

English and French cultures melt into this romantic journey through the picturesque and historic cities of Eastern Canada.



Ottawa's Parliament Hill

Capitals of Eastern Canada

TOUR PACE

Canada's eastern cities are bursting with life and this tour offers a fantastic introduction to their highlights. Enjoy two-night stays in bustling Toronto and romantic Quebec City, plus overnight stops in vibrant Montreal and the nation's capital city, Ottawa.

HOTELS

From The Sutton Place Hotel in Toronto to the landmark Fairmont Chateau Laurier in Ottawa, the luxurious hotels on this tour are all centrally located to allow you to make the most of your visit. Wake up every morning to find the best of these delightful cities on your doorstep, waiting to be explored.

DAY 1 – ARRIVE TORONTO. On arrival at Toronto International Airport, your airport transfer service takes you to your tour hotel. Join us at 6 p.m. for a *Welcome Drink* at the hotel. Hotel: The Sutton Place Hotel

DAY 2 – TORONTO & NIAGARA FALLS EXCURSION. Spend the morning exploring cosmopolitan Toronto. *Rise to the top of the CN Tower and view Toronto from four different lookout levels.* Travelling up stately University Avenue, see *Ontario's Parliament buildings, Queen's Park* and the *city's museum row.* Move on to one of the world's great natural wonders, *Niagara Falls.* *Enjoy close-up views of the falls on the Maid of the Mist cruise* before browsing the shops and galleries of *Niagara-on-the-Lake.* Dinner is at the hotel tonight. (B,D)

DAY 3 – TORONTO – OTTAWA. Travel north along the shores of Lake Ontario to Canada's first capital, Kingston. Your orientation tour shows you the numerous historic buildings, churches, picturesque neighbourhoods and 19th century fortifications. Arrive in Ottawa, the nation's capital, and visit the *Canadian Museum of Civilization*, Canada's largest and most popular cultural institution. This evening, *your Tour Director offers you a selection of restaurants for your dining pleasure.* Hotel: Fairmont Chateau Laurier (B,DA)

DAY 4 – OTTAWA – QUEBEC CITY. This morning enjoy an orientation tour of Ottawa, famous for its stately boulevards, imposing buildings and tulip-filled gardens during the spring. See the green-peaked roofs of the *Parliament, the Royal Canadian Mint, City Hall* and the *National Art Gallery.* Then, follow the St. Lawrence River to Quebec City, the first French settlement in North America, reminiscent of a medieval European village. This evening is at leisure to enjoy this romantic city. Perhaps join your Tour Director for an optional French Bistro dinner inside the walled city. Hotel: Hilton Quebec (B)

DAY 5 – QUEBEC CITY SIGHTSEEING. Let a local guide show you the unique European charm of this historic city, with its *Latin Quarter, Plains of Abraham, ramparts, National Assembly, Basilica, City Hall, Place Royale* and *Citadel.* *Then venture north to visit the shrine of Sainte-Anne-de-Beaupre, the first pilgrimage shrine in North America, and the spectacular Montmorency Falls,* before returning to Quebec City where the rest of the day is free. (B)

DAY 6 – QUEBEC CITY – MONTREAL. Continue to Quebec's largest city, Montreal. On a locally guided tour, admire the city's diversity, from the grand mansions of Mount Royal to the modern downtown area. See the *historic old town* with its *cobblestone streets of Old Montreal* and the *Old Port.* *Visit dramatic Notre-Dame Basilica with its glorious stained glass windows depicting Montreal's religious history.* This evening, explore Montreal's old-world charm and joie de vivre at your leisure. Hotel: Fairmont The Queen Elizabeth (B)

DAY 7 – DEPART MONTREAL. For guests not taking the cruise, the tour ends upon hotel checkout. A departure transfer to Montreal International Airport is provided. (B)

Others enjoy the morning at leisure in Montreal before joining their Canada and New England Discovery Cruise aboard Holland America Line's ms Maasdam. (D)

DAY 8 – CRUISING – QUEBEC CITY. Explore the city or beyond. Available activities include biking at Montmorency Falls, wine-tasting at Canyon Sainte-Anne and rafting down the Jacques-Cartier River. (B,L,D)

DAY 9 – CRUISING – THE GULF OF ST. LAWRENCE. The lifeblood of French Canada, the St. Lawrence River delivered explorer Jacques Cartier to indigenous peoples in 1534. Today it will deliver you to majestic landscapes, rich aquatic life and multiple species of whales that feed at the St. Lawrence Estuary. (B,L,D)

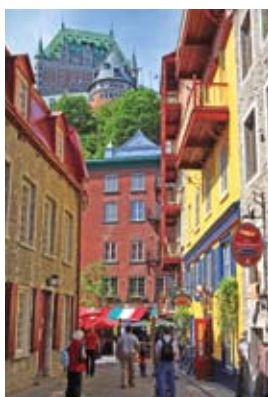
DAY 10 – CRUISING – CHARLOTTETOWN. Call in at Charlottetown, where red double-decker buses motor along streets lined with Victorian houses. Perhaps join an optional excursion to Cavendish, with ample time to visit the *Anne of Green Gables* homestead and Prince Edward Island National Park for a leisurely walk along the boardwalk. (B,L,D)

DAY 11 – CRUISING – SYDNEY. Alexander Graham Bell observed, "I have travelled around the globe. I have seen the Canadian and American Rockies, the Andes and the Alps, and the Highlands of Scotland; but for simply beauty, Cape Breton outrivals them all." Perhaps join an optional shore excursion along the 184-mile-long Cabot Trail, or be a soldier for the day at Louisbourg - the choice is yours. (B,L,D)

DAY 12 – CRUISING – HALIFAX. Lighthouses stand sentinel on cliff-side ledges; tiny villages huddle in rocky inlets; lobsters make it from the ocean to your plate in record time – all in Nova Scotia. In Halifax, the ramparts of the Citadel defend the city and await your inspection. (B,L,D)

DAY 13 – CRUISING – BAR HARBOR. Tucked into a cove by Acadia National Park is Bar Harbor, a quintessential New England coastal town. Enjoy an optional bike ride or kayak adventure, participate in a lobster bake and chew on hand-stretched taffy from an upscale boutique. (B,L,D)

DAY 14 – DEPART BOSTON. Time permitting, explore the cradle of American history, Boston, before being transferred to Boston International Airport or to the tour hotel in Boston, for passengers wishing to extend their stay. (B) *Please do not schedule flights before noon.*



Spend time in historic Quebec



See the falls up close, aboard the Maid of the Mist

7 OR 14 DAYS ~ ONTARIO ~ QUEBEC ~ PRINCE EDWARD ISLAND ~ NOVA SCOTIA ~ MAINE ~ MASSACHUSETTS

Key

- PREMIUM HIGHLIGHTS
- HIGHLIGHT & DINE-AROUND DINNERS
- WELCOME DRINK
- LOCALLY GUIDED SIGHTSEEING
- ORIENTATION TOUR
- CENTRAL HOTELS + NIGHTS
- CRUISE + NIGHTS

See hotel details on pages 47-49

Sail aboard the ms Maasdam on a 7-day Canada and New England Discovery Cruise



Included Premium Highlights

- Rise to the top of the CN Tower, the tallest free-standing tower in the Americas
- Enjoy Niagara Falls and close-up views of the falls on the Maid of the Mist cruise
- Visit the shrine of Sainte-Anne-de-Beaupre and the Montmorency Falls
- Experience the dramatic architecture and grand decor of Notre-Dame of Montreal

Included Other Excursions & Sights

- See museum row, Queen's Park and City Hall in Toronto
- Browse the shops and galleries of Niagara-on-the-Lake
- Explore 20,000 years of human history at the Canadian Museum of Civilization
- See Ottawa's Parliament, Royal Canadian Mint and National Art Gallery
- See the Plains of Abraham, the Citadel and the historic walls of Quebec City
- Enjoy the views over Montreal from Mount Royal and explore Old Town Montreal
- Experience the seasonal splendours of the Canadian and New England coasts aboard the luxurious five-star ms Maasdam*

Included First Class Services

- Escorted by a professional Tour Director
- Luxury air-conditioned 40 seat coach with extended legroom and onboard restroom
- Insight Hotels include all service charges, taxes and portage
- Insight Traveller document wallet, Welcome on Tour book with map and information pack
- Airport transfer service on the first and last day of your tour
- All facilities aboard the Holland America Line ms Maasdam cruise ship*

Included Quality Dining

- Choose from a selection of restaurants on your Ottawa Dine-Around evening (DA)
 - 6 Full Breakfasts (B) and 1 three-course table d'hote Dinner or Buffet (D)
 - 7 Full Breakfasts (B), 6 Lunches (L) and 7 Dinners (D) included aboard the ms Maasdam*
- (*Exclusive to 14-Day Land Tour & Cruise)

TOUR CODE:
AQEC/AQEI/AQEZ/AQEB

Save up to US\$158 p.p. with our Early Payment Discount

7-Day Land-only Tour					14-Day Land Tour and Cruise					Ocean-view Stateroom					Verandah Stateroom				
Starts	Ends	Twin Share	Single Supp.	Triple Room Reduction	Starts	Ends	Twin Share	Single Supp.	Triple Room Reduction	Starts	Ends	Twin Share	Single Supp.	Triple Room Reduction	Starts	Ends	Twin Share	Single Supp.	Triple Room Reduction
May 01	May 07	\$1575	\$595	\$95	May 01	May 14	\$2175	\$1015	\$90	May 01	May 14	\$2575	\$1210	\$180	May 01	May 14	\$3399	\$2695	\$460
May 15	May 21	\$1575	\$595	\$95	May 15	May 28	\$2225	\$1040	\$90	May 15	May 28	\$2625	\$1235	\$195	May 15	May 28	\$3399	\$2695	\$460
May 22	May 28	\$1575	\$595	\$95	May 29	Jun 11	\$2375	\$1110	\$115	May 29	Jun 11	\$2699	\$1270	\$220	May 29	Jun 11	\$3499	\$2795	\$490
Jun 12	Jun 18	\$1575	\$595	\$95	Jun 12	Jun 25	\$2475	\$1160	\$145	Jun 12	Jun 25	\$2775	\$1315	\$250	Jun 12	Jun 25	\$3699	\$2985	\$555
Jun 19	Jun 25	\$1575	\$595	\$95	Jun 26	Jul 09	\$2475	\$1160	\$145	Jun 26	Jul 09	\$2775	\$1315	\$250	Jun 26	Jul 09	\$3899	\$3180	\$620
Jun 26	Jul 02	\$1575	\$595	\$95	Jul 10	Jul 23	\$2475	\$1160	\$145	Jul 10	Jul 23	\$2775	\$1315	\$250	Jul 10	Jul 23	\$3899	\$3180	\$620
Jul 10	Jul 16	\$1575	\$595	\$95	Aug 28	Sep 10	\$2575	\$1205	\$175	Aug 28	Sep 10	\$2875	\$1365	\$285	Aug 28	Sep 10	\$4075	\$3370	\$685
Aug 28	Sep 03	\$1575	\$595	\$95	Sep 11	Sep 24	\$2750	\$1300	\$240	Sep 11	Sep 24	\$3075	\$1460	\$345	Sep 11	Sep 24	\$4275	\$3560	\$750
Sep 11	Sep 17	\$1575	\$595	\$95	Sep 25	Oct 08	\$2950	\$1400	\$305	Sep 25	Oct 08	\$3275	\$1555	\$410	Sep 25	Oct 08	\$4375	\$3660	\$780
Sep 25	Oct 01	\$1575	\$595	\$95															
Oct 02	Oct 08	\$1575	\$595	\$95															

Supplements

*Cruise Fees, Taxes & Tips: These compulsory charges are levied by the cruise line and comprise a Non-Discountable Amount, Government Fees & Taxes - see page 51 for details. \$350 per person

Pre & post tour accommodation

Per person, per night	Twin	Single	Triple
The Sutton Place Hotel	\$105	\$209	\$81
Fairmont The Queen Elizabeth	\$93	\$187	\$79
Hyatt Regency Boston	\$153	\$307	\$113

Accommodation prices are per person, per night, room & taxes only. Airport transfers are not included with pre and post tour accommodation - see page 50 for details.

Reductions

SAVE \$140 per person with Quad room reduction - 7-Day Land-only Tour 14-day Land Tour & Cruise Quad prices are available upon request

Insight's Great Savings & Discounts

- SAVE \$158 per person with Young Traveller Discount
- SAVE up to \$79 per person with 2nd Tour Discount
- SAVE up to \$79 per person with Frequent Traveller Discount

Early Payment Discount	12 months	10 months	6 months
SAVE per person	\$158	\$118	\$79

For additional information regarding Insight's Great Savings and Discounts, please see page 50.

Notes

All prices are per person, sharing a twin room/stateroom. All tours start on Sunday and end on Saturday. **Please note:** Guaranteed Room Share is not available on Land Tour & Cruise.

Full payment for Land Tour & Cruise is required 80 days prior to departure.

DEF **Definite Departures (DEF)** are tour dates guaranteed to operate. These are regularly updated and listed on our website www.insightvacations.com (see page 50 for details).

Included are worth approximately \$239

For news, views & info visit our 'Bulletin Board' at www.insightvacations.com

