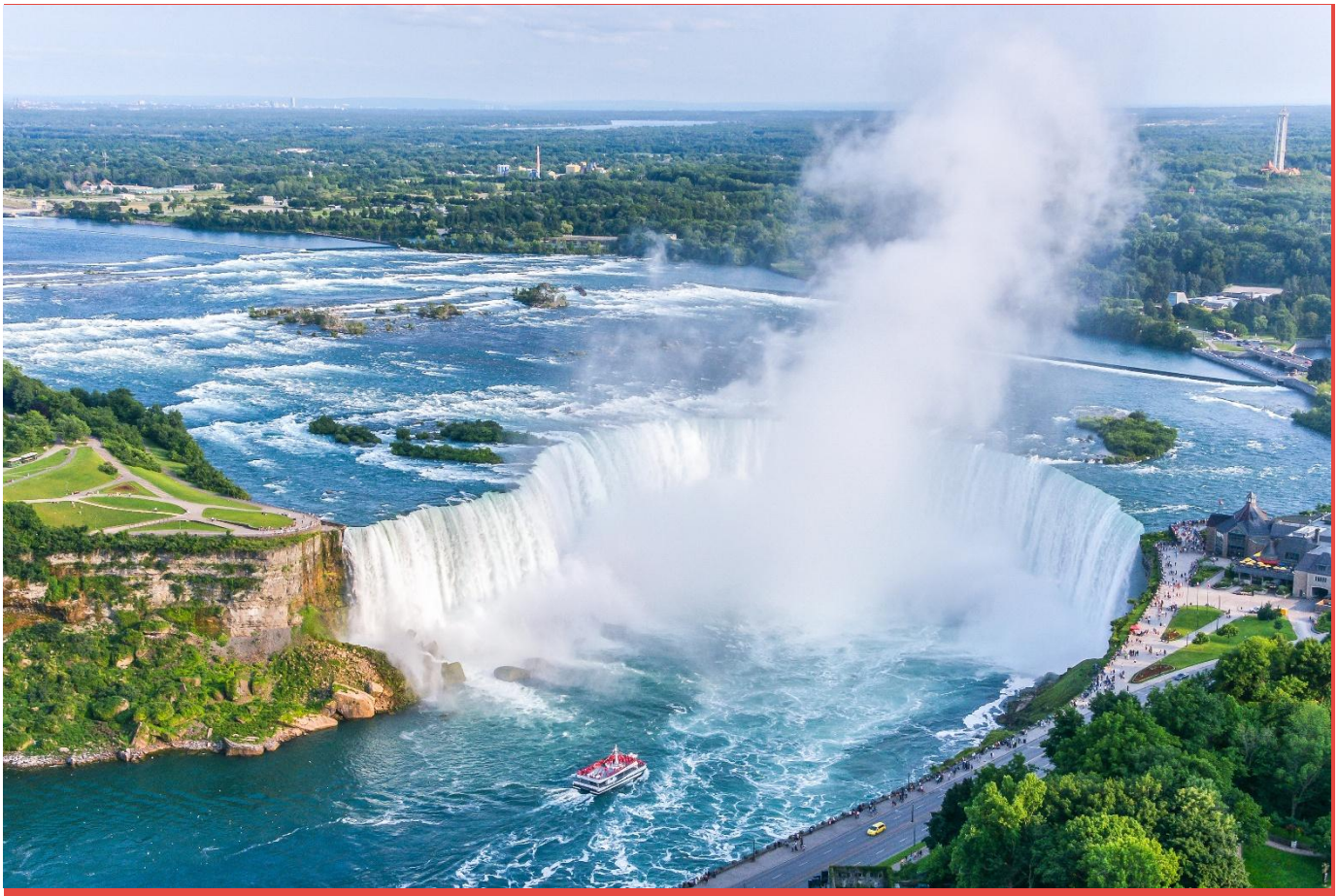


PASSAGE THROUGH EASTERN CANADA

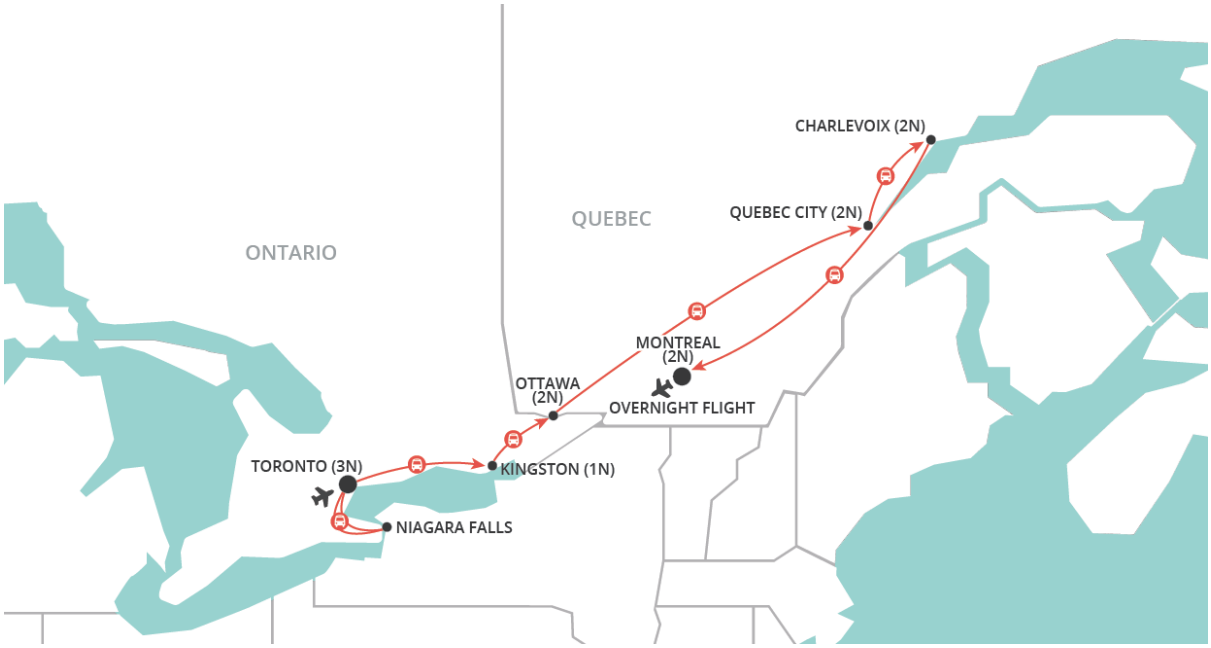
Classic Flex Tour | 15 Days | Physical Level 1

Toronto 3N – Kingston 1N – Ottawa 2N – Québec City 2N – Charlevoix 2N – Montréal 2N

Explore Ontario and Québec on a tour packed with authentic local and cultural experiences. Wander vibrant cities, experience First Nations' heritage, spot whales and savour the luxury of the iconic Fairmont Le Manoir Richelieu on an unforgettable adventure through Eastern Canada.

- Feel the mist of Niagara Falls
- Taste the wares of St. Lawrence Market
- Sail the Thousand Islands
- Visit a sugar shack for a Maple Syrup tasting
- Experience the thrill of whale-watching
- Be captivated by AURA at Notre-Dame

TOUR MAP



TOUR INCLUSIONS:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Most meals
- Most sightseeing and entrance fees
- All transportation and transfers
- English speaking National Escorts
- Specialist advice from our experienced travel consultants
- Comprehensive travel guides
- Safe and secure with IATA

The only thing you may have to pay for are personal expenditure e.g. drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late check out and other items not specified on the itinerary.

CLASSIC FLEX TOURS:

Classic Flex tours let you see the iconic sites and signature experiences of each destination on an excellent-value, fully escorted group tour, with a little more freedom to do things your own way. Your international flights, accommodation, transportation, touring and most meals are all arranged, so you can travel with complete peace of mind. Where it works best for the destination, personal time is woven into the itinerary, giving you the chance to explore independently, seek out a local restaurant, or simply relax at your own pace. Throughout, your National Escort's unparalleled knowledge will bring each destination to life and turn your holiday into an unforgettable experience.

PHYSICAL LEVEL 1:

Our tours come with a physical rating to guide you in selecting a holiday that suits your comfort level. Joining any of our tours involves independent mobility and the ability to stay active throughout the day, which is essential for fully enjoying the unique landscapes and attractions of Canada.

'Passage through Eastern Canada' is rated as a physical level 1 tour. A reasonable level of fitness is required, with regular sightseeing on foot and some longer days exploring cities, historic districts and natural attractions. You will be getting on and off coaches, walking on a variety of surfaces, climbing steps and occasionally spending several hours on your feet. Some sightseeing may involve gentle inclines, steps or uneven ground.

Please consider:

- There will be sightseeing on foot for both short and extended periods, including in Toronto, Ottawa, Québec City and Montréal, particularly when visiting historic districts, markets and city landmarks.
- Some excursions involve walking on uneven or unpaved surfaces, particularly at Montmorency Falls, around the Thousand Islands and when visiting other outdoor attractions.
- You will need to get on and off coaches independently, sometimes using steps.
- Visits to historic sites such as Fort Henry, Parliament Hill and Old Québec may involve walking between buildings, along cobbled streets or across sloping ground.
- Some days involve longer coach journeys between destinations, with stops along the way to visit towns, viewpoints and other attractions.

Our National Escort is dedicated to providing a high level of service and support throughout your journey. However, their primary role is to manage the daily aspects of the tour and they are unable to offer extensive personal physical assistance. We kindly ask our travellers to be prepared for the physical aspects of the tour to ensure a comfortable and enjoyable experience for everyone.

JOINING YOUR TOUR:

The tour is 15 days in duration including international flights or 13 days in duration based on 'Land Only'. Join the tour on Day 1 in Toronto and end the tour on Day 13 in Montréal.

Travellers booked on 'Land Only', the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour, or when booking pre and post night accommodation with Wendy Wu Tours.

DETAILED ITINERARY

Day 1: Fly to Toronto Meals: D



Your tour begins in Toronto, the capital of the province of Ontario. Guests arriving today will be met in the arrivals hall by your National Escort, or a Wendy Wu Tours representative for a short group transfer to the hotel. Check in to your room, or store luggage if arriving ahead of check-in time.

This evening, enjoy a welcome dinner and meet the rest of your group.

Additional nights before and after your tour can be arranged. Please contact our Reservations team to book.

Destination Information

Toronto – Ontario's capital grew from the British colonial settlement of York, founded in 1793, and took the name Toronto in 1834. Waves of immigration have shaped the city into one of the world's most multicultural urban centres, with more than 200 ethnic groups represented and over 160 languages spoken. Landmarks include the CN Tower, completed in 1976, and the historic Distillery District, where restored Victorian industrial buildings recall the city's 19th-century manufacturing past.

Day 2: Explore Toronto Meals: B, L



Set out on foot to see Toronto, strolling along the edge of Lake Ontario and spotting famous sights such as the CN Tower, which stands 553 metres tall. Head into the Old Town area to historic St. Lawrence Market, a food market that has served the city since 1803. Take a guided tour with a progressive lunch, sampling different dishes at a variety of stores and stalls offering speciality foods, cheeses, meats and seafood. Afterwards, enjoy some Flex time for independent exploration. You could ascend the CN Tower, explore the natural history and world cultures exhibits at the Royal Ontario Museum, or wet your whistle at Steam Whistle Brewery, housed in a restored railway roundhouse near the waterfront.

Destination Information

Lake Ontario – The easternmost of the five Great Lakes, Lake Ontario forms part of the border between Canada and the United States, with Toronto built along its northwestern shore. The lake has been an important transport route since Indigenous communities first travelled its waters, later supporting the fur trade and the growth of ports and settlements around the Great Lakes.

CN Tower – Completed in 1976, the CN Tower was built by Canadian National Railway as a telecommunications tower to improve broadcasting across Toronto's growing skyline.

Standing 553 metres tall, it held the title of the world's tallest free-standing structure for 32 years. Its observation levels offer views across Toronto and Lake Ontario, while the glass floor provides a view straight down to the ground below.

St. Lawrence Market – A cornerstone of Toronto's food trade since the early 19th century, St Lawrence Market occupies a site that has hosted public markets since 1803. The South Market building brings together vendors selling fresh produce, meat, seafood, baked goods and local specialities, while the market remains a longstanding part of the city's commercial and community life.

Day 3: Niagara Falls Meals: B, L



Depart Toronto for Niagara Falls, a journey of approximately 1 hour 30 minutes. Straddling the border between Canada and the USA, you'll view all three falls – Horseshoe Falls, American Falls and Bridal Veil Falls – from land, before joining a Hornblower cruise for a closer look at the cascades, feeling the mist as you approach the base of the falls. Before returning to Toronto, travel approximately 30 minutes to Niagara-on-the-Lake in the Niagara Peninsula wine region, where you'll enjoy lunch and a wine tasting at an estate winery. The return journey to Toronto takes around 1 hour 30 minutes.

Please note: The Hornblower cruise may be replaced with the 'Journey Behind the Falls' tour due to seasonal availability or adverse weather conditions.

Destination Information

Niagara Falls – Formed by the Niagara River between Lake Erie and Lake Ontario, Niagara Falls comprises three waterfalls: Horseshoe Falls, American Falls and Bridal Veil Falls. Horseshoe Falls straddles the Canada–US border and carries the greatest volume of water, with the falls playing an important role in the development of hydroelectric power in the region.

Niagara Peninsula – Stretching between Lake Ontario and Lake Erie in southern Ontario, the Niagara Peninsula benefits from a relatively mild climate influenced by the surrounding Great Lakes. These conditions support one of Canada's leading wine regions, particularly around Niagara-on-the-Lake, where vineyards produce varieties including Riesling, Chardonnay and Cabernet Franc. The area is also known for its orchards, historic towns and the Welland Canal, which allows ships to bypass Niagara Falls.

Day 4: Thousand Islands Parkway Meals: B, L



Travel along the scenic Thousand Islands Parkway, following the St. Lawrence River past island archipelagos and waterfront communities. Enjoy lunch at Fort Henry before joining the Bonnycastle Tour, where you'll meet soldiers representing Her Majesty's Army of 1867 and explore the citadel of Upper Canada, learning about the fort's role in defending the region. Later, visit the Great Lakes Museum to see the S.S. Keewatin, a historic passenger steamship that once carried holidaymakers across the Great Lakes. The evening is at leisure.

Destination Information

Thousand Islands Parkway – Following the northern shore of the St Lawrence River in eastern Ontario, this scenic route runs between Gananoque and Brockville through the Thousand Islands region. The river is dotted with more than 1,800 islands, ranging from tiny rocky outcrops to wooded islands with historic cottages and castles, including Boldt Castle on the American side.

Fort Henry National Historic Site – Built between 1832 and 1837 to defend the entrance to the Rideau Canal and the naval dockyard at Kingston, Fort Henry is a British military fortress overlooking the St. Lawrence River. Its ramparts, barracks and defensive positions illustrate 19th-century military life, while costumed interpreters and military demonstrations bring the fort's history to life.

Day 5: Thousand Island Cruise & Ottawa Meals: B



Board a boat in the Thousand Islands region for a relaxed, narrated cruise through the channels and between the islands of the St. Lawrence River. Once a playground of the rich and famous, the area is dotted with charming cottages, grand island homes and historic sights. Afterwards, travel to Ottawa, Canada's capital, a journey of approximately 2 hours, where you'll take a guided city tour including Parliament Hill, home to Canada's federal parliament, and the Rideau Canal, a UNESCO World Heritage Site that becomes one of the world's largest naturally frozen skating rinks in winter.

Destination Information

Ottawa – Canada's capital was selected by Queen Victoria in 1857, partly because its position between English-speaking and French-speaking Canada made it a suitable compromise between rival cities.

Originally a centre for the timber trade, Ottawa developed around the construction of the Rideau Canal and now houses the country's federal government, national museums and major cultural institutions.

Parliament Hill – Overlooking the Ottawa River, Parliament Hill is the seat of Canada's federal government, with its distinctive Gothic Revival buildings constructed mainly during the second half of the 19th century. The original Centre Block was destroyed by fire in 1916 and rebuilt with the Peace Tower, completed in 1927, which stands 92 metres high. The site remains a focal point for national ceremonies and Canada Day celebrations.

Rideau Canal – Completed in 1832, the Rideau Canal was built under the direction of Lieutenant-Colonel John By as a military supply route linking Ottawa with Kingston on Lake Ontario, providing an alternative to the vulnerable St. Lawrence River border. Stretching 202 kilometres and incorporating 47 locks, it is now a UNESCO World Heritage Site. In winter, a section through central Ottawa becomes the Rideau Canal Skateway, one of the world's largest naturally frozen skating rinks.

Day 6: Explore Ottawa

Meals: B, D

Visit the National Gallery of Canada to enjoy its impressive collections of Indigenous and Canadian art. Browse the stalls at the buzzy ByWard Market, an area known for its colourful street art and boutique stores. This afternoon, enjoy some Flex time for independent exploration before a hosted dinner featuring regional flavours and local ingredients.



Destination Information

National Gallery of Canada – Opened in its current building in 1988, the National Gallery of Canada houses a major collection of Canadian and international art, including works by Indigenous artists, European masters and contemporary creators. Designed by architect Moshe Safdie, the glass-and-granite building features a dramatic interior and a large glass tower, while the grounds are marked by the bronze sculpture Maman, a giant spider by artist Louise Bourgeois.

ByWard Market – Established in 1826 by Lieutenant-Colonel John By, the engineer responsible for the Rideau Canal, ByWard Market is one of Ottawa's oldest and best-known neighbourhoods. Its historic market buildings and surrounding streets are home to produce stalls, independent shops, cafés and restaurants, reflecting a long tradition of trade and public life near Parliament Hill.

Day 7: Cabane à Sucre & Québec City Meals: B, L



Cross from Ontario into Québec, Canada's predominantly French-speaking province, travelling approximately 2 hours from Ottawa to a traditional cabane à sucre (sugar shack). Sit down for lunch featuring Québécois dishes, followed by a maple syrup tasting accompanied by traditional folk music. Continue to Québec City, a journey of around 3 hours, and head into atmospheric Old Québec for a guided walking tour. Discover the city's French colonial heritage, including its role as the capital of New France and its fortified historic district, now a UNESCO World Heritage Site.

Destination Information

Québec City – Founded by French explorer Samuel de Champlain in 1608, Québec City is one of the oldest European settlements in North America and remains a centre of French-speaking culture in Canada. Its position overlooking the St. Lawrence River made it strategically important during the colonial period, and its fortified historic district is now a UNESCO World Heritage Site. The city is also known for the Château Frontenac, a landmark hotel that dominates the skyline above the river.

Sugar Shack – A traditional cabane à sucre is a seasonal maple-syrup operation where sap collected from sugar maple trees is boiled down to make syrup. Particularly associated with Québec, these establishments open in late winter and early spring, often serving hearty Québécois dishes alongside maple-based treats such as tire sur la neige—hot syrup poured onto snow and rolled onto a stick.

Old Québec – Enclosed by the only surviving fortified city walls in North America north of Mexico, Old Québec preserves the streets and buildings of the city's French and British colonial past. Its Upper Town includes the Château Frontenac and Dufferin Terrace, while the Lower Town's Petit-Champlain district is known for its narrow streets and historic stone buildings. The district became a UNESCO World Heritage Site in 1985.

Day 8: Île d'Orléans and Wendake Meals: B, D



Visit Montmorency Falls, approximately 15 minutes from Québec City, and take the cable car from the base to the top of the 83-metre-high waterfall, which is taller than Niagara Falls. Enjoy panoramic views of the St. Lawrence River and Île d'Orléans before continuing to the island for a guided walking tour.

Wander its rural villages, admiring centuries-old stone houses and heritage churches while learning about early French-Canadian traditions. Return to Québec City, around 30 minutes away, with free time to find lunch before heading to Wendake and the Huron-Wendat heritage sites, approximately 20 minutes from the city centre. Learn how the Huron-Wendat Nation maintains its ancestral traditions alongside modern life and listen to myths and legends shared by a storyteller. Tonight, dinner will be served in Old Québec.

Destination Information

Montmorency Falls – Located just outside Québec City, Montmorency Falls drops 83 metres over a rocky cliff into the Montmorency River, making it around 30 metres higher than Niagara Falls. A suspension bridge crosses above the crest, while stairways and cable cars provide different views of the waterfall.

Île d'Orléans – Situated in the St. Lawrence River just east of Québec City, this fertile island was one of the earliest areas of French settlement in New France. Its six historic villages retain traditional stone houses, churches and farmsteads, while the island's orchards, vineyards, berry farms and maple producers reflect its long agricultural heritage.

Wendake – A community of the Huron-Wendat Nation on the outskirts of Québec City, Wendake preserves and shares the history, culture and traditions of the Wendat people. At the Huron-Wendat Museum, visitors can learn about Indigenous history and craftsmanship, while the reconstructed longhouse and traditional village offer insight into Wendat life before and during early contact with Europeans.

Day 9: Charlevoix & Whale Watching — Meals: B, L



Head into the landscapes of Charlevoix, a UNESCO-designated Biosphere Reserve, travelling approximately 1 hour 30 minutes from Québec City to the coastal town of Baie-Sainte-Catherine. Take the scenic drive along the northern shore of the St. Lawrence River, where the road hugs cliffs, rounds sweeping capes and traverses rolling hills. Take to the water on a whale-watching tour in the Saguenay–St. Lawrence Marine Park, looking out for some of the 13 species of whale recorded in the region, including humpbacks and belugas. Enjoy a farm-to-table lunch before continuing to Fairmont Le Manoir Richelieu, approximately 1 hour 30 minutes away, an iconic Châteauesque hotel overlooking the river.

Destination Information

Charlevoix – Stretching along the north shore of the St Lawrence River east of Québec City, Charlevoix is a region shaped by a meteorite impact around 400 million years ago, which created its distinctive circular geological landscape.

Its villages, including Baie-Saint-Paul and La Malbaie, are known for their artistic communities, historic architecture and locally produced food, while the surrounding hills rise from the river's edge.

Saguenay-St. Lawrence Marine Park – This protected marine area covers the meeting point of the Saguenay River and the St. Lawrence Estuary, where cold, nutrient-rich waters support a diverse range of marine life. Beluga whales live here year-round, while minke, fin and occasionally blue whales feed in the estuary.

Day 10: Charlevoix Meals: B, L, D

This morning, enjoy some Flex time, making the most of the hotel's facilities, which include a spa, swimming pools and golf. Embark on the Charlevoix Flavour Trail, an agrotourism circuit showcasing local cheesemakers, microbreweries, cider houses and more, all in a spectacular setting between the river and the Laurentian Mountains. Return to the Fairmont Le Manoir Richelieu for a behind-the-scenes tour followed by dinner.



Destination Information

Fairmont Le Manoir Richelieu – Overlooking the St Lawrence River in La Malbaie, this grand château-style hotel opened in 1899 and helped establish Charlevoix as a summer resort for wealthy travellers from Canada and the United States. Rebuilt following a fire in 1928, the property retains its historic resort character, with landscaped grounds set above the river and views across the surrounding Charlevoix region.

Day 11: Travel to Montréal Meals: B, L

Depart the Charlevoix region and travel southwest to Montréal, a journey of approximately 4 hours, stopping for lunch en route. On arrival, enjoy an introductory tour of the city, taking in its main sights and getting your bearings in Canada's second-largest city, known for its French heritage and distinctive mix of historic and modern architecture. The evening is at leisure, with dinner at your own arrangements.



Destination Information

Montréal – Founded by French settlers in 1642 as Ville-Marie, Montreal developed into a major trading centre at the meeting point of the St. Lawrence and Ottawa rivers. French remains the city's official language, and its heritage is evident in Old Montreal's cobbled streets, stone churches and historic port. The city is also known for its distinctive blend of French and North American culture, from its food traditions to its festivals and arts scene.

Day 12: AURA Experience Meals: B, D

Make the most of some Flex time to discover Montréal independently. You may wish to stroll through Mount Royal Park or the Botanical Garden or visit the Montréal Museum of Fine Arts. Later, find yourself on the cobblestone streets of Old Montreal at the magnificent Notre-Dame Basilica, where you'll enjoy the AURA Experience, an immersive light and sound show that brings together art, music and architecture. Sit down to a farewell dinner this evening.



Destination Information

Notre-Dame Basilica – Located in Old Montréal, this Gothic Revival church was completed in 1829 and became one of the city's most recognisable landmarks. Its richly decorated interior features deep-blue ceilings dotted with gold stars, intricate wood carvings and stained-glass windows depicting the religious history of Montréal rather than traditional biblical scenes.

AURA Experience – A multimedia light and sound show inside Notre-Dame Basilica, AURA uses architectural lighting, projection and music to highlight the church's ornate interior. Created by Montreal-based studio Moment Factory, the immersive performance transforms the basilica's vaulted ceilings, columns and altar into a changing display of colour and imagery.

Days 13 - 15: Fly Montréal to New Zealand Meals: B

Any time before your flight is at leisure. You will be transferred from your hotel to Montréal International Airport, according to the departure time of your international flight, arriving home two days later.

Late check-out is not included. Additional nights' before and after your tour can be arranged. Please contact our Reservations team to book.

CANADA TRAVEL INFORMATION

VISAS:

New Zealand passport holders are currently permitted entry to Canada without a visa for stays of up to 6 months, but must obtain an eTA (Electronic Travel Authorization) online before departure if arriving by air. The eTA must be completed by each traveller and is not included in the cost of your tour. Wendy Wu Tours can offer general guidance on the application.

Please be advised that your passport must have at least six months validity left on it when you arrive back in New Zealand.

Please note the visa procedures and requirements may change at any time. These changes are often made by the relevant embassy or consulate; Wendy Wu Tours acts as a third party and has no influence on the process of a visa.

GROUP SIZE:

Most of our groups consist of 16 travellers or more and will be accompanied by both a National Escort and local guides. On Classic Flex Tours, there will be no more than 28 travellers in each group although you may encounter other Wendy Wu Tours groups while you are travelling.

EATING IN CANADA:

Canadian cuisine reflects the country's varied landscapes and cultural influences, from fresh seafood on the Atlantic coast to salmon and Pacific seafood in British Columbia. Across the country, you may also encounter regional favourites such as poutine, maple syrup, smoked meats and locally produced cheeses, while dishes often draw influence from French, British and Indigenous traditions.

Breakfasts are generally served buffet-style at hotels, with a choice of cooked and continental options. Lunches may be served at restaurants, cafés or as packed lunches when travelling through more remote areas or on longer touring days. Evening meals are typically served in local restaurants or hotels, with menus offering a mixture of Canadian and international dishes.

Canada is well equipped for a wide range of dietary requirements, although choices can become more limited when travelling through remote areas. If you have specific dietary needs, please let us know when booking so these can be communicated to our local partners in advance.

ACCOMMODATION:

Your accommodation in Canada is carefully selected for its location, comfort and character, with a mixture of well-established hotels, locally owned properties and larger city hotels possibly used throughout your journey.

Accommodation will generally be of a good three- to four-star standard, with some five-star hotels included too. Standards are comparable with those you would expect in New Zealand, although individual properties may vary in style, facilities and size.

All group tour hotels have private Western-style bathroom facilities, air conditioning or heating, a TV and Wi-Fi. In some smaller towns or more remote areas, hotel facilities may be simpler than those found in the major cities, but all properties are selected to provide a comfortable base from which to explore the destination.

If you experience any difficulty during your stay, please speak to your National Escort or Local Guide. All hotels used by Wendy Wu Tours are regularly reviewed by our staff and local partners to ensure they meet our standards.

TRANSPORT:

Coaches: Air-conditioned coaches are used for sightseeing, excursions and longer journeys throughout Canada. Coaches generally have comfortable reclining seats and an onboard toilet, although facilities vary between vehicles. Canada is a vast country and some journeys involve several hours of driving, particularly when travelling between provinces and cities. Journey times are approximate and may be affected by traffic, road conditions, weather and scheduled stops.

TIPPING POLICY:

Tipping while on holiday is common in most parts of the world and Canada is no exception. However, it is not always clear who it is appropriate to tip and how much. Furthermore, travellers may not have the right amounts of cash available at the right time.
In order to avoid any inconvenience, Wendy Wu Tours operates a tipping policy where a stated amount is given to your National Escort at the beginning of your tour and tips are disbursed to local guides and drivers throughout your tour. The amount is designed to be at a reasonable level for travellers while being fair to the local people and includes a gratuity for the National Escort.

We generally find that most customers appreciate the convenience of our tipping policy but we do recognise that it may not suit everyone. However, as this is a group tour we ask that everyone follows the same protocol to be fair to other group members and to ensure smooth operation of your tour.

INSURANCE:

We strongly recommend that you take out a policy as soon as you pay your deposit. Wendy Wu Tours cannot in any way be made liable for any additional cost incurred by the customer on any tour due to the customer not having adequate travel insurance.

We also encourage all customers to take a copy of their travel insurance documents (especially relevant international contact numbers) with them while on tour. We advise that you check the inclusions and procedures for lodging claims prior to your departure. These documents should be stored separately from the original.

VACCINATIONS AND YOUR HEALTH:

Wendy Wu does not give specific health advice, but we do recommend you see your doctor at least six weeks prior to travel for advice and to allow time for any necessary vaccinations. Please remember to take your itinerary with you. Safe travel has a comprehensive website that you may also find useful www.safetravel.govt.nz

ITINERARY CHANGES:

It's our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate. In these circumstances we'll make the best possible arrangements maintaining the integrity of your trip.

BEFORE YOU LEAVE:

We strongly recommend registering your travel plans with www.safetravel.govt.nz as in the event of an emergency, New Zealand Consular assistance will be more readily available.

Up until the day you travel, it is vital you keep up to date and familiarised with the entry requirements as these can change at short notice. You are personally responsible for completing any entry forms, conducting any covid tests (if necessary), etc and adhering to countries' specific entry requirements. You can also access the New Zealand Government's travel advisory service for up-to-date information about your destination on the same website.

AFTER YOUR BOOKING:

Once you have booked with Wendy Wu Tours, you will receive an email with your confirmation invoice, along with a link to our website where you can find your visa information (if applicable) and other important information. Your final documentation pack will be sent to you approximately 2 weeks prior to departure.

Updated November 2026