

Discovery à la M[👄]ontréal

An insider's guide to the sights,
sounds, flavours and festivities
that make *joie de vivre* a way of life





Let the locals show you their city

There's a lot we could say about Montréal: the food, the history, the architecture, the shopping, not to mention the unique mix of European charm and North American energy. But we thought we'd let the experts do the talking: the people who actually live, work and play in the city, the ones who are the heart and soul of Montréal and who infuse it with that certain "je ne sais quoi" that makes it so special.

SO LET THESE MONTREALERS BE YOUR GUIDE AND GIVE YOU
JUST A SMALL SAMPLE OF WHAT THE CITY HAS TO OFFER.



MONTRÉAL

AT A GLANCE



:1: DOWNTOWN

Shopping heaven by day, entertainment mecca by night. Daytime offers museum culture and designer shopping; in the evening, DJs and live bands help stretch happy hour into an all-night party.

:2: OLD MONTRÉAL & OLD PORT

OLD MONTRÉAL History comes alive as cobblestones and carriages mingle with boutique hotels and gourmet restaurants. It's the perfect blend of old and new.

OLD PORT Riverside rendezvous for strolling, skating, biking, riverboat cruising, picnicking, socializing, people-watching and all around discovering.

:3: PARC JEAN-DRAPEAU

The great outdoors, techno parties, Grand Prix, Casino action and more!

:4: MONTRÉAL NEIGHBOURHOODS

MOUNT ROYAL & SURROUNDINGS

The mountain that gave Montréal its name—a taste of the great outdoors in the heart of the city, just a stone's throw from fine dining and elegant boutiques.

PLATEAU MONT-ROYAL Bohemian chic in the heart of the city. This is where students, artists, designers and assorted trendsetters converge to unleash their creativity.

HOCHELAGA-MAISONNEUVE Home to the Olympic Stadium, Biodôme, Botanical Garden, Insectarium, plus a pristine park and charming neighbourhoods.

LITTLE ITALY A taste of the Old World with a Montréal spin, where cultures converge to eat, drink and be merry.

THE VILLAGE Party central for the gay and gay-friendly; the perfect setting for cruising, schmoozing and letting it all hang out, with everything from gourmet dining to circuit-party clubbing.

PÔLE DES RAPIDES Rafting, kayaking, bird-watching, biking, in-line skating or just enjoying the view: in the water or on the shore, there's something for everyone.

DOWNTOWN

BY MAURIZIO, 28, SECOND-GENERATION MONTREALER

Maurizio

"Downtown Montréal never stops and never closes. Day and night, people work here, live here, play here..."



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DON'T LEAVE WITHOUT...

- :1: Getting your culture fix at the Museum of Fine Arts, Musée d'art contemporain, Canadian Centre for Architecture, Redpath Museum, or McCord Museum
- :2: Stopping at Mary Queen of the World Cathedral
- :3: Strolling through the Quartier International, featuring the spectacular Place Jean-Paul Riopelle and the ultramodern Palais des congrès and World Trade Centre

TREAT YOURSELF TO...

Some National Hockey League action with the Montréal Canadiens at the Bell Centre

Sunday morning dim sum in Chinatown

A few screenings at the World Film Festival—it's like travelling around the world without leaving the city

TAKE THE TIME TO...

Try some indoor ice-skating at the 1000 de la Gauchetière office tower

Notice how modern and traditional architecture live side by side in harmony

Admire the intricate stone facade of St-James United Church

WHAT I LOVE MOST IS...

:4: Bar-hopping till the wee hours of the morning

Grand Prix Festival on Crescent St.—beautiful cars, beautiful people!

The scene at Dorchester Square during a Wednesday lunchtime concert

DOWNTOWN

BY DIANE, 36, SELF-CONFESSED SHOPAHOLIC

Diane

"I love the pulse of the downtown scene. It's active and dynamic, without being frantic or stressful...the perfect balance."



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DON'T LEAVE WITHOUT...

:1: Exploring the 33-km (20-mile) underground city: 1,700 boutiques, 200 restaurants, 40 movie theatres and exhibition halls...

Walking along the Golden Square Mile to see the elaborate turn-of-the-century mansions

Getting to know the Quartier Latin, home of student pubs, live entertainment and Victorian architecture

TAKE THE TIME TO...

:3: Browse through the chic boutiques on Sherbrooke Street

Pamper yourself at a luxury spa

Mix with the regulars at a friendly pub

TREAT YOURSELF TO...

:2: Ste-Catherine St.—15 km (9 miles), 1,200 stores... shopping heaven!

The breathtaking view from the outdoor terrace on top of Place Ville-Marie

A live performance in the Quartier des spectacles (Entertainment District): music, theatre, dance, opera, comedy, cabaret and more!

WHAT I LOVE MOST IS...

:4: Dancing the night away at a free outdoor concert during the Jazz Festival

McGill College Ave. and downtown shop windows all lit up at Christmas time

The friendly atmosphere at the St-Patrick's Day Parade

OLD MONTRÉAL

BY HÉLÈNE, 42, ADVERTISING EXECUTIVE

Hélène

"I feel lucky to work in Old Montréal. Every day, it's like I step back in time whenever I step out of the office..."



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: 5 :

DON'T LEAVE WITHOUT...

- :1: Marvelling at the beauty of Notre-Dame Basilica and its majestic pipe organ
- :2: Checking out the cafés, terraces and street performers at Place Jacques-Cartier
Exploring Montréal's roots at Pointe-à-Callière Museum
- :3: Admiring Notre-Dame-de-Bonsecours Chapel

TREAT YOURSELF TO...

Fresh almond croissants and *café au lait* for breakfast

Pure maple syrup ice cream—out of this world!

The Lighting Tour of Old Montréal, featuring beautiful City Hall

A visit to the stately Bank of Montréal building and its museum

A neighbourhood walking tour or nighttime ghost tour



TAKE THE TIME TO...

Browse through the fabulous art galleries and local designer boutiques

Explore the neighbourhood in a typical horse-drawn *calèche*

- :4: Take in the historic architecture—especially at night when the buildings are all lit up
- :5: Visit the local shops and craftspeople at Marché Bonsecours

Learn about the city's history at Château Ramezay, Centre d'histoire de Montréal and George-Étienne-Cartier House

WHAT I LOVE MOST IS...

Taking a walk after a fresh snowfall

The annual Halloween festivities

Meeting friends for drinks at a trendy rooftop terrace—preferably at sunset



OLD PORT

BY MAY, 52, PROFESSIONAL PEOPLE-WATCHER

May

"There's a special atmosphere here: it's a place where people converge to chill out, have fun, relax. Everyone seems to have a smile on their face."



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DON'T LEAVE WITHOUT...

Expanding your horizons at the Science Centre
Biking or in-line skating along the bike path

- : 1 : Ice skating under the stars on a brisk winter night



TREAT YOURSELF TO...

An IMAX movie in 3D

3D

A gourmet dining cruise on the St-Lawrence River

- : 2 : A fun afternoon with the kids at the Hangar 16 Labyrinth
: 3 : Some splishing and splashing down the Lachine Rapids in a jet boat

TAKE THE TIME TO...

Browse through the second-hand bookstands
Enjoy your favourite cocktail at a waterfront terrace

- : 4 : Stroll along the dock and climb up the clock tower

WHAT I LOVE MOST IS...

- : 5 : Sneaking away from the office for a picnic lunch on the grass
: 6 : Mixing with the media types at Café des Éclusiers—the city's coolest happy hour
Watching that acrobatic in-line skating guy strut his stuff on a sunny afternoon

PARC JEAN-DRAPEAU

BY FRANÇOIS, 25, ENGINEERING STUDENT

François ☺

"I love having these islands just minutes from downtown. I feel like I can go off on holiday whenever I want."



DON'T LEAVE WITHOUT...

- :1: Trying your luck and catching a show at Casino de Montréal
 - :2: Visiting the Environment Canada Biosphere and its water-themed museum
- Hopping aboard some wild rides at La Ronde amusement park

TREAT YOURSELF TO...

- Dinner at the 5-diamond restaurant Nuances at Casino de Montréal
- The hottest music and coolest vibe in town at Piknic Électronik
- :3: The spectacular sights and sounds of the International Fireworks Competition
- The edge-of-your-seat suspense of the Formula One Grand Prix du Canada

TAKE THE TIME TO...

- Rediscover the New World or watch the military manoeuvres at the Stewart Museum in Fort Île Ste-Hélène
- Cross the river on the ferry between Quai Jacques-Cartier and Île Notre-Dame
- :4: Admire the architectural wonder of Habitat 67
 - :5: Cool off at the Île Ste-Hélène swimming pool or the Île Notre-Dame beach

WHAT I LOVE MOST IS...

Relaxing in front of Alexander Calder's "Man" sculpture on Île Ste-Hélène

In-line skating along the Gilles-Villeneuve racetrack and pretending I'm driving a Ferrari

Marveling at the ice and snow sculpture competition during Fête des Neiges

Watching the dragon boat teams train at the Olympic Basin

MONTRÉAL NEIGHBOURHOODS

MOUNT ROYAL & SURROUNDINGS BY SYLVIA, 34, AVID JOGGER & MOUNTAIN BIKER

Sylvia

"Some people call this a green oasis, but to me, it's so much a part of the city—it's got a unique vibe all its own."



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DON'T LEAVE WITHOUT...

- :1: Taking in the view at the scenic Chalet du Mont-Royal lookout
- :2: Visiting stunning St-Joseph's Oratory—be ready for the climb!

Browsing through the chic boutiques on Laurier Ave. and Bernard St.

TAKE THE TIME TO...

- Gawk at the stately mansions in Upper Westmount and Upper Outremont
- :4: Join in the tam-tam jam near George-Étienne-Cartier Monument on a Sunday afternoon

TREAT YOURSELF TO...

- Ethnic dancing under the stars at Beaver Lake
- Tobogganing down the mountain on a crisp winter day
- Jogging along the paths or mountain biking up and down the wooded trails
- :3: A genuine Montréal bagel—the real deal!

WHAT I LOVE MOST IS...

- Taking a walk through peaceful Notre-Dame-des-Neiges or Mount Royal Cemetery
- Watching the cross all lit up at the top of the mountain from my living room window
- Ice skating on Beaver Lake—followed by a nice hot chocolate



MONTREAL NEIGHBOURHOODS

PLATEAU MONT-ROYAL BY SYD, 61, SHOPKEEPER & PHILOSOPHER

Syd

"I've lived here for years and I've seen it all—immigrants, artists, students, bohemians. They all seem to fit in somehow."



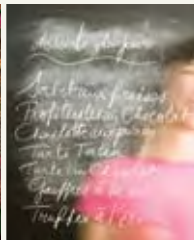
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DON'T LEAVE WITHOUT...

- :1: Hanging out at some cool cafés with outdoor terraces on St-Denis St. and Mont-Royal Ave.
Discovering talented local designers at the funky fashion boutiques
- :2: Mingling with the jet set (and maybe spotting some celebs) on chic St-Laurent Blvd.
- :3: Sampling the international flavours at a quaint neighbourhood restaurant

TREAT YOURSELF TO...

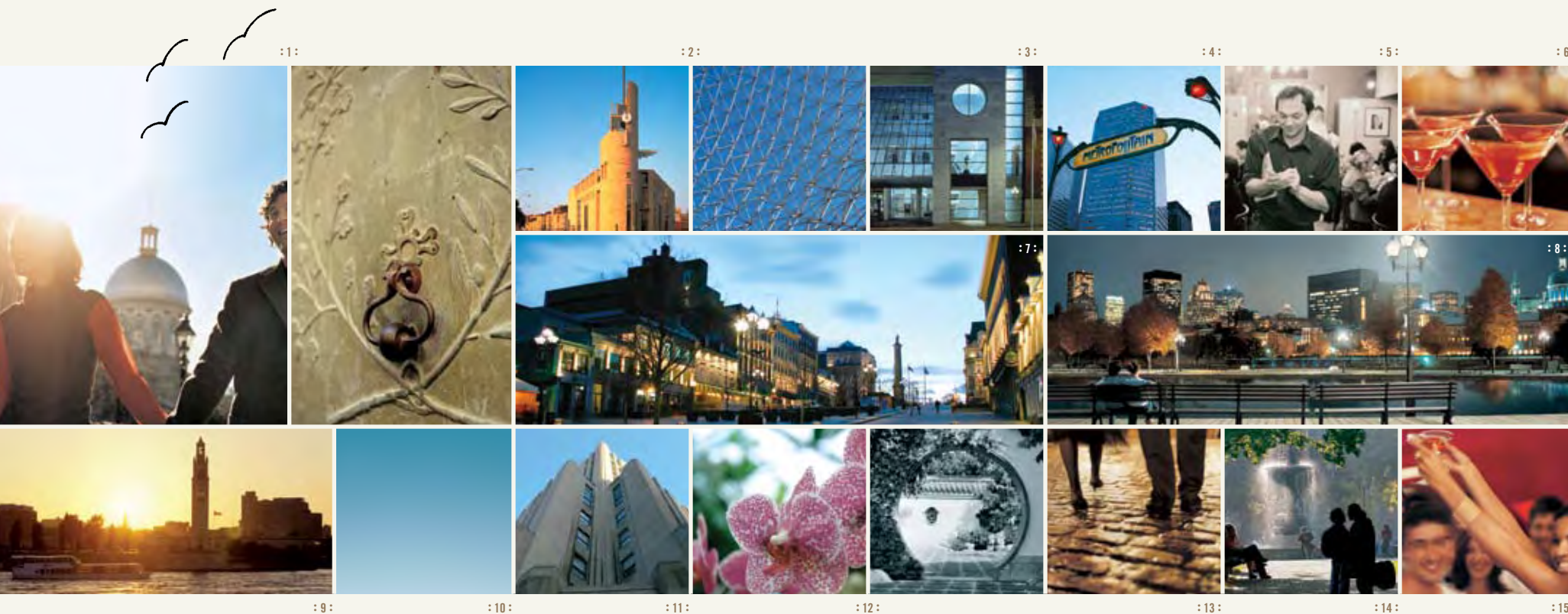
- Authentic Montréal smoked meat on "The Main"
- An outdoor music or dance performance in La Fontaine Park
- An "al fresco" lunch or dinner on Prince Arthur Street's pedestrian mall (bring your own wine!)

TAKE THE TIME TO...

- :4: Take in some typical Montréal residential architecture along Laval St. (look for the telltale outdoor spiral staircases)
- :5: Do some bar-hopping and sample some of the local beers on and around St-Denis St.
Enjoy some avant-garde dance or theatre performances

WHAT I LOVE MOST IS...

- Gorging on the world's hottest art films at the New Cinema Festival
- The annual sidewalk sales on Mont-Royal Ave. and St-Laurent Blvd.
- Sunday brunch on Mont-Royal Ave.
- Catching a new music show at a cozy neighbourhood café



Montreal is

An island in the St-Lawrence River
 The world's second largest French-speaking city
 More festivals than there are weeks in a year
 1,000 parks, 47 km² (18 sq.mi.) of green space
 and 350 km (217 miles) of bike paths
 Dining heaven, with over 5,000 restaurants featuring
 over 80 types of international cuisine
 11 universities, ranking us #2 in North America
 in terms of university students per capita
 Canada's premier fashion destination
 A hotbed of creativity, and the home of Cirque du Soleil
 A two-cheek kiss to greet friends and neighbours

- : 1: Old Montréal sets the mood
- : 2: Over 360 years—and counting—of British, French and contemporary architecture and culture
- : 3: Where beauty lives: the Montréal Museum of Fine Arts
- : 4: A dash of Europe, a shot of North America in Square Victoria
- : 5: Palate pleasers all around
- : 6: Open all night, from dusk till dawn
- : 7: Place Jacques-Cartier turns on the charm
- : 8: City lights—a view from the Old Port
- : 9: River of dreams: a romantic dinner cruise on the St-Lawrence
- : 10: Winter wonderland in the Old Port
- : 11: Montréal architecture goes sky high
- : 12: Flower power at the Botanical Garden
- : 13: A romantic stroll on the cobblestone streets of Old Montréal
- : 14: Square St-Louis, dripping with ambiance
- : 15: Meeting friends or making new ones: the night is young
- : 16: Festival frenzy sweeps the downtown core

MONTREAL NEIGHBOURHOODS

HOHELAGA-MAISONNEUVE BY MYRIAM, 49, OLYMPIC VILLAGE RESIDENT

Myriam

"There's a lot of great tourist attractions here, but they never overshadow the heart and soul of the neighbourhood. That's why I enjoy living here so much."



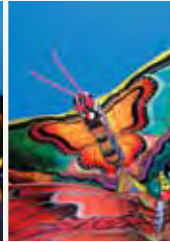
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DON'T LEAVE WITHOUT...

- :1: Climbing up the world's highest inclined tower and admiring the view from the top of Olympic Stadium
- :2: Strolling through the world-renowned Botanical Garden
- :3: Getting back to nature at the Biodôme

TAKE THE TIME TO...

- Mingle with old-style French Canadian bourgeoisie at Château Dufresne
- Play 9 holes of golf at Maisonneuve Park
- Admire the sumptuous stained glass inside Saint-Nom-de-Jésus Church
- :4: Take in the Beaux-Arts style architecture throughout the neighbourhood

TREAT YOURSELF TO...

A chocolate-covered grasshopper or a lollipop with butterfly larva, served up as a snack at the Insectarium (trust me, it's delicious!)

A big, hearty *poutine* at a local greasy spoon

WHAT I LOVE MOST IS...

- :5: The feeling of peace and tranquillity at the Chinese and Japanese gardens at the Botanical Garden
- Cross-country skiing on a brisk winter morning in Maisonneuve Park

MONTREAL NEIGHBOURHOODS

LITTLE ITALY BY CARMINA, 72, GRANDMOTHER & AWESOME COOK

Carmina

"Yes, it's an Italian neighbourhood, but Montréal-style: that means there's plenty of room for everyone, no matter where you're from."



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DON'T LEAVE WITHOUT...

Visiting the fabulous Madonna della Defesa Church

✈: Shopping for fresh produce and Québec delicacies at Marché Jean-Talon—great for mingling with Montréal's many cultural communities

Paying your respects to Dante at the park named in his honour

TREAT YOURSELF TO...

- * A full-blown Italian dinner—complete with violin music at your table
- ✈:2: Italian gelato for dessert—this is what heaven must taste like!
- ✈:3: Some world-class tennis at Montréal's annual Masters Series tournament

TAKE THE TIME TO...

Watch a game of bocce on a sunny afternoon in Dante Park

Or perhaps a friendly neighbourhood soccer match at Jarry Park

Linger over a genuine espresso at an Italian café



WHAT I LOVE MOST IS...

Cheering for "Forza Italia" while watching a soccer match or a Grand Prix at a crowded trattoria

➔ Canoles and zeppoles fresh from the neighbourhood pastry shops

:4: Discovering new delicacies at the local food shops

The potpourri of different accents—Italian, Portuguese, Spanish, French...

MONTREAL NEIGHBOURHOODS

THE VILLAGE BY ALAIN, 41, WRITER & SOCIAL BUTTERFLY

Alain

"Walking through the Village is like getting a boost of adrenaline: the place is hopping 24/7."



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DON'T LEAVE WITHOUT...

- :1: Taking in the nightlife...till dawn
- :2: Visiting the Écomusée du fier monde—great museum, great venue
- Savouring a gourmet dinner at a funky restaurant



TREAT YOURSELF TO...

- :3: The Annual Gay Pride Week—parades, concerts and dancing in the streets
- The Black & Blue Festival—plan on not sleeping
- One of the many quaint neighbourhood B&B's
- An evening of drag-queen bingo (no, that's not a typo) at Cabaret chez Mado

TAKE THE TIME TO...



Check out the fresh produce at Saint-Jacques market

Spend an afternoon people-watching at a trendy café

Browse through the vintage & collectible shops on Amherst St.

Enjoy some innovative creations during the Festival International Montréal en Arts

WHAT I LOVE MOST IS...

Cheering during the Gay Pride parade surrounded by families, grannies and trannies

All-night line dancing at a gay C&W club

Browsing at the neighbourhood bookshops

MONTREAL NEIGHBOURHOODS

PÔLE DES RAPIDES BY NAOMI, 17, STUDENT & PART-TIME YOGA INSTRUCTOR

Naomi

"How cool is it to have all this scenic stretch of riverfront parks and bike paths, and it's practically in my backyard!"



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DON'T LEAVE WITHOUT...

- :1: Biking or in-line skating along the scenic Lachine Canal
- :2: Stepping back in time to New France at Maison St-Gabriel and the Fleming Mill

TREAT YOURSELF TO...

- :3: Some of the local cheeses and other gourmet delicacies at Atwater Market

A picnic lunch at the outdoor sculpture garden in Lachine



TAKE THE TIME TO...

- :4: Observe the migrating birds—over 225 species—at Parc des Rapides

Learn all about the early fur traders at the Fur Trade exhibition at Lachine National Historic Site of Canada

Enjoy a historical cruise—and some fantastic city views—along the Lachine Canal

WHAT I LOVE MOST IS...

Cross-country skiing across the 107-hectare (1 km²) Angrignon Park

Watching the yachts go through the locks on the Lachine Canal

Hunting for antiques along Notre-Dame Street

WANT TO EXPLORE BEYOND THE CITY LIMITS? PRISTINE LAKES, MAJESTIC MOUNTAINS, CHARMING VILLAGES AND LOADS OF FUN-FILLED ATTRACTIONS ARE JUST A SCENIC DRIVE AWAY. HERE ARE A FEW SUGGESTIONS:



Day tripper



- Explore the final frontier at the Cosmodôme and Space Camp
- Answer the call of the wild at Granby Zoo or Parc Safari
- Experience a real sugar shack at La Sucrierie de la Montagne
- Grab your skis or your snowboard and head for one of the 45 ski centres located within a 100-mile (160-km) radius of the city
- Tee off at one of 80 golf courses, still within the same 100-mile (160-km) range
- Treat yourself to some local delicacies at one of the many charming gourmet restaurants in the Eastern Townships
- Find some great deals on an outlet shopping spree in the Laurentians
- Go for a getaway to scenic Mont-Tremblant resort
- Take a day trip to discover the charms of Ottawa or Québec City

A city for all seasons

ANYTIME IS A GREAT TIME TO VISIT MONTRÉAL. HERE ARE JUST A FEW OF THE GOINGS-ON THAT MAKE US A HOT SPOT ALL YEAR ROUND.

:: SPRING ::

INTERNATIONAL FESTIVAL OF FILMS ON ART :: some of the world's finest films dealing with visual and performing arts, architecture, literature and more
SPRING FEVER :: when the sun comes out and the mercury rises, Montrealers take it outside as cafés and bistros open their terraces
SAINT-PATRICK'S DAY :: join the revellers at North America's oldest continuously-running parade
BAL EN BLANC :: a long weekend of major partying
MONTRÉAL BOTANICAL GARDEN :: a year-round celebration of nature's wonders
MUTEK :: a festival of music, sound and new technologies
PEAK "SUGAR SHACK" SEASON :: fresh maple syrup on tap!
FORMULA 1 GRAND PRIX :: a week-long celebration with cool cars and hot parties

:: SUMMER ::

FESTIVAL INTERNATIONAL DE JAZZ :: features hundreds of indoor and outdoor shows, many of them free
JUST FOR LAUGHS COMEDY FEST :: keeping Montréal in stitches!
INTERNATIONAL FIREWORKS COMPETITION :: the city skies light up all summer long
FESTIVAL INTERNATIONAL NUITS D'AFRIQUE :: a chance to explore African culture in its many forms
MONTRÉAL WORLD FILM FESTIVAL :: hundreds of movies from practically everywhere on earth
DIVERS/CITÉ FESTIVAL :: a week-long celebration of gay pride
FÉRIA DU VÉLO :: cyclists take over the city in a fun-filled bike-a-thon

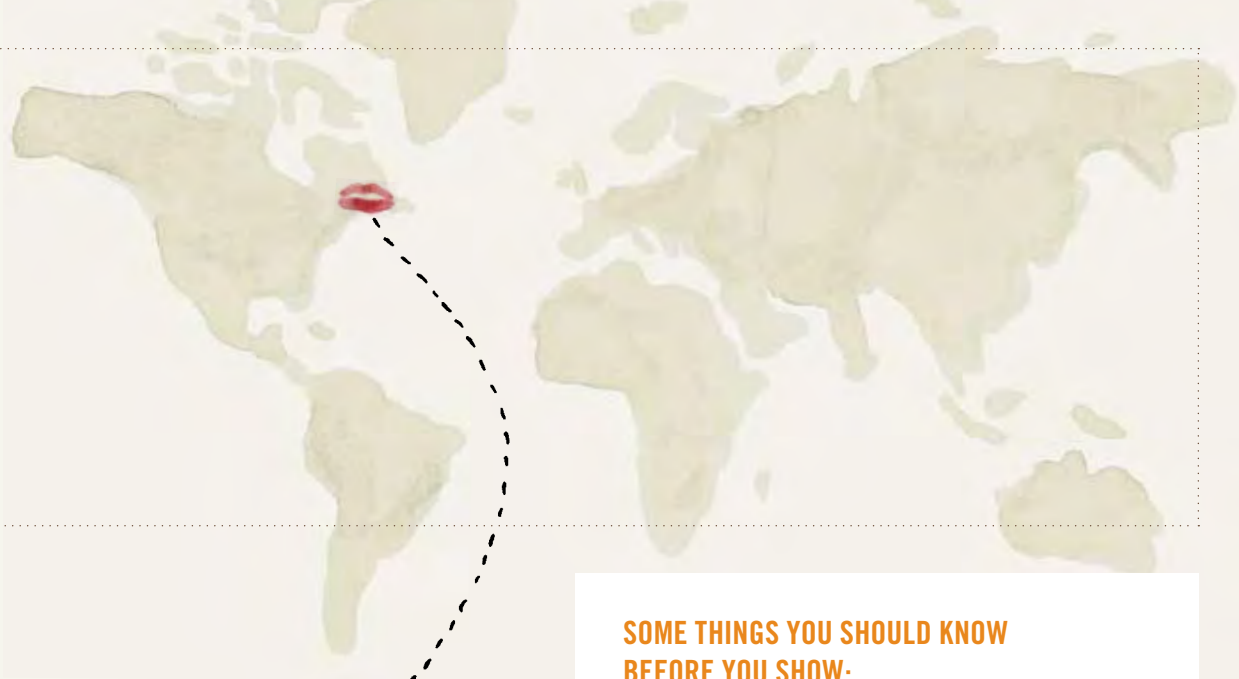
:: FALL ::

FESTIVAL DU NOUVEAU CINÉMA :: the best in international avant-garde films
FALL FOLIAGE :: come admire the spectacle in and around the city
GRANDE MASCARADE :: ghouls and goblins invade Old Montréal for Halloween festivities
LA RONDE :: Halloween thrills at the Six Flags amusement park
THE MAGIC OF LANTERNS :: the Chinese Garden works its magic at the Montréal Botanical Garden
BLACK & BLUE FESTIVAL :: a week-long party and celebration of gay culture

:: WINTER ::

MONTRÉAL HIGHLIGHTS FESTIVAL :: a showcase of performing arts, culinary delights and outdoor activities
MONTRÉAL CANADIENS :: National Hockey League action at its best
ICE SKATING :: experience Mont-Royal Park and the Old Port...on ice!
VALENTINE'S DAY :: treat your sweetheart to a romantic getaway at a boutique hotel
BUTTERFLIES ROAM FREE :: an unforgettable experience at the Montréal Botanical Garden
SALON DES MÉTIERS D'ART DU QUÉBEC :: shop for unique holiday gifts made by the area's finest craftspeople
FÊTE DES NEIGES :: Montréal celebrates winter fun with dozens of activities for the whole family
THE NUTCRACKER :: Pure holiday magic performed by the Grands Ballets Canadiens
CHRISTMAS FESTIVITIES :: shopping, concerts, exhibits, shows, the Santa Claus Parade, and the world's largest manger exhibit at St-Joseph's Oratory

CHECK FOR UPDATES AND EXACT DATES AT TOURISM-MONTREAL.ORG



Fact check

SOME THINGS YOU SHOULD KNOW BEFORE YOU SHOW:

- Montréal is serviced by Pierre-Elliott-Trudeau International Airport, just a 20-minute taxi ride from downtown
- Via Rail and Amtrack offer train service in and out of the city
- The Central Bus Station is the main hub for regular service to and from Canadian and U.S. cities and towns
- The Palais des Congrès convention centre is just a short walk from downtown and Old Montréal and is linked to major hotels via weather-protected walkways
- The currency used in Montréal is the Canadian dollar
- Montréal is located in North America's Eastern time zone. Daylight Savings Time is in effect from the first Sunday in April to the last Sunday in October
- Montréal has four distinct seasons. The average summer temperature is a delightful 23°Celsius; in the winter this average drops to a cool -10°Celsius



Montreal at your fingertips

- .. Consult the latest events calendar
- .. Book accommodations
- .. Watch for special offers
- .. Get useful maps and travel tips
- .. Check the weather forecast
- .. Browse through restaurant listings
- .. Find out about access and transportation

ALL THIS AND MORE AT

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