



CANEW 2011

AÉROPORTS DE
MONTREAL

Spousal Program

Are you looking for a little adventure, a fun day out, or a little of both? The CANEW 2011 spousal program is a great way to satisfy both while giving you a taste of our hospitality and discovering what fun, interesting and exciting activities Montreal has to offer!

Monday, September 19: 10:00 am - 4:30 pm

Review and detailed description of the week's program, confirmation of Thursday appointments, answers to questions and other requests.

Lunch at the Complexe Desjardins underground shopping gallery, at your own expense

- **Afternoon Montreal City Tour** - Discover Montreal through the many places of interest while you listen to uninterrupted commentary from a friendly, knowledgeable, licensed guide. Various charming photo stops.



Tuesday, September 20: 8:45 am – 4:30 pm

- **Old Montreal guided tour:** May 1642 - A group of French settlers, men and women both, founded Montreal on the banks of the St. Lawrence River, on a tip of land that is now part of Old Montréal. This little 17th-century French settlement, initially baptized Ville-Marie, would grow and change quickly. The site of Old Montréal would become a fortified town, the bourgeois centre of the city, a Victorian showcase, the heart of the metropolis; the historic city centre. Many traces of Old Montreal from those days still remain: the layout of the streets, blocks and lots, many artifacts and objects, archives, and even a building dating from 1685, the Saint-Sulpice Seminary.



The Saint-Sulpice Seminary 1685



Place d'Armes and the New York Insurance Building

Lunch at the Bistro Vu in Old Montreal, at your own expense

<http://www.vieux.montreal.qc.ca/>

Downtown shopping / St. Catherine Street

Note: Closing time for most major stores is 6:00 pm except Thursday and Friday when it's 9:00 pm.

Wednesday, September 21: 8:30 am – 3:30 pm

- **Guided tour of the Montreal Botanical Garden and Biodôme**



Chinese Garden



Biodôme

With its collection of 22,000 plant species and cultivars, 10 exhibition greenhouses, some thirty thematic gardens, and teams of researchers and activities staff, the Montréal Botanical Garden ranks as one of the world's largest and most spectacular botanical gardens.

The Biodôme, whose name means “house of life,” shows visitors the “true nature” of the Americas, by offering up their loveliest and most amazing ecosystems. Why? Our goal is to encourage everyone, children included, to become more aware of the need to preserve our unique and extraordinary natural heritage.

Lunch at the onsite restaurant (lunch boxes available at \$15), at your own expense

<http://www2.ville.montreal.qc.ca/jardin/jardin.htm>

Thursday, September 22: 8:30 am – 4:30 pm

Multiple Choice Day (all options at your own expense)

We thought that after all this sightseeing, eating, walking and shopping you deserved a day to do exactly what you wanted to do !

However, we have inquired and/or arranged for a few options:

- 1) **Half day at Strom Nordic Spa:** Fee \$40 Lunch menu available at \$16 Taxis approximately \$40 one way (4 persons per taxi)
<http://www.stromspa.com/index.html?qclid=CLDQzrDLhakCFUZn5QodexkFpA>
- 2) **Beauty salons:** We have secured approximately 30 appointments with various salons (hairdressers, manicures/pedicures, estheticians, massages). The appointments will need to be confirmed when we meet Monday morning.
- 3) **Montreal Museum of Fines Arts:** admission is \$15. Please refer to Tourisme Montreal Official Tourist Guide for information on other nearby museums.
<http://www.mbam.qc.ca/fr/index.html>
- 4) **Downtown underground shopping:** The “Underground City”, with over 15 miles of brightly lighted tunnels, gives access to banks, hotels, shopping centers, boutiques and restaurants, several businesses Head Quarters, Universities, luxurious residential building, seven metro stations and two commuter train stations. More than 500,000 people use it every day, especially during Montreal winters.

There are four separate sectors, Alexis Nihon (Atwater Metro), McGill/Place Ville Marie (McGill/Bonaventure Metro), Place des Arts (Place des Arts Metro) and UQAM (Berri-UQAM Metro). The most elaborate with the widest variety of stores and restaurants is the McGill/Place Ville Marie sector.

http://en.wikipedia.org/wiki/Underground_City_Montreal

NOTE: All the activities preceded by a checkmark (•), Sunday night President’s reception, all breakfasts, admission to Wednesday afternoon Trade Show as well as Thursday night dinner are included in the program.
