

**WOMEN OF THE MIDWEST**

Travel Solo Together

CO | IA | KS | MN | MO | NE

# CANADIAN CITIES & FALLS

With Women of the Midwest!

**July 19-27, 2023**



Dear Ladies,

I invite you to join me as we take off to explore the enchanting cities and natural beauty of Canada.

Together, we will discover Montreal with highlights such as Notre Dame Cathedral, St. Joseph's Oratory, and stunning views from the top of Mount Royal. We will travel by rail to bask in the distinctive French culture of romantic Quebec City, Canada's only walled city. We will explore quaint fishing villages, take in the mysterious atmosphere of a copper mine, and visit the historic Montmorency Falls.

But that is not all! We will travel along the banks of the St. Lawrence River, a route used by early French explorers and fur traders. We will visit Ottawa, 1,000 Islands, and Toronto.

Toronto is always fun, and our "grand finale" is Niagara Falls. Wow! The awe-inspiring thundering falls and a Niagara Falls boat tour will take your breath away.

Let's Travel Solo Together to Canada this July; I can't wait!

Yours in travel,  
Sally Dunham, Ambassador  
Women of the Midwest



Call Executive Travel's Group Department today at 402-435-8888. Space is limited.

## Montreal - Victorian Houses



## Quebec - Chateau Frontenac



## Montmorency Falls



### July 19, 2023 - Wednesday Traveling to Montreal

Our wonderful adventure begins as we fly to Montreal, where we will spend our first two nights. Upon arrival, we will meet with our local tour guide and transfer to our hotel. Although Montreal is one of the world's largest French-speaking cities, most residents are bilingual. Montreal hosted the 1976 summer Olympics, and played host to Expo 67, considered the most successful world's fair in the 20th Century. Welcome to Canada; welcome to Montreal! Check in, relax, and unwind.

### July 20, 2023 - Thursday Touring Montreal

We will enjoy breakfast and then head out to explore Montreal. With its dual English and French cultures, Montreal is Canada's most cosmopolitan city. We will enjoy the highlights, including Notre Dame Cathedral, St. Joseph's Oratory, Jacques Cartier Square, McGill University, and take a panoramic view of the city from atop Mount Royal. The afternoon is yours to explore the quaint shops, boutiques, and restaurants of this amazing city. Tonight, we welcome you to dinner at a local restaurant in Old Town Montreal. Much later, off to bed for a good night's rest! B | D

### July 21, 2023 - Friday Rail Journey - Quebec City

After a hearty breakfast, we board

Via Rail Canada for the scenic and relaxing train ride to the "Paris of the North," Quebec City. Carved into the bluffs overlooking the St. Lawrence River, Quebec City is the provincial capital and probably the best-preserved city in North America; you will love it! Dinner is served at a local restaurant, and the remainder of the evening is yours to enjoy. B | D

### July 22, 2023 - Saturday Touring Quebec - Montmorency Falls

Breakfast is served; a wonderful day awaits. Enjoy a Quebec city tour, introducing you to Old and New Quebec, North America's only walled city. The tour features the Plains of Abraham, the famous Le Chateau Frontenac, and the Citadel. Quebec City was once the center of New France and has been the focal point of French and British battles for generations. Here the residents are French Canadian, from their food and customs to their language and way of thinking. In the afternoon, we will visit the Albert Gilles Copper Museum to discover his creations, from copper ore to works of art. Discover the mysterious atmosphere of a copper mine, and see copper-bearing rocks. Another highlight today is a visit to the historic Montmorency Falls, the highest falls in Eastern Canada, 98 feet higher than Niagara Falls. This is one of the most popular attractions in the region. The evening is for leisure to relax and enjoy more of this beautiful city. B

### July 23, 2023 - Sunday Traveling to Ottawa

After a filling breakfast, we will travel along the banks of the St. Lawrence River, a route used by early French explorers and fur traders, to Canada's stately capital city, Ottawa. The view are spectacular during this scenic drive. In the afternoon, we will take an Ottawa city tour to see the parliament buildings located high above the Ottawa River on the historic Parliament Hill, the Supreme Court, the Prime Minister's residence, the War Memorial, the Peace Tower, Byward Market, and Rideau Canal, which is filled with boats in the summer and ice skaters in the winter. If you haven't visited Ottawa before, you will fall in love with this city. B

### July 24, 2023 - Monday 1,000 Island Cruise - Toronto

Breakfast is served, and we get ready to travel to the 1,000 Islands area, which comprises 1864 islands straddling the U.S.-Canadian border. Arrive in Kingston, where we will board our 1,000 Islands cruise to travel amongst some of the large, small, and tiny islands. Ohh, what a joy! Later, we will continue our journey toward Toronto, Canada's largest city and the fourth-largest economy in North America. We will check into our hotel for the night, and the remainder of the evening is yours to unwind. Dinner at the 360 restaurant at the CN Tower? We are happy to assist with a reservation. High above the city, 360 completes a



## Ottawa by Night



## Summer Time in Toronto



## Niagara Falls - Bird View



full rotation every 72 minutes, giving guests the most stunning views. B

### July 25, 2023 - Tuesday Touring Toronto - Niagara Falls

After breakfast, we will enjoy a Toronto city tour featuring the modern downtown area, Yorkville, and the Provincial Parliament. Toronto, the capital of the province of Ontario, is along Lake Ontario's northern shore. It is a dynamic metropolis with a core of soaring skyscrapers, all dwarfed by the iconic, free-standing CN Tower. It is currently the tenth-tallest free-standing structure in the world and remains the tallest free-standing structure on land in the Western Hemisphere. In 1995, the CN Tower was declared one of the modern Seven Wonders of the World by the American Society of Civil Engineers. Later, we will visit Niagara-on-the-Lake, a charming Canadian town located where the Niagara River meets Lake Ontario. Lastly, we will travel to Niagara Falls and check into our hotel for a two-night stay on the Canadian side of the Falls. B

### July 26, 2023 - Wednesday Niagara Falls

After a filling breakfast, we will take a Niagara Falls city tour featuring the Floral Clock and the Horticultural Center. The clock is the largest in the world and has a stunning clock-face made of 16,000 carpet-bedding plants, which are changed twice a year. There is a tower at the back of

the clock housing Westminster chimes that greet each quarter-hour. If the door into the tower is open, you can glimpse the clock mechanism and enjoy photographs that show the history of almost every face design all the way back to 1950. Later in the day, we will experience the legendary Niagara Falls Boat Tour. A breathtaking up-close encounter with the awe-inspiring thundering falls is unforgettable. Niagara Falls were created by glacier activity over 10,000 years ago, and the three waterfalls combine to produce the highest flow rate of any waterfall on earth. Our farewell dinner tonight is at the world-famous Skylon Tower, which combines an exhilarating 52-second elevator ride with the awe of seeing Niagara from 775 feet above the mighty Falls. Enjoy, Ladies! B | D

### July 27, 2023 - Thursday Traveling Home

All too soon, your vacation has come to an end. Breakfast is enjoyed before we board our motorcoach to transfer to Buffalo airport in plenty of time to check in for your flight and clear security. Our bags are packed, and we will fly home filled with beautiful memories of our Canadian Rockies' journey. B

Itinerary is subject to change.

B = Breakfast    D = Dinner

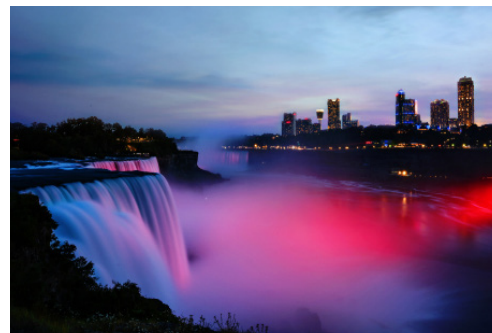
### The Falls:

Collectively the waterfalls are named Niagara Falls. They consist of three different waterfalls. The American Falls and the Bridal Veil Falls in the United States, and the Canadian Horseshoe Falls.

The Niagara River serves as an International border.

The Canadian side is where you get gorgeous panoramas of both the American Falls and the mighty Horseshoe Falls and is definitely the more glamorous side of Niagara Falls; thus, our last two nights are spent on the Canadian side.

The water flows from streams and rivers that empty into the Great Lakes, from Lake Superior down through Niagara to Lake Ontario, then into the St. Lawrence River to the Atlantic Ocean.



## Niagara Falls Light Show



To register contact:



1212 O Street • Lincoln, NE 68508  
 Phone: 402-435-8888 (ask for Group Department)  
 Fax: 402-435-2735  
 GroupDepartment@executivetravel.com  
 www.executivetravel.com

ONLINE REGISTRATION LINK:  
 Via our website  
[www.WomenoftheMidwest.com/journeys](http://www.WomenoftheMidwest.com/journeys)

### Package Price:

Per person in shared double room: \$3,795

Per person in a single room: \$4,995\*

*Triple rooms are on request.*

*\*We offer "Pair & Share" service for our Solo travelers. Ask us to assist in finding your roommate!*

A non-refundable deposit of \$500 per person is required upon signing up. The deposit can be paid by cash, check, or credit card. The balance is due on May 5, 2023, is non-refundable, and can be paid by cash or check. Credit card payment (any payments after the deposit) will access a 3.5% processing fee.

### Group airfare:

We offer group airfare, see separate page.

### Travel Insurance:

We recommend travel insurance to help protect you and your trip investment against the unexpected. For your convenience, we offer a plan provided by Travel Insurance Services. For rates and plan highlights, please ask us.

*Travel Insurance Services, Inc CA Agency License #0D10209.*

*Travel Insurance is underwritten by Berkshire Hathaway Specialty Insurance Company, NAIC #22276.*

### Tour Activity Level: LEVEL 1 2 3 4

This tour involves a considerable amount of walking, stairs, longer periods of standing, outdoor activities, and steep areas within the places visited. This trip is not recommended for guests with walking difficulties. Comfortable, sturdy shoes/boots are recommended. We walk between 3-5 miles over the course of a day. Add to this the walking you do outside the group activities.

### Included:

- 8 nights accommodation
- 11 meals: 8 x breakfast, 3 x dinner
- All transportation as per tour program (private motor coach)
- Admissions to all sites mentioned in the tour program
- Cruise and boat tickets (economy passage)
- Professional tour director in Canada
- Baggage handling at hotels (one piece per person)
- Women of the Midwest Ambassador, July 19-27, 2023
- All local taxes and fees as of March 7, 2023

### Accommodation (standard rooms):

- Montreal: Marriott Chateau Champlain, Delta Hotels Montreal, or sim.
- Quebec: Clarendon, Delta Hotels, or sim.
- Ottawa: Courtyard by Marriott, Sheraton, or sim.
- Toronto: Doubletree by Hilton, Courtyard, or sim.
- Niagara Falls: Marriott on the Falls or sim.

*Final accommodations are confirmed with the delivery of your travel documents, 30 days prior to departure.*

### Not Included:

- Airfare, see separate page
- Travel insurance
- Personal expenses
- Gratuities for local tour manager and driver (estimate \$12-\$15 in total per day)
- Meals and beverages other than mentioned in the tour program
- Entrances to monuments and/or museums other than mentioned
- Professional fee, \$75 per person, due at time of registration
- Anything not mentioned in the inclusions



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## JOIN OUR GROUP AIRFARE!

We offer group airfare with American Airlines:

July 19, 2023	Omaha* - La Guardia	7:55 AM - 12:02 PM
July 19, 2023	La Guardia - Montreal	3:27 PM - 5:00 PM
July 27, 2023	Buffalo - Chicago	10:23 AM - 11:15 AM
July 27, 2023	Chicago - Omaha*	1:15 PM - 2:53 PM

\$725 per person including taxes and fees, economy class.

\*We are happy to assist with airfare from a different airport than Omaha.  
Please reach out to us to assist you. A small supplement may occur.

Group airfare comes with **seat assignments 30 days prior to departure.**

Executive Travel/Women of the Midwest cannot confirm precise seat numbers earlier than 30 days prior to your departure, and therefore cannot guarantee the availability of specific seating on the aircraft. We do our best to honor your preferences (window, aisle seat).

**Premium seating upgrades** are usually not available when traveling on a group air contract. If you have frequent flyer miles (AAdvantage® program), please note those cannot be used to upgrade to a different class of service. Contact us if you have any questions and kindly note that certain exceptions may exist.

All taxes, fuel charges and security fees are subject to change.  
Air schedule is subject to change at the discretion of the airline.

