



**SAMPLE
ITINERARY**

Call us now to customize
your trip!

CANADA

UPPER CANADA TOUR 8 DAYS / 7 NIGHTS

Prométour offers model itineraries you can customize to your liking. Start your planning from this basic itinerary! Whatever your personal, educational or professional interests, Prométour offers you a personalized service throughout all stages of the trip planning process. With the help of your own experienced Tour Project Manager, you will be accompanied every step of the way, ensuring the utmost in quality customer service and attention.

Plan a trip your students will remember
for the rest of their lives.



CALL US NOW!

1-800-304-9446 FROM THE USA

1-800-657-7754 FROM CANADA

INFO@PROMETOUR.COM



DAY 1: TRAVEL TO ONTARIO

- Travel to Toronto, the largest city in Canada
- Your Prométour Tour Director will greet you at the airport, and will remain with your group for the duration of your visit to Ontario
- Discover the **Ontario Science Center** with more than 650 exhibits, many of which are interactive. Pioneers of the interactive experience, this world famous science center invites students and youths to explore "hands-on" exhibits, witness live demonstrations and more
- Check-in at your centrally located hotel to freshen up
- Enjoy a wonderful fresh market buffet at the **Town & Country Restaurant**. Set in authentic rail cars, the Queen's Quay location is one of a kind
- Enter the **Playdium** in Mississauga. The Playdium is the ultimate high-tech interactive and virtual reality attraction. The indoor facility feature over 200 amazing adrenaline-fuelled, action-packed games to enjoy to play
- Overnight accommodation in Toronto at your centrally located hotel

DAY 2: TORONTO / NIAGARA FALLS

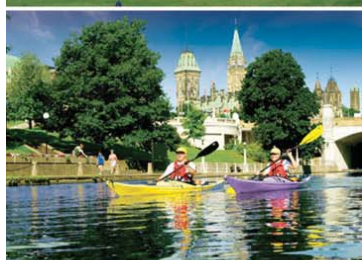
- Have breakfast at your hotel with your group and your Prométour Tour Director
- Depart for **Niagara Falls**, the most powerful waterfalls in North America, and the largest producer of electric power in the world
- Board the **Maid of the Mist** to experience the falls up close. Be prepared to put on a raincoat as you are going to get wet! Water rushes all around as you "soak" in the excitement and explore the roar of the falls
- Take some time on **Clifton Hill** to discover some of the haunted houses, the wax museum or Ripley's Believe it or Not
- In the afternoon explore the **Butterfly Conservatory**. This Niagara Parks attraction features over 2000 colorful tropical butterflies floating freely among lush and exotic blossoms
- Enjoy dinner at the world renowned **Hard Rock Café** before heading back to Toronto
- Overnight accommodation in Toronto at your centrally located hotel

DAY 3: TORONTO

- Have breakfast at your hotel with your group and your Prométour Tour Director
- Make your way to the **Hockey Hall of Fame**. It holds exhibits about players, teams, the National Hockey League records, memorabilia, and NHL trophies including the Stanley Cup
- Continue to the **Medieval Times** matinee show. Enjoy a feast fit for a King as you travel back to the 11th Century.
- Take a walk through **Kensington Market** and **Chinatown** to experience the cultural mosaic that is Toronto
- Visit the **Eaton Centre**, an enormous shopping complex in the very heart of Toronto
- Have dinner with your group and your Prométour Tour Director
- Climb the **CN Tower**, the tallest free-standing structure in the Western Hemisphere; stand on the glass floor and admire the amazing view of Toronto at sunset
- Overnight accommodation in Toronto at your centrally located hotel

DAY 4: TORONTO / 1,000 ISLANDS / OTTAWA

- Have breakfast at your hotel with your group and your Prométour Tour Director
- Board your private motorcoach for **Gananoque**, part way between Kingston and Ottawa
- Take a boat tour of the famous **1000 islands**. You'll hear the legends of triumph, tragedy, romance, shipwreck and piracy that have added to the 1000 Islands international reputation
- Hop back on your bus and continue on to **Ottawa**, the nation's capital
- Check-in at your centrally located hotel to freshen up
- Have dinner with your group and your Prométour Tour Director
- Overnight accommodation in Ottawa at your centrally located hotel



DAY 5: OTTAWA

- Have breakfast at your hotel with your group and your Prométour Tour Director
- Enjoy a **guided bus tour** through Ottawa; see the **Parliament buildings**, **Rideau Canal**, **Sussex Drive** where the Prime Minister lives and the **Canadian Centre for the Arts**
- Stretch your legs and explore the **Byward Market**, one of Canada's oldest and largest public markets. You will discover boutiques offering unique gifts, arts and crafts
- Have dinner with your Prométour Tour Director at **Tuckers Marketplace**
- Tonight take the **Crime and Punishment Tour** of the **Ottawa Carleton Jail**. Learn about the living conditions at the jail in the 1800's, **visit the last functioning gallows in North America**
- Overnight accommodation in Ottawa at your centrally located hotel

DAY 6: OTTAWA

- Have breakfast at your hotel with your group and your Prométour Tour Director
- **Visit the Supreme Court of Canada. Take a guided tour** with one of the University of Ottawa's law students
- Make your way to **Parliament Hill**
- **Take a guided tour of Centre Block - Canada's House of Parliament**, including the **House of Commons**, the **Senate**, the **Hall of Honor** and the **Library of Parliament**. Be sure to **take a trip up the Peace Tower**
- Before leaving Parliament Hill walk the grounds and find as many bronze statues as you can. See who is there and what they represent. See if you can find the Cat House on the Hill
- Pick up some souvenirs at the **Rideau Center**
- Have dinner with your group and your Prométour Tour Director
- Overnight accommodation in Ottawa at your centrally located hotel

DAY 7: OTTAWA

- Have breakfast at your hotel with your group and your Prométour Tour Director
- Get the unique opportunity to **sit in on an open rehearsal for Ottawa's Symphony Orchestra at the National Arts Center**
- Take a guided tour of the **Chateau Laurier**. This is home away from home for many of Canada's politicians
- This afternoon take a guided tour of the brand new **Canadian War Museum** and gain an understanding of Canada's participation in the World Wars, and an idea of how war impacts veterans and their families
- Enjoy one of the **IMAX** films at the onsite theater
- Have dinner with your group and your Prométour Tour Director
- Overnight accommodation in Ottawa at your centrally located hotel

DAY 8: RETURN HOME

- Have breakfast at your hotel with your group and your Prométour Tour Director
- After a wonderful adventure, board your private motorcoach for the Ottawa airport
- Say a fond goodbye to your Prométour Tour Director and board your flight for home