



Beyond Prisons: | 21-26 October 2018
The Way Forward | Montreal, Canada

COMPANION PROGRAMME

SCHEDULE OF ACTIVITIES

The ICPA Companion Programme began in Perth, Australia. Since then, it has been offered at every ICPA Annual Conference. The Programme allows spouses, friends, and significant others to learn and to explore the unique cultural and scenic wonders that each conference venue offers...as well as to meet other Companions.

This year's Companion Programme has been carefully designed to allow participants an opportunity to experience the exciting places of Montréal.

ICPA will be running its Companion Programme in parallel with the main event. Treat your spouse or a family member by registering them to take part in three fun-filled days of exploring the dynamic city of Montréal and its surroundings.

Space in the Companion Program is limited to 45 Participants. Interested attendees are encouraged to register as early as possible.

**COST: \$ 395 USD
PER PERSON**

PROGRAMME OVERVIEW:

SUNDAY 21 OCTOBER 2018

Conference Welcome Reception

MONDAY 22 OCTOBER 2018

Meet & Greet

Host Welcome Reception

DAY 1 - TUESDAY 23 OCTOBER 2018

City Tour of Montréal

- Walking tour of the Old Montréal
- Notre-Dame Basilica
- Lunch
- Bus tour of Montréal

Duration: 9:30am to 4:30pm

DAY 2 - WEDNESDAY 24 OCTOBER 2018

The Richelieu Valley

- Cider mill and product tasting
- Lunch in the village of Chambly

Duration: 10:00am to 4:00pm

ICPA Correctional Excellence Awards
Ceremony & Gala Dinner

DAY 3 - THURSDAY 26 OCTOBER 2017

A Day in Québec City

- Plains of Abraham
- Notre-Dame Church
- Place-Royale
- National Assembly
- The Citadelle
- The famous Château Frontenac
- Lunch in a local restaurant

Duration: 8:00am to 8:00pm

DAY 1: Tuesday - 23 October 2018

City Tour of Montréal

Your adventure will start with a walking tour of the Old Montréal and a visit to the Notre-Dame Basilica. For lunch, you will taste some of Montréal's most iconic foods, such as poutine and smoked meat. Afterwards, you will board your private motorcoach for a bus tour of Montréal. See city's elegant upper-class communities, the financial district, cultural institutions, and some of its universities. You will also explore the Plateau Mont-Royal, known for its distinctive architecture and its Francophile atmosphere as well as the Sainte-Hélène and Notre-Dame islands, which were home to the 1967 Universal Exposition (Expo '67). Along the way, the tour includes a stop at the Mont-Royal for a panoramic view of the city and a tasting of Montréal bagels.

Departure point: Marriott Château Champlain (1050 Rue de la Gauchetière O)



1. Walking tour of the Old Montréal

Situated between the rue St-Antoine and the port and flanked by rue McGill and rue Berri, Vieux-Montréal (Old Montréal) is the site of Maisonneuve's original settlement of Ville-Marie.

The picturesque Place Jacques-Cartier makes a good starting point for visiting the area. Once a fruit and vegetable market, the cobblestone square remains a favourite venue for flower vendors and itinerant artists.

Across rue Notre-Dame, the 19th-century Hôtel de Ville (City Hall) is a fine example of the French Renaissance style. It was from the balcony beneath the clock in 1967 that Général de Gaulle delivered his incendiary cry of 'Vive le Québec libre!', warming the hearts of local separatists. The general was not intimidated by the statue of Lord Horatio Nelson watching him from the top of Place Jacques-Cartier. Montréal's oldest monument was somewhat provocatively erected in 1809, just four years after the British admiral's devastating defeat of the French at Trafalgar.



2. A Visit to the Notre-Dame Basilica

Notre-Dame Basilica of Montréal is located at the intersection of Notre-Dame Street West and Saint-Sulpice Street in the borough of Ville-Marie in Montréal. This jewel of Québec's religious heritage was built by the Sulpicians over the years 1824 to 1829, to serve as a parish church. It is one of the oldest examples of Gothic Revival religious architecture in Canada. At the time it was built, it was a daring, innovative edifice on a scale unequalled anywhere else in North America. The architect was James O'Donnell, an Irish immigrant to New York City. Its interior decor, which was overseen by Victor Bourgeois, along with its rich ornamentation, are unique and evoke a true sense of wonder in visitors. The Basilica is also one of the major tourist attractions in the city of Montréal.



3. Bus tour of Montréal

Explore city's elegant upper-class communities, the financial district, cultural institutions, and some of its universities

Take some photos from the Plateau Mont-Royal, as well as the Sainte-Hélène and Notre-Dame islands, which were home to the 1967 Universal Exposition (Expo '67).

DAY 2: Wednesday - 24 October 2018

The Richelieu Valley

The Richelieu Valley, also called the Apple Region offers panoramic scenery coupled with an ideal climate for the gardening of market produce. The Montérégian hills are surrounded by huge orchards and apple industries. During the tour, you will visit a cider mill and taste their products derived from apples as well as a vinegar factory, where they transform the apple cider into apple cider vinegar, which boasts a variety of health benefits.

Will follow a delicious meal in the village of Chambly – a special meal made from local products - on the banks of the Richelieu River before heading back to Montréal. Fall in Québec sweeps in with a burst of colour, aroma and flavour. As September draws to a close, the forests don fiery hues as the leaves turn their characteristic reds, yellows and oranges. Vines and orchards are laden with fruit, while clouds of snow geese fill the skies in a spectacular pre-Christmas pageant. With its dry, crisp air and brilliant blue skies, fall is the perfect time for long rambles through the hills.

Departure point: Marriott Château Champlain (1050 Rue de la Gauchetière O)

1. The Richelieu Valley - Cider mill and tasting

The Richelieu Valley, which attracted pioneers from the start of the 18C with its fertile lands, is nowadays one of the richest agricultural areas in Quebec. It is nourished by the majestic Richelieu River (130km), one of the links in the riverway running from Montreal to New York. Very popular with Montrealers, every summer the valley attracts thousands of travellers and tourists, who, from Chambly, come here to experience the beauty of this area as they stroll along the riverbanks.

First settled in the late 15th century by the Iroquois, the terroir of Montérégie is perfectly suited for agriculture, with many mountains, hills and shaded valleys. The soil has developed a perfect balance mixing with the climate it's an ideal place for hardy trees like apple and maple to prosper.



2. Lunch in the village of Chambly

Chambly lies along the Chambly Basin—a widening of the Richelieu River. Its site, 14 miles (23 km) east of Montreal city, was first occupied by Fort-Chambly, a wooden stockade built in 1665 by Captain Jacques de Chambly, a French army officer and leader of the Carignan Regiment. Destroyed by Iroquois Indians in 1702, it was later rebuilt in stone. Surrendered to the British in 1760, the fort played an important part during the American invasion of 1775 and during the War of 1812.

The city is now an agricultural market centre of a cash-crop, dairying, and fruit-growing region. A nearby hydroelectric plant supplies power for Chambly and much of Montreal. Among the city's many historical sites are Fort-Chambly National Historic Park, the monument and home of Colonel de Salaberry (a hero of the War of 1812), and Jacques-de-Chambly Historical Village, a collection of 18th- and 19th-century buildings. Inc. 1951.

Enjoy the beautiful views with a special meal made from local products. The lunch will be on the banks of the Richelieu River.



DAY 3: Thursday - 25 October 2018

A Day in Québec City

Classified by UNESCO as a World Heritage Site in 1985, the city of Québec, capital of the province of Québec, is the only remaining entirely fortified city in North America and dominates the St. Lawrence River. Founded in 1608 by Samuel de Champlain, Québec was the first permanent European settlement in New-France. The city's buildings and monuments are models of its rich architectural history and give Québec its renowned European flair. During the tour, you will see the Plains of Abraham, the Notre-Dame Church, Place-Royale, the National Assembly, the Citadelle and the famous Château Frontenac. See if you can resist the ambiance of Québec City! Lunch will be included in a local restaurant.

Departure point: Marriott Château Champlain (1050 Rue de la Gauchetière O)



1. Plains of Abraham & Notre-Dame Church

Plains of Abraham, also called Heights Of Abraham, French *Plaines D'abraham*, plains in Québec region, southern Quebec province, Canada. The plains lie at the western edge of the old walled city, overlooking the St. Lawrence River. The plateau was the scene of a battle (Sept. 13, 1759) between the French under the Marquis de Montcalm and the British under James Wolfe in which both leaders were killed but which secured Quebec for the British. Named for Abraham Martin, a ship's pilot who formerly owned part of the land, the plains are now a national historic park.

Notre-Dame Church standing on the same location since 1647 and designated a Canada National Historic Site given its architectural value, the Cathedral bears witness to the history of a whole population. Here rest four governors of New France, the bishops of the diocese of Québec and a funerary chapel dedicated to François de Laval. Visitors will see various works of art and pieces of archives with the splendid interior decoration as a background. You could also see the Holy Door.



2. Place-Royale & National Assembly

A visit to **Place-Royale** is like a step back in time to the early days of New France. It was here that Samuel de Champlain founded his "abitation" in 1608. Admire historic Notre-Dame-des-Victoires Church, the oldest stone church in North America (1688). And don't miss the immense fresque des Québécois, which retraces 400 years of the city's history.

Erected between 1875 and 1886, the National Assembly Building stands as one of the finest examples of Quebec's architectural heritage. Its craftsmanship and style evoke the past, present and future of a nation committed to democracy. And its imposing freestone façade, distinctive silhouette and interior design all bring to mind—as its architect Eugène-Étienne Taché intended—the French origins of this North American nation.



3. The Citadelle & The famous Château Frontenac

The Citadelle is located atop Cap Diamant in Old Québec. Its walls enclose 300 years of history from the New France period to today. Known as "the Gibraltar of the Americas" on account of its strategic location, the Citadel has the star-shaped form characteristic of Vauban fortifications. Breathtaking view of the city and the St. Lawrence River. Guided tours year-round.

The Château Frontenac is one of Canada's grand railway hotels, located in Quebec City, Quebec. It is operated as Fairmont Le Château Frontenac. Château Frontenac is situated at an elevation of 54 m (177 ft). It was designated a National Historic Site of Canada in 1980. Prior to the building of the hotel, the site was occupied by the Château Haldimand, residence of the British colonial governors of Lower Canada and Quebec. The hotel is generally recognized as the most photographed hotel in the world, largely for its prominence in the skyline of Quebec City.