



Companion Program

Hilton Lac-Leamy | Gatineau, QC | September 25–28

The Canadian Chamber of Commerce is pleased to present companion tours for full delegates registered as companions at this year's AGM. You must **pre-register by September 10, 2010** by completing the companion program registration form. Please note that there is a confirmation fee per tour to ensure our ability to secure all logistical arrangements.

Saturday, September 25

6 p.m. to 7 p.m. Delegates welcome reception (included in your registration fee)
7 p.m. to 10 p.m. Dinner on your own

Sunday, September 26

7:30 a.m. to 8:15 a.m. Breakfast

Optional Tour 1: Get to know your capital city! (\$11.29, taxes included)

8:30 a.m. to 10:30 a.m. Guided bus tour of the National Capital Region
Visit all the important sites including museums, parks, galleries, the ByWard Market, the prime minister's and Governor General's residences, the Parliament buildings and lots more during this fun, historical, educational two-hour tour.

11 a.m. to noon Guided tour of Parliament Hill
Visit the centre stage of Canadian democracy by taking a guided tour of the centre block of Parliament!

12:30 p.m. to 1:30 p.m. Group lunch at a restaurant

1:30 p.m. to 3:30 p.m. Shop in the historic ByWard Market OR go on the Haunted Walk of Ottawa

The ByWard Market

Established by Lt-Col. John By in 1826, the ByWard Market is one of Canada's oldest and largest public markets. The legendary builder of the Rideau Canal, Colonel By himself laid out the street plan of the market, designating George Street and York Street to be extra wide to accommodate the creation of a public market and gathering place. Within an area roughly four blocks square, you'll find museums, cafés, specialty food shops, boutiques, galleries, restaurants, pubs, hair and aesthetics salons and more! The ByWard Market offers a unique experience for all.

The Ghost and the Gallows Tour

Explore the hidden side of the Nation's capital. Visit death row and the gallows inside the Old Carleton County Jail and other haunted locations while your tour guide recounts more of Ottawa's supernatural encounters. Was the wrong man hanged for the murder of D'Arcy McGee? Does he haunt the jail today? This tour includes stairs and is not wheelchair accessible.

3:30 p.m.

Return by bus to the Hilton Lac-Leamy

Optional Tour 2: Master the art of French cooking at Le Cordon Bleu (\$16.93, taxes included)

8:30 a.m. to 10:30 a.m.

Guided bus tour of the National Capital Region

Visit all the important sites including museums, parks, galleries, the ByWard Market, the prime minister's and Governor General's residences, the Parliament buildings and lots more during this fun, historical, educational two-hour tour.

11 a.m. to 3 p.m.

Demonstration at Le Cordon Bleu Ottawa Culinary Arts Institute

World class chefs reveal the secrets of the culinary arts! Come to Le Cordon Bleu and learn the secrets of French cuisine. In specially designed amphitheatres with overhead mirrors and video screens, Le Cordon Bleu chefs will share the techniques for mastering the art of French cooking. After the demonstration, the group is encouraged to educate their palate and discover the subtleties of French cuisine by tasting the completed dishes.

3 p.m.

Return by bus to the Hilton Lac-Leamy

6 p.m. to 9:30 p.m.

Evening in the National Capital region (included in your registration fee)

Monday, September 27

7:30 a.m. to 8:15 a.m. Breakfast (included in your registration fee)

Optional Tour 3: Get to know Canadian history! (\$11.29, taxes included)

9:30 a.m. to 10:30 a.m. Guided tour of the Royal Canadian Mint

The Mint's Ottawa facility produces hand-crafted collector and commemorative coins, gold bullion coins, medals and medallions. This is where the master tooling is done to create the dies that strike coin designs for both circulation and commemorative issues. The Mint's gold refining and advanced engineering operations are also located in Ottawa.

11:00 a.m. to 12:30 p.m. Guided tour of Rideau Hall, home of the Governor General

Rideau Hall is the official residence and workplace of every Governor General since 1867. This heritage site is a national gathering place, where the Governor General lives, honours Canadians for their excellence, hosts foreign dignitaries and performs the functions of Canada's head of state, as the representative of the Crown in Canada.

1:00 p.m. to 3:30p.m. Lunch at Moorside and guided tour of the MacKenzie King Estate

Re-live 50 years of Canadian history as you visit the restored chalets and admire the flower gardens and collection of ruins that were the pride of William Lyon Mackenzie King, Canada's 10th prime minister. The MacKenzie King Estate is located in the Gatineau Hills, and it is around this land that the government established Gatineau Park, a nature reserve and green space that is vital to the oxygenation of Canada's capital.

3:30 p.m. Return to Hilton Lac-Leamy

6 p.m. to 11 p.m. Gala reception, dinner and entertainment (included in your registration fee)

Tuesday, September 28

7:30 a.m. Breakfast (included in your registration fee)