

# 7-Day Eastern Canada and USA Tour(D)

Old Quebec City – Montmorency Falls – Observatoire de la Capitale – Château Frontenac – Fo Guang Shan Temple of Ottawa – Rideau Hall – Parliament Hill – Canadian Museum of History – Thousand Islands – Toronto City Tour – Fo Guang Shan Temple of Toronto – Niagara Falls – Deer Park – Fo Guang Shan New York Temple – New York City Tour – Lincoln Center – Woodbury Outlet

## Itinerary

### Day 1 (June 17) Montreal – Quebec

Depart from Montreal at 8:00am, proceed to Old Quebec City, the heart of French Canada and a World Heritage Site. Old Quebec is known for its architecture and its value as a testament to the impact of colonization and the establishment of the Saint-Louis Fort. After approximately three-hour drive, arrive at Montmorency Falls and take a cable car ride to the observation point at the top of the waterfalls for a spectacular view of the city and Saint Lawrence River.

Old Quebec City tour – Ride to the top of Quebec, Observatoire de la Capitale, for the best panoramic view of the city; Château Frontenac, Notre-Dame de Quebec Basilica-Cathedral, National Battlefields Park, Parliament Building and cultural art exhibitions, etc.

Lodging at three-star hotel near Quebec.

### Day 2 (June 18) Quebec – Ottawa

Depart at 7:00am, proceed to Ottawa, capital city of Canada. Arrive in Ottawa after approximately four-hour drive, visit Fo Guang Shan Temple of Ottawa. In the afternoon, visit Rideau Hall, the official residence in Ottawa of the Governor General of Canada. Photo stop at Parliament Hill, Peace Tower and the Centennial Flame; Parliament Hill is the home of Canadian democracy and a proud national symbol, it is the heart of Canada's federal government; visit the Canadian Museum of History. The Canadian Museum of history is the signature museum and destination of choice in the National Capital Region, with more than 1800 priceless artifacts, and where you can explore and discover the most comprehensive exhibition about Canadian history ever created.

Lodging at three-star hotel in Ottawa.

### Day 3 (June 19) Ottawa – Thousand Islands – Toronto

After breakfast at hotel, proceed to Thousand Islands to board a boat ride for a pleasant cruise through the narrow channels and shallow waterways. Then head to Toronto; visit Toronto City Hall, Ontario Legislative Building, and Fo Guang Shan Temple of Toronto for exchange and gathering. Dinner at Fo Guang Shan Temple of Toronto.

Lodging at Four Points Hotel located near Fo Guang Shan Temple of Toronto.



#### Day 4 (June 20) Toronto – Niagara Falls – Deer Park

After breakfast at hotel, proceed to Niagara Falls for the legendary Niagara Falls boat tour experience. In the afternoon, proceed to Deer Park, New York. (Travel time from Niagara Falls to Deer Park: approximately 6 hours) Deer Park address: 2005 Guymard Turnpike, Godeffroy NY. Dinner and lodging at Deer Park.



#### Day 5 (June 21) Deer Park One-Day Meditation Retreat

Attend one-day meditation retreat within the serene, natural environment of Deer Park. Accommodation and meals served at Deer Park.



#### Day 6 (June 22) Deer Park – New York – Lincoln Center

After breakfast, proceed to Fo Guang Shan New York Temple. After lunch, proceed to South Street Seaport for a harbour cruise; journey along the river for a scenic view of the Statue of Liberty, Brooklyn Bridge, Manhattan Bridge, Williamsburg Bridge, as well as skyscrapers in the city. Afterwards, proceed to Wall Street, New York Stock Exchange, Charging Bull sculpture, and visit the 9/11 Memorial & Museum. At 7:00pm, proceed to Lincoln Center to enjoy a musical show. Head to hotel at around 10:00pm.



Lodging at three-star hotel near Fo Guang Shan New York Temple.

Fo Guang Shan New York Temple address:  
154-37 Barclay Ave., Flushing, NY 11355



#### Day 7 (June 23) New York – Woodbury Outlet – Montreal

Leave the hotel in the morning and proceed to Woodbury outlet for shopping. In the afternoon, return to Montreal (either to Chinatown or IBPS Montreal).



**Price: CAD870.00/person (Double occupancy room)**  
**CAD1070.00/person (Single room)**

**Tour Fare Includes:** Transportation (coach bus) and four-night three-star hotel accommodation (include hotel breakfast) as per itinerary, admission/ticket fees (Montmorency Falls, cable car, Observatoire de la Capitale, Canadian Museum of History, Thousand Islands boat ride, Niagara Falls boat ride, Statue of Liberty boat ride), Chinese tour guide and driver gratuities and taxes.

**Tour Fare Excludes:** Lunch, dinner, two-night accommodation on June 20 and June 21 (including the cost to provide accommodation for tour guide and driver), and Lincoln Center musical show ticket on June 22.

