

Montreal 2010 . . . "An International Experience"



MONTREAL 2010 ROTARY 20-23 JUIN/JUNE CANADA INTERNATIONAL CONVENTION

Planning your Montréal Itinerary

Your first lesson in visiting Montreal IN June 2010 for the Rotary Convention is very simple . . . RELAX! The pace of life in Montreal tends to be of the "stop and smell the roses" variety. So take a moment, breathe and enjoy life, à la Montréal.

1. Begin your visit with a three-hour CITY TOUR (with Gray Line from Dorchester Square). It's the perfect way to get an overall sense of the city and to stake out all of the places and things you want to see and do more of. (*Note: Most of the downtown hotels can make arrangements for you have you picked up at your hotel.*)
2. Spend an evening on the majestic St. Lawrence River. Take a DINNER CRUISE with either the Bateau-Mouche or AML Cruises (*or book your cruise with the convention Host Organizing Committee*). Or view the city from on high by night. Enjoy a fabulous meal at Le Tour De Ville Restaurant, Montréal's famous rooftop restaurant in the Delta Center-Ville Hotel, or dine out at Le Castallion restaurant atop Place Bonaventure and savour fine French cuisine while admiring its bordering gardens.
3. On one of your mornings in the city, linger over croissants and café au lait in one of the many friendly and intimate cafes in Old Montréal.
4. Visit the Old Port of Montréal where you can take in the Science Center, the Telus IMAX theatre (great for kids), the Montréal History Center and then take a speedboat ride or try some whitewater rafting on the St. Lawrence through the Lachine Rapids.
5. Take a Guided Walking Tour (*book with the Host Organizing Committee*) or go it on your own. Be sure to include the spectacular Notre-Dame Basilica and the Notre-Dame-de-bon-Secours Chapel, the Old Quarter, the Spanish Quarter, the Chinese Quarter, and the Italian Quarter. There is much to see in Montréal and you can walk to most of it from the Convention Center and all of the downtown hotels.
6. Downtown Montréal vibrates to the sound of a world beat. Here restaurants of every nationality share sidewalk space with name-brand boutiques from all over the world. At the end of the day, the city lights up with the pleasures of the

most eclectic nightlife on the continent. Walk around downtown. Discover the Underground City . . . a 20-mile maze of pedestrian passageways linking eight shopping centers and hundreds of restaurants, boutiques and specialty shops. Above ground, stroll along Sainte-Catherine Street, Montreal's main shopping promenade.

7. No visit to Montréal would be complete without a visit to Mont-Royal and Olympic Park. Mont-Royal in the midst of the city is a nature lover's paradise, criss-crossed with walking trails and cycling paths. From here you will enjoy a spectacular view of the city and the river. Return to downtown and hop the Metro, Montréal's great subway system. Exit at Viau station to visit the Olympic Park area. Here you can ride the cable car up to the top of the Montréal Tower and visit the many attractions located near the former Olympic Stadium. Spend the afternoon visiting everything so you won't miss anything.

You can do all of these things and much more while in Montreal by planning your schedule and working them in around the plenary sessions and various other convention activities.

FINALLY: A federal Goods and Services Tax (GST) of 7% is charged on most goods and services in Canada. A Quebec provincial tax (TVQ) of 7.5% is added to all goods and services purchased in the province of Quebec. A non-reimbursable 3% tax per night is also in effect in Montréal. Non-resident visitors can apply for a rebate of GST paid on most goods purchased for use outside Canada as well as on short-term accommodations. To obtain rebate forms as well as a complete listing of what is or is not refundable, consult the Canada Revenue Agency web site at <http://www.cra-arc-gc.ca/visitors>. Cash refunds may be claimed in person at participating Canadian duty-free shops: See the above web site for a list of participating duty-free shops.

Register: <http://www.rotary.org>
Host Events: <http://www.rotary2010.com>
Montreal: <http://www.tourism-montreal.org>

Happy New Year