promises to keep and miles to go before we sleep. You probably stopped in Thorold, near the Canal, for information from the Region Niagara Tourism Council. If not, stop at the tourist bureau in Niagara Falls and get a map of the fruit farms and the wineries on the Niagara Peninsula.

The fruit farms all have stands along the road in season. The wineries have tasting rooms. You could probably stagger from one to the other, but I suggest you get a wine route map and be selective.

There are 18 wineries, from

There are 18 wineries, from Brights in Niagara Falls to Andres in the town of Winona, way back along the Queen Elizabeth Way. Why not start in Niagara-on-the-Lake with two of the better ones, Chateau des Charnes and Inniskillin.

There are several national historic sites in the Niagara region and five of them are right up there near Niagara-on-the-Lake. Here is your small daily ration of history:

The Loyalists who didn't want to be Americans founded the town of Newark, now Niagara-on-the-Lake. The British built Fort Niagara at the junction of the Niagara River and Lake Ontario; little did they know that it would end up on the U.S. side of the river.

They tried again and built Fort George on the Canadian side, but the American forces burned it at the same time they burned the city of Toronto (then the city of York) during the War of 1812. For those of you who have been outraged all these years because the Brits burned Washington, remember they did it in retaliation because the U.S. burned York.

Fortunately, we're all friends now, but it is interesting to see the sites where we once fought,

Niagara-on-the-Lake is one of those picturesque little villages with lots of bed-and-breakfasts, charming gift shops and many funky restaurants. I'm personally very fond of it, although prices are sometimes high.

The heart of the town is the Shaw Festival, which offers nine stage presentations this year in three wonderful theaters: the contemporary Festival Theater, the old Court House Theater and the old Royal George Theater.

This year they are playing Saint Joan, The Silver King and Blithe Spirit in the Festival; Candida, The Unmentionables and The Marrying of Ann Leete in the Court; Gentlemen Prefer Blandes, And Then There Were None and The Man of Destiny in the Royal George.

As you can see, only three of the plays are by Bernard Shaw. There is something there for a yearst taste

plays are by Bernatt Snaw, Inere is something there for every taste.

Call toll-free (800) ONTARIO for information on the province. Call toll-free (800) 72A-2934 for information or tickets to the Shaw Festival theaters in Niagara-on-the-Lake (ask about the passport that combines it with the Shakespeare Festival in Stratford and Miss Saigon in Toronto). Call toll-free (800) 263-2988 for information from the Region Niagara Tourist Council.

The Canadian dollar still only costs you 79 cents. Change your money at a Canadian bank for the best

exchange rate.
Writer Iris Sanderson Jones and her photographer-husband Micky Jones were born and raised in Canada, live and work in Michigan and publish their works on both sides of the border.



PEACH OF A TRIP.— Fruit farms and wineries in the Niogra Peninsula offer a bounty of good things to eat and dink.



For More Information,

Call