

## MEDIA RELEASE

For Immediate Release

### Enjoy Family Day in the City

There is nothing more valuable to families than time together. On February 18<sup>th</sup>, 2008 enjoy the many things our city has to offer on our newest holiday, Family Day.

In Burlington there are many great things to do, and what a wonderful way to spend some time with your family skating on the Rotary Centennial Pond at the Waterfront at Downtown Burlington. Discovery Landing is a unique place to discover, celebrate, play and relax. Walk the 80-foot timeline that tells the history of the waterfront, or experiment with a 7-foot high tornado.

Bronte Creek Provincial Park offers fun for the whole family. The park has over 10km of multi-purpose trails, a children's play barn, and Olympic size skating rink. If indoor skating is your preference, Mainway and Nelson Recreation Centres both offer family skates. City pool facilities offer fun swims at Tansley Woods Community Centre, and Aldershot Community Pool. The YMCA also provides a variety of fun family activities.

Come out and enjoy winter at one of Conservation Halton's many Conservation Areas. There's Crawford Lake, with its 468-hectare park on the Niagara Escarpment. Nassagaweya Canyon Interpretive Lookout offers 19 km of hiking and cross-country skiing and snow shoeing trails with connections to the Bruce Trail. A 15th century reconstructed Iroquoian Village and heritage site is a must see.

Keslo Conservation Area/Glen Eden is a great spot for active outdoor enthusiasts of any age. Experience Glen Eden's 12 slopes which are not just for skiers and snowboarders, there is also cross country skiing, snow shoeing or try something different like snow tubing.

The whole family can enjoy tobogganing and skating at Lowville Park, or a leisurely hike on the Bruce Trail.

For those families wanting to warm up from winters chill, head to the Royal Botanical Gardens. Inside the luscious Mediterranean Garden, see the spectacular '*Glass under Glass*' exhibition of glass art, now in full bloom. Over 100 shining examples of glass art from local artists are on display and for sale.

Family Day is an opportunity to enjoy family time together. On Monday February 18<sup>th</sup>, 2008 enjoy activities right at here at home, in Burlington.

For Further information, visit [www.tourismburlington.com](http://www.tourismburlington.com) or contact Tourism Burlington at (905) 634-5594.

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Tourism Burlington contact:  
Pam Belgrade, Executive Director  
414 Locust St. Burlington, ON L7S 1T7  
905 634-5594  
[belgradep@burlington.ca](mailto:belgradep@burlington.ca)  
[www.TourismBurlington.com](http://www.TourismBurlington.com)