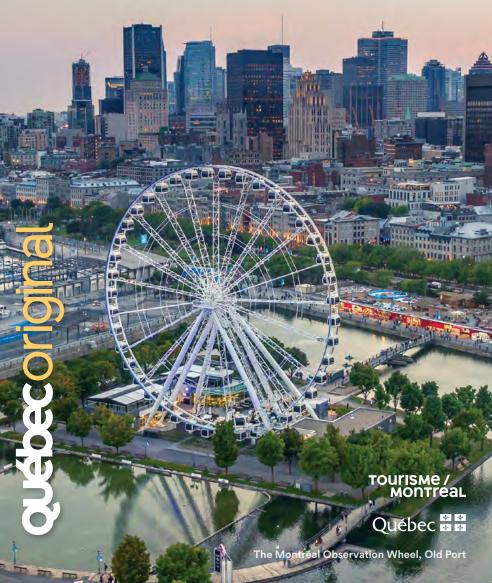
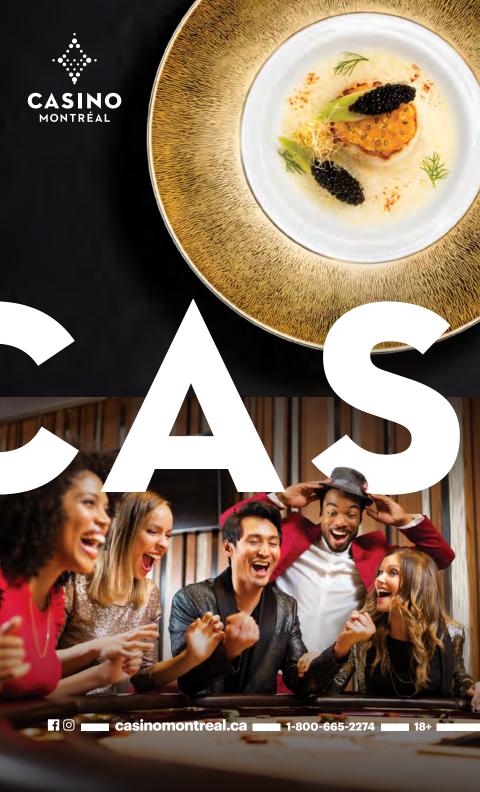
Montreal

Official tourist guide 2019 - 2020







an entertainment experience like no other

Come to the Casino de Montréal and discover an architectural gem that not only boasts a wide variety of games, five restaurants including the critically acclaimed L'Atelier de Joël Robuchon, five bars and a cabaret, but also hosts free live music and special events.

Discover a world beyond your imagination.

Open 24/7. Free parking.

Bonjour!



What makes Montréal's heart beat?

The answer is all around you. It is in the rich history of the French metropolis of the Americas, deeply rooted in its unique identity blending both North-American and European descent.

The answer is in its celebrated diversity, expressed through art, culture, gastronomy and business.

It is in the places and events that Montréal is renowned for across the globe. It is also in its numerous festivals, its Quartier des spectacles, or its green areas that we are hoping to see more and more of.

Montréal's heartbeat is also a product of its warm and welcoming population and of the spirit of open-mindedness, curiosity and social involvement that Montrealers breathe into the vibrant neighborhoods you will discover. Who knows, maybe our paths will cross in one of them...

Welcome to Montréal and enjoy your stay!

Valérie Plante

Mayor of Montréal



I'd like to thank you for choosing Montréal for an unforgettable stay. Cultural metropolis, festival city, culinary capital of North America... all these epithets prove Montréal is a must-visit tourist destination!

Experience Montréal's joie de vivre and creativity in all of its welcoming neighborhoods. Wander through its streets on foot, by bike or by car, and admire its wonderful mix of tradition and modernity. Taste its diversity in its amazing restaurants—whether you crave exotic flavours, a lavish fine dining experience or the soulwarming comfort of a poutine, your taste buds will surely be satisfied. Looking to soak up some science, culture or history? With its many world-class museums, Montréal offers something for everyone. Whether you come in the sizzling summer or the frosty winter months, you'll find plenty to discover—and rediscover!

Tourisme Montréal is very proud of its century-long history of promoting Montréal as a tourist destination. Established in 1919, Tourisme Montréal—one of the oldest tourism boards in North America—celebrates its centennial anniversary this year. Here's to 100 years of showcasing our destination—and to a century of welcoming visitors!

Enjoy your visit!

Yves Lalumière

President and CEO, Tourisme Montréal

Content



© Toutisple Montréal - Magore, Daphné Caron

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Not sure what the symbols mean? See the legend on page 25.

Get out there and discover Montréal at your own pace with the Tourisme Montréal app.









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Welcome to your Montréal guide



This is your guide to living like a local, with cool businesses landmarks and attractions, plus ideas for shopping, restaurants, entertainment and much more.

Downtown

Business, fun, entertainment – downtown buzzes with excitement. Page 46

2. Old Montréal and Old Port

There's always something new in the city's historic district. Page 73

3. Parc Jean-Drapeau

One park, two islands: lush green spaces and exhilarating events and festivals.
Page 110

4. Mount Royal and Outremont

A nature haven at the heart of the city with chic boutiques and luxury buildings next door. Page 115

5. Plateau Mont-Royal and Mile End

Hip neighbourhoods that eat, sleep and breathe artistic creativity.
Page 121

6. Olympic District and HochelagaMaisonneuve

Family-friendly and home to the Olympic Park and the Space for Life museums. Page 130



The Village

The biggest gay Village in North America welcomes everyone with open arms. Page 138

Little Italy and Villeray

Tree-lined streets, cozy cafés and a public market bursting with flavours from around the world. Page 141

Les Quartiers du Canal

Waterfront views, aquatic adventures and up-andcoming spots to shop, eat and drink.

Page 146

10. Pôle des Rapides

Outdoor fun with water sports, bike paths, picnics and parks along the river. Page 151

11. East, West and North of the Island

Step off the beaten path for a breath of fresh air and discover six nature parks. Page 155

Social networks

SHARE YOUR #MTLMOMENTS

Follow us to find out what's happening in the city and share your best #MTLmoments.



/Montreal



@Montreal



@montreal



/TourismeMontreal



My Official Montréal City Guide



Passeport MTL



THE ULTIMATE CITY PASS

Start your Montréal visit on the right foot with the Passeport MTL, which opens the door to 28 attractions as well as unlimited access to public transit. Available in a 2- or 3-day format (for \$93 and \$113, respectively), the Passeport MTL is worth more than \$500 in value!

Portrait of Montréal

Montréal is an exciting urban centre with countless things to see and do. In this vibrant and welcoming city, change is always in the air and there's a surprise waiting around every corner.



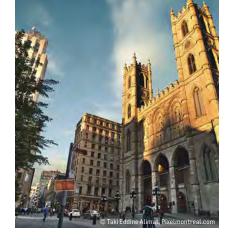
Tio'tia:ke, the Montréal of the First Nations

Its name comes from its key position in the St. Lawrence River. The island of Montréal was once a strategic trading hub for First Nations peoples, particularly the Atikamekw to the north, the Anishinaabe (Algonquins) to the west, the Kanien'kehà:ka (Mohawks) from the Haudenosaunee Confederacy (Iroquois) to the south. With the present-day communities of the Mohawks of Kahnawà:ke on the south shore and the Kanehsatà:ke territory near Oka, the Kanien'kehà:ka are the First Nations people most closely linked to the island of Montréal, which they called Tio'tia:ke.

The first French colonists were soon followed by the English, Scottish and Irish, then by myriad peoples from around the globe who came to settle on the lush land at the foot of Mount Royal.

Proud of its roots, with its eyes on the future

Today with more than 4 million inhabitants and no less than 120 different nationalities, Montréal boasts a rich and vibrant cultural fabric. The second-largest francophone city in the world after Paris, Montréal has rightly earned its title as a cosmopolitan metropolis. A world leader in many sectors – from aerospace to information technologies, biotechnologies to video games – the city has also been garnering attention for its innovation in medicine, multimedia, arts and major cultural events. Thanks to its avant-garde outlook, it was named a UNESCO City of Design in 2006.





A young Frenchman by the name of Asseline de Ronval was the first tourist to visit Montréal in 1662.

Nature, culture and good food

Season after season, Montréal satisfies millions of visitors' cravings for culture, nature and excitement. Not only is Montréal recognized for its world-class culinary scene, but its wildly creative artisans and artists continue to bring crowds to its concert halls, designer ateliers, art galleries and pretty boutiques.

A warm and friendly city

Life is good in Montréal, every day of the week. Soak it up with a leisurely stroll along its streets, in its vast parks, underground pedestrian network or its metro. To get a feel for the city, stop off in its colourful neighbourhoods, where markets, businesses and restaurants are buzzing with Montrealers. Friendly and quite often multilingual, they easily strike up a conversation. And it's this innate sense of warmth and hospitality that has made the city renowned as an exhilarating festival destination. Charming, multifaceted and relaxed – is it any wonder that so many people fall in love with Montréal?



Skyscrapers must not be taller than Mount Royal on the island of Montréal.

Montreal

Moments in history

Pre-European period

The oldest trace of Aboriginal occupation in the area of Old Montréal dates back at least 4,000 years.

Between 1000 and 1535

Several First Nations inhabit the territory.

1535

While exploring the St. Lawrence River, Jacques Cartier discovers an island where cornfields border a village called Hochelaga. Members of the First Nations lead Cartier to the summit of a mountain that he names Mont Royal, later to become "Montréal."



1611

On the island, Champlain clears a tract of land that he names "Place Royale," site of the present-day Pointe-à-Callière Archaeology and History Complex. It is here that Montréal is founded in 1642.

1642

Paul de Chomedey, Sieur de Maisonneuve, and Jeanne Mance found Ville-Marie. However, the settlement gradually becomes known as Montréal and nearly 25 years after its founding, the colony begins to prosper as a military and trading centre.

1701

At Pointe-à-Callière, more than 30 indigenous nations sign a peace treaty – The Great Peace of Montréal – with the governor of New France, putting an end to the Franco-Amerindian wars.

1760

War rages on the continent and Montréal falls into the hands of the British. New France, with 60,000 colonists, is officially ceded to Great Britain.

1840 to 1930

Canada's Anglophone upper-class, representing 70% of the country's wealth at the time, moves into downtown's Golden Square Mile, establishing cultural institutions, elegant stores, mansions and monuments that stretch from McGill University to west of the Montreal Museum of Fine Arts.

1867

Canada becomes a nation with the Dominion of Canada, uniting the British North American colonies and the Province of Canada (Ontario and Québec) through the Confederation Declaration in Charlottetown on July 1, 1867, what is now celebrated as Canada Day.

1930s

During the Great Depression, manufacturing output is halved and over a quarter of workers lose their jobs. Re-elected in 1930, Mayor Camillien Houde offers financial assistance to the unemployed and launches major public works, including the Montréal Botanical Garden, chalets in Mount Royal Park and Parc La Fontaine, viaducts and other infrastructure projects.

1945

The French-speaking community of Montréal starts to make its mark in the arts, sciences and commerce in a movement that will culminate in the Quiet Revolution, a transformation of Québec society throughout the 1960s. Montréal opens to the world.



1967

From April 27 to October 29, the world came to Montréal for Expo 67, the Universal and International Exhibition, which was the highlight of Canada's Centennial celebrations in 1967. Expo 67 was considered the most successful World's Fair of the 20th Century, with over 50 million attendees and 62 countries participating.



1976

Montréal hosts the XXI Olympiad from July 17 to August 1, with over 6,000 athletes from 92 nations. Montréal was the first, and remains the only, Canadian city to have ever hosted the Summer Olympics.

1980s

Montréal's festival scene sees explosive growth with the founding of the Festival International de Jazz de Montréal, Just For Laughs and Les FrancoFolies.

1992

Montréal celebrates the 350th anniversary of its founding with festivities that run from May until October, leaving legacies such as the Pointe-à-Callière Archaeology and History Complex and the Montréal Biodôme.

2006

Montréal is officially designated a UNESCO City of Design, joining the UNESCO Creative Cities Network.



2017

In 2017, Montréal celebrates its 375th anniversary, along with Canada's 150th and Expo 67's 50th. The City of Montréal also unveils its new coat of arms and flag, which features the white pine, symbol of the Great Tree of Peace, to represent the First Nations peoples and the city's indigenous roots.

Montrealers of the Main – and beyond

THE GREEK

JEAN-TALON STREET

Montréal first welcomed immigrants from Greece around the end of the 19th century. Many opened businesses and restaurants in various areas of the city, including in Mile End, off the Main.

THE JEWISH

Jews from Eastern Europe began to arrive in Montréal at the turn of the 20th century, while by the 1950s, many more arrived from Sephardic countries too. Jewish culture is part and parcel of the Main.

Here's a trip through history that gives a peek at some of Montréal's main communities.

When Montrealers talk about the Main, they're talking about Saint-Laurent Boulevard, the city's main north-south thoroughfare (and shopping mecca) that divides the city into east and west. The Main is a street dripping in the city's history, and through the years, it's been home to many of the nations that lend Montréal its unique richness.

MONT-ROYAL AVENUE

THE IRISH

Montréal's St. Patrick's Day parade is the oldest in Canada and – technically – the oldest continuously held in North America (every March since 1824). Immigration began in 1815, and by 1900, they formed the second largest cultural group in the city.

Mile End



Street names in the city's Golden Square Mile are a veritable who's-who of Scottish families responsible for the city's boom years, from 1840 to 1930.



THE ENGLISH

Montréal surrendered to British forces in 1760 during the Seven Years' War. Residents of British origin were the majority in the city around 1831, due to large-scale immigration.

THE FIRST NATIONS

Because of its position in the St. Lawrence River – where the Main begins, and after which it's named – Montréal was a place where the First Nations had been coming together for millennia.



South

NOTRE-DAME STREET

North

Villeray



Little

Italy

THE ITALIANS

On the northern stretch of the Main, Little Italy is still the heart of Italian culture. The first Italian immigrants came in the 19th century, and in 1971, Italian was Montréal's third most-spoken language.

THE HAITIANS

The small Haitian community of 500 in 1967 grew so that by 1978. Haiti was the country from which the most immigrants came: 14.7% of all immigrants that year. The influx continues. especially after the country's devastating earthquake of 2010.

THE LATINOS

The end of the 1950s marked the first boom in Latino immigration to Montréal, featuring mainly students and skilled workers who set down roots in a variety of neighbourhoods. including Villeray, adjacent to the Main.



THE PORTUGUESE

Portuguese immigration began in the 1950s and settled around the lower Plateau section of the Main. where you can still find many famous restaurants today.

Plateau Mont-Royal

FROM THE MIDDLE-EAST AND MAGHREB

Middle-Eastern immigration to Montréal started at the end of the 19th century. leading to the formation of Little Syria, then located on the Main. In the last three decades, many more Arabic immigrants have put down roots in Montréal.

Downtown

Immigrants from Eastern Europe began joining in the Montréal workforce in the 19th century, but the influx really picked up after the Second World War. They established themselves in various areas. including the lower Main.

THE EASTERN EUROPEANS

THE CHINESE

Go up the Main from the Old Port. and you'll hit Chinatown. In 1825, the census listed only one single Montrealer of Chinese descent! By the early 20th century, there were over a thousand.

Old Montréal



THE FRENCH

Montréal was founded in 1642 by the French. In the 19th century, French Canadians in search of work poured into the city from rural areas. By 1865, francophones made up most of the city's population.



Montréal musts for first-time visitors

A first-time visit to any city can be overwhelming – but no more! To simplify your initial Montréal visit, we've compiled a list of crowdpleasing to-dos and attractions that promise to give you a sense of the city. In no order, here are a few absolute must-sees for any first-time visitor to Montréal.

Play by the water in the Old Port

Enjoy the mighty St. Lawrence River from the shores of the Old Port, where you can explore the Grand Quai terminal, the scenic boardwalk and activity-packed piers. Ride the zip line, take a river cruise, go ice skating in winter and relax on the beach in summer. Enjoy exhibitions and IMAX films at the Montréal Science Centre or 360° multimedia shows at PY1, an innovative pyramid-shaped venue launched by Cirque du Soleil's founder. Day or night, year-round, view the entire city from La Grande Roue de Montréal observation wheel.

Head back in time in Old Montréal

See how the city first began along the cobblestone streets of Old Montréal, with architecture dating back as far as 1685. Watch street performers from a terrasse at historic Place Jacques-Cartier before stopping by Notre-Dame Basilica for the stained-glass art and, by night, the incredible multimedia creation AURA. After dark you can also see the illuminating tableaux of Cité Mémoire on building facades all around the neighbourhood.

Roam from the river to the mountain

Starting at the Pointe-à-Callière Archaeology and History Complex in the Old Port, enjoy a river-to-mountain walk featuring widened sidewalks, greenery, rest stops and public art. Stroll northward to the foot of Mount Royal. Its park was designed by Frederick Law Olmstead. "The mountain," in local parlance, is the ideal spot for a Montréal selfie! Give yourself a breezy two hours to reach the lookout at the top, alone or with a guided tour.

Nearby, visit one of the most popular Catholic pilgrimage sites in the world, Saint Joseph's Oratory. It's a Montréal masterpiece and home to a magnificent Rudolf von Beckerath organ, ranked among the ten most prestigious in the world. Ride the metro to Côte-des-Neiges station, then climb the famous staircase to the oratory.



Shop along Sainte-Catherine Street

As one of the longest commercial strips in Canada, Sainte-Catherine Street is the perfect place for retail therapy. You'll find street-level shops, a handful of great malls, styles ranging from streetwear to formal wear and international fashion mainstays – but don't miss the local, only-here retailers and pop-up shops.

Bite into iconic Montréal cuisine

To truly taste Montréal, sink your teeth into a juicy smoked meat sandwich, taste our unique wood-fired bagels, sample our notorious poutine and quench your thirst with a locally brewed beer. To explore the full range of regional products, head to one of the city's public markets. Jean-Talon Market, located in the heart of Little Italy, is the largest and most culturally diverse, while the art deco style Atwater Market is located beside the picturesque Lachine Canal.



Get a dose of local culture

Start by picking up a Passeport MTL to explore museums and galleries aplenty. Next, a public art tour is sure to wow, before you browse through show listings and buy tickets for dance, theatre, opera and circus performances, film screenings and concerts from the central box office, La Vitrine. For what's sure to be a memorable night out, settle into one of Montréal's many live music venues.



Discover Montréal's "underground"

Montréal contains a vast network of pedestrian walkways — 33 kilometres (20 miles) of connecting passageways, to be exact — beneath street level. Particularly popular in the winter, this network – officially called the RÉSO ("network" en français), but known as the Underground City – connects offices, trains, restaurants, the city's convention centre, ten major hotels and a handful of shopping malls!

Reach a new Plateau

The colourful spiral staircases typical of the Plateau Mont-Royal neighbourhood make for an iconic image of Montréal. Meet the predominantly French-speaking community of artists, students and professionals, spiced with a healthy dose of other cultures and languages. Stroll along du Mont-Royal Avenue and if it's a sunny day, do as the locals do and grab a picnic to enjoy in peaceful Parc La Fontaine.

Go east for a feast of attractions

Montréal's east side neighbourhood of Hochelaga-Maisonneuve is home to the Olympic Stadium, where visitors can ride to the top of the tower (the tallest inclined tower in the world) for a bird's eye view of the cityscape. Also in the neighbourhood is the internationally-lauded Montréal Botanical Garden, the Rio Tinto Alcan Planetarium and the rest of the impressive Space for Life.



Gastronomy

Musts



The Montréal bagel, boiled in water sweetened with honey and cooked in a wood-fired oven, giving it a crisp, golden top. The bagel was introduced to North America by Jewish immigrants from Poland and other eastern European countries.



Montréal's smoked meat was invented by Aaron Sanft, who was born in Romania. The smoked meat sandwich piled high with thin slices of succulent meat smoked with a blend of secret spices.



Poutine, a decadent mix of fries, gravy and cheese curds (that squeak when you eat them!).

The icons

Montréal cuisine is a delicious combination of influences that started with Aboriginal, British and French origins, but now knows no rules nor boundaries. Chefs across the city transform fresh, locally grown products into creative culinary concepts. An ever-changing whirlwind of flavours has elevated classic Québécois dishes from everyday cooking to surprisingly inventive delights. You won't be disappointed by the aptly named nouvelle cuisine québécoise.

- The Jean-Talon Market is open 361 days a year and offers products within a 60-kilometre radius of the city.
- The Wilensky's Light Lunch Restaurant has not changed much since 1932. Travel back in time and order a "Special"—a beef bologna and salami sandwich.
- The Gibeau Orange Julep is a fast food restaurant built in the shape of a giant orange, a nod to the delicious juice it serves.
- The pretty little store Le Petit Dep is the ultimate candy shop for grown-ups and kids alike, with special treats, gourmet products, pastries and all the special touches to sweeten your stay.
- Open since 1968, La Banquise is a go-to spot for poutine in Montréal with over 30 varieties available.
- Hot dogs have been a must since 1912 at Montréal Pool Room, one of the city's institutions.

Montréal boasts over 330 BYOW restaurants.

25 microbreweries have set up shop on the island of Montréal.



40 gourmet festivals and events

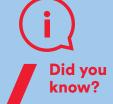
take place in Montréal each year, including MONTRÉAL EN LUMIÈRE, the Mondial de la bière, the YUL EAT Festival and MTI àTABLE.



The city has around 65 restaurants per square kilometer in its tourist areas.



Need a pack of gum? **Head** to the dep! That's what Montrealers call corner stores, short for the French word dépanneur. Not your average 7-Eleven, most are mom-and-pop shops that sell everything from beer to tea biscuits.

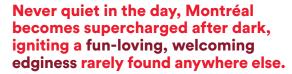


The Montréal bagel travelled in space with astronaut Gregory Chamitoff, all the way to the International Space Station.

Céline Dion is a part owner of Schwartz's smoked meat restaurant.

MONTREAL

Nightlife



Montréal's nightlife isn't limited to one single scene – it features red-hot **nightclubs**, sure, and some of the world's most renowned **electronic music** festivals and events, but there are also twinkly **jazz bars**, crowded film premieres, all-night art events and internationally renowned **fireworks shows**. Wander into one of the many **live music** bars to discover the next Arcade Fire or join an organized tour group on a brewery hop. Or how about a late-night dose of history as you watch incredible **light projections** come to life on the building surfaces of Old Montréal? There truly is something for everyone, of every age and every interest. Because when the sun sets, it's only the beginning.

BARS, LOUNGES AND NIGHTCLUBS

Bartizen

Downtown 901 Square-Victoria Street ☑ Square-Victoria-OACI 514 395-3100 | bartizen.com

į,

Bartizen in the W Hotel serves over 50 varieties of gin and an impressive selection of aromatic botanical cocktails in a stylishly subdued atmosphere.

Boho

Old Montréal and Old Port 436 Saint-François-Xavier Street Place-d'Armes | 514 285-4037 bohomtl.com In a Miami art deco style decor, Boho offers a quieter, more relaxed alternative to other nightspots in Old Montréal.

Clébard

Plateau Mont-Royal and Mile End 4457 Saint-Denis Street
Mont-Royal | 514 903-4456

clebard.ca

In the heart of the Plateau, a neighbourhood bar for lovers of bourbon and whiskey.

Club Electric Avenue

Downtown | 1476 A Crescent Street
Peel | 514 285-8885
clubsmontreal.com

Electric Avenue takes nightlife enthusiasts on a musical journey through the '70s, '80s, and '90s.



Sarah B.

Downtown

Hôtel InterContinental Montréal 360 Saint-Antoine Street West ☑ Square-Victoria-OACI 514 847-8729 | sarahbbar.com

This intimate and original absinthe bar takes its name from the divine Sarah Bernhardt, the queen of French tragedy.

CASINO DE MONTRÉAL

Casino de Montréal

Parc Jean-Drapeau
1 du Casino Avenue

☑ Jean-Drapeau + 💂 777

Bar Poker, Valet de carreau, Dame de cœur and Roi de pique

514 392-0909 #5623 casino-de-montreal.com

Ġ.

One casino and four bars suitable for conversation, partying, or watching your favourite sport in a relaxed or lively atmosphere.

Le Cabaret du Casino

514 392-2746 | casinodemontreal.ca



Enjoy great food and great entertainment during a Dinner and Show, with an excellent choice of tables d'hôte.



For more nightlife hot spots...

To find more bars, lounges and terraces, look for the symbol Υ on the list of restaurants (p. 57 to 166).

PUBS AND MICROBREWERIES

BENELUX brewpub

Downtown
245 Sherbrooke Street West
☑ Place-des-Arts | 514 543-9750
brasseriebenelux.com

į,

Its selection of quality homemade beers and its delicious meals make it the ideal setting for a get-together.

Bier Markt Montreal

Downtown

1221 René-Lévesque Blvd. West

Lucien-L'Allier | 514 864-7575

thebiermarkt.com

Bier Markt Montréal offers over 150 beers, along with artful pairing suggestions with a variety of menu items.

John Michael's Pub

Old Montréal and Old Port 459 Place Jacques-Cartier Champ-de-Mars | 514 903-6998 Johnmichaelspubmtl.com

John Michael's Pub in Old Montréal serves up fresh and simple comfort food, beer and cocktails in a fun, easy-going atmosphere.

Sir Winston Churchill Pub Complex

Downtown | 1455-59 Crescent Street

Peel | 514288-3814 | swcpc.com

All under the same roof, an English pub, a nightclub, and a restaurant and bar with a great table d'hôte.

Passeport en fût

passeportenfut.com

A mobile application that lets you discover 12 of Québec's thriving microbreweries, one pint at a time (choose from over 20 locations in Montréal).

SHOWBARS

Balcon Cabaret Music-Hall

Downtown

463 Sainte-Catherine Street West Entrance at the main door of St. James United Church

Place-des-Arts | 514 528-9766

A cross between a New York and Parisian cabaret, it features a menu of fusion cuisine with a variety of dishes.

Cabaret du Lion d'Or

The Village
1676 Ontario Street East

☑ Papineau + ☐ 125
514 598-0709 L cabaret lindor com

An art deco style venue that hosts song, blues, and jazz performances, among others.

House of Jazz

Downtown | 2060 Aylmer Street

McGill | 514 842-8656
houseofjazz.ca

Great jazz and great food share the spotlight in this Montréal favourite.

Where to go out?

Downtown

With its bars, clubs, restaurants and discotheques, Crescent Street is witness to round-theclock action. Meanwhile, at the heart of the Quartier latin, colourful crowds gather in the busy microbreweries and bars.

Old Montréal

Chansonniers belt out folk tunes from bars along Saint-Paul Street, while seductive lounges beckon from boutique hotels-part of a night fabric leaves no room for ennui.

Plateau Mont-Royal and Mile End

Plateau/Mile End is ideal for a dose of trendy bohemian sizzle. With its mega concentration of bars and clubs, this is the preferred playing field for Montréal's "in" crowd. There are the colourful terraces and a unique selection of "watering holes" where locals and visitors alike are well served.

The Village

The LGBTO-friendly Village hums all year long, but especially in the summer when Sainte-Catherine Street closes to traffic and opens to outdoor patios. Lounges, bars, boîtes, afterhours clubs, and female impersonators are all part of the Village entertainment scene.

Griffintown

Griffintown is the up-andcomer on the Montréal nightlife scene, with a predominantly hipster feel.

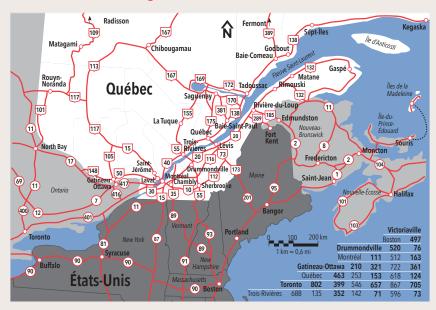


Québec's tourist regions



1	Îles-de-la-Madeleine	tourismeilesdelamadeleine.com
2	Gaspésie	gaspesiejetaime.com
3	Bas-Saint-Laurent	bassaintlaurent.ca
4	Québec	regiondequebec.com
5	Charlevoix	tourisme-charlevoix.com
6	Chaudière-Appalaches	chaudiereappalaches.com
7	Mauricie	tourismemauricie.com
8	Cantons-de-l'Est	cantonsdelest.com
9	Montérégie	tourisme-monteregie.qc.ca
10	Lanaudière	lanaudiere.ca
11	Laurentides	laurentides.com
12	Montréal	mtl.org
13	Outaouais	tourismeoutaouais.com
14	Abitibi-Témiscamingue	tourisme-abitibi-temiscamingue.org
15	Saguenay-Lac-Saint-Jean	saguenaylacsaintjean.ca
16	Côte-Nord Manicouagan	tourismecote-nord.com
17	Côte-Nord Duplessis	tourismecote-nord.com
18	Baie-James	decrochezcommejamais.com
19	Laval	tourismelaval.com
20	Centre-du-Québec	tourismecentreduquebec.com
21	Nunavik	nunavik-tourism.com
22	Eeyou Istchee	decrochezcommejamais.com

Access to the region



Using and carrying a radar detector is illegal in Québec.

General information



Tourist information

Montréal Infotouriste Centre

Map p. 85

1255 Peel Street, Suite 100

■ Peel | 514 873-2015

1877 BONJOUR (266-5687)
info@quebecoriginal.com
quebecoriginal.com

f/tourismequebec

y/tourismequebec
#QuebecOriginal

? ₺

Tourism information about Montréal, and the province of Québec. Tourist bus and transit fares, *Passeport MTL, Montréal Museums Pass*, guided tours, cruises and car rentals. Daily, 9 a.m. to 5 p.m. May 6 to October 6, 9 a.m. to 6 p.m. Closed on December 25 and January 1.

Tourist Welcome Office in Old Montréal

Map p. 90

174 Notre-Dame Street East

☐ Champ-de-Mars | info@mtl.org

mtl.org

?

Tourism information about Montréal. Tourist bus and transit fares, *Passeport MTL, Montréal Museums Pass* and road maps. February 28 to May 1: Thursday to Monday, 10 a.m. to 6 p.m.; May 2 to 31: Daily, 10 a.m. to 6 p.m.; June 1 to September 30: Daily, 9 a.m. to 7 p.m.; October 1 to 31: Daily, 10 a.m. to 6 p.m.; November 1 to December 23: Thursday to Monday, 10 a.m. to 6 p.m.;

Mobile Tourist Welcome Office

?

The Mobile Tourism Services Team scours Old Montréal, downtown and Mont-Royal Avenue on foot or on a carrier tricycle. June 1 to September 30: Daily, 11 a.m. to 7 p.m., weather permitting.

Other permanent offices in Québec

(offering various tourism services and products)

Québec Tourist Information Centre 12 Sainte-Anne Street (opposite the Château Frontenac)

Rigaud Tourist Information Centre Highway 40, exit 12 (in Québec) Highway 417 (in Ontario)

Rivière-Beaudette Tourist Information Centre Highway 20 (in Québec) Highway 401 (in Ontario)



100 years promoting Montréal!

Did you know that Tourisme Montréal was founded on October 8, 1919, by the Automobile Club of Canada (which would become CAA-Québec) in partnership with city hotels and the Ville de Montréal, making it one of the oldest tourism bureaus in North America?

Practical information

ACCESS (FREE) TO WIRELESS INTERNET

ZAP

zapwifipublic.ca



Consult the network map of free wifi public access areas.

MOBILE APPLICATION

Ad p. 1, 37, 68, 68

Get out there and discover Montréal with the Tourisme Montréal app: My Official Montréal City Guide. Explore the city at your own pace with recommendations tailored to your mood, preferences, location and time of day. Save your favourites and find your way with our offline map.

CITY PASS AND TICKET OFFICE

La Vitrine, cultural hub

2 Sainte-Catherine Street East

☑ Saint-Laurent | 514 285-4545
Lavitrine.com

La Vitrine provides a complete calendar of cultural activities and special last-minute prices. Sunday and Monday, 11 a.m. to 6 p.m.; Tuesday to Saturday, 11 a.m. to 8 p.m.

Montréal Museums Pass

Ad p. 37

514 845-6873 | museesmontreal.org

The Montréal Museums Pass opens the doors to some 50 museums throughout Greater Montréal. It is offered in two forms: 3 consecutives days of museums (public transport included) or 3 days over 3 consecutive weeks (transport not included).

Points of sale: some participating museums, the Infotouriste Centre, the Tourist Welcome Office in Old Montréal and La Vitrine.

Passeport MTL





The Passeport MTL allows you direct access to up to 28 Montréal's key attractions. Two packages to choose from: 48-hr package at \$93 and 72-hr package at \$113 (taxes not included). Public transportation included.

Points of sale: Online, La Vitrine, the Tourist Welcome Office in Old Montréal, the Montréal Infotouriste Centre, some hotels and attractions.

CANADA POST

800 René-Lévesque Blvd. West

Bonaventure | 1 866 607-6301 canadapost.ca

There are also lots of postal outlets which are located within other businesses, like pharmacies.

CANADIAN CURRENCY

Canadian currency is the Canadian dollar, which is divided into 100 cents. There are 5, 10, 20, 50 and 100 dollar bills. Smaller coins are 5, 10, and 25 cent pieces as well as of 1 and 2 dollars. Banking and credit cards are also welcome almost everywhere.

CANNABIS

As of October 17, 2018, recreational cannabis became legal across Canada – which means visitors to Montréal can legally buy and consume it. However, while cannabis is legal, visitors need to be aware of the laws governing its purchase and consumption.

DRIVING TO MONTRÉAL

It's easy to get to Montréal by car: it's just 75 kilometres (46 miles) from the U.S. Border. Access to the Island is via one of the major bridges - Champlain, Jacques-Cartier or Victoria or the Louis-Hippolyte-La Fontaine bridge-tunnel to head downtown. Drivers should note that Montréal is undergoing a major renaissance, with many ongoing construction and infrastructure projects; there will be orange cones and possible detours in different neighbourhoods. The best way to get around once in the city? Walk, use public transit or take a taxi.

Metric system

Québec uses the metric system, so speeds are indicated in kilometres (100 km/h = 62 mph) and gas is sold in litres (3 3/4 litres = 1 US gallon).

Right turn

Although turning right on a red light is authorized across Québec (except at intersections where a sign indicates this is not permitted), rights on reds are strictly prohibited on the island of Montréal.

Cell Phone

Use of a hand-held cell phone that does not have a hands-free function is prohibited while driving. Cell phones must be fixed to a mount attached to the vehicle.

Parking

There are many paid parking lots and automatic pay stations.

Electric vehicle

Electric charging stations are available at the following locations: lecircuitelectrique.com/find-a-station

EMERGENCY

Info-Santé: 811 In case of emergency: 911 Québec Poison Control Centre: 1800 463-5060

LANGUAGES COURSES

Concordia University

1455 De Maisonneuve Blvd. West ☑ Guy-Concordia | 514 848-2424 concordia.ca

EC Montréal

1610 Sainte-Catherine Street West Suite 401 | ☑ Guy-Concordia 514 939-9911 | ecenglish.com

GEOS Languages Plus Montreal

630 Sherbrooke Street West Suite 610 | McGill 514 847-0841 | geosmontreal.com

LaSalle College

2000 Sainte-Catherine Street West

☑ Atwater | 514 939-2006

collegelasalle.com

McGill University's School of Continuing Studies

Université de Montréal

2900 Édouard-Montpetit Blvd.

Université-de-Montréal
514 343-6030 | umontreal.ca

Université du Québec à Montréal (UQAM)

405 Sainte-Catherine Street East ☑ Berri-UQAM | 514 987-3000 ugam.ca

YMCA International Language School

1440 Stanley Street | 5th Floor

☑ Peel | 514 789-8000

ymcalanguages.com

MAKING A COMMENT OR CONVEYING DISSATISFACTION

If you wish to comment on or are dissatisfied with the tourism services you received in Québec, please contact:

Alliance de l'industrie touristique du Québec

1877 686-8358 info@alliancetouristique.com

TAXES

There are two applicable taxes in Québec: a federal Goods and Services Tax (GST) of 5% and a Québec provincial tax (TVQ) of 9.975%. A 3.5% accommodation tax is also in effect in Montréal.

TIPS

It is customary to tip restaurant waiters, taxi drivers and hairdressers 15% of the bill, before taxes. Bellhops, porters, doormen, etc. generally receive at least \$2 per suitcase or per service rendered. Coffee and food counters often have a tip cup next to the cash register; spare change is always appreciated.

Transport

AIRPORT AND AIRLINES

Montréal-Trudeau Airport

Map p. 177 / Ad p. 29

Montréal – Pierre Elliott Trudeau International Airport | 514 394-7377 admtl.com



The airport offers full ground transportation and features five parking lots, a hotel accessible from inside the complex, two VIP lounges in the international terminal, as well as over 90 shops and restaurants. Self-service check-in is available for all flights.

Air Canada

Montréal – Pierre Elliott Trudeau International Airport | 514 393-3333 aircanada.com

Air Transat

Montréal – Pierre Elliott Trudeau International Airport | 514 636-3630 airtransat.ca

Porter Airlines

416 203-8100 | flyporter.com

WestJet Airlines

Montréal – Pierre Elliott Trudeau International Airport 1888 937-8538 | westjet.com



AIRPORT TRANSPORTATION

747 Aéroport P.-E.-Trudeau/Centre-ville

Map p. 85 🖨

■ Berri-UQAM | 514 786-4636 stm.info/747



Featuring 24-hour service, 365 days a year.
One-stop route, terminus at Lionel-Groulx métro station, or downtown route including 11 stops in each direction, terminus at Gare d'autocars de Montréal, Berri-UQAM métro station.

BIKE SHARE SERVICE

BIXI Montreal

Ad p. 26

514 789-2494 | bixi.com

From April to November, this service enables citizens and tourists to borrow a bike from one station and re-dock the bike at another station close to their destination (600 stations, providing 7,250 bikes).

BUSES

Autobus Fleur de Lys

418 832-7788 autobusfleurdelys.com

Bus transport service offering secure, reliable, flexible, and courteous service.

Gare d'autocars de Montréal

1717 Berri Street |
Berri-UQAM 514 842-2281 | gamtl.com



Montréal's Bus Central Station welcomes regional, national, and transborder travellers. It is terminus for the airport shuttle.

La Navette Nature

Corner of Square Dorchester and Peel Streets |
Peel navettenature.com

Reliable and simple, the Navette Nature offers round-trip transportation from downtown Montréal to a host of national parks.

Orléans Express Motorcoaches

Map p. 85 💂

1717 Berri Street | Berri-UQAM 1888 999-3977 | orleansexpress.com

Québec's main bus carrier, with an intercity network.

LIMOUSINES

LIMOTOUR – Phénix Limousine

514 875-8715 | limotour.net

Limousines, minibuses, luxury cars and more which can accommodate anywhere from 1 to 57 passengers.

Limousine MontRoyal

A fleet of minibuses and buses that can accommodate up to 55 passengers.

TAXIS

Taxi Diamond

514 273-6331 | taxidiamond.com

Taxi Diamond has a fleet of some 1,000 cars including vehicles for adapted transport.

TRAINS

Central Station



895 De La Gauchetière Street West

☑ Bonaventure | 514 989-2626

Central Station links Montréal to over 450 Canadian towns and to many American destinations.

VIA Rail Canada

895 De La Gauchetière Street West ☑ Bonaventure | 514 989-2626 viarail.ca



The Canadian intercity rail transporter. VIA Rail brings you directly to downtown Montréal.

VEHICLE RENTALS

Discount car and truck rentals

607 de Maisonneuve Blvd. West

McGill | 514 849-2277

discountquebec.com

Vehicle rental company distinguished by professional service and quality customer relationship.

Hertz Canada (Drummond)

1073 Drummond Street

■ Bonaventure | 514 938-1717
hertz.ca

A variety of rentals, from subcompacts to luxury cars.

Loue la vie Exotics

3265 Jean-Noël-Lavoie Highway Laval | louelavie.com

Rental agency of luxury cars such as Ferrari, Lamborghini, Porsche, BMW and Mercedes, on short, medium or long term basis.

WATERWAY TRANSPORT

Cruise Terminal

Map p. 90

Old Port of Montréal
Place-d'Armes | 514 283-7011
port-montreal.com

The port of Montréal welcomes thousands of cruise ship passengers each year.

Maritime Shuttles

navettesmaritimes.com

Мар р. 90 🗮

Jacques-Cartier Pier
Old Port of Montréal
Champ-de-Mars | 514 281-8000

From mid-May to mid-October, this river shuttle service – for pedestrians and cyclists – links the Old Port to Parc Jean-Drapeau and Longueuil.

Navark

81 de la Rive Road | Longueuil 514 871-8356 | navark.ca

Navark provides a shuttle service between different points along the island of Montréal and on both shores.



Accessibility

ACCESSIBILITY For People With Disabilities - Kéroul

514 252-3104 | keroul.gc.ca

Location accessible to persons with dissabilities.

Location partiallay accessible to persons with dissabilities.

Establishments have been assessed accessible according to criteria set by Kéroul and approved by the ministère du Tourisme du Québec. For people with restricted physical ability, Kéroul provides information on tourism and culture.



TOURIST AND LEISURE COMPANION STICKER FOR PERSONS LIVING WITH A DISABILITY

514 933-2739 | vatl.org

The Tourist and Leisure
Companion Sticker (TLCS),
identified by this pictogram,
gives free access to the
companions of people
aged 12 and older with
a permanent disability.
A permanent disability
includes, but is not limited
to, physical, intellectual,
developmental and
sensory disabilities,

aswell as mental illness.





Société de transport de Montréal (STM)

Ad p. 28

Berri-UOAM | 514 786-4636 | stm.info/en/visitors

The STM offers tourists passes valid for a one or three-day period, allowing them unlimited access to its bus and métro (subway) network.







Rates for adult as per January 1, 2019

(subject to change without notice):

1 trip: \$3.25

1-daycard (24h): \$10

3-day card - consecutive: \$19

Unlimited week-end: \$13.75

(from Friday 4 p.m. to Monday 5 a.m.)

Métro schedule:

Green line

Sunday to Friday: 5:30 a.m. to 0:35 a.m. Saturday: 5:30 a.m. to 1:05 a.m.

Orange Line

Sunday to Friday: 5:30 a.m. to 0:30 a.m. Saturday: 5:30 a.m. to 1 a.m.

Yellow line

Sunday to Friday: 5:30 a.m. to 1 a.m. Saturday: 5:30 a.m. to 1:30 a.m.

Blue line

Daily: 5:30 a.m. to 0:15 a.m.

This is a bus stop sign.





WELCOMING

- Airport Shuttle
- Y Bar
- Bus line
- Metro station
- ††† Family activity
- S Free Admission
- Guided tours
- Montréal Museums Pass accepted
- ☆ Nightlife
- Partial access for persons with disabilities
- Passeport MTL accepted
- ? Permanent tourist information office
- X Restaurant on site
- Seasonal tourist information office
- Shuttle Boat
- \$ Some fees applicable
- La Total access for persons with disabilities
- Tourist and Leisure Companion
- ₩i-Fi

TOURS

- & Bicycle/Scooter tours
- Car/Bus tours
- Helicopter tours
- ⚠ Segway/hoverboard
- Walking tours

RESTAURANTS

Price of a 3-course meal at night without taxes

- and service: \$ Less than \$20
- \$\$ \$20 to \$45
 - \$\$\$ \$45\$65
 - \$\$\$\$ More than \$65
 - Bring your own wine
 - ECO Eco-friendly
- V Vegetarian dish

OUTDOOR AND SPORTS

- ab Beach or pool
- Bird-watching
- Bowling/Billiard game
- ab Canoeing/Kayaking

- Climbing/Aerial circuits
- ☆ Cross-country skiing
- § Equipment rental
- Fishing
- 7 Golf
- L Ice fishing
- lce skating
- L In-line skating
- Indoor skydiving
- Karting/Car racing
- **Marina**
- Mini-Golf
- Paintball/Laser/Combat
- 🜦 Pedalo
- afting Rafting
- ≜ Sailing
- \$ Snowshoeing
- 法 Surf
- % Tennis
- ★ Trampoline
- Toboggan
- **¼** Walking trails
- & Watercraft
- Windsurfing
- wiiiusui iiiių عتب
- Zip-line



BIXI

As a major player in active transport, BIXI has contributed to making Montreal the ultimate bike city in North America with its bike-sharing system. The BIXI network has 7,250 bikes and 600 stations spread out across the areas of Montreal. Much more than just a simple mode of transport, BIXI is now a great way to zip around the city whenever you want to go wherever your heart desires.

Take one when you need one, and leave it at any station when you arrive at your destination. For a trip on the fly or as part of your daily routine, go with BIXI from April 15 to November 15!

network of tourist information centres

- Personalized service by qualified staff
- Official tourist guides to Quebec regions
- Suggested itineraries
- Full details on attractions, events and accommodation



Everything you need to plan your stay!

Consult the list of our information centres on page 19, or look for these roadside signs:

Bonjour

Hailing a taxi has never been so easy.



Let us take you there... Montreal-style!



Montreal is yours

For unlimited travel around the city

- > 1-day pass
- > 3-day pass
- > Unlimited Weekend
- > Unlimited Evening





Discover our fares at stm.info/visitors





an initiative of Tourisme / Montreal is yours

Visit Montréal's 28 must-see attractions and activities Over \$500 in value

Public transportation included



Performing arts

The city's calendar overflows with incredible entertainment spanning all disciplines in both French and English all year long.

From dance to music to theatre to opera to film, not only are all forms represented, but they all showcase the city's signature creativity, energy and passion. What's more, performing arts festivals of all genres are held throughout the year, much to the delight of local patrons.



Agora de la danse

1435 De Bleury Street | ☑ Place-des-Arts 514 525-1500 | agoradanse.com

Y X

This bold and eclectic venue is totally dedicated to the creation and presentation of contemporary dance.

Balcon Cabaret Music-Hall

463 Sainte-Catherine Street West | Entrance at the main door of St. James United Church | ☑ Place-des-Arts 514 528-9766 | lebalcon.ca

Y X 🤶

A cross between a New York and Parisian cabaret, it features a menu of fusion cuisine with a variety of dishes.



Bell Centre

1909 Avenue des Canadiens-de-Montréal

Bonaventure | 514 932-2582 | centrebell.ca

₹ ₹ ₹

This vast multifunctional hall is the perfect venue for hockey games, rock concerts and live stage shows.

Bourgie Concert Hall

1339 Sherbrooke Street West | Peel | 514 285-2000 mbam.qc.ca/en/concerts

Bourgie Concert Hall, at the Montreal Museum of Fine Arts (MMFA) complex, resides in the restored and transformed Erskine and American Church.

Cinéma du Musée

1379-A Sherbrooke Street West | ☑ Guy-Concordia 514 316-5665 | cinemadumusee.com

X ®

Connected to the MMFA's magnificent Gallery of Bronzes, this independent state-of-the-art cinema offers a jam-packed schedule of current artistic international fiction and documentary films, in both French and English.

Danse Danse

Tickets: 175 Sainte-Catherine Street West

Place-des-Arts | dansedanse.ca



Enjoy thrilling contemporary dance performances from here and abroad.

L'Astral

305 Sainte-Catherine Street West | ☑ Place-des-Arts 514 288-8882 | sallelastral.com



A prime destination in the Quartier des spectacles for staging shows of any genre.

Les Grands Ballets Canadiens de Montréal

Tickets: 1435 De Bleury Street West | Place-des-Arts 514 849-0269 | grandsballets.com



Their repertory includes classical and avant-garde ballets directed by renowned choreographers.

Maison du Festival

305 Sainte-Catherine Street West | Place-des-Arts 514 288-8882 | maisondufestival.com

Located in the Blumenthal building, built in 1910, this house is dedicated to the dissemination and promotion of jazz.

Maison symphonique de Montréal



The Maison symphonique de Montréal is built to the high standards followed by the designers of the best concert halls in the world.

Monument-National

1182 Saint-Laurent Blvd. | ☑ Saint-Laurent 514 871-9883 | monumentnational.com



Established since 1893, this complex dedicated to the performing arts is a venue for numerous shows.

MTELUS

59 Sainte-Catherine Street East │ 図 Saint-Laurent 514 844-3500 │ hmtelus.com



MTelus is a major concert venue in Montréal for renowned artists, local or international.

Opéra de Montréal

Tickets: 175 Sainte-Catherine Street West
Place-des-Arts | 514 985-2258
operademontreal.com



Founded in 1980, it is the largest francophone opera company in North America.

Orchestre Métropolitain

Tickets: 175 Sainte-Catherine Street West
Place-des-Arts | 514 842-2112
orchestremetropolitain.com

& Y

Pursuing its goal of making music more accessible, the orchestra offers multidisciplinary concerts and conferences.

Orchestre symphonique de Montréal

1600 Saint-Urbain Street | ☑ Place-des-Arts 514 842-9951 | osm.ca

& X

Presenting some 100 concerts every year, the Orchestra is renowned for its quality performances.

Place des Arts

175 Sainte-Catherine Street West | ☑ Place-des-Arts 514 842-2112 | placedesarts.com

& 7 X

The six halls of Canada's premiere entertainment centre welcome a variety of contemporary performing arts.

The St-James Theatre

265 Saint-Jacques Street | ☑ Place-d'Armes 514 268-7069 | stjamestheatre.ca

Y 🕏

A unique, historic, and monumental concert hall that doubles as a venue for a variety of events.

Théâtre du Nouveau Monde

84 Sainte-Catherine Street West | Place-des-Arts 514 866-8668 | tnm.gc.ca

is Y X

The TNM offers theatre that is sometimes classic, sometimes modern, and always innovative and exhilarating.

Upstairs Jazz Bar & Grill

Y 🕏

An inviting resto-bar that serves up live jazz shows every evening.

Wilder Building - Espace Danse

1435 De Bleury Street | ☑ Place-des-Arts edificewilderespacedanse.com

X

In the heart of the Quartier des Spectacles, the Wilder Building brings together four major dance institutions.

Old Montréal and Old Port

Centaur Theatre Company

k Y 🤶

Québec's premier English theatre presents a line-up of Canadian plays, Broadway hits and international talent.

Hochelaga-Maisonneuve and Rosemont



Bistro Le Ste-Cath

4264 Sainte-Catherine Street East

☑ Pie-IX + ☐ 139 South | 514 223-8116 | stecath.com

7 X 3

A family bistro that brings together the culinary, visual, and performing arts for a unique dining experience.

Les Quartiers du Canal



Corona Theatre

2490 Notre-Dame Street West | ☑ Lionel-Groulx theatrecorona.ca



A site of unique artistic creation, where the quality of programming is matched only by the beauty of the architecture.

New City Gas

950 Ottawa Street

Square-Victoria-OACI + ☐ 168 South
514 879-1166 | newcitygas.com

Originally constructed in the mid-1800s, the New City Gas complex is today a multifunctional event space.

Little Italy and Villeray

Ausgang Plaza



A popular fringe performance and event venue showcasing an exciting calendar of multicultural goings-on for all walks of life, from far-out parties to avant-garde art exhibitions, film screenings, festivals, concerts and more. 2345 Jarry Street East | ☑ Jarry + 🖨 193 East 514 376-8648 | tohu.ca

ts Y X ♀

This creation and performance centre presents an exciting variety of innovative shows, festive events, and contemporary circus-related exhibitions.

Mount Royal, Outremont and Westmount

/

Rialto Theatre

5723 du Parc Avenue | ☑ Place-des-Arts + 🖨 80 North 514 770-7773 | rialtotheatre.ca

Y

Concerts, theatre, cinema, dance performances, exhibitions, and private events all occur in the historic, lush environment that is the Rialto.

The Segal Centre for Performing Arts

5170 de la Côte-Sainte-Catherine Road

Côte-Sainte-Catherine | 514 739-7944
segalcentre.org

& Y **⋧**

This nationally recognized venue for the performing arts focuses on creation, innovation, diversity and cross-cultural collaborations.

Parc Jean-Drapeau

/

Le Cabaret du Casino

1 du Casino Avenue | ☑ Jean-Drapeau + 💂 777 514 392-2746 | casinodemontreal.ca

E V

Enjoy great food and great entertainment during a Dinner and Show, with an excellent choice of tables d'hôte.

La Vitrine, cultural hub

Saint-Laurent





Corner of Sainte-Catherine Street and Saint Laurent Blvd. 514 285-4545 | lavitrine.com

怯YХ亭

Situated in the heart of Montréal's Quartier des spectacles (Entertainment District), La Vitrine culturelle de Montréal (Montréal's cultural hub) is an indispensable stop for all tourists looking for entertainment, concerts and cultural activities. This unique information centre provides a complete calendar of cultural activities and a central box office for all shows in the Greater Montreal area - many of which are offered at special last-minute prices.

Calendar of events



From May 2019 to April 2020 - mtl.org

PERFORMING ARTS

Permanent

AURA

Notre-Dame Basilica of Montréal Light unveils the richness of the Basilica.

Until June 30, 2019

Alegria - Cirque du Soleil Cirque du Soleil

May 19 to September 29, 2019

Piknic Électronik Dancy Sundays

June 1 to September 30, 2019

PY1 presents Through the Echoes Immersive shows by Guy Laliberté

July 11 to August 1, 2019

Fantasia International Film Festival

August 2019

Kent Nagano & OSM

Orchestre symphonique de Montréal OSM Classical Spree

August 2 to 4, 2019

Osheaga, Music and Arts Festival

September 25 to 29, 2019

POP Montreal International Music Festival

November 7 to 17, 2019

CINEMANIA Francophone Film Festival

December 2019

The Nutcracker

Les Grands Ballets Canadiens de Montréal

ARTS AND EXHIBITIONS

Until August 11, 2019

Hannah Claus McCord Museum

Until September 1, 2019

Explosion 67 -Youth and Their World Centre d'histoire de Montréal

Until September 8, 2019

Thierry Mugler: Couturissime

The Montreal Museum of Fine Arts

Until January 5, 2020

Into the Wonder Room

Pointe-à-Callière, Montréal Archaeology and History Complex

April 25 to September 15, 2019

Yoko Ono, **Growing Freedom**

Fondation Phi pour l'art contemporain

June 5 to October 13, 2019

Dinner is served! French **Gastronomy at its Best**

Pointe-à-Callière, Montréal Archaeology and History Complex

Summer 2019 to Spring 2020

Niahts

Stewart Museum

September 5 to October 13, 2019

MOMENTA I

Biennale de l'image Le Mois de la Photo à Montréal

September 6 to October 31, 2019

Gardens of Light

Montréal Botanical Garden – Space for Life

September 7, 2019 to February 2, 2020

Egyptian Mummies -

Exploring ancient live The Montreal Museum of Fine Arts

December 2019

Tov exhibition McCord Museum

March 2020

Art Souterrain

Contemporary Art in Montreal's underground network

April 2020

Papier Contemporary **Art Fair**

FESTIVALS AND CELEBRATIONS

Until June 21, 2019

Montreal Digital Spring

May 2 to 5, 2019

Blue Metropolis International Literary Festival

May 10 to 17, 2019

Chromatic Festival

May 22 to June 4, 2019

Festival TransAmériques

June 6 to 16, 2019

MURAL Festival

Public Art Festival

June 14 to 22, 2019

Francos de Montréal Ad p. 69

June 27 to July 6, 2019

Festival International de Jazz de Montréal Ad p. 69

June 29 to July 27, 2019

L'International des Feux Loto-Québec

July 4 to 14, 2019

MONTRÉAL COMPLÈTEMENT CIRQUE (MONTRÉAL CIRQUE FESTIVAL)

July 9 to 21, 2019

Festival International Nuits d'Afrique

July 10 to 28, 2019

Just For Laughs Festival Ad p. 70

July 11 to 27, 2019

Zoofest & OFF JFL Alternative Multidisciplinary Festival

July 26 to 28, 2019

HEAVY MONTRÉAL and Heavy in the City

August 6 to 14, 2019

Montreal First Peoples festival

August 8 to 18, 2019

Montréal Pride

August 9 and 10, 2019 ÎleSoniq Montreal Electronic Music Festival

August 16 to 18, 2019

JACKALOPE

Action sports festival

August 19 to 24, 2019

Fashion & Design Festival

August 20 to 25, 2019

MUTEK

Digital Creativity and Electronic music

August 24 and 25, 2019

18th-century Public Market Pointe-à-Callière, Montréal Archaeology and History Complex

August 29 to September 2, 2019

MEG Montreal Festival Montréal Electronique Groove

September 24 to 29, 2019

Montreal International Black Film Festival

October 2019

Black & Blue Festival

October 9 to 20, 2019

Festival du nouveau cinéma

December 2019

Luminothérapie

Interactive installation in the Quartier des spectacles

December 2019

Merry Montréal

January 16 to February 1, 2020

January 2020

Fête des neiges de Montréal

February 2020

Les Rendez-vous Québec Cinéma

February 2020

Illuminart

MONTRÉAL EN LUMIÈRE

February 20 to March 1, 2020

MONTRÉAL EN LUMIÈRE Ad p. 69

7 tu pi 00

March 2020

International Festival of Films on Art (FIFA)

April 2020

Festival international de cinéma Vues d'Afrique

FOOD EVENTS

May 22 to 25, 2019

Festival Mondial de la bière (Montreal Beer Fest)

July 6, 7, 13 and 14, 2019

Week-ends du monde at Parc Jean-Drapeau

November 1 to 13, 2019

MTLàTABLE – Montréal's Restaurant Week

December 2019

Montréal Christmas Market

February 2020

Je t'aime en chocolat! The chocolate lovers rendez-vous SHOWS, FAIRS, MARKETS

November 28 to December 8, 2019

Nutcracker Market

Les Grands Ballets Canadiens de Montréal

December 6 to 22, 2019

Salon des métiers d'art du Québec

SPORTS

Until October 6, 2019

Montreal Impact

May 26 to June 2, 2019

Go Bike Montréal Festival

June 6 to October 26, 2019

Montreal Alouettes

June 7 to 9, 2019

Formula 1 Grand Prix du Canada

June 29, 2019

ITU World Triathlon Series Montréal

July 5 to 7, 2019

Montreal International Judo Grand Prix

August 2 to 11, 2019

Rogers Cup presented by National Bank Professionnal tennis tournament

September 2019 to April 2020

Montréal Canadiens

September 14 and 15, 2019

Grand Prix Cycliste

de Montréal

September 19 to 22, 2019

Longines Global Champions Tour of Montréal Equestrial competition

acstriat corripctition

September 21 and 22, 2019

Oasis International Marathon & 1/2 Marathon de Montréal

part of the Rock 'n' Roll Marathon Series

March 16 to 22, 2020

ISU World Figure Skating Championships

150 RESTAURANTS TABLE D'HÔTE \$23 | \$33 | \$43 BRUNCH \$17





an initiative of



CHOOSE FROM AMONG 46 OF THE CITY'S FASCINATING MUSEUMS

3-DAY PASS WITH PUBLIC TRANSIT

MUSEESMTL.ORG



ENTENTE SUR LE DÉVELOPPEMENT CULTUREL DE MONTRÉAL

Montréal ∰





Montréal ⊗



ine Canadia n Haritage





To experience Montréal like a Montrealer, download My Official Montréal City Guide





an initiative of

Tourisme / Montreal

Guided tours

The best way to discover Montréal is with someone who knows it inside and out. These professional tour guides can give you the inside scoop on the city, from history to shopping and from cuisine to architecture and more.

Tours with certified guides



Dyad

125 Map p. 89

80 Prince Arthur Street East | Sherbrooke 438 380-9880 | dyadcycles.com

The entertaining cultural outings (including food tastings) offer participants the chance to ride scooters through the city's most vibrant neighbourhoods. The company offers four tours.

Montréal On Wheels

68 Map p. 90

27 de la Commune Street East | ☑ Place-d'Armes 514 866-0633 | caroulemontreal com

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For a taste of Montréal history and neighbourhood life, try the 3 or 4-hour Montréal Plus Tour. If architecture and green space are more to your palate, the Vista-Architecture Tour is sorely tempting. To satiate your inner gourmet, the Montréal Bike and Bites Tour will have you clamouring for more. And, of course, there's a kiddie option: the Young Family Bike Tour, complete with a stop for ice cream! May to October.







Fitz & Follwell



1251 Rachel Street East │ 囫 Mont-Royal + 🖨 97 East 514 418-0651 │ fitzandfollwell.co

₫ŧ₽

From exploring the vast underground pedestrian network downtown to picturesque Old Montréal to Plateau Mont-Royal murals, Fitz & Follwell offers well-crafted thematic tours. Seasonally, two bike tours crisscross the city, its main arteries, smaller streets, and green spaces. Wintertime brings guided walking tours of vibrant Montréal neighbourhoods, to discover its architecture, history and culture.

Spade & Palacio Tours

514 806-3263 | spadeandpalacio.com

Walking food tours, bike and street art excursions focused on the less visited neighbourhoods, from the historic Notre-Dame Basilica in Old Montréal to the hip borough of Plateau Mont-Royal. Take a two-wheel tour or follow the guides as they take you to their favourite gourmet spots around the city. Walks through the MURAL open-air art gallery on Saint-Laurent Boulevard.



ArchitecTours guided tours – Héritage Montréal

514 286-2662 | heritagemontreal.org

Discover the diversity and richness of our city's houses on walking tours of eight Montréal neighbourhoods. Come explore the metropolis with a guide and get a new perspective on the balconies, spiral staircases, porches, gables and other architectural elements emblematic of Montréal's everyday life.

Guidatour



Champ-de-Mars | 514 844-4021 | guidatour.gc.ca

Explore Old Montréal on foot through five different circuits. Follow a storyteller with gloomy tales and visit outdoor sites, perhaps



haunted. Soak up French European charm in one of North America's oldest urban areas. Relive Montréal's economic vitality of the 19th century, and witness the current dynamism of the city. From Square Victoria to Marché Bonsecours, discover the secrets of Christmases past, from colonial times to the present day.

Local Montréal Food Tours

438 600-0501 | localfoodtours.com

Expert guides lead you off the beaten path to discover the cultural and culinary richness of trendy, vibrant Montréal neighbourhoods. Armed with loads of interesting tidbits and stories, they'll show you the ins and outs of the area while you sample authentic Montréal bites, take in the sights, meet up with local artisans and discover Quebecois specialities. Walking tours last from 2 to 3 hours and include a variety of stops: bakeries, brewpubs, butcher shops, vegan eateries and more.

Round Table Tours

514 812-2003 | roundtablefoodtours.com

Various gastronomic tours to specialty grocers, food production sites, food trucks and exclusive restaurants. Participants get to taste refined products and meet with chefs and entrepreneurs.

VDM Global DMC

514 933-6674 | vdmglobal.com

Discovery of the culinary, cultural and historical charms of the oldest district of Montréal or of Little Italy neighbourhood. Progressive dinners, cooking demonstrations and culinary tours are on the menu of the Flavours and Aromas of Old Montréal tour. In addition to being charmed by the smells and atmosphere of the Jean-Talon Market, learn about the history and culinary diversity of Little Italy.





Le Petit Navire

217 Map p. 90 / Ad p. 102

Jacques-Cartier Pier | Old Port of Montréal

Champ-de-Mars | 514 602-1000 | lepetitnavire.ca

Le Petit Navire offers guided tours aboard a zero-pollution electric propulsion boat along the waterways of the Old Port of Montréal (45 min.) and the Lachine Canal (2 hours). See Montréal from a new perspective, discover unprecedented routes, and let yourself be pampered by customized services in an authentic and festive atmosphere. May to October.

Animated tours

Bateau-Mouche (cruises) at the Old Port of Montréal



218 Map p. 90 / Ad p. 101

Jacques-Cartier Pier | Old Port of Montréal

Champ-de-Mars | 514 849-9952 | bateaumouche.ca

fir >

Panoramic boat with terrace and exclusive routes on the St. Lawrence River. Day time cruises: 60 or 90 minutes. Enjoy stunning views of Montréal and the islands surrounding the city. Dinner cruises: An unforgettable gourmet experience from a team of experienced and dedicated professionals (upon reservation). Mid-May to mid-October.

Croisières AML





Grand Quai du Port de Montréal | Old Port of Montréal Place-d'Armes | 514 842-9300 | croisieresaml.com

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Discover the best view of the city aboard the AML Cavalier Maxim, the only restaurant boat in Montréal, and enjoy the boat's terrace and dance floor with animation. Guided cruises, dinner cruises, brunches, special events and custom packages are available. May to October.

Navark

220 Map p. 87

81 Rive Road | Longueuil | 514 871-8356 | navark.ca

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Themed cruises allow guests to discover heritage and nature. Also offered are fireworks cruises, and the always popular dinner cruises. River shuttles and excursions depart from various times and from different ports around Montréal island.



Bonjour Nature

450 834-8088 | bonjournature.ca

₫ŧ₽

Bonjour Nature offers a host of guided one-day excursions focussing on outdoor activities in enchanting Lanaudière region. Excursions are led by experienced, bilingual guides (French/English) and include round-trip transportation from Montréal by minibus or coach.





Broue-Tours

418 554-1233 | brew-tours.ca

Explore a vibrant neighbourhood, discover new flavours and drink in the sights with this craft-brewery-and-beer-tasting tour. With an expert guide armed with tons of interesting stories and facts, this three-hour walking tour winds through Montréal's historic Old Port, with stops at some leading local microbreweries along the way.

Discovery walks on Mount Royal



Maison Smith: 1260 Chemin Remembrance Mount Royal Park | ☑ Mont-Royal + 💂 11 West 514 843-8240 | lemontroyal.qc.ca/en

₫ŧ₽

Snowshoe excursion: Discover the secrets of Mount Royal, its trails and breathtaking views of the city with a guide from Les Amis de la montagne. Each excursion takes about 90 minutes and snowshoes are provided. January to March. Guided walks: Mount Royal's history, flora, fauna, architecture, but also the city that surrounds it. Summer season.

Guided tour of Bonsecours Neighbourhood

62 Map p. 90

400 Saint-Paul Street East | ☑ Champ-de-Mars 514 282-8670 | margueritebourgeoys.org

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Participants discover the captivating history of the Bonsecours neighbourhood whose buildings and public squares are true icons of Old Montréal. They also learn about the men and women who have contributed to city's history, and they visit the archaeological site of Notre-Damede-Bon-Secours Chapel.

Haunted Montreal

514 842-1467 | hauntedmontreal.com

Ghost walks and strange legends in Montréal. Haunted Griff: Creepy tales of the spirits and paranormal activity infesting and haunting Griffintown. Haunted Downtown: Haunted hotels and other locations where ghosts have been spotted, including



the infamous a former funeral home and mortuary converted into one of the city's trendy nightclubs. Haunted Mountain: Stories, mysteries and legends about Mount Royal are part of the spooky, lantern-lit journey.

Historic outdoor tours

Map p. 85

690 Sherbrooke Street West | McGill | 514 861-6701 musee-mccord.qc.ca

Three 90-minute urban walking tours led by experienced guides from McCord Museum. Ville-Marie: Churches, cafés, skyscrapers, shopping malls, major hotels, and the Underground City are all part of Montréal business district. The Golden Square Mile: Distinctive architecture and engaging stories of families and properties await you in this tour. Milton Parc: Just east of the McGill University campus. The tour offers insight into Montréal's architectural heritage and community efforts for its preservation.

Montréal Runners

438 501-6423 | coureursmontreal.com

Montréal Runners offers guided running tours along the most famous Montréal sights and some of the city's best-kept secrets all year long. Fully customizable, circuits range from 5 to 10 kilometres long. Run through the historic Old Port, jog along the Lachine Canal or race up Mount Royal for the best view in town. It's an exhilarating way to stay fit while learning more about Montréal!



Nathalie photographie

514 718-4038 | nathaliephotographie.ca

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A professional photographer takes you through Montréal's most iconic neighbourhoods to capture photos against a stunning backdrop of Montréal's prime historical, cultural and natural landscapes. Choose from among prearranged circuits such as the Plateau Mont-Royal, Little Italy, or pick a spot of your own for a truly personalized session.

The Montreal Fashion Society

438-388-0159 | the-mfs.com

The Montreal Fashion Society offers guided shopping tours and personalized styling services, tailor-made for your taste and lifestyle.



City Brew Tours Montréal

438 800-4419 | citybrewtours.com/montreal

Here's your chance to quaff an ale while learning more about Montréal as you explore the city's best breweries. Tours include 12+ different beer tastings, a beer food pairing meal or snack, brewery entrance fees, and round-trip transportation. You will sample flights of incredible brews and enjoy access



to leading breweries located in the Plateau, in the South-west neighbourhoods or in Rosemont.

Coach Canada (Gray Line Montreal)

221 Map p. 85

Infotouriste Centre | 1255 Peel Street | ☑ Peel 514 398-9769 | grayline.com

As you travel on our London-style doubledecker bus or on a deluxe motorcoach, enjoy a narrated 2-hour tour or hop-on hop-off as you please.



CycloCitoyen

Old Montréal | Place-d'Armes | 438 404-3291 cyclocitoyen.com

ήiΑ

Explore the rich history of Old Montréal through a pedicab excursion with knowledgeable drivers-animators. This 3-km journey spans public art, religious sites, and architectural landmarks.

Party Bike Montreal

438 393-8749 | velofestifmtl.com

Party Bike Montréal offers city tours aboard two giant bicycles seating up to 16 or 18 people respectively.



EcoTours Montreal





Jacques-Cartier Pier | Old Port of Montréal

Champ-de-Mars | 514 613-3300

ecotoursmontreal.com

₫ŧ₽

You'll hop aboard one of these futuristic and ecological vehicles, a Segway or Hoverboard, to criss-cross the quays and cobblestone streets of the Old Port, discovering its architectural beauty, history and charm along the way. Explore in the daytime, at sunset or in the evening, when emblematic buildings and monuments light up the night.



Hélicraft

6500 de la Savane Road | Saint-Hubert ☑ Longueuil + 🖨 28 | 514 686-7046 | helicraft.ca

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Hélicraft offers 20- and 30-minute helicopter tours of the city, during which visitors fly over some of Montréal's main attractions and can enjoy stunning aerial views of the city and its surroundings.



Maple Fun Tours

514 228-7452 | maplefun.com

Guided tours propose to Japanese visitors a journey to the "Underground City", the world's largest pedestrian network below the city, that measures 33 kilometres, where some 2,000 shops and restaurants can be found; or a trip back in time to visit Old Montréal's charming cobblestone streets, its historic monuments and unique places. A half-day tour featuring Montréal's main attractions includes amongst others, the Notre-Dame Basilica, City Hall, place Jacques Cartier, Saint-Joseph's Oratory and Mount Royal Park.

Self-guided tours



Montréal en Histoires - Cité Mémoire



Champ-de-Mars | 514 666-1861

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Discover the history of the city by downloading the free "Montréal en Histoires" mobile application available in four languages: French, English, Spanish, and Mandarin. Admire over 20 tableaux of one of the world's largest projection circuits and access over 75 points of interest and 30 augmented reality experiences. Starting at dusk.

Local Travel Agent



Authentik Canada

7680 Saint-Hubert Street
Jarry | 514 769-0101
authentikoanada com

Booking.com

514 228-4002 | booking.com

Concord Tours and Travel

1111 Saint-Urbain Street Suite R06 | ☑ Saint-Laurent 514 876-1680 | concordtours.ca

Dragon Travel

514 866-1888 vacancesdragon.com

Expedia

514 285-6959 | expedia.ca

GVQ Canada

418 525-4585 | gvqcanada.ca

Maple Fun Tours

2001 Robert-Bourassa Blvd. Suite 17001 | maplefun.com

Toundra Voyages

400 Atlantic Avenue | Suite 801 514 523-8731 toundravoyages.com

CRUISES ON THE RIVER





GUIDED SIGHTSEING CRUISE

DINNER CRUISE

Enjoy a breathtaking view of the Old Port! Travel along the St. Lawrence River and let our guide help you uncover the secrets of the metropolis.

DEPARTURES: 11:30 AM, 2:00 PM,

4:00 PM**

DURATION: 1 h 30

Savor our Executive Chef's boreal-inspired cuisine and enjoy a unique experience as the metropolis lights up before your eyes!

DEPARTURE: 7:00 PM

DURATION: 4 h





BOARDING: Grand Quay

croisieresaml.com

1 855 592.1153

*1 child (6-12) per adult. Price per person + taxes. Prices and schedules subject to change without notice. **Duration of 1 h. @Photos : Marc Loiselle, Pascal Duchesne.

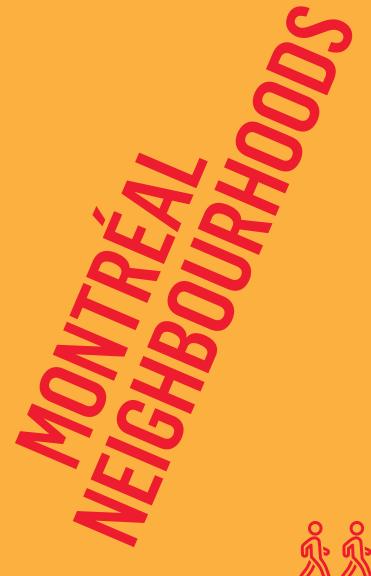


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Downtown



Skyscrapers and Victorian mansions, lovely shops and neo-Gothic churches: downtown is all contrasts and constant bustle.

Between the river and "the mountain", Mount Royal, downtown is the heart of the metropolis, a concentration of the hectic life of the various communities who live there. People go there to work, study, shop, dance, go to the movies, dine, have a drink or simply stroll. Downtown is where everything happens and everyone converges, at dawn, at noon and at midnight. When summer comes, blocks are closed to traffic to make a place for festival-goers.



The Golden Square Mile

/

The Golden Square Mile

Map p. 85

Bordered by René-Lévesque Blvd., Côte-des-Neiges Road, Mount-Royal Park and Robert-Bourassa Blvd.

Peel | goldenmontreal.com

Once home to Canada's Anglophone, predominantly Scottish, upper class, this beautiful neighbourhood — named for the square mile it covered — is lined with gorgeous Victorian homes, leafy parks and trees and a plethora of architectural masterpieces which span the Neo-classical, Neo-Gothic, Romanesque, Second Empire, Queen Anne and Art Nouveau styles.

McTavish Street



Between des Pins Avenue West and Sherbrooke Street West | 🕲 Peel

This pedestrian street, is on the McGill University campus and was named after Simon McTavish, fur trader and wealthy associate of the North West Company. The artwork *Le Joyau royal et le Mile doré* is by Philippe Allard and Justin Duchesneau. Morrice Hall and Redpath Hall are among the most ornate campus pavilions, built in the late 19th century.

McGill University

3 Map p. 85

805 Sherbrooke Street West | McGill 514 398-6555 | mcgill.ca

Founded following a bequest from James McGill, a Montréal fur trader born in Glasgow, McGill University received its charter from King George IV in 1821. The downtown campus comprises more than 80 buildings on 80 acres of land.

Redpath Museum, McGill University



859 Sherbrooke Street West | McGill 514 398-4094 | mcgill.ca/redpath

M Tit

Completed in 1882, the Redpath Museum is the oldest building in Canada built as a museum. This museum of natural history



presents its permanent exhibit: History and Diversity of Québec, including fossils, minerals and zoological specimens. World cultures exhibits focus on Egypt, Africa, and Oceania. Highlights include dinosaurs and mummies.

McCord Museum



Map p. 85 / Ad p. 70

690 Sherbrooke Street West | ☑ McGill 514 861-6701 | mccord-museum.qc.ca



The McCord Museum celebrates life in Montréal, past and present — its history, its people, its communities. Open to the city and to the world, the Museum presents exhibitions, educational programming and cultural activities that offer a contemporary perspective on history, engaging visitors from Montréal, Canada and beyond. It is home to one of the largest historical collections in North America consisting of more than 1.5 million artifacts including: Costume, Fashion and Textiles; Photography; Native cultures; Paintings, prints and drawings; Decorative Arts, and Textual Archives.

McGill College Avenue

6 Map p. 85

McGill

The terrace at Place Ville Marie provides a striking view of the main gates of McGill University and of Mount Royal. Lined with modern buildings, the Avenue's wide sidewalks accommodate throngs of locals and visitors who enjoy outdoor cafés. In front of the blue-tinted glass towers (BNP Tower and Laurentian Bank Tower at 1981 McGill College Avenue) lies the sculpture entitled, The Illuminated Crowd, by Raymond Mason.



Place Ville Marie



Corner of McGill College Avenue and Cathcart Street McGill | 514 861-9393 | placevillemarie.com



Inaugurated in 1962, Place Ville Marie, designed by Sino American architect leoh Ming Pei, forms a vast multi-functional complex that includes five office towers and a shopping centre. It was the first phase of Montréal's underground city that now extends 33 km (20.5 miles) in length. From the esplanade, the view of McGill College Avenue extends right to the McGill University campus and the Mount Royal. Just beside is Gerald Gladstone's impressive fountain and bronze sculpture called Female Landscape.

Observatoire Place Ville Marie







Located downtown and 185 metres above ground in one of Montréal's most iconic towers, it offers exceptional 360-degree views of the city and its main attractions. It is also home to a large, heated outdoor patio, as well as Les Enfants Terribles, the bistronomic brasserie that has the distinction of being the most elevated restaurant in town. Closed on December 25 and January 1.

Canadian Olympic Experience

9 Map p. 85 / Ad p. 71

500 René-Lévesque Blvd. West Square-Victoria-OACI | 514 790-1111 experience.olympic.ca

∱i∳ \$13

Experience the thrill of competition at the Canadian Olympic Experience, an interactive museum that honours our country's athletes. An immersive journey in three distinct zones allows you to discover your own personal athletic profile and try your hand at Olympic sports, and learn about the history of Canada's participation in the Olympic Games through a wealth of unforgettable Canadian Olympic moments, with photos, videos, and audio documents. Finish your visit with a state-ofthe-art panoramic display that will take your breath away with a barrage of glorious Olympic moments featuring over 200 Canadian athletes.



Central Station



10 Map p. 85

895 De La Gauchetière Street West Bonaventure | 514 989-2626



Central Station opened on July 14, 1943. The station's Departure Hall is decorated with a historic fresco that illustrates the lives of Canadians, their industries, their activities and dreams for the future. The words of the Canadian National Anthem are written along the base of the fresco. Businesses in Les Halles de la Gare include various restaurants, bakeries, a liquor store, a florist, etc.

Mary Queen of the World Cathedral

Map p. 85

Corner of René-Lévesque Blvd, and Mansfield Street ■ Bonaventure | 514 866-1661 | diocesemontreal.org

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Inspired by St. Peter's Basilica in Rome, this Catholic cathedral was built at the end of the 19th century in the heart of what was then the city's Anglo-Protestant sector. Inside, a superb gilded neo-baroque baldachin overlooks the altar. In the transept, paintings by Georges Delfosse illustrate the historic beginnings of Montréal.

Le 1000 De La Gauchetière and Atrium Le 1000

12 Map p. 85 / Ad p. 120

1000 De La Gauchetière Street West |
Bonaventure 514 395-0555 | le1000.com

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This 51-storey building exemplifies a new architectural philosophy through its artful use of materials. Standing 205 metres (672 feet) high, it features an indoor skating rink set inside an exceptional domed, sky-lit exhibition hall. The indoor skating rink welcomes skaters all year round.

Windsor Station

13 Map p. 85

Corner of Peel and De La Gauchetière West Streets

Bonaventure | 514 395-5145 | cfoffice.ca

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This train station, whose first phase was completed in 1889, is a fine example of Richardson's Romanesque Revival. At one time, it was the hub of Canada's railway system.

Bell Centre

14 Map p. 85

1909 Avenue des Canadiens-de-Montréal

Bonaventure | 514 932-2582 | centrebell.ca

B † M ∴ Y X

Inaugurated in 1996 and home of the Montréal Canadiens Hockey Club, the Bell Centre has been designed to seat more than 21,000 sports enthusiasts. It is also a venue for rock concerts, classical music performances and family entertainment.

St. George's Anglican Church

15 Map p. 85

Corner of Peel and De La Gauchetière West Streets

Bonaventure | 514 866-7113 | st-georges.org

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Built in 1870, this church is a jewel of Neo-Gothic architecture. Its interior features superb woodwork as well as a silk damask from Westminster Abbey in honour of the coronation of Queen Elizabeth II.

Dorchester Square - Place du Canada

16 Map p. 85

Corner of Peel Street and René-Lévesque Blvd. West

Peel

Oases of greenery in the very heart of Montréal, Dorchester Square and Place du Canada are lined by churches and superb older buildings, as well as more recent ones. This Square was formerly the site of the Montréal Catholic Cemetery, between 1799 and 1854. Today, it hosts the monument dedicated to Sir John A. MacDonald, one of the "Fathers" of Confederation and former Prime Minister of Canada.

Underground Pedestrian Network

Map p. 84 ∣ 🕲 McGill





The name "the Underground City" refers to the vast network of pedestrian walkways below the city. There are 33 kilometres (20.5 miles) of connecting passageways beneath downtown, with the métro (subway), commuter trains and buses also converging here.



Approximately **500,000 people** circulate daily on this network, where some **2,200** shops and restaurants, **10** major hotels, museums, theaters and universities can be found.

The concept began in 1962 with the lower level shopping mall in Place Ville Marie. With the coming of Expo 67, Montréal's dream of a métro finally became reality. The underground network went through many stages of development.



Sun Life Building



1155 Metcalfe Street | Deel edificesunlife.ca

Inaugurated in 1918, this impressive building highlighted by colonnades, long held the distinction of being the largest building in the British Empire. This Beaux-Arts style building was used as a safe for the gold reserves of a number of European countries during World War II.

Sainte-Catherine Street



McGill | destinationcentreville.com/en

Streching for 11 kilometres (9 miles) across the city from east to west, the Street is lined with the major department stores, shops and restaurants that have been the pride of Montréal for more than a century.

Cours Mont-Royal



1455 Peel Street |
Peel | 514 842-7777 | lcmr.ca



Built in 1922, the 1,100-room Mount Royal Hotel was the largest in the British Empire. This elegant building is now part of a multipurpose complex housing boutiques, restaurants, apartments, offices and a permanent exhibit of Barbie dolls dressed by renowned designers.

Grévin MONTREAL





Montréal Eaton Centre | 705 Sainte-Catherine Street West | 5th floor | MCGill | grevin-montreal.com

Grévin Montréal wax museum is unique in Canada and features over 125 past and present celebrities from music, film, sciences, politics, and sports, on display in thematic spaces where guests can pose for photos with their favourite. To complete their visit, visitors can experience the delicacy of French pastry at Café Grévin by Maison Christian Faure. Closed on December 25 and January 1.

Christ Church Cathedral

21) Map p. 85

635 Sainte-Catherine Street West | McGill 514 843-6577 | montrealcathedral.ca

(2)

A fine example of neo-Gothic architecture, Christ Church Cathedral was built between 1857 and 1859. It now stands over an underground shopping centre. The Square between the Cathedral and the office tower is dedicated to Raoul Wallenberg, Hero of Humanity, who saved thousands of Jews from concentration camps during World War II.

Phillips Square

22 Map p. 85

Corner of Sainte-Catherine Street West and Union Avenue | McGill

A monument to Edward VII adorns the centre of this tiny park named after its donor, Thomas Phillips (in 1840). In fact, the first downtown stores were located around this Square. Today, we still find the famous Birks jewellery store, housed in a magnificent building (1864), and The Bay department store, originally called the Hudson's Bay Company, founded by the trappers and used as a fur resale outlet.

St. James United Church

23 Map p. 85

463 Sainte-Catherine Street West ■ Place-des-Arts 514 288-9245 ■ stjamesmontreal.ca

(\$)

Built in 1889, this church, originally Methodist, has a Gothic-style exterior and Victorian interior. It is the largest Protestant church in Montréal. Restoration of the church's renowned Casavant Frères organ was completed in 2012.



Quartier des spectacles

Quartier des spectacles

24 Map p. 85

Bordered by René-Lévesque, Sherbrooke, City Councillors and Saint-Hubert |
Place-des-Arts | 514 879-0009 quartierdesspectacles.com



It is Montréal's cultural heart. There are more than 80 cultural venues offering an exceptionally diverse array of activities: festivals, movies, plays, dance performances, art exhibitions, technological art displays, music concerts, operas, comedy shows. It's a constantly evolving destination that literally lights up the night thanks to an innovative lighting plan (big red dots on the ground lead the way). The Quartier features La Vitrine (lavitrine.com), a box office which provides information and tickets for Montréal's cultural events.

Place des Festivals

25 Map p. 85

Corner of Jeanne-Mance and Sainte-Catherine

Place-des-Arts | quartierdesspectacles.com



It is a public space entirely dedicated to festivals, urban entertainment and leisure. It serves as a stage for free artistic activities of all shapes and sizes throughout the year. It also features a 235-jet fountain — the biggest interactive fountain in Canada.

Maison du Festival

26 Map p. 85

305 Sainte-Catherine Street West | Delace-des-Arts 514 288-8882 | maisondufestival.com

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Maison du Festival is devoted to the dissemination and promotion of jazz, blues, and world music. It occupies the Blumenthal building — whose façade is classified as historic — and houses L'Astral, a multipurpose theatre, the Blumenthal bistro, the Médiathèque Jazz/La Presse+, a jazz documentation centre, and a permanent gift shop.



Wilder Building - Espace Danse

27 Map p. 85



The Wilder Building brings together four major dance institutions: Les Grands Ballets canadiens de Montréal, Tangente, Agora de la danse, and École de danse contemporaine de Montréal. The space is composed of the renovation and expansion of the original 1918 Wilder Building, and includes studios, performance halls, and an atrium.

Musée d'art contemporain de Montréal



28 Map p. 85

185 Sainte-Catherine Street West | ☑ Place-des-Arts 514 847-6226 | macm.org

th 🦈 M think thin ፟ 🗶 \$17

Founded in 1964, the MAC is the first institution in Canada devoted exclusively to contemporary art. The Museum offers a varied program, including the presentation of its permanent collection and temporary exhibitions of works by artists from Québec, Canada, and abroad. In anticipation of its major transformation project, the Museum may present a smaller scale programming.

Place des Arts

29 Map p. 85

& Y X

Featuring artists from the local and international scene, an impressive program of music, theatre, dance, opera, song, comedy, and musicals is presented all year round. As Canada's premiere entertainment destination, the centre has six venues, including the Maison Symphonique, with a total seating capacity of nearly 8,000. The outdoor esplanade is the meeting place for great festivals.



Complexe Desigardins

30 Map p. 85 / Ad p. 65

150 Sainte-Catherine Street West | ☑ Place-des-Arts 514 845-4636 | complexedesjardins.com

Complexe Desjardins, ornated with its illuminated fountain, comprises and over 110 boutiques and restaurants wrapped around a vast public plaza where numerous events are held throughout the year.

Éalise du Gesù

31 Map p. 85

1202 de Bleury Street | Place-des-Arts 514 861-4378 | legesu.com



Built in 1865 by the Irish architect Patrick C. Keeley, it is one of the oldest baroque churches in Montréal. Adjacent to the church is the Gésu, Centre de créativité, whose missions through shows and exhibitions brings together spirituality and art.

Monument-National

32 Map p. 85

1182 Saint-Laurent Blvd. ▮ ☑ Saint-Laurent 514 871-9883 ▮ monumentnational.com



The Monument-National is the second most important complex offering a wealth of show venues in downtown. It is the stage of various concerts and theatrical performances. Built in 1893, its architecture integrates elements of New Baroque and Mannerist style. Its magnificent facade, lit at night with a high tech system, must be seen.

Society for Arts and Technology (SAT)

33 Map p. 85

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The SAT is a major cultural hub where science meets art and where technology serves innovative creators. It's facade is a unique intelligent lighting installation that combines architecture, light, and interactivity. Inside, it's a must-visit, either to enjoy the greatest local and international DJs, or to discover the sensations of a full visual and audio immersion in the Satosphère, a one-of-a-kind 360° full dome. You can end your day at one of the Foodlab's tables, for a taste of local

ingredients and natural wines, or to simply experience the city's skyline on the terrace.

Centre for Sustainable Development

34 Map p. 85

50 Sainte-Catherine Street West | Saint-Laurent 514 394-1108 | lamdd.org

® **₹.** X

The first commercial building to be LEED Platinum New Construction certified in a downtown area of the province, the Centre is among the most energy efficient in Québec. Activities held at the Centre include debates, lectures, documentary screenings, exhibitions, and guided tours of the building.

Quartier latin

35 Map p. 85

Berri-UQAM | 514 849-4906 | quartierlatin.ca

Historically, the Quartier Latin was the first area in which the Francophone bourgeoisie settled in Montréal at the beginning of the 19th century, and various institutions have followed suit over the years: Théâtre Saint-Denis, Bibliothèque Saint-Sulpice, Université du Québec à Montréal (UQÀM), Cégep du Vieux-Montréal, Bibliothèque et Archives nationales du Québec (BAnQ), and so on. The neighbourhood's concentration of institutions, the numerous festivals held there, and an effervescent nightlife make the Quartier Latin one of the cultural highlights of the city. With its many cafés, restaurants, and bars, the district is also home to a dynamic student campus.

Saint-Denis Street – from Viger Square to Saint-Louis Square

36 Map p. 85

Berri-UOAM | quartierlatin.ca

Saint-Denis Street, the Quartier latin's major thoroughfare, provides a unique example of mid-19th-century Victorian-style urban architecture. The street adopted its commercial vocation at the turn of the 20th century. More than a hundred different businesses contribute to the unique mixture of restaurants, cafés, bistros and boutiques.

Université du Québec à Montréal (UQAM)

37 Map p. 85

405 Sainte-Catherine Street East │ ☑ Berri-UQAM 514 987-3000 │ uqam.ca

∀ X

UQAM is a francophone university that offers over 300 programs to some 43,000 students. The campus was designed to integrate a number of heritage buildings, such as the well-known bell tower of the Église Saint-Jacques and the building that formerly housed the École Polytechnique. UQAM is also home to La Galerie de l'UQAM (1400 Berri Street, local J-R-120), which presents exhibits by artists from around the world in a program devoted mainly to contemporary art, and to the Centre de design (1440 Sanguinet Street), dedicated to architecture as well as industrial, graphic and fashion design.

Grande Bibliothèque - Bibliothèque et Archives nationales du Québec

38 Map p. 85

475 De Maisonneuve Blvd, East | Berri-UOAM 514 873-1101 | bang.gc.ca

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The Grande Bibliothèque is a cultural meeting place, which houses an auditorium, exhibition hall, coffee shop, and outdoor facilities. Its design was selected following an international architectural competition. The building is covered with over 6,000 plates of frosted and tempered glass and a ceramic coating used for the first time in North America. Inside. two large spaces known as the wooden rooms are distinguished by wood-paneled walls that can direct or block light as required for conserving documents. Walls are made of vellow birch, the emblematic tree of Québec. Closed on April 22, May 20, June 24, July 1, September 2, October 14, December 24, 25, 26 and January 1.

Jardins Gamelin

39 Map p. 85

Corner of Berri and Sainte-Catherine Streets Berri-UQAM | 514 879-0009 quartierdesspectacles.com

⑤ nink Y X

Les Jardins Gamelin extend below a wonderful hanging sculpture by Janet Echelman. The place hosts a rich and varied roster of cultural and artistic activities, every day and night of the week. An engaging design - which includes a snack counter and a bar - makes Les Jardins Gamelin a great destination for al fresco lunches, extended Happy Hours, and lively weekends for the whole family. May to October.

ITINERARY C

Quartier international



Quartier international de Montréal

40 Map p. 85

Bordered by Robert-Bourassa Blvd. and Saint-Jacques, Viger and Saint-Urbain Streets | Square-Victoria-OACI 514 841-7772 | gimtl.gc.ca

It is a public area dotted with many works of art from around the world and one cannot help but notice their eclectic nature, a contrasting display of classical and modern. At the centre of this Quartier sits the eyecatching La Joute, a bold study by Jean-Paul Riopelle, in which fire confronts water. The area's monuments, statues, sculptures and historic remains all combine to create a sense of movement. Numerous high-end hotels are found here too.

St. Patrick's Basilica

41 Map p. 85

460 René-Lévesque Blvd. West | Square-Victoria-OACI 514 866-7379 | stpatricksmtl.ca

13 (S)

Better known as "The Irish Church", the Basilica was constructed between 1843 and 1847, and is a fine evocation of the Gothic style of the 14th and 15th centuries. It is characterized by its huge pine columns, the oak carving in the nave as well as the carved pulpit and choir loft.





ICAO

42 Map p. 85

999 Robert-Bourassa Blvd. │ ☑ Square-Victoria-OACI 514 954-8219 │ icao.int

® **∱i**∳ **₹.**

Headquarters of the International Civil Aviation Organization (ICAO), a specialized agency of the United Nations. Located in its main lobby, the ICAO Museum is dedicated to the history of air transport. In the ICAO Foyer are exhibited works donated by Member States. Visitors to the building can also take a guided tour of an exhibition about Montréal featuring various Canadian works. Outside the Atrium entrance is a sculpture by the Québec artist Marcelle Ferron entitled Le Miroir aux alouettes. In addition, the massive illuminated hall adjoining the ICAO tower often hosts independent exhibitions featuring Montréal artists. Closed on April 19, 21 and 22, May 20, June 24, July 1, September 2, October 14, December 24, 25, 26 and January 1.

Square Victoria

43 Map p. 85

Corner of Viger Avenue and Côte du Beaver Hall

Square-Victoria-OACI | vieuxmontreal.ca

Created during the 19th century, the Square was named after Queen Victoria (1819-1901). The monument dedicated to the illustrious monarch was the work of British sculptor Marshall Wood and was unveiled in 1872. The entrance to the métro station in the Square bears an authentic Paris métro railing. The Art Nouveau casting was designed by Hector Guimard in 1900 and was offered to the City of Montréal by the City of Paris, on the occasion of the 1967 Universal Exhibition.

World Trade Centre Montréal

44 Map p. 85

747 du Square-Victoria Street | Square-Victoria-OACI 514 982-9888 | centredecommercemondial.com

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Inaugurated in 1992, the World Trade Centre comprises historical renovated buildings linked together by a glass-covered promenade covering a part of the old Ruelle des

MontreaL

Fortifications. A true indoor village, this chic, multipurpose complex, connected to the Underground Pedestrian Network, features a shopping arcade. A fragment of the Berlin Wall donated to Montréal for its 350th anniversary, a majestic fountain, and the mural work, entitled *Circulations*, decorate the place.

The St-James Theatre

45 Map p. 85

265 Saint-Jacques Street | Delace-d'Armes 514 268-7069 | stjamestheatre.ca

\$? Y

Formerly the home of the Canadian Imperial Bank of Commerce, this historic site was transformed into an entertainment and event venue. Distinguished by its colonnade and immense portico, the building comprises three main halls. The Imperial Ballroom, in particular, boasts a marble and stone interior, not to mention a skylight and stained glass windows.

Montréal Convention Centre (Palais des congrès de Montréal)

46 Map p. 85

1001 Jean-Paul-Riopelle Place | ☑ Place-d'Armes 514 871-8122 | congresmtl.com

The Montréal Convention Centre welcomes its visitors in a building that combines beauty and functionality and whose architecture builds on transparency and light. Among the highlights are the installation *Lipstick Forest*, a forest of pink trees, imagined by artist Claude Cormier, and its front panels of coloured glass. Like a window, the reflected game of light colors in the interior as well as outside the Palais.

Chinatown

40 Map p. 85

Corner of Saint-Laurent Blvd. and De La Gauchetière Street | Delace-d'Armes

Chinatown dates back to the 1860s when Chinese immigrants came to Canada to work in the mines and on the railroads. They settled mainly along De La Gauchetière Street near Saint-Laurent Boulevard. Today the district is less residential than commercial but it has kept its Asian flavour. The Chinese community continues to shop and celebrate its traditional festivals and holidays here. The narrow streets are lined with shops selling exotic foods, traditional crafts, martial arts accessories,

herbs, and natural medicines. Acupuncture and Asian medical services can also be found here.

ITINERARY D

Museum Quarter

Museum Quarter

48 Map p. 85

Guy-Concordia | 514 285-1600 | quartierdumusee.com

Crescent, de la Montagne and Sherbrooke Streets are the hub of the district's vibrant business life. High-end, designer fashion and décor boutiques, international shops, art galleries, jewellers and exquisite fine dining never fail to win visitors over.

The Montreal Museum of Fine Arts



49 Map p. 85 / Ad p. 176

1380 Sherbrooke Street West | Guy-Concordia 514 285-2000 | mbam.gc.ca

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The MMFA's exhibitions are renowned for a multidisciplinary approach that combines the fine arts with music, film, fashion, and design, and are circulated to museums around the world. The museum's encyclopedic collection, which is on display in five pavilions, features international art, world cultures, decorative arts and design, and Québec and Canadian art (including an appreciable selection of Inuit art). And the Michal and Renata Hornstein Pavilion for Peace is devoted to international art and education. Humanist, socially engaged, and inclusive, it embodies the MMFA's fundamental values. The complex is also home to an acclaimed concert hall graced with unparalleled acoustics and 20 Tiffany stained glass windows, and to a state-of-the-art movie theater that seats 291 people. Outside in the sculpture garden are works from the modern era to the present day.

The Church of St. Andrew and St. Paul

60 Map p. 85

Corner of Redpath and Sherbrooke West Streets

☑ Guy-Concordia | 514 842-3431 | standrewstpaul.com



This Presbyterian church, built in 1932, is one of the major institutions of Montréal's

Scottish community. Its interior is entirely made of stone, and a stained glass window overlooking the central altar commemorates soldiers killed in action during World War I.

La Guilde

61 Map p. 85

1356 Sherbrooke Street West | ☑ Peel 514 849-6091 | laquilde.com



La Guilde is a non-profit organization founded in 1906 in a joint effort to preserve, encourage and promote contemporary Inuit and First Nations art and fine crafts of Canada. La Guilde includes a permanent collection of Inuit art (one of the most influential in Canada), historical and cultural archives of inestimable ethnological value, and a gallery that brings together works by renowned and emerging artists and presents high quality contemporary artworks. Closed on May 20, June 24, July 1, September 2, October 14, December 25 and January 1.

Concordia University

52 Map p. 85

1455 De Maisonneuve Blvd. West | ☑ Guy-Concordia 514 848-2424 | concordia.ca

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Concordia University welcomes 46,000 students annually. The downtown campus has many pavilions including the Motherhouse of the Grey Nuns, the integrated Engineering, Computer Science, and Visual Arts building, and the John Molson School of Business. The McConnell Building houses the library and the Leonard and Bina Ellen Gallery (1400 De Maisonneuve Blvd. West) dedicated to the presentation and study of contemporary art.

Crescent Street

53 Map p. 85

Peel | crescentmontreal.com

Sumptuous Victorian architecture housing luxury boutiques, haute couture showrooms and art galleries has been carefully showcased, giving the Street a distinctive touch of elegance. Nightclubs, restaurants, bars, outdoor cafés and pubs add frivolity and excitement. On a 21-storey wall, stands the gigantic mural entitled *Tower of Songs*, a tribute to the late Montréal singer-songwriter Leonard Cohen.



Laser Quest



54 Map p. 85

1226 Sainte-Catherine Street West |
Peel 514 393-3000 | laserquest.com



Open to a wide audience of all ages and backgrounds, this adventure, a futuristic combination of hide-and-seek and tag, takes place inside a five-level labyrinth filled with special effects, fog and music. Closed on December 25.

Canadian Centre for Architecture



1920 Baile Street | @ Guy-Concordia | 514 939-7026 cca.qc.ca



The CCA includes the Shaughnessy House, one of the rare 19th-century Montréal houses open to the public. The sculpture garden reflects the history of architecture as well as the city that surrounds the site. The CCA organizes a wide variety of activities: guided tours of the building, the garden or the current exhibitions, films, lectures and workshops.

Montreal Forum



2313 Sainte-Catherine Street West |
Atwater 514 933-6786 | forum-montreal.com

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Once the official arena of two hockey teams — the Maroons and the Canadiens the Montreal Forum is now a multi-use complex. Under one roof are a movie theatre with 22 screens, a sports bar, a game centre, restaurants, boutiques, pool tables, bowling alleys, and a central atrium that hosts major events like dance parties and exhibitions.

Greene Avenue and Westmount Square



67 Map p. 85

Atwater

Fashionable boutiques, superb art galleries, libraries and antique shops line Greene Avenue. At the corner of Wood Street. three black towers of steel and tinted glass, designed by the celebrated modernist architect Mies van der Rohe, soar up around Westmount Square shopping centre.

Grand Séminaire de Montréal



68 Map p. 85

2065 Sherbrooke Street West |
Guy-Concordia universcultureldesaintsulpice.ca

On the side of Mount Royal, Domaine des Gentlemen of St. Sulpice is a vast institutional group. The site includes the College of Montréal (1870), its buildings and its chapel, the Grand Seminary of Montréal (1857), its buildings and its chapel (1864) whose interior was completely redesigned at the beginning of the 20th century. Reflecting the distant origin of the occupation of the site by the Gentlemen of St. Sulpice, the area also contains the last remnants of the old fort of the Mission of the Mountain (1675) and a historical natural environment that brings us back to the first time of European occupation. Reservations required.





Montréal's very first Saint Patrick's Day Parade was held in 1824.

According to the 2016 census, an estimated 240,000 Montrealers are of Irish descent.



Restaurants and cafés

1909 Taverne moderne – MTL 😤

North America, New Cuisine, Ouébec | V SS

1280 des Canadiens-de-Montréal Avenue | D Lucien-L'Allier 514 416-9809 1909tavernemoderne.com

3 Brasseurs Crescent 😤

North America, France | \$\$

1356 Sainte-Catherine Street West Peel | 514 788-9788 les3brasseurs.ca

3 Brasseurs McGill 😤

North America, France I も SS

732 Sainte-Catherine Street West McGill | 514 788-6333 les3brasseurs.ca

3 Brasseurs St-Denis 😤

North America, France | \$\$

1658 Saint-Denis Street Berri-UOAM | 514 845-1660 les3brasseurs.ca

Accords le Bistro

Ouébec | V & ECOSS

22 Sainte-Catherine Street East Saint-Laurent | 514 508-2122 accords.ca

Albert Bistro

New cuisine, Ouébec | \$\$

1035 Côte du Beaver Hall Square-Victoria-OACI 514 439-0665 | alberthistro.com

Alexandre et fils 😤

France | \$\$

1454 Peel Street | D Peel 514 288-5105 | chezalexandre.com

Balcon Cabaret Music-Hall *

New Cuisine | V \$\$

463 Sainte-Catherine Street West Entrance at the main door of St. James United Church Place-des-Arts | 514 528-9766 lehalcon ca

Balsam Inn

Italy, Mediterranean | V SS

1237 Metcalfe Street |
Peel 514 507-9207 | lebalsaminn.com

Bâton Rouge (Complexe Desigrdins)

Ad p. 64

North America | its SS

180 Sainte-Catherine Street West Place-des-Arts | 514 282-7444 batonrouge.ca

Beaux-Arts Restaurant

Québec | V ECO SS

1384 Sherbrooke Street West Guy-Concordia | 514 285-1600 mbam.ac.ca



BENELUX brewpub 😤

North America | is \$

245 Sherhrooke Street West Place-des-Arts | 514 543-9750 brasseriebenelux.com

Bier Markt Montreal *



North America | V \$\$

1221 René-Lévesque Blvd. West Lucien-L'Allier | 514 864-7575 thebiermarkt.com

Riiru

Asie | \$\$

1433 City Councillors Street McGill | 514 903-1555 | bijru.ca

Brasserie Le Pois Penché

France | V \$\$

1230 De Maisonneuve Blvd. West ■ Peel | 514 667-5050 lepoispenche.com

Brasserie T!

North America, New Cuisine, Québec | Its ECO SSS

1425 Jeanne-Mance Street Place-des-Arts | 514 282-0808 hrasserie-t.com

Brisket Centre-Ville Mtl

North America, Québec | V \$\$

1199 De Bleury Street Place-des-Arts | 514 798-6730 briskets.ca



Brutopia, brasseur artisan 学

International cuisine | V \$\$

1219 Crescent Street

☑ Lucien-L'Allier | 514 393-9277
brutopia.net

Café du Nouveau Monde

France | & \$\$

Théâtre du Nouveau Monde 84 Sainte-Catherine Street West Place-des-Arts | 514 866-8669 tnm.gc.ca/cafe-du-nouveau-monde

Café Vasco da Gama

Baked goods and treats | V \$

1472 Peel Street | ☑ Peel 514 286-2688 | vascodagama.ca

Chez Chine

Asia I to SS

999 Saint-Urbain Street
Place-d'Armes | 514 878-4013 ihg.com/holidayinn

Chez Cora

North America | its S

1240 Drummond Street ■ Peel 514 286-6171 | chezcora.com

Code Vert

New cuisine | V \$\$

1216 Bishop Street

☑ Lucien-L'Allier | 514 750-2633
restocodevert.ca

Colette Grand Café

North America, France, Mediterranean | V SSS

1300 Saint-Catherine Street West

☐ Peel | 514 282-3750

colettegrandcafe.com

Decca77 Restaurant

New Cuisine, Québec | V \$\$\$

1077 Drummond Street

☑ Bonaventure | 514 934-1077
decca77.com

Deville Dinerbar

North America | \$\$

1425 Stanley Street | Deel Feel devilledinerbar.com

Dominion Square Tavern

North America | \$\$

1243 Metcalfe Street | ☑ Peel 514 564-5056 | tayernedominion.com

East Pan-Asian Cuisine & Bar

Asia | V & \$\$

Renaissance Montreal Downtown 1250 Robert-Bourassa Blvd.

McGill | 438 386-9088 eastpanasiatique.com

Escondite

Latin America | \$\$

1224 Drummond Sreet | ☑ Peel 514 375-5945 | escondite.ca

Escondite

Latin America | \$\$

1206 Union Avenue | ☑ McGill 514 419-9755 | escondite.ca

Ferreira Café

Mediterranean | V it SSS

1446 Peel Street | ☑ Peel 514 848-0988 | ferreiracafe.com

MontreaL

Fiorellino Snack Bar – Ristorante

Italy | **V** \$\$

qaZette

New Cuisine | V \$\$

Le Westin Montréal 300 Saint-Antoine Street West Place-d'Armes | 514 380-3477 gazetterestaurantmontreal.com

Gustave - Histoire de goût

France, Mediterranean | V 1 \$\$\$

Hotel Saint-Martin 980 De Maisonneuve Blvd. West ☑ Peel | 514 847-9005 gustaveresto.ca

House of Jazz 😤

North America | \$\$\$

2060 Aylmer Street | ☑ McGill 514 842-8656 | houseofjazz.ca

Ibérica

Mediterranean | \$\$

1450 Peel Street | ☑ Peel 514 285-1888 | iberica.ca

Imadake 😤

Asia | V ECO \$\$

4006 Sainte-Catherine Street West

☑ Atwater | 514 931-8833
imadake.ca

Imperial Restaurant

Asia | \$\$

998 Saint-Laurent Blvd.

Place-d'Armes
imperialmontreal.com

Jatoba

Asia | \$\$\$

1184 Place Phillips | McGill 514 871-1184 | jatobamontreal.com

L'Ô – Restaurant and Lounge

France | ECO \$\$

1180 de la Montagne Street

Lucien-L'Allier | 514 871-2151

restaurantlo.com

La Classe

North America, France, Québec | \$

2000 Sainte-Catherine Street West

Atwater | 514 939-4408

lasallecollege.com

La Medusa Restaurant

Italy | V SSS

1218 Drummond Street | Deel 514 878-4499 | lamedusa.ca

La Queue de cheval Steakhouse and Raw Bar

North America | \$\$\$\$

1181 de la Montagne Street | ☑ Peel 514 390-0091 | queuedecheval.com

La Société Montréal

France | V \$\$

1415 de la Montagne Street | ☑ Peel 514 507-9223 | Lasociete ca

Labo culinaire - Foodlab

New Cuisine, Quéhec | V & SS

1201 Saint-Laurent Blvd.

☑ Saint-Laurent | 514 844-2033 sat.gc.ca

Le Blumenthal

North America, France, New Cuisine, Québec

V 1₺ ECO \$\$

305 Sainte-Catherine Street West
Place-des-Arts | 514 288-5992
leblumenthal.com

Le Darlington

North America | V \$\$

Courtyard Marriott
Montreal Downtown
380 René-Lévesque Blvd. West
Place-des-Arts | 514 875-2163
courtyardmarriottmontreal.com

Le Petit Opus Café

North America | i \$\$

Hôtel Omni Mont-Royal 1050 Sherbrooke Street West Peel | 514 985-6252 Omnihotels.com/montreal

Les Enfants Terribles (Au Sommet Place Ville Marie)

North America, Québec | 🕹 \$\$\$

1 Place Ville-Marie (Robert-Bourassa Blvd. entrance) | 44th Floor McGill | 514 544-8884 observatoire360.com

LOV de la Montagne

New Cuisine | V \$\$

1232 de la Montagne Street ■ Peel 514 287-1155 en.lov.com

Mâche Restaurant

Ouébec | \$

1655 Saint-Denis Street

☑ Berri-UQAM | 514 439-5535
restaurantmache.com

Maison Boulud

France I V & FCO SSSS

1228 Sherbrooke Street West

Peel | 514 842-4224

maisonhoulud com

Maison Christian Faure

Baked goods and treats | \$

1225 De Maisonneuve Blvd. West

☐ Peel | 514 508-6452

christianfaure.ca

Marché Artisans

Québec | V \$\$

Fairmont The Queen Elizabeth 900 René-Lévesque Blvd. West Bonaventure | 514 954-2882 marcheartisans.com

Miso Restaurant and Sushi bar

Asia | \$\$

4000 Sainte-Catherine Street West
Atwater | 514 908-6476
restaurantmiso.com

Street food /



Street food is all the rage in Montréal.

Starting April 1 and running until October 31, food trucks rotate daily in the city. The Olympic Park is no exception, since its Esplanade Financière Sun Life hosts some food trucks on the first Friday of each month. Street food, which is always of top-notch quality, allows hungry urbanites to get a quick bite while providing a varied culinary experience. And it is as easy as pie to find what you've been craving on cuisinederue.org



MKT restaurant

Mediterranean | V SSS

2044 Metcalfe Street | Deel File 849-2044 | restomkt.ca

Moleskine Restaurant

Italy | **V** \$\$\$

3412 du Parc Avenue

☑ Place-des-Arts | 514 903-6939
moleskinerestaurant.com

Nom Nom

Asia, France, Québec | V & \$\$

901 Square-Victoria Street
Square-Victoria-OACI
514 395-3180 | nomnommtl.com

Osco!, Provencal Brasserie

France | V & FCO SS

InterContinental Montréal 360 Saint-Antoine Street West Square-Victoria-OACI 514 847-8729 | oscorestaurant.com

Pullman 🍄

North America | V SS

3424 du Parc Avenue

☑ Place-des-Arts | 514 288-7779
pullman-mtl.com

Renoir

France List FCO SSSS

Sofitel Montréal Golden Mile 1155 Sherbrooke Street West Peel | 514 788-3038 restaurant-renoir.com

Restaurant bar le Kube 😤

North America, France, Italy V た SSS

900 De La Gauchetière Street West

Bonaventure | 514 878-2332

Restaurant ChinaTown Kim Fung

hotelbonaventure.com

Asia | \$\$

IIII Saint-Urbain Street

☐ Place-d'Armes | 514 878-2888
restaurantchinatownkimfung.com

Restaurant Dévi

India | \$\$

1450 Crescent Street | ☑ Peel 514 286-0303 | devimontreal.com

Restaurant Dynastie

Asia | \$\$

1008 Clark Street

☑ Place-d'Armes | 514 866-2888
dynastierestaurant.ca

Restaurant Europea

Ad p. 66

New Cuisine | V SSSS

1065 de la Montagne Street

☑ Lucien-L'Allier | 514 398-9229
europea.ca

Restaurant JCer

Asia | V \$\$

505 De Maisonneuve Blvd. West

McGill | 514 840-8885
jcerrestaurant.com

Restaurant Le XVI XVI (Le 1616)

France, Québec | \$\$\$

1616 Sherbrooke Street West

☑ Guy-Concordia | 514 581-0016
le1616.ca

Restaurant Orange rouge

Asia | **V** \$\$

106 De La Gauchetière Street West

☑ Place-d'Armes | 514 861-1116
orangerouge.ca

Restaurant Samuel de Champlain

North America | & \$\$

Montréal Marriott Château Champlain | 1 place du Canada Bonaventure | 514 878-9000 marriotthotels.com/yulcc

Restaurant Toqué!

North America, New Cuisine, Québec | t ECO \$\$\$\$

900 Place Jean-Paul-Riopelle

☑ Square-Victoria-OACI

514 499-2084 | restaurant-toque.com

Resto-bar Le Cordial

North America | & \$\$

Delta Hotels by Marriott Montreal 475 du Président-Kennedy Avenue

Place-des-Arts | 514 286-1986

Reuben's, Montreal's Premier Deli and Steakhouse

Québec | \$\$

1116 Sainte-Catherine Street West

Peel | 514 866-1029
reubensdeli.com

Ristorante Beatrice

Italy | \$\$\$

1504 Sherbrooke Street West

☑ Guy-Concordia | 514 937-6009
ristorantebeatrice.com

Ristorante Da Vinci

Italy | \$\$\$

1180 Bishop Street

☑ Guy-Concordia | 514 874-2001 davinci.ca

Rosélys Restaurant

North America, France, Québec | **V** \$\$\$\$

Fairmont The Queen Elizabeth 900 René-Lévesque Blvd. West Bonaventure | 514 954-2261 restaurantroselys.com

Ruby Rouge

Asia | \$

1008 Clark Street

☑ Place-d'Armes | 514 390-8828
restaurantrubyrouge.com

Saiko Bistrot Izakaya 🌋

Asia | \$\$\$

Sésame

Asia | **V** \$\$

288 Sainte-Catherine Street West
☑ Place-des-Arts | 514 508-0622 sesamerestaurant.ca

Shabu Shabu Kagayaki

Asia | \$\$

75 De La Gauchetière Street West 2nd Floor I ☑ Place-d'Armes 514 396-4746

Sho-Dan Restaurant

Asia | V 1 \$ \$\$

2020 Metcalfe Street | Deel 514 987-9987 | sho-dan.com

Siam Restaurant

Asia | V \$\$

1325 René-Lévesque Blvd. West
Lucien-L'Allier | 514 393-8188
restaurantsiam.com

Sir Winston Churchill Pub Complex **

North America | V \$\$

SIX Resto Lounge 😤

New Cuisine | its \$\$

1255 Jeanne-Mance Street

☑ Place-des-Arts | 514 809-0024

SLK Rd

New Cuisine | V \$\$\$

Soubois Restaurant

New Cuisine | V SSS

1106 De Maisonneuve Blvd. West

☑ Peel | 514 564-3672

souhois.com

TABOO Cuisine Rebelle

Ad p. 71

North America, Québec | \$\$

2025 Drummond Street | ☑ Peel 438 387-8833 | restaurant-taboo.com

Taverne F par Ferreira

Mediterranean | V \$\$

1485 Jeanne-Mance Street

☑ Place-des-Arts | 514 289-4558 tavernef.com

The Central Gastronomy Montreal Style

North America, Asia, Mediterranean | V SS

30 Sainte-Catherine Street West

Saint-Laurent | lecentral.ca

The Keg Steakhouse + Bar

North America | & \$\$

5 Place Ville-Marie

McGill | 514 868-1999
kegsteakhouse.com

Thursday's Montreal 🕏

Ad p. 64

France | ECO \$\$

1449 Crescent Street ■ Peel 514 288-5656 thursdaysmontreal.com

Upstairs Jazz Bar & Grill *

North America | \$\$

1254 Mackay Street

☑ Guy-Concordia | 514 931-6808
upstairsjazz.com

Venice

New Cuisine | V \$\$

1045 du Beaver Hall Hill

☑ Square-Victoria-OACI
514 379-3997 | venicemtl.com

Wienstein & Gavino's

Italy | **V** 1/6 \$\$

1434 Crescent Street | Deel 514 288-2231 | wgmtl.com

Z Tapas Lounge

Latin America | & SS

1165 Saint-Laurent Blvd.

☑ Saint-Laurent | 514 903-4040 ztapaslounge.com

ZIBO! 😤

1235 Robert-Bourassa Blvd.

McGill | 514 507-2505
restaurantszibo.com



Shopping /

SHOPPING STREETS

Crescent Street

Peel | crescentmontreal.com

Specialty shops, art galleries and designer boutiques.

Greene Avenue

Atwater

Fashionable boutiques, superb art galleries, libraries and antique shops line this avenue that bears a typically British aura.

Sainte-Catherine Street

McGill

destinationcentreville.com

Sainte-Catherine Street West is home to the city's largest stores, an array of shops and several shopping centres.

Sherbrooke Street West

Guy-Concordia

This posh area is lined with designer boutiques, antique stores and galleries where you can pick up high-end trends.

SHOPPING MALLS

Complexe Desjardins

Ad p. 65

150 Sainte-Catherine Street West

☑ Place-des-Arts | 514 845-4636
complexedesjardins.com

& X

Over one hundred stores and restaurants surround an immense public square.



Place Montréal Trust

Corner of Sainte-Catherine Street and McGill College Avenue McGill | 514 843-8000 placemontrealtrust.com

is X

More than 70 boutiques and stores.

Place Ville Marie

Corner of McGill College Avenue and Cathcart Street | McGill 514 861-9393 | placevillemarie.com

is X

The shopping plaza of this renowned Montréal landmark offers a wide array of boutiques and restaurants.

Promenades Cathédrale

625 Sainte-Catherine Street West McGill | 514 845-8230 promenadescathedrale.com

is X

Over 60 boutiques and restaurants.

The Montreal Eaton Centre

Ad p. 72

705 Sainte-Catherine Street West McGill | 514 288-3708 montrealeatoncentre.com

is X

Home to 175 stores. restaurants and services.

Underground **Pedestrian Network**

McGill

Vast network of pedestrian walkways below the city (33 kilometres — 20.5 miles). There are about 2,200 shops and restaurants.

ART GALLERIES

Galerie Elca London

1444 Sherbrooke Street West Guy-Concordia | 514 282-1173 elcalondon.com

Gallery exclusively dedicated to Inuit art.

Galerie MX

333 Viger Avenue West Place-d'Armes | 514 315-8900 galeriemx.com

At the forefront of contemporary art, this gallery presents the works of today's most creative artists.

La Guilde

1356 Sherbrooke Street West Peel | 514 849-6091 laquilde.com

High quality Canadian contempory art, First Nations and Inuit art and fine crafts objects and creations.

BOOKSTORES

LE JAMES -**McGill Bookstore**

680 Sherbrooke Street West McGill | lejames.ca

LE JAMES - McGill University Bookstore offers official McGill-branded general merchandise.

Ulysses Travel Guides -**Bookstore and Publisher**

560 President-Kennedy Avenue McGill | 514 843-7222 ulyssesguides.com

Publisher of travel guides, the bookstore offers a wide



range of works for all travelers and destinations.

CLOTHING / ACCESSORIES

Bilodeau Boutique Montréal

705 Sainte-Catherine Street West McGill | 438 384-9933 hilodeaucanada.com

A boutique that sells clothing, accessories. and other items made from natural and renewable resources in Québec.

Elysee Furs

150 Sainte-Catherine Street West Suite 334 | D Place-des-Arts 514 287-0805 | elyseefurs.ca

Top quality fur and flawless design.

Georges Laoun Optician

1396 Sherbrooke Street West Guy-Concordia | 514 985-0015 georgeslaoun.com

Vast selection of eyewear and a professional service.

Harry Rosen

Cours Mont-Royal | 1455 Peel Street Peel | 514 284-3315 harryrosen.com

A menswear retailer well known for his selection of designer labels and personalized service.

Holt Renfrew Ogilvy

1307 Saint-Catherine Street West holtrenfrew.com

X

Holt Renfrew Oailvy. Montréal's new upcoming luxury megastore, redefines the retail experience with upscale brands and premium services.

L'Uomo Montréal

1452 Peel Street | ☑ Peel 514844-1008 | luomo-montreal.com

Exclusive selection of European designer collections for men.

m0851

Complexe les Ailes 677 Sainte-Catherine Street West McGill | 514 842-2563 m0851.com

Bags, clothing and accessories made of the finest leather and fabrics.

DECORATION AND OUÉBEC CREATIONS

L'Art des artisans du Québec

Complexe Desjardins
150 Sainte-Catherine Street West
Place-des-Arts | 514 288-5379
artdesartisans.ca

Objects made of wood, pewter, glass and ceramic designed by talented Québec artists.

Sky Gifts and Flowers

Natural and artificial flowers, wedding bouquets, plants, vases and accessories.

JEWELRY

Birks

1240 Phillips-Square Street

McGill | 514 397-2511
birks.com

Manufacturer of fine jewelry, timepieces, sterling silverware, and luxury gifts.

KITCHEN ACCESSORIES AND FOOD

Maison Christian Faure

1225 De Maisonneuve Blvd. West

☑ Peel | 514 508-6452

christianfaure.ca

X

Renowned French pastry shop offering pastries and other delicacies, sandwichs and unique gifts.

Marché Artisans

Fairmont The Queen Elizabeth 900 René-Lévesque Blvd. West Bonaventure | 514 954-2882 marcheartisans.com

X

Discover an urban market that stimulates the senses with foods from artisanal producers.

Nespresso

2045 Crescent Street

Peel | nespresso.com

All you need to prepare and enjoy an excellent coffee: coffees from around the world, coffee machines, accessories, and the expertise of specialists.

MUSEUM GIFT SHOPS AND SOUVENIR SHOPS

Boutique and Bookstore, The Montreal Museum of Fine Arts

1380 Sherbrooke Street West

☑ Guy-Concordia | 514 285-1600
mbam.qc.ca

16

Exclusive items made for the Museum and inspired by the exhibitions and collections.



Spas and wellness

/

Amerispa Hôtel Le Crystal

1100 de la Montagne Street

☑ Lucien-L'Allier | 514 871-2444
amerispa.ca

Massages, manicures and pedicures, facial and body treatments with view of the city from the 12th floor.

Moment Spa Le Reine Elizabeth

900 René-Lévesque Blvd. West

■ Bonaventure | 438 387-4445
momentspa.ca

Guests will be delighted by the luxurious facilities of the centre, including massage and treatment rooms, manicure and pedicure stations, and a relaxation area.

Spa Eastman Montréal

666 Sherbrooke Street West
McGill | 514 845-8455
Spamontreal.com

A concept inspired by elements of nature. Massages, beauty and body treatments. Consultations in naturopathy and kinesiology.

Spa St. James at Ritz-Carlton Montréal

1228 Sherbrooke Street West

☑ Peel | 514 844-4590
spastjames.com

A collaboration offering luxury spa treatments in a contemporary and elegant space.







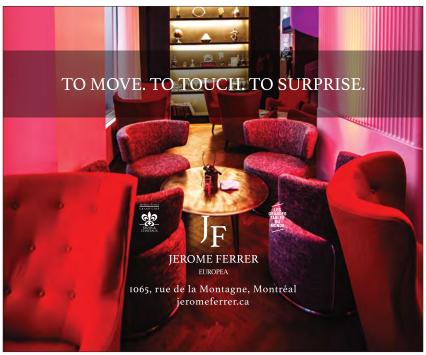
COMPLEXE DESJARDINS

AU CŒUR DU QUARTIER DES SPECTACLES

150, RUE SAINTE-CATHERINE OUESTPLACE-D'ARMES + PLACE-DES-ARTS

OVER 110 STORES AND RESTAURANTS





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OBSERVATOIRE360.COM Tickets and info 514 544-8200





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PLACE MONTRÉAL TRUST

EATON

Old Montréal and Old Port



The city's historic district, which has been reinventing itself for nearly 400 years, includes its oldest and most recent tourist attractions.

In Old Montréal, history is present on every street corner. Cobblestone streets lined with historic buildings house art galleries, craft workshops, fashion boutiques, restaurants and cafés. In the Old Port, residents and visitors love to walk along its recreational paths to engage in activities offered year round, while enjoying a splendid view of the city and the St. Lawrence River.





ITINERARY A

East of Old Montréal



City Hall



275 Notre-Dame Street East | ☑ Champ-de-Mars 514 872-0077 | ville.montreal.qc.ca



The building went up between 1872 and 1878, and survived a severe fire in 1922. And it was from this balcony that French President General de Gaulle uttered his famous "Vive le Québec libre!" (Long live free Québec) during a state visit in 1967. Take a moment to admire the Hall of Honour or, better yet, sign up for a guided tour. Nearby, inaugurated in 1856, the old courthouse subscribed to the very sober neo-classic tradition typical of the first half of the 19th century. The 1925 version (Ernest-Cormier building) featured a return to classic simplicity and the new one (1. Notre-Dame Street) deals with criminal matters. At the back of City Hall, Champ-de-Mars offers a superb view of downtown Montréal and fascinating historical remains.

Place Jacques-Cartier and Place De La Dauversière



☑ Champ-de-Mars | vieuxmontreal.ca

The gentle slope down from the Nelson monument affords a superb view of the Old Port. Built in 1804, Place Jacques-Cartier was used as a public market for many years. It now draws passers-by and visitors who enjoy street artists. Facing City Hall, Place De La Dauversière is a magnificent public garden.

Marché Bonsecours

61) Map p. 90 / Ad p. 109

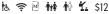


The Marché Bonsecours was inaugurated in 1847. A symbol of Montréal's heyday, this imposing building was the city's main agricultural marketplace for over a century. It also housed a concert hall and even served as a city hall. It features now sidewalk cafés, shops and exhibitions.

Marguerite-Bourgeoys Museum and Notre-Dame-de-Bon-Secours Chapel

62 Map p. 90

400 Saint-Paul Street East | ☑ Champ-de-Mars 514 282-8670 | margueritebourgeoys.org



The Montréal's oldest chapel, also known as the Sailors' Church, is a captivating history museum. Feel a special connection with the past by visiting the 18th century stone crypt, and climb the tower to admire the spectacular views. The archaeological site reveals over 2,400 years of history. Discover the chapel and museum through an audioguide.

Pierre du Calvet House

63 Map p. 90

401 Bonsecours Street I ☑ Champ-de-Mars old.montreal.qc.ca

Built in the 18th century, this house is one of the most beautiful examples of the urban architecture developed in New France. Particularly striking are its massive crude rock walls, chimneys and steeply-sloped roof. Pierre du Calvet, its illustrious occupant, was a supporter of the American Revolution and held meetings with Benjamin Franklin, an envoy sent abroad by George Washington in 1775-1776. Today, it is a first-class inn.

Sir George-Etienne Cartier National Historic Site

64 Map p. 90

458 Notre-Dame Street East | ☑ Champ-de-Mars 514 283-2282 | parcscanada.gc.ca/cartier

ita 🛜 M **itità it**ili \$4

Discover the only Victorian interior open to the public in Montréal. Meticulously restored according to the tastes and customs of the Montréal bourgeoisie around 1860, the Historic Site commemorates the life and work of this renowned politician. Father of Confederation.

Gare Viger



vieux.montreal.gc.ca

Viger Station was the terminus of the Canadian Pacific Railway's network. The château style station, and hotel of the same name, was completed in 1897 and built according to the traditional layout of all British railway hotels, in which trains would arrive directly in the hotel lobby to maximize convenience for travellers. This rich architectural site is currently under development as a mixed-use structure.

Château Ramezay - Historic Site and Museum of Montréal

66 Map p. 90

514 861-3708 | chateauramezay.gc.ca

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The Château invites you to relive more than 500 years of history, from the pre-contact Amerindian era to the 20th century. The Château exhibits its collections in a variety of ways, intermingled with multimedia portrayals of historical figures recounting, in six languages, highlights of their lives at the manor. The site includes the Governor's Garden, a typically delightful 18th century urban retreat.

ITINERARY B

West of Old Montréal

Saint-Paul and de la Commune Streets

67 Map p. 90

Champ-de-Mars | vieuxmontreal.ca

For years, Saint-Paul Street was Montréal's main street. Many of the buildings, which date from the 19th century, have been renovated and today serve as boutiques, art galleries, artists' studios and even homes. Those cobblestone streets overflow with warm, inviting restaurants, chansonnier bars, nightclubs and seductive lounges.

Montréal On Wheels

68 Map p. 90

27 de la Commune Street East | D Place-d'Armes 514 866-0633 | caroulemontreal.com

s 🥏 🚧 ি চা 👬 🐔

Bike tours allow for exploring Montréal's history, neighbourhoods, architecture, cuisine, and quirky sides. Located on the bike path, this is the largest two-wheel rental centre in the city with a fleet of 150 bikes. May to October.

Oratek360 Virtual Gaming Studio

69 Map p. 90

55 de la Commune Street West | De Place-d'Armes 514 282-9696 | oratek360.com

Embrace the power of virtual reality at Oratek360, a unique state-of-the-art virtual gaming studio with over 15 stations and 20 universes to explore sure to please everyone.

Cours Le Royer (Hôtel-Dieu Stores)

70 Map p. 90

Corner of Saint-Paul West and Saint-Sulpice Streets Place-d'Armes | old.montreal.qc.ca

Many large buildings-warehouse-stores erected in the 1860s and 70s eloquently attest to the commercial vitality of the area during the city's industrialization. The stores built at that time, at the former Hôtel-Dieu site, are a striking example of technological innovation combined with refined architectural style. It is the first major example of contemporary reuse of an ancient commercial sector. Today, the buildings serve as offices, businesses and residences.

Notre-Dame Basilica of Montréal

71 Map p. 90 / Ad p. 105

110 Notre-Dame Street West | D Place-d'Armes 514 842-2925 | basiliquenotredame.ca

A masterpiece of Gothic Revival architecture, Notre-Dame Basilica was built between 1824 and 1829. The magnificent interior in wood and the boldly modern design of the Notre-Dame-du-Sacré-Coeur Chapel, captivate hundreds of thousands of visitors each year. Paintings, sculptures and stained-glass windows illustrate biblical passages as well as 350 years of parish history. The immersive light and sound show experience AURA takes you through an exploration of an unexpected and stunning universe.



Place d'Armes

72 Map p. 90

Place-d'Armes | vieuxmontreal.ca/en

The surrounding buildings are remarkable mementos of all the major milestones in the city's history. Since 1895, a statue of Paul de Chomedey, "Sieur de Maisonneuve", the founder of Montréal, stands in the centre. Nearby is the city's oldest building, the "Vieux Séminaire" (130 Notre-Dame Street West), erected between 1684 and 1687, by the Messrs of Saint-Sulpice who ran the Notre-Dame parish and were "seigneurs" of the island of Montréal for nearly two centuries. The Bank of Montréal (119 Saint-Jacques Street West), founded in 1817, is the oldest banking institution in Canada and houses a museum open to the public.

Montréal en Histoires - Cité Mémoire

73 Map p. 90

Champ-de-Mars | 514 666-1861 montrealenhistoires.com



Discover the history of the city by downloading the free "Montréal en Histoires" mobile application available in four languages: French, English, Spanish, and Mandarin. Admire over 20 tableaux of one of the world's largest projection circuits and access over 75 points of interest and 30 augmented reality experiences. Starting at dusk.

Centaur Theatre Company

74 Map p. 90

453 Saint-François-Xavier Street ■ Place-d'Armes 514 288-3161 | centaurtheatre.com

ዜና 🤶 া 🌣 🍸

Home of the former Montréal Stock Exchange, Centaur is Québec's premier English-language theatre company. Founded in 1969 by Maurice Podbrey and Herbert C. Auerbach, Centaur presents a piece line-up ranging from contemporary Canadian dramas and Broadway hits, to international talent.

Saint-Jacques Street and The Royal Bank

75 Map p. 90

360 Saint-Jacques Street |
Place-d'Armes vieuxmontreal ca

This street was also known as Canada's "Wall Street". Its heyday in the 1920s is reflected in the Royal Bank's former head office at 360 Saint-Jacques Street, erected in 1928, next to the attractive Molson Bank, built in 1866. With 23 floors, it was, at the time of its construction, the tallest building in the British Empire.

Fondation Phi pour l'art contemporain

76 Map p. 90

451 and 465 Saint-Jean Street Square-Victoria-OACI | 514 849-3742 fondation-phi.org

(S) 🤝 M 🐈

Permanent venue dedicated to the presentation of contemporary art. Its entire programming is offered free of charge and presents exhibitions, film screenings and talks, and an inclusive education and outreach program.

Phi Centre



Map p. 90 / Ad p. 107



407 Saint-Pierre Street | Square-Victoria-OACI 514 225-0525 | phi-centre.com

? M ₹

Located in a meticulously-restored historic building, the Phi Centre buzzes with original and eclectic artistic activity. This multifunctional site includes an art gallery, cinema, theatre, performance space, and production facilities.

Place D'Youville

78 Map p. 90

Square-Victoria-OACI | ville.montreal.gc.ca

The place was built above the bed of the Little Saint-Pierre River, which was canalized in 1832. An obelisk on the site recalls its first pioneers. On the south side, between Normand and Saint-Pierre Streets, you can see the former hospital of the Grey Nuns, part of which dates back to 1693. Buildings from the 1870s and the beginning of the 20th century underscore the importance of this business hub situated in proximity to the port. Between the Centre d'histoire and Pointe-à-Callière stands the site of the Grande Paix de Montréal. signed in 1701.

Centre d'histoire de Montréal



335 Place d'Youville | ☑ Square-Victoria-OACI 514 872-3207 | ville.montreal.qc.ca/chm



The Centre d'histoire de Montréal hands you the key to Montréal's multiple identities. Live or re-live the rich and eventful history of our metropolis through sound environments, spectacular images, visual effects, personal testimonies and intriguing artefacts. Closed for renovations starting December 22, 2019.

Pointe-à-Callière, Montréal Archaeology and History Complex



80 Map p. 90 / Ad p. 104

350 Place Royale | ☑ Place-d'Armes 514 872-9150 | pacmuseum.qc.ca

Pointe-à-Callière is a National Historic Site rising above the actual remains of the city's birthplace, the Place Royale. An archaeological tour takes visitors from the Indigenous People's occupation, to the erection of the first French establishment of the city -Fort Ville-Marie — to the present day. Comprising seven pavilions connected underground, the Museum presents striking permanent exhibitions where history comes to life through the innovative use of new technologies. Pointe-à-Callière also features temporary exhibitions on the history of Montréal and the world's great civilizations. as well as a constantly changing program of cultural activities for young people and families.



Darling Foundry - Quartier Éphémère



745 Ottawa Street | Square-Victoria-OACI 514 392-1554 | fonderiedarling.org

think tiện tiện Y X

The Darling Foundry is a contemporary art centre showcasing various forms of modern art. Its mission is to support the creation, production, and dissemination of emerging artists' work.

ITINERARY C

The Old Port



Old Port of Montréal

82 Map p. 90 / Ad p. 98

De la Commune Street | Between the St. Lawrence River and Old Montréal | Place-d'Armes 514 496-7678 | oldportofmontreal.com

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The Old Port is filled with unique activities and points of view. In the summer, you can relax at the Clock Tower Beach, rent paddleboats, bicycles or quadricycles, enjoy a guided heritage tour, or take a cruise on the river, at full speed or nice and easy with a gourmet meal. Stroll by the Grand Quai and admire one of the majestic liners that stop over in Montréal, have a drink on the terrace of a bistro, or delight in the many food trucks. The Old Port is also home to the Montréal Science Centre and its IMAX® theatre. In winter, fireworks, Igloofest festival, a large outdoor skating rink, and a host of activities enliven this magical part of the city.

Ecorecreo





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Ecorecreo specializes in the rental of outdoor recreational equipment: quadricycles, pedal boat and marine excursions, Vanmoof bikes, electric bikes, tandem, Onderwater tridem bikes, and bikes for children, and also offers guided Segway and Hoverboard tours.

March to October.



La Grande Roue de Montréal



Ile Bonsecours | ☑ Champ-de-Mars | 514 325-7888 lagranderouedemontreal.com

1hin ₹ **X** \$25

This 60-metre observation wheel is the tallest in Canada and equipped with 42 luxurious, top-of-the-line, climate controlled cabins. Hop on board and appreciate panoramic views of the city, the St. Lawrence River, and, on occasion, fireworks displays.

Voiles en Voiles



Jacques-Cartier Pier Entrance Champ-de-Mars | 514 473-1458 voilesenvoiles.com

\$ **₹ 1**14 S € 4 € ₹

This adventure theme park offers outdoor fun, immersing children and adults into an 18th century world of pirates and royal ships. Activities include aerial adventure courses, all aboard courses, climbing challenges, and an inflatable playground. Come winter, this fun adventure zone offers tubing, snow scooters, a ground obstacle course, quadricycle tours, and guided archery battles where two teams battle it out across both ships. December to October.

MTL Zipline





\$ 114 %

MTL Zipline customers can enjoy a thrilling experience and appreciate spectacular views as they fly above the Old Port of Montréal. May to October.



SOS Labyrinthe

87 Map p. 90 / Ad p. 100



Clock Tower Pier | M Champ-de-Mars 514 499-0099 | soslabyrinthe.com

\$ 11th X

Visitors of all ages hunt for the secrets of this forgotten cargo by exploring a 2-km labyrinth filled with obstacles, dead-ends, traps and clues, in search of four treasures of the longshoremen. May to October.

PY₁

88 Map p. 90 / Ad p. 100

Launched by Cirque du Soleil founder Guy Laliberté, this nomadic, pyramid-shaped event venue is an engineering marvel, with a plethora of cutting-edge immersive technologies designed to deliver mind-blowing multimedia shows and vibrant multi-sensorial collective experiences. This summer, the multimedia extravaganza Through the Echoes will roll every two hours. And weekends in the Old Port will never be the same when the pyramid transforms into a happening nightclub featuring live music and DJs. June 1 to September 30, 2019.

Jet Boating the Lachine rapids / **Jet St-Laurent**

89 Map p. 90 / Ad p. 102

Clock Tower Pier | Champ-de-Mars | 514 284-9607 jetboatingmontreal.com

\$ 114 1

Saute-Moutons offer expeditions on the magnificent Lachine Rapids that leave you wet and wordless. Powerful jet boats give you a fresh new take on the St. Lawrence River. Speed Boating: rodeo on a high-speed boat with 360-degree turns. May to October.

The Clock Tower and Tower Beach

90 Map p. 90

Clock Tower Pier | Champ-de-Mars | 514 496-7678 OldPortofMontreal.com

The beach is a veritable window on the St. Lawrence River. Although swimming is not possible, visitors can indulge in pleasant sunbathing with all the beach essentials, including umbrellas, sprayers, a boardwalk, and a snack. Admission fees apply. May to



September. The Clock Tower was built in 1922 to commemorate the courage of the men of the Merchant Fleet who were lost during World War I.

WET SET MTL

91 Map p. 90

Jacques-Cartier Pier | ☑ Champ-de-Mars 514 701-9387 | wetsetmtl.com

\$ Minik 🗓 🊓

WetSet MTL offers guided jet-ski tours. Various packages are available, including 1.5-hour discovery rides, 3-hour pleasure rides, and 6-hour adventure rides on your own or as a duo or trio. May to October.

Montréal Science Centre

92 Map p. 90 / Ad p. 99

2 de la Commune Street West | ☑ Place-d'Armes 514 496-4724 | montrealsciencecentre com

Astounding, funny, and surprising, the exhibitions at the Montréal Science Centre open the doors to exploring, learning, and understanding a range of topics related to science and technology.

IMAX®TELUS cinema at the Montréal Science Centre

93 Map p. 90 / Ad p. 99

2 de la Commune Street West | ☑ Place-d'Armes 514 496-4724 | montrealsciencecentre.com

₺\$ ♠ ♠

IMAX®TELUS cinema features the best of the IMAX® film productions, using the latest generation of laser projection technology combined with a new immersive 12-channel sound system. Images of unparalleled quality are projected on a seven-story screen.

Grand Quai du Port de Montréal

94 Map p. 90

Place-d'Armes | 514 283-7011 | port-montreal.com



The Promenade d'Iberville on the green Grand Quay roof boasts over 20,000 flowering and aromatic plants and an immense wooden terrasse from which to breathe it all in. The beauty of the flora is only matched by the impressive view of Montréal, the Old Port and cruise ships as they sail down the St. Lawrence River. Passersby can enjoy a prime vantage of the river from Commencement Square, a vast lawn beside the water complete with Adirondack chairs to sit back, relax and watch the world go by. Marine enthusiasts can wile away the hours at The Port Centre, which highlights milestones in Montréal's rich port history through exhibitions.



In 1967, the Universal and International Exhibition, on the theme of "Man and His World", welcomed more than 50 million visitors.

Île Sainte-Hélène doubled in size and a brand-new island, Île Notre-Dame, was built from the rock and earth excavated during the construction of the Montréal metro.



Restaurants and cafés

3 Brasseurs Saint-Paul 🌱

North America, France | \$\$

105 Saint-Paul Street East

☐ Champ-de-Mars | 514 788-6100
les3brasseurs.ca

Bateau-Mouche (cruises) at the Old Port of Montréal

North America, Québec | V \$\$\$\$

BEVO Bar + Pizzeria

Italy | **V** \$\$

410 Saint-Vincent Street

☐ Champ-de-Mars | 514 861-5039
bevopizza.com

Bistro Brasserie Les Soeurs Grises 😤

Québec | ECO \$

32 McGill Street

☑ Square-Victoria-OACI
514 788-7635 | bblsg.com

Boho 😤

New Cuisine | V \$\$

436 Saint-François-Xavier Street

☐ Place-d'Armes | 514 285-4037 bohomtl.com

Bonaparte

France | **V** \$\$\$

447 Saint-François-Xavier Street

☐ Place-d'Armes | 514 844-4368
restaurantbonaparte.com

Boris Bistro

Ad p. 108

France, New Cuisine | V \$\$

465 McGill Street

Square-Victoria-OACI

514 848-9575 | borisbistro.com

Brasserie 701 😤

France | **V** \$\$

701 Côte de la Place-d'Armes

☑ Place-d'Armes | 514 904-1201
brasserie701.com

Brit & Chips 😤

North America | \$

433 McGill Street

☑ Square-Victoria-OACI

514 840-1001 | britandchips.com

Chez Delmo

France | **V** \$\$\$\$

275 Notre-Dame Street West

☑ Place-d'Armes | 514 288-4288 chezdelmo.com



Chez Éric & Fils

France | \$\$

438 Place Jacques-Cartier

☐ Champ-de-Mars | 514 543-7077

Chezericrestobar.ca

Crêperie Chez Suzette

North America, France, Québec V SS

3 Saint-Paul Street East

☑ Place-d'Armes | 514 874-1984
creperiechezsuzette.com

Croisières AML

North America | V \$\$\$\$

Grand Quai du Vieux-Port de Montréal I ☑ Place-d'Armes 514 842-9300 croisieresaml.com

Délices Érable & Cie

Ad p. 108

Baked goods and treats | ECO

84 Saint-Paul Street East

Place-d'Armes | 514 765-3456

deliceserableetcie.com

Europea Espace Boutique

New Cuisine | \$

33 Notre-Dame Street West

☑ Place-d'Armes | 514 844-1572
europeaespaceboutique.ca

Gault Restaurant

Québec | is \$\$

449 Sainte-Hélène Street

Square-Victoria-OACI
514 904-1616 | hotelgault.com

Graziella

Italy | ECO \$\$\$\$

116 McGill Street

■ Square-Victoria-OACI
514 876-0116 | restaurantgraziella.ca

Hambar

New Cuisine | V \$\$\$

355 McGill Street

Square-Victoria-OACI
514 879-1234 | hambar.ca

Hanzo

Asia | \$\$

417 Saint-Nicolas Street

☑ Place-d'Armes | 514 543-6400 hanzoizakaya.ca

Helena

Mediterranean | \$\$\$

438 McGill Street

☑ Square-Victoria-OACI
514 878-1555 | restauranthelena.com

Ikanos

Mediterranean | V \$\$\$

Invitation V

New Cuisine | V \$\$

210 Saint-Jacques Street

☑ Place-d'Armes | 514 271-8111
invitationy.com

Jardin Nelson

North America | \$\$

407 Place Jacques-Cartier

☐ Champ-de-Mars | 514 861-5731 jardinnelson.com

Jellyfish Restaurant

North America, Asia, New cuisine \$\$\$

626 Marguerite D'Youville Street 514 303-0908 iellvfishcrudocharbon.com

North America | \$\$

458 Place Jacques-Cartier

☐ Champ-de-Mars | 514 903-6998
johnmichaelspubmtl.com

John Michael's Pub 😤

Joiea Sociale

Italy | **V** \$\$

645 Wellington Street

☑ Square-Victoria-OACI
514 543-3534 | joieasociale.com

Kyo Bar Japonais

Asia | **V** \$\$

Le Place d'Armes Hôtel & Suites 711 Côte de la Place-d'Armes Place-d'Armes | 514 282-2711 kyobar.com

L'Auberge Saint-Gabriel

New Cuisine | \$\$\$

426 Saint-Gabriel Street

☑ Place-d'Armes | 514 878-3561
aubergesaint-gabriel.com

La Champagnerie 😤

North America, Latin America, Asia. New Cuisine | \$\$\$

343 Saint-Paul Street East

☑ Champ-de-Mars | 514 903-9343 lachampagnerie.ca

La Maison du Magret

France | \$\$

102 Saint-Antoine Street West

☑ Place-d'Armes | 514 282-0008
maisondumagret.com

La Sauvagine

France | \$\$

115 Saint-Paul Street East

☑ Champ-de-Mars | 514 861-3210
sauvagine-montreal.com

Le Cartet

New Cuisine | \$

106 McGill Street

Square-Victoria-OACI
514 871-8887



Le Club Chasse et Pêche Restaurant Bar Salon

New Cuisine | \$\$\$

423 Saint-Claude Street
Champ-de-Mars | 514 861-1112
leclubchasseetpeche.com

Le Local

New Cuisine | \$\$\$

740 William Street

☑ Square-Victoria-OACI
514 397-7737 | lelocal.ca

Le Petit Dep

Baked goods and treats

179 Saint-Paul Street West

☑ Place-d'Armes | 514 284-9162

Le Serpent

Italy | \$\$

257 Prince Street

☑ Square-Victoria-OACI
514 316-4666 | leserpent.ca

LOV McGill

New Cuisine | V \$\$

464 McGill Street

☑ Square-Victoria-OACI
514 287-1155 | en.lov.com

Maggie Oakes – Brasserie Montréalaise

North America | V 🕹 \$\$

426 Place Jacques-Cartier

☑ Champ-de-Mars | 514 656-6000

maggieoakes.com

Maison Christian Faure

Baked goods and treats | \$

355 Place Royale
Place-d'Armes | 514 508-6453



Méchant Boeuf Bar-Brasserie

North America | \$\$

124 Saint-Paul Street West

☑ Place-d'Armes | 514 788-4020
mechanthoeuf.com

Modavie *

France, Mediterranean | V \$\$

1 Saint-Paul Street West

Champ-de-Mars | 514 287-9582

modavie.com

Monarque

France | \$\$\$\$

406 Saint-Jacques Street
Square-Victoria-OACI
514 875-3896
restaurantmonarque.ca



Olive et Gourmando

Baked goods and treats | V

351 Saint-Paul Street West

Square-Victoria-OACI

514 350-1083

oliveetgourmando.com

Portus360

Mediterranean | V \$\$\$

777 Robert-Bourassa Blvd.

Square-Victoria-OACI
514 849-2070 | portus360.com

Restaurant Épik

Italy | **V** \$\$

171 Saint-Paul Street West
Place-d'Armes | 514 842-2912
restaurantepik.com

Restaurant Gandhi

India | \$\$

230 Saint-Paul Street West
Place-d'Armes | 514 845-5866
restaurantgandhi.com

Restaurant Holder

France | \$\$

407 McGill Street

Square-Victoria-OACI
514 849-0333
restaurantholder.com

Restaurant Mélisse

France | \$\$

719 William Street
Square-Victoria-OACI
514 379-3794
restaurantmelisse.com

Restaurant Pastel

New Cuisine | \$\$\$

124 McGill Street

☑ Square-Victoria-OACI
514 395-9015 | restopastel.com

Restaurant Solmar

Mediterranean | \$\$

111 Saint-Paul Street East

Champ-de-Mars | 514 861-4562

Ristorante Quattro

Italy | V \$\$

17 Notre-Dame Street West

☑ Place-d'Armes | 514 903-2909
ristorantequattro.com

Rodizio Brasil

Latin America | ECO SS

160 Notre-Dame Street East

☐ Champ-de-Mars | 514 508-3883
rodiziobrasil.ca

Rosewood *

North America | \$\$

60 Saint-Jacques Street

☑ Place-d'Armes | 514 843-8585
rosewoodmontreal.com

Saint-Amable Resto Bar

France | \$\$

410 Place Jacques-Cartier

☑ Champ-de-Mars | 514 866-3471
saintamablerestobar.ca

Scena 🖞

North America | is \$\$

Jacques-Cartier Pier | Old Port of Montréal | ☑ Champ-de-Mars 514 288-0914 | scena.ca

Sésame

Asia | **V** \$\$

380 Saint-Jacques Street West

☑ Square-Victoria-OACI

514 439-4576 | sesamerestaurant.ca

Sinclair Restaurant

France | V % ECO \$\$

414 Saint-Sulpice Street

☐ Place-d'Armes | 514 284-3332
restaurant-sinclair.com

Smoking meat

North America, Québec | V \$\$

143 de la Commune Street East

☑ Champ-de-Mars | 514 866-1000
smokingmeat.ca

Tapas 24

Mediterranean | V \$\$

Taverne Gaspar 😤

North America | V \$\$

89 de la Commune Street East

☑ Place-d'Armes | 514 392-1649 tavernegaspar.com

The Keg Steakhouse + Bar

North America | \$\$

25 Saint-Paul Street East
Description Place-d'Armes | 514 871-9093 |

Trattoria Gio

Italy, Mediterranean | V \$\$

452 Place Jacques-Cartier

☑ Champ-de-Mars | 514 508-5659 trattoriagio.com

Un Po Di Piu

Italy | **V** \$\$\$\$

3 de la Commune Street East

☑ Place-d'Armes | 514 861-8686
caffeunpodipiu.com

Vallier Bistro

North America | \$\$

425 McGill Street

Square-Victoria-OACI

514 842-2905 | vallierbistro.com

Verses Bistro

North America, France | V \$\$\$

100 Saint-Paul Street West

☐ Place-d'Armes | 514 788-4000
versesrestaurant.com

Vieux-Port Steakhouse

North America | V \$\$

39 Saint-Paul Street East

☐ Champ-de-Mars ☐ 514 866-3175
vieuxportsteakhouse.com

Xavier Artisan, Place d'Armes

North America, Québec | V \$

503 Place d'Armes
Place-d'Armes | 514 439-6675
xavier-artisan.com

XO Le Restaurant

France, Mediterranean, New Cuisine, Québec

V & SSSS

Hotel Le St-James 355 Saint-Jacques Street West ☑ Square-Victoria-OACI 514 841-5000 | hotellestjames.com





Shopping /

SHOPPING STREETS

Saint-Paul Street

Champ-de-Mars vieuxmontreal.ca

This street dating back to the city's inception is now lined with boutiques, art galleries and restaurants.

SHOPPING MALLS

Marché Bonsecours

Ad p. 109

350 Saint-Paul Street East

☑ Champ-de-Mars | 514 872-7730
marchebonsecours.qc.ca

is X

A proud showcase for Québec artists, designers and artisans, this heritage building houses 15 boutiques.

ART GALLERIES

Ashukan Cultural Space

431 Place Jacques-Cartier

☑ Champ-de-Mars | 514 875-2772
sacredfireproductions.ca

Dedicated to the dissemination of Aboriginal arts, artists, and cultures in Canada.

Bunker Art – By Yves Laroche

206 Saint-Paul Street West

Place-d'Armes | 438 520-6400

From Riopelle to Banksy, The Bunker Art Gallery showcases avant-garde contemporary art with key pieces from local and international artists.

Galerie d'art Images Boréales

Ad p. 3

4 Saint-Paul Street East

☐ Place-d'Armes | 514 439-1987 imagesboreales.com

An Inuit art gallery bringing together both traditional and contemporary works.

Galerie Le Chariot

Ad p. 2

446 Place Jacques-Cartier
Champ-de-Mars | 514 875-4994
galerielechariot.com

A selection of Inuit and Iroquois sculptures are on display for amateurs and collectors.

Matthew Namour Gallery

217 Saint-Laurent Blvd.

Place-d'Armes | 514 903-1987 matthewnamour.com

Located in an historical venue, this contemporary art gallery invites you to discover the works of young cutting-edge Street artists: Pop art, illustration and graffiti.

CLOTHING / ACCESSORIES

Harricana par Mariouche

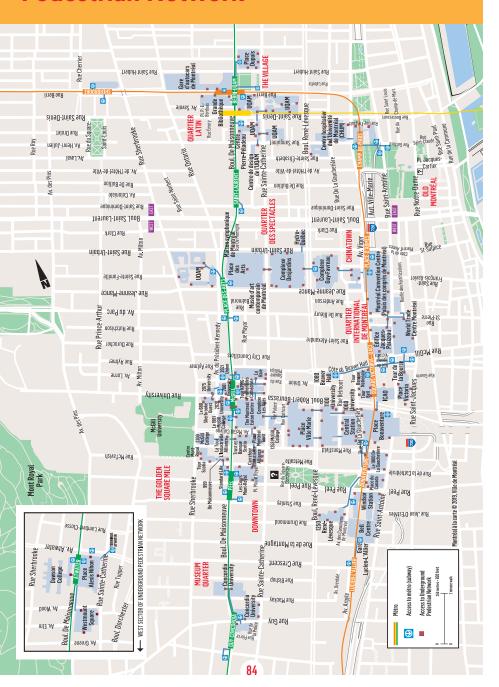
416 McGill Street

☑ Square-Victoria-OACI

514 282-1616 | harricana.qc.ca

Clothing and objects made in Québec, from recycled fur and silk.

Underground Pedestrian Network

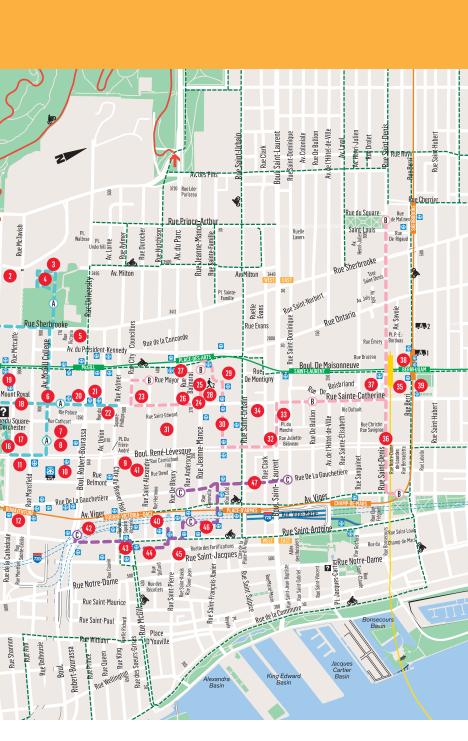


Parc Jean-Drapeau

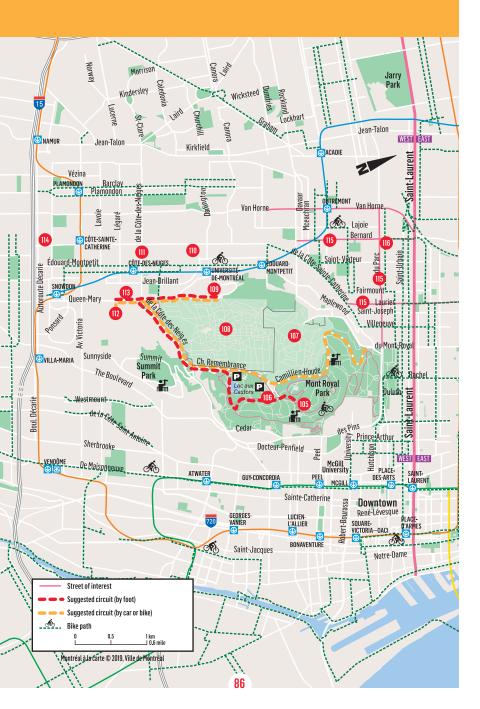


Downtown

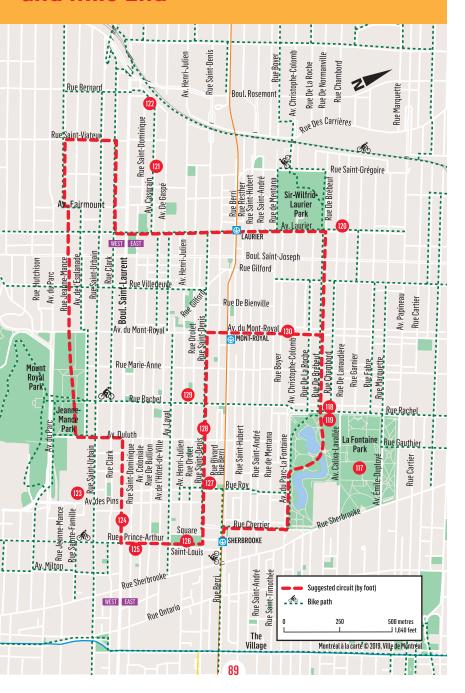




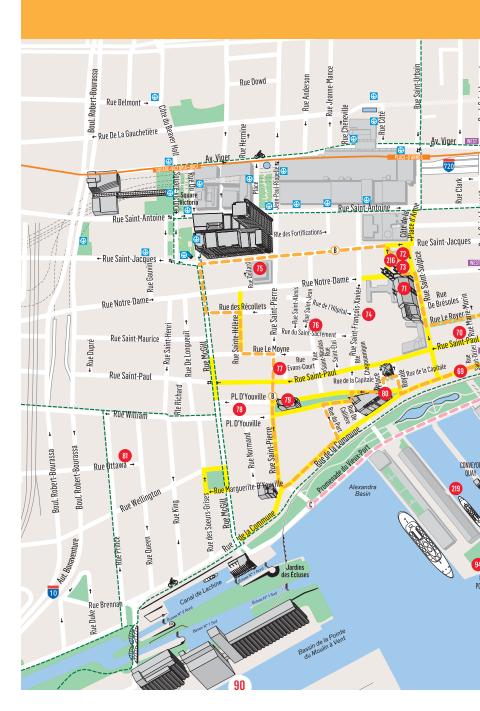
Mount Royal and Outremont



Plateau Mont-Royal and Mile End

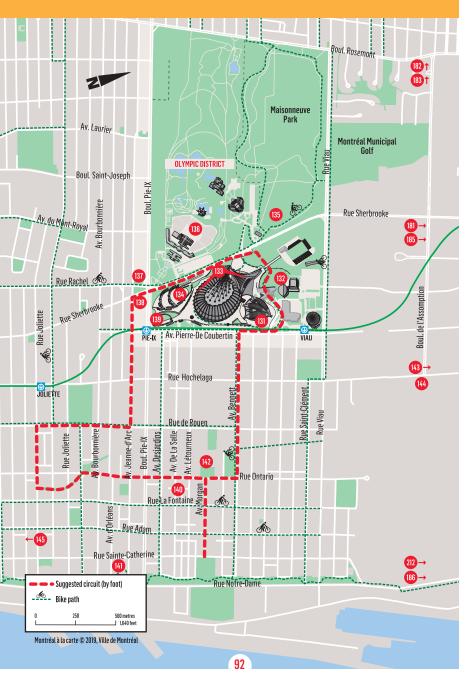


Old Montréal and Old Port

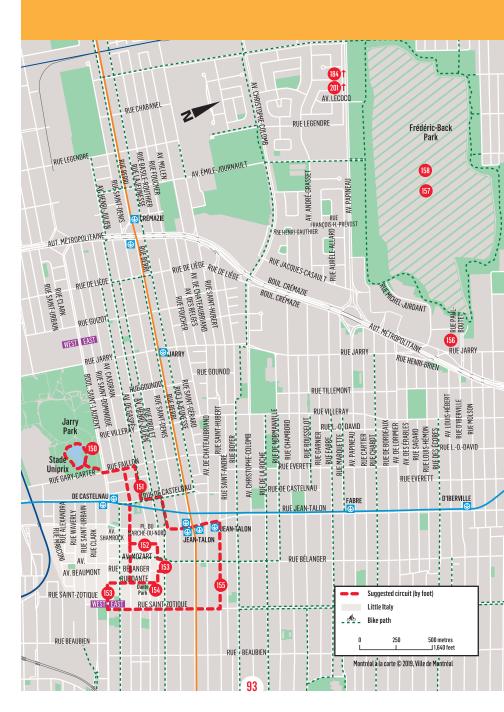




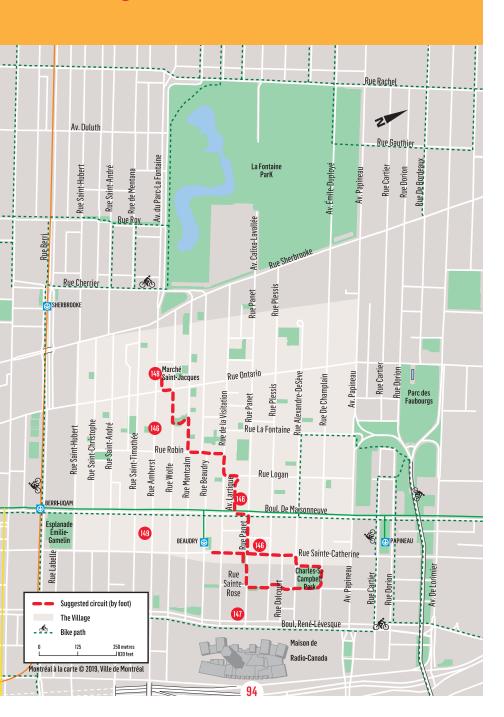
Olympic District and Hochelaga-Maisonneuve



Little Italy and Villeray



The Village



Heritage Gallery

30 Saint-Paul Street East

☑ Place-d'Armes | 514 392-9272
heritagegallery.ca

A wide range of exclusive collections of Inuit art, natural furs and jewelry.

Phi Boutique

Virtual reality-related objects, magazines, art books, gadgets, fashions by designers and exclusive creations.

Signatures québécoises by Anne de Shalla

350 Saint-Paul Street East Local 240 | ☑ Champ-de-Mars 514 398-0761 signaturesquebecoises.com

An exclusive selection of upscale Québec fashion, which includes Anne de Shalla's own creations.

DECORATION AND OUÉBEC CREATIONS

Boutique Bonjour Montréal

421 Place Jacques-Cartier

Champ-de-Mars | 514 866-5757

Boutique Bonjour Montréal offers quality souvenirs and original gifts made by local artisans.

Boutique métiers d'art du Québec

20 Saint-Paul Street West

Place-d'Armes | 438 385-7787
metiersdart.ca

Arts and crafts items, including jewelry, glassware, woodwork, ceramics, and leather goods.

ImpresArts

216 Notre-Dame Street West
Place-d'Armes | 514 360-8111
impresarts.com

Local artworks at affordable prices from paintings and sculptures, to jewelry, clothing, and accessories, to kitchen and decorative items.

Indianica

79 Saint-Paul Street East

☑ Champ-de-Mars | 514 866-1267 indianica.com

A wide selection of Inuit sculptures, leather fashions, moccasins and genuine Canadian furs.

L'Empreinte coopérative, boutique métiers d'art

88 Saint-Paul Street East

☑ Place-d'Armes | 514 861-4427
lempreintecoop.com

Some 70 artisans working with glass, wood, ceramics, textiles, paper, metal and leather.

Maison Pepin

378 Saint-Paul Street West

☑ Square-Victoria-OACI
514 844-0114 pepinshop.com

This European-style concept boutique offers trendy clothing, accessories and exclusive decorative items from local designers.

Mon Shack au Québec & La cour des arts du Vieux-Montréal

161 Saint-Paul Street Est

☑ Champ-de-Mars | 514 847-1400 lacourmontreal.com

Jewelry, accessories, gift items, and decorative objects made by Québec artists and artisans.

Noël Éternel

60 Notre-Dame Street West

☑ Place-d'Armes | 514 285-4944
noeleternel.com

A multitude of Christmas collectible items locally made and from around the world.

JEWELRY

TEODOREX Amber Trésor

130 Saint-Paul Street East

Champ-de-Mars | 514 393-0323

Specializing in natural Baltic amber, Teodorex offers a large selection of unique amber jewelry and some souvenirs.

KITCHEN ACCESSORIES AND FOOD

Délices Érable & Cie

Ad p. 108

84 Saint-Paul Street East
Place-d'Armes | 514 765-3456
deliceserableetcie.com

X

Gelati, coffee, pastries, 100% organic maple syrup and many more delicacies made from maple syrup, honey, and cranberries.

Europea Espace Boutique

33 Notre-Dame Street West

☑ Place-d'Armes | 514 844-1572
europeaespaceboutique.ca

X

Selection of unique gifts and souvenirs.

Le Cartet

106 McGill Street

☑ Square-Victoria-OACI
514 871-8887

X

The storefront gourmet shop features all sorts of epicurean delights and take-out goodness.





Le Petit Dep

179 Saint-Paul Street West

▶ Place-d'Armes | 514 284-9162

X

This charming independent café is also a delicatessen offering a wide variety of specialized products.

Maison Christian Faure

355 Place Royale

☑ Place-d'Armes | 514 508-6453
maisonchristianfaure.ca

X

Fine pastry shop, café, and boutique.

MUSEUM GIFT SHOPS AND SOUVENIR SHOPS

Boutique of Pointe-à-Callière, Montréal Archaeology and History Complex

165 Place d'Youville

☑ Place-d'Armes | 514 872-9149
pacmuseum.qc.ca

X

Reproductions of artifacts, New France-style pottery and early maps.

Souvenirs Neil

24 Saint-Paul Street East

Place-d'Armes | 514 395-9083

A vast collection of Inuit sculptures in addition to moccasins, masks, totem poles, maple sweets and other souvenirs.

Spas and wellness

Bota Bota, spa-sur-l'eau

Ad p. 101

Old Port of Montréal | Entrance at the corner of de la Commune West and McGill Streets

Square-Victoria-OACI 514 284-0333 | botabota.ca

Fashioned in an old ferryboat. In addition to its Scandinavianinspired water circuit, the spa offers treatments for both the body and face.

Rainspa

55 Saint-Jacques Street West

☑ Place-d'Armes | 514 282-2727
rainspa.ca

The spa features the first Hammam in Montréal. A line of Signature care is available along with an in-room cocooning service.

Scandinave Spa Vieux-Montréal

71 de la Commune Street West

Place-d'Armes | scandinave.com

With its contemporary and authentic design, the venue welcomes the sensation of absolute escape. Give your body and mind a moment of breathing space by combining Scandinavian baths and massage.

Spa of Hôtel Le St-James

355 Saint-Jacques Street

☑ Square-Victoria-OACI
514 841-3111 | hotellestjames.com

The rustic stone walls, a vestige of the original fortifications of Montréal, turned into a sanctuary of serenity. Customized services: massage therapy, hydrotherapy, body treatments.

моптréaL **Workshops**

Ateliers & Saveurs

444 Saint-François-Xavier Street

☐ Place-d'Armes | 514 849-2866
ateliersetsaveurs.com

This innovative school offers cooking classes, cocktail workshops and wine tasting sessions.

Harricana par Mariouche

416 McGill Street

☑ Square-Victoria-OACI
514 282-1616 | harricana.qc.ca

Harricana offers workshops, such as Lunch & Brunch Pompoms, for those who want to unleash their creativity.

Joiea Sociale

645 Wellington Street

☑ Square-Victoria-OACI
514 543-3534 | joieasociale.com

Joiea Sociale is an authentic urban Italian eatery in Old Montréal with a young and vibrant sense of home. Try out the Joiea Sociale Cooking School to learn all the tips and tricks from their kitchen to yours.

Maison Christian Faure

355 Place Royale

☑ Place-d'Armes | 514 508-6453
maisonchristianfaure.ca

It is the first international school devoted to French pastry in Canada. It offers workshops and pastry classes.

Maison Pepin

Varied workshops and activities: making of beauty products, tasting of natural wines, handcrafts and even yoga.



OLD PSRT MONTRÉAL

70EVENTS AND ACTIVITIES





























IMAX® MOVIES

INTERACTIVE EXIBITIONS





















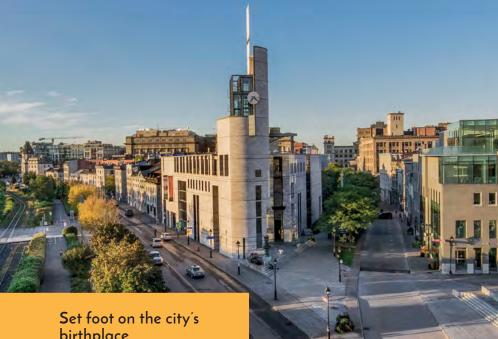








POINTE-À-CALLIÈRE **EXPLORE MONTRÉAL'S HISTORY**



birthplace

Stroll through the archaeological remains

Must-see exhibitions!

Into the Wonder Room Until January 5th 2020

See the dazzling new multimedia show

Dinner is served! French Gastronomy at its Best From June 5th to October 13th 2019





Visiting Montréal?

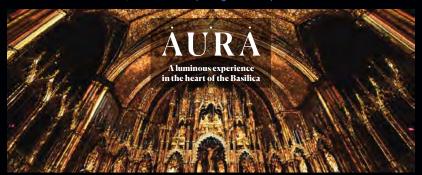
Prepare yourself to be amazed by Notre-Dame Basilica of Montréal



Guided tours everyday!

Discover the history of the first neo-gothic church in Canada.

Information, schedule and pricing at basiliquenotredame.ca



Enjoy AURA, a spectacular luminous experience by Moment Factory

Performances 6 evenings a week.

Information, schedule and pricing at aurabasiliquemontreal.com





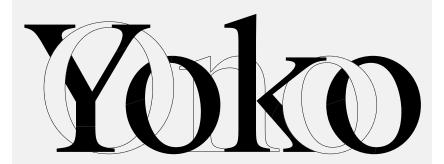


Montréal ##



Yoko LIBERTÉ CONQUÉRANTE Ono GROWING FREEDOM

25.04.2019 -15.09.2019 Fondation Phi pour l'art contemporain Free admission







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HERITAGE, FLAVOURS & ART OF LIVING



ART, FASHION & DESIGN LOCAL PRODUCTS CAFÉ & RESTAURANTS

350 SAINT-PAUL STREET EAST, OLD MONTREAL



Parc Jean-Drapeau



In the middle of the St. Lawrence River, Parc Jean-Drapeau, developed on Île Sainte-Hélène and Île Notre-Dame, offers a multitude of attractions and activities.

Its versatile trails, including 25 km of bicycle paths, offer magnificent panoramic views of the river and downtown. Fifteen public artworks of great value — including Calder's immense stabile, Man — are exhibited there permanently. In every season, the park hosts many music festivals, a fireworks competition, international sports events and popular festivals.



The Jacques-Cartier Bridge

93 Map p. 87

Jean-Drapeau | pjcci.ca

Inaugurated in 1931 as the Harbor Bridge, this link between Longueuil and Montréal was renamed in 1934 in honour of Jacques Cartier. the French explorer and first European to describe and map the St. Lawrence River. The digital and interactive lighting of the bridge smoothly forms part of its structure and is in harmony with the colours of each season and the energy of the city.

La Ronde

94 Map p. 87



Île Sainte-Hélène | 🖾 Jean-Drapeau + 💂 767 514 397-2000 | laronde.com

\$ Mink Mink Y X

La Ronde offers more than 40 rides and attractions, dazzling shows, as well as entertainment. This large amusement park produces and presents L'International des Feux Loto-Québec, the annual Montréal International Fireworks Competition. La Ronde also presents its annual Halloween Fright Fest every weekend of October. May to October.

Stewart Museum





20 Tour-de-l'Isle Road | Île Sainte-Hélène Jean-Drapeau | 514 861-6701 | stewart-museum.org

The Stewart Museum celebrates the influence of European civilization in New France and North America. Ivory, faience, brocade, silver, parchment... all these materials hand crafted by masters weave a time line where five centuries of political events, scientific experiments and cultural life unfold. The Museum occupies the British fortified depot on Île Sainte-Hélène, a 19th century military construction. Few people know that it was used as a place of detention for 400 Italian merchant seamen and civilians during World War II. Fans of escape games are now invited to relive this episode of history and try to escape from camp S / 43. Closed on December 25 and January 1.

Jacques-**Cartier Bridge**



Make the bridge shine by using the hashtag #illuminationMTL

The digital and interactive lighting of the bridge smoothly forms part of its structure and is in harmony with the colours of each season and the energy of the city, activated by millions of data.

As the seasons change, so do the lights

The bridge changes with the seasons thanks to a 365-colour calendar. Day after day, it gradually changes from an energizing spring green to a radiant summer orange, a voluptuous fall red, and finally an icy winter blue.

Hourly show

Every hour on the hour. short animations visually translate Montréal's mood. These animations are customized to the moment by traffic, weather and social media data collected during the day.

The pulse of Montréal

The vitality of Montréalers is constantly seen through a subtle flickering of the lights. The intensity, speed and density of the light particles varies with mentions of Montréal on social media.



Aquatic Complex at parc Jean-Drapeau

96 Map p. 87

Île Sainte-Hélène | 🖾 Jean-Drapeau | 514 872-7368 parcjeandrapeau.com



Once the Olympic training site for swimming events in 1976, then renovated in 2005 to host the FINA Championships, the Aquatic Complex now boasts an international calibre competition pool, a diving pool and a gradualslope recreational pool for families with young children. In particular, Inflated Saturdays are a summertime favourite among kids of all ages, with a floating inflatable structure that transforms into a fun-filled obstacle course. All this in the magnificent green setting of Île Sainte-Hélène.

Biosphère, Environment Museum



160 Tour-de-l'Isle Road | Île Sainte-Hélène Jean-Drapeau | 514 283-5000 canada.ca/the-biosphere

A Montréal architectural landmark from Expo 67, the Biosphere hosts exhibitions and scientific events that highlight the ways we can live as eco-citizens, addressing major environmental issues related to water, air, climate change, energy, severe weather, and sustainable development. Closed on May 20, June 24, July 1, September 2, October 14.

Circuit Gilles-Villeneuve

98 Map p. 87

Île Notre-Dame | 🖾 Jean-Drapeau | 514 872-6120 parcjeandrapeau.com

\$? MA B \$4 & L

The 4,361 km-long (2.5 miles) Circuit Gilles-Villeneuve not only hosts the Grand Prix du Canada, but also welcomes biking, in-line skating, jogging, and walking

enthusiasts. The first car race on the circuit took place in 1978 and was won by Québec's legendary driver, Gilles Villeneuve. April to November.

Jean-Doré Beach

99 Map p. 87

Île Notre-Dame | 🖾 Jean-Drapeau | 514 872-0199 parcjeandrapeau.com

s 🤝 Mai S Y X 🚣 ≌ 🛳

Water quality is rated A at all times. You can rent canoes, kayaks, and pedal boats. Also available are snacks, life jackets, volleyballs, and lounge chairs.

Parc Aquazilla

000 Map p. 87

Île Notre-Dame | 🖾 Jean-Drapeau | 514 872-0199 aquazilla.ca

S Min &

Family fun in the form of inflatable water games. Children must be aged 6 or older and measure at least 1.10 m (3'3"). June to September.

Casino de Montréal

Map p. 87 / Ad on inside front cover

1 du Casino Avenue | 🖾 Jean-Drapeau + 💂 777 514 392-2746 | casinodemontreal.ca

₺ ® **?** ∀ X

With nearly 100 gaming tables and approximately 3,000 slot machines, the Casino de Montréal offers one of the largest game varieties in North America. It includes five restaurants, four bars, and a cabaret which hosts burlesque-style shows, performancers, and concerts from the most popular local and international singers.

Habitat 67

102 Map p. 87

habitat67.com

The land-filled jetty called Cité-du-Havre was built to protect the harbour from currents and ice. Habitat 67, a housing complex designed for the 1967 World Exhibition by the 23-year-old architect Moshe Safdie, was built on this reclaimed land. An avant-garde design by the day's standards, Habitat 67 proposed a new lifestyle which hasn't lost its appeal.





Restaurants and cafés

Ajia, comptoir asiatique

Asia | & ECO \$

Casino de Montréal 1 du Casino Avenue Jean-Drapeau + 777 514 392-0909 casinosduquebec.com/montreal

Not sure what the symbols mean? See the legend on page 25.

L'Atelier de Joël Robuchon

Ad p. 114

France | V SSSS

Casino de Montréal, Level A Pavillon du Ouébec 1 du Casino Avenue 514 392-2781 robuchon-montreal.com

L'Instant déli et pâtes

North America | & ECO \$

Casino de Montréal, 1 du Casino Avenue 514 392-0909 casinosduquebec.com/montreal

Le Montréal

North America | & ECO SSS

Casino de Montréal 1 du Casino Avenue 514 392-2709 casinosduquebec.com/montreal

Pavillon 67, buffet gourmand

Casino de Montréal

North America | & ECO \$\$

1 du Casino Avenue 514 392-2709 casinosduquebec.com/montreal



- EXHIBITIONS, SITE VISITS, ESCAPE GAME AND MORE
- HISTORIC LANDMARK FOR MONTREAL AND CANADA
- **UNIQUE HERITAGE SITE**
- **OUTSTANDING VIEW OF MONTREAL AND THE ILLUMINATED** JACQUES CARTIER BRIDGE

STEWART-MUSEUM.ORG | • JEAN-DRAPEAU

Musée



Enjoy an exceptional evening of fine dining.

Reserve a table at 514-392-2781



Mount Royal and Outremont



Every stay in Montréal should include a stroll on Mount Royal, a jewel of greenery in the city's heart.

Mount Royal owes its name to Jacques Cartier, who christened it in 1535. "The mountain" is the meeting place for nature lovers, amateur ornithologists and athletes of all ages. Crisscrossed by trails and topped with lookouts, which offer breathtaking views of the city, its slopes accommodate the campuses of two universities, two immense cemeteries and St. Joseph's Oratory and, down below, designer clothing boutiques and lively bistros.





Mount Royal Park



103 Map p. 88

From East, via Camillien-Houde Parkway From West, via Remembrance Road Mont-Royal + 11 West | 514 843-8240 lemontroyal.qc.ca



Inaugurated in 1876, the Mount Royal Park was designed by Frederick Law Olmsted, the highly skilled designer behind New York's Central Park. It is an ideal site for admiring a wide variety of plants and birds or for enjoying outdoor activities. Les amis de la montagne offer a variety of services and activities that provide wonderful opportunities to discover the beauty and wealth of resources that the park has to offer, including the new permanent exhibition at the Smith House and interactive terminals and map. Mount Royal Chalet was inaugurated in 1932. The walls of its spacious interior are decorated with pictures tracing the history of Montréal, including many painted by famous artists. The Kondiaronk scenic lookout in front of the Chalet offers a striking view of the downtown area and the St. Lawrence River. Erected in 1924, the cross atop Mount Royal commemorates January 6, 1643, when Maisonneuve, Montréal's founder, kept his promise to carry a wooden cross to the summit of Mount Royal if the young colony survived flooding. Today, the cross stands 30 metres (98 feet) high and when lit, can be seen from miles away.



Smith House



Map p. 88

1260 Remembrance Road | Mount Royal Park lemontroval.gc.ca

↑ ★ ½ X

Built in 1858, this example of neo-classical rural architecture was once the home of a wealthy merchant and businessman. At the time. Mount Royal was indeed an oasis of freshness and tranquility sought by the bourgeois who wanted to get away from the polluted and overcrowded St. Lawrence bank. Today, in addition to offering welcome services, such as visitor information, a café, a gift shop and a permanent exhibition that highlights the history of this iconic natural landmark, Smith House is home to Les amis de la montagne, a non-profit organization that protects, improves and promotes the sustainability of Montréal's Mount Royal.

Mount Royal Cemetery



105 Map p. 88

1297 de la Forêt Road | Mont-Royal + 💂 11 514 279-7358 | mountroyalcem.com



Founded in 1852, the Mount Royal Cemetery is one of the oldest rural cemeteries in North America, Visitors can observe some 145 species of birds and century-old trees along trails or amid gardens and terraces. Historical guided tours recall the life of famous figures who are buried here.

Notre-Dame-des-Neiges Cemetery

Map p. 88

4601 de la Côte-des-Neiges Road | ☑ Côte-des-Neiges 514 735-1361 | cimetierenddn.org

(S) 🐔 📜 🐧

A celebration of Montréal's religious, cultural, historical, architectural and environmental heritage, the Notre-Dame-des-Neiges Cemetery is Canada's largest Catholic cemetery: since 1854, more than 900,000 people have been buried there. Situated on the magnificent Mount Royal, this tranquil testament to a people and its country has, over the years, become not only a natural haven for local flora and fauna but a home to rare tree species.

Université de Montréal



2900 Édouard-Montpetit Blvd. Université-de-Montréal | 514 343-6030 umontreal.ca

\$? hi X

Founded in 1878, the Université de Montréal now counts 13 faculties. Together with its two affiliated schools, it represents one of North America's largest educational centres. ranking first in Québec and second in Canada for higher education and research. Its main Art Deco-style building, designed by Ernest Cormier, was completed in 1943.

Centre d'exposition de l'Université de Montréal

(108) Map p. 88

2940 Côte Sainte-Catherine Road Pavillon de la Faculté de l'Aménagement | Room 0056 Université-de-Montréal | 514 343-6111 expo.umontreal.ca



The Centre presents exhibitions that address a variety of fields, including the humanities, arts, and sciences. It also promotes interdisciplinary communication through shows and activities, stimulating both imagination and thought. Closed on May 20, June 24, July 1, September 2, October 14, December 24, 25, 26 and January 1.

Côte-des-Neiges neighbourhood streets

Map p. 88

Côte-des-Neiges | experience-cdn.ca

On the western slope of Mount Royal, the Côte-des-Neiges district is renowned for its ties to knowledge, spirituality and multiculturalism. This beautiful verdant neighbourhood is home to some 80 cultural communities as well as a large student population, many of whom attend the Université de Montréal. To this, add other high-profile institutions such as major hospital centers and colleges, and HEC university school of administration, and it's not surprising that immigrants from around the world as well as families choose to settle in this lively neighbourhood. The district is teeming with ethnic shops, pubs, cafés and restaurants serving authentic world cuisine, but you'll find poutine as well! In summer, the public market is open 24 hours a day. Magnificent Saint Joseph's Oratory perches high above

with the Placette Côte-des-Neiges below, a lively pedestrian street where you'll love to take a break!

Museum and Saint Joseph's **Oratory of Mount Royal**



Map p. 88 / Ad p. 120

3800 Queen-Mary Road | ☑ Côte-des-Neiges 514 733-8211 | saint-joseph.org

It is one of the world's most visited centres of pilgrimage, Its founder, Saint Brother André began construction in 1904. The shrine includes a majestic building whose dome reaches 97 metres (second only in height to Saint Peter's Basilica in Rome), the small original chapel, a votive chapel, a crypt, gardens of the way of the cross, a basilica that can accommodate close to 2,000 worshippers. Its magnificent organs and its carillon composed of 56 bells give audible testament to the world's great composers. The Oratory Museum is dedicated mainly to sacred art. Renowned for its exceptional collection of crèches of the world, the museum displays works of religious, historical, and artistic heritage from Québec and abroad.



AquaMermaid

Map p. 88

3799 Queen Mary Road |
Côte-des-Neiges aquamermaid.com

Ś ńiń 🚓

At AquaMermaid, aspiring merpeople of all genders and swimming levels, 7 years of age and older, trade in their legs for a monofin, wiggle into a colourful lycra tail and jump right in! Fun, sporty and safe, AquaMermaid classes make for original and memorable parties and family outings.



Montréal Holocaust Museum

112 Map p. 88

5151 Côte-Sainte-Catherine Road

☑ Côte-Sainte-Catherine | 514 345-2605
museeholocauste.ca

🤶 M 🔥 🛣 🗶 \$8

The Museum tells the story of Jewish communities before, during, and after the Holocaust. Through the stories of the Montréal survivors, visitors are invited to reflect on the destruction engendered by prejudice, racism, and antisemitism. Closed on May 20, June 24, July 1, September 2, October 14, December 25 and January 1.

Outremont neighbourhood streets

113 Map p. 88

Outremont

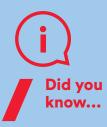
Laurier Avenue West is known for its restaurants, gourmet food shops and the speciality boutiques that teem with exclusive designer apparel, accessories, original furnishings, children's clothing, and toys. Bernard Avenue, located in a residential and business zone of Outremont, hosts turn-of-the-century architecture housing restaurants and design boutiques. Du Parc Avenue, since the 1950s, has been the home of the Greek community, its restaurants, and pastry shops. Alongside du Parc Avenue lies Jeanne-Mance Park, named in honour of the founder of Montréal's first hospital. Hôtel-Dieu de Montréal. The park has always been a great location for different leisure, sporting and cultural activities. Just across from Jeanne-Mance Park, on the slopes of Mount Royal, is the site of the tam-tam concerts, held every Sunday in the summertime.

Rialto Theatre

114 Map p. 88

Mink ≰ ∑

Built in 1923-24 to plans by Montréal architect Joseph-Raoul Gariepy, the Rialto is inspired by Le Palais Garnier (Opéra de Paris). The building comprises several rooms and activities include concerts, theatre, cinema, dance performances, exhibitions, galas, cocktail parties and others, all in a lush environment that boasts marble staircases, painted ceilings, gilded moldings, and a Tiffany stained-glass dome. The Rialto is one of the jewels of Montréal's heritage.



- Montréal is located at 73° west longitude and 45° north latitude, just like Venice, Geneva, Lyon and Milan.
- The Island of Montréal covers a total surface area of 500 km².
- As the crow flies, the island of Montréal is 50 kilometres long and 16 kilometres wide.
- Montréal's altitude is 17 metres above sea level.
- The total length of the banks of the Island of Montréal is 267 kilometres.
- The territory of the Montréal agglomeration has 75 islands, while the metropolitan area is made up of more than 380 islands.
- The Saint Lawrence River ranks as the 17th largest waterway in the world.



Restaurants and cafés

Chez Lévêque

France | **V** \$\$\$

1030 Laurier Avenue West
Outremont

■ Laurier + 51 West
514 279-7355 | chezleveque.ca

Les Enfants Terribles

Québec | \$\$

1257 Bernard Avenue West Outremont | ☑ Outremont 514 759-9918 iesuisunenfantterrible.com

Les Fillettes

France, Québec | \$\$

1226 Van Horne Avenue Outremont | ☑ Outremont 514 271-7502 | lesfillettes.com

Restaurant Leméac

France | Its ECO \$\$\$

1045 Laurier Avenue West

☐ Place-des-Arts + ☐ 80 North
514 270-0999
restaurantlemeac.com

Shopping /

SHOPPING STREETS

Bernard Avenue

Outremont

Exclusive household furnishings, imported and Québec fashion designs as well as chic children's wear.

Côte-des-Neiges Streets

Côte-des-Neiges experience-cdn.ca

X

The district is teeming with ethnic shops, libraries, pubs, cafés and restaurants serving authentic world cuisine as well as poutine. Its main commercial street, Chemin de la Côte-des-Neiges, truly is open to the world.

Laurier Avenue West

From Saint-Laurent Blvd.
to de l'Épée Avenue

☐ Place-des-Arts + ☐ 80 North
laurierouest.com

Exclusive household furnishings, imported and Québec fashion designs as well as chic children's wear.

CLOTHING / ACCESSORIES

Boutique 5° Avenue

371 Laurier Avenue West

☑ Place-des-Arts + 🖨 80 North
514 270-2022 | 5av.ca

A go-to fashion destination, Boutique 5° Avenue is recognized for its collections and personalized service.







Plateau Mont-Royal and Mile End



The eclecticism, creative energy and bohemian spirit emanating from these two dynamic urban hubs are appreciated.

Cafés, bars, shops, bookstores and restaurants are side by side with former textile mills and churches converted into businesses or condos. A true nerve centre of the Montréal artistic community, the Plateau stands out for its lively commercial avenues, its charming residential streets, its colourful houses and its celebrated spiral staircases. Marginal and cosmopolitan, Mile End is totally in tune with the times. Unearth vintage finds, enjoy original dishes, and don't forget the famous Montréal bagels.





Parc La Fontaine





As soon as the first fine spring weather arrives, all kinds of people flock to the parc La Fontaine to relax in the shade of its trees or do a picnic and sunbathe. The artificial pond allows visitors to observe a wide range of bird species throughout the summer season. In winter, the pond is transformed into a skating rink, with music. An outdoor theatre presents events during the summer.

La Maison des cyclistes





Located at the crossroads of two major bike paths in Montréal, la Maison des cyclistes is the nerve centre of Québec's cycling culture. Here, you'll find a café, a travel agency and a boutique offering a wide selection of books, guides, maps and accessories for cyclists.

Fitz & Follwell



1251 Rachel Street East | ☑ Mont-Royal | 514 418-0651 fitzandfollwell co

\$ 11th S 🗓 💰

Led by experienced guides, visitors can discover Montréal, its tourist sites, and its hidden corners. To explore on your own, Fitz & Follwell will set you up with a high quality bike, helmet, lock and map.

Laurier Avenue East



Laurier

Charming, typically Montréal homes line its green sidewalks alongside bustling shops, from artisanal bakeries to gourmet groceries to tantalizing restaurants, each more inviting than the next. Laurier East is an ideal avenue to stop and enjoy an espresso al fresco, to pick up an exquisite home décor item, to play a round of pétanque in the parc Wilfrid-Laurier.

Sports de Combats





Sports de Combats is a recreational sports and entertainment facility combining aspects of gaming and fitness. Activities include epic NERF battles, stress-relieving smashing of objects in the Rage Cage, knife and axe throwing practice, archery lessons, and combat archery.

Le Marché des Possibles

120 Map p. 89

Corner of Bernard East and Saint-Dominique Streets

Rosemont | popmontreal.com

⑤ 1/14 Y X

An outdoor public space hosting cultural events in the summer to reflect the neighbourhood's creativity and festive community spirit. It features a free and diversified socio-cultural programming that includes musical performances, screenings of films and activities for children. On the premises, you will also find a bar and a biergarten, a market with artists and artisans creations, as well as delicious food provided by local chefs and pop-up restaurants. End of June to mid-August.

Musée des Hospitalières de l'Hôtel-Dieu de Montréal

(121) Map p. 89

201 des Pins Avenue West | ☑ Sherbrooke + 🖨 144 West 514 849-2919 | museedeshospitalieres.qc.ca

its M \$10

The museum traces the history of health and religious heritage. It explores the beginnings of Montréal and the Hotel-Dieu, founded by Jeanne Mance; the arrival in 1659 of the Hospitallers of Saint-Joseph, an order of nursing sisters; and the evolution of medicine and nursing. Discover artifacts and art and medical objects bearing testament to another era. Guided tours of the garden and the Chapel of the Religious Hospitallers of St. Joseph are available on certain dates during the summer.



Between Sherbrooke and Bernard Streets

Saint-Laurent + ■ 55 North
boulevardsaintlaurent.com

Also known as "The Main", Saint-Laurent Boulevard is one of the most with-it streets in Montréal. It's where you go to enjoy the rich variety and texture of city life. Take a culinary tour around the globe in its many restaurants. Delight in the creativity of its talented designers goods. Enjoy the summer MURAL Festival, which has turned the boulevard into one of North America's major centres for street art. Let yourself go into its bars and clubs. Its authentic personality and architecture are the product of over 300 years of history. From the 20th century on, newcomers to Canada chose Saint-Laurent to live and to work, and today its residents and businesses testify to its varied

Dyad



80 Prince Arthur Street East | Sherbrooke 438 380-9880 | dyadcycles.com

origins. It is a symbolic thoroughfare.

Canadian multiculturalism.

marking the point where the city's French-

speaking, English-speaking and immigrant

communities meet. It is a true reflection of

\$ 🛭 🏡 🙈

Dyad is a one stop shop where scooters can be rented and patrons can sign up for guided scooter tours of Montréal. These entertaining cultural outings (including food tastings) offer participants the chance to ride scooters through the city's most vibrant neighbourhoods. No driver's license required. For participants over 18-years-old.

Prince-Arthur Street and Square Saint-Louis

124 Map p. 89

Sherbrooke

During the 60's, Prince-Arthur Street was "the" hippie haven in Montréal. Today a favourite among pedestrian streets, it is extremely lively during summer. Street artists and musicians add character to this restaurant and café-terrasse strewn neighbourhood. Prince-Arthur Street leads to the architecturally rich Square Saint-Louis with its imposing 19th century homes. Attracting well-to-do French-Canadian families to the area in the

early 1800s, number of artists also made their homes around Square Saint-Louis, including renowned poet Émile Nelligan (1879-1941).

Bicycle rental - Spade & Palacio

125 Map p. 89

3801 Saint-Denis Street | ☑ Sherbrooke 514 806-3263 | spadeandpalacio.com

Walk or bike around town, taking in the architecture, street art, local eateries and watering holes, markets and more. If you wish to explore on your own, Spade & Palacio offers bike rentals, too.

Saint-Denis Street – between Gilford and Roy Streets

126 Map p. 89

Mont-Royal | 514 563-0697 | ruesaintdenis.ca



With its sidewalk cafés, lively bar scene, trendy boutiques and fine restaurants, Saint-Denis Street is an important shopping street. Designers, art shops and bookstores all beckon. And when shopping is done, strollers can rest their feet and watch the world go by from a sunny outdoor café.

Saint-Jean-Baptiste Church

(127) Map p. 89

309 Rachel Street East | ☑ Mont-Royal | 514 842-9811 eglisesjb.com

®

Built in 1872, the church was destroyed by fire in 1898 and 1911 before being rebuilt in 1912. A Neo-Baroque inspired work of monumental proportions, it is one of the largest churches in Montréal. Concerts are held regularly here, and guided tours are offered during the summer.

Mont-Royal Avenue

128 Map p. 89

Mont-Royal | mont-royal.net

A great place to shop, Mont-Royal Avenue is full of little treasures: fashion boutiques, bookstores, vinyl record stores, cheese shops, bakeries, restaurants bars, and specialty grocery stores. Summer or winter, in restaurants or cafés, the Plateau's bohemian residents meet up at Place Gérald-Godin and take part in open markets, torchlight walks, and other events that invigorate the Avenue.



Restaurants and cafés

Aldea MTL

Mediterranean | \$\$

4403 Saint-Laurent Blvd.

Mont-Royal + ☐ 97 West
514 843-6464 aldeamtl.com

Atma Restaurant

India | **V** \$\$

3962 Saint-Laurent Blvd.

☑ Saint-Laurent + 🖨 55 North
514 798-8484 | restaurantatma.ca

Bar Tapas Taza Flores

Mediterranean | \$\$

5375 du Parc Avenue

☐ Place-des-Arts + ☐ 80 North
514 274-5516 | tazaflores.com

Birona Mediterranean tapas and hummus bar

Mediterranean | V \$\$

5417 Saint-Laurent Blvd.

☑ Saint-Laurent + ☐ 55 North

438 386-6228 | bironahummus.com

Bistrot La Fabrique

France, Québec | V \$\$\$

3619 Saint-Denis Street

☑ Sherbrooke | 514 544-5038
bistrotlafabrique.com

Caribou gourmand

North America, France, Québec V SS

5308 Saint-Laurent Blvd.

Saint-Laurent + ☐ 55 North
438 387-6677

Caribougourmand.com

Chasse Galerie Restaurant

Québec | \$\$\$

4110 Saint-Denis Street

Mont-Royal | 514 419-9601 lechassegalerie.com

Chez Victoire

New Cuisine | ECO \$\$

1453 du Mont-Royal Avenue East

Mont-Royal + ☐ 97 East
514 521-6789 L chezvictoire.com

Clébard 😤

North America | \$\$

4457 Saint-Denis Street

Mont-Royal | 514 903-4456 clebard.ca

Espace La Fontaine

France, Mediterranean, New Cuisine, Québec | V ECO \$

3933 du Parc-La Fontaine Avenue

☑ Sherbrooke | 514 280-2525
espacelafontaine.com

Fairmount Bagel Bakery

Ad p. 129

North America | \$

74 Fairmount Avenue West

☑ Saint-Laurent + ☐ 55 North

514 272-0667 | fairmountbagel.com



Guru - Bistro Indien

India | **V** \$\$

3464 Saint-Denis Street

☑ Sherbrooke | 514 844-9777
bistroguru.com

Hà Restaurant

Asia | \$\$

243 du Mont-Royal Av. West

Mont-Royal + ☐ 11 West
514 848-0336 I restaurantha.com

IBERICOS Spanish tapas tavern

Mediterranean | \$\$

4475 Saint-Denis Street

Mont-Royal | 514 845-4475
ibericos.ca

Ichigo Ichie

Asia | **V** \$\$

360 Rachel Street East

☑ Mont-Royal | 514 282-0009 ichigoichie.ca

India Rosa

India, New Cuisine | V \$\$\$

1241 du Mont-Royal Avenue East

Mont-Royal | 514 543-1880

Joséphine

New Cuisine, Québec | \$\$\$\$

4007 Saint-Denis Street

Sherbrooke | 514 840-5015 josephine-restaurant.ca

Kinoya 😤

Asia | \$\$

4250 Saint-Denis Street

Mont-Royal | 514 508-5200 kinova.ca

La Khaima

La Maison des cyclistes

North America | \$

1251 Rachel Street East

☑ Mont-Royal | 514 521-8356
velo.qc.ca/en/maison-des-cyclistes

La Prunelle

Québec | 4 \$\$\$

327 Duluth Avenue East

Mont-Royal | 514 849-8403
restaurantlaprunelle.com

Le Filet

New Cuisine | \$\$\$

219 du Mont-Royal Avenue West

Mont-Royal | 514 360-6060

lefilet.ca

Le Virunga

Mediterranean, New Cuisine, Québec | **V** \$\$

851 Rachel Street East
Mont-Royal | 514 504-8642
levirungarestaurant.ca

Les Héritiers

France, Québec | V ECO \$\$\$

1915 du Mont-Royal Avenue East

Mont-Royal + ☐ 97 East
514 528-4953 | lesheritiers.com

Monsieur B

France | | V \$\$\$

371 Villeneuve Street East

Laurier | 514 845-6066

monsieurh ca

O.Noir

Mediterranean | \$\$

124 Prince-Arthur Street East

☑ Sherbrooke | 514 937-9727 onoir.com

Pizzédélic Mont-Royal

| italy | ita \$\$

1250 du Mont-Royal Avenue East ☑ Mont-Royal I 514 522-2286 pizzedelic.net

Plein Sud

France | **V** \$\$

222 du Mont-Royal Avenue East
Mont-Royal | 514 510-6234
lepleinsud.ca

Prince

France, Québec | \$\$\$

771 Rachel Street East
Mont-Royal | 514 528-8555
princerestaurant.ca

Restaurant de l'ITHQ

New Cuisine, Québec | it ECO \$\$

3535 Saint-Denis Street

☑ Sherbrooke | 514 282-5155 ithq.qc.ca/en/restaurant

Restaurant La Chronique

New Cuisine | \$\$\$\$

104 Laurier Avenue West

☑ Saint-Laurent + ☐ 55 North
514 271-3095 | lachronique.qc.ca



Restaurant La Raclette

France | V ECO \$\$\$

Restaurant Le Square

France | | **V** \$\$

162 Prince-Arthur Street East

☑ Sherbrooke | 514 439-7755
restaurantlesquare.ca

Restaurant Sandhu

India, Italy | V \$\$

4548 Papineau Avenue

☑ Papineau + ☐ 45 North

514 524-8685 | restaurantsandhu.ca

Restaurant Vertige

France | \$\$

540 Duluth Avenue East

☑ Sherbrooke | 514 842-4443
restaurantvertige.com

Robin des Bois

International cuisine | V ECO \$\$

4653 Saint-Laurent Blvd.

Mont-Royal + ☐ 97 West
514 288-1010 | robindesbois.ca

Schwartz's

Ad p. 129

Québec | \$

3895 Saint-Laurent Blvd.

☑ Saint-Laurent + ☐ 55 North
514 842-4813 | schwartzsdeli.com



St-Viateur Bagel & Café

Baked goods and treats | \$

1127 du Mont-Royal Avenue East

☑ Mont-Royal | 514 528-6361
stviateurbagel.com

St-Viateur Bagel

Ad p. 128

Baked goods and treats

263 Saint-Viateur Street West

☑ Place-des-Arts + ☐ 80 North
514 276-8044 | stviateurbagel.com

Thazard

Asia | V SS

5329 Saint-Laurent Blvd.

Saint-Laurent + ☐ 55 North

14 802-8899 | thazardmtl.com

Shopping /

SHOPPING STREETS

Mont-Royal Avenue

Mont-Royal | mont-royal.net

Mont-Royal Avenue is popular for its cheese shops, bakeries, restaurants, bookstores, vinyl record stores, and fashion boutiques.

Saint-Denis Street – between Gilford and Rov Streets

Mont-Royal | 514 563-0697

Creations from Québec's renowned fashion designers, exclusive wares for the home as well as treasures in music and literature.

Saint-Laurent Boulevard

Between Sherbrooke and Bernard Streets
☑ Saint-Laurent + 🖨 55 North boulevardsaintlaurent.com

Food, fashion and furniture on this busy artery, a haven for shoppers looking for unusual items.

BOOKSTORES

La Maison des cyclistes

1251 Rachel Street East

Mont-Royal | 514 521-8356

velo.qc.ca/en/maison-des-cyclistes

X

Wide range of publications, including maps, books, guides and magazines, as well as numerous bike accessories.

Ulysses Travel Guides Bookstore

4176 Saint-Denis Street

Mont-Royal | 514 843-9447
ulyssesguides.com

Publisher of travel guides, the bookstore offers a wide range of works for all travelers and destinations.

CLOTHING / ACCESSORIES

Katrin Leblond

4647 Saint-Laurent Blvd.

Mont-Royal | 514 678-9616
store.katrinleblond.com

Katrin Leblond designs ethical fashion featuring

flamboyant colour, original prints, and imaginative details with the travelling woman in mind.

m0851

3526 Saint-Laurent Blvd.

☑ Saint-Laurent + ☐ 55 North
514 849-9759 | m0851.com

Bags, clothing and accessories made of the finest leather and fabrics.

Maison Jacynthe Montréal

543 Sherbrooke Street East

☑ Sherbrooke | 514 543-7644
maisonjacynthe.ca

An urban boutique and salon offering 100% natural, active, vegan beauty products as well as an array of beauty treatments for the face and body.



Onze Montréal

4146 Saint-Denis Street

Mont-Royal | 514 223-6938
onze-montreal.com

Women's clothing store offering classic styles with a touch of the romantic.

DECORATION AND QUÉBEC CREATIONS

Jamais assez

5155 Saint-Laurent Blvd.

Saint-Laurent + 55 North
514 509-3709 | jamaisassez.com

Contemporary design objects, some of which are made in Québec: furniture, candlesticks, carpets, cushions, and various accessories.

YUL Designs

5251 Saint-Laurent Blvd.

☑ Saint-Laurent + ☐ 55 North
514 543-4143 | yul-designs.com

A showcase of goods exclusively designed and, for the most part, manufactured in Montréal.

JEWELRY

Anne-Marie Chagnon

5333 Casgrain Avenue | Suite 502 Laurier | 514 844-0499 #263 annemariechagnon.com

Jewelry, as contemporary as it is timeless, created by renowned local artist Anne-Marie Chagnon.

KITCHEN ACCESSORIES AND FOOD

Bakery Les Co'Pains d'abord

418 Rachel Street East

Mont-Royal | 514 564-5920
boulangerielescopainsdabord.com

X



An array of sweet and savoury gourmet treats and baked goods, homemade by hand with love and fresh daily.

Fairmount Bagel Bakery

74 Fairmount Avenue West

Saint-Laurent + ☐ 55 North

514 272-0667 | fairmountbagel.com

Since 1919, this bakery has been serving traditional bagels baked in a wood-fired oven.

Mycoboutique

4324 Saint-Denis Street

Mont-Royal | 514 223-6977
mycoboutique.com

A family business specialized in everything related to mushrooms.

St-Viateur Bagel & Café

1127 du Mont-Royal Avenue East
Mont-Royal | 514 528-6361
stviateurbagel.com

X

Since 1957, St-Viateur Bagel Shop prepares the genuine Montréal bagel in several variations.

St-Viateur Bagel

263 Saint-Viateur Street West

☑ Place-des-Arts + ☐ 80 North
514 276-8044 | stviateurbagel.com

Since 1957, St-Viateur Bagel Shop prepares the genuine Montréal bagel in several variations.

Spas and wellness



Maison Jacynthe Montréal

543 Sherbrooke Street East

☑ Sherbrooke | 514 543-7644
maisonjacynthe.ca

An urban boutique and salon offering 100% natural, active, vegan beauty products as well as an array of beauty treatments for the face and body.

Workshops



Institut de tourisme et d'hôtellerie du Québec

3535 Saint-Denis Street

☑ Sherbrooke | 514 282-5111 ithq.qc.ca

Canada's leading hotel management school specializing in tourism, hospitality, food service, and sommelier training.

Ateliers & Saveurs

4832 Saint-Laurent Blvd.

☑ Saint-Laurent + ☐ 55 North 514 849-2866

ateliersetsaveurs.com

Located in a hip and vibrant neighbourhood, this innovative school offers cooking classes, cocktail workshops and wine tasting sessions and offering classes and workshops on wine and spirits.

Montréal ranks at the top



1st among smart cities in Canada,

2nd in North America and 6th worldwide according to the Eden Strategy Institute's Top 50 Smart City Governments



for **food diversity** (with 58 different types of cuisine), according to Bott+Co

1st university city in North America

4th in the world (1st for student experience) in the QS World University Rankings

2nd among North America's top 15 cities

for **quality of life**, according to the Institut du Québec

Canada's second best city

for **murals** (Bombing Science Magazine)



North American's best city for cyclists (Société-conseil Copenhagenize)







Olympic District and Hochelaga-Maisonneuve



Nature museums, Olympic Park, green alleys, cafés and bistros provide the atypical charm of this Montréal district.

Previously a Francophone working-class neighbourhood, Hochelaga-Maisonneuve (or HoMa, for those in the know) never stops renewing itself and diversifying, without losing its identity. The place maintains its welcoming atmosphere and the present lives side by side with the past, still visible in its revamped warehouses and factories, its imposing churches and its lovely market. With its four museums devoted to nature, its green spaces and its Olympic Park, this district is an invitation to discovery.



Biodôme de Montréal - Space for Life



4777 Pierre-De Coubertin Avenue
Parking: 3000 Viau Street | ☑ Viau | 514 868-3000
montrealspaceforlife.ca

The Biodôme offers an immersive experience in five ecosystems, where more than 7,000 animals comprising 270 different species and 500 plant types live under the same roof. Experienced nature interpreters accompany visitors through the Americas: the Tropical Rainforest, the Laurentian Maple Forest, the giant salt water basin of the Gulf of St. Lawrence and the Sub-Antarctic regions. Biodôme is getting a makeover. It will reopen in autumn 2019.

Rio Tinto Alcan Planetarium – Space for Life



(130) Map p. 92 / Ad p. 137

4801 Pierre-De Coubertin Avenue Parking: 3000 Viau Street | ☑ Viau | 514 868-3000 montrealspaceforlife.ca

Live an unprecedented immersive experience of the Universe through two complementary shows in a LEED Platinum certified building boldly designed with 360° domes on the cutting edge of technology. Transport yourself to the confines of space, then visit the digital and interactive exhibition. Closed on December 24 and 25.

The Montréal Tower and The Olympic Stadium (Montréal Olympic Park)



(131) Map p. 92 / Ad p. 136

Entrance near the Biodôme | Parking: 3200 Viau Street

Viau | 514 252-4141 | parcolympique.ca

Accessible by a funicular, The Montréal Tower is the tallest inclined tower in the world, rising 165 metres at a 45-degree angle. The Olympic Stadium (and its tower) has been designed by French architect Roger Taillibert to host the 1976 Summer Olympic Games. Its patrimonial, architectural and historical value is undeniable and visitors can enjoy guided tours inside this masterpiece of bold and complex architecture. The recently renovated Sports Centre features seven basins for water sports, training areas, and state-of-the-art equipment. Closed on December 24 and 25 and from January to mid-February.



Esplanade Financière Sun Life of the Olympic Park

(132) Map p. 92

Montréal Olympic Park | Corner of Pierre-De Coubertin Av. and Pie-IX Blvd. | ☑ Pie-IX | 514 252-4141 parcolympique.gc.ca

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The Esplanade Financière Sun Life at the Olympic Park is a hopping all year long with a diverse program for all ages: from sporting events to concerts to Latin dance classes and more, this pop culture hotspot is inclusive, festive and accessible to everyone.

Parc Maisonneuve

(133) Map p. 92

4601 Sherbrooke Street East | ☑ Viau | 514 872-0311 ville.montreal.qc.ca/grandsparcs

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The parc Maisonneuve is 63 hectares of green space with facilities for many sporting activities, including a lighted skating rink and a nine-hole municipal golf course.

Montréal Botanical Garden - Space for Life



134 Map p. 92 / Ad p. 137

4101 Sherbrooke Street East | ☑ Pie-IX | 514 868-3000 montrealspaceforlife.ca

the M thin thin \$1 × x x x x x x 16 to \$21.

Its rich collection of 22,000 plant species and cultivars, its 10 exhibition greenhouses, Tree House, and some 30 thematic gardens make the venue exceptional. Its cultural gardens invite you to travel to places like China, Japan, and the First Nations through botanical traditions. Closed on December 24 and 25.



Promenade de la Ville-de-Québec du parc Guido-Nincheri

135 Map p. 92

Corner of Sherbrooke Street East and Pie-IX Blvd.
☑ Pie-IX

This green space is the site of Jean-Robert Drouillard's public artwork, *Le contour des conifères dans la nuit bleue et les étoiles derrière ma tête sont dans tes yeux*, donated by Québec City to celebrate Montréal's 375th anniversary.

Château Dufresne, museum and historical heritage site



(136) Map p. 92

2929 Jeanne-d'Arc Street | Pie-IX | 514 259-9201 chateaudufresne.com

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The Dufresne Museum combines two unique heritage sites. Château Dufresne is a former Beaux-Arts style mansion from 1918. It contains a rich collection of furniture, as well as murals painted by the renowned Guido Nincheri, best known for his sacred art which adorns nearly 200 churches in Canada and the United States. Studio Nincheri is the oldest extant stained-glass studio in Québec. It is now closed for renovation.

Les Jardineries



Montréal Olympic Park

Corner of Pierre-De Coubertin Av. and Pie-IX Blvd.

Pie-IX | parcolympique.qc.ca/activites/les-jardineries/

® **? h**ink ∀ X′

Les Jardineries is a greenspace created on a human scale for the local community as a reappropriation of post-Olympics infrastructure. In this big landscaped garden, there is a bistro with a large illuminated terrace, a greenhouse, a circular beach and a host of games and activities. The eco-friendly line, which is a pillar of the project is supported by the promotion of urban agriculture in all its forms. June to October.

Hochelaga-Maisonneuve neighbourhood streets



Ontario Street East from Darling to Pie IX and
Sainte-Catherine Street East from Bourbonnière to Viau

Pie-IX | hochelaga.ca



Historically a thriving industrial municipality and a largely francophone working-class neighbourhood, HoMa is where real life happens: people getting on with their day-to-day, going to work, to the market, to school, to the park...it's a lively urban village with a friendly, small-town feel. From recycled factories to beautiful churches to striking institutional buildings, such as the Maisonneuve Library, the Morgan Bath and the Maisonneuve Market, to name a few, the borough's architectural landscape tells a tale of transformation and evolution. HoMa now offers an eclectic mix of small local businesses. There's always something new to discover, with a wealth of new restaurants, cafés, local artisans, designers and socially-responsible boutiques ever adding to HoMa's allure. In summer, Ontario and Sainte-Catherine Street East transform into a festive outdoor venue: streets are closed off to traffic, patios are buzzing, sidewalk sales abound and people just come out to experience the HoMa summertime vibe.

Grand Chelem - Ball center

139 Map p. 92

3930 Sainte-Catherine Street East

Pie-IX + ☐ 139 South | 514 750-2255

grandchelem.ca

Step up the plate and take a swing at Grand Chelem, Montréal's first ball centre offering urban sports entertainment at its finest.

Maisonneuve Market

140 Map p. 92

4445 Ontario Street East | Delia Pie-IX | 514 937-7754 marchespublics-mtl.com

is X

Housed in a modern building, Maisonneuve Market offers the variety of products found at large markets: flowers, fruits, vegetables, meats, cheese, fish, baked goods and locally-made products. Standing in a lively place, the Beaux-Arts style building is the former site of the old market, built before World War I.



Horizon Roc Climbing Center



2350 Dickson Street | Massamption | 514 899-5000

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With an area of over 3,000 square meters, and its climbing surfaces including a new block structure and a 15-metre-high speed wall, Horizon Roc is one of the largest climbing centres in the world. The variety of installations and their unique features are designed to satisfy beginners as much as experts. It is also home to the Acro-Parc, an indoor aerial circuit with a zip-line. Closed on December 25, 31 and January 1.

Action 500 Karting & Paintball

142 Map p. 92

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Action 500 Karting & Paintball offers indoor karting and paintball for all ages. The venue offers two 100% paved tracks, real 9 horsepower karts, junior karts for all ages, and 7 paintball and laser fields with spectacular scenery reproducing urban combat zones.

Village au Pied-du-Courant

(43) Map p. 92

2100 Notre-Dame Street East | Papineau aupiedducourant.ca

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This creative and festive area takes the form of a traditional "boardwalk", built with a promenade lined with pavilions, a space for food trucks, a beer garden, and an artisan market, on Sundays, all this complemented by a beach playing host to numerous activities and entertainment. Beginning of June to mid-September.

A guide to Montréal's seasonal villages

In summer, seasonal outdoor spaces seem to pop up throughout the city with activities galore. Montrealers meet up at these venues to relax or party.

Village au Pied-du-Courant

This industrial space transformed into a beach, on the shores of the St. Lawrence River, is hosting an artistic programming reflecting local creativity: cinema under the stars and boisterous evenings take place all through the summer.

Where: 2100 Notre-Dame Street East

Les Jardineries

At the base of the Montréal Tower, this magnificent biergarten groups together a bar, an exterior pizza oven and activities.
Urban agriculture is queen.

Where: The Esplanade Financière Sun Life at the Olympic Park, 4115 Pierre de Coubertin Avenue

Jardins Gamelin

These gardens host cultural and community activities. A snack bar, a vegetable garden, happy hour and entertainment for the whole family are on the program.

Where: Place Émilie-Gamelin, 1500 Berri Street



Restaurants and cafés

Bistro Le Ste-Cath *

North America, New Cuisine, Québec | **V** ECO \$\$

4264 Sainte-Catherine Street East

☑ Pie-IX + ☐ 139 South

514 223-8116 | stecath.com

Chez Bouffe Café Bistro

New Cuisine | V \$\$

4316 Sainte-Catherine Street East

☑ Pie-IX + ☐ 139 South

514 252-5420 | chezbouffe.ca

Gaston

Québec | 1 \$\$

2666 Masson Street

☑ Frontenac + ☐ 94 North gastonrestaurant.com

Le Valois

Les Affamés

North America, New Cuisine, Québec | V ECO \$\$

4137 Sainte-Catherine Street East

☑ Pie-IX + ☐ 139 South

514 508-8566 | lesaffames.ca



Les Canailles

New Cuisine | V \$\$

3854 Ontario Street East

☑ Joliette | 514 526-8186
lescanailles.ca

Les Coudes sur la table

France | \$\$

2275 Sainte-Catherine Street East

☑ Papineau I 514 521-0036
lescoudessurlatable.ca

Madre sur Masson

North America, Latin America, New Cuisine, Québec | \$\$

2931 Masson Street

☑ Joliette + ☐ 67 North
514 315-7932
restaurantmadre.com

Montréal Botanical Garden Restaurant – Space for Life

Québec | its ECO \$

4101 Sherbrooke Street East

Pie-IX | 514 872-2463

montrealspaceforlife.ca

Pizzeria CALDO

Italy | **V** \$\$

4091 Molson Street

■ Frontenac + 94 North

438 385-3555 | pizzeriacaldo.com

Rose Ross

France, Québec | V \$\$\$

3017 Masson Street

☑ Joliette + 🖨 67 North
514 379-1900 | roseross.ca





Shopping

SHOPPING STREETS

Hochelaga-Maisonneuve streets

Ontario Street East from Darling to Pie-IX and Sainte-Catehrine Street East from Bourbonnière to Viau Pie-IX I hochelaga.ca

From the Promenade Ontario to Sainte-Catherine Street East, there's always something new to discover, with a wealth of new restaurants, cafés, local artisans, designers and socially-responsible boutiques ever adding to HoMa's allure.

MUSEUM GIFT SHOPS AND SOUVENIR SHOPS

Montréal Tower Boutique (Montréal Olympic Park)

Entrance near the Biodôme Parking: 3200 Viau Street Viau | 514 252-4141 parcolympique.qc.ca

is.

A variety of typical Québec products.

The Montréal Botanical Garden Gift Shop – Space for Life

4101 Sherbrooke Street East

Pie-IX | 514 872-1434

montrealspaceforlife.ca

is X

A wide range of gardening products, horticultural and botanical books as well as decorative objects.

DECORATION AND QUÉBEC CREATIONS

KitschÀ l'Os... ou pas

3439 Hochelaga Street

Joliette | 514 242-0062

kitschalos.com

A shop comprising eight thematic rooms that showcase vintage and antique finds.

Workshops

Chocolate Academy

4850 Molson Street

☑ Frontenac + ☐ 94 North
514 225-6206
chocolate-academy.com

Courses and workshops on chocolate and pastries for professionals and the general public.

First Fridays

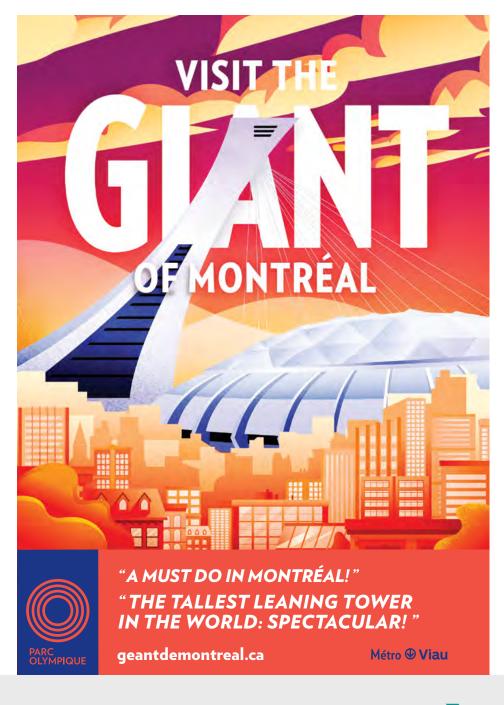




This large gathering of food trucks (the biggest in Canada!) promises a feast for the taste buds on the first Friday of the month from May to October.

Street food vendors dish out a wide variety of foods — some bold, all delicious.

There are several spots where you can sit down to eat, grassy areas, and a handful of bars and refreshment stands. Bring cash and an appetite!



TAKE ADVANTAGE OF PACKAGES THAT COMBINE A SELECTION OF ATTRACTIONS!



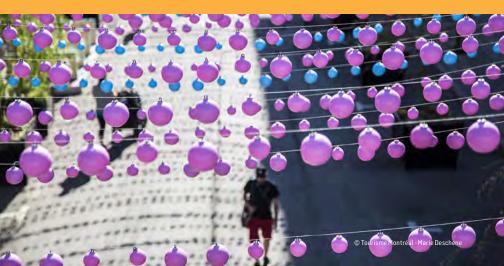


The Village



The Village, one of the most important gay districts in North America, is a crossroads of diversity.

Its greatest success is probably the development of a flavourful urban cocktail bringing together the LGBTQ+ community and heterosexuals. Its bustling nightlife and fine cuisine, like its comfort bed-and-breakfasts in century-old houses, enchant everyone. With Sainte-Catherine Street as its main artery, The Village extends from east to west round the Beaudry metro station, wearing the rainbow colours of the gay community.



The Village Streets

(44) Map p. 94

Beaudry



The neighbourhood features a wide variety of service industries, including cafés, boutiques, antique shops, and restaurants for every palate. To really get a feel for the place, take a stroll along the narrow, winding, side streets, particularly Lartique Street, and admire the carefully restored brick homes and shaded backyard gardens.

Stroll along Amherst Street and visit the antique shops that specialize in objects from the 1930s to the 1960s while the Art Deco architecture of the impressive Saint-Jacques Market building and the Écomusée du fier monde are worthy of admiration.

And from May to September, Sainte-Catherine Street turns into a lively pedestrian zone, where close to 60 outdoor patios and the public art event "AIRES LIBRES" are set up under a canopy of hundreds of thousands of multicoloured balls. But the LGBTQ-friendly Village hums all year long. Lounges, bars, boîtes, afterhours clubs and female impersonators are all part of the Village entertainment scene.

Église Saint-Pierre-Apôtre



1201 de la Visitation Street |
Beaudry 514 524-3791 | saintpierreapotre.ca

k S 🐔

The Saint-Pierre-Apôtre church, built in 1851 and first work of architect Victor Bourgeau, hosts the Chapel of Hope, the only chapel in the world dedicated to victims of AIDS.



Écomusée du fier monde



146 Map p. 94

2050 Amherst Street | Berri-UOAM 514 528-8444 | ecomusee.qc.ca

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The Écomusée du fier monde, a history museum that promotes grassroots involvement. invites visitors to explore little known facets of Montréal culture, discover the daily life of the working class, and follow the inspiring journeys of grassroots groups. The museum makes its home in the former Généreux public bath, a magnificent example of 1920s architecture. Closed on June 24, July 1 and December 24 to January 2.

Rage: Axe Throwing Centre



Map p. 94

1436 Amherst Street |
Beaudry | 514 303-7243 ragemontreal.com

\$ 🛜 MM 🕀

This indoor range consists of 11 throwing lanes, where people can get a unique experience in a casual urban atmosphere. Several axe types and professional instructors make Rage a great place to awaken your inner warrior.





Restaurants and cafés

Au Petit Extra

France | 1 \$ \$\$

1690 Ontario Street East

☑ Papineau + ☐ 45 North
514 527-5552 | aupetitextra.com

Chez Cora

North America | \$

1017 Sainte-Catherine Street East

Beaudry | chezcora.com

Dame Tartine

Québec | V \$

1653 Ontario Street East

☑ Papineau + ☐ 45 North
514 524-1134 | dametartine.ca



Restaurant Carte Blanche

France | V SS

1159 Ontario Street East

☑ Beaudry | 514 313-8019
restaurant-carteblanche.com

Shopping

SHOPPING STREETS

The Village Streets

Beaudry

From kitsch to chic, a stroll on Amherst and Sainte-Catherine streets is sure to please home decorating enthusiasts and vintage style aficionados. Visit the antique shops that specialize in objects from the 1930s to the 1970s.



John Lennon and Yoko Ono held their legendary Bed-In from May 26 to June 2, 1969 in Suite 1742 at Fairmont The Queen Elizabeth hotel in downtown Montréal.

There, surrounded by celebrities such as Tommy Smothers, Timothy and Rosemary Leary and Petula Clark, they wrote the peace anthem, "Give Peace a Chance".

Little Italy and Villeray



Around the Jean-Talon Market, people take life easy, like *la dolce vita*.

Villeray and Little Italy developed at the end of the 19th century, driven by industrialization and the arrival of the streetcar. *Ristorantes, trattorias, pasticcerias, caffes*: you are in the heart of *Piccola Italia*, of Little Italy, which earned this name after a large wave of Italian immigration. Villeray stands out for its cultural diversity and its typically Montréal residential architecture. To appreciate this gourmet paradise, go shopping in the market, have a little cup of espresso in a café and a tasty meal – plan for a full day.





Parc Jarry



Corner of Saint-Laurent Blvd. and Gary-Carter Street

De Castelnau | 514 872-2043
ville.montreal.qc.ca/grandsparcs



Founded in 1925, Jarry Park occupies a large expanse with areas designated for various sports fields, as well as a network of trails and a pond with a fountain. The park is the site of Uniprix Stadium, which hosts an international professional tennis tournament annually.

The streets of the Villeray district



De Castelnau

The tree-lined streets of Villeray possess an architectural heritage typical of Montréal from 1900 to 1930. Walk the residential streets to explore characteristic Montréal stairs and balconies. Neighbourhood residents head to commercial streets and the Jean-Talon market to consume original and local products. In the summer, a pleasant stroll on De Castelnau Avenue, which becomes a pedestrian zone, can inspire lively encounters.

Jean-Talon Market



7070 Henri-Julien Street | Dean-Talon 514 937-7754 | marchespublics-mtl.com



The multicultural flavours and sights of the Jean-Talon Market have been attracting crowds since 1933. In addition to the ubiquitous fruit, vegetable and flower stalls is a tasty array of specialty shops that feature spices, oils, cheeses, meats, pastries and exquisite products that are specific to Québec.

Street Life in Little Italy

(5) Map p. 93

☑ Jean-Talon | petiteitalie.com

The vibrant neighbourhood contains more than a few cultural treasures. Churches, shops and cafés are always popular with both the Italian community and Montrealers alike. A community centre housing several Italian associations, the Casa d'Italia was built in 1936 in the Modern style by the architect Patsy Colangelo. Along Saint-Denis and Drolet Streets you can see the typical Montréal residential architecture of the early 20th century, with the exterior, wrought iron, winding staircases. Saint-Laurent Boulevard and Dante Street are lined with trattorias, cafés and boutiques.

Madonna della Defesa Church

152 Map p. 93

6800 Henri-Julien Avenue ■ Jean-Talon 514 277-6522

(\$)

The Madonna della Defesa (Our Lady of Protection) church was built in 1919 by the architect R. Montbirant based on the drawings of the artist Guido Nincheri. Born in Florence, this Montréal artist also painted the church's remarkable frescoes. The altar and balustrade date from 1950





and are made of Carrara marble. Next to the church, Dante Park celebrates the illustrious 14th-century poet and is a favourite meeting place for bocce players and passersby.

La Plaza St-Hubert

(153) Map p. 93

Saint-Hubert Street, from Bellechasse to Jean-Talon Streets |
Beaubien | maplaza.ca

Plaza St-Hubert is one of Montréal's key commercial arteries and home to some 400 boutiques offering an attractive range of fashionable goods, as well as a variety of gourmet and entertainment choices.

La TOHU



154 Map p. 93

2345 Jarry Street East | D Jarry + 🗖 193 East 514 376-8648 | tohu.ca

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TOHU functions as a creative and performance centre for the circus arts. Its varied program includes circus shows presented in a speciallydesigned circular room, exhibitions on the history of circus, events with an environmental theme, community activities and celebrations as well as guided tours. Closed on December 25 and January 1.

Saint-Michel Environmental Complex



2235 Michel-Jurdant Street | 🖾 Jarry + 🖨 193 East ville.montreal.gc.ca

The Saint-Michel Environmental Complex is located on an old quarry that served as a landfill site. You'll be welcomed at TOHU. a construction that won Canada Gold LEED certification, in an ambiance that combines the arts with environmental concerns. Among other things, you will learn how biogases from garbage are transformed into electricity and how recycled materials are processed.

Frédéric-Back Park



156 Map p. 93

2235 Michel-Jurdant Street | 🖾 Jarry + 🖨 193 East 514 376-8648 | ville.montreal.gc.ca/grandsparcs



The Parc Frédéric-Back, located within the Saint-Michel Environmental Complex. laid out on the former quarry and city's dump, is the most ambitious environmental rehabilitation project ever undertaken in Montréal. Today, thanks to its layout and the array of activities it offers, it is the site of a vast green space dedicated to the environment and culture.



According to rankings by the travel site Gogobot, Montréal is the number one foodie city in North America, compared to over 60,000 cities based on reviews by travelers.



Restaurants and cafés

Brasserie Harricana 🍄

Québec | V \$\$

95 Jean-Talon Street West

☑ De Castelnau | 514 303-3039
brasserieharricana.com

Cul-Sec, Cave & Cantine

North America, Québec | V \$\$

29 Beaubien Street East

Beaubien | 514 439-8747

cul-sec.ca

Gus

Québec | \$\$\$

38 Beaubien Street East

☑ Beaubien | 514 722-2175
restaurantgus.com

Impasto

Italy | **V** \$\$\$

48 Dante Street | De Castelnau 514 508-6508 | impastomtl.com

Kitchen Galerie

France, New Cuisine | \$\$\$

60 Jean-Talon Street East

☑ Jean-Talon | 514 315-8994
kitchengalerie.com



La Bêtise

Asia, Québec | \$\$

6015 Saint-Hubert Street

☑ Rosemont | 514 274-8288 labetise.com

La Récolte Espace Local

Québec | V ECO\$\$

764 Bélanger Street

☑ Jean-Talon | 514 508-5450 la-recolte.ca

Lannes et Pacifique

France | \$\$\$

200 Beaubien Street East

Beaubien | 514 439-1001 lannesetpacifique.com

Mesón

Mediterranean | \$\$

345 Villeray Street | ☑ Jarry 514 439-9089 | restomeson.com

Montreal Plaza Restaurant

North America | V % \$\$\$

6230 Saint-Hubert Street

Beaubien | 514 903-6230

montrealplaza.com

Pastaga

France | ECO \$\$

6389 Saint-Laurent Blvd.

Beaubien | 438 381-6389 pastaga.ca

Quindici 15

Italy | V \$\$

15 Bélanger Street East

☑ De Castelnau | 514 564-3424
quindici15.com

Restaurant Inferno

Italy | \$\$\$

6850 Saint-Dominique Street

☑ De Castelnau | 514 274-0666
restaurantinferno.com

Restaurant La Rose des Sables

Mediterranean | **I V** \$\$

1815 Beaubien Street East

☑ Beaubien + ☐ 18 East
514 593-6655
larosedessablesmtl.com

Restaurant Manitoba

Québec | V FCO SSSS

271 Saint-Zotique Street West
Parc | 514 270-8000
restaurantmanitoba.com

Salmigondis

North America | \$\$\$

6896 Saint-Dominique Street

☑ Jean-Talon | 514 364-3842
salmigondis.ca

Tandem Restaurant

France, New Cuisine | | V \$\$\$

586 Villeray Street ■ Jarry 514 277-3339

Tapeo Bar à Tapas

Mediterranean | \$\$

511 Villeray Street | ☑ Jarry 514 495-1999 | restotapeo.com

Shopping /

SHOPPING STREETS

La Plaza St-Hubert

Saint-Hubert Street, from
Bellechasse to Jean-Talon Streets

Beaubien | maplaza.ca

Some 400 boutiques offering an attractive range of fashionable goods, as well as a variety of gourmet and entertainment choices.

Little Italy streets

Jean-Talon | petiteitalie.com

Commercial streets of Little Italy and the Jean-Talon market are lined with trattorias, cafés and shops where to consume original and local products.



KITCHEN ACCESSORIES AND FOOD

Andrea Jourdan La Boutique

200 Jean-Talon Street East

Jean-Talon | 514 270-5575

andreaiourdan.com

A refined boutique of gourmet delights made in house or carefully selected from among the best in the world.

Quincaillerie Dante

6851 Saint-Dominique Street

☑ Jean-Talon | 514 271-2057
quincailleriedante.com

An Italian family-owned kitchenware and hunting shop.

Workshops

Tandem Restaurant

586 Villeray Street | ☑ Jarry 514 277-3339 restauranttandem.com

The chef-owner shares his passion by offering thematic culinary workshops followed by a food and wine tasting.



- In 2018, 54 Montréal buidings were awarded the BOMA BEST certification from BOMA Canada, a national award and environmental certification program given to existing commercial buildings.
- Our LEED gold-certified TOHU, a building for circus arts built on a former landfill site, boasts green rooftops, a biogas heating system, geothermal power and recycled building materials.
- Proving sustainable development is possible on a grand scale is our exhilarating LEED platinumcertified Rio Tinto Planetarium. A highlight of the architectural design is a spectacular rooftop garden for visitors to enjoy.

Les Quartiers du Canal



A lively zone in the midst of revitalization, accommodating art galleries, shops and very good restaurants.

Crossed by the Lachine Canal, Les Quartiers du Canal include three famous Montréal neighbourhoods – Griffintown, Little Burgundy and Saint-Henri. You won't be able to resist the many trendy restaurants on Notre-Dame Street, and you'll make discoveries at its antique dealers and enjoy strolling in the famous Atwater Market. Brick chimneys and restored warehouses recall its rich industrial heritage. Walk, run and cycle along the canal, or discover the area by kayak, canoe or electric boat.



Bonaventure City Entrance



(157) Map p. 179

Block formed by Nazareth, Duke, Wellington and Saint-Jacques Streets | Square-Victoria-OACI ville.montreal.gc.ca

One of downtown's major gateways, this urban boulevard includes a series of pedestrianfriendly public spaces with over 300 trees, two works of public art (Dendrites and Source), eight picnic tables, a playground for children, as well as a fitness area, sun loungers, and ping pong tables.

Les Quartiers du Canal Streets



158 Map p. 179

■ Lionel-Groulx | lesquartiersducanal.com

Located close to downtown, Les Quartiers du Canal have a rich industrial and architectural heritage. Made up of the Griffintown, Little Burgundy, and Saint-Henri neighbourhoods, this part of the city is booming. Along the banks of the Lachine Canal, it is a perfect area for walking and cycling. Fine dining and shopping fans can head to Atwater Avenue, as well as Notre-Dame, Saint-Jacques, Peel Streets and Promenade Wellington, where magnificent rehabilitated buildings house innovative businesses, antique shops, art galleries, specialty grocery stores, cafés, and restaurants.

Lachine Canal National Historic Site



Atwater | 514 283-6054 | pc.gc.ca/lachinecanal



The Lachine Canal National Historic Site dates back to 1825 and features a 14-kilometre (8.7-mile) bicycle and pedestrian pathway. The multipurpose path is maintained from April 15 to November 15.





Espace VERRE

160 Map p. 179

1200 Mill Street | ☑ Square-Victoria-OACI + 🖨 61 West 514 933-6849 | espaceverre.gc.ca



Espace VERRE is a glassblowing and glass arts school housed in a former fire station. Its workshops welcome glassblowers whom we can watch in action. In the gallery/boutique, there are free exhibitions and various works on sale by Québec glass artists.

H₂O Adventures



(fi) Map p. 179

514 842-1306 | h2oadventures.com

\$ MAP S 🐔 🚓 🌦

H₂O Adventures offers kayak, paddle-boat or eco-friendly electric boat rentals that enable visitors to admire the city from the historic Lachine Canal. May to September.

Atwater Market

162 Map p. 179

138 Atwater Avenue | State Lionel-Groulx | 514 937-7754 marchespublics-mtl.com

16 @ X

Open since 1933, the Atwater Market features a diverse range of merchants, caterers and specialty boutiques selling meats, fish, baked goods and fine foods in addition to its many vegetable and horticultural producers.

Ma Bicyclette

163 Map p. 179

2985 Saint Patrick Street | D Lionel-Groulx 514 317-6306 | mabicvclette.ca

\$ 😤 া 🕯

This outdoor shop, located directly on the historic Lachine Canal bike path, offers bicycle rental equipment, repairs, parts, and accessories. April to October.





The Force Academy, Sabers Combat

(67) Map p. 179

4767 Dagenais Street | Suite 202

☑ Place-Saint-Henri + ☐ 17 North | 514 316-7278 the-force-academy.com



The Force Academy is a safe recreational activity that guides participants to becoming a knight for the day or a battle master with a lightsaber.

A/Maze Escape Games

164 Map p. 179

3550 Saint-Jacques Street ■ Lionel-Groulx 514 504-2139 ■ amazemontreal.com

S 🤶 Minik

A/Maze is a real-life escape game that offers immersive adventures, a great test of your survival and problem solving skills. Experience a situation you will never encounter in real life. A minimum of 2 and maximum of 5 people is required to participate in one of the many different games.

DodgeBow, archery games

165 Map p. 179

4767 Dagenais Street | Suite 202

☐ Place-Saint-Henri + ☐ 17 North | 514 360-6428 dodgebow.ca

\$ 🛜 MH 🕀

Show off your team spirit and your survival instincts in an archery combat activity that falls somewhere in between paintball and dodge ball.

NERF Hero

(67) Map p. 179

4767 Dagenais Street | Suite 202

Place-Saint-Henri + ☐ 17 North | 514 360-3446 nerfhero.ca

s 🥏 Mini 🕀

Join the battle and win the war at NERF Hero, offering action-packed parties, epic corporate team-building and private events for all ages.





After Halifax,
Montréal has the
largest number of
Titanic victims buried
in its cemeteries —
a total of 12 people.



Restaurants and cafés

Bistro Licence IV

France | \$\$

1524 Notre-Dame Street West

☑ Lucien-L'Allier | 514 938-8084
licence4.ca

Bistro Smoking Vallée

North America, France, New Cuisine, Québec | \$\$

4370 Notre-Dame Street West

☐ Place-Saint-Henri

514 932-0303 | smoking-vallee.com

Foxy

North America, Mediterranean, Québec | **V** SSSS

1638, Notre-Dame Street West

■ Bonaventure + ■ 36 West
514 925-7007 | foxy.restaurant

H4C Place St-Henri

New Cuisine | V ECO \$\$\$\$

538 Saint-Henri Place
Place-Saint-Henri | 514 316-7234

Le Marché Italien Le Richmond

Italy | V ECO \$\$

333 Richmond Street

☐ Charlevoix + ☐ 57 West

514 508-8749 | lerichmond.com



Meatball House

New Cuisine, Québec | V \$\$

1752 Notre-Dame Street West

☐ Georges-Vanier | 514 933-6663

meatballhouse.ca

Montreal Brewing Co. 😤

Ouébec | V \$\$

1485 Ottawa Street

☑ Lucien-L'Allier | 514 788-4500
brasseurdemontreal.ca

Perles et Paddock

France, New Cuisine, Québec V ECO \$\$\$

403 des Seigneurs Street

☐ Charlevoix + ☐ 57 West
514 931-0004
perlesetpaddock.com

Restaurant Le Richmond

Italy | **V** \$\$\$

377 Richmond Street

© Charlevoix +

57 West

514 508-8749 | Jerichmond.com

The Burgundy Lion *

North America | V \$\$

2496 Notre-Dame Street West ☑ Lionel-Groulx I 514 934-0888 burgundylion.com

Venice MTL Saint-Henri

North America, New Cuisine **V** \$\$

4001 Notre-Dame Street West

☑ Place-Saint-Henri | 514 903-3331
venicemtl.com

ZIBO! Griffintown 😤

North America, Mediterranean V & SS

90 Peel Street

Square-Victoria-OACI +

61 West | 514 934-4525
restaurantszibo.com





Shopping /

SHOPPING STREETS

Les Quartiers du Canal Streets

Lionel-Groulx lesquartiersducanal.com

Innovative businesses, antique shops, art galleries, specialty grocery stores, cafes and restaurants line Atwater Avenue, Notre-Dame, Saint-Jacques, Wellington and Peel Streets.

DECORATION AND

Espace VERRE

1200 Mill Street

Square-Victoria-OACI + ☐ 61 West 514 933-6849 | espaceverre.gc.ca

This boutique-gallery exhibits the work of glass artists and offers creativity workshops and guided tours of its studios.

KITCHEN ACCESSORIES AND FOOD

Le Marché Italien Le Richmond

333 Richmond Street

☐ Charlevoix + ☐ 57 West

514 508-8749 | lerichmond.com

X

Over 2,000 high-quality products either imported from Italy or found locally.

Workshops //

Espace VERRE

1200 Mill Street

Square-Victoria-OACI +

61 West | 514 933-6849
espaceverre.gc.ca

This boutique-gallery exhibits the work of glass artists and offers creativity workshops and guided tours of its studios.





Discover the wealth of art that adorns Montréal's sidewalks, buildings and public spaces.

The website artpublicmontreal.ca brings together over 1,000 accessible works of public art created by over 500 professional artists from Québec and around the globe. There are many self-guided discovery tours each taking between 30 minutes and 1.5 hour by foot.

Pôle des Rapides



People go there for cycling and water sports or to relax in its vast green spaces.

Once a centre of the fur trade, Le Pôle des Rapides lends itself to boating in all its forms. The most daring can offer themselves the total experience and confront the impetuous rapids, aboard a super powerful jetboat or on a rafting excursion. The shores of the St. Lawrence River are also a refuge for migratory birds. Sports and nature lovers take note.





Maison Saint-Gabriel, Museum and Historic Site



168 Map p. 178



A magnificent example of traditional Québec architecture, this home bought by Marguerite Bourgeoys in 1668 was the host site of the Filles du Roy and is the oldest example of rural habitation in Montréal. Visitors can enjoy a unique experience with guides and original programming — open air theatre, musical talks, historical workshops and demonstrations of old trades — all in an enchanting site graced with gardens recreated in the spirit of the 17th century. Closed on June 24, July 1, and December 23 to January 8.

Promenade Wellington



Between LaSalle Blvd. and 6th Avenue | Verdun De l'Église | promenadewellington.com

This commercial artery that is the economic core of the Verdun borough becomes a gathering place throughout the year, with events like evening dancing, outdoor group classes, open-air sidewalk sales and shows. A diversity of shops, restaurants, cafés, and bars makes the Promenade Wellington a vibrant area attracting people from all walks of life, who come together to enjoy its unique vibe.

Club Raft





Club Raft offers rafting activities for everyone, with beginner to intermediate runs on the Lachine Rapids. End of June to beginning of September.

Maison Nivard-De Saint-Dizier, musée et site archéologique

Map p. 178

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The Maison Nivard-De Saint-Dizier is both a museum and an outstanding example of rural architecture in the early days of the French regime. The house, built in 1710, sits on the largest pre-historic archeological site ever discovered on the island of Montréal, revealing Amerindian occupation that dates back over 5,500 years ago. The venue offers a permanent exhibition and cultural activities (stories, music, conferences, workshops). May to October.

Parc des Rapides



☆ 🎬 温 急 続 枝 🚅 🖆 🚮

A landscaped lookout has explanatory panels telling the story of the rapids and the former hydroelectric station. The park is also known as a refuge for migrating birds, sheltering over 225 species. The rapids live up to the wildest expectations of white-water rafters and kayakers.

KSF

173 Map p. 178

7770 LaSalle Blvd. | LaSalle

☑ De l'Église + 🖨 58 West | 514 595-7873 | ksf.ca

s M S M 1. 4. 4.

KSF is a nautical centre whose mission is to make the St. Lawrence River a go-to destination. KSF offers courses, equipment rental, and discovery outings via kayak, river surfing, and Stand Up Paddleboard (SUP) on six natural sites emblematic of the city. April to September.



St. Lawrence waterfront cycling path



The shores of the St. Lawrence River Verdun, LaSalle and Lachine | 514 364-4490 ville.montreal.oc.ca

林林 赫 泰 基 金

This linear park stretches for 13 uninterrupted miles (21 kilometres) along the banks of the majestic St. Lawrence River. The route can be travelled on foot, by bike or rollerblades during the summer season, and on crosscountry skis in winter. Nearby Lachine Rapids and Lake Saint-Louis. Picnic areas and heritage sites located near the shore.

Rafting Montréal

175 Map p. 178

8912 LaSalle Blvd. | ☑ Angrignon + 🖨 110 514 767-2230 | raftingmontreal.com

\$ 🖬 🚣 🟝 🕹

Safe rafting and jet boat excursions on the Lachine Rapids. Reservations recommended. May to September.

Fleming Mill Historical Interpretation Centre

176 Map p. 178

9675 LaSalle Blvd. | LaSalle ☑ Angrignon + 🖨 110 or 106 | 514 367-6439

ÀiÀ ≝.

This restored windmill, five storeys high, is the only Québec mill of Anglo-Saxon influence. The exterior has been completely renovated. Its 200-year history is presented in theatrical skits. July and August.

Musée de Lachine and Musée plein air de Lachine

m Map p. 178

1 du Musée Road | Lachine

☐ Angrignon + ☐ 495 West | 514 634-3478
museedelachine.com

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The Musée de Lachine invites visitors to discover the history of the oldest ensemble of buildings in Montréal (the Le Ber-Le Moyne heritage site, dating from 1669), and features a collection of heritage artefacts, a permanent historical exhibition and a discovery space on the fur trade in New France. With a collection of over 50 monumental sculptures, the Musée plein air de Lachine is among the largest open

air museums in Canada. By foot or bicycle, visitors have access to major works. May to October except on June 24 and July 1.

The Fur Trade at Lachine National Historic Site of Canada

178 Map p. 178

1255 Saint-Joseph Blvd. | Lachine

☑ Angrignon + 🖨 195 | 514 637-7433 | pc.gc.ca

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The old stone-built depot, dating from 1803, used to contain goods imported from England or made in Montréal, destined for trade. Interactive presentations and self-guided or guided tours allow visitors to better understand this industry so essential to the colony's growth. June to September.

Public Market of Lachine

179 Map p. 178

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The Lachine Market is the oldest public market in Montréal. Gourmet, cheese, and pastry shops, as well as a bakery can be found here and are open all year long. Produce and horticultural products are available from May to October. In November and December, Christmas trees line the outdoor pathway.

Pente à neige

180 Map p. 178

o. 178

\$ 114 5 X 3 7

A snowy playground in Montréal's Southwest borough, this outdoor fun centre features snow tubing, tobogganing, ski and snowboarding, and free family activities. La Pente à neige offers groomed tubing runs, a bunny hill for beginner skiers and snowboarders plus a free, bring-your-own-sled slope. It also features Montréal's only snowpark, rails and all. Onsite rentals provide everything you need and certified instructors can get you up and going in no time. Chilly fingers or toes? Hot beverages and snacks are available onsite into the heated yurt where you can cuddle up with a good book or play a board game with friends.



Restaurants and cafés

La Bêtise

Asia, France, Québec | \$\$

3807 Wellington Street

☑ De l'Église | 514 750-8288 labetise.com

Les Enfants Terribles

Québec | \$\$

209 de la Rotonde Street

Square-Victoria-OACI +
178 South
1 514 508-6068
jesuisunenfantterrible.com

Restaurant Les Street Monkeys

Asia | \$\$

3625 Wellington Street | Verdun ☑ LaSalle | 514768-1818 streetmonkeys.ca

Restaurant Su

Mediterranean | V SS

5145 Wellington Street

☑ Verdun | 514 362-1818
restaurantsu.com

Restaurant Wellington

France, New Cuisine, Québec V SSS

3629 Wellington Street | Verdun LaSalle | 514 419-1646 restaurantwellington.com

Shopping //

SHOPPING STREETS

Promenade Wellington

Between LaSalle Blvd. and 6th Avenue Verdun | 🕲 De l'Église promenadewellington.com

Commercial artery in the heart of a neighbourhood both peaceful and lively. The shops, cafes, bars and restaurants offer a surprising variety.

MUSEUM GIFT SHOPS AND SOUVENIR SHOPS

Flag Shop

1320 Charlevoix Street

☑ Charlevoix I 514 396-3524
flagshop.com/montreal

Flags, banners, and flag-related products.

Spas and wellness

Strøm spa nordique

1001 de la Forêt Blvd.

☑ Square-Victoria-OACI + ☐
168 South | 514 761-2772
stromspa.com

The only nature spa in Montréal. Outdoor whirlpools, thermal and Nordic baths and waterfalls, Finnish saunas, steam bath, and relaxation areas.



Montréal is considered the official balcony capital, with more than one and a half million balconies (71% of metropolitan area residents have at least one).

East, West and North of the Island



Water bodies, picturesque neighbourhoods, nature parks and ecological museums flourish just a few minutes from downtown.

The east, west and north of the island offer the promise of the great outdoors. Roam the green spaces of their nature parks, observe their wildlife and plant life, review your history lessons or play golf. The West Island Heritage Bicycle Trail, a 70 km trail, will allow you to discover the architectural character of a hundred buildings, while admiring the stunning vistas of Lac Saint-Louis and Lac des Deux-Montagnes.







Paroisse La Visitationde-la-Bienheureuse-Vierge-Marie

184 Map p. 93

1847 Gouin Blvd. East | ☑ Henri-Bourassa + 🖨 69 East 514 388-4050 | eglisedelavisitation.org

s **K**

Built of fieldstone circa 1750 and designated a historic monument in 1974, it is the oldest Catholic church in Montréal. Wood sculptures and magnificent works by Montréal artists may be found inside.

East



Boulzeye, Lasertag-Billiard-Bowling

(B) Map p. 92

3655 du Tricentenaire Blvd.

☑ Honoré-Beaugrand + ☐ 186 East
514 498-2228 | boulzeye.ca

\$ 🖘 🎁 Y 🗶 🗘 i

Bowling, pool, laser tag, in the largest multiple-level laser tag arena in Québec.

iSaute

182 Map p. 92

8700 du Golf Blvd. │ Anjou

☐ Honoré-Beaugrand + ☐ 28 North │ 514 667-7644
isaute.ca

\$ 후 🚧 🗶 🖄

ISaute is home to interconnected trampolines and various jumping courses, offering young and old alike the possibility of jumping everywhere, even on the walls, safely. Closed on December 25.

Parc-nature de la Pointe-aux-Prairies

183 Map p. 92

14905 Sherbrooke Street East

☐ Honoré-Beaugrand + ☐ 186 | 514 280-6691
ville.montreal.gc.ca/grandsparcs

Covering 261 hectares, this park features wooded areas and large fields surrounded by marshes. Facilities include a nature centre and a marsh interpretation centre. Visitors can enjoy different outdoor activities.

Sanctuaire du Sacré Cœur et de Saint Padre Pio

185 Map p. 92

3650 De La Rousselière Blvd.

☑ Honoré-Beaugrand + 🖨 186 East | 514 642-5391 lareparation.org

s <u>*.</u>

Founded in 1896 by Marie Hébert de La Rousselière, a fervent Catholic of French origin, it was the largest sanctuary in the city until Saint Joseph's Oratory of Mount Royal was constructed in the 1930s. Every year, thousands of pilgrims go to the sanctuary, which consists of a chapel, a monastery, and a vast and peaceful woodland serving as the backdrop for the Way of the Cross. The site of the Way of the Cross includes a stained glass window dedicated to St. Francis, a reproduction of the Grotto of Lourdes, the Scala Santa, a chapel-shaped building (built in 1946 for the 50th anniversary), and a Calyary.

Vieux-Moulin de Pointe-aux-Trembles

186 Map p. 92

Corner of Notre-Dame Street and Second Avenue

☐ Honoré-Beaugrand + ☐ 189 East | 514 872-2240 ville.montreal.gc.ca

⑤ 竹☆

The Vieux-Moulin (Old Mill) is a true relic of New France's feudal regime. Built around 1720, it's one of the oldest and highest mills in Québec. The Parc du Vieux-Moulin is a site where culture, heritage, and the environment commingle, offering entertaining and educational presentations and activities. June to September.

West



Morgan Arboretum



150 des Pins Road | Highway 40 West, Exit 41 Corner of Sainte-Marie and des Pins Roads Sainte-Anne-de-Bellevue | 514 398-7811 morganarboretum.org

The Morgan Arboretum hosts a variety of landscapes: mature forests, remnants of natural ecosystems, plantations etc. The 20 km network of trails includes a path, two cross-country ski trails, and another designated for snowshoeing. Closed on December 25 and January 1.

Club de Golf St-Raphaël



1111 Église Uphill road | Île-Bizard | 514 696-4653 golfstraphael.ca

Located in the heart of Île Bizard, it offers you a golfing experience amid quiet landscapes and mature trees. This semi-private golf club is home to two, impeccably maintained, international-calibre 18-hole courses for players of all levels. Its restaurant invites you to enjoy an aperitif or dinner on an outdoor patio overlooking the golf course or in the venue's elegant dining room.

iSaute

189 Map p. 177

3220 Jean-Yves Street | Kirkland

□ Lionel-Groulx + 425 West | 514 842-9992
isaute.ca

\$ **?** ## X 1 1 1

ISaute is home to interconnected trampolines and various jumping courses, offering young and old alike the possibility of jumping everywhere, even on the walls, safely. Closed on December 25.



Escape Game Escaparium

Map p. 177

2064 Transcanada Highway | Dorval

© Côte-Vertu +

⇒ 225 West | 514 969-9029
escaparium.ca



Small groups of two to six people of all ages are locked in a room and must work as a team, finding clues in their surroundings and solving puzzles, riddles, and codes to escape the room within 60 minutes.

Montreal Aviation Museum

191 Map p. 177

Macdonald Campus of McGill University
Between Highways 40 and 20 | Entrance near the
White Cottage Campus Street | Sainte-Anne-de-Bellevue
514 398-7948 | cahc-ccpa.com

% \$8

The museum is dedicated to the preservation and promotion of the aviation heritage of Québec and Canada. It includes an art gallery, documentation centre, and workshops used for the restoration of various aircraft and the manufacture of replicas. Closed on December 25.

Parc-nature de l'Anse-à-l'Orme

192 Map p. 177

Gouin Blvd. West and l'Anse-à-l'Orme Road | Pierrefonds

☑ Côte-Vertu + 🖨 64 and 68 West | 514 280-6871
ville.montreal.qc.ca/qrandsparcs

Located opposite Lac des Deux-Montagnes, this linear park is a favourite of windsurfers and boaters, who come for the prevailing west winds.

Parc-nature du Bois-de-l'Île-Bizard

193 Map p. 177

2115 Bord-du-Lac Road | Île-Bizard | 514 280-8517 ville.montreal.qc.ca/grandsparcs

★ ⑤ 髦 火 🏊 🌣 🏂 🌤 意 🛣

This 216-hectare park offers a wooded area, access to the lac des Deux-Montagnes and a large marsh spanned by a 500-metre (0.3-mile) footbridge. Facilities include a guest chalet, a beach ideal for young children, and paths for cross-country skiing, cycling, and walking. Presentations on flora and fauna are also on the program throughout the year.

Parc-nature du Bois-de-Liesse

194 Map p. 177

9432 Gouin Blvd. West | Pierrefonds

☐ Henri-Bourassa + ☐ 69 and 68 West | 514 280-6729
ville.montreal.gc.ca/grandsparcs



This 159-hectare park offers a remarkable hardwood forest. Visitors can observe a variety of aquatic wildlife while hiking or cycling nearby the Bertrand stream, or they can admire the landscape along the shores of the Rivière des Prairies. In winter, different outdoor activities are available. The Sentier des Attraits, a captivating new facility in the park, offers to discover the forest in a whole new light.

Parc-nature du Cap-Saint-Jacques

195 Map p. 177



Enclosed by natural boundaries, this 288-hectare park is home to a wide variety of plants and animals. Facilities include a beach and an ecological farm that is open year-round. In winter, a marked cross-country skiing course winds through the park.



Promenade Sainte-Anne-de-Bellevue

196 Map p. 177

Sainte-Anne Street | ☑ Angrignon + 🖨 405 West ville.sainte-anne-de-bellevue.gc.ca

ήiΑ

The Promenade Sainte-Anne-de-Bellevue offers a range of attractions, restaurants, and shops along the Sainte-Anne-de-Bellevue Canal and Sainte-Anne Street. During the summer, the Promenade is often the site of concerts, exhibitions, and family activities of all kinds. Visitors can enjoy the beauty of nature, admire boats, have a picnic, or watch the lock master in action.

Vortex Racing

177 (197) Map p. 177

2300 46th Avenue | Lachine

☑ Lionel-Groulx + ☐ 211 West and 202 East
514 633-0000 | vortexracing.ca

\$ 🛜 MHA Y X 💆

Vortex Racing brings the thrill and experience of racing to Montréal. Vortex Racing offers eight professional-level simulators identical to those used in practice by top Formula 1 teams.

Ecomuseum Zoo

198 Map p. 177



21125 Chemin Sainte-Marie | Highway 40 West, Exit 44 Sainte-Anne-de-Bellevue | 514 457-9449 zooecomuseum.ca

thr to \$17 🔼 🕦 🏂 \$14 to \$17

The Ecomuseum Zoo has over 115 animal species native to Québec, including wolves, lynx, black bears, caribou, birds of prey, reptiles, and amphibians. Closed on December 25.

North



Laser Game Evolution







The experience is an updated version of laser tag enabled by 100% laser technology. Players navigate three multi-level mazes that are, at once, obscure and confusing. The mazes consist of partitions, reflective areas, and obstacles of all kinds, and they are overlooked by mezzanines and bridges.

Ministry of Cricket & Other Homeless Sports

200 Map p. 177

1301 Mazurette Street | ☑ Crémazie + 🖨 54 West 514 904-1261 | ministryofcricket.ca



The centre hosts a variety of sports and sportsrelated activities, from extreme archery games, bubble soccer, quidditch, baseball, softball, ping pong, Frisbee, dodgeball, flag football, Nerf battle, and room escape game. Closed on December 25 and January 1.

Parc-nature de l'Île-de-la-Visitation

201 Map p. 93

2425 Gouin Blvd. East | 🕲 Henri-Bourassa + 🖨 69 East 514 280-6733 | ville.montreal.qc.ca/grandsparcs

比翰图系写光本效杨春篇表本论》

Although located in an urban environment, this 34-hectare park provides opportunities to observe a wide variety of birds and aquatic wildlife. Guests may visit the historic Maison du Pressoir, Des Moulins bistro-terrace and see the remains of old mills. Depending on the season, activities include walking, cycling, cross-country skiing and tobogganing.





- Missionary, co-foundress, administrator, teacher, nun and "Mother" of the colony, Sainte Marguerite Bourgeoys (1620-1700) was canonized in 1982.
- Foundress of the Sisters of Charity of Montréal (Grey Nuns), Sainte Marguerite d'Youville (1701-1771) devoted her life to helping the poor. She was canonized by Pope John Paul II in 1990.

Saint André Bessette,

C.S.C. (Frère André, 1845–1937) constructed an oratory that

would become the world's largest sanctuary dedicated to Saint-Joseph. Canonized in 2010, he is buried at the Oratory.

● Kateri Tekakwitha (1656–1680) lived the last years of her life in Kahnawake, in the Montréal region. She is the first Native American woman to be declared a saint and was canonized by Pope Benedict XVI in 2012.



Restaurants and cafés

Café Le Petit Flore

France | \$\$

1145 Fleury Street East | Sauvé 514 387-2640 | lepetitflore.com

L'Estaminet

France, Mediterranean | V \$\$

1340 Fleury Street East

☑ Sauvé + 🖨 140 East

514 389-0596 | Lestaminet ca

Le Millen

France, Québec | \$\$\$

1185 Fleury Street East

■ Sauvé + 41 East

514 903-0636 | Jemillen.com

Le St-Urbain

France | V ECO \$\$\$

96 Fleury Street West

Sauvé + ☐ 180 West
514 504-7700 | lesturbain.com



Les Cavistes Restaurant Wine Bar

France | **V** \$\$\$

196 Fleury Street West

Sauvé + ☐ 180 West
514 508-5033

restaurantlescavistes com

Madre sur Fleury

North America, Latin America, New Cuisine. Québec | \$ \$\$

124 Fleury Street West | Sauvé 514 439-1966 | restaurantmadre.com

Shopping

KITCHEN ACCESSORIES

AND FOOD

Sweet Isabelle

1584 Fleury Street East

☑ Henri-Bourassa | 514 507-8990 sweetisabelle.co

Sweet Isabelle creates speciality gourmet shortbread cookies, pure butter cupcakes, and offers festive decorating workshops for all ages and events.

Workshops

Les Cavistes Restaurant

Wine Bar

196 Fleury Street West

Sauvé + ■ 180 West
514 508-5033
restaurantlescavistes.com

Multi-faceted wine tasting workshops where participants learn about a country's history, geography, terroirs and grape variety.

Sweet Isabelle

1584 Fleury Street East

☑ Henri-Bourassa | 514 507-8990
sweetisabelle.co

Sweet Isabelle creates speciality gourmet shortbread cookies, pure butter cupcakes, and offers festive decorating workshops for all ages and events.

Seasons

Spring

From March to June, Montréal celebrates warmer weather with events galore. See the Cirque du Soleil big top show in the Old Port, enjoy the musical swings in the Quartier des spectacles, and brace yourself for the beginning of festival season: Piknic Électronik, the Montréal Folk Festival and MURAL are all held in the spring.



© Tourisme Montreal, Mathieu Dupuis

Fall

Culture is at its prime in Montréal during the fall, with new shows and exhibits nearly every day. Witnessing the trees changing colours is a must. Chinese lanterns light up the Botanical Garden, while fresh apples abound in public markets. Cozy up in a bar after a full day of exploring the city!



Montrealers spend as much time outdoors as possible in the summer. You can see them enjoying a drink on a *terrasse*, dancing at an outdoor music event, marvelling at circus artists, eating at food trucks or picnicking in one of the city's many parks. The Festival de Jazz de Montréal, Osheaga and MONTRÉAL COMPLÈTEMENT CIRQUE are just some of the highlights of the summer season.



© Allson Stattery

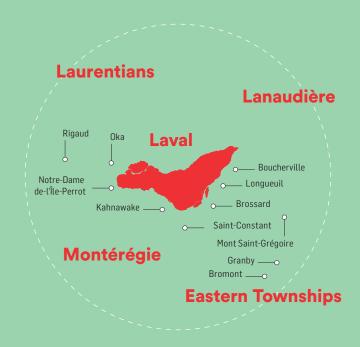
Winter

Winter sparkles with fun at outdoor festivals like Merry Montréal and Igloofest, while MONTRÉAL EN LUMIÈRE celebrates culinary talent from Québec and around the world. Wander through Christmas markets or have fun in the snow at family-friendly Fête des neiges. After a day (or night) outside, warm up with a hot beverage or next to a fireplace.

Around Montréal

Zoo, provincial parks, farms, vineyards, golf courses and country tours are the source of unforgettable discoveries and pleasures.

Set off to discover the picturesque villages of the Eastern Townships; explore the peaks of the Laurentians; taste the flavours of the Montérégie; hike the forests of Lanaudière; and let Laval and its attractions entertain you. Why not pamper yourself in one of the many resorts in Montréal's vicinity? They offer the promise of thrilling activities, pleasant encounters and cozy nights.









Outdoor enthusiasts, this is the place to be! Bike paths, cross-country and downhill ski trails, abundant lakes, microbreweries, two Wine Routes, cheese makers, restaurant owners and artisanal producers all welcome you with open arms. Whether you stay in a 5-star hotel, a campground, or something in between (think tree house, yurt, or B&B), you're sure to sleep soundly after a busy day—and eager to start all over again in the morning!



Live the cottage life in Lanaudière

With a mix of mountains, forests and lakes, Lanaudière is an outdoorsy type's perfect getaway, ready for you to fully immerse yourself in its wilderness. The countless cottages for rent in the area are just the beginning – a whole network of camping grounds, outfitters and yurts awaits. Summer is always a glorious season to plunge into Lanaudière local life, though when the leaves turn in fall, a visit turns breathtakingly beautiful. Ad p. 168



Set off on an adventure to Laval

Laval is renowned for its impressive number of amazing attractions that offer various activities, from entertainment to culture and nature. In Laval, all is possible: exploring space, defying gravity in a free-fall simulator, observing animals in their natural habitat and even playing scientist. You'll find the activity that will best suit your taste of the moment, whether you're planning an outing with friends or a family day. And it's possible to do all this in one day, if you're up to it! Ad p. 167

Explore the wild, wonderful Laurentians

The Laurentians offer everything, from polished resorts and a happening restaurant scene to real, thick Québec wilderness you could easily get lost in. You'll be whooshing down ski hills and spending time in après-ski chalets worth writing home about. Swing your golf club on sunny greens, or park yourself on the banks of one of the Laurentians' large lakes for some beach time, Québec style. Fabulous resorts round out the offerings in this fun-filled area, where quaint mountain villages set the scene for discovery any time of year. Adp. 170

Drink up and have fun in Montérégie

The Montérégie region is a foodie's paradise, home to orchards, vineyards and maple groves. The kids will love climbing up apple trees to pick the ripe fruit, while in spring, it doesn't get more Québec than a giant feast in an authentic sugar shack! To burn some of those calories off, the area is wonderful for bike treks, hiking and boating expeditions. Explore Lake Champlain or Rivière Richelieu by kayak or get wilder with an outing up-close-and-personal with wild animals at Parc Safari. Ad p. 169

Eastern Townships

Granby Zoo



202 Map p. 178 / Ad p. 169

525 Saint-Hubert Street | Highway 10, exit 68 or 74 Granby | 450 372-9113 | zoodegranby.com

医多种体剂 又火

On its trails, visitors can watch 1,500 animals comprising nearly 225 exotic species, including elephants, giraffes, gorillas, and tigers, and attend some 20 presentations. The Zoo includes a zoological garden, amusement rides, the Amazoo iögo waterpark, and the South Pacific Odyssey Pavilion.

Golf Château-Bromont



203 Map p. 178

95 de Montmorency Street | Bromont | 450 534-1199 chateaubromont.com/en/golf-chateau-bromont

ik s 夸 nhai ▽ X ア

With its certified Canadian championship course, Golf Château-Bromont has a wellestablished reputation. Its greens rank among the most beautiful and demanding in the region, and its ultra-modern carts are equipped with GPS, as well as USB ports. Enjoy memorable moments of sporting relaxation and breathtaking panoramas of the Eastern Townships.

Laurentians

Labonté de la Pomme -Verger & Miellerie



405 de L'Annonciation Road | Oka | 450 479-1111 labontedelanomme.ca

抗糖乳素

A pick-your-own, family-run agritourism estate, Labonté de la Pomme invites you to harvest over 25 varieties of fruit — apples, pears, plums, cherries, and pumpkins - and enjoy farm activities. March to December.



Laval



Aerosim Experience

205 Map p. 177

1177 Autoroute Laval West | Suite 201 | Laval aerosimexperience.com



Airplane enthusiasts can take the controls of a B737 flight simulator, the first of its kind open to the Canadian public. Accompanied by professional instructors, participants enjoy a unique activity and can choose among 24,000 airports worldwide to land at.

SkyVenture Montréal



2700 du Cosmodôme Avenue | Laval

skyventuremontreal.com is \$ **? ini ╩**

SkyVenture Montreal is a vertical wind tunnel that reproduces perfectly the free-fall portion of a parachute jump. This recreational activity is suitable for visitors aged four years and over, Closed on December 25.

Montérégie



Arbraska Rigaud

207 Map p. 177

85 Bourget Road | Rigaud | 438 320-1346 arbraska.com

S Mit FI T

Tarzan cords, giant zip lines, hundreds of safe and ecological activities await the more daring for a challenging expedition or a moment of escape and relaxation.

Arbraska Mont-Saint-Grégoire



45 Sous-Bois Road | Mont-Saint-Grégoire 450 358-8999 | arbraska.com

S Mit & K

Authentic outdoor fun awaits at Arbraska Mont Saint-Grégoire, an aerial adventure park for all ages with over 90 treetop games, hiking and more!

Cocathédrale Saint-Antoine-de-Padoue and Museum



®

Consecrated in 1887, the Cocathédrale Saint-Antoine-de-Padoue features Gothic Revival architecture with a Neo-Byzantine dome. Its museum contains items that date back to the origins of the parish in 1697.

Exporail / The Canadian Railway Museum

210 Map p. 178

110 Saint-Pierre Street | Highway 15, Exit 42 (route 132) Saint-Constant | 450 632-2410 | exporail.org

ዜ া 🛣 \$20

Exporail has the largest railway collection in Canada. Visitors can climb aboard some of the vehicles on display, as well as ride a tramway or a mini-railroad. A guided tour reveals past travelling habits and more information about the founders and employees of the railway. In the miniature train room, young and old enter the world of railroad models.

Oasis Surf

211 Map p. 178

9520 Leduc Blvd | Suite 01 | Brossard | 514 372-7873 oasissurf.com

S THA S T X AL

The first indoor surfing wave in Canada. Surrounding the wave, a restaurant serves up finger foods and beach-style meals. A bar and boutique round out the services at this one-of-a-kind venue.

Parc national des Îles-de-Boucherville



55 Île Sainte-Marguerite | Boucherville | 450 928-5088 parcsquebec.com

☆★温萱盎焱杖▲火溢前区种亭&坊

Just a few minutes from downtown Montréal, the five islands of the Parc national des Îles-de-Boucherville are a haven of peace with over 25 kilometers of marked hiking and biking trails, stunning channels for canoeing and kayaking, as well as camping sites. Here, it's not uncommon to see great blue herons, red foxes, and white-tailed deer.



Saint Kateri Tekakwitha Shrine

213 Map p. 178

1 River Road | Kahnawake | 450 632-6030 kateritekakwitha.net

s 🐈

The Saint Francis Xavier Mission was founded in 1667. The community displaced few times due to economic, agricultural, and political changes, and settled at its present site at Kahnawake (meaning "On the rapids") in 1716, where a more permanent church was built in 1720.

Sucrerie de la Montagne

214 Map p. 177

300 Saint-Georges Road | Rigaud | 450 451-0831 sucreriedelamontagne.com

Visitors are invited to participate in several traditional activities: hay-rides in horse-drawn carriage, guided tours to the sugar shack and the hundred-year-old bakery. The old-time sugar feast is an all-you-can-eat family-style meal animated by folk singers where the guests are invited to sing and dance. After the meal, a visit to the general store is a must.

Verger Labonté

215 Map p. 177

2291 Perrot Blvd. | Notre-Dame-de-l'Île-Perrot 514 453-5379 | vergerlabonte.com

\$ ## \$#

Verger Labonté is dedicated to the ecological production and transformation of the apple and provides a range of family activities: apple and pumpkin picking, 3 giant corn mazes and a broadleef forest, and visiting farm animals, The farm has a shop where you can buy apple products and other local goods, and a bistro open on weekends.



Restaurants and cafés

Labonté de la Pomme – Verger & Miellerie

New cuisine, Québec

405 de L'Annonciation Road | Oka 450 479-1111 | labontedelapomme.ca

Sucrerie de la Montagne

Québec | \$\$

300 Saint-Georges Road | Rigaud Montérégie | 450 451-0831 sucreriedelamontagne.com



Shopping

SHOPPING MALLS

Premium Outlets Montréal

Ad p. 172

19001 Chemin Notre-Dame | Mirabel Laurentians | 450 710-1750 premiumoutlets.com/ montrealpremiumoutlets

X

Major commercial centre carrying renowned and exclusive brands.

Quartier DIX30

Intersection of Highways 10 and 30 Brossard | Montérégie 450 926-1030 | quartierdix30.com

X

An urban living environment including shops, restaurants and movie theatre.

KITCHEN ACCESSORIES AND FOOD

Labonté de la Pomme – Verger & Miellerie

405 de L'Annonciation Road | Oka Laurentians | 450 479-1111 labontedelapomme.ca

is X

A pick-your-own, family-run agritourism farm producing also the honey and hive products sold at its General Store.



Verger Labonté

2291 Perrot Blvd. Notre-Dame-de-l'Île-Perrot 514 453-5379 | vergerlabonte.com

Farm offering apple and pumpkin picking, and a shop where to buy apple products and other local goods.

Workshops

Hélicraft

6500 de la Savane Road Saint-Hubert | Montérégie ☑ Longueuil + ☐ 28 514 686-7046 | helicraft.ca

Pilot experience packages last 1 h 30 to 2 h, including 30 to 60 minutes of flight. You will discover everything from the piloting of a helicopter, closely supervised by an experienced instructor at your side.



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skyventuremontreal.com | 514 524-4000

For the detailed program of activities: tourismelaval.com







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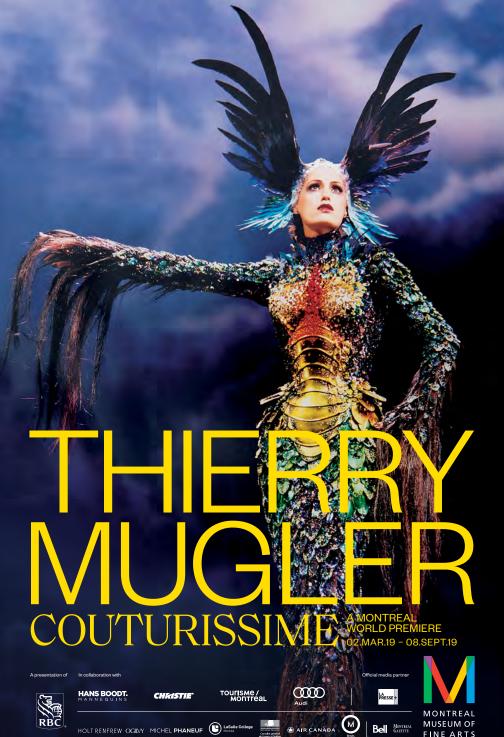
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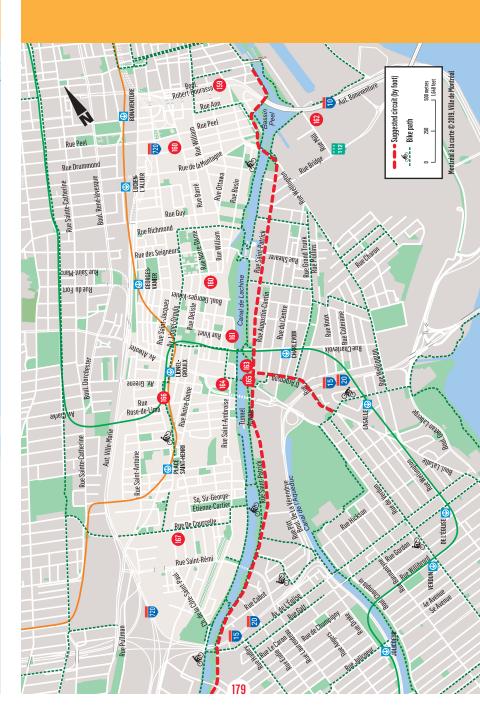
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