

SIGNATURE EVENTS

Toronto & Vancouver | August 2nd to August 27th



REGGAETON DANCE CLASS

3rd
TUE



4:00PM Toronto
1:00PM Vancouver
5:00PM Brazil
3:00PM Mexico
11:00PM Turkey
4:00AM China*

Dance it out with your ILAC friends!
Come join a 30-minute reggaeton dance class from home with @bailamer

Connect: Instagram Live @ilac_canada



YA / TEENS PUMP UP SESSION

4th
WED



11:00AM Toronto
8:00AM Vancouver
12:00PM Brazil
10:00AM Mexico
6:00PM Turkey
11:00PM China

Special session for teens and young adult students. Turn your camera on and shake your energy out with this 30-minute blast workout with your ILAC friends! With Toronto personal trainer @joafitness

Special Session for teens and young adults.
Zoom link will be sent by invitation only



TAROT NIGHT WITH ALISHA

5th
THU



7:00PM Toronto
4:00PM Vancouver
8:00PM Brazil
6:00PM Mexico
2:00AM Turkey*
7:00AM China*

Our beloved ILAC teacher @Alishasevigny will be talking and teaching everything you wanted to know about tarot reading! Chance to win a free tarot reading!

<https://ilac.zoom.us/j/99484442767?pwd=bkxpWWdYMUR1ZkxaVjJXb2RLWG5MQT09> or Meeting ID: 994 8444 2767 Password: TAROT



QUARANTINE GAMES WITH ILAC KAHOOT TRIVIA

5th
THU



12:00PM Toronto
9:00AM Vancouver
1:00PM Brazil
11:00AM Mexico
7:00PM Turkey
12:00AM China*

"I Love Canada" Special, students will have 24 hours to complete this trivia! We will send the pin access by email to students in quarantine.
Free Cineplex movie for the top 3 contestants!

Go to www.kahoot.it enter the pin and have fun!

* Time listed is for the following day.

ILAC is not the creator, organizer or owner of the events advertised and provided by third parties companies or outdoor activities suggestions. ILAC disclaims all liability arising from the acts or omissions of any third party service providers. Some events may carry inherent risk, and by participating in those events, students choose to assume those risks voluntarily.

Sign up: ilac.com/activities

SIGNATURE EVENTS

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WELLNESS WITH WENDY SESSION

10th
TUE



5:00PM Toronto
2:00PM Vancouver
6:00PM Brazil
4:00PM Mexico
12:00AM Turkey*
5:00AM China*

Anxiety & how to control it. Join a session you cannot miss with ILAC registered nurse Wendy Mohamed. **#TogetherWithILAC**

<https://us02web.zoom.us/j/9887818265> or
join using Meeting ID: **988 781 8265**



YA / TEENS DANCE CLASS

11th
WED



11:00AM Toronto
8:00AM Vancouver
12:00PM Brazil
10:00AM Mexico
6:00PM Turkey
11:00PM China

Dance it out with your ILAC Friends!
Come join a 30-minute hip-hop dance class from home with **@bailamer**

Special Session for teen and young adults.
Zoom link will be sent by invitation only



DISCUSSION GROUP WITH AUTHOR

12th
THU



7:00PM Toronto
4:00PM Vancouver
8:00PM Brazil
6:00PM Mexico
2:00AM Turkey*
7:00AM China*

Improve your English proficiency through conversation with author @Alishasevigny! International Indigenous Peoples Day Special!
Alisha will have optional discussion topics ready for everyone to discuss.

<https://ilac.zoom.us/j/93825268430?pwd=eDJOTFB4Mm1oM2dsNktYktMSkEwUT09> or Meeting ID: **938 2526 8430** Password: **GROUP**



ILAC IC INFORMATIVE LIVE SESSION

13th
FRI



1:00PM Toronto
10:00AM Vancouver
2:00PM Brazil
12:00PM Mexico
8:00PM Turkey
1:00AM China *

Join our informative live with an ILAC IC team member to catch up on our weekly COVID-19/Canada border updates, events information, and Q&A!

Connect: Instagram Live @ilac.ic

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SIGNATURE EVENTS

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YA / TEENS SUMMER PARTY

**14th
SAT**



9:00PM Toronto
6:00PM Vancouver
10:00PM Brazil
8:00PM Mexico
4:00AM Turkey*
9:00AM China*

Let's celebrate Summer in Canada together! Join this special party for our teens and young adult students. Turn your camera on and have a blast with your ILAC friends and our favourite party host Rachel Beau!

Special Session for teen and young adults.
Zoom link will be sent by invitation only



PUMP UP WORKOUT SESSION

**17th
TUE**



5:00PM Toronto
2:00PM Vancouver
6:00PM Brazil
4:00PM Mexico
12:00AM Turkey*
5:00AM China*

Turn your camera on and shake your energy out with this 20-minute workout with your ILAC friends! With Toronto personal trainer @joafitness

<https://ilac.zoom.us/j/95642151494?pwd=MERqakUvNjZmazdybmJjNEFEZ0hXdz09> or Meeting ID: 956 4215 1494 Password: PUMP



YA / TEENS COOKING CLASS WITH CHEF LEO: HAPPY MEAL

**18th
WED**



**+ VOCAB
TRIVIA!**

11:00AM Toronto
8:00AM Vancouver
12:00PM Brazil
10:00AM Mexico
6:00PM Turkey
11:00PM China

Surprise your friends with a fantastic burger & fries recipe! In this hands-on class, learn techniques to create a delicious summer happy meal. Explore the foodie in you with @chef_leosilveira

Special Session for teen and young adults.
Zoom link will be sent by invitation only



ILAC KAHOOT TRIVIA NIGHT

**19th
THU**



12:00PM Toronto
9:00AM Vancouver
1:00PM Brazil
11:00PM Mexico
7:00PM Turkey
12:00AM China*

'2000's Summer Hits' Special!
30 minutes before the game, check our Instagram stories @ilac_Canada to get the pin access. Go to www.kahoot.it enter the pin and have fun!
Free Cineplex movie for the top 3!

Go to www.kahoot.it enter the pin and have fun!

SIGNATURE EVENTS

Toronto & Vancouver | August 2nd to August 27th



SPECIAL YOGA CLASS FOR STUDENTS IN QUARANTINE

**20th
FRI**



5:00PM Toronto
2:00PM Vancouver
6:00PM Brazil
4:00PM Mexico
12:00AM Turkey*
5:00AM China*

Special Yin Yoga session with Toronto yoga instructor @joafitness!
Turn your camera on and relax while breath into easy yoga positions with your ILAC friends!

Special Session for students in quarantine.
Zoom link will be sent by invitation only



INTERNATIONAL STRANGE MUSIC DAY DANCE CLASS

**24th
TUE**



4:00PM Toronto
1:00PM Vancouver
5:00PM Brazil
3:00PM Mexico
11:00PM Turkey
4:00AM China*

Dance it out with your ILAC friends!
Come join a 30-minute Reggaeton dance class from home with @bailamer

Connect: Instagram Live @ilac_canada



YA / TEENS BACK TO SCHOOL MOVIES & BOOKS TRIVIA

**25th
WED**



11:00AM Toronto
8:00AM Vancouver
12:00PM Brazil
10:00AM Mexico
6:00PM Turkey
11:00PM China

Join author @Alishasevigny for this 'back to school' movies & books trivia special and fun social night!
Chances to win a signed book by the author.

Special Session for teen and young adults.
Zoom link will be sent by invitation only



WELLNESS WITH WENDY SESSION

**26th
THU**



5:00PM Toronto
2:00PM Vancouver
6:00PM Brazil
4:00PM Mexico
12:00AM Turkey*
5:00AM China*

Your full potential & how to reach it. Join a session you cannot miss with ILAC registered nurse Wendy Mohamed. #TogetherWithILAC

<https://us02web.zoom.us/j/9887818265> or
join using Meeting ID: 988 781 8265

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ILAC IC INFORMATIVE LIVE SESSION

**27th
FRI**



1:00PM Toronto
10:00AM Vancouver
2:00PM Brazil
12:00PM Mexico
8:00PM Turkey
1:00AM China *

Join our informative live with an ILAC IC team member to catch up on our weekly COVID-19/Canada border updates, events information, and Q&A!

Connect: Instagram Live @ilac.ic



YA / TEENS END OF SUMMER PARTY

**27th
FRI**



9:00PM Toronto
6:00PM Vancouver
10:00PM Brazil
8:00PM Mexico
4:00AM Turkey*
9:00AM China*

Special "end of summer" party for teen and young adult students! Turn your camera on and have a blast with your ILAC friends and our favourite party host Rachel Beau!

Special Session for teen and young adults.
Zoom link will be sent by invitation only

OUTDOOR ACTIVITY SUGGESTIONS

TORONTO

- Check out the Toronto attractions for August on the following pages!

VANCOUVER

- Check out the Vancouver attractions for August on the following pages!

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Sign up: ilac.com/activities

ISX

August 2021

isx.ca | #travelmore

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Niagara Falls



Day Trip (August 8, 21)
Departs from Museum at 09:00AM

Get out of the city and witness the power and beauty of this natural wonder

- Visit Niagara-on-the-Lake, drive the Niagara Parkway
- Explore the beautiful city with its many attractions
- Free time to see the Falls
- Includes a tour and tasting at a Niagara region winery
- Optional: shopping at the Niagara Collection Outlet Mall
- **Optional:** Niagara City Cruises; an unforgettable experience (\$30) MUST purchase along with ticket

\$69 Tax included



Canada's Wonderland



Park Pass (August 7, 15, 28)
All-day ticket - 10am-10pm

- Enjoy the thrills, the laughter and outdoor fun at Canada's Wonderland!
- Prepare yourself for a 90-degree drop in the NEW Yukon Striker
- Dare to ride the tallest and fastest roller coaster in Canada: Leviathan
- More than 15 thrilling roller coasters and 200 amazing attractions

\$46 Tax included

Algonquin Park



Day Trip (August 14)
Departs from York Mills at 07:30AM

- Enjoy a group hike with an amazing view (comfortable shoes required)
- Discover the park's wildlife and history at the Algonquin Visitors Centre
- Bring your swimsuit and tan by one of Canada's many famous lakes
- Includes a boxed lunch
- Visit the oldest Provincial park in Ontario

\$110 Tax included



Want to become an ISX Ambassador?

Teach your friends about ISX and all that we offer!

You will be able to earn free tours, entry into all ISX events and fun perks!

Email info@isx.ca for more information

ISX wants you to have a great and safe experience! Our priority is your health and safety. Visit www.isx.ca/covid-19 for more information.



Masks are mandatory at all time while on the bus



Hand sanitizer will be available. We encourage frequent hand washing.



www.isx.ca
f @isxtoronto
+1 416.920.9997

ISX wants you to have a great and safe experience in Canada!

Don't be shy! Message us with any questions you may have about the ins & outs of Toronto. We're happy to guide you!

Monday to Friday 10am - 6pm | info@isx.ca

SUMMER WEST TREK ADVENTURE CALENDAR

JUNE - AUGUST 2021



WEST TREK
POWERED BY DISCOVER CANADA TOURS



ROCKY MOUNTAIN TOURS

ROCKIES TASTE OF THE WILD TOUR (5 DAYS)

- 4 nights hostel accommodation in Kelowna, Banff, Jasper and Kamloops
- 1 breakfast
- Wine tasting in the Okanagan
- Cider tasting in Fraser Valley
- Pub nights hosted by your guide

Depart on Friday at 8:00am - Return on Tuesday at approx. 7:30pm

ROCKY MOUNTAIN OPTIONAL ACTIVITIES

- Banff Gondola \$62
 - Ice Explorer \$72
 - Gondola + Ice Explorer \$128
- Prices for optional activities are subject to change.

ROCKIES CLASSIC TOUR (4 DAYS)

- 3 nights hotel accommodation in Revelstoke, Banff and Valemount
- 3 breakfasts & 1 dinner
- Wine tasting
- Cowboy Ranch Experience – an authentic Canadian experience.
- Canadian campfire with roasted marshmallows (weather dependent)

Depart on Friday at 8:15am - Return on Monday at approx. 7:30pm

ROCKIES EXPLORER TOUR (4 DAYS)

- 3 nights hotel accommodation in Valemount, Banff, and Golden
- Enjoy hiking and nature sightseeing including the famous Lake Agnes hike to the quaint European-style tea house.
- 3 breakfasts
- A free night to experience the Town of Banff
- Breathtaking scenery throughout of the most famous sites of Western Canada
- Canadian campfire with roasted marshmallows (weather dependent)

Depart on Friday at 7:00am - Return on Monday at approx. 7:30pm

Long Weekend in the Rockies!

Victoria Day: May 24, Monday
Rockies Classic: May 21 - 24

Canada Day: July 1, Thursday
Rockies Classic: July 1 - 4

B.C. Day: August 2, Monday
Rockies Classic: July 30 - Aug 2
Rockies Explorer: July 30 - Aug 2

SINGLE BUNK BED	
REGULAR	STUDENT
\$999	\$899

TOUR DEPARTURE DATES
July 23 | August 20

BASED ON TWIN SHARE	
REGULAR	STUDENT
from \$899	from \$819
QUAD BUBBLE	
from \$669	

TOUR DEPARTURE DATES
May 21 | June 4, 18
July 1, 9, 23, 30 | August 6, 20

BASED ON TWIN SHARE	
REGULAR	STUDENT
\$849	\$769
QUAD BUBBLE	
\$589	

TOUR DEPARTURE DATES
June 11, 25 | July 16, 30
August 13, 27

TOFINO & UCLUELET TOURS

TOFINO & UCLUELET WILD PACIFIC TOUR (3 DAYS)

- 2 nights accommodation at the beautiful Black Rock Oceanfront Resort in Ucluelet
- Ferry cruise through the Strait of Georgia
- Guided sightseeing in Tofino and Pacific Rim National Park
- Option to join the Hot Springs Cove Tour (\$ additional fee)
- Discounts on optional activities such as surf lessons, whale watching, kayaking, and many more!
- Many chances to see wildlife and discover beautiful nature

Depart on Friday at 7:15am - Return on Sunday at approx. 9:00pm

TOFINO ULTIMATE CAMPING TOUR (3 DAYS)

- 2 nights camping at Bella Pacifica Campground located on Mackenzie Beach
- Ferry cruise through the Strait of Georgia
- Guided sightseeing in Tofino and Pacific Rim National Park
- Camping gear including shared tent and sleeping bag
- Discounts on optional activities such as surf lessons, whale watching, kayaking, and many more!
- Beach bonfire and marshmallow roast (weather & fire restrictions permitting)

Depart on Friday at 7:00am - Return on Sunday at approx. 8:00pm

TOFINO OPTIONAL ACTIVITIES

- Surfing \$75
 - Kayaking \$65
 - Whale Watching \$105
 - Bear Watching \$105
- Prices for optional activities are subject to change.

SINGLE STUDIO SUITE	
REGULAR	STUDENT
\$909	\$859
QUAD BUBBLE	
\$549	

TOUR DEPARTURE DATES
June 4, 18 | July 2, 23
August 6, 20

ONE TENT FOR TWO PEOPLE	
REGULAR	STUDENT
\$419	\$399
TOUR DEPARTURE DATES	
June 25 July 16, 31 August 13	

HOW TO BOOK A TOUR? We have so many options for you - message us, call us, email, book online, or visit us at our office.

VICTORIA & WHISTLER DAY TOURS



VICTORIA SIGHTSEEING TOUR (1 DAY)

- Sightseeing tour of downtown Victoria including Fisherman's Wharf, Chinatown, the Empress Hotel, Mile 0 & the Parliament buildings
- Free time for sightseeing
- Round trip ferry transportation

Depart on Saturday at 7:15am - Return at approx. 9:30pm

VICTORIA OPTIONAL ACTIVITIES

- Royal BC Museum from \$17
 - Whale Watching
 - Youth from \$85 / Adult from \$110
- Prices for optional activities are subject to change.

REGULAR	STUDENT
\$179	\$149

TOUR DEPARTURE DATES
May 30 | Every Saturday in June, July, August



WHISTLER SIGHTSEEING TOUR (1 DAY)

- Deluxe coach transportation with on-board entertainment
- Guided tour of Whistler Village & nature walk to the train wreck
- Sightseeing along the beautiful Sea-to-Sky Highway
- Great discounts on optional activities such as Whistler Bungee, Zip Trek Eco Tours, Peak 2 Peak Gondola and more!

Depart on Sunday at 8:30am - Return at approx. 7:30pm

WHISTLER OPTIONAL ACTIVITIES

- Cultural Centre \$15
 - Bungee jumping \$125
 - PEAK 2 PEAK Gondola
- (Tickets available through the Whistler/Blackcomb website)

REGULAR	STUDENT
\$99	\$69

TOUR DEPARTURE DATES
May 31 | Every Sunday in June, July August

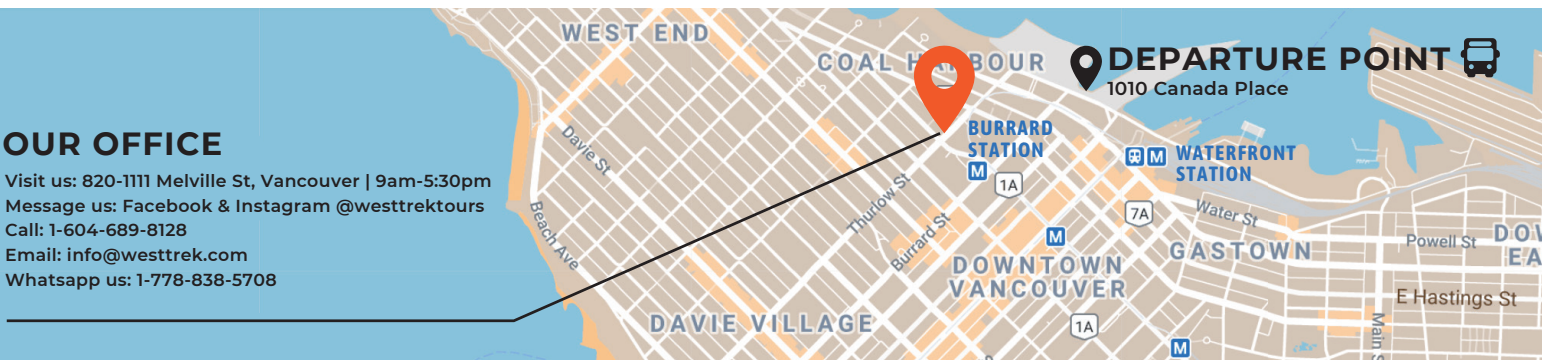
COVID-19 SAFETY PROTOCOLS FOR ALL TOURS

- **Tour sizes** - We are adhering to the provincial guidelines for physical distancing on all tours for your peace of mind.
- **Pre-departure checks** - We are taking every precaution to ensure the safety of our guests. We will be doing temperature checks before boarding.
- **On-tour precautions** - Guests are required to wear a mask or face covering while on the bus. Daily temperature checks will also take place.
- **Respecting host communities** - We are guests in each community we visit and we ask all guests to respect the safety guidelines of the areas we visit.
- **Rooming** - Guests must be in the same household or core bubble to book shared rooms, triple and quad rooms available for same households.
- **Our staff** - Employees receive daily wellness checks as well as perform regular self-assessments to ensure they are healthy and symptom-free.

If your tour is cancelled due to COVID-19 restrictions, we will move you to a future travel date or refund you 100%

OUR OFFICE

Visit us: 820-1111 Melville St, Vancouver | 9am-5:30pm
Message us: Facebook & Instagram @westtrektours
Call: 1-604-689-8128
Email: info@westtrek.com
Whatsapp us: 1-778-838-5708



DISCOUNTED ACTIVITY TICKETS

Some activity hours and availability have been affected by covid-19, please contact us for current information.

All tickets can be purchased in person Monday - Friday, 9-5:30 from our office at #820 - 1111 Melville Street.



Grouse Mountain Gondola - \$62

Summer Deal save \$10 on any tour w/ purchase of a ticket



Capilano Suspension Bridge - \$43



Fly Over Canada
Subject to Reopening



Van City Bikes - \$15
2-hour rental
helmet and lock included



I-Exit Escape Room - \$15
per person
with a group of 6



Vancouver Whale Watch - \$130
Add shuttle transportation for \$15

VIRTUAL ADVENTURES WITH WEST TREK SOCIAL CLUB



LIVE with WTSC

Every Wednesday



Happy Hour (NOW WITH GUESTS!)

Every Thursday

Join our West Trek guides every second Wednesday at 3:30 pm on @westtreksocialclub Instagram as they take you on a LIVE experience from the comfort of your own home. Explore activities and things to do around Vancouver, find the best pizza or cheapest ice cream in the city! Watch carefully to unlock discounts and hacks about the best the West Coast has to offer.

Tune in to the @westtreksocialclub Instagram on Thursdays at 3:30 pm for an ALL NEW Happy Hour session with our team. Each week we will share a drink and chat with a different industry pal. Hear funny stories, ask questions, play games, and share a drink with us!!



www.westtrek.com



(604) 689-8128



info@westtrek.com

Whatsapp +1 778 838 5708