

ACTIVITIES TUESDAY, AUGUST 16

Publishers will have the opportunity to sign up for activities via the event survey, on Monday, August 1. Sponsors should email kgunther@admonsters.com to register. Activities are available on a first-come, first-served basis and fill quickly.

MONT-ROYAL HIKE
& WALKING TOUR

1:00 – 4:30 PM

For those looking for a little sweat, Mont-Royal is an urban hikers paradise. Our guide will lead you on a casual hike through the woods of Montreal's "Mountain," where you really can get lost and away from it all. You will be treated to beautiful views of the city (some secret), and a visit to the famous Mont-Royal Cross. We'll finish this insider tour by walking you through the quiet streets and laneways of the Plateau neighborhood and reward you with a well-deserved beer. **BRING: Good running shoes, a hat or sunblock and sunglasses**

MONTREAL FROM THE WATER

1:00 PM – 4:30 PM

Join us on the Absolu 80W yacht as we cruise the St. Lawrence to discover Montreal from the water. This tour of the Old Port and St. Helen's Island incorporates cruising past the Biosphere and the Olympic Stadium as it ventures to the St. Lambert Locks. Beautiful views, beer and wine await you! Please note this is a 30 minute walk each way from the hotel, unless you'd like to meet us there by taxi. **BRING: A camera and sunglasses or a hat**

HOODS & HIDDEN GEMS BIKE TOUR

1:10 PM – 5:30 PM

Montreal is full of hip neighborhoods, beautiful parks, hidden alleyways, and vibrant street art. On this tour, we will navigate our way through one of the most emblematic neighborhoods of the city, the Plateau. Get ready to discover beautiful architecture, leafy streets, amazing murals, and off the beaten path parks, quiet streets, and laneways as you get a big dose of the local lifestyle. **BRING: Appropriate footwear and comfortable clothes.**

CITY BREW TOUR, MONTREAL

1:30 – 5:00 PM

Fill your glass with Montreal Brews and good times! We all know, there's no better way to experience how beer is made than to go to directly to the source and sample their wares. City Brews fosters relationships with the best brewers in Montreal, and this afternoon gives us exclusive access to up to 10 beer style tastings across 3 stops in this beautiful city. **BRING: Closed toed walking shoes and a belly ready for brew.**

MILE-END FOOD TOUR

**Not appropriate for those with food limitations*

1:20 PM – 5:30 PM

A unique and delicious way to get to know the Mile-End neighborhood, considered the breeding ground of Montréal's artistic and culinary trends. Delight in some treats at Montreal's most popular local patisseries, Italian gnocchi's and tasty Montreal style gravlax sandwich, while uncovering the fascinating and offbeat history of this rich cultural hub. **BRING: Your appetite!**

OLD MONTREAL WALK

1:45 PM – 4:45 PM

Discover on foot one of North America's most charming and well-preserved historical neighborhoods, Old Montreal, a true slice of Europe in North America. Casual yet informative, in this historical walk we'll wander narrow cobblestone streets, admire English & French architecture, visit the Old Port harbour, and tell stories of iconic Montrealers, as we discover this historical area full of impressive architecture, emerging art centers, gastronomy, and nightlife. **BRING: Good walking shoes and a camera!**