



Travel for Credit: Social Studies in Ottawa, Montréal & Québec City

7 DAYS

Included in the program fee:

- Round trip airfare
- Transfers to and from the airport and hotel and between destination cities (as per program itinerary)
- Overnight in hotels with private bathrooms
- Continental breakfast daily
- Dinner daily
- Full-time services of an EF Tour Director
- Customary gratuities for your tour director, local guide and driver
- Professional overnight security (10pm – 5am)

Not included in the program fee:

- Porterage
- Personal Insurance
- Beverages and lunches
- Public transportation to free time activities

Overnight stays: Ottawa (2); Montréal (2); Québec City (2).

Sightseeing tours led by an expert: Montréal & Québec City.

Entrances included: Museum of History; House of Commons or Senate Tour; Supreme Court of Canada; Canadian War Museum; Haunted Walk; “My Allyship in Action to Support Indigenous Nations” workshop at the McCord Museum; Notre-Dame Basilica; Evening Activity in Montréal; Montréal Museum of Archaeology and History; Sugar Shack; Musée POP; The Plains of Abraham workshop.

Please note that the following is a sample timed itinerary for this EF tour with approximate addresses, activity durations, and transfer times. Exact timing may vary based on available flights, hotel location, scheduled activity bookings, traffic, etc. Your EF Tour Director is available to the group 24/7 while on tour. EF works with Group Leaders to ensure that travellers have a safe and memorable experience while on tour.

Day 1: Ottawa

Fly to Ottawa

Meet your Tour Director at your destination

Supervised Exploration Time in the ByWard Market

The ByWard Market is one of the top attractions in Ottawa with over 50,000 people visiting on the weekends during the summer months. It's a huge open-air market with artists, a great farmer's market, over 260 stands and 500 shops! It's also a historical area of the city, originally designed in 1826 as a public market. The streets are extra wide because they were designed to accommodate the huge amount of traffic, except back then traffic was of the horse drawn variety.

Visit the Canadian Museum of History

Preserving the heritage of Canadians and showcasing the culture of Canada and the world, the Museum of History invites you to explore its two main halls. The Grand Hall, built in the shape of an enormous canoe, features the façades of six Pacific Coast native dwellings, linked by a shoreline and boardwalk, and a large collection of totems. The First People's Hall displays histories of the First Nations, their cultural identities, artistic expressions and traditional and contemporary ways of life.

Day 2: Ottawa

Self-guided visit of the Canadian War Museum

Learn about Canada's involvement in conflict, both here and abroad. Covered in the museum exhibitions are disputes ranging from those involving the First Nations peoples during the formation of the country, through the two World Wars and our more recent role as peacekeepers. The museum emphasizes the devastating human cost of war.

Experience Parliament through a House of Commons or Senate Tour

Get ready to spend some time exploring the place where the most important functions of government take place, the Parliament Buildings! See where the fiery debates between the parties take place and just think of all the important Canadian history that's occurred here since the buildings began functioning as a government centre in 1859. Just think, you'll be one of more than 3,000,000 people that visit Parliament Hill each and every year!

Participate in a Mock Trial at the Supreme Court of Canada

Learn about the Canadian judicial system and how various legal issues are resolved by Canada's highest court.

Haunted Ottawa Tour

This lantern-lit evening walking tour of Ottawa ghost stories and darker history features the haunting of the Bytown Museum, the Fairmont Château Laurier, Friday's Roast Beef House and more! Explore the hidden side of the Nation's Capital.

Day 3: Ottawa | Montréal

Travel to Montréal

Supervised Exploration Time on Rue Ste. Catherine

Saint Catherine Street is the primary commercial artery of Downtown Montréal. Connected underground by a series of pathways and malls known as the Underground City (the largest in the world). The easiest way to access the underground would be to enter through one of the many shopping malls on Ste. Catherine Street. From their bottom floors you can connect to the other malls without ever having to go outside. Educational institutions located on or near Rue Ste. Catherine include Concordia University, McGill University, Université du Québec à Montréal, Dawson College and LaSalle College.

'My allyship in action to support Indigenous Nations Workshop' at the McCord Museum

My allyship in action towards indigenous peoples workshop at the McCord Museum – through questioning and discussion, students explore what everyday actions can we take to be allies to Indigenous peoples and their struggles? Developed in response to the Truth and Reconciliation Commission of Canada, this workshop engages participants in dialogue to become more aware of Indigenous realities and identify concrete actions for reconciliation.

Old Montréal Dinner Experience

Experience culture, dining & ambiance in an authentic Old Montréal setting.

Day 4: Montréal

Guided sightseeing of Montréal

With a licensed local step-on guide, discover the cultural and historical highlights of Montréal. Ascend Mont Royal to the expansive green park at its summit, designed by American landscape architect Frederick Law Olmsted, mastermind of New York City's Central Park. The 98-foot cross at its peak commemorates the 1643 climb by de Maisonneuve, founder of Montréal. Take in Jacques Cartier square, a car-free zone during summer and an entrance to the city's Old Port. See also the British-influenced quads and buildings of McGill University, founded in 1821. Then visit the Basilica of Notre-Dame de-Montréal, a magnificent example of French-Canadian architecture that once hosted national separatist rallies and is the largest church in Canada.

Visit the Montréal Museum of Archaeology and History

Walk through the history of Montréal at this museum built on the very site on which the colony was first established, Pointe-à-Callière, where the St. Pierre River merges with the St. Lawrence. Marvel at ancient ruins from the original city, view artifacts in burial grounds within the subterranean complex and explore the exhibits of the former Custom House.

Evening Activity in Montréal

Spend the night doing an obstacle challenge, bowling, or experiencing an IMAX movie. You may be familiar with IMAX, but did you know that the IMAX motion picture projection system was invented by a group of Canadian filmmakers and entrepreneurs? They created the first IMAX for Montréal's EXPO '67.

Day 5: Montréal | Québec City

Travel to Québec City

Visit the Musée POP – Québec's Museum of Pop Culture

The Musée POP team studies both past and present Québec culture and testifies about its richness.

Tour Director-led Sightseeing of Québec City

Your Tour Director will add a personal touch while leading you through Québec's charming Old City, the 17th-century heart of this French-influenced province. As you stroll down rue Petit-Champlain, the oldest street in North America, note that Québec is the only walled city north of Mexico.

Day 6: Québec City

Guided Sightseeing of Québec City

A licensed local guide leads today's exploration of historic Québec City. View the regal baroque-style Château Frontenac; here, President Roosevelt met with Churchill and other leaders of the Allied Nations during World War II. Continue into the Basse Ville to the well-preserved Place Royale, site of Samuel de Champlain's original French colony. Cross the Plains of Abraham, where General James Wolfe's British army defeated the Marquis de Montcalm's troops in 1759, thereby ending French rule in Québec. Then, stop at the Citadel. Perched above the St. Lawrence River, this magnificent fortress is still used by Canadian troops. Near the Citadel you'll see Porte St-Louis, a wide medieval gate in the city walls constructed in the late 1800s.

Participate in a historical interpretation and re-enactment at the Plains of Abraham

Steeped in Canadian history, the Plains of Abraham was the site of a battle that shaped Canada's destiny. In 1759, British General Wolfe defeated French troops under the command of General Montcalm. Though the British defeated the French, both Generals were mortally wounded during the battle. Go over the strategies, load rifles and guns, become an expert in artillery, treat your wounded fellows who fell on the battlefield.

Supervised exploration time in Québec City

Dinner and Sugar Shack Experience

Join a festive visit to the Sugar Shack, where you'll dine in the hearty manner of early French-Canadian loggers. Set deep in the pine forests of rural Canada, the Sugar Shack offers a memorable evening of traditional feasting, songs, games and dancing.

Day 7: Depart for Home

Travel by private motorcoach to the airport in Montréal and fly home

Itinerary is subject to change.

For complete financial and registration details, please refer to the Booking Conditions at www.eftours.ca/bc.



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