



## Girls Just Wanna Have Fun in Niagara Falls

June 5<sup>th</sup>-8<sup>th</sup>, 2020

Join us for a social, active girls' weekend in the beautiful Canadian Niagara Falls!

### Itinerary

#### **Friday, June 5<sup>th</sup>**

**By 5pm**

**Arrive in Niagara Falls, Ontario** (on your own) and check into hotel

**6pm-7pm**

**Retreat Check In and Hosted Welcome Reception with wine and appetizers** (location TBD)

**7pm-11pm**

#### **Group Dinner at the Skylon Tower Observation Deck**

Your visit to Skylon Tower begins with the 'Ride to the Top' in the glass-enclosed exterior elevator, which provides a smooth, 52-second trip to the expansive indoor and outdoor observation deck.

Take in the aerial views of Horseshoe Falls, American Falls, Great Gorge, and the Niagara River from the top of the tower, the region's tallest free-standing structure. You can also spot the Niagara wine region and the skyscrapers of Toronto and Buffalo on a clear day, when the view extends beyond 77 miles (125 km).

Expansive blue skies, waterfalls, the Niagara River, and the beautiful landscaped gardens of the Niagara Parks are part of the daytime view while twinkling city lights and an illuminated Falls cast amazing colors against the blackened skies. Illumination begins at 8:45pm and fireworks begin at 10pm.

Dinner will be at the Summit Suite Buffet, an all you can eat buffet with a stationary view of the Canadian Horseshoe and American Falls. There are a wide variety of cold and hot dishes along with freshly made desserts.

\*Dinner, transportation/to from the restaurant and entrance to the Skylon Tower Observation Deck included

## **Saturday, June 6<sup>th</sup>**

### **8:30am – 9:30am Group Breakfast (Hotel Lobby)**

Leave directly from breakfast at 9:30am to go to the Race Expo

\*Breakfast and transportation to/from Race Expo included

### **9:30am – 12pm Race Expo**

Check in for the race: pick up your race bib and t-shirt, enjoy fantastic cosmetic samples and a perhaps a bottle of Niagara wine. Shop for souvenirs of your race experience and more.

### **12pm – 4pm Lunch on your own**

Join other gals for relaxing by the hotel pool or optional sightseeing.

\*Cost of lunch and sightseeing not included

### **5pm – 8pm**

#### **Group Dinner (Location TBD)**

Get a good night's sleep tonight!

\*Dinner and transportation included

## **Sunday June 7<sup>th</sup> RACE DAY!**

### **6:15am meet in the hotel lobby**

We will leave the hotel at PROMPTLY at 6:30am. DON'T BE LATE!

\* A pre-race breakfast will be provided. Transportation to/from the race included

### **8am-12pm**

Niagra Falls Womens' Half Marathon. We will walk as a group, but you are also welcome to go at your own pace. No woman left behind!

### **12:00pm – 2pm**

#### **Lunch and a shower**

We'll stop at the hotel for something to eat and an opportunity to change clothes after the race before we continue on with our day.

**2pm- 10pm**

### **Explore Niagra Parks**

The best thing to do after the race is keep walking! This helps expel the lactic acid that has built up in your muscles and will help you feel BETTER the next day. I promise! The worst thing you can do for your recovery is take a hot bath and sit around not moving your muscles. Trust me, I've made this mistake before!

So, let's explore the Falls some more. Niagara Parks features some of Canada's most desired natural sights and travel destinations, and Niagara Parks Attractions showcase these through classic experiences, beloved by generations of explorers for more than 130 years. Some of the attractions you will find include:

#### **JOURNEY BEHIND THE FALLS**

Traverse the network of tunnels and make your way to the base of Horseshoe Falls to enjoy one of the world's most remarkable views.

#### **LOWER OBSERVATION DECK**

Up to 2,800 cubic meters of water thunders over the brink of the Horseshoe Falls every second, traveling 65km per hour. That might sound like a lot, but to really feel it, you'll need to don your iconic yellow poncho, stand on the Lower Observation Deck and look way up! Just try to remember to take a breath every now and then.

#### **WHITE WATER WALK**

Experience a first-hand lesson in the raw power and peril of the Niagara River's Class 6 white-water rapids. The roar of the river provides a deceptive calmness, the perfect ambiance for your walk among the many viewing platforms that put you right at the river's edge. For those looking for an up-close and personal view of nature's power, you will not want to miss this.

This self-guided tour includes many stories about the geology of the Niagara Gorge and the plant and animal life you may see on your visit to Niagara Parks.

#### **NIAGRA'S FURY 4D MULTI-SENSORY MOVIE**

Discover the ancient story of Niagara Falls in 4D and re-live the exciting experience in this 360-degree multi-sensory theatre.

Water will bubble and spray as you travel down river, while snow falls all around simulating the last Ice Age. The moving platform beneath your feet will help you understand the power of nature as you're surrounded by stunning visuals of the mighty Niagara River.

#### **BUTTERFLY CONSERVATORY**

Located on the grounds of the Niagara Parks Botanical Gardens, visitors to the Butterfly Conservatory are transported to a tropical paradise full of lush vegetation, trickling waterfalls and thousands of vibrantly coloured butterflies. Over 2,000 butterflies, made up of 45 different species, call this beautiful space home. The self-guided walking tour of the Butterfly Conservatory begins with a short, informative video presentation.

### **Dinner on your own**

There are plenty of dining options within Niagra Falls Park. Have dinner with the ladies at a place and time of your choice.

\*Everything except the cost of dinner is included in the retreat price, even the famous souvenir poncho!

## **Monday, June 8th**

**Group breakfast** (time TBD depending on flight time for those departing today)

**For those not departing until the evening:**

OPTIONAL Excursion to Marineland

(entrance fee not included in retreat price; pay directly at Marineland)

At Marineland you will experience the thrill and sense of wonder that comes from a close encounter with amazing marine mammals. The educational presentations at the King Waldorf® Stadium featuring our dolphin, beluga whale and sea lion ambassadors leave you with a better understanding of and appreciation for these wondrous marine mammals. At Arctic Cove™, Marineland's beluga whale habitat, you have the unique opportunity to touch and feed these friendly white whales (extra charge for this activity). The park is also home to North American black bears, bison, elk, red deer and fallow deer. More thrills await you as the park features amusement rides such as one of the world's largest steel roller coasters and one of the world's highest triple tower rides along with a variety of other rides to suit all ages.



## *Girls Just Wanna Have Fun in Niagara Falls*

With Running Long Running Happy

June 5<sup>th</sup>-8<sup>th</sup>, 2020

Price Per Person (Double Occupancy): \$1199

Price Per Person (Single Occupancy): \$1849

**\*\*Not included\*\***

Flights to/from your home town to Niagara Falls, ON and airport transfers; alcoholic beverages and meals other than those specified in the itinerary; optional excursion to Marineland

**Participants will need to register separately for the Niagara Falls Women's Half Marathon or 5K at [www.nfwhm.com](http://www.nfwhm.com)**



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I failed physical education in school and spent most of my life on the couch or behind a desk. In 2006, my husband walked out on me with no warning. As a way to deal with the stress that had consumed my life, I decided to run a marathon for my 40th birthday the following year. Since then, I have run over 110 races including more than 50 half marathons, 20 full marathons and 3 consecutive marathons in 3 days. I will help you get off the couch, out of the house, and into the beautiful outdoors living the life you have dreamed of. No pace is too slow! If you can walk to the mailbox, you can walk a half marathon. Join us for a fun-filled girls' weekend in beautiful Niagra Falls, ON, Canada and earn that medal for yourself!

--Carla Frank, Active Lifestyle & Adventure Mentor, Speaker, Author, Runner, Walker, Hiker

