

Ottawa & French Canada

OTTAWA, MONTREAL & QUÉBEC CITY



SPONSORED BY



June 21-30, 2026

Other dates available upon request



Dear Lamar University Alumni and Friends,

Venture off with us on a nine-night exploration of three dynamic Canadian cities that abound with historic treasures, vibrant culture and culinary delights! Broaden your understanding of the region's rich French heritage and the traditions of Canada's Indigenous Peoples during informative tours and lectures. In Ottawa, excursions to the Canadian Museum of History and the National Gallery of Canada introduce you to the diverse cultures that have shaped Canada as well as its finest artists. While in Montreal, get acquainted with the charming old town and iconic landmarks including St. Joseph's Oratory and Habitat 67. Enjoy an entertaining light show inside the Basilica Notre-Dame and a musical performance at an intimate concert hall. In Québec City, feel the allure of the atmospheric "Old City" founded in 1608, plus step inside its stately cathedral and fortress. Along the way, take in the Traditional Huron Site in Wendake, Montmorency Falls and idyllic Île d'Orléans. You'll also indulge in fresh maple syrup at a traditional sugar shack!

A professional Travel Director and first-class hotels are also included, making our Ottawa & French Canada journey an unbeatable travel value. Space is limited on this enriching, small-group experience, so we urge you to reserve today!

You may contact the Lamar University Office of Alumni Affairs at alumni@lamar.edu for more information.

Sincerely,

Shannon Copeland Figueroa

Shannon Figueroa
Director of Alumni Affairs
Lamar University

Laurie Ritchel

Laurie Ritchel
University Travel Programs Coordinator
Lamar University

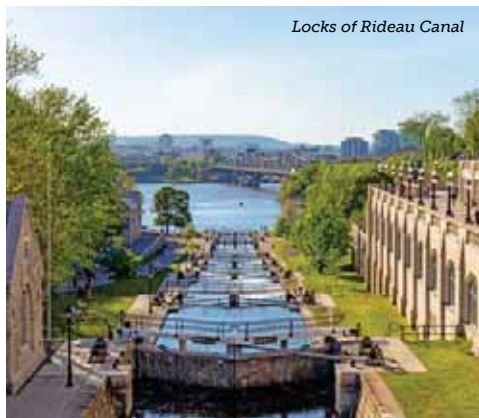
UNESCO World Heritage

1. Historic District of Old Québec
2. Rideau Canal

Old Québec



Locks of Rideau Canal





Discovery begins here



Embrace the effervescent energy of Ottawa, Montreal and Québec City on this wonderful, nine-night journey! Get an enriching overview of Canada's diverse cultures, multifaceted identity and creative genius in the capital city of Ottawa. Then, soak up the beguiling French flair that radiates within Montreal and Québec City, plus taste fresh maple syrup at a sugar shack, a true Québécois experience. Other standouts include an introduction to the Huron-Wendat Nation and the countryside splendor of Île d'Orléans!

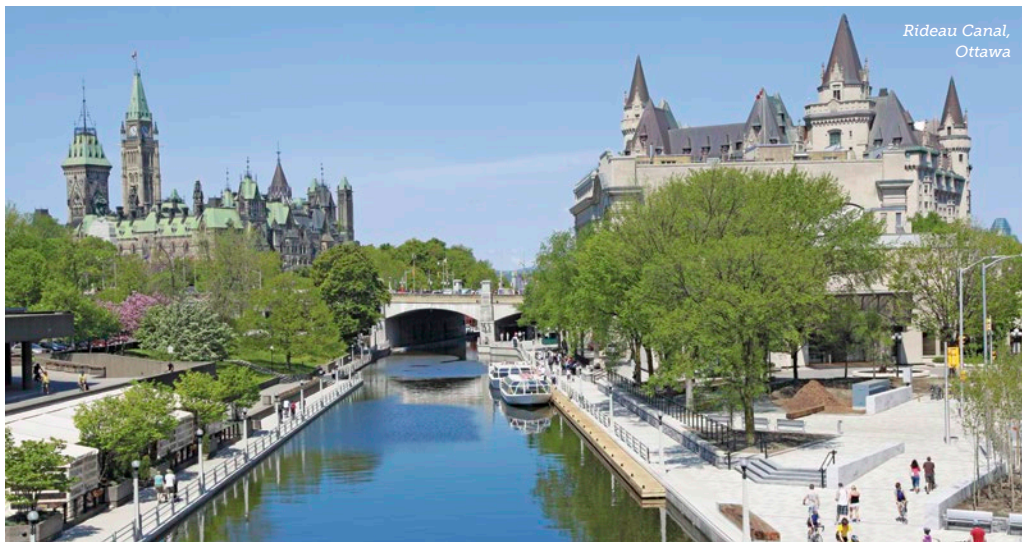
Top: Old Montreal and Old Port, Montreal | Above: Canadian Museum of History, Ottawa

Cover: Upper and Lower Towns of Québec City | Mail panel: National Gallery of Canada, Ottawa | Mont Royal, Montreal

Inspiring Moments



- View the exceptional art collections of Ottawa's **National Gallery of Canada**.
- Appreciate fascinating facets of Canada's history, archaeology and diverse cultures at the **Canadian Museum of History**.
- Get to know **Montreal's beautiful old town** and enjoy a light show inside the magnificent Basilique Notre-Dame.
- Delve into **enchancing Old Québec**, the birthplace of French North America and the only fortified city north of Mexico.
- Relish an immersive cultural experience at the **Wendake Huron reserve**.
- Savor fresh maple syrup and lunch at an authentic **sugar shack** in a forest.
- Delight in the distinctive charms of the villages of **pastoral Île d'Orléans**.
- Experience two **UNESCO World Heritage sites**.


Rideau Canal,
Ottawa

Day 1 | In Transit | Ottawa, Canada

Depart for Ottawa, Canada. 🚗 Upon arrival, transfer 🚗 to the Lord Elgin Hotel. Later tonight, gather for a Welcome Reception and Dinner.

Day 2 | Ottawa

Enrichment: History of Canada.

Ottawa Walking Tour. Incorporated as a city in 1855, Ottawa was selected by Queen Victoria to be the capital two years later. Hear about Ottawa's origins and evolution as you see the grand Gothic Revival government buildings on Parliament Hill, the National War Memorial, scenic Major's Hill Park and other highlights.

After the tour, head to the bustling ByWard Market District for lunch with your group.

National Gallery of Canada. At the nation's premier art institution, admire fine paintings, sculptures, photographs and decorative objects by Indigenous and Canadian artists as well as European and American art.

Free Time: Make your own dinner plans.

Day 3 | Ottawa

Canadian Museum of History. Gain insights about the rich cultures of the many peoples of Canada, including the First Nations, Métis and Inuit, on a guided tour. The museum also boasts a spectacular collection of totem poles. Take a break for lunch at a restaurant.

Rideau Canal Cruise. Travel along this historic engineering marvel, a UNESCO World Heritage site, aboard a 100% electric vessel. Completed in 1832, it stretches roughly 126 miles from Ottawa to Kingston and is the best-preserved slackwater canal in North America.

Free Time: Your evening is at leisure.

Day 4 | Ottawa | Rigaud | Montreal

Check out this morning and depart by motor coach for Montreal with a stop in Rigaud.

🌍 **AHI Connects | Sucrerie de la Montagne.**

Step back in time at this family-owned sugar shack set in a maple forest near Rigaud. Watch maple syrup being produced the old-fashioned way as the father-and-son team taps the trees, extracts the sap and cooks it over wood-fired equipment using age-old processes. Afterward, savor a satisfying lunch featuring homemade ingredients, folk music and lots of maple syrup! Check in to the InterContinental Montreal.

Old Montreal Walking Tour. Canada's second-largest city was founded in 1642 by a group of French Catholics on an island where the St. Lawrence and Ottawa rivers converge. Today, Montreal is one of North America's most cosmopolitan cities, fiercely proud of its French heritage and imbued with a charismatic blend of Old-World ambience and modernity. Stroll to see the Place d'Armes, dominated by the



Sucrerie de la Montagne



Basilique Notre-Dame de Montreal, and lively Place Jacques-Cartier, the gateway to the Old Port. Walk along buzzing Rue Saint-Paul and check out the ornate Montreal City Hall, the Neoclassical Bonsecours Market and more.

Free Time: Pursue your own interests tonight.

Day 5 | Montreal

St. Joseph's Oratory. Take a guided tour of this Roman Catholic basilica, Canada's largest church and a national shrine, in Mont Royal Park. Then, visit the colorful Jean-Talon Market with leisure time for lunch and shopping.

AURA at Basilique Notre-Dame de Montreal.

Take in a marvelous light show that showcases the basilica's breathtaking interior.

Enjoy a post-show dinner at a steakhouse.

Day 6 | Montreal

Habitat 67. This groundbreaking, modular residential complex was designed by architect Moshe Safdie for the 1967 World Exposition. Study the details of this innovative architectural icon up close during a guided visit.

Bourgie Hall. Attend a musical performance tonight at this intimate venue, a former church

adorned with stunning stained-glass windows, on the Montreal Museum of Fine Arts campus.

Day 7 | Wendake | Québec City

Check out today and depart for Wendake. Once you arrive, tuck into lunch at a restaurant that specializes in Indigenous cuisine.

Traditional Huron Site. Learn about the customs, beliefs and historical struggles of the Huron-Wendat Nation at a recreated Wendat village. Visit the longhouse and smokehouse and delve into sweat lodge purification rituals. Continue to Québec City and check in to the Clarendon Hotel.

Day 8 | Old Québec

Enrichment: Spotlight on Québec City.

Old Québec Walking Tour. In 1608, French explorer Samuel Champlain founded the first permanent French settlement here on Cape Diamond. Explore Old Québec's Upper and Lower Towns, a UNESCO World Heritage site. Marvel at the impressive, 17th-century fortified walls and ramparts; the majestic, turreted Château Frontenac, a railway hotel built in

*Habitat 67,
Montreal*





1892; and other elegant landmarks. Ride by funicular to the Lower Town and revel in the historic character of lovely Place Royale and the picture-perfect, narrow lanes of the Petit Champlain district, where you'll have free time to choose a cozy spot for lunch.

Cathedral-Basilica of Notre-Dame de Québec & the Citadelle. Tour Québec City's splendid cathedral-basilica that dates to 1647. Next, enter the imposing Citadelle de Québec, fortified by the British from 1820 to 1831, for a guided tour of this National Historic Site.

Free Time: Set your own agenda this evening.

Day 9 | Montmorency Falls | Île d'Orléans | Québec City

Montmorency Falls & Île d'Orléans. Get fantastic views of these cascading waters, almost 100 feet higher than Niagara Falls, from a cable car. Set off later for Île d'Orléans and relish its picturesque rural scenery and laid-back vibe, along with the farm-fresh treats and artisanal goods of the island's six villages. Along your route, sample wines at a winery. Gather for a celebratory Farewell Reception and Dinner at a restaurant in Québec City.

Day 10 | In Transit

After breakfast, transfer ➡ to the airport for your return flight home. ✈

Note: Itinerary may change due to local conditions.

✈ Flights and ➡ transfers included for AHI FlexAir participants.

Activity Level

We have designated activity levels for all excursions on this program. For more details, please call or visit our website.

Excursions on this itinerary require:

- walking on cobblestones, unpaved paths and/or uneven surfaces
- getting on/off motor coaches and boats

Included Features



Accommodations {with baggage handling}

- **3 nights** in Ottawa, Canada, at the first-class Lord Elgin Hotel.
- **3 nights** in Montreal at the first-class InterContinental Montreal.
- **3 nights** in Québec City at the first-class Clarendon Hotel.

Transfers {with baggage handling}

- Deluxe motor coach transfers during the Land Program.

Extensive Meal Program

- 9 breakfasts, 4 lunches and 3 dinners, including Welcome and Farewell Dinners; tea or coffee with all meals, plus wine with dinner.

Your One-of-a-Kind Journey

- **Small group:** Sized just right at 28 guests.
- **Enrichment by expert speakers** enhances your insight into the region.
- **Engaging excursions** showcase the local culture, heritage and history.
- **AHI Connects:** Local immersion.
- **Free time** to pursue your individual interests.
- Welcome and Farewell Receptions to mingle with fellow travelers.
- A personal VOX headset to hear your English-speaking guide clearly.
- Tipping of guides and drivers.
- Complimentary travel mementos.
- **AHI Sustainability Promise:** We strive to make a positive impact wherever we travel.

Traditional Huron Site, Wendake Huron reserve





Montmorency Falls



Montreal Museum of Fine Arts campus (Bourgie Hall at right)



St. Joseph's Oratory, Montreal

2026 | Departure Details

Program Dates

Travel dates ✈ **June 21-30, 2026**

✈ Travel dates include any overnights required for international travel. These dates may vary depending on air schedules.

Tour dates* **June 21-30, 2026**

* Tour dates begin on the scheduled arrival date at your destination and end on the scheduled departure date from your destination.

Land Program

Full Price	\$5,745
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Special Savings	\$750
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Special Savings Price*	\$4,995
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***This Special Savings Price includes our \$250 Early Booking and \$500 Pay-in-Full discounts and is valid if you book by the date on the address panel and pay in full at booking.**

Deposit amount is \$750 per person.
Final Payment is due at least 120 days prior to departure.
Price includes applicable program taxes (such as VAT and port charges).
All prices quoted are in USD, per person, based on double occupancy and do not include air transportation costs (unless otherwise stated).
Special offers, promotions and discounts cannot be combined.
Single accommodations are an additional \$1,495 (limited availability).

Please note: Program-specific terms and conditions are available at <https://lamar.ahitravel.com/destinations/1985A?schoollid=563>.

AHI FlexAir

Let us arrange your flights

Our experts are ready to assist you in booking flights. Our personalized air program offers the following advantages:

- **price guarantee** to protect you from fuel surcharge increases after ticket purchase
- arrival and departure **transfers** on group dates
- **flexibility** to change or cancel your reservation before departure on most flights (Fees may apply.)
- **assistance** in the event of schedule changes or delays

AHI Travel Expertise

Travel Consultants assist with the reservation process.

Travel & Air Coordinators offer their personalized assistance with flights, electives and special requests.

Travel Information provides pre-departure details and enrichment about your destination.

Your Travel Director, a seasoned, multilingual professional, manages daily logistics so you enjoy a seamless experience.

Handpicked Expert Guides and Knowledgeable Lecturers deepen your appreciation for the region and its history, culture and current events.

Accommodations



Lord Elgin Hotel | Ottawa



InterContinental Montreal | Montreal



Clarendon Hotel | Québec City



Île d'Orléans

ByWard Market, Ottawa



Book your journey today!

800-323-7373

lamar.ahitravel.com



Lamar University
PO Box 10011
Beaumont, TX 77710

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of the world for more than 62 years.



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