

Wise & Healthy Aging presents...

Discover the Best of Eastern Canada

Featuring Niagara Falls, Ottawa, Quebec City & Montreal

October 11 – 19, 2024 (9 Days)



Book Now
& Save
\$100
Per Person

For more information contact
Grace Cheng Braun
(310) 394-9871, ext. 440
trips@wiseandhealthyaging.org



9 Days • 12 Meals: 8 Breakfasts, 4 Dinners

HIGHLIGHTS... Toronto, Niagara Falls, Niagara -on-the-Lake, Thousand Islands National Park, Ottawa, Quebec City, Choice on Tour: Quebec City by Bus or Walking Tour of Old Quebec City, Montmorency Falls, Maple Sugar Shack, Montreal

ITINERARY AT A GLANCE

Days 1, 2	Sheraton Centre Toronto, Toronto, Ontario
Days 3, 4	Delta Hotels by Marriott Ottawa City Centre, Ottawa, Ontario
Days 5, 6	Hilton Quebec, Quebec, Quebec
Days 7, 8	Hotel Omni Mont Royal, Montreal, Quebec

On some dates alternate hotels may be used.

Day 1: Friday, October 11, 2024 Toronto, Ontario - Tour Begins Your tour opens in cosmopolitan Toronto, capital of Ontario and Canada's largest city. Enjoy spending the rest of your day discovering the city's multicultural neighborhoods and sites before meeting your group in the morning.

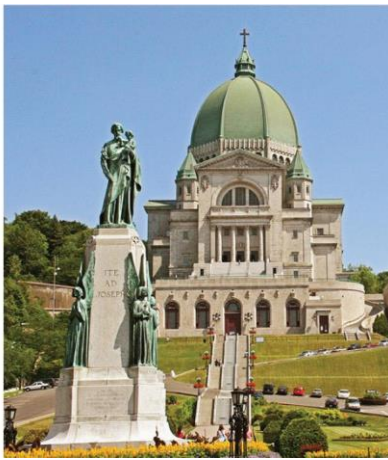
Day 2: Saturday, October 12, 2024 Toronto - Niagara Falls - Toronto This morning travel to the Niagara Falls, home to the awe-inspiring set of waterfalls nestled along the border between the United States and Canada. Embark on a boat cruise to the base of the Falls and witness the thundering water from up-close. Continue on to Niagara-on-the-Lake and take advantage of some free time to discover the "loveliest town in Canada." This evening, experience Toronto's culinary scene as you join your fellow travelers at a welcome dinner. (B, D)

Day 3: Sunday, October 13, 2024 Toronto - Ottawa This morning depart Toronto for Rockport, gateway to the spectacular Thousand Islands National Park. Enjoy a memorable cruise through this unspoiled region, located along the St. Lawrence River. Then, take in the surrounding landscape of Ontario as you set off for Ottawa, Canada's culturally rich capital. A seamless blend of French and Canadian customs, the city's dynamic energy will capture your spirit. Enjoy dinner at a local restaurant this evening. (B, D)

Day 4: Monday, October 14, 2024 Ottawa Get acquainted with Ottawa as you explore the city. Venture past the Prime Minister's residence, multiple embassies, and the impressive National Art Gallery. You'll also see the gothic parliament buildings and the Rideau Canal - which becomes the world's largest skating rink in wintertime. The remainder of the day is yours to do as you please. (B)

Day 5: Tuesday, October 15, 2024 Ottawa - Quebec City, Quebec Say *bonjour* to Quebec City, the heart of Canada's French heritage. Enjoy free time in the late afternoon to explore the Old Town (UNESCO), strolling along picturesque cobblestone streets and 17th-century buildings. Sample local cuisine at a restaurant on Ile d'Orleans, a farmland island on the Saint Lawrence River. (B, D)

Day 6: Wednesday, October 16, 2024 Quebec City This morning, **it's your choice!** Join a local guide and stroll the streets of Old Quebec City on foot; see the Place Royale and listen to stories of days gone by in historic squares **-OR-** embark on a panoramic coach tour to experience the beauty and history of both Old and New Quebec; you'll see the stately Chateau Frontenac, the provincial Parliament, and the St. Louis Arch. Enjoy an evening at leisure. (B)



Book Now & Save \$100 Per Person:

Double \$3,599	Double \$3,499*
Single \$4,599	Single \$4,499
Triple \$3,569	Triple \$3,469

Book Now
& Save
\$100
Per Person

For bookings made after April 11, 2024, call for rates.

Included in Price: Round Trip Air from Los Angeles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of \$379 per person

*Limited Availability. All space is on a first come first serve basis.

* All Rates are Per Person and are subject to change, based on air inclusive package from LAX

IMPORTANT CONDITIONS: Your price is guaranteed once deposit is received by Collette. Your price is not subject to increase after the deposit is received, except for charges resulting from increases in government-imposed taxes or fees. Once deposited, you have 7 days to send us written consumer consent or withdraw consent and receive a full refund. (See registration form for consent.)

Day 7: Thursday, October 17, 2024 Quebec City - Montreal Begin your day with breakfast at a local sugar shack, situated in the heart of the Quebec countryside. Learn about the traditions of maple syrup-making and enjoy samples of delicious traditional foods. Before leaving, try a favorite regional treat – maple taffy on the snow! Next, enjoy a visit to the impressive Montmorency Falls and marvel at this natural wonder plunging 272 feet off the Canadian Shield, approximately 100 feet higher than Niagara Falls. Your journey continues to Montreal. From skyscrapers and cathedrals to rushing waterways and lush gardens, Montreal is a blend of all things old and new. The evening is yours to continue exploring the city independently. (B)

spectacular. Ascended by Jacques Cartier in 1535, Mount Royal is a small mountain in the city that gave its name to Montreal. After your guided visit to the renowned Notre-Dame Basilica of Montreal, your tour will end in Old Montreal where the afternoon is yours to explore the city at leisure. Tonight, join your fellow travelers for a farewell dinner celebrating the end of a memorable trip. (B, D)

Day 8: Friday, October 18, 2024 Montreal Today, enjoy a fantastic sightseeing tour of Montreal highlighting Jacques Cartier Square and McGill University, among other spots. Your city tour will include a stop high atop Mount Royal from which the surrounding view is

Day 9: Saturday, October 19, 2024 Montreal - Tour Ends Your journey draws to a close today. (B)

Experience It! Niagara-on-the-Lake

Get acquainted with the charming town of Niagara-on-the-Lake, nestled along the shores of Lake Ontario and the Niagara River. Explore its Heritage District which has a distinctly old-fashioned atmosphere - perhaps visit an antique store or a cheese shop. See Fort George and Brock's Monument, stunning parks and gardens, vineyards and wineries, boutiques, art galleries, the centuries-old courthouse, and theatres. This town, which was the original capital of Upper Canada from 1792 to 1797, has something for everyone. Meander its streets and uncover its charm in your own way.

For more information visit <https://gateway.gocollette.com/link/1235003>

PLEASE NOTE:

Book Now rates valid until Apr 11, 2024, valid on air inclusive packages only.
IDENTIFICATION

Passports are required for this tour at your expense. Certain countries require that your passport be valid at least 6 months beyond the dates of your travel. You are strongly urged to contact the appropriate consulate for details. Visit www.travel.state.gov for the U.S. State Department for the latest details about passports and visa requirements.

IMPORTANT: We recommend that travelers take a photocopy of their passport and applicable visas. It should be packed separately from your actual passport and visa. We also recommend leaving a copy at home with your emergency contact.

Single accommodations are limited and are available on a first come, first served basis. Single rate subject to change based on availability.

To complete your tour, we include roundtrip airport-to-hotel transfers when purchasing our airfare with your tour. If you have arranged for your own air, we are pleased to provide you the option of *purchasing* these transfers. Please note that all transfers will leave at pre-scheduled times.

The overall activity level of this tour is a level 1. This means you're a leisurely traveler. You typically take it easy and discover the energy of a new place by people-watching or soaking in the atmosphere at a local café. You can climb at least one flight of stairs, board a coach, and walk unassisted at a relaxed pace for up to 60 minutes without difficulty. You can easily handle altitudes up to 5,000 feet. The longest included walk on this tour will last less than 30 minutes. The optional walking Choice on Tour in Quebec City requires that you walk approximately 1.5 miles for a maximum of 2 hours.

If you require any special assistance while on tour, please make us aware at time of reservation so the necessary request form can be sent to your attention.

Please be advised baggage fees may apply on most trans-border flights. These fees are levied by each specific airline and may be subject to change.

Please be advised many airlines do not provide advance seat assignments until check-in at the airport. Advance seating will be subject to the airline's terms and conditions.

For air-inclusive reservations, the name provided at time of booking must match your government-issued ID that will be used during travel. Name changes are subject to penalties.

Economy air rate and schedule are applicable for groups of 10 or more traveling on the same flights and dates.



A deposit of \$698 per person is due upon reservation. Reservations are made on a first come, first served basis. Final payment due by August 12, 2024. Deposits are refundable up until April 11, 2024.

CST#2006766-20 UBN#601220855 Nevada Sellers of Travel Registration No. 2003-0279

For important reservation information visit
<https://gateway.gocollette.com/link/1235003>.
You can also find this information on your tour documents.



162 Middle Street
 Pawtucket, RI • 02860
 Phone: 1-800-852-5655 Fax: 1-401-727-9014

If paying by credit card, please complete this form and return to Wise & Healthy Aging. We can only charge your credit card for the amount noted if the signature, address and phone number are listed below. Thank you!

CREDIT CARD AUTHORIZATION FORM

BOOKING NUMBER: 1235003

TOUR: Discover the Best of Eastern Canada *featuring
 Niagara Falls, Ottawa, Quebec City & Montreal*

DEPARTURE DATE: October 11, 2024

GROUP NAME: Wise & Healthy Aging

Name of Passenger:

Salutation: _____ First Name: _____ Middle Initial: _____ Last Name: _____ Suffix: _____
(Mr., Mrs., Rev.) (Please print as it appears on Passport) (Jr., Sr.)

Cardholder Name: _____
(Please print as it appears on your Credit Card)

Cardholder Address: _____
(as it appears on your credit card statement)

Cardholder Phone: _____

Credit Card Type: ___ American Express ___ Discover ___ MasterCard ___ Visa

Credit Card Number: _____

Expiration Date: _____ Amount to be charged: \$ _____

Cardholder's Signature: _____ Date: _____

I agree to pay according to the card issuer agreement. I understand and accept Collette cancellation policy, terms and conditions.

Participating credit card companies are now requiring a billing address and phone number for **FRAUD PREVENTION**. All information **MUST** be provided. Thank you for your cooperation!
 If using your credit card for payment, please return this Authorization Form by mail to:

Wise & Healthy Aging
 Attn: Grace Cheng Braun
 1527 4th Street, 2nd Flr
 Santa Monica, CA 90401
 (310) 394-9871, ext. 440
 trips@wiseandhealthyaging.org

Above credit card information has been called in to Collette.



TRAVEL DATE: 10/11/2024 TERRITORY: W3
RES#: 1235003

Discover the Best of Eastern Canada featuring
Niagara Falls, Ottawa, Quebec City & Montreal

For Reservations Contact: Grace Cheng Braun (310) 394-9871, ext. 440 email: trips@wiseandhealthyaging.org

Wise & Healthy Aging, 1527 4th St., 2nd Flr, Santa Monica, CA 90401

A deposit of \$698 per person is due upon reservation. Reservations are made on a first come, first served basis. Final payment due by August 12, 2024. Deposits are refundable up until April 11, 2024.

YOUR INFORMATION:

Clearly print your full name (first/middle/last) as it appears on your government issued travel documentation.

IMPORTANT: In order to avoid any unnecessary change fees, it is imperative that all guest names are entered correctly from the start. The information below must be the legal name and be 100% identical to the ID being used to travel <passport/driver's license> including middle names or suffixes <Jr, Sr>.

First: _____ Middle: _____ Last: _____ Suffix: _____

Nickname: _____ Gender: () Male () Female Date of Birth: month _____ day _____ year _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone: () _____ Cell: () _____ Email Address: _____

Passport Number: _____ Expiration Date: (month/day/year) _____ Date of Issuance: (month/day/year) _____

City, State, Country of Issuance: _____ Citizenship: _____

Should you become ill or injured, whom should we contact (not traveling with you): _____ Phone: () _____

ROOMING WITH: Check if address is the same as Passenger #1 Single Supplement (\$1000)

First: _____ Middle: _____ Last: _____ Suffix: _____

AIR GATEWAY: Departure airport for this tour: _____

Air Seat Request: () Aisle () Window () Next To Traveling Companion

Collette cannot guarantee your seat preference. If you have not purchased air through Collette and wish to purchase transfers, you must transfer at our pre-scheduled times. Please be advised, when travelling as part of a group, many airlines do not provide seat assignments. Preferred seating may be available for an additional charge.

"Federal law forbids carriage of hazardous materials such as aerosols, fireworks, lithium batteries & flammable liquids aboard the aircraft in your checked or carry-on baggage. A violation can result in 5 years' imprisonment and penalties of \$250,000 or more. Details on prohibited items may be found on TSA's "prohibited items" web page: <http://www.tsa.gov/traveler-information/prohibited-items>."

TRAVEL PROTECTION: () Yes, I wish to purchase travel protection \$379 () No, I decline

If you choose not to purchase Collette's Waiver Insurance Plan, you will incur penalties for changes and cancellations. Travel Protection Payment is due with first deposit. The Waiver Fee does not cover any single supplement charges which arise from an individual's traveling companion electing to cancel for any reason prior to departure. The single supplement will be deducted from the refund of the person who cancels. (There is coverage under Part B which includes a single supplement benefit of \$1,500 for certain covered reasons. See Part B for details.)

ON TOUR ACTIVITIES: Please choose one of the following on tour activities

Please Choose One:

() Coach tour of Quebec City

() Walking tour of Quebec City

PLEASE MAKE CHECKS PAYABLE TO: Collette () Check () Credit Card

Waiver/Insurance Amount: \$ _____ Deposit Amount: \$ _____ Total amount enclosed: \$ _____

Cardholder Name (if paying by Credit Card): _____

Cardholder Billing Address: Check if address is the same as above _____

Cardholder Phone: _____ Amount: \$ _____

Credit Card Number: _ Expiration Date: /
M M Y Y

SIGNATURE REQUIRED for acceptance of the below conditions and agreement to credit card use:

Date: _____

I agree to pay according to the card issuer agreement. I understand and accept the cancellation policy, terms and conditions. See <http://www.gocollette.com/about-collette/terms-and-conditions> for full terms and conditions of your purchase.

Important Conditions: Your price is guaranteed once deposit is received by Collette. Your price is not subject to increase after the deposit is received, except for charges resulting from increases in government-imposed taxes or fees.