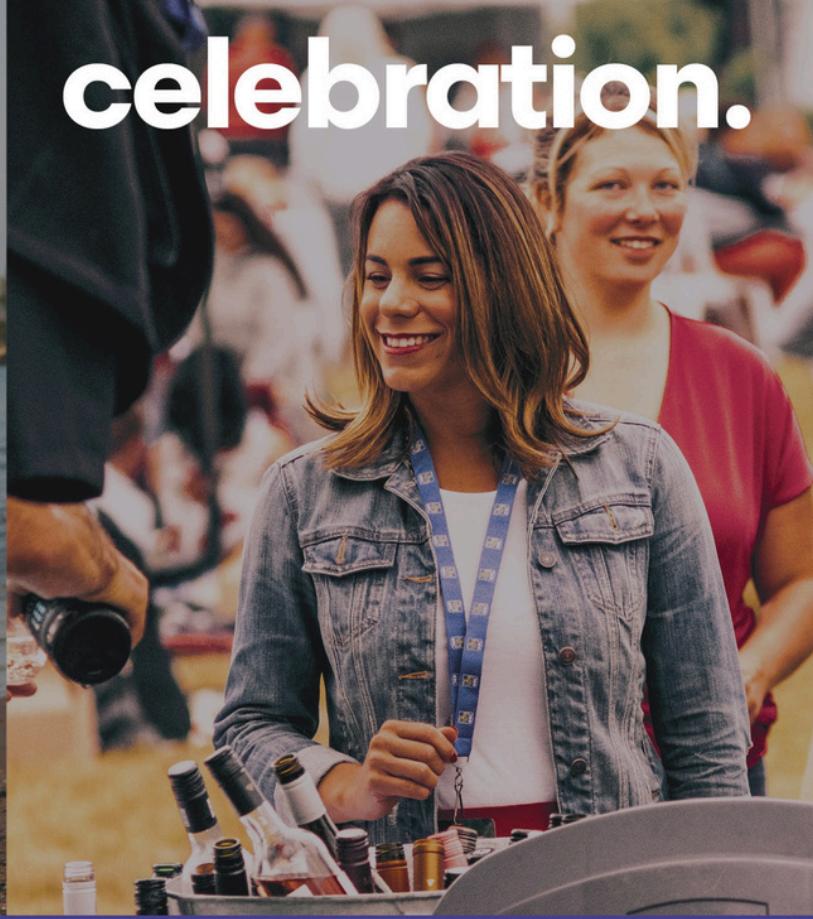
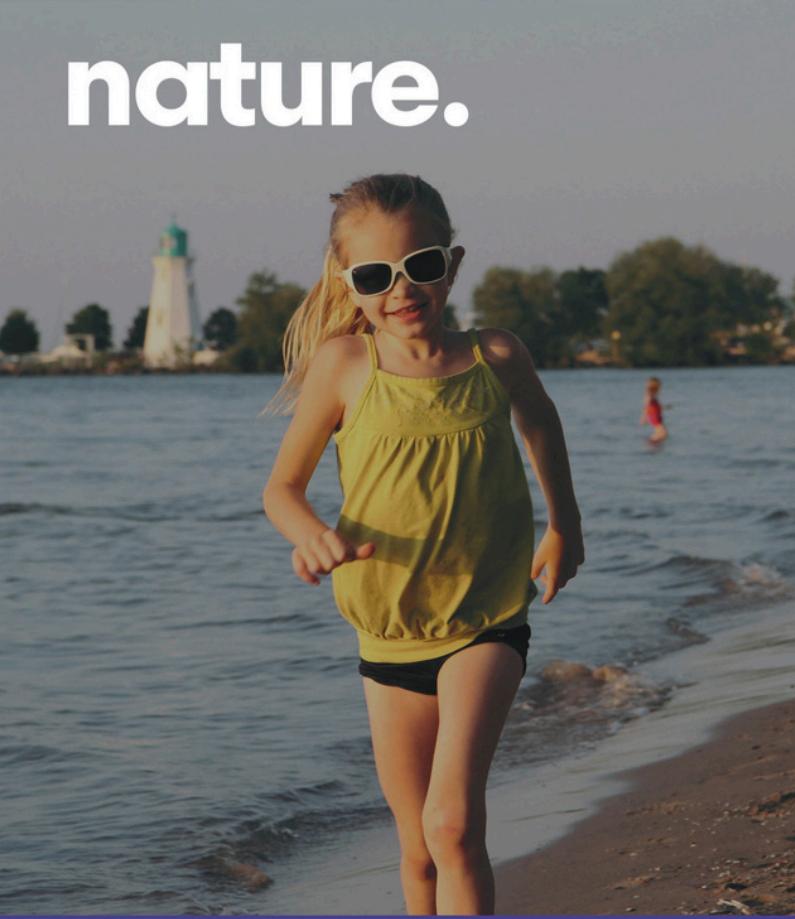
St. Catharines: Rooted in Niagara. Surrounded by...

flavour.

nature.

culture.

celebration.



love  STC  
TOURISM ST. CATHARINES

EXPLORE  
MORE



# K1 SPEED

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ATTRACTIOnS**

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ST CATHARINES

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TRAMPOLINE PARKS

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# HOLIDAY INN & SUITES PARKWAY CONFERENCE CENTRE

St. Catharines' Landmark Hotel for Stays, Events, and Elevated Views

Boldly reimagined and freshly updated, the **Holiday Inn & Suites Parkway Conference Centre** is where modern comfort meets exceptional scale—making it the largest full-service hotel and event destination in St. Catharines.

With 127 stylish guest rooms, the hotel is perfectly designed for corporate, leisure and family travelers. Whatever the reason for your stay, guests enjoy a range of amenities: a heated indoor pool, 24-hour fitness centre, complimentary Wi-Fi, and multiple Food and Beverage options.



With **Ostin's Restaurant** onsite and **Parkway Social, Lounge Six**, and **327 Brü** just an elevator ride away—you have endless dining options. Add in pet-friendly rooms, accessible parking, and EV charging, and you've got all the ingredients for an exceptional stay.



But what truly sets this property apart is its 20,000 sq. ft. of recently renovated event space, perfect for conventions, galas, weddings, or team retreats. At the crown of the hotel sits (seasonal) **Lounge Six Parkway Sky Bar**—a stunning sixth-floor rooftop venue with panoramic views of Lake Ontario and the Toronto skyline.



From high-level meetings to weekend escapes, Holiday Inn & Suites Parkway Conference Centre delivers the space, style, and service to elevate every experience.



For more information, please call 905.688.2324 or visit [www.HONHotels.com](http://www.HONHotels.com). The Holiday Inn & Suites is located at 327 Ontario Street, St. Catharines, Ontario. To book reservations, please call or email [reservations@honhotels.com](mailto:reservations@honhotels.com).



MODERN  
COMFORT





**WARM & WELCOMING**

## STAYBRIDGE SUITES ST. CATHARINES CONFERENCE CENTRE

**Extended Comfort. Endless Possibilities.**

Whether you're in town for a week, a wedding, or a winning team trip, **Staybridge Suites St. Catharines Conference Centre** is your all-in-one destination for comfort, connection, and convenience. Ideal for extended stays and group getaways, this all-suite hotel brings a residential feel to the heart of Niagara.

Inside, every guest enjoys a spacious suite with a full kitchen, plus perks like a saltwater indoor pool, 24-hour fitness centre and lobby-level business centre.

Because the Staybridge Suites shares a location with the Holiday Inn, guests can take advantage of all the full-service amenities that are offered.

The hotel also features Parkway Social entertainment complex which offers 30 lanes of bowling, an arcade, laser tag and a private karaoke room. Great food and fun drink options make this a great place to unwind and meet friends. You're only moments from the QEW and just 15–20 minutes from Niagara Falls, the region's wine country, and Niagara-on-the-Lake.

From remote workers to wedding parties, sports teams to corporate crews, Staybridge Suites St. Catharines delivers a warm, welcoming base where you can settle in, spread out, and stay connected.



For more information, please call 905.378.0597 or visit [www.HONHotels.com](http://www.HONHotels.com). Staybridge Suites is located at 327 Ontario St., St. Catharines, Ontario. To book reservations, please call or email [reservations@honhotels.com](mailto:reservations@honhotels.com).

**STAYBRIDGE**  
**SUITES**  
AN IHG HOTEL



# PARKWAY SOCIAL

**Modern Fun in the Heart of St. Catharines**



Blending nostalgic charm with modern entertainment, **Parkway Social** has evolved into one of Niagara's premier destinations for fun, food, and connection. Formerly known as Parkway Lanes, this updated entertainment complex offers an exciting mix of classic bowling and contemporary attractions for all ages.

With both traditional and VIP bowling lanes, Parkway Social sets the stage for everything from casual outings to team events and celebrations. The venue also features a vibrant arcade packed with games old and new, laser tag for adrenaline-filled fun, and private karaoke rooms for those ready to take the stage.

Guests can also enjoy a full-service food and drink experience with a menu that goes far beyond typical bowling alley fare. Whether you're stopping by for a night out with friends or planning a family day, Parkway Social delivers an atmosphere where good times roll—literally.

Located at the Holiday Inn & Suites Conference Centre and Staybridge Suites St. Catharines, Parkway Social remains a local favourite and a must-visit for visitors seeking a dynamic, all-in-one entertainment experience in St. Catharines.

For more information, please call 905.684.8381 or visit [www.HONHotels.com](http://www.HONHotels.com). Parkway Social is located at 327 Ontario St., St. Catharines, Ontario. To book reservations, please call or email [reservations@honhotels.com](mailto:reservations@honhotels.com).

**PARKWAY  
SOCIAL**  
EAT • DRINK • PLAY



# DINE, SIP & SOCALIZE



At the Holiday Inn and Staybridge Suites Parkway Conference Centre St. Catharines, dining is more than just an amenity—it's an experience. This full-service destination brings together four distinct culinary venues under one roof, offering everything from rooftop cocktails and refined dining to comfort food and artisan coffee. Whether you're staying overnight, meeting friends, or exploring Niagara, there's something here for every appetite and every moment.

## LOUNGE SIX PARKWAY SKY BAR

Take your evening to new heights at Lounge Six, a rooftop bar offering panoramic views, handcrafted cocktails, and a sleek, modern atmosphere. Ideal for sunset drinks or a stylish night out, it's one of Niagara's most scenic rooftop experiences. It is located on the 6th floor.



## HODGIE'S SOCIAL HOUSE

Hearty classics, stacked burgers, and a relaxed vibe come together at Hodgie's. Perfect for casual lunches, post-conference gatherings, or catching the game with friends, it's a go-to spot for flavour and fun. Available for private functions only.

## OSTIN'S RESTAURANT

A refined yet approachable dining experience, Ostin's serves elevated meals throughout the day with a menu inspired by local ingredients and warm hospitality. From brunch to business dinners, it's a fresh take on hotel dining.



## 327 BRÜ CAFÉ & BAR

Start your day with a perfectly brewed coffee or unwind later with a glass of wine at 327 Brü. This cozy café-bar hybrid serves up pastries, light bites, and a relaxed atmosphere morning to night.



# MY MULAN

FANTASY DANCE DRAMA

Congratulations

to Heart of Niagara Hotels on 50 years of success!

# MY MULAN

AUG 8, 9, 10

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# HAMPTON INN ST.CATHARINES NIAGARA

## Stay, Dine, and Unwind in St. Catharines

Whether you're visiting for business or leisure, the newly branded **Hampton Inn St. Catharines Niagara** offers the ideal blend of comfort, style, and convenience. Located just off the QEW and minutes from renowned local wineries, scenic trails, and top golf courses, the hotel puts you at the centre of the region's best—whether you're exploring downtown St. Catharines, Niagara Falls, or Niagara-on-the-Lake.

Guests enjoy 101 well-appointed rooms, including long-stay options, plus thoughtful amenities like complimentary hot breakfast, free parking, and a refreshing indoor pool—perfect for short visits or extended stays. An on-site restaurant offers a convenient and delicious dining option, making it easy to unwind after a busy day.

With modern amenities, easy highway access, and Niagara's natural beauty and wine country at your doorstep, Hampton Inn St. Catharines Niagara isn't just a place to stay—it's where your Niagara experience begins.



**STAY &  
UNWIND**

For more information, please call 905.934.5400 or visit [www.HONHotels.com](http://www.HONHotels.com). Hampton Inn is located at 89 Meadowvale Drive, St. Catharines, Ontario.  
To book reservations, please call or email [info@hamptoninnstcatharines.com](mailto:info@hamptoninnstcatharines.com)



# ENERGY FITNESS STUDIO



Discover your full potential at **Energy Fitness Studio**, a premier fitness destination with over 13,000 sq. ft. of fitness floor space conveniently located in St. Catharines, Ontario. Our expansive facility is designed to cater to every aspect of your health and wellness journey.

Step into a world of diverse fitness opportunities, with multiple dedicated fitness rooms offering a wide array of options to energize your routine. Whether you're seeking high-intensity interval training, serene yoga, dynamic group fitness classes, or a comprehensive strength and cardio workout, Energy Fitness Studio provides the space and equipment you need to achieve your goals. Our thoughtfully designed layout ensures a comfortable and motivating environment, allowing you to focus on what matters most – your well-being.

Join the Energy Fitness Studio community and experience a facility committed to helping you unleash your inner strength and live your healthiest life. Join our community today by visiting [energyfit.ca](http://energyfit.ca).

**energy**  
fitness studio



For more information, please call 905.708.0626 or visit [www.energyfit.ca](http://www.energyfit.ca). Energy Fitness Studio is located at 89 Meadowvale Drive, St. Catharines, Ontario. To book reservations, please call or email [energyfitness@honhotels.com](mailto:energyfitness@honhotels.com).



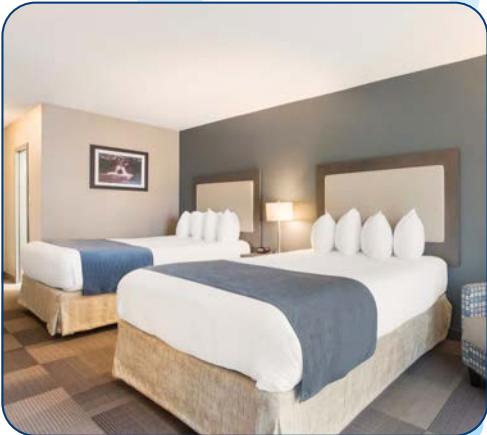
## BEST WESTERN HOTEL & CONFERENCE CENTRE

Ideally located just off the QEW, the **Best Western Hotel & Conference Centre** offers a seamless Niagara experience for business, leisure, and group travel. This full-service destination features 146 recently renovated guest rooms and suites, thoughtfully designed for both comfort and functionality. Each room includes complimentary Wi-Fi, microwaves, mini-fridges, and dedicated workspaces—perfect for both relaxation and productivity.

Beyond the room, guests enjoy complimentary hot breakfast, free onsite parking, a heated indoor pool, and a seasonal outdoor pool nestled in our amazing courtyard, which also features a mini putt course—a favourite for families and group stays. For added entertainment, the hotel also offers an arcade and two full-sized pool tables, making it a true all-in-one destination for fun and relaxation.

Dining is casual and lively at Wrigley's Sports Bar & Lounge, where guests can catch the game, enjoy a meal, or unwind with friends. When it comes to events, over 4,200 sq. ft. of flexible meeting and banquet space, including the elegant Dalhousie Ballroom, makes the hotel a standout choice for conferences, weddings, team banquets, and social events of all sizes.

Whether you're in town for a meeting, a tournament, or a weekend getaway, the Best Western delivers warm hospitality, modern amenities, and a location that keeps you close to everything Niagara has to offer.



*Relax, recharge, and reconnect.*



For more information, please call 905.934.5400 or visit [www.HONHotels.com](http://www.HONHotels.com).  
Best Western Hotel is located at 2 North Service Road, St. Catharines, Ontario.  
To book reservations, please call or email [reservations@honhotels.com](mailto:reservations@honhotels.com).





# REFLEXIONS FITNESS CENTRE

Located within the **Best Western Hotel & Conference Centre**, Reflexions Fitness Studio is more than just a hotel gym—it's a fully equipped wellness hub open to both guests and the local community. The expansive space offers top-tier cardio machines, strength-training equipment, functional fitness zones, and free weights to accommodate a wide range of training styles and goals.

In addition to personal workouts, Reflexions hosts group fitness classes including yoga, aquafit, and high-intensity interval training. Members also benefit from full access to the hotel's indoor pool, whirlpool, sauna, and steam room—making it a perfect destination for recovery and relaxation.

Whether you're a local looking for a new routine or a traveler wanting to stay on track, Reflexions blends convenience with community to support your active lifestyle.

**Reflexions**  
REAL • LIFE • FITNESS

For more information, please call 905.934.5400 or visit [www.HONHotels.com](http://www.HONHotels.com).  
Reflexions Fitness Centre is located at 2 North Service Road, St. Catharines, Ontario. To book reservations, please call or email [reservations@honhotels.com](mailto:reservations@honhotels.com).



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**MNP**

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Hotels 50th  
anniversary



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# A DAY TO REMEMBER

Elegant Wedding Celebrations in the Heart of Niagara

If you're searching for a venue as unforgettable as your love story, look no further than the Parkway Conference Centre at the Holiday Inn and Staybridge Suites St. Catharines.

With over 50 years of experience in hospitality, this beloved Niagara destination offers everything you need to create a picture-perfect wedding—from elegant spaces and fine cuisine to personalized service that ensures no detail is overlooked.

The hotel boasts 11 modern halls and over 20,000 sq. ft. of flexible space, welcoming gatherings both large and small. Whether you envision a grand reception or an intimate dinner with loved ones, the Parkway Conference Centre offers the setting, service, and soul to make your celebration truly one of a kind.



Couples and guests will enjoy refined dishes crafted by the acclaimed culinary team, with a range of menu options tailored to your tastes—from classic fare to culturally inspired cuisine. Private dining rooms provide the perfect setting for rehearsal dinners or morning-after brunches.

To make the moment even more magical, the hotel's Lounge Six Parkway Sky Bar invites you to celebrate with a glass of Niagara's finest on the sixth-floor terrace. Overlooking the soft horizon of Lake Ontario, this romantic rooftop is an ideal spot for cocktails, sunset view, or a first look under the stars.

From the warm welcome to the last dance, every moment here is designed with love. The Parkway Conference Centre is more than a venue—it's where forever begins.





## THE NIAGARA WINE INDUSTRY

### A FLOURISHING LANDSCAPE OF QUALITY AND INNOVATION

Niagara is one of Canada's most celebrated wine regions, offering a blend of natural beauty, rich history, and exceptional craftsmanship. Known for its picturesque vineyards and award-winning wines, the region continues to build a global reputation for quality and innovation.

The unique growing conditions—shaped by a moderate climate, fertile soils, and proximity to Lake Ontario—make Niagara ideal for cultivating premium grape varieties. Riesling, Chardonnay, and Cabernet Franc are just a few of the standout grapes that flourish here, producing wines that are vibrant, expressive, and true to the land.

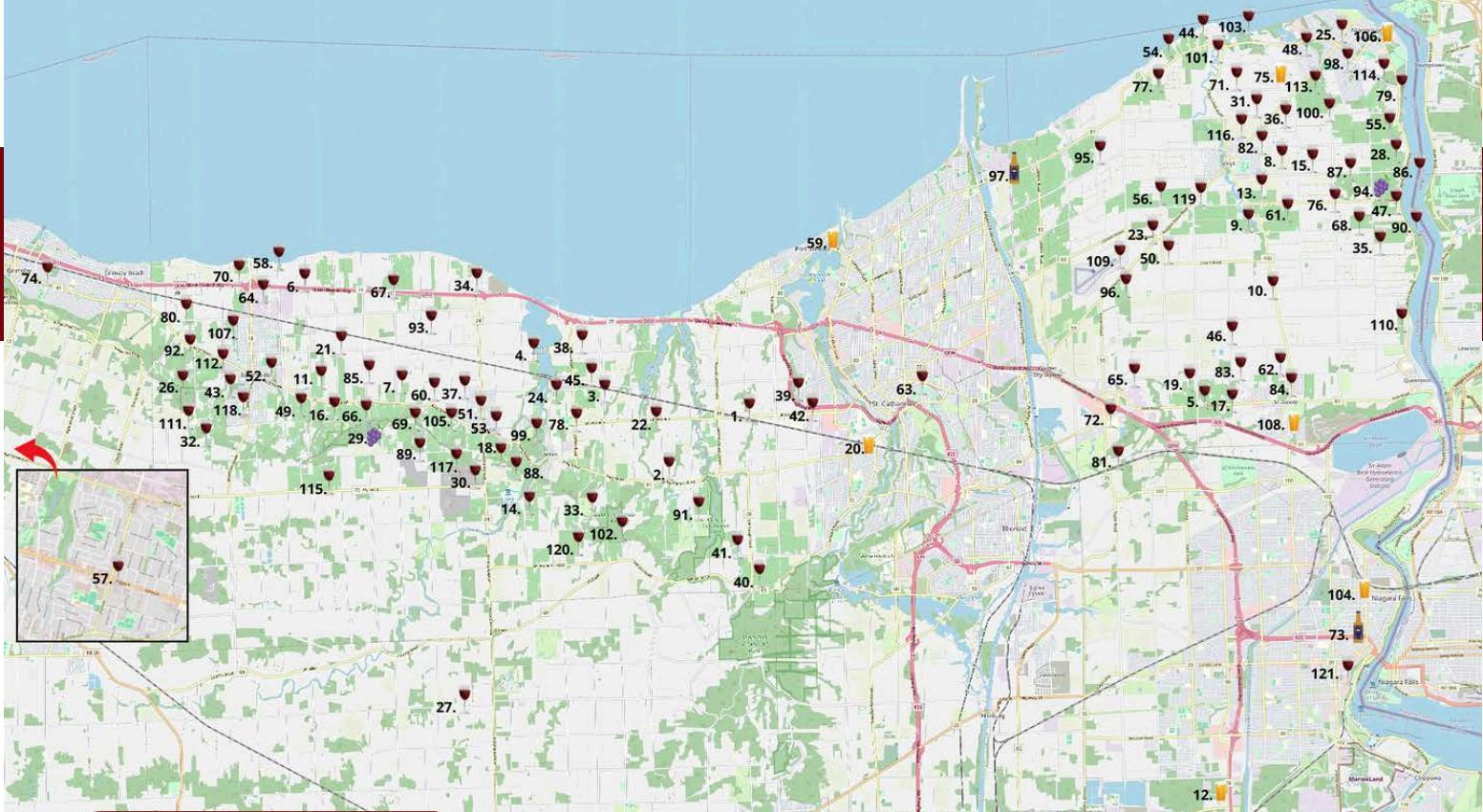
Guided by the Ontario Wine Appellation Authority, Niagara's winemakers adhere to rigorous standards that protect the authenticity and origin of every bottle. This commitment to excellence has helped foster consumer trust while allowing local wineries to showcase the distinct character of their wines.

Every vintage tells a story of resilience and creativity, as producers skillfully navigate the challenges of each growing season. Visitors are invited to discover this passion firsthand—through immersive tastings, vineyard tours, and seasonal events that celebrate the heart of Niagara wine country.

Whether you're a seasoned wine enthusiast or a curious explorer, Niagara offers an unforgettable journey into the world of Canadian wine.

 Distilleries	 Breweries
 Vineyards	 Wineries





## Wineries Listings

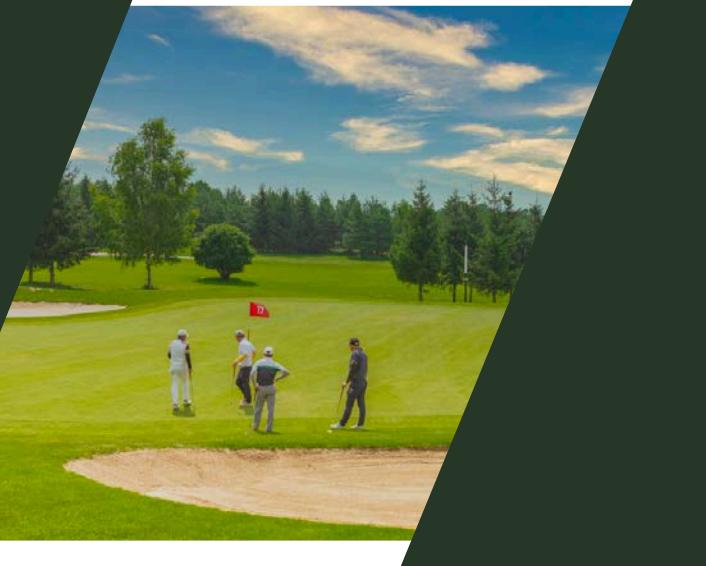
- 1.13th Street Winery
- 2.16 Mile Cellar
- 3.180 Estate Winery
- 4.Alvento Winery
- 5.AMO Wines
- 6.Atlantis Niagara Wines
- 7.Back 10 Cellars
- 8.Bella Terra Vineyards
- 9.Between the Lines Winery
- 10.Big Head Wine Co.
- 11.Black Bank Hill
- 12.Blackburn BrewHouse
- 13.Byland Estate Winery
- 14.Calamus Estate Winery
- 15.Caroline Cellars
- 16.Cave Spring - Winery Tasting Room
- 17.Chateau des Charmes Wines
- 18.Cloudsley Cellars
- 19.Colaneri Estate Winery
- 20.Cold Break Brewing
- 21.Cornerstone Estate Winery
- 22.Creekside Estate Winery
- 23.De Simone Vineyards
- 24.Di Profio Wines Inc.
- 25.Diamond Estates Winery
- 26.Domaine Le Clos Jordanne
- 27.Domaine Queylus
- 28.Drea's Wine Co.
- 29.Eastman Vineyards
- 30.Featherstone Winery
- 31.Ferox by Fabian Reis
- 32.Fielding Estate Winery
- 33.Flat Rock Cellars Ltd.
- 34.Foreign Affair Winery
- 35.Frogpond Farm Organic Winery
- 36.G. Marquis Vineyards
- 37.Greenlane Estate Winery
- 38.Harbour Estates Winery
- 39.Harvest Estate Wines
- 40.Henry of Pelham Family Estate Winery

- 41.Hernder Estate Wines
- 42.Hernder on 4th
- 43.Hidden Bench Vineyards & Winery
- 44.Hinterbrook Estate Winery
- 45.Honsberger Estate Winery
- 46.Icellars Estate Winery
- 47.Inniskillin Wines Inc.
- 48.Jackson-Triggs Niagara Estate Winery
- 49.John Howard Cellars
- 50.Joseph's Estate Wines Inc.
- 51.Kacaba Vineyards Inc.
- 52.Kew Vineyards Estate Winery
- 53.King and Victoria Winery
- 54.Konzelmann Estate Winery
- 55.Lailey Winery
- 56.Lakeview Wine Co.
- 57.Leaning Post Wines
- 58.Legends Estates Winery
- 59.Lock Street Brewing Company
- 60.London Born Wine Co
- 61.Lost Vineyards
- 62.Lowrey-Five Rows Craft Wine
- 63.Lundy Manor Wine Cellars
- 64.Magnotta Winery
- 65.Maleta Estate Winery
- 66.Malivoire Wine Company
- 67.Maple Grove Estate Winery
- 68.Marynissen Estates Winery
- 69.Megalomaniac Wines
- 70.Meldville Wines
- 71.Mori Vines Inc
- 72.Niagara College Teaching Winery
- 73.Niagara Distillery
- 74.Niagara Wine & Brew Co.
- 75.Oast House Brewers
- 76.On Seven Estate Winery
- 77.Palatine Hills Estate Winery
- 78.Pearl Morissette Estate Winery
- 79.Peller Estates Winery
- 80.Peninsula Ridge Estates Winery

- 81.Perridiso Estate Winery
- 82.Pillitteri Estates Winery
- 83.Queenston Mile Vineyard
- 84.Ravine Vineyard Estate Winery
- 85.Redstone Winery & Restaurant
- 86.Reif Estate Winery
- 87.Reimer Vineyards Winery
- 88.Rennie Estate Winery
- 89.Ridgepoint Wines Inc
- 90.Riverview Cellars Estate Winery
- 91.Rockway Vineyards
- 92.Rosewood Estates Winery & Meadery
- 93.Royal DeMaria Wines
- 94.Seeger Vineyards
- 95.Shiny Apple Cider, Home of Fresh Wines
- 96.Southbrook Organic Vineyards
- 97.Spirit In Niagara Distillery
- 98.Stone Eagle Winery
- 99.Stoney Ridge Estate Winery
- 100.Stratus Vineyards
- 101.Strewn Winery
- 102.Sue-Ann Staff Estate Winery
- 103.Sunnybrook Farm Estate Winery
- 104.Taps Brewhouse
- 105.Tawse Winery
- 106.The Exchange Brewery
- 107.The Good Earth Food and Wine Co
- 108.The Grist - Craft Kitchen & Brewery
- 109.The Hare Wine Co.
- 110.The Ice House Winery
- 111.The Organized Crime Winery
- 112.Thirty Bench Wine Makers
- 113.Trius Winery at Hillebrand
- 114.Two Sisters Vineyards Corp.
- 115.Vieni Estates Inc
- 116.Vignoble Rancourt Winery
- 117.Vineland Estates Winery
- 118.Walters Vineyard
- 119.Wayne Gretzky Estates Winery
- 120.Westcott Vineyards
- 121.Ziraldo Estate Winery

# LIVING THE GOLF LIFE IN NIAGARA

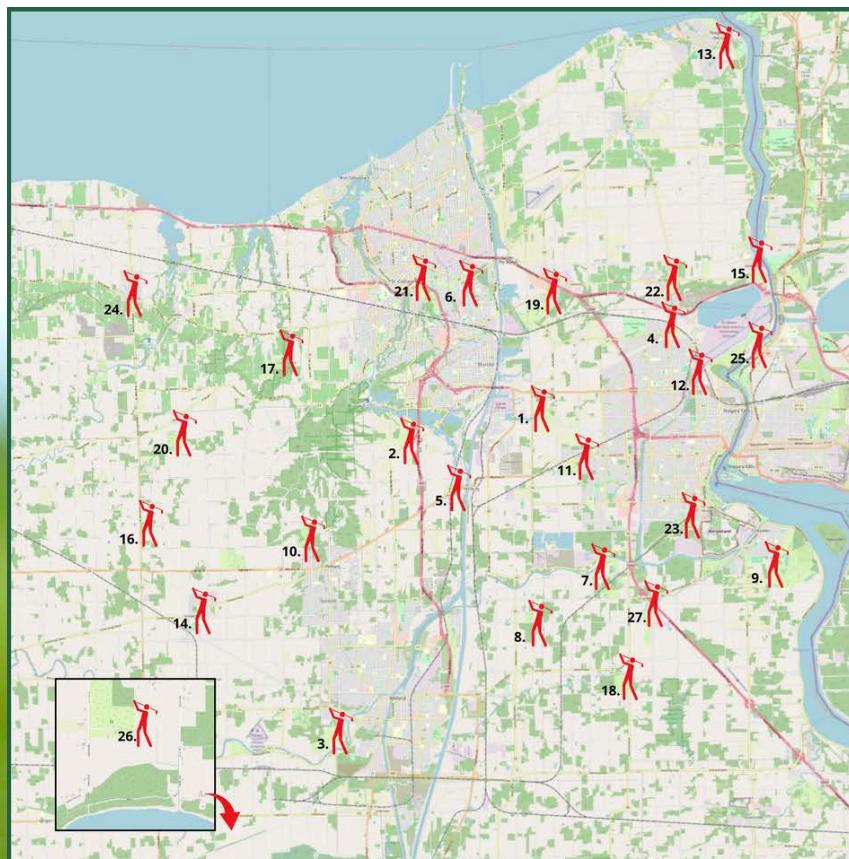
## The Region's Flourishing Golf Scene



### Golfing in the Greenbelt

The Niagara region is home to a wide array of golf courses that offer both challenge and beauty. With a season that extends from early spring to late fall, the region attracts golfers of all skill levels to its scenic fairways, many of which are set against the backdrop of escarpment views, river valleys, and vineyard-lined landscapes.

Niagara's accessibility and variety make it an ideal golf destination for weekenders, group retreats, and business travelers alike. Courses across the region range from traditional 18-hole layouts to expansive championship-style designs, contributing to both local tourism revenue and seasonal hospitality growth.



### Golf Course Listings

1. Brock Golf Course
2. Cardinal Lakes Golf Club
3. Eagle Valley Golf Course
4. Fox Run Golf Club
5. Garden City Golf Course
6. Grand Niagara Golf Club
7. Grassy Brook Golf Course
8. Legends on the Niagara
9. Lookout Point Country Club
10. Niagara Falls Golf Club
11. Niagara Golf Academy
12. Niagara-on-the-Lake Golf Club
13. Peninsula Lakes Golf Club
14. Queenston Golf Club
15. Riverview Golf Club
16. Rockway Vineyards Golf Course
17. Rolling Meadows Golf & Country Club
18. Royal Niagara Golf Club
19. Sawmill Golf Course
20. St. Catharines Golf & Country Club
21. St. Davids Golf Club
22. Thundering Waters Golf Club
23. Twenty Valley Golf & Country Club
24. Whirlpool Golf Course
25. Whisky Run Golf Club
26. Willodell Golf Club of Niagara



# EXPERIENCE NIAGARA YEAR-ROUND

2025

**August 8 - 10, 2025 - My Mulan Fantasy Dance Drama**

Website: [www.mymulan.ca](http://www.mymulan.ca)

**September 5 - 28, 2025 – Niagara Grape & Wine Festival**

Website: [niagarawinefestival.com](http://niagarawinefestival.com)

**September 28, 2025 – Howie Mandel**

Website: [www.firstontariopac.ca](http://www.firstontariopac.ca)

**October 3 - 4, 2025 – Cicada Music & Arts Festival**

Website: [cicadafestival.ca](http://cicadafestival.ca)

**October 4, 2025 – Runway of Hope**

A Red Carpet Fundraising Gala for Gillian's Place

Americana Resort, Niagara Falls

**November 2025 - January 2026 – Winter Festival of Lights**

Website: [wfol.com](http://wfol.com)

**November 27 - December 17, 2025 – Fallsview Casino's Christmas on Ice**

Website: [fallsviewcasinoresort.com](http://fallsviewcasinoresort.com)

**December 6, 2025 – Niagara Falls Comic Con**

Website: [nfcomiccon.com](http://nfcomiccon.com)

**December 31, 2025 – New Year's Eve Fireworks**

Website: [niagaraparks.com/events](http://niagaraparks.com/events)

2026

**January 9 - 25, 2026 – Niagara Icewine Festival**

Website: [niagarawinefestival.com](http://niagarawinefestival.com)

**April 16 - 19, 2026 – Niagara Falls Elvis Festival**

Website: [niagarafallselvisfestival.com](http://niagarafallselvisfestival.com)

**April 30 - May 03, 2026 – StarBeat Dance Champions**

Website: [starbeatdance.com/event/niagara-falls](http://starbeatdance.com/event/niagara-falls)

**June 6 - 8, 2026 – Niagara Canada International**

**Film Festival**

Website: [www.niff.ca](http://www.niff.ca)



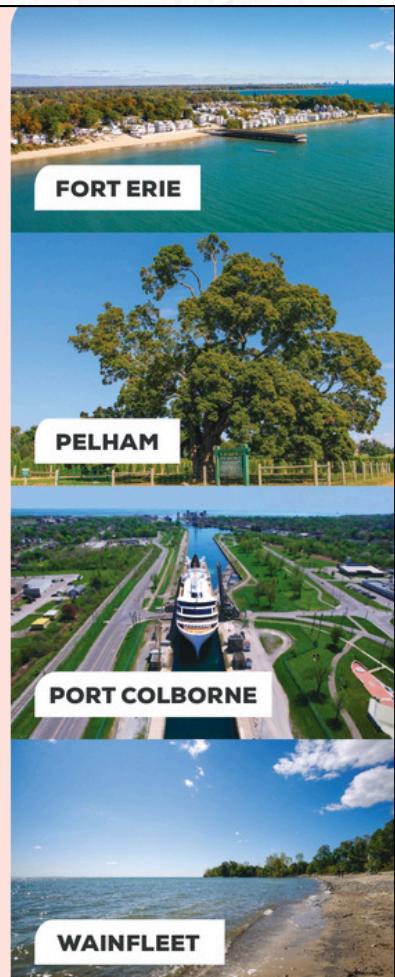
## OUR BIG SECRET

THE COAST IS CALLING

Visitors know Niagara for the wineries and the wonder. But we know there's more – much more. Tucked away in our own backyard lies Ontario's longest stretch of beaches. It's our semi-staycation destination – the perfect place to soak up the sun and wash away your worries. Plan your escape today!



NIAGARA'S  
SOUTH  
COAST





## A NATURAL BREATH OF RELIEF AT THE HEALING SALT CAVE IN NIAGARA FALLS

**Unwind, detox, and restore with halotherapy and holistic spa treatments.**

Step into tranquility at Healing Salt Cave Niagara Falls, a premier Halotherapy Wellness Centre & Holistic Spa that's been transforming lives since 2011. Inspired by the healing traditions of Poland's famous salt mines, this sanctuary uses 12 tonnes of Polish Pink Salt and Halogenerator technology to offer true halotherapy inside their stunning Salt Cave.

Guests can unwind in a serene microclimate designed to detoxify the lungs, soothe the skin, and restore inner balance. Benefits include improved breathing, fewer allergies, clearer skin, and deep relaxation.

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