



LACROSSE CANADA

CANADA



7-DAY LACROSSE
PROGRAM

 @goplaytours

 @goplayusa

 @goplay-sports-tours

TRIP SCHEDULE

DAY ONE - MONTREAL

Morning

- Arrive in Montreal, Canada

Afternoon/Evening

- Walking Orientation of Old Montreal
- Welcome Dinner

DAY TWO - MONTREAL

Morning

- Montreal Botanical Gardens
- Lunch at Centre Eaton

Afternoon/Evening

- Game One vs. Local Opposition
- Post-Game Reception

DAY THREE - MONTREAL

Morning

- Visit Mount Royal Park
- Training Session with Own Coaches

Afternoon/Evening

- Explore the Notre Dame de Quebec Cathedral
- Team Dinner

DAY FOUR - QUEBEC CITY

Morning

- Tour of Parc Olympique

Afternoon/Evening

- Leave Montreal for Quebec City
- Game Two VS Local Opposition
- Team Dinner

DAY FIVE - QUEBEC CITY

Morning

- Visit The Citadel
- Free time in the City

Afternoon/Evening

- Game Three VS Local Opposition
- Post-Game Reception

DAY SIX - QUEBEC CITY

Morning

- Guided Walking Tour of Quebec City

Afternoon/Evening

- Montmorency Falls and Walk
- Team Dinner

DAY SEVEN - QUEBEC CITY

Morning

- Depart Canada

WHAT'S INCLUDED

Sports Component

- **3-4 Competitive Games**
- **Practice Sessions led by International Coaches**

Logistics

- **Cultural Activities**
- **Well-Located Accommodation**
- **Ground Transportation**
- **Breakfast & Dinner**
- **GoPlay Tour Manager**

Other Inclusions

- **Medical Insurance**
- **Fundraising Options / Contributions Page**



COST

**\$1,600 -
\$2,100**