

**A Balancing Act Educational Tours
Drama & Culinary Montréal Fine Arts Tour**

ITINERARY SUMMARY	
Day 1	<p>CALGARY / MONTRÉAL Flights Arrive Montreal Airport and transfer to Downtown Group dinner at St. Hubert Restaurant</p> <p>Meals: Group Dinner Accommodations: Downtown Montreal Hotel - 5 nights Transportation: Private Coach airport & transfers to all activities</p>
Day 2	<p>Breakfast Buffet at Hotel DRAMA - Montreal Improv Workshop CULINARY - Visit & tour of the legendary St-Viateur Bagel Shop CULINARY - Visit to Schwartz's Deli to learn of their history & smoked meat process CULINARY - Visit the Jean-Talon Market CULINARY - Épices de cru in the Market for a tour and discussion about spices DRAMA - Shakespeare Interactive Workshop - Repercussion Theatre Company CULINARY - Visit the Atwater Market CULINARY - Chocolate Workshop at Chocolats Privilège in the Market CULINARY – Progressive Dinner DRAMA - Group Dinner L'académie St-Denis DRAMA - Montreal Improv Smackdown - The Friday main event</p> <p>Meals: Buffet Breakfast, Group Dinner DRAMA, Progressive Dinner CULINARY Accommodations: Downtown Montreal Hotel Transportation: Private Coach transfers to all activities Entrance Fees: DRAMA: Montreal Improv Workshop, Shakespeare Interactive Workshop, Montreal Improv Show CULINARY: Épices de cru Workshop, Chocolate Workshop</p>
Day 3	<p>Breakfast Buffet at Hotel Montréal Tower Observatory at Olympic Park Montréal Biodome at Olympic Park Montreal Museum of Fine Arts with Pompeii Exhibition CULINARY - Hands On Cooking Class – Spices, Hot Peppers & Moles of Oaxaca DRAMA - Group Catered Dinner at the Segal Centre ArtLounge Cast Meet & Greet DRAMA - Show at Segal Theatre</p> <p>Meals: Buffet Breakfast, Group Dinner DRAMA, Cooking Class CULINARY Accommodations: Downtown Montreal Hotel Transportation: Private Coach transfers to all activities Entrance Fees: Montréal Tower Observatory, Montréal Biodome, Montreal Museum of Fine Arts with Pompeii Exhibition, DRAMA: Show at Segal Theatre</p>

Day 4	Breakfast Buffet at Hotel Mass at St. Patrick’s Basilica Guided Walking Tour of Old Montréal Cirque du Soleil Luzia show Group Dinner at Crêperie Chez Suzette in Old Montreal Meals: Buffet Breakfast, Group Dinner Accommodations: Downtown Montreal Hotel Transportation: Private Coach transfers to all activities Entrance Fees: Guided Walking Tour of Old Montréal, Cirque du Soleil Show
Day 5	Breakfast Buffet at Hotel Tour of Notre-Dame Basilica CULINARY – Walking Tour of Montreal’s Chinatown – includes 5 food tastings DRAMA - Segal Centre Academy Voice and the Body Workshop Visit St. Josephs Oratory at Mount Royal Park & Kondiaronk Belvedere Overlook Dinner Show Le Festin du Gouverneur Meals: Buffet Breakfast, Group Dinner, Food Tour Lunch CULINARY Accommodations: Downtown Montreal Hotel Transportation: Private Coach transfers to all activities Entrance Fees: Tour of Notre-Dame Basilica, DRAMA: Segal Centre Academy Workshop CULINARY: Walking Chinatown Food Tour,
Day 6	Breakfast Buffet at Hotel Sucrierie de la Montagne, an authentic “sugar shack” Private Coach Transportation to Airport MONTREAL / CALGARY Flights

MONTREAL ACTIVITES

Sucrierie de la Montagne - an authentic “**sugar shack**”. Designated an official “Site du Patrimoine Québécois” (Québec Heritage site), the sugar shack, located in the midst of a 120-acre forest of century-old maples atop Mont Rigaud, west of Montréal, transports its visitors back in time, providing them with a momentary glimpse of life as it truly was for Québec and Canadian pioneers.

A typical visit starts with a **hay ride pulled by Belgium horses**, followed by a **guided tour of the Traditional Sugar House and wood-stone bakery**. A **Lunch all-you-can-eat sugaring off feast** served at tables: Mountain dweller's pea soup, farm-style crusty bread, maple-smoked ham, wood-fired baked beans, farm-style omelette soufflé, country-style sausages, traditional meatball stew, crispy-fried pork rinds, old-style mashed potatoes, tourtière de la beauceronne (meat pie from Québec’s Beauce region), homemade fruit ketchup & pickles. For dessert: sugar pie, pancakes with maple syrup, tea and coffee. Follow this with **Maple-taffy-on-snow tasting** & a **visit to the General Store** where you can purchase a full range of maple products: syrup, butter, taffy and other maple treats.

Dinner Show at Le Festin du Gouverneur at Le Vauquelin Restaurant in Old- Montréal - The show will allow you to spend an unforgettable evening with the 1st Mayor of Montréal: Mr. Jacques Viger, and some members of the Municipal counsel who all happened to be fine entertainers, singers and musicians. Irresistibly bi-cultural and bilingual, this richly authentic, interactive dinner & attraction has been a renowned international success since 1973. Dinner includes 2 hour performance, 4 course dinner, as well as coffee, tea, or herbal tea.

Guided Tour of Notre-Dam Basilica - noted for its lavish and beautiful interior – stained glass windows, paintings, statues, gold-tipped polychrome carvings, rich altarpiece. It also has a notable Casavant organ and its largest bell, le Gros Bourdon, is the biggest on the continent.

Guided Walking Tour of Old Montréal - The historic centre of Montreal, Vieux-Port is home to some of the city's most antiquated buildings and picturesque streets. Along the waters of the St. Lawrence River, the bank of Old Port features museums, festivals, food stalls, and outdoor athletics, a celebrated part of the city. See famous sites such as Notre-Dame Basilica, Place Jacques-Cartier, City Hall and Champ de Mars, and learn about the city's amazing art and spectacular architecture from your guide, all while enjoying the quaint French charm.

Montréal Biodome - self-guided tour through its five ecosystems; the tropical forest; the Laurentian forest; the St. Lawrence marine environment and the Polar World of the Arctic and Antarctic. Plants and animals by the thousands, cliffs and waterways, even the climate itself recreate with stunning realism the five finest ecosystems of the Americas.

Olympic Park which was built for the 1976 Summer Olympic Games. The Olympic Stadium is the Park's centerpiece, and is topped by the world's tallest inclined tower, with its 165-metre elevation and 45-degree angle. A funicular-type elevator brings you to the Observatory at the top of the **Montréal Tower**, where you will have a superb view of Montréal and its surroundings.

Montreal Museum of Fine Arts (MMFA) - numbers over 41,000 works from Antiquity to today, making it unique in Canada. It comprises paintings, sculptures, graphic arts, photographs and decorative art objects displayed in four pavilions: the Jean-Noël Desmarais Pavilion (international art), the Michal and Renata Hornstein Pavilion (world cultures), the Liliane and David M. Stewart Pavilion (decorative arts and design) and the Claire and Marc Bourgie Pavilion (Quebec and Canadian art). The latter, which was inaugurated in September 2011, includes a 444-seat concert hall – Bourgie Hall – featuring an important group of Tiffany stained glass windows. For the first time in Montreal, an exhibition will be devoted to **Pompeii and Herculaneum**, its neighbouring city.

Mount Royal Park - the work of New York Central Park designer Frederick Law Olmsted and jewel of Montreal's city. This 200-hectare park occupies part of the mountain that lies in the midst of Montreal Island, and includes the highest spot in the city. On clear days, you can enjoy panoramic views from the **Kondiaronk lookout** near Chalet du Mont Royal, a grand old white villa that hosts big-band concerts in summer. You'll also spot the landmark Cross of Montréal, which is illuminated at night. Other features of the park include Lac des Castors (Beaver Lake), a favorite spot for sunbathers, a sculpture garden, a lush forest, with numerous sets of stairs, and two cemeteries.

SPECIALIZED WORKSHOPS:

Drama:

Montreal Improv Workshop - dedicated to promoting the art of improvised theatre, with our specialty being narrative-based improv or improvised plays. In addition to the regular weekly classes, Montreal Improv also leads specialized workshops to improve group dynamics, public speaking and team building

Shakespeare Interactive Workshop - Repercussion Theatre Company - is best known for its Shakespeare-in-the-Park open-air summer tour. As well as staging classical theatre productions year round, Repercussion Theatre also offers acting classes, professional workshops and educational outreach workshops. Shakespeare Interactive: Our innovative, educational workshops are led by professional actors and are designed to introduce students to Shakespeare's work

Montreal Improv Smackdown - The Friday main event. 2 teams compete for the audience's favour and the Smackdown trophy. Fodor's says, "Their Friday night Smackdowns, where the audience determines the winner, are definitely good for a laugh."

Segal Centre for Performing Arts Centre Academy Theatre Workshop - a professionally staffed educational facility at the Segal Centre that offers performing arts courses and workshops for children and young adults. The Academy nurtures creativity, collaboration and talent in drama, musical theatre, music, and dance. It is a place where arts educators inspire our youth to become the artists and audiences of the future. The Segal Centre is privileged to work with world-class, artists of the highest caliber, both visiting and permanent. We also have a team of teachers in musical theatre, circus arts, masks, improvisation.

Culinary:

Tour of the legendary St-Viateur Bagel Shop - located in a multi-cultural neighborhood in Montreal. It is truly one of Montreal's landmarks and has been immortalized in numerous paintings, in films and in books. Watch the process of their famous bagel making from start to finish.

Schwartz's Deli - World Famous Original Montreal Smoked Meat! Over 80 years of tradition - A Montreal classic. The oldest deli in Canada. A true Montreal landmark situated on the historic "Main". Famous for their Montreal Smoked Meat sandwiches. Manager of Schwartz's Deli will meet with you before lunch to answer your questions and give you some information on their restaurant and how they make their smoked meat (lunch at own cost)

Jean-Talon Market - In the heart of Little Italy, the Jean-Talon Market is one of the oldest public markets in Montréal and one of the largest public markets in North America. At the Jean-Talon Market, you won't just find fruits and vegetables, but also flowers, spices, oils, cheese, meat, fish and artisanal bakery goods, in addition to a wide selection of regional products from all over Québec!

Épices de cru Tour and Discussion about Spices - See, smell and even taste: three hundred unique and sometimes rare spices, as well as their made-in-house spice blends; more than sixty privately imported teas, sold in bulk or by the cup; original, hand-crafted ceramics, many created exclusively for the boutique.

Atwater Market - Open year-round, Atwater Market is known for its many butchers and delicatessens, as well as its horticultural vendors and farmers whose kiosks are brimming with fresh produce and border the perimeter of the building from spring through summer. Its many shopkeepers offer a wide variety of fresh, unique and specialty products. The expertise and dedication of many of the merchants have been passed down from generation to generation and have helped build Atwater Market's reputation internationally.

Chocolates workshop at Chocolats Privilège in the Atwater Market - Learn everything you ever wanted to know about chocolate and discover the secrets of preparing mendiants and "grignottines."

Progressive Dinner - A private group a culinary adventure through Old Montreal or through different neighborhoods in Montreal. We will completely organize your itinerary allowing you and your guests to truly enjoy this evening of culinary discoveries. Your group will be accompanied by a professional guide. Each course being served in a different restaurant, you will visit 3 restaurants and taste 3 different culinary creations to complete a 3 to 4 course meal

Hands On Cultural Cooking Class – 4 hour class featuring a Cultural experience learning about the culture of 3-4 course meal being prepared, cooking the meal & enjoying your meal afterwards. Possible themes include Italy, Mexico, Spain, Korea, Spices, Turkey, Senegal.

Under the Surface: Montreal's Chinatown Guided Walking Food Tour - This tour will explore the evolution of Montreal's Chinatown, from its pre-Chinatown beginnings to the current mix of people, food and businesses. Learn about the history and impacts of the different waves of immigration and immigration policies, while discovering the food, and stories of local chefs, merchants and colourful characters. This tour scratches the veneer and gets beyond Chinatown's facade to taste its best treasures! 5 food tastings included