



ASD SENSORY FRIENDLY SUNDAY MORNINGS

Sundays in July and August from 9:30 a.m. to 12 p.m.
July 7, 14, 21 & 28 and August 4, 11, 18 & 25, 2019

HELPFUL TIPS AND SUGGESTIONS FOR A SUCCESSFUL DAY AT UPPER CANADA VILLAGE

The Village is a large outdoor living history site that allows for flexibility. You may decide to stay for an hour or an entire day. Remember that you'll be mostly outside and doing lots of walking on gravel roads. Bring sunscreen, comfortable shoes and bottled water. Please note that we do have a canal, a pond, and are on the St. Lawrence River.

With each paid admission you will receive a free ticket for Fort Henry, one of the day-use parks and beach areas along the St. Lawrence River or a return visit to Upper Canada Village. These tickets are valid for the regular day program during the regular operating season.

Friendly Village staff are stationed throughout the site and always there to help. They will be happy to engage in gentle social interactions with you.

All-terrain Wheelchairs

Five all-terrain wheelchairs are available for loan upon request at the Discovery Centre. There is no charge.

Access for people in wheelchairs varies from building to building. All buildings are either accessible or partially accessible (i.e. main floors) to all visitors. In some cases, access is through an alternate entrance. Those buildings with second storeys are outfitted with electronic tablets featuring pictures of the upstairs rooms or machinery. Please ask the costumed interpreter.

Washrooms

There are several public washrooms on site:

- Outside the entrance to the Village
- In the Discovery Centre and the Village Store
- In the middle of the Village behind Chrysler Hall
- At the Harvest Barn restaurant
- At the east end of the Village near Loucks Farm

If you require a gender neutral, single stall facility, please use the one in the Discovery Centre next to the Admissions desk.

Food, water and restaurants

Bringing and eating your own food/snacks/lunch is permitted. You will find several suitable areas around the Village.

- Covered picnic shelter next to the Harvest Barn Restaurant
- Shaded picnic tables next to the Harvest Barn Restaurant
- Shaded picnic tables behind the Village Pantry near the Village Store at the entrance
- Many grassy shaded spots and benches inside Upper Canada Village.

Please inquire directly with the food services staff at the Harvest Barn and Village Cafe to find out about gluten/lactose free food choices.

You may fill up your water bottles at the water fountains near the Village Pantry at the entrance or at any of the washrooms.

Quiet areas

There are 3 designated quiet areas on site:

- At the air conditioned Discovery Centre in the ship room (Admissions staff will direct you)
- At Providence Chapel (lift up the half gate and let yourself in)
- At the Tenant Farm

You will find cushions, blankets, toys and colouring supplies in a chest in the above areas.

Suggested itinerary

Sunday mornings are traditionally quiet times at the Village. The following tips will help to make your visit successful:

- Enjoy the east end of the Village first: head to Loucks Farm, Tenant Farm and the Family Activity Centre FIRST and then make your way back from there. You will be able to meet the animals at the farms and try out the many hands-on activities at the Activity Centre before it gets busy and noisy.
- Take advantage of our horse-drawn wagon and boat rides.
 - **Horse-drawn wagon times:**
10 – 11:45 a.m. and 12:45 – approx. 4 p.m.
Departs from Cook's Tavern for a 20-minute long loop along Village streets, making one brief stop at the Tenant Farm. If you need to get off the wagon at any point, please ask the horse driver at the front of the wagon to stop.
 - **Horse-drawn boat (tow scow) hours:**
10 a.m. – 1 p.m. and 2 – approx. 4 p.m.
 - Departs from the dock behind Cook's Tavern and takes about 15 minutes along the canal to reach the dock at the Tenant Farm. There the tow scow turns around, unloads and gets ready for its return to Cook's Tavern. The tow scow is tethered by a rope to a horse which pulls the scow by walking along the canal path. It is not possible to get off once the ride has started.
- The mills and trade shops use machinery and tools which may be noisy.
- Some of the buildings may contain operating wood stoves.
- The miniature train runs outside of Upper Canada Village and requires an additional ticket.

- **Miniature train times:**

10:30 a.m. – 5 p.m.

You can choose to the more frequent 15-minute loop or the 30-minute loop which departs at 1 and 3 p.m. daily. You will hear the train whistle as well as cannon sounds when going through the train tunnel.

- Be prepared to see unplanned things such as animals in the fields and sometimes on the streets, noisy horse or oxen-drawn wagons, etc. You may also perceive unfamiliar smells – bread baking at the Bakery, coal fire and smoke at the Blacksmith Shop, unwashed wool at the Woollen Mill, etc.

**WE ENCOURAGE YOU TO BRING WHATEVER YOU NEED TO
FEEL COMFORTABLE AND HAVE A SUCCESSFUL DAY AT UPPER
CANADA VILLAGE!**