

Tentative Accompanying Guests Program 2019

Monday November 25th, 9 :30-4 :30 – FLAVORFUL MONTREAL

This exciting tour will allow you to discover Montréal's sights, sounds and tastes, influenced by the city's culinary scene! Along the way, you will **explore different neighbourhoods** and meet people passionate about their city. You will have the chance to see how culturally diverse Montréal is, as well as visit landmarks and new developments that are so very important in making Montréal such a unique and wonderful city.

You will meet your guides in the hotel lobby. Then, you will board your **private motor coach for a bus tour of Montréal**. See our city's elegant **upper-class communities, the financial district**, cultural institutions, and some of its universities. You will also explore the **Plateau Mont-Royal**, known for its distinctive architecture and its Francophile atmosphere. Along the way, the tour includes a **stop at the Au Sommet Place Ville-Marie observatory**, where you will get a great view of the city.

Lunch will consist of various tastings in and around **Saint-Laurent Boulevard**, also known as the *Main*, where you'll see a part of the **Jewish and Portuguese neighborhoods** before entering Little Italy on the way to the largest outdoor market in North America, the **Jean Talon Market**.

Even if this is not your first trip to Montreal, you will certainly love seeing the city from a completely different perspective and will surely want to come back again!

Tuesday November 26th, 10:00 – 3:00 – STROM SPA NORDIQUE

Based on the concept of alternating hot and cold cycles followed by a period of full-body relaxation, **thermal therapy** is available throughout the year, regardless of the weather. It eliminates toxins, relaxes the muscles, improves sleep quality, stimulates the immune system and contributes to overall good health and well-being, cleansing the body both physically and spiritually.

The thermal experience at Strom Spa Nordique on Nun's Island includes outdoor whirlpools, thermal and Nordic baths, Finnish saunas, eucalyptus steam bath, thermal and Nordic waterfalls, indoor and outdoor relaxation areas with fireplaces.

Wednesday November 27th, 8:30-11:30 – THE MILE END

The **Italian, the Greek and the Eastern European communities** of Montrealers share a local ground, the **Mile-End**. During this tour, you will notice the presence of these different cultures and heritages and become aware of two completely different worlds living in parallel; the traditional Jewish culture and the marginal presence of young hipsters. While making our way through this museum, artists, vintage stores and art galleries on the Main (Saint-Laurent Boulevard), we will make a **stop for a fresh, hot bagel and coffee in a typical coffee shop**, among other tasty stops!

Potentially, after the Awards **luncheon**, you will be able to enjoy a **tour of the many murals and street art** of the Mile End. Among the many amazing things Montreal is renowned for, its Street Art really does make the city stand out from the crowd. Montréal's colourful and diverse street art has become a reflection of our very culture, each mural telling its own story, and making our concrete jungle the unique place that it is. Montréal is now more than ever, a gallery for Street Art. You will see some of the Murals that visually define this neighbourhood.