

INTENSELY URBAN



Savour our unique spin

ON THE DOWNTOWN SCENE

Bold and creative, passionate yet peaceful, Québec's cities entice with their seamless blend of North American drive and European sophistication. Dynamic and inviting, Montréal, Québec City and Gatineau embody *joie de vivre*. Surrender to this unique urban dance, discover its spellbinding contrasts and bewitching charm—each moment, intensely urban!

Québec City



Montréal





EXUBERANT MONTRÉAL

LET THERE BE LIGHT

Adopting red as its signature colour to match the spirit of high energy excitement, and designed with sustainable development in mind, the Quartier des spectacles earned the *Energy and Environmental Design Award of Excellence*. Among other things, it lights the way to La Vitrine, a central ticket office. www.quartierdesspectacles.com

CITY TOURS

One of the tours offered is a day-long excursion that reveals many facets of the metropolis: Old Montréal, Chinatown, the famous Jean-Talon Market—located in Little Italy, it's the biggest outdoor market in North America—Saint-Laurent Boulevard (a.k.a. The Main) and its succulent smoked meat sandwiches, and Saint-Denis Street and its superb summer terraces. www.tourisme-montreal.org

Long ago a tiny settlement, today a cosmopolitan city of 3.4 million inhabitants representing countless nationalities, an Olympic city, a sought-after venue for international conventions and meetings and a business centre, Montréal buzzes with activity.

Proudly preserving its architectural heritage, the world's second-largest French-speaking city moves to the beat of its own drum, shaping a vibrant future above and below the ground. With historic buildings abutting on modern skyscrapers, this hub of bold design and fashion boasts buried treasure—an "Underground City" with its own safe and clean metro, or subway, system connecting hotels, boutiques, movie theatres, concert halls and restaurants. It's so pleasant to wander about the many networks of shopping malls. Montréal bustles, invites, captivates!

BREATHTAKING EMOTIONS

A hotbed of creativity, Montréal bursts with unique attractions and an effervescent cultural life that both surprises and delights. Theatre and dance, music and circus arts, museums and art galleries showcasing cutting-edge works as well as timeless classics, local productions and international masterpieces. This thriving metropolis is known around the world for the Festival international de jazz de Montréal and the Just for Laughs Festival, as well as hip nightclubs where the hottest DJs electrify into the wee hours. Tonight, Montréal dances!

Witness to a gallant era, Old Montréal abounds with historic buildings that today house chic restaurants of every ethnicity, outdoor terraces and boutique hotels. Cobblestone streets remaining from the city's days as a French colony lead to the new international district, the Quartier international de Montréal. Here, a pedestrian-only public square is the ideal setting for La Joute, a spectacular fountain encircled by a ring of fire sculpted by the celebrated Québec artist Jean-Paul Riopelle.



URBAN excitement

Built on the very site where the city was founded, Pointe-à-Callière, the Montréal Museum of Archaeology and History, sheds light on the city's first Catholic cemetery and first public square

A beloved meeting place among Montrealers, Mont Royal is in fact a park, designed by architect Frederick Law Olmsted towards the end of the 19th century and treating visitors to an astonishing panorama of the city. Another popular spot that's bustling in all seasons, the Old Port of Montréal offers a host of activities from cycling to skating, and from cruising on the river to rafting in the tumultuous Lachine rapids. A short distance away, foodies seeking market produce and fresh cheeses, meats and fish will cast a hungry eye on the stalls of the Atwater Market. Just minutes from the downtown core two verdant islands lie in the centre of the St. Lawrence: Île Sainte-Hélène and Île Notre-Dame. In summer and winter alike, they draw Montrealers who travel there by bike, skate, car, metro or boat to relax on the beach, explore the shady trails, linger over a picnic or spend the day at La Ronde, a huge amusement park. After

hosting Expo 67, Parc Jean-Drapeau maintained a few of the world's fair pavilions, including those of France and Québec, which became the Casino de Montréal in the 1990s. Nature buffs can combine visits to the Botanical Garden, the Insectarium and the Biodôme, all nestled close to the Olympic Stadium, and turn their eyes heavenward at the Planetarium: www2.ville.montreal.qc.ca/museumsnature.

Hockey fans can drop by the Bell Centre to take in an exciting game featuring Montréal's legendary hockey club, the Canadiens. With so many attractions, a 350-kilometre (220-mi.) bike path network that's served as a model in other countries, and trendy neighbourhoods, such as Little Italy, the Latin Quarter, the Plateau Mont-Royal and the "Village"—as one of the largest gay districts in the world is known—the changing faces of Montréal are absolutely enchanting!

SHOP 'TIL YOU DROP!

City boutiques and shops flaunt a dazzling array of local creations, such as exclusive arts and crafts, sculptures, paintings and designer fashions. Ever-attentive to the palate, culinary specialties abound, from maple syrup delicacies to local wines and spirits, not the least of which is Québec's inimitable ice cider. So many ways to savour the taste of Québec!





DOWNTOWN MONTRÉAL

Information and reservations

1255, rue Peel (at Sainte-Catherine Ouest), Montréal
 Open daily from June 21 to Labour Day from 8:30 a.m.
 to 7:30 p.m. Other times of the year, from 9:00 a.m. to 6:00 p.m.



SEDUCTIVE

Québec City

A FAIRY-TALE CASTLE

Built in 1893, Château Frontenac—the scene of historic gatherings—leaves a lasting impression. Reigning supreme over city and river, this luxurious and stately building is said to be the most-photographed hotel in the world.

Perched high above the St. Lawrence, this spectacular natural fortress gave birth to French civilization in North America 400 years ago.



Its rich architectural heritage, dating back to the colony's earliest days and preserved in treasures such as Place Royale, reflects the French and British influences that shaped this distinctive culture. Former trading post, now the capital, Québec City exudes an irresistible and seductive French charm that's evident in its architecture and its many outdoor cafés and terraces, and in historic and lively Quartier Petit Champlain, bustling with activities reminiscent of the days of New France. Seated between Cap Diamant and Rivière Saint-Charles, the dynamic Saint-Roch district—popular among artists and one of Québec City's oldest faubourgs—has enjoyed a recent urban revitalization with its many restaurants, bars and boutiques. On the shores of Rivière Saint-Charles, become acquainted with the Huron-Wendat culture in the village of Wendake, home to a hotel-museum: www.huron-wendat.qc.ca.

Starting at the city's shoreline, colourful villages weave their way up the river's coast. Nearby Montmorency Falls beckon, as does Mont Saint-Anne—an exhilarating playground for skiers and other outdoor adventurers—ever-scenic Île d'Orléans, and magnificent Parc de la Jacques-Cartier with its deep valley, steep mountains and crisscrossing rivers.





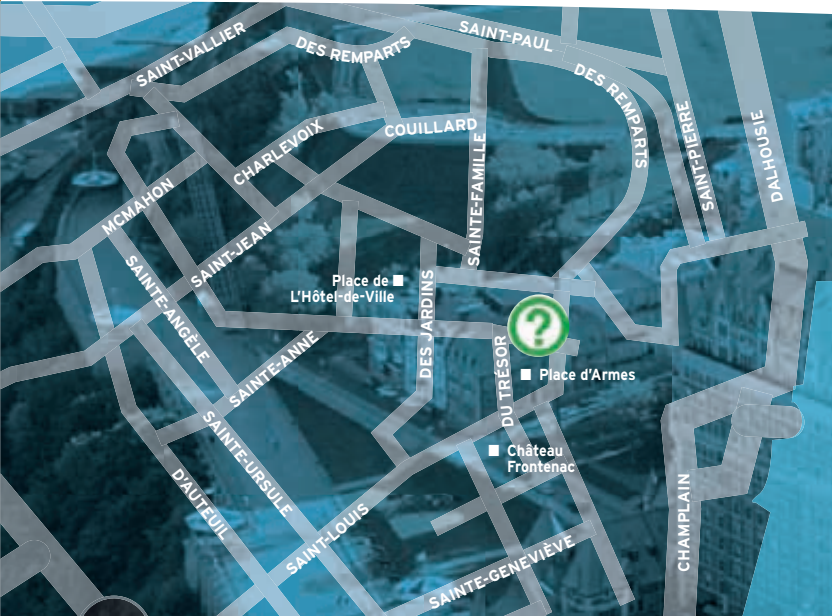
CITY TOURS

Guided walking tours of Old Québec City, private or in groups, are available. A number of itineraries can be explored by car or bike, such as the Véloroute bikeway, the Religious Heritage Route, the Gourmet Route and others featuring historical and heritage sites, vegetable cellars, waterfalls and more. www.regiondequebec.com



A JEWEL OF A CITY

Designated a Unesco World Heritage Site, Québec City is an entertaining and sophisticated host with its lively streets, cozy bistros, enticing restaurants and numerous fascinating museums. Here, entertainment comes in all shapes and sizes. Cultural attractions rub shoulders with historic sites, creating worthwhile diversions at every step in any season. Throngs of revellers delight, winter and summer alike, thanks to the world's largest Winter Carnival and the city's ever-popular Summer Festival and New France Festival. This city loves to pamper the palate with tempting menus and mouth-watering dishes for every taste. Ah, Québec City—where pleasures inspire emotion!



OLD QUÉBEC CITY

Information and reservations

12, rue Sainte-Anne (across from the Château Frontenac), Québec City

Open daily from June 21 to Labour Day from 8:30 a.m. to 7:30 p.m. Other times of the year, from 9:00 a.m. to 5:00 p.m.



Gatineau...
BORN OF NATURE!

Sitting on the Québec side of the Ottawa River, Gatineau boasts a prestigious museum devoted to civilizations from around the world and which also has a special window onto Native American culture. This energetic and delightful city treats its guests like royalty, with its enticing restaurants, popular casino and a calendar full of activities for every season. Opposite Ottawa, Canada's capital, Gatineau warmly welcomes international visitors thirsting to experience a taste of French culture, the splendour of spring tulips and the excitement of an exhilarating winter celebration.



FABULOUS FORESTS AND VILLAGES

Growing out of the lumber industry, this dynamic urban centre takes tremendous pride in sharing the magic of its vast wooded lands. With the wondrously untouched Gatineau Park, rich in beaches, bike paths and cross-country ski trails, and Parc national de Plaisance, endowed with bays, islands, peninsulas and a multicoloured tapestry of aquatic grassbeds, Gatineau is the perfect year-round destination for outdoor enthusiasts. Want to step back in time? Treat yourself to an old-fashioned excursion aboard one of the last steam trains in Canada and visit the charming village of Wakefield.



IF YOU FEEL LIKE . . .



■ WORKS OF ART

Québec is teeming with museums! With permanent and visiting exhibitions featuring art, science, history and archaeology at every turn, Québec's cities invite the curious to discover these friendly sites. Visit the *To do and see* section at bonjourquebec.com or check out www.smq.qc.ca for details about Québec's museums and their exhibitions.

■ SAFE? YOU BET!

Day or night, Québec's city streets and boulevards invite leisurely strolls. Here, daily life unfolds in complete safety and urban landscapes are measured on a human scale.



■ BEYOND THE BIGGER CITIES

Many of Québec's cities vie to attract visitors, and each has its own special charm. Laval, a short distance from Montréal, has much to offer. Take the Science Route and drop by the Armand Frappier Museum or the Cosmodôme, where you'll learn about the history of space exploration. And be sure to visit Parc de la Rivière-des-Mille-Îles, home to numerous bird, mammal, reptile and fish species and a canoeist's delight in summer and fall.



WHAT'S HAPPENING...

(bonjourquebec.com)

JUNE: Grand Prix du Canada (Montréal), Grand Rire (comedy festival in Québec City), Mondial Choral (choir-singing celebration in Laval), Festival international de jazz de Montréal, International des Feux Loto-Québec (fireworks competition in Montréal).

JULY: Québec City Summer Festival, Grands Feux Loto-Québec (fireworks competition in Québec City), FrancoFolies (Montréal).

AUGUST: Casino du Lac-Leamy Sound of Light (Gatineau), New France Festival (Québec City), World Film Festival (Montréal), Gatineau Hot Air Balloon Festival.

JANUARY: Québec Winter Carnival (Québec City), Winterlude (Gatineau).

FEBRUARY: Montréal High Lights Festival

A gourmet's paradise

Quebecers' passion for good food and good company is legendary and, in every major city, award-winning chefs tantalize their patrons' taste buds with distinctive regional flavours, traditional or reinvented classics and exotic dishes, all created with the freshest and highest quality ingredients.