

2026 CFUW AGM & Conference Local Arrangements Committee (LAC) Pre- and Post-AGM Activities

Contents

Boat Tours - Montreal History Guided Sightseeing Cruises	1
Botanical Gardens / Biodome / Espace pour la Vie	1
Biodome.....	2
Insectarium.....	2
Planetarium.....	3
Biosphere.....	3
Bus Tours - Montreal City Hop-on Hop-off Tour	4
Montreal Sightseeing Tour w/live commentary - 3 h 30.....	4
Notre Dame Cathedral.....	5
Walking Food Tour, Old Montreal.....	5
Walking Tour, Old Montreal.....	5
Post-AGM – Come to the Country	5

Boat Tours - Montreal History Guided Sightseeing Cruises

60-minute guided tour on the St. Lawrence River – see Montreal’s Historic buildings and the islands giving a unique view of Montreal from the River – **2:30 p.m. departure only**.

Botanical Gardens / Biodome / Espace pour la Vie

Approx 2-hour **self-guided tour**

[Espace pour la vie Montreal](#) groups the city’s five natural history museums, Biodome, Biosphere, Insectarium, Botanical Garden and Planetarium.

Cost for entry for the individual museums is \$23.75 for adults (\$21.50 for 65 years+). [Group rates](#) are available for one or more museums and the [Espace pour la vie Montreal passport](#) provides unlimited access to all five museums for 12 months.

Approximate length of visits: Biodome (90 minutes), Biosphere (90 minutes), Insectarium (60-90 minutes), Planetarium (90 minutes), Botanical Garden: greenhouses (45 minutes), outdoor gardens (60-120 minutes).

The Biodome, Insectarium, Botanical Garden and Planetarium are located close to each other near the Olympic Park. Whereas the Biosphere is in Parc Jean Drapeau on St Helen's Island.

The [Espace pour la vie App](#) currently provides guides to improve your visit to the Biodome or Insectarium. Information about the Botanical Garden, Planetarium and Biosphere will be added soon.

Tickets for the museums can be purchased [ONLINE](#).

Opening hours for the museums during the week of July 20, 2026, are listed [HERE](#)

BIODOME

The [Biodome](#), home to over **2,500 animals representing about 150 different species** and **800 plant species**, offers an immersive visit through five ecosystems of the Americas under one roof: [Tropical Rainforest](#), [Gulf of St. Lawrence](#), [Laurentian Maple Forest](#), [Labrador Coast](#), and [Sub-Antarctic Islands!](#)

It is recommended that you download the Space for Life App before arriving at the Biodome. The mobile application is available for free on [Apple Store](#) and [Play Store](#). It is compatible with iOS and Android mobile platforms.

Allow 90 minutes to visit the Biodome.

The **Biodome** lends wheelchairs to visitors who request them. An elevator provides access to the Mezzanine, from where it is possible to see some ecosystems.

Getting there:

4777, avenue Pierre-De Coubertin

Montréal, QC H1V 1B3

514 868-3000 or toll-free: 1 855 518-4506

Metro: Viau station

Bus: 34 (Sainte-Catherine); 125 (Ontario); 136 (Viau)

Bixi: In front of the Biodome on Pierre-De Coubertin

Car Parking: 3000 rue Viau (P6), Montreal H1V 1B3; \$14.25/day

INSECTARIUM

The Insectarium is the first museum in North America where visitors can interact with butterflies and a variety of other live and naturalised insect species (some of which are free roaming). As they make their way through its exhibition spaces, visitors enjoy an immersive and educational experience that aims to transform the relationship that humans have with insects.

Allow 60-90 minutes to visit the Insectarium.

It is recommended that you download the Space for Life App before arriving at the Insectarium. The mobile application is available for free on [Apple Store](#) and [Play Store](#). It is compatible with iOS and Android mobile platforms.

Getting There:

4581, rue Sherbrooke Est

Montréal, QC H1X 2B2

514 868-3000 or toll-free: 1 855 518-4506

Metro: Viau or Pie-IX Stations

Bixi : In parking lot P2 next to Insectarium

Car Parking: \$14.25/day

PLANETARIUM

Located near Biodome, the [Planetarium de Montréal](#) offers an innovative approach to astronomy where science and art come together. A wide range of films are screened on the 360° domes at its two theaters.

Allow 90 minutes to visit the Planetarium.

The Planetarium is wheelchair accessible.

Getting there:

4801, avenue Pierre-De Coubertin

Montréal, QC H1V 3V4

514 868-3000 or toll-free: 1 855 518-4506

Metro: Viau Station

Bus: 34 (Sainte-Catherine); 125 (Ontario); 136 (Viau)

Bixi: In front of the Biodome on Pierre-De Coubertin

Car Parking: 3000 rue Viau (P6), Montreal H1V 1B3; \$14.25/day

BIOSPHERE

The [Biosphere](#) is located in Parc Jean Drapeau on St Helen's Island. Designed by Buckminster Fuller, the geodesic dome originally housed the United States pavilion during Expo67.

The theme for the 2025-26 programme is [Connections](#), inviting visitors to explore the interactions between living beings and their environment. Highlights include exhibitions on future energies, complex ecosystems, essential insects, the climate crisis and international migrations, demonstrating the fragile balance that links us to our environment and each other.

Getting there:

160 Chemin du Tour de l'Isle

Montréal, QC H3C 4G8

514 868-3000 or toll-free: 1 855 518-4506

Metro: Station Jean Drapeau

Bus : 767* (La Ronde / Station Jean-Drapeau) ; 768* (Plage Jean-Doré / Station Jean-Drapeau) ; 777 (Le Casino)

Note: Bus transportation allows you to get around the Parc Jean-Drapeau site only. *Buses 767 and 768 function in the summer only, Bus 777 functions year-round

Bixi: At the exit of the Jean-Drapeau metro station, near the Information Pavilion.

Car Parking : 160 Chemin du Tour de l'Isle, Montreal H3C 4G8 ; Rates on [Parc Jean Drapeau](#) web site

Bus Tours - Montreal City Hop-on Hop-off Tour

See Montreal's top sites with a 2-day hop-on hop-off bus pass that gives you the curated experience of a guided tour and the freedom to enjoy the city at your own pace. Get great views from the bright red, double-decker buses, choosing from 10 stops such as the Old Port, Mount Royal Park, Chinatown, and more, with a tour conductor available on each bus.

2-day access to a Montreal hop-on hop-off bus route

\$68 per person – max 52

Not wheelchair accessible

Montreal Sightseeing Tour w/live commentary - 3 h 30

There's a lot to see in Montreal, from the Old Port of Montreal to the Olympic Stadium, but the top sights are scattered across the city. Get your bearings on a best-of-Montreal bus tour that explores the city's most fascinating neighborhoods and landmarks. See Mount Royal Park, the historic waterfront, Chinatown, and much more, all with a guide to share stories about Montreal's history and culture along the way.

3 ½ hours – **takes place in PM**

From \$72

Push Chair accessible

Notre Dame Cathedral Tour

The Notre-Dame Basilica of Montreal is a true 19th-century architectural masterpiece. Take part in an extraordinary sightseeing tour; beneath its golden vault, the Basilica houses exquisite stained-glass windows, an unmatched collection of master paintings, a majestic organ, and other exceptional treasures.

Group – min 10 tickets - \$14 per person

Senior 65+ - \$15 per person

Adult - \$16 per person

Walking Food Tour, Old Montreal

On this food-oriented tour, explore Old Montreal (Vieux-Montréal) with a local, certified guide to go beyond the typical tourist haunts. Visit key sights such as the Place d'Armes and Saint Paul Street (Rue Saint-Paul). Enjoy gastronomic delights, including Montreal-style bagels, local cheeses, delicious canelés, and poutine.

3 hours/2.2 km – **Leaves late morning**

\$159/per person

Walking Tour, Old Montreal

Morning Tour

Find out about all the eras that shaped Montreal with this walking tour of Old Montreal by Guidatour. Walk the streets of Old Montreal, stop at many historic sites such as Place d'Armes, and Place Jacques-Cartier, admire the stunning architecture of buildings such as Notre-Dame Basilica and the Chateau Ramezay, hear amusing anecdotes that reveal the secrets of Montreal and experience the French culture. This 2-hour guided tour is led by a certified guide who will bring the city's unique joie de vivre to life.

Rate: from \$35 per person.

Post-AGM – Come to the Country

The rolling hills of the Eastern Townships (ET) start one hour Southeast of Montreal, and reach the borders of Maine, Vermont and New Hampshire. Our picturesque region of lakes, ski hills, bucolic villages and rich agricultural activity is steeped in history and culture from both of Canada's founding cultures. Sherbrooke (pop 175k), ET's 'Queen city', offers everything one needs, including 2 universities: U de Sherbrooke (FR) and Bishops University (EN).

The **Sherbrooke & District CFUW members** are VERY pleased to host our friends from across Canada a 2 night/3-day escape to the country in 'Bed & Breakfast' style. Get to know us in our homes and relaxing in our backyards. On Saturday, we will proudly help you discover our "Townships" by driving through our beautiful villages, making stops along the way at the main tourist attractions – and at some only locals know!

Your only main expense (other than occasional meal) will be the shuttle service to/from Montréal, returning to the airport for late afternoon flights on Sunday. All will be done to keep this cost to a minimum, with total cost being available once final registration numbers are known. For those driving, we will make sure getting to the ET will be as easy as possible!

After a lovely week in the city, ***Come to the Country!*** Become a Townshipper for a weekend – we know you will want to come back! Have a peek: www.easterntownships.org

For more information or if you have questions, please contact CFUW Sherbrooke & District President, **Ann Louise Carson** at alcarson@bell.net