

# Rhythms & History of the South

Featuring New Orleans, Memphis, and Nashville

March 11 - 20

9 nights 10 days  
17 meals



## Highlights:

New Orleans • French Quarter • New Orleans School of Cooking • The Bayous of Louisiana • Oak Alley Plantation • Memphis • Beale Street • Mississippi Riverfront • Rock 'n' Soul Museum • Sun Studio • Graceland • Nashville • Wildhorse Saloon • Ryman Auditorium • Country Music Hall of Fame • Studio B • Grand Ole Opry House • Hermitage Plantation • Belle Mead Plantation • General Jackson Showboat

## Tour includes:

Round trip airfare Air Canada  
Nine breakfasts  
Two lunches  
Six dinners  
Meal gratuities  
All entrance fees on items mentioned above  
Services of a step-on guide in each city

## Accommodation:

**New Orleans** Hotel Monteleone  
**Memphis** Westin Memphis Beale St. Hotel  
**Nashville** Hampton Inn & Suites

**AGELESS PEACE OF MIND:** \$350.00

Deadline to register and final payment:  
December 11, 2023

### Price Per Person:

Double or Twin: **\$7,897.00**

Single: **\$9,997.00**

Prices include all taxes

Medical Insurance Recommended

Passport Required



Uneven ground possible, considerable walking. Not recommended for anyone using a walker

*Great music, world class cuisine, southern charm and hospitality, are all Southern Treasures to experience on our Rhythms & History of the South Tour featuring New Orleans, Memphis, and Nashville.*

### Day One:

*Vancouver – New Orleans*

**Meals: D**

Arrive in **New Orleans** known as the **Big Easy** and on to the **Hotel Monteleone** where it's been said that the **French Quarter** begins in the lobby. In fact, this establishment sits majestically at the foot of **Royal Street**, the best point of departure for all things New Orleans. The Hotel Monteleone is our home for three nights. Join the group for a welcome dinner.

### Day Two:

*New Orleans*

**Meals: B, D**

Begin your day with a guided tour of the city. Sights along the way include the **French Market**, **Garden District**, **Jackson Square**, **St. Louis Cathedral**, **the Superdome** and more. The afternoon is yours to explore the historic **French District**, the amazing French market place. Tonight discover how to cook New Orleans Style with a cooking demonstration and dinner at the **New Orleans School of Cooking**.

### Day Three:

*New Orleans*

**Meals: B, L**

Get ready for an exciting adventure! Take a thrilling ride through the **swamps and bayous of Louisiana**, accessible only by **airboat**. The captain, a native of the area, offers a colourful history of the **Cajun** way of life. Travel by coach from the swamps and bayous to the magnificent **Oak Alley Plantation**. Oak Alley Plantation, crowned the "**Grande Dame of the Great River Road**," is admired as one of the most spectacular antebellum settings in the South. Have lunch at the **Oak Alley Restaurant** followed by a tour of the plantation house. The evening is yours to enjoy and explore.

### Day Four:

*New Orleans – Memphis*

**Meals: B, L, D**

Travel north en route to **Memphis**, the birthplace of the Blues, Rock 'n' Roll, and Soul. The three night stay is at the **Westin Memphis Beale St. Hotel**. Dinner tonight is at **Charlie Vergos' Rendezvous** for their world famous barbeque in Memphis.

### Day Five:

*Memphis*

**Meals: B, D**

Memphis, the Gateway to the Old South. Filled with Southern charm, beautifully restored mansions, sculptured tree-lined parkways, on a setting high on the **Fourth Chickasaw Bluff**, this river city boasts the world's finest BBQ restaurants and the "**Red, Hot, and Blue**" sounds of the **Beale Street Historic Entertainment District**.

Come with us on this inclusive tour which will take you to **Harbor Town, Mud Island, the Pyramid**,





**Historic Cotton Row, Beale Street, South Main Historic District, the National Civil Rights Museum / Lorraine Motel, and Victorian Village.** A special stop will be made at the historic **Peabody Hotel** to view the “**March of the Peabody Ducks**”. The day would not be complete without a visit to the **Rock ‘n’ Soul Museum**.

**Day Six:**

*Memphis*

**Meals: B**

Experience a guided tour of the legendary **Sun Studio**. The tour explains the history of the most famous recording studio in the world, where the blending of the blues and country music came together in the big bang of Rock “n” Roll. Hear outtakes from sessions, relive the history of the studio that launched the musical careers of **Johnny Cash, B.B. King, Roy Orbison, Elvis Presley**, and more.

Tour **Graceland**, home of Elvis Presley. Highlights of the **Graceland Platinum Tour**: Audio-guided tour of **Graceland Mansion and Grounds, Elvis’ two custom airplanes, automobile museum, Elvis Fashion King Exhibit, Elvis Lives: The King and Pop Culture**.

**Day Seven:**

*Memphis – Nashville*

**Meals: B, D**

Say good bye to Memphis as our journey continues to **Nashville**. Hear the music where music lives. Nowhere else can you hear such diverse sounds as country, jazz, gospel, and rockabilly. Upon arrival in Nashville check in to the **Hampton Inn & Suites**, your home for three nights. Join the group for dinner at the famous **Wildhorse Saloon**, but don’t forget your dancing shoes for some line dancing lessons and live entertainment – a great way to kick off our visit to Nashville.

**Day Eight:**

*Nashville*

**Meals: B**

This morning a local guide welcomes you to Nashville. View the **Ryman Auditorium, Music Row, the State Capitol, the Parthenon** and much more. After lunch visit the **Country Music Hall of Fame**, the largest museum of popular music in the world. Tour the historic **RCA Studio B** for an up close look at Nashville’s oldest remaining record studio. Meet up again tonight for your reserved seat at the renowned “**Grand Ole Opry**”.

**Day Nine:**

*Nashville*

**Meals: B, D**

It’s a leisurely start for a day that features some of the history of this area. The first visit today is at **The Hermitage**, Home of President Andrew Jackson. The story of The Hermitage reflects the changes from frontier forest to Andrew Jackson’s prosperous farm which deteriorated into post-Civil War dilapidation and was finally rescued to its current state as a public museum and National Historic Landmark – it mirrors many stories in American history. These stories of Indians, white men moving west, slavery and freedom, the changing roles of women, religion and reform, and fortunes made from cotton are the stories of Jacksonian America.

In the afternoon another significant site is the beautiful **Belle Meade Plantation**. Belle Meade Plantation represents a history of agricultural and Thoroughbred breeding success without equal in the American south. Its rise and eventual fall encompass a full century of Southern history.

Tonight board the **General Jackson Showboat** for dinner and musical entertainment. What a way to cap the Rhythms & History of the South Tour!

**Day Ten:**

*Nashville – Vancouver*

**Meals: B**

Depart for your return flight to Vancouver with memories of your Southern Adventure!

