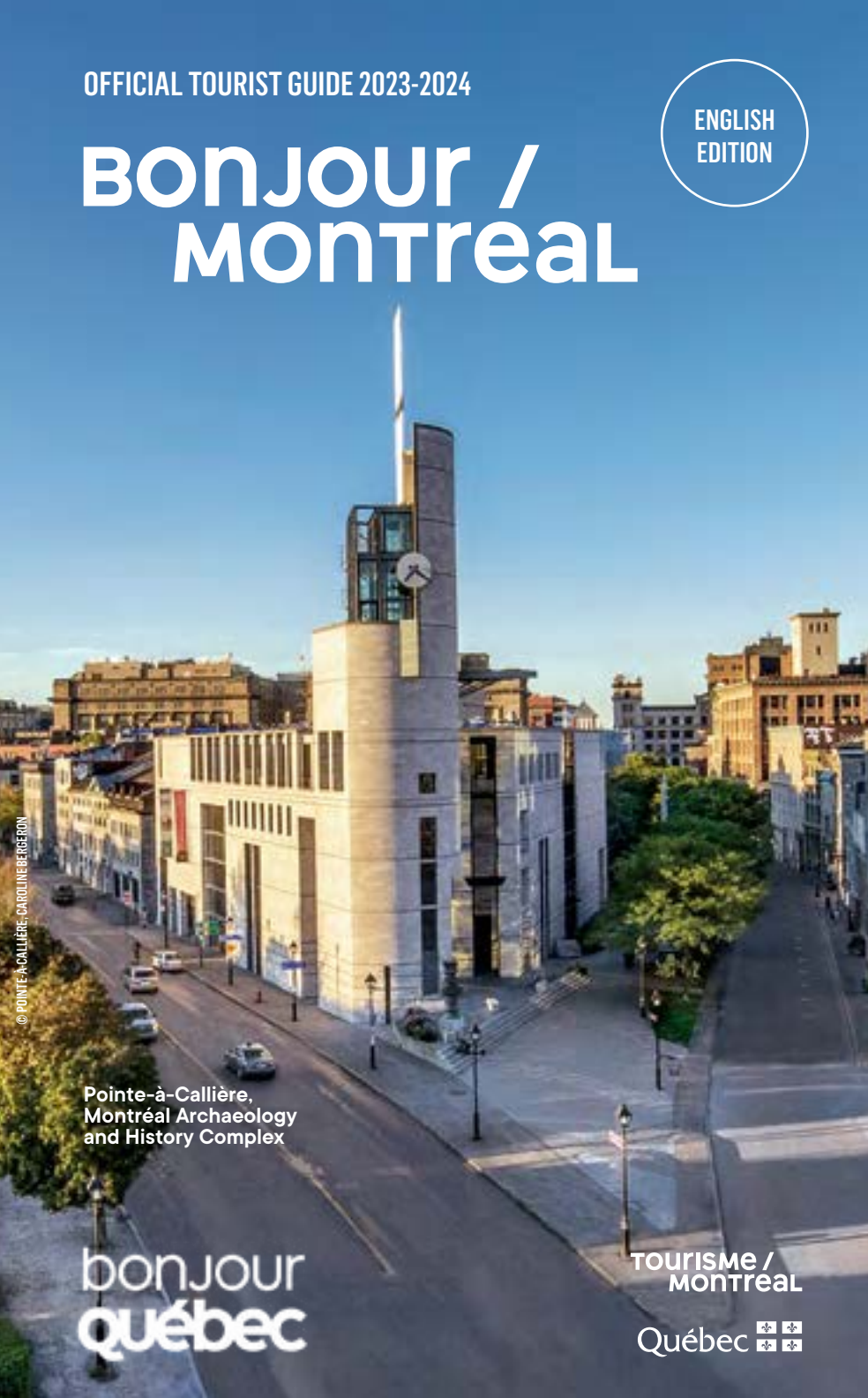
OFFICIAL TOURIST GUIDE 2023-2024

ENGLISH EDITION

BONJOUR / MONTRÉAL



© POINTE-À-CALLIÈRE, CAROLINE BERGERON

Pointe-à-Callière, Montréal Archaeology and History Complex

bonjour québec

TOURISME / MONTRÉAL

Québec

Portable Universe
Thought and Splendour of Indigenous Colombia

June 3 – October 1, 2023

Wolves
The Art of Dempsey Bob

May 18 – September 10, 2023

Co-organized by

McMichael

AUDAIN ART MUSEUM

Presented by

Hydro Québec

Portable Universe: Thought and Splendour of Indigenous Colombia. An exhibition organized by the Los Angeles County Museum of Art, the Museum of Fine A
Container (detail), Colombia, Calima Region, 1500 BCE – 100 CE (Ilama Tradition). Los Angeles County Museum of Art, The Muñoz Kramer Collection, gif
organized and circulated by the McMichael Canadian Art Collection and the Audain Art Museum. | Dempsey Bob (born in 1948), *Wolf Chief's Hat*, about 1993. Coll
of Fine Arts. | Tom Wesselmann (1931-2004), study for *Mouth #10*, 1967. MMFA, gift of Tom Wesselmann Estate. © 2023 Estate of Tom Wesselmann/ Copyright

Pop Art in the Collection of the MMFA

August 31, 2023 – March 24, 2024

Get the most out of your visit and explore the Museum complex!

QUEBEC AND CANADIAN ART · INTERNATIONAL ART · CONTEMPORARY ART · THE ARTS OF ONE WORLD · SCULPTURE GARDEN

mmfa.qc.ca

MONTREAL MUSEUM OF FINE ARTS

rts, Houston, and the Museo del Oro y Unidad de Artes y Otras Colecciones – Banco de la República, Colombia, in collaboration with the MMFA. | Standing Figure t of Camilla Chandler Frost and Stephen and Claudia Muñoz-Kramer. Photo © Museum Associates / LACMA | *Wolves: The Art of Dempsey Bob.* An exhibition ection of Eric Savics. © Dempsey Bob. Photo: Rachel Topham Photography | *Pop Art in the Collection of the MMFA.* An exhibition organized by the Montreal Museum Visual Arts-CARCC/ Artists Rights Society (ARS), NY. Photo MMFA, Christine Guest

Bonjour !

Welcome to Montréal!

I am certain that your stay in North America's Francophone metropolis will be an enchanting one.

Montréal is bustling with the vibrancy of an international metropolis, while also peacefully appeasing with its cozy, intimate neighbourhood life. In a city that is both inclusive and highly driven, visitors can enjoy multiple downtown attractions, stroll along the shores of the St. Lawrence River, or discover Montréal's numerous green lanes and parks.

As you will come to realize, Montrealers are warm, welcoming people. They are an intrinsic part of our city's charm, where every street corner reveals its unique blend of history and modern flair. Here, people are curious, culturally savvy and community-oriented, and they care deeply about their city, making it a lively place to live, at a human scale.

Our metropolis is constantly evolving, and we celebrate diversity with great pride here. This is reflected through Montréal's art and cultural scenes, its fine dining, and shops, creating its very own vibrant landscape.

I encourage you to enjoy this culture that is unique in all of North America, and to venture off the beaten track, through our charming neighbourhoods, each with their own personality, and to discover things that will move you and entice you to come back soon.
Have great stay!

Valérie Plante
Mayor of Montréal

Welcome to Montréal, a vibrant island destination in constant evolution.

In 2023, our beautiful city will continue to move to the rhythm of the seasons and dance to the beat of its many new attractions. *The Ring*, the majestic, illuminated art installation at Place Ville Marie, and the winding winter skating trail in the heart of the Quartier des Spectacles are just two examples of the stunning new projects visitors are sure to love.

Explore a cosmopolitan and dynamic city that sparkles with historical charm and cutting-edge urban attractions. Take some time to discover our "murelles," colourful murals that add splashes of colour to downtown alleyways.

Topping the list of the Global Destination Sustainability Index for 2022, our city is now a world reference for sustainable tourism and a welcoming and harmonious destination for visitors from around the world. Tourisme Montréal invites you to become an honorary resident and to champion sustainable, inclusive, and responsible tourism.

The coming year promises a rich variety of experiences and lots of positive and creative energy. Enjoy your stay!

Yves Lalumière
President and CEO, Tourisme Montréal

Content

2 **Welcome to your Montréal guide**

4 Portrait of Montréal

8 Montrealers of the Main – and beyond

10 Montréal musts for first-time visitors

12 Gastronomy

15 Nightlife

16 Four seasons, four experiences

19 Montréal murals and urban art

23 **/ General information**

23 Tourist information

24 Practical information

26 Transport

32 **/ Performing arts**

36 **Calendar of events**

40 **/ Tours and cruises**

47 **/ Montréal neighbourhoods**

48 Downtown

72 Old Montréal and Old Port

104 Parc Jean-Drapeau

110 Mount Royal and Outremont

117 Plateau-Mont-Royal and Mile End

126 Olympic District and Hochelaga-Maisonneuve

135 The Village

139 Little Italy and Villeray

145 Les Quartiers du Canal

150 Pôle des Rapides

157 East, West and North of the Island

164 **Around Montréal**

173 **Index**

Not sure what the symbols mean? See the legend on p. 21.

Answer a short survey and you could win a $250 prepaid credit card!
Survey Page 20

an initiative of
TOURISME / MONTRÉAL

MONTRÉAL

Welcome to your Montréal guide

In the following pages, you'll find everything you need to experience the city of *joie de vivre*, neighbourhood by neighbourhood.

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

1. Downtown Montréal

Business, fun, entertainment – downtown buzzes with excitement.

Page 48

2. Old Montréal and Old Port

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

Page 72

3. Parc Jean-Drapeau

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

Page 104

4. Mount Royal and Outremont

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

Page 110

5. Plateau-Mont-Royal and Mile End

Hip neighbourhoods that eat, sleep and breathe artistic creativity.

Page 117

6. Olympic District and Hochelaga-Maisonneuve

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

Page 126

The Ring

In a city renowned for its public art, one of the newest and grandest installations is a literal cityscape changer. *The Ring* is a striking circular steel hoop, 30 metres in diameter and suspended high above the newly reimagined Esplanade PVM in the heart of downtown Montréal.

Timeless in character, *The Ring* represents the connection of the city and its citizens to one another and to visitors from around the world.

The Ring serves as a window into more than 200 years of history, providing a direct line of sight from the storied Fairmont The Queen Elizabeth hotel and Place Ville Marie to McGill University and Mount Royal.

7. The Village

The biggest LGBTQ village in North America welcomes everyone with open arms.

Page 135

8. Little Italy and Villeray

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

Page 139

9. Les Quartiers du Canal

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

Page 145

10. Pôle des Rapides

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

Page 150

11. East, west and north of Montréal

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

Page 157

Consult the suggested neighbourhood visits and refer to the numbers for the description of the attractions.

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.

© DARIA & NICO - TOURISME MONTRÉAL

Tiohtià: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 Kahnawá: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 Tiohtià: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.

© ALISON SLATTERY - TOURISME MONTRÉAL

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 lively streets and in its vast parks or explore the underground pedestrian network. To get a feel for the city, stop off in its colourful neighbourhoods, where markets, businesses and restaurants are buzzing with locals. Friendly and quite often multilingual Montrealers easily strike up conversations. 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 so many people fall in love with Montréal?

© FREDDY ARCINIEGAS - ARCHPIXEL - TOURISME MONTRÉAL

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

MONTRÉAL

Moments in history

Pre-European period

The oldest trace of Indigenous 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”, the origin of name “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 conflicts between the French and the Indigenous Peoples.

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 Montréal 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 business 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 and beyond

In 2017, Montréal celebrates its 375th anniversary, leaving legacies like a new flag for the city, and the illuminated Jacques Cartier Bridge. In the following years, projects like the redesign of Parc Jean-Drapeau and the makeover of Sainte-Catherine Street come to fruition.

In 2022, after the uncertain times caused by the pandemic, tourism makes a big comeback in Montréal. The city is thrilled to regain its usual liveliness and offer visitors from everywhere a chance to discover its festivals and events, as well as its new sustainable initiatives.

Montrealers of the Main – and beyond

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 rich in history, and through the years, it's been home to many of the cultures that give Montréal its unique personality.

JEAN-TALON STREET

THE GREEKS

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 JEWS

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

MONT-ROYAL AVENUE

Mile End

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.

THE SCOTTISH

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.

SHERBROOKE STREET

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 First Nations had been coming together for millennia.

South

NOTRE-DAME STREET

North

SAINT-LAURENT BOULEVARD

Villeray

THE HAITIANS

The small Haitian community of 500 in 1967 grew so that by 1978, Haiti was the country with the largest immigrant population in Montréal: 14.7% of all immigrants that year. The influx continues, especially after the country's devastating earthquake of 2010.

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 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

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 Arab immigrants have put down roots in Montréal.

Downtown

THE EASTERN EUROPEANS

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 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.

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.

Old Montréal

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 crowd-pleasing to-dos and attractions that promise to give you a sense of the city. In no particular 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 Quay terminal, the scenic boardwalk and activity-packed piers. Enjoy exhibitions and IMAX® films at the Montréal Science Centre, become a pirate for the day at Voiles en Voiles, ride the zip line, take a river cruise, go ice skating in winter and relax on the beach in summer. Day or night, year-round, view the entire city from the observation wheel, La Grande Roue de Montréal.

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 you stop by Notre-Dame Basilica for the stained-glass art and, by night, the incredible multimedia creation *AURA*. After dark, you can also step into chapters of Montréal's history with *Cité Mémoire* projections 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 Old Montréal, enjoy a river-to-mountain walk featuring spacious sidewalks, greenery, rest stops and public art. Stroll northward to the foot of Mount Royal, "the mountain" in local parlance. Its park was designed by Frederick Law Olmsted of Central Park fame. 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 10 most prestigious in the world. Ride the metro to Côte-des-Neiges station and 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.

© ALISON SUNTTERY - TOURISME MONTRÉAL

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. For what's sure to be a memorable night out, settle into one of Montréal's many live music venues.

© TOURISME MONTRÉAL - MADORE - DAPHNÉ CARON

Discover Montréal's "underground"

Montréal contains a vast network of pedestrian walkways — 33 km (20 miles) of connecting passageways, to be exact — below 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, 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, with a healthy dose of other cultures and languages. Stroll along 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 inclined tower (the tallest in the world) for a bird's eye view of the cityscape. Also in the neighbourhood are the internationally-lauded Space for Life Museums, which include the Montréal Botanical Garden and the Insectarium, the Planetarium and the Biodôme.

© EVA BLUE - TOURISME MONTRÉAL

Gastronomy

Musts

The Montréal bagel is 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 is piled high with thin slices of succulent meat smoked with a blend of secret spices.

Poutine is 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 Indigenous, 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 coming from 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 of 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.
- La Binerie Mont-Royal serves iconic French-Canadian cuisine.

Montréal boasts over 318 BYOW restaurants.

More than 40 microbreweries have set up shop on the island of Montréal.

More than 40 gourmet festivals and events take place in Montréal each year, including MONTRÉAL EN LUMIÈRE, the Festival Mondial de la bière, the Shoni Market Festival, and MTLàTABLE.

The city has around 51 restaurants per square kilometre 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.

Did you know?

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.

© Susan Moss

MONTREAL, FESTIVAL CITY

THE ULTIMATE SUMMER EXPERIENCE

SUMMER 2023

VISIT **MONTREALFESTIVALS.CA** FOR MORE DETAILS.

Bell FRANCOS DE MONTREAL

TD FESTIVAL INTERNATIONAL DE JAZZ DE MONTRÉAL

Bell OSHEAGA FESTIVAL MUSIQUE ET ARTS

Bell ILESONIQ

Bell LASSO MONTRÉAL

Nightlife

Never quiet in the day, Montréal becomes supercharged after dark, igniting a fun-loving, welcoming edginess rarely found anywhere else.

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 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.

Casino de Montréal

A scintillating playground and destination for a multitude of attractions, only minutes from downtown, the Casino de Montréal delivers entertainment and excitement year-round. At the Cabaret, comedy shows, dance performances, tribute nights and local and international artists are all part of the program.

Montréal's pop-up villages

Colourful riverside bowers, playful green spaces at the heart of downtown, stages for all kinds of shows, playgrounds for activities for the whole family, relaxing areas for happy hour with friends: these pop-up installations bring fun and vitality to city's neighbourhoods. Pick your spot!

Nightlife

Scan the QR code to learn more.

Explore Montréal's awesome nightlife, and get the inside track on the coolest bars, concerts, clubs, microbreweries and more!

Four seasons, four experiences

Montréal is blessed with four seasons of amazing fun, so the true question is not when, but how often to visit. Spring gets things popping with bright flowers, inspirational art and cool gatherings. Summer signals major outdoor fun with thrilling festivals, street-side performances and lively cocktail patios. Fall, for its part, features a bounty of food and culture against the landscape's jaw-dropping colours, while winter wraps the city in a sweet cocoon of twinkling lights, snowy fun and outdoor entertainment.

Spring

Spring in Montréal is a pretty sensational time: with flowers blooming, people pedaling — especially on public-share BIXI bikes — and everyone flocking to sun-kissed outdoor *terrasses,* the city's vibrant scene plays out in colour, fun and spontaneity. This season, be sure to check out street-side circus acts, fringe performances, outdoor murals, digital arts, and while you're at it, why not try urban sugar shacking?

Summer

Pack your sense of discovery and your sunnies, it's summertime in Montréal! With its feast of festivals that draw international star power in music, comedy, sports and circus, you'll want to take it ALL in. For a deeper dive into the local culture, check out the colourful street art, neighbourhood activities and tasty fare of food trucks. What are the hallmarks of a cool, vibey Montréal summer? When you can dance the day or

night away, lounge on outdoor terrasses, catch some rays on sunny beaches and hang out at the city's many cool seasonal markets and biergartens.

Fall

Fall in Montréal is all about food (scrumptious), foliage (spectacular), fashion (so stylish) and a cultural calendar that's overflowing with choice. Autumn musts include getting front-row seats to hot new premieres in dance, film or symphony, exploring the city's mouth-watering culinary scene and letting your hair down at epic dance parties. For inspiration of a quieter nature, why not steal away to a cozy café, snap pictures of nature's breath-taking palette or indulge in some luxurious spa treatments?

© BARH & MOD - TOURISME MONTRÉAL

© SUSAN MOSS PHOTOGRAPHY - TOURISME MONTRÉAL

Winter

Let it snow! And… let it *glow*! Montréal's winter charm lies in its luminous layers: streets strung with colourful holiday lights, dazzling outdoor installations and the great, glittering snowscape. Follow the lead of Montrealers and turn frosty into fun by indulging in cheery holiday markets, outdoor parties, world-class dining and conversation-sparking cultural all-nighters. Are you an incurable romantic? Bring your sweetheart for a starlit ice skate, reserve a table at a gourmet restaurant or book some blissful spa pampering.

Did you know?

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 travellers.

© JUDY VIC JACOME

Montréal murals and urban art

Street art has become an essential visual language in Montréal with a robust scene that draws local and international artists. Their work has not only transformed the visual landscape of the city but has also engaged communities and residents in the creation of new works.

Two annual summer graffiti festivals put the spotlight on this scene. Founded in 1996, the **Under Pressure** festival focuses on community development, artist empowerment and positive youth development. The festival features live painting sessions by Montréal artists along with other events that draw crowds to Quartier Latin every year.

On nearby Saint-Laurent Boulevard, the **MURAL** festival has a mission to democratize urban art. The event closes traffic along central Saint-Laurent Boulevard for three days and invites a select group of local and international artists to paint live. Over 130 large-scale murals and installations have been created since the festival launched in 2012, effectively turning a stroll around the Plateau neighbourhood into an outdoor gallery experience.

In addition to the art created during these festivals, Montréal sponsors public art initiatives and neighbourhood mural commissions to enhance the city. Finally, the not-for-profit organization **MU** has a mission to beautify the city by creating murals that are anchored in local communities. They have produced several notable pieces in their *Tribute to Montréal's Great Artists* series, including a beloved homage to Leonard Cohen that can be admired from the Kondiaronk Belvedere on Mount Royal.

Did you know?

A mural celebrating past and future

MU recently collaborated with Tourisme Montréal for the creation of a mural to mark the 100th anniversary of the latter. Expressive and bursting with colour, *Façades : Fenêtres sur ma ville* ("windows on my city") is the work of Chilean-born Montrealer Rafael Sottolichio. Much as Montréal blends cutting-edge modernity with old-world charm, *Façades* pays fitting tribute to both our city's rich history and its bright future. You can admire it peacefully from Square Dorchester.

We value your opinion

Answer a short survey about this guide and you could win a $250 prepaid credit card! Scan the QR code.

MONTRÉAL

Social media

SHARE YOUR #MTLMOMENTS

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

- /Montréal
- @Montréal
- @montreal
- /TourismeMontreal
- /visitmontreal
- /tourism_mtl

Passeport MTL

THE ONLY PASS YOU NEED

Ad p. 143

Start your Montréal adventure on the right foot with the Passeport MTL! You'll pay less to discover the city's must-visit attractions.
passeportmtl.org

TOURISME / MONTRÉAL

WELCOMING

- Total access for persons with disabilities
- Partial access for persons with disabilities
- Companion Leisure Card (CAL)
- Permanent tourist information office
- Montréal Museums Pass accepted
- Metro station
- Bus line
- Parking
- Airports shuttle
- Bar
- Family activity
- Free admission
- Guided tours
- Restaurant on site
- Shuttle boat
- Some fees applicable
- Wi-Fi

TOURS

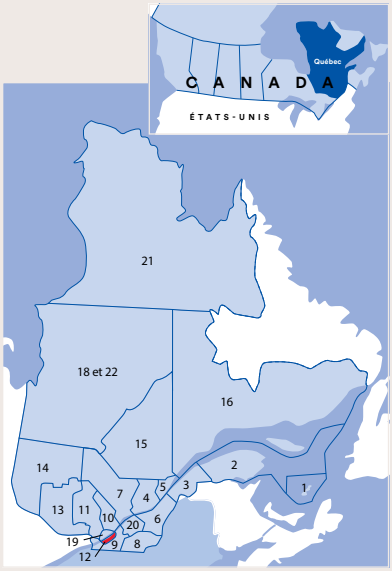
- Bicycle/Scooter tours
- Boat tours
- Car/Bus tours
- Helicopter tours
- Segway/hoverboard tours
- Walking tours

OUTDOORS AND SPORTS

- Alpine skiing
- Beach or pool
- Bicycle
- Bird-watching
- Bowling/Billiard game
- Canoeing/Kayaking
- Climbing/Aerial circuits
- Cross-country skiing
- Equipment rental
- Fishing
- Golf
- Ice fishing
- Ice skating
- In-line skating
- Karting/Car racing
- Marina
- Paintball/Laser/Combat
- Pedal boat
- Rafting
- Snowshoeing
- Surf
- Tennis
- Trampoline
- Toboggan
- Walking trails
- Watercraft
- Windsurfing
- Zip-line

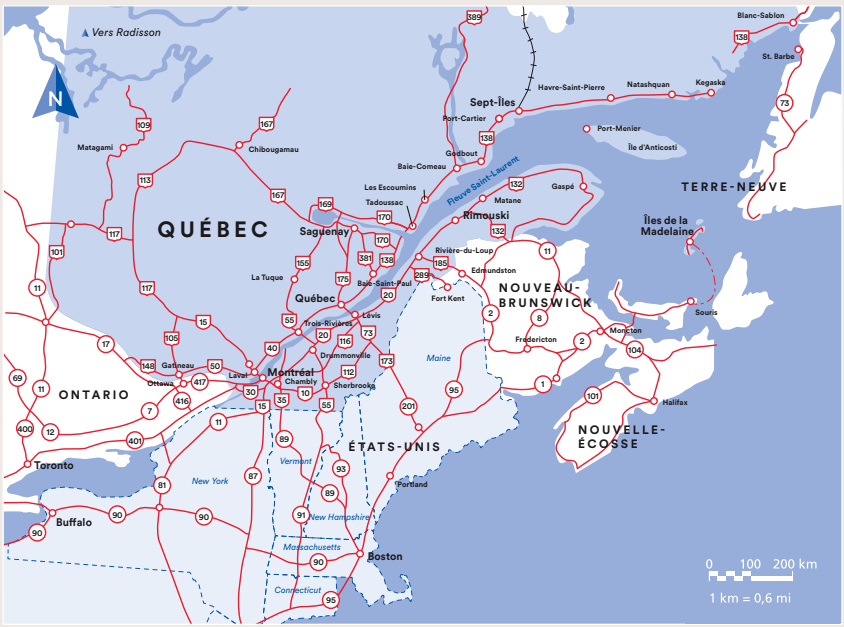
Consult the suggested neighbourhood visits and refer to the numbers for the description of the attractions.

Québec Tourism Regions



01	Îles-de-la-Madeleine	tourismeilesdelamadeleine.com
02	Gaspésie	tourisme-gaspesie.com
03	Bas-Saint-Laurent	bassaintlaurent.ca
04	Québec	quebec-cite.com
05	Charlevoix	charlevoixtourism.com
06	Chaudière-Appalaches	chaudiereappalaches.com
07	Mauricie	mauricietourism.com
08	Cantons-de-l'Est	easterntownships.org
09	Montérégie	tourisme-monteregie.qc.ca
10	Lanaudière	lanaudiere.ca
11	Laurentides	laurentians.com
12	Montréal	mtl.org
13	Outaouais	tourismeoutaouais.com
14	Abitibi-Témiscamingue	abitibi-temiscamingue-tourism.org
15	Saguenay–Lac-Saint-Jean	saguenaylacsaintjean.ca
16	Côte-Nord–Duplessis, Manicouagan	tourismecote-nord.com
18	Baie-James	escapelikeneverbefore.com
19	Laval	tourismelaval.com
20	Centre-du-Québec	tourismecentreduquebec.com
21	Nunavik	nunavik-tourism.com
22	Eeyou Istchee	escapelikeneverbefore.com

Access to the Region



Using and carrying a radar detector is illegal in Québec.

General information

Tourist information

MONTRÉAL

mtl.org | info@mtl.org

Tourist Welcome Office in Old Montréal

Map p. 90

174 Notre-Dame Street East
Champ-de-Mars

Tourism information about Montréal. Tourist bus & transit fares and Passeport MTL. May 1 to 31, 10 a.m. to 6 p.m.; June 1 to August 31, 9 a.m. to 7 p.m.; September 1 to October 31, 10 a.m. to 6 p.m.; November 1 to December 23, Thursday to Monday, 10 a.m. to 6 p.m.; closed from December 24 to January 3; January 4 to April 30, Thursday to Monday, 10 a.m. to 6 p.m.

Mobile Tourist Welcome Office

The Mobile Tourism Services Team scours the central districts on foot or on an electric scooter. May 1 to September 30: Daily, 10 a.m. to 6 p.m., weather and events permitting.

/montreal
/montreal
/visitmontreal
/monmontreal
/TourismeMontreal

QUÉBEC REGIONS

514 873-2015 | 1 877 BONJOUR (1 877 266-5687)
bonjourquebec.com

/tourismequebec
/tourismequebec
/tourismequebec
/tourismequebec
/TourismeQuebec

INDIGENOUS TOURISM

Kahnawà:ke Tourism Welcome Center

Ad p. 172

1 River Road, Kahnawà:ke
450-635-2929
kahnawaketourism.com

/kahnawaketourism
/kahnawaketourism
/visitKahnawake
/@kahnawaketourism

Indigenous Tourism Québec

indigenousquebec.com
info@tourismeautochtone.com

/TourismeAutochtoneQuebec
/autochtoneqc
/TourismeAutochtone

Accommodations

Scan the QR code to learn more.

Find accommodations available in the neighbourhood, so you can get your beauty rest and start fresh the next day.

Practical information

ACCESS TO WIRELESS INTERNET

ZAP

ville.montreal.qc.ca/cartemtlwifi

Consult the network map of free Wi-Fi public access areas (*in French*).

CITY PASS AND TICKET OFFICE

Montréal Museums Pass

514 845-6873 | museesmontreal.org

The Excursion card is valid for 3 consecutive days starting at the first visit and gives access to one visit per Musées Montréal member museum. The Excursion Plus card, offered in different formats, allows you to go with 1 to 4 children under 18 years of age. MTL Museums invites you to discover Mes balados Montréal Ma muse, a podcast series (available in French only) that takes a look at select neighbourhoods and the links between them and the museums in each community.

The Passeports MTL

Ad p. 143

1 844 685-3544 | passeportmtl.com

Looking for fun activities at a friendly price? From museum visits to exciting adventures, make the most of your getaway with those all-in-one passes.

Points of sale: Online and at the Tourist Welcome Office in Old Montréal.

CANADA POST

800 René-Lévesque Blvd. West
Bonaventure | 1 866 607-6301
canadapost.ca

There are also lots of postal outlets 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

quebec.ca/cannabis

According to the law, you must be at least 21 years old to purchase or consume cannabis (be prepared to show ID if asked). The legislation also includes other measures, such as prohibiting drug use (cannabis or any other drug) in a road vehicle, on an off-road vehicle or on a bicycle.

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 — Samuel-de-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 (1 US gallon = 3 3/4 litres).

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/en/find-a-station

EMERGENCY

Info-Santé: 811
In case of emergency: 911
Québec Poison Control Centre: 1 800 463-5060

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

LaSalle College

2000 Sainte-Catherine Street West
Atwater | 514 939-2006
collegelasalle.com

Université de Montréal

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

UQAM – Non-Credit Language Courses

209 Sainte-Catherine Street East
Local V-4105 | Berri-UQAM
514 987-3000 | immersion.uqam.ca

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

1 877 686-8358, option 7
info@alliancetouristique.com

TOURISM SERVICES

Arthur Majordome

514 397-2667 | arthurmajordome.com

A modern concierge company that leverages the power of modern technology to help reinvent lifestyle and travel management in our busy world.

Nannybag

438 793-4520 | nannybag.com

Enjoy peace of mind and freedom to roam for a few hours or days, knowing that your bags are safe and sound with their very own nanny!

Stasher

stasher.com

Book online, stash your stuff and explore the city luggage-free with this secure, affordable and convenient storage service.

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.

Did you know?

More than 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?

Transport

AIRPORT AND AIRLINES

YUL Montréal-Trudeau International Airport

Map p. 97

514 394-7377 | yulairport.ca

The airport offers full ground transportation and features five parking lots, a hotel accessible from inside the complex, four 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

514 393-3333 | aircanada.com

Air Transat

514 636-3630 | airtransat.com

WestJet Airlines

1 888 937-8538 | westjet.com

AIRPORT TRANSPORTATION

747 YUL Aéroport Montreal-Trudeau/ Downtown shuttle

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

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 (800 stations, providing 9,600 bikes including 2,400 electric bikes).

BUSES

Autobus Galland

1717 Berri Street | Berri-UQAM
514 842-2281 | galland-bus.com

Enjoy comfortable and reliable bus service with a flexible daily schedule offering a number of stops between Montréal and Mont-Laurier.

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 the terminus for the airport shuttle.

Keolis Canada

514 395-4000 | keolis.ca

Providing travellers with safe and reliable transport services across the Québec and Ontario region, all in a sustainable manner.

LIMOUSINES

Autobus Limo

514 363-6035 | autobuslimo.com

A wide range of cars that can suit all types of events.

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

514 363-6360 | montroyal.com

A fleet of cars, minibuses and buses that can accommodate between 3 and 55 passengers.

©TOURISME MONTRÉAL - MADORE - DAPHNÉ CARON

© FREDDY ARONEGAS - ARCHIVE - TOURISME MONTRÉAL

TAXI

Taxelco

Ad p. 30

514 273-6331 | taxelco.com

Next time you hail a cab, go green and enjoy an eco-urban transportation experience like no other!

TRAINS

Central Station

28 Map p. 85

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.

WATERWAY TRANSPORT

Grand Quay – Cruise Terminal

109 Map p. 90

Grand Quai du Port de Montréal
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

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

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

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.qc.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.

QUÉBEC FOR ALL
quebecforall.com

COMPANION LEISURE CARD (CAL)

1 833 693-2253 | carteloisir.ca

The CAL, identified by this pictogram, grants free admission to the companion of the person with a disability. It is valid in leisure, cultural and tourist partner organizations. Go online to find out all CAL eligibility details and to apply.

Public Transit

Société de transport de Montréal (STM)

514 786-4636 | stm.info

The STM offers tourists a variety of transit passes valid for one day, three days, evening or unlimited weekend, allowing them to use its network (bus and metro) as often as desired. Move quickly and with carefree ease from Montréal's underground galleries to the summit of Mount Royal or stop by the Old Port and then head to the Olympic Stadium, all in the same afternoon. The metro and buses get you to where you want to be, day and night.

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
Sunday to Friday:
5:30 a.m. to 0:45 a.m.
Saturday: 5:30 a.m. to 1:15 a.m.

This is a bus stop sign.

Bonjour

Hop aboard what's way more than a means of transport.
Let yourself be safely guided by qualified drivers
who know the city by heart.

Let us help you get around,
the Montreal way.
No matter what colour it is, your Bonjour taxi
is guaranteed to offer exceptional service.

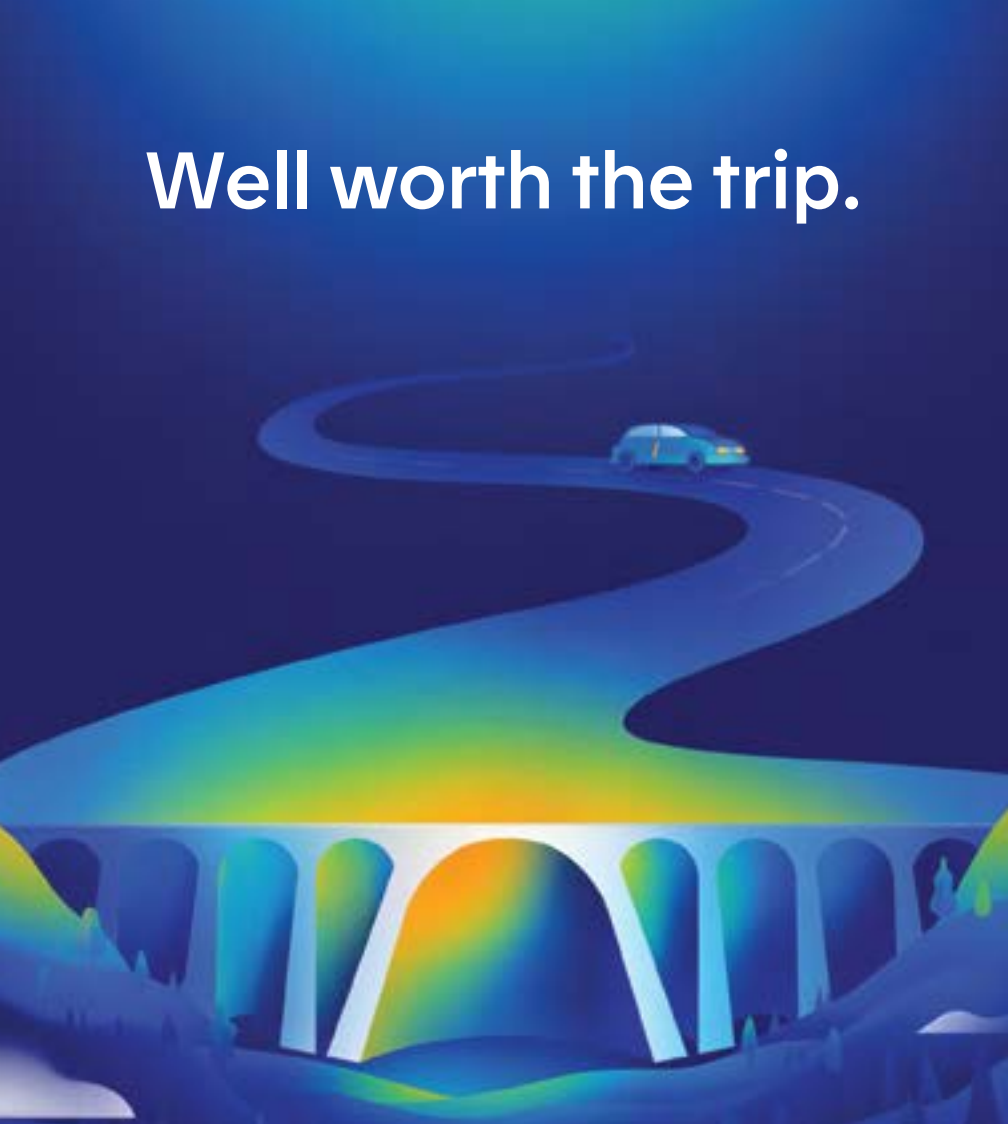
MTL taximontréal

Your unforgettable experiences
bonjourquebec.com
Saguenay–Lac-Saint-Jean © TQ/Outpost
Votre gouvernement
Québec

TAKSI
TAKSI
TAXI
TAXI
TAKCH
DROSJE
COMMANDER EN LIGNE
ORDER ONLINE

Looking for things to do this week in Montréal ?
MTL.ORG
1001 activities, 1 destination.
TOURISME / MONTRÉAL

Well worth the trip.



Visit our 16 facilities and discover Québec's energy heritage.

Free guided tours
hydroquebec.com/visit
Reservation required

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.

Downtown

Agora de la danse

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

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

Bell Centre

1909 Avenue des Canadiens-de-Montréal
Bonaventure | 514 932-2582 | centrebell.ca

P

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

Bourgie Hall (Montréal Museum of Fine Arts)

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

Bourgie 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

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 inspiring, exciting and innovative contemporary dance pieces from here and abroad that explore the depth and scope of the human experience.

Espace St-Denis

1564 Saint-Denis Street | Berri-UQAM
espacestdenis.com

P

Espace St-Denis is a cultural and gastronomic destination featuring the theatre, a brasserie-style restaurant, a studio-cabaret and more.

Le Balcon

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

P

Situated within St. James United Church, Le Balcon, a cross between a New York and a Parisian cabaret, offers an exclusive dining and entertainment experience.

Le Monastère

1439 Sainte-Catherine Street West | Guy-Concordia
438 558-1863 | le-monastere.ca

Cocktail

In an exceptional downtown venue, cabaret-style spectaculars offer a new way to appreciate world-class circus artists performances, up close and personal.

Le Studio TD

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

Cocktail, Wi-Fi

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

Les Grands Ballets Canadiens de Montréal

Tickets: 175 Sainte-Catherine Street West
Place-des-Arts | 514 849-0269 | grandsballets.com

Accessible

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

Maison symphonique de Montréal

1600 Saint-Urbain Street | Place-des-Arts
514 842-2112 | placedesarts.com

Accessible

This splendid concert hall is built to the highest 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

Accessible, Wi-Fi

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

MTELUS

59 Sainte-Catherine Street East | Saint-Laurent
514 844-3500 | mtelus.com

Cocktail, Wi-Fi

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 | 514 985-2222 | operademontreal.com

Accessible

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

Orchestre classique de Montréal

Tickets: 300 De Maisonneuve Blvd. East
Berri-UQAM | 514 487-5190 | orchestre.ca

Accessible, Cocktail, P

The OCM presents an eclectic musical repertoire while celebrating Canadian talent from a diverse range of backgrounds.

Orchestre Métropolitain

Tickets: 175 Sainte-Catherine Street West
Place-des-Arts | 514 598-0870
orchestremetropolitain.com

Accessible, Cocktail, P

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

Orchestre symphonique de Montréal

Ad p. 69

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

Accessible, Cocktail, P

A distinguished leader of musical life in Québec and Canada, the OSM features innovative and inspiring programming and collaborations.

Place des Arts

175 Sainte-Catherine Street West | Place-des-Arts
514 285-4200 | placedesarts.com

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

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.qc.ca

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

Upstairs Jazz Bar & Grill

1254 Mackay Street | Guy-Concordia | 514 931-6808
upstairsjazz.com

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

In the heart of the Quartier des Spectacles, 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.

Old Montréal

Centaur Theatre Company

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

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

Parc Jean-Drapeau

Le Cabaret du Casino

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

Enjoy great food and great entertainment during a Dinner and Show, with an excellent table d'hôte menu.

Le mont Royal and Outremont

Rialto Theatre

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

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

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

Hochelaga-Maisonneuve

Bistro Le Ste-Cath

4264 Sainte-Catherine Street East
Pie-IX + 139 South | 514 223-8116 | stecath.com

Bringing together culinary, visual and performing arts while celebrating renowned artists and emerging talent.

Did you know?

Montréal has not one but two giant murals of beloved homegrown artist, poet and performer Leonard Cohen.

Visitors are probably most familiar with the 22-storey mural of Cohen with his hand on his heart downtown on Crescent Street, entitled "Tower of Songs," created by El Mac and Gene Pendon in 2017. But there is another magnificent mural of the Montréal pop icon in the Plateau neighbourhood near the corner of Saint-Dominique and Napoléon streets, a few steps east of Saint-Laurent Boulevard. The nine-storey untitled mural by Kevin Ledo was also created in 2017 as a tribute to the artist following his passing in November 2016.

Both of these works embody wisdom and compassion of this internationally-acclaimed, larger-than-life Montréal artist.

Le Village

Usine C

1345 Lalonde Avenue | Beaudry | 514 521-4198
usine-c.com

A multidisciplinary research centre and studio, Usine C offers a wide range of dynamic and experimental programming.

Little Italy and Villeray

La TOHU

2345 Jarry Street East | Jarry + 193 East
514 376-8648 | tohu.ca

P

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

Les Quartiers du Canal

Corona Theatre

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

P

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

P

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

Calendar of events

From June 2023 to May 2024 ▸ mtl.org

The AURA Experience | Notre-Dame Basilica of Montréal
Permanent | aurabasiliquemontreal.com

ECHO | Cirque du Soleil
Until August 20, 2023 | cirquedusoleil.com

Piknic Électronik | Electronic Music
May 21 to October 1, 2023 | piknicelectronik.com

Festival TransAmériques | Festival of Dance and Theatre
May 24 to June 8, 2023 | fta.ca

Montreal Chamber Music Festival
June 4 to 18, 2023 | festivalmontreal.org

Festival International Nuits d'Afrique
World Music Festival
July 11 to 23, 2023 | festivalnuitsdafrique.com

Fantasia International Film Festival | Genre Film Festival
July 20 to August 9, 2023 | fantasiafestival.com

OSM Classical Spree | Orchestre symphonique de Montréal
August 16 to 20, 2023 | osm.ca

Festival Quartiers Danses
September 6 to 17, 2023 | quartiersdanses.com

Montreal International Black Film Festival
September 27 to October 1, 2023 | montrealblackfilm.com

Festival du nouveau cinéma
October 4 to 15, 2023 | nouveaucinema.ca

CINEMANIA Francophone Film Festival
November 1 to 12, 2023 | festivalcinemania.com

Montreal Bach Festival
November 17 to December 3, 2023 | festivalbachmontreal.com

Pub Royal | The 7 Fingers and La Tribu
December 2023 to January 2024 | placedesarts.com

Les Rendez-vous Québec Cinéma
February 2024 | rvcq.quebeccinema.ca

International Festival of Films on Art (FIFA)
March 12 to 24, 2024 | lefifa.com

Festival international de cinéma Vues d'Afrique
April 11 to 21, 2024 | vuesdafrique.org

Indigenous Voices of Today: Knowledge, Trauma, Resilience | McCord Stewart Museum
Permanent | musee-mccord-stewart.ca

Chaos & Memories | Immersive exhibition and virtual reality works | PHI Centre
Until June 11, 2023 | phi.ca

Terms of Use | PHI Foundation for Contemporary Art
Until July 9, 2023 | phi.ca

ARTS AND EXHIBITIONS

Chimeria – Exhibition by: Dean, Epstein, Hansel and Zuckerman | Arsenal Contemporary Art Montreal
Until September 1, 2023 | arsenalcontemporary.com

Space Explorers: THE INFINITE | Immersive installation
Until September 4, 2023 | theinfiniteexperience.world

Lili Reynaud-Dewar | Musée d'art contemporain de Montréal
Until October 1, 2023 | macm.org

Egypt. Three Millennia on the Nile
Pointe-à-Callière, Montréal Archaeology and History Complex
Until October 15, 2023 | pacmusee.qc.ca

Favourites! Our Collections on Display
Pointe-à-Callière, Montréal Archaeology and History Complex
Until January 7, 2024 | pacmusee.qc.ca

The Lives of Documents – Photography as Project
Canadian Centre for Architecture
Until March 3, 2024 | cca.qc.ca

NobELLES | Planétarium – Montréal Space for Life
Until April 28, 2024 | espacepourlavie.ca

Becoming Montreal – The 1800s Painted by Duncan
McCord Stewart Museum
June 2, 2023 to April 21, 2024 | musee-mccord-stewart.ca

Portable Universe – Thought and Splendour of Indigenous Colombia | The Montreal Museum of Fine Arts
June 3 to October 1, 2023 | mbam.qc.ca

Riopelle. A bird wild and free.
Biosphère – Montréal Space for Life
June 10, 2023 to May 5, 2024 | espacepourlavie.ca

World Press Photo Exhibition
August 30 to October 1, 2023 | expo-wppmtl.ca

Montréal | Exhibition
MEM – Centre des mémoires montréalaises
From September 2023 | memmtl.ca

Gardens of Light | Jardin botanique – Montréal Space for Life
September 1 to October 31, 2023 | espacepourlavie.ca

MOMENTA Biennale de l'image
Masquerades: Drawn to Metamorphosis
September 6 to October 21, 2023 | momentabiennale.com

Françoise Sullivan 100 years old of the artist
The Montreal Museum of Fine Arts
October 31, 2023 to February 18, 2024 | mbam.qc.ca

Luminothérapie
December 2023 to March 2024 | quartierdesspectacles.com

Festival Art Souterrain | Contemporary Art in the Underground
April 6 to 28, 2024 | artsouterrain.com

The Contemporary Native Art Biennial (BACA)
May to June 2024 | baca.ca

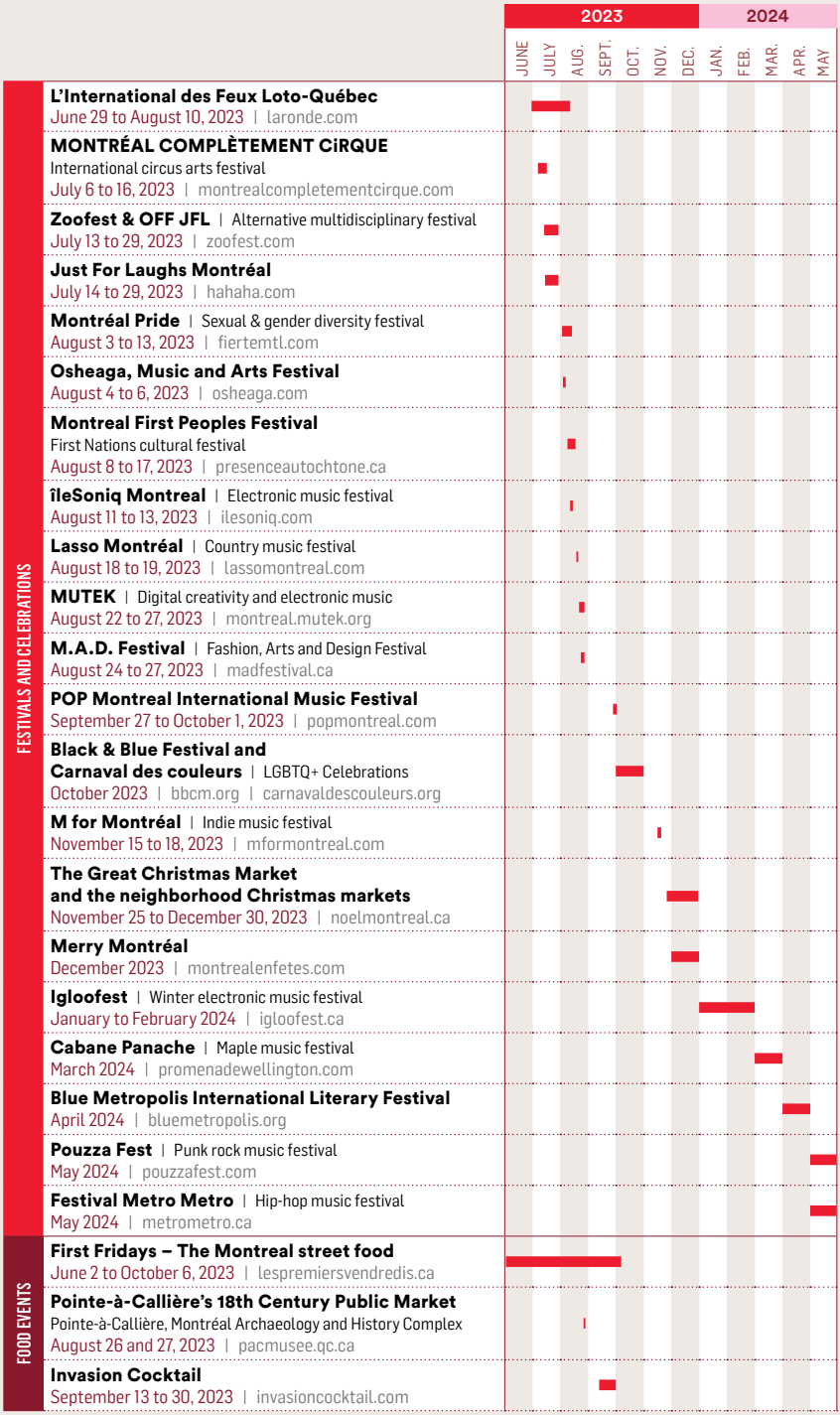
FESTIVALS AND CELEBRATIONS

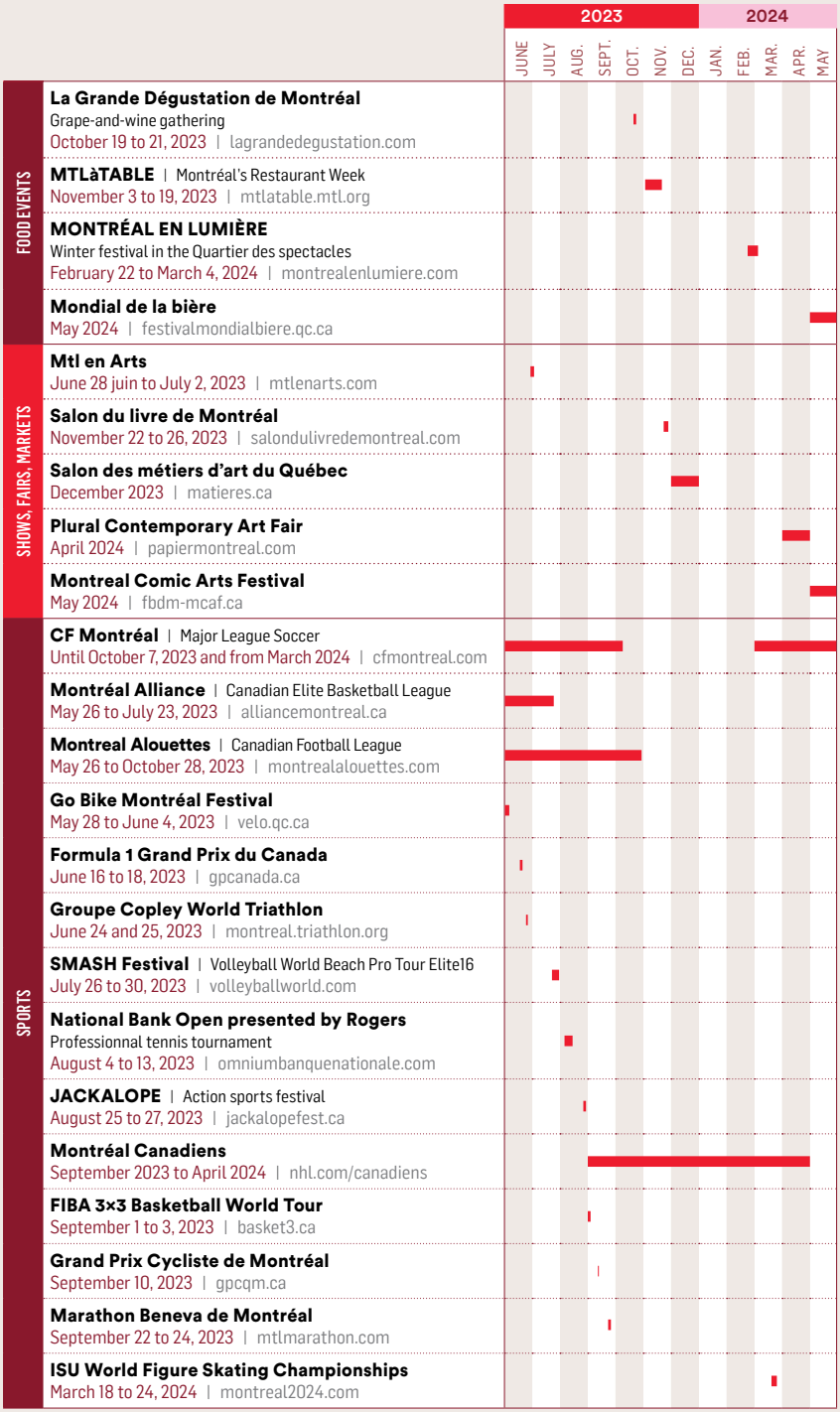
MURAL Festival | Public art festival
June 8 to 18, 2023 | muralfestival.com

Francos de Montréal
June 9 to 17, 2023 | francosmontreal.com

Les Guinguettes
June 22 to 25 and July 20 to 23, 2023 | lesguinguettes.ca

Festival International de Jazz de Montréal
June 29 to July 8, 2023 | montrealjazzfest.com


2023
2024
JUNE
JULY
AUG.
SEPT.
OCT.
NOV.
DEC.
JAN.
FEB.
MAR.
APR.
MAY
FESTIVALS AND CELEBRATIONS
L'International des Feux Loto-Québec
June 29 to August 10, 2023 | laronde.com
MONTRÉAL COMPLÈTEMENT CIRQUE
International circus arts festival
July 6 to 16, 2023 | montrealcompletementcirque.com
Zoofest & OFF JFL | Alternative multidisciplinary festival
July 13 to 29, 2023 | zoofest.com
Just For Laughs Montréal
July 14 to 29, 2023 | hahaha.com
Montréal Pride | Sexual & gender diversity festival
August 3 to 13, 2023 | fiertemtl.com
Osheaga, Music and Arts Festival
August 4 to 6, 2023 | osheaga.com
Montreal First Peoples Festival
First Nations cultural festival
August 8 to 17, 2023 | presenceautochtone.ca
îleSoniq Montreal | Electronic music festival
August 11 to 13, 2023 | ilesoniq.com
Lasso Montréal | Country music festival
August 18 to 19, 2023 | lassomontreal.com
MUTEK | Digital creativity and electronic music
August 22 to 27, 2023 | montreal.mutek.org
M.A.D. Festival | Fashion, Arts and Design Festival
August 24 to 27, 2023 | madfestival.ca
POP Montreal International Music Festival
September 27 to October 1, 2023 | popmontreal.com
Black & Blue Festival and
Carnaval des couleurs | LGBTQ+ Celebrations
October 2023 | bbcm.org | carnavaldescouleurs.org
M for Montréal | Indie music festival
November 15 to 18, 2023 | mformontreal.com
The Great Christmas Market
and the neighborhood Christmas markets
November 25 to December 30, 2023 | noelmontreal.ca
Merry Montréal
December 2023 | montrealenfetes.com
Igloofest | Winter electronic music festival
January to February 2024 | igloofest.ca
Cabane Panache | Maple music festival
March 2024 | promenadewellington.com
Blue Metropolis International Literary Festival
April 2024 | bluemetropolis.org
Pouzza Fest | Punk rock music festival
May 2024 | pouzzafest.com
Festival Metro Metro | Hip-hop music festival
May 2024 | metrometro.ca
FOOD EVENTS
First Fridays – The Montreal street food
June 2 to October 6, 2023 | lespremiersvendredis.ca
Pointe-à-Callière's 18th Century Public Market
Pointe-à-Callière, Montréal Archaeology and History Complex
August 26 and 27, 2023 | pacmusee.qc.ca
Invasion Cocktail
September 13 to 30, 2023 | invasioncocktail.com



FOOD EVENTS

La Grande Dégustation de Montréal
Grape-and-wine gathering
October 19 to 21, 2023 | lagrandedegustation.com

MTLàTABLE | Montréal's Restaurant Week
November 3 to 19, 2023 | mtlatable.mtl.org

MONTRÉAL EN LUMIÈRE
Winter festival in the Quartier des spectacles
February 22 to March 4, 2024 | montrealenlumiere.com

Mondial de la bière
May 2024 | festivalmondialbiere.qc.ca

SHOWS, FAIRS, MARKETS

Mtl en Arts
June 28 juin to July 2, 2023 | mtlenarts.com

Salon du livre de Montréal
November 22 to 26, 2023 | salondulivredemontreal.com

Salon des métiers d'art du Québec
December 2023 | matieres.ca

Plural Contemporary Art Fair
April 2024 | papiermontreal.com

Montreal Comic Arts Festival
May 2024 | fbdm-mcaf.ca

SPORTS

CF Montréal | Major League Soccer
Until October 7, 2023 and from March 2024 | cfmontreal.com

Montréal Alliance | Canadian Elite Basketball League
May 26 to July 23, 2023 | alliancemontreal.ca

Montreal Alouettes | Canadian Football League
May 26 to October 28, 2023 | montrealalouettes.com

Go Bike Montréal Festival
May 28 to June 4, 2023 | velo.qc.ca

Formula 1 Grand Prix du Canada
June 16 to 18, 2023 | gpcanada.ca

Groupe Copley World Triathlon
June 24 and 25, 2023 | montreal.triathlon.org

SMASH Festival | Volleyball World Beach Pro Tour Elite16
July 26 to 30, 2023 | volleyballworld.com

National Bank Open presented by Rogers
Professionnal tennis tournament
August 4 to 13, 2023 | omniumbanquenationale.com

JACKALOPE | Action sports festival
August 25 to 27, 2023 | jackalopefest.ca

Montréal Canadiens
September 2023 to April 2024 | nhl.com/canadiens

FIBA 3×3 Basketball World Tour
September 1 to 3, 2023 | basket3.ca

Grand Prix Cycliste de Montréal
September 10, 2023 | gpcqm.ca

Marathon Beneva de Montréal
September 22 to 24, 2023 | mtlmarathon.com

ISU World Figure Skating Championships
March 18 to 24, 2024 | montreal2024.com

Tours and cruises

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.

In learning or play mode, by bus, bike, boat or foot, you choose how you want to explore.

Tours with certified guides

16/42 tours

514 430-0909 | 1642tours.com

16/42 Tours offers dynamic walking tours around Montréal's greatest neighbourhoods: downtown, the Plateau, Old Montréal, etc. Professional, multilingual guides share their passion for Montréal's history, architecture, gastronomy, culture and day-to-day goings-on. Tours run approximately 2 hours and groups are limited to 12 participants. 16/42 will design a customized tour to meet your needs, interests and group size.

Montréal On Wheels

1 Map p. 90

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

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.

© SAMUEL BOISVERT

Dyad

2 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 electric scooters through the city's most vibrant neighbourhoods. The company offers four tours.

Fitz Montréal Bike Tours

3 Map p. 89

1251 Rachel Street East | Mont-Royal
438 792-6480 | fitzmontreal.com

From exploring the vast underground pedestrian network downtown to picturesque Old Montréal to Plateau-Mont-Royal murals, Fitz Montréal offers well-crafted themed 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.

Guidatour

4 Map p. 90

Place-d'Armes | 514 844-4021 | guidatour.qc.ca

Explore Old Montréal through different tours and exciting guided circuits. From Square Victoria to Marché Bonsecours, discover the secrets of Christmases past, take a tour to tease your taste buds or get scared on a bone-chilling walk, if you dare, with Fantômes Montréal. Finally, venture outside the historic district to the axis of Saint-Laurent Boulevard, and get caught up in the eclectic outdoor art with a tour of the city's famous graffiti murals.

Spade & Palacio Tours

5 Map p. 89

3801 B Saint-Denis Street | Sherbrooke
514 806-3263 | spadeandpalacio.com

In small groups of 10 or less, walking food tours, bike and street art excursions focused on the less-visited neighbourhoods. Spade & Palacio aims to provide genuine local experiences while promoting community businesses. Take a two-wheel tour or follow the guides as they take you to their favourite gourmet spots around the city. Walk through the open-air art gallery formed by the murals on and around Saint-Laurent Boulevard. Private tours are also offered.

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 Québécois specialities in 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

Discover the culinary, cultural and historical charms of the oldest district of Montréal or of the 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.

Animated tours

H2O Adventures

6 Map p. 95

2727 B Saint-Patrick Street | Charlevoix
514 842-1306 | h2oadventures.com

Head out on guided daytime or twilight paddles along the Lachine Canal. Discover the historic cradle of Montréal industrialization — Griffintown and the Old Port — by day. Or venture west for a tour and drink at one of Montréal's first microbreweries before paddling blithely off into the sunset.

Coach Canada (Gray Line Montreal)

7 Map p. 85

1255 Peel Street | Peel | 514 398-9769
grayline.com

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

Eco Tours Montreal – Old Port

8 Map p. 90 / Ad p. 101

Jacques-Cartier Pier | Old Port of Montréal
Champ-de-Mars | 514 613-3300
ecotoursmontreal.com

Criss-cross the quays and cobblestone streets of the Old Port, discovering its architectural beauty, history and charm along the way. Explore on Segway or Hoverboard during the day, at sunset or in the evening, when emblematic buildings and monuments light up the night. April to October.

Eco Tours Montreal – Parc Jean-Drapeau

9 Map p. 87

Safe, ecological and fun guided tours aboard a kayak or canoe, around the lush green lagoons and paths that cross the enchanting scenery of Sainte-Hélène and Notre-Dame islands. On the program: history of the islands, amazing fauna and flora, emblematic places, works of public art and some of Expo 67 pavilions. May to September.

Did you know?

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 and 90 minutes by foot.

Hélicraft

10 Map p. 87

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

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.

City Brew Tours Montréal

438 800-4419 | citybrewtours.com/montreal

Tours include 12+ different beer tastings, a beer food pairing meal or snack, brewery entrance fees, and round-trip transportation. Accompanied by expert guides, you will sample flights of incredible brews and enjoy access to leading breweries located in the Plateau, in the Southwest neighbourhoods or in Rosemont.

© EVA BLUE - MURAL "HOMMAGE À OLIVER JONES" - DAN BULLER - FIVE EIGHT - PRODUIT PAR MU

Discovery walks on Mount Royal

12 Map p. 88

1260 Remembrance Road | Mount Royal Park
Mont-Royal + 11 West | 514 843-8240
lemontroyal.qc.ca

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.

© EVA BLUE

Guided tour of Bonsecours Neighbourhood

13 Map p. 90

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

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-Dame-de-Bon-Secours Chapel.

Shopping Tours by The Fashion Tourism Society

McGill | 438 388-0159 | the-mfs.com

Personalized shopping tours and styling services, tailor-made for your taste, lifestyle and budget: new and established local designers, the top thrift shops, without forgetting high-end and luxury fashion boutiques.

Self-guided tours

Montréal en Histoires – Cité Mémoire

14 Map p. 90

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

Experience *Cité Mémoire*, the world's largest outdoor projection path. Access 100 points of interest and 32 augmented reality experiences by downloading the free "Montréal en Histoires" mobile app available in English, French, Spanish and Mandarin. Through 27 techno-historical scenes, travel through Old Montréal, the Old Port and downtown to discover the city's past. Guided tours are also available. Please check the website for the projection schedule.

Adventure City Games

adventurecitygames.com

Step into the shoes of a detective or become part of a secret mission with Adventure City Games. Offering an array of outdoor escape games around Montréal, players assume the role of a fictional character as they explore the city. Enjoy solo, as a couple or come in groups.

Link jeux d'aventure

450 501-4914 | linkaventure.com/en

Link Adventure Games is a mobile application allowing you to enjoy the thrill of a family friendly, outdoor treasure hunt using your GPS location. To play, simply download the LINK app on your phone, choose your scenario and, if required, pay a user fee. Once downloaded, you'll no longer need data or Wi-Fi to experience your adventure. Simply show up at the starting point of the hunt at the time of your choosing. Scenarios include (in French only): Mysteries of the Past, VengenZ, Runaway Bride and much more.

Self-guided tours

mtl.org/self-guided-tours

A locally created, self-guided tour, audio or otherwise, is a great way to see Montréal's attractions, storied streets and cool neighbourhoods at your own pace. Discover the list of these tours and podcasts.

Cruises

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

15 Map p. 90 / Ad p. 99

Jacques-Cartier Pier | Old Port of Montréal
Champ-de-Mars | 514 849-9952 | bateaumouche.ca

The luminous environment on the Bateau-Mouche is a unique way to admire Montréal and the St. Lawrence. Succumb to the fresh, local cuisine offered as part of a dinner cruise (upon reservation), or enjoy the sun during a 60- or 90-minute day trip. The panoramic boat with terrace offers exclusive routes on the St. Lawrence River. June to September.

AML Cruises

16 Map p. 90 / Ad on back cover

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

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. Guided cruises, dinner cruises, brunches and special events are available. May to December.

Le Petit Navire

17 Map p. 90 / Ad p. 100

Jacques-Cartier Pier | Old Port of Montréal
Champ-de-Mars | 514 602-1000 | lepetitnavire.ca

Le Petit Navire offers guided tours aboard a silent, zero-pollution electric propulsion boat (carbon-neutral certified) along the waterways of the Old Port of Montréal (45 min.) and the Lachine Canal (2 hours). In an authentic and festive atmosphere, explore unprecedented routes and see Montréal from a new perspective. Friendly and knowledgeable, the captain provides insightful commentary along the way, delving into the history of the area with interesting facts and entertaining stories. May to October.

Navark

514 871-8356 | navark.ca

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.

Local Travel Agent

When planning an escapade outside Montréal, look to a local travel agency to plan your dream vacation. Immerse yourself in history, trek through stunning natural landscapes, mingle with locals, discover winter or learn more about the First Nations: local agencies offer made-to-order packages, guided tours in multiple languages, themed holidays or excursions to take you off the beaten path, no matter the season!

Authentik Canada

7680 Saint-Hubert Street | Jarry | 514 769-0101
authentikcanada.com

Concord Tours and Travel

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

Expedia

514 285-6959 | expedia.ca

Groupe Voyages Québec

418 525-4585 | gvq.ca

© MONTRÉAL EN HISTOIRES - CITÉ MÉMOIRE

© EVA BLUE

MONTRÉAL NEIGHBOURHOODS

TABLE OF CONTENTS

48 Downtown

72 Old Montréal and Old Port

104 Parc Jean-Drapeau

110 Mount Royal and Outremont

117 Plateau-Mont-Royal and Mile End

126 Olympic District and Hochelaga-Maisonneuve

135 The Village

139 Little Italy and Villeray

145 Les Quartiers du Canal

150 Pôle des Rapides

157 East, West and North of the Island

Downtown

Map p. 85

Skyscrapers and Victorian mansions, lovely shops and Gothic Revival 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. When summer comes, blocks are closed to traffic to make a place for festivalgoers.

© EVA BLUE - TOURISME MONTRÉAL

ITINERARY A

The Golden Square Mile

The Golden Square Mile

20 Map p. 85

Bordered by René-Lévesque Blvd., Côte-des-Neiges Road Mount Royal Park and Robert-Bourassa Blvd.
Peel | 514 922-7282 | goldenmontreal.ca

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 neoclassical, Gothic Revival, Romanesque, Second Empire, Queen Anne and Art Nouveau styles. Listen to the podcast for a unique experience filled with stories and discoveries on the district.

McTavish Street

21 Map p. 85

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

22 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

23 Map p. 85

859 Sherbrooke Street West | McGill | 514 398-4086
mcgill.ca/redpath

P

Completed in 1882, the Redpath Museum is housed in the oldest building used for museum purposes in Canada. This museum of natural history presents a permanent exhibit focusing on the history of life in Québec, including fossils, minerals and zoological specimens. World cultures exhibits focus on Egypt, Africa and Oceania. The museum's vast collections comprise nearly three million items, highlights of which include dinosaurs skeletons and mummies.

McCord Stewart Museum

24 Map p. 85 / Ad p. 66

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

$

The McCord Stewart 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. The Museum is also home to one of the largest historical collections in North America, consisting of more than 1.5 million artifacts including Dress, fashion and textiles, Photography, Indigenous cultures, Material culture and Archives. The Museum also offers several themed self-guided urban tours in digital format allowing visitors a chance to learn more about the history of certain places in Montréal.

McGill College Avenue

25 Map p. 85

McGill

The Esplanade 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.

Esplanade and Place Ville Marie

26 Map p. 85

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

Inaugurated in 1962, Place Ville Marie, designed by Chinese-American architect Ieoh Ming Pei, forms a vast multifunctional complex that includes five office towers and an upscale shopping centre. It was the first phase of Montréal's underground city that now extends 33 km (20.5 miles) in length. At the foot of this landmark building, the Esplanade Place Ville Marie is a modern cultural and experiential destination designed to enhance the urban experience. This gathering space features an imposing glass pavilion offering access to an epicurean food court and to the underground network, and a grand staircase leading to McGill College Avenue. Nearby, along Robert-Bourassa Boulevard is Gerald Gladstone's impressive fountain and bronze sculpture called *Female Landscape*.

Musée d'art contemporain de Montréal

27 Map p. 85

1 Place Ville Marie | Entrance by Mansfield or Cathcart Streets | Floor: Shopping mall
McGill | 514 847-6226 | macm.org

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.

Central Station

28 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

29 Map p. 85

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

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 Baroque Revival 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

30 Map p. 85

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

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

31 Map p. 85

Corner of Canadiens-de-Montréal Avenue and De La Gauchetière West Street
Bonaventure | cfoffice.ca

This train station, whose first phase was completed in 1889, is considered one of Canada's oldest and most striking examples of Romanesque Revival architecture. At one time, it was the hub of Canada's railway system. Windsor Station was designated a National Historic Site of Canada, a Heritage Railway Station and a Québec Provincial historic landmark.

Bell Centre

32 Map p. 85

1909 Avenue des Canadiens-de-Montréal
Bonaventure | 514 932-2582 | centrebell.ca

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

33 Map p. 85

Corner of Peel and De La Gauchetière West Streets
Bonaventure | 514 866-7113 | st-georges.org

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

34 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 heritage churches and superb buildings, old and new. On the north side of René-Lévesque Boulevard, Dorchester Square was formerly the site of the Montréal Catholic Cemetery, between 1799 and 1854. Offering an impressive Victorian-style fountain, two arched metal and wood footbridges, a meticulously restored old vespasienne, benches and walkways to relax, the Square is a popular spot at lunchtime in particular, attracting hundreds of people each day.

Sun Life Building

35 Map p. 85

1155 Metcalfe Street | Peel | 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.

Underground Pedestrian Network

Map p. 177 | McGill

The name **"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 **2,000 shops and restaurants, major hotels,** museums, theatres 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.

Sainte-Catherine Street

36 Map p. 85

McGill | destinationcentreville.com/en

Streching for 11 kilometres (9 miles) across the city from east to west, Sainte-Catherine 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

37 Map p. 85

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.

Christ Church Cathedral

38 Map p. 85

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

Nestled between modern buildings, Christ Church Cathedral figures prominently in the downtown core overtop an underground shopping centre. A fine example of Gothic Revival architecture, it was built between 1857 and 1859, and was one of the first of its kind in Canada. The picturesque cloister garden behind the Cathedral is dedicated to Raoul Wallenberg, Hero of Humanity, who saved thousands of Jews from concentration camps during World War II. Every Saturday at 4 p.m. throughout the year, a free concert is presented in the Cathedral.

Phillips Square

39 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.

ITINERARY B

Quartier des Spectacles

Quartier des Spectacles

40 Map p. 85 / Ad p. 71

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).

Place des Festivals

41 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

42 Map p. 85

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

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 Le Studio TD, a multipurpose theatre, the Médiathèque Jazz/La Presse+, a jazz documentation centre, and a permanent gift shop.

St. James United Church

43 Map p. 85

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

Ⓢ

St. James United Church, the largest Protestant church in Montréal, has a Gothic-style exterior and Victorian interior and hosts Le Balcon, offering nightly dinner and shows.

Wilder Building – Espace Danse

44 Map p. 85

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

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.

Place des Arts

45 Map p. 85

175 Sainte-Catherine Street West | Place-des-Arts
514 285-4200 | placedesarts.com

♿ Wi-Fi 🚻 🍸 P

Featuring artists from the local and international scene, an impressive program of music, theatre, dance, opera, song, comedy, and musicals 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 large festivals.

Complexe Desjardins

46 Map p. 85 / Ad p. 63

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

♿ Wi-Fi Ⓢ 🚻 P

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

Église du Gesù

47 Map p. 85

1200-1202 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

48 Map p. 85

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

♿ Wi-Fi

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 Baroque Revival and Mannerist style.

Society for Arts and Technology [SAT]

49 Map p. 85

1201 Saint-Laurent Blvd. | Saint-Laurent
514 844-2033 | sat.qc.ca

The SAT is a major cultural hub where science meets art and where technology serves innovative creators. Its 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.

MEM – Centre des mémoires montréalaises

50 Map p. 85 / Ad on inside back cover

Corner of Saint-Laurent Blvd. and Sainte-Catherine Street
Saint-Laurent | 514 872-3207 | memmtl.ca

$

MEM – Centre des mémoires montréalaises hands you the key to Montréal's multiple identities. Live or re-live the rich and eventful history of our metropolis. The Centre is transforming into a new museum and civic space. Opening scheduled for 2023. Tours and podcasts featuring Montréal neighbourhoods that have disappeared are also available.

Centre for Sustainable Development

51 Map p. 85

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

The Centre for Sustainable Development boasts the LEED® Canada NC Platinum certification, making it the first building in Québec to obtain this level, the highest in the LEED certification system. Its innovative urban design features a green roof, raised floors, geothermal wells, waterless and low-flow plumbing, plus a five-storey-high living wall. The Centre offers a free self-guided tour of the building and guided tours in small groups (in French only), as well as a program of activities covering all spheres of sustainable development. Guided tours for groups of 5 to 20 persons and specialized tours are also offered upon reservations.

Esplanade Tranquille

52 Map p. 85

Intersection of Sainte-Catherine West and Clark Streets
Saint-Laurent

This "tranquil" public square in the Quartier des Spectacles buzzes with activity all year long! In the summer, kick back in the shade of a tree, take in an outdoor concert or simply watch the kids play; in the winter, lace up your skates and glide onto the refrigerated outdoor skating rink. Complete with an urban terrace, a grassy area, a playground and a chalet, the Esplanade Tranquille is a fun, friendly and accessible spot to meet, play, rest and relax in the heart of downtown.

Quartier latin

53 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 (UQAM), 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

54 Map p. 85

Berri-UQAM | quartierlatin.ca

Saint-Denis Street, the Quartier latin's major thoroughfare, runs from Old Montréal, near the recently redeveloped and expansive Square Viger, where you can find the Jean-Olivier monument, a park pavilion, pergolas and plenty of green space, past Square Saint-Louis, which provides a unique example of mid-19th-century Victorian-style urban architecture and has been home to many of Québec's artists, including the poet, Émile Nelligan. 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)

55 Map p. 85

405 Sainte-Catherine Street East | Berri-UQAM
514 987-3000 | etudier.uqam.ca

P

The beating heart of the Quartier latin, UQAM is a francophone university, renowned worldwide, that offers over 300 programs to over 40,000 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

56 Map p. 85

475 De Maisonneuve Blvd. East | Berri-UQAM
514 873-1101 | banq.qc.ca

P

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 yellow birch, the emblematic tree of Québec.

Jardins Gamelin

57 Map p. 85

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

Les Jardins Gamelin host 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. End of May to end of September.

Espace St-Denis

58 Map p. 85

1594 Saint-Denis Street | Berri-UQAM
514 849-4211 | espacestdenis.com

P

Le Théâtre St-Denis is set to begin a new chapter in its history by becoming part of Espace St-Denis, a new cultural and gastronomic destination in the heart of the Latin Quarter. This new entertainment offering includes the storied theatre, a studio-cabaret with a 180-degree virtual environment, a French brasserie-style restaurant, a terrace and grill and more. During the summer months an ice cream shop delights young and old alike.

Randolph Gaming Pub Quartier-Latin

59 Map p. 85

2041 Saint-Denis Street | Berri-UQAM
514 419-5001 | randolph.ca

Offering a great atmosphere, tasty bites and a wide selection of craft beers and drinks, Randolph Gaming Pub is the perfect place to gather, socialize and have some fun. For a minimal cover charge, choose from over 1,500 board games and play to your heart's content! Knowledgeable game masters will help you choose, learn and get playing right away. What's more, most games are available in multiple languages (French, English, Spanish, Italian and more). 18 years of age and older.

ITINERARY C

Quartier international /

Quartier international de Montréal

60 Map p. 85

Bordered by Robert-Bourassa Blvd. and Saint-Jacques, Viger and Saint-Urbain Streets
Square-Victoria-OACI

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 eye-catching *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

61 Map p. 85

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

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

62 Map p. 85

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

Headquarters of the International Civil Aviation Organization (ICAO), a specialized agency of the United Nations. Outside the Atrium entrance is a sculpture by the Québec artist Marcelle Ferron entitled *Le Miroir aux alouettes*. Located in its main lobby, the ICAO Museum (closed for an indefinite period due to health measures) is dedicated to the history of air transport.

Square Victoria

63 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

64 Map p. 85

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

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 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

65 Map p. 85

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

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)

66 Map p. 85

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

P

A striking addition to the cityscape, the architectural design of the Montréal Convention Centre (Palais des congrès) exudes the openness, warmth, creativity and elegance for which Montréal is renowned the world over. 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 art installation *Lipstick Forest*, a forest of concrete pink trees, imagined by artist Claude Cormier, and the impressive western façade made of coloured glass pannels. Like a window, the reflected game of light colors in the interior as well as outside the Palais. The Centre also showcases compelling landscaping and daring artwork by some of Québec's best, including the bronze fountain-sculpture and ring of fire, entitled *La Joute* by famed artist Jean-Paul Riopelle, in the adjacent urban park.

OASIS immersion

67 Map p. 85 / Ad p. 64

301 Saint-Antoine Street West | Place-d'Armes
438 813-7878 | oasis.im

$ P

OASIS Immersion introduces the largest immersive destination in Canada. Located in a 2,000 square-metre, multimedia space on the first floor of the Palais de congrès de Montréal, the ambulatory and contactless experience offers 3 immersive galleries, 2 light experiences and a cafe-lounge area with a shop.

Chinatown

68 Map p. 85

Corner of Saint-Laurent Blvd. and De La Gauchetière Street | Place-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. In the summertime, a celebration of food and culture, The Asian Night Market, is taking place at Place des souhaits.

Did you know?

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

Today, an estimated 215,000 Montrealers are of Irish descent.

ITINERARY D

Museum Quarter

Museum Quarter

69 Map p. 85

Guy-Concordia | 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

70 Map p. 85 / Ad on inside front cover

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

Founded in 1860, the MMFA is the oldest art museum in Canada and a leading museum in North America. Its collection showcases Québec and Canadian heritage and international art from a critical and intercultural perspective, and comprises some 45,000 paintings, sculptures, graphic art works, photographs, multimedia installations and decorative art objects dating from antiquity to the present. The MMFA's exhibitions span every discipline from archaeology to fine arts, to contemporary practices. Laid out over five interconnecting pavilions, the Museum complex includes over 80 exhibition galleries, the Bourgie concert hall, an auditorium and movie theatre, the Boutique and Bookstore, an in-house publishing department, a public sculpture garden and the Michel de la Chenelière International Atelier for Education and Art Therapy.

The Church of St. Andrew and St. Paul

71 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

72 Map p. 85

1356 Sherbrooke Street West | Peel | 514 849-6091
laguilde.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.

Concordia University

73 Map p. 85

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

P

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 Art Gallery (1400 De Maisnneuve Blvd. West) dedicated to the presentation and study of contemporary art.

Crescent Street

74 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 Game Evolution

75 Map p. 85

1226 Sainte-Catherine Street West | Peel
514 281-6464 | lasergame-evolution.ca

This fun and energetic activity uses 100% safe laser technology and takes place in three dark and winding labyrinths made up of partitions and reflective areas, all overlooked by mezzanines and walkways. A game perfect for all ages and groups of varying sizes and levels.

Canadian Centre for Architecture

76 Map p. 85

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.

Greene Avenue and Westmount Square

77 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.

Former Grand Séminaire de Montréal

78 Map p. 85

2065 Sherbrooke Street West | Guy-Concordia

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 former Grand Seminary of Montréal (1857), its buildings and its chapel (1864) whose interior was completely redesigned at the beginning of the 20th century. 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.

Address book

DOWNTOWN

Restaurants

Scan the QR code below to dive into Downtown's delicious culinary scene. Bon appétit!

Shopping

Scan the QR code below to explore shopping Downtown. The ultimate find is at your fingertips!

Spas and wellness

Moment Spa Le Reine Elizabeth

900 René-Lévesque Blvd. West
Bonaventure | 438 387-4445
momentspa.ca

P

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 St. James at Ritz-Carlton Montréal

1228 Sherbrooke Street West
Peel | 514 844-4590
spastjames.com

P

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

Not sure what the symbols mean? See the legend on p. 21.

Workshops

Ateliers & Saveurs Time Out Market

705 Sainte-Catherine Street West
McGill | 514 849-2866
ateliersetsaveurs.com

Spice up your next outing with a zesty culinary workshop in Montréal's new foodie destination, sure to whet your appetite for more!

Did you know?

Montréal is a leader in "green desking," a movement that combines coworking and outdoor working spaces.

At the forefront of the green desking revolution is Îlot 84, an organization that has been offering Montrealers dynamic and green working spaces at the heart of the city since 2017. With over 30 free working stations, collaborative outdoor spaces, but also festive gatherings and networking events (Aire Commune), the project aims to encourage creativity, synergy and collaboration, and to define new and innovative ways of working.

Montréal: Student city

Each year, nearly 200,000 students (including over 35,000 international students from 150 countries) become part of the fabric of Montréal, adding their energy and talent to the vibrant mix of the metropolis. The four main universities — two English and two French — are located right downtown, close to metro stations, making it easy for students to get around.

Widely regarded as the top student city in North America, Montréal attracts students from around the world with its warm welcome, safety and cultural diversity.

The city's appeal also lies in the quality of the programs offered, low tuition fees (the lowest on the continent) and the many job opportunities available once studies are completed. It's also an ideal place for young entrepreneurs. No wonder Montréal ranks at the top of the list of North American student cities.

Not sure what the symbols mean? See the legend on p. 21.

SHOP THE MONTREAL WAY
IN THE HEART OF THE CITY

More than 250 stores and restaurants including Time Out Montréal, Boss, Aritzia, Indigo, B2, Decathlon, Lululemon, Nike, Uniqlo, Sephora, Samsung, Zara and more!

CENTRE EATON MONTRÉAL | PLACE MONTRÉAL TRUST

Stores
Restaurants
Events

At the heart of Quartier des spectacles

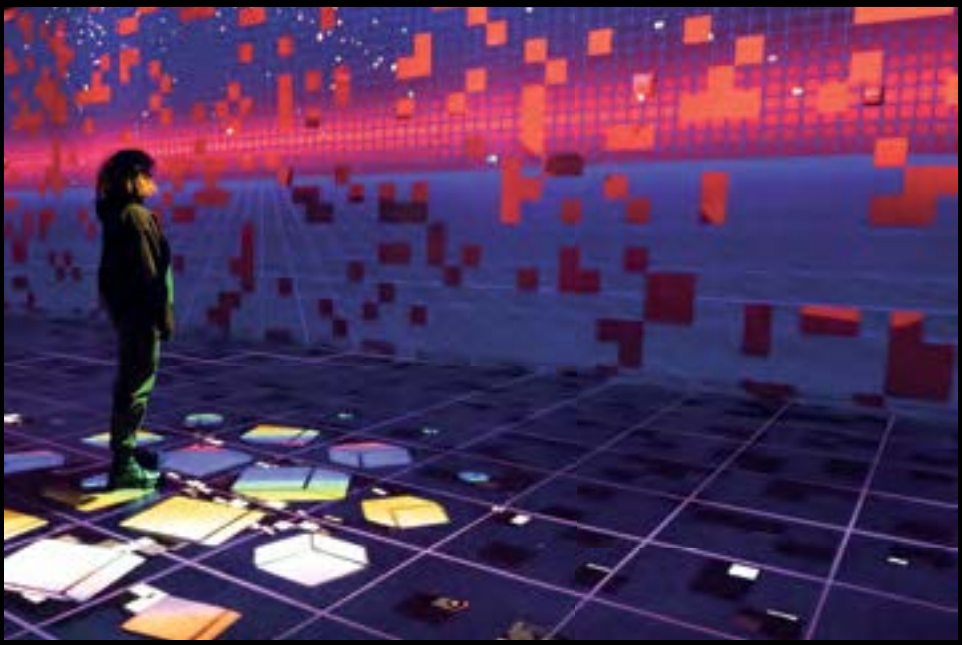
COMPLEXE DESJARDINS

Savour. Celebrate. Enjoy.

PLACE-D'ARMES | PLACE-DES-ARTS

OASIS IMMERSION OASIS IMMERSION
OASIS IMMERSION

Art that moves you.



Palais des congrès de Montréal
TICKETS: **OASIS.IM**

PLACE D'ARMES

OA IMMERSION SIS

MONTRÉAL COMPLÈTEMENT CIRQUE

UN FESTIVAL TOHU

EN COLLABORATION AVEC Loto Québec

July 6 to 16, 2023

montrealcompletementcirque.com

Québec Montréal Canada Tourisme Montréal Ivanhoé Cambridge Quartier des spectacles Montréal Quartier Latin La Presse

See the exhibition now!

Book your tickets

In collaboration with

TD READY COMMITMENT

McGill

Panasonic

La Presse

Montreal Gazette

La Boîte Rouge VIF

Conseil des arts de Montréal

Montréal

Québec

McCORD STEWART MUSEUM

On foot or by bike, stroll to the rhythm of the seasons on Laurier Avenue West. Experience Montreal differently through our boutiques, restaurants, bars, art galleries and more.

LAURIER OUEST

YOU'LL GET A TASTE FOR IT!

JUST FOR LAUGHS
MONTRÉAL

JULY
14→29
2023

OUTDOOR
FESTIVAL
JULY 20→29

OUTDOOR AND ***INDOOR*** SHOWS
FREE ACTIVITIES

INFO & TICKETS:
HAHAHA.COM

ORCHESTRE SYMPHONIQUE DE MONTRÉAL
Presented by Hydro Québec

10th edition

LA VIRÉE CLASSIQUE OSM

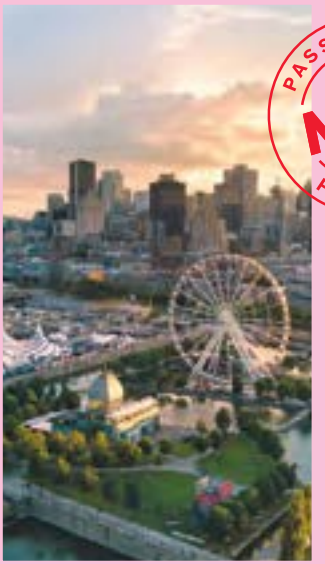
AUGUST 16-22, 2023

26 CONCERTS STARTING AT $10

The largest urban classical music festival in Canada!

Tickets on sale starting early June!

TD VOLVO Québec Canada



PASSEPORT MTL PASSEPORT

Scan, save and enjoy
Top attractions for less

MTL

An initiative of TOURISME / MONTRÉAL

Sir Winston Churchill Pub Complex
3 Floors, 3 Scenes, Choose Yours...

1455 CRESCENT ST, MONTRÉAL, QUÉBEC H3G 2B2 SWCPC.COM (514) 288-3814

LE CENTRAL

MANGER MONTRÉAL

GOURMET FOOD HALL
FESTIVE AMBIANCE
SAINT-LAURENT
SAINTE-CATHERINE
LE CENTRAL
MORE THAN 20 RESTAURANTS
lecentral.ca

Looking for things to do this week in Montréal ?

MTL.ORG
1001 activities, 1 destination.
TOURISME / MONTRÉAL

Japanese creative cuisine since 1998.

restaurant shô·dan concept japonais

2020 Metcalfe, Montréal 514 987-9987 sho-dan.com

Old Montréal and Old Port

Map p. 90

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.

© LAURÈNE TINEL / TOURISME MONTRÉAL

ITINERARY A

East of Old Montréal

City Hall

79 Map p. 90

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. Nearby, inaugurated in 1856, the old courthouse subscribed to the very sober neoclassical 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. Currently closed for renovations.

Place Jacques-Cartier and Place De La Dauversière

80 Map p. 90

Old Montréal | 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.

© LAURÈNE TINEL - TOURISME MONTRÉAL

Marché Bonsecours

81 Map p. 90

350 Saint-Paul Street East | Champ-de-Mars
marchebonsecours.com

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, Québec artisans shops and exhibitions.

Marguerite Bourgeoys Historic Site

82 Map p. 90

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

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 a downloadable audio guide.

Pierre du Calvet House

83 Map p. 90

401 Bonsecours Street | 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.

Sir George-Etienne Cartier National Historic Site

84 Map p. 90 / Ad p. 155

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

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

85 Map p. 90

700 Saint-Antoine Street East | Champ-de-Mars
vieux.montreal.qc.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. It is the only site in North America with three train stations of historical significance still standing fully intact. This rich architectural site is currently under development as a mixed-use structure, already home to offices and a restaurant.

Château Ramezay – Historic Site and Museum of Montréal

86 Map p. 90

280 Notre-Dame Street East | Champ-de-Mars
514 861-3708 | chateauramezay.qc.ca

The Château invites you to relive more than 500 years of history, from the pre-contact Indigenous 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

87 Map p. 90

Old Montréal | 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, lively bars, nightclubs and seductive lounges.

Montréal On Wheels

1 Map p. 90

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

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 (regular bikes or ebikes).
May to October.

Cours Le Royer (Hôtel-Dieu Stores)

88 Map p. 90

Corner of Saint-Paul West and Saint-Sulpice Streets
Place-d'Armes | vieuxmontreal.ca/en/business/cours-le-royer-2

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

89 Map p. 90

110 Notre-Dame Street West | 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. To learn more about the Basilica, take part in a self-guided tour where you will be invited to explore 24 points of interest. After your tour, stay for AURA, an immersive light and sound show experience.

Place d'Armes

90 Map p. 90

Old Montréal | 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

14 Map p. 90

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

History comes to life with *Cité Mémoire*, an art installation that shines light on the city's illustrious past. It is the largest projection circuit in the world. 27 astonishing scenes are projected on walls, in alleys, on the ground and on trees. This expansive projection circuit features 100 points of interest and 32 augmented reality experiences. In a poetic, dreamlike and sometimes playful

manner, a medley of characters offer first-hand accounts of how the city has evolved over the course of history. Download the free "Montréal en Histoires" mobile app available in four languages. Guided tours also available.

Centaur Theatre Company

91 Map p. 90

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

$

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 lineup ranging from contemporary Canadian dramas and Broadway hits, to international talent.

Saint-Jacques Street and The Royal Bank

92 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.

PHI Foundation for Contemporary Art

93 Map p. 90

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

A premier venue dedicated to the presentation of contemporary art. Each year, the Fondation Phi presents exciting and relevant exhibitions, a series of public events, special collaborative projects and an innovative education program.

© EVA BLUE

PHI Centre

94 Map p. 90 / Ad p. 102

315 Saint-Paul Street West | Square-Victoria-OACI
514 225-0525 | phi-centre.com

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. This exciting hub of creation for art in all its forms proposes an innovative and inspiring program of the highest quality, including major exhibitions that push boundaries by plunging us into a sensorial universe with virtual reality (VR).

Place D'Youville

95 Map p. 90

Old Montréal | Square-Victoria-OACI
ville.montreal.qc.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.

Pointe-à-Callière, Montréal Archaeology and History Complex

96 Map p. 90 / Ad on inside back cover

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.

Fonderie Darling

97 Map p. 90

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

The Fonderie Darling 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

98 Map p. 90 / Ad p. 82

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

The Old Port is filled with unique activities and view points. In the summer, you can relax at the Clock Tower Beach, rent pedal boats, bicycles or quadricycles, enjoy a guided heritage tour (see Guided tours), or take a cruise on the river, at full speed or nice and easy with a gourmet meal. Stroll by the Grand Quay 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

99 Map p. 90 / Ad p. 101

Jacques-Cartier Pier | Old Port of Montréal
Champ-de-Mars | 514 465-0594 | ecorecreo.ca

Ecorecreo specializes in the rental of outdoor recreational equipment such as quadricycles and pedal boats. April to October.

La Grande Roue de Montréal

100 Map p. 90 / Ad p. 100

Old Port of Montréal | Facing the Bonsecours Market, between the Jacques-Cartier and Clock Tower piers
Champ-de-Mars | 514 325-7888
lagranderouedemontreal.com

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

101 Map p. 90 / Ad p. 98

Quays of the Old Port of Montréal | Jacques-Cartier Pier Entrance | Champ-de-Mars | 514 473-1458
voilesenvoiles.com

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, escape game scenarios and an inflatable playground. April to October.

MTL Zipline

102 Map p. 90

Quays of the Old Port of Montréal | Jacques-Cartier Pier Entrance | Champ-de-Mars | 514 947-5463
mtlzipline.com

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

SOS Labyrinthe

103 Map p. 90 / Ad p. 98

Clock Tower Pier | Old Port of Montréal
Champ-de-Mars | 514 499-0099 | soslabyrinthe.com

Visitors of all ages hunt for the secrets of this forgotten cargo by exploring a 2-km labyrinth filled with obstacles and dead-ends in search of four treasures of the longshoremen. Watch out — you'll be met by a motley crew of mischievous characters along the way, doing their best to keep you going around in circles! May to October.

Jet Boating the Lachine rapids / Jet St-Laurent

104 Map p. 90

Clock Tower Pier | Old Port of Montréal
Champ-de-Mars | 514 284-9607
jetboatingmontreal.com

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° turns.
May to September.

The Clock Tower and Tower Beach

105 Map p. 90

Clock Tower Pier | Old Port of Montréal
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. 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. May to September.

WET SET MTL

106 Map p. 90

Jacques-Cartier Pier | Old Port of Montréal
Champ-de-Mars | 514 701-9387 | wetsetmtl.com

$ P

Wet Set 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. Mid-May to mid-October.

Drone Tours Montréal

Corner of Quay King-Edward Street and Promenade du Vieux-Port | Place d'Armes | 514 389-2308
dronetours.ca

$

Experience a unique view of Montréal's spectacular sights with a live stream to high resolution FPV goggles. You'll feel like you're flying, with your feet firmly planted on the ground! This in-destination state-of-the-art flight experience offers 360° immersion, complete with a narrated history of iconic sights along the way. End of May to October.

Montréal Science Centre

107 Map p. 90 / Ad p. 83

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

$ P

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. All this delightful science is presented in a way that's accessible for all, using interactive devices in an innovative environment, both educational and entertaining.

IMAX®TELUS cinema at the Montréal Science Centre

108 Map p. 90

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

$ P

The Montreal Science Centre IMAX®TELUS Theatre 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 Quay and the Tower of Port of Montréal

109 Map p. 90 / Ad p. 84

Old Port of Montréal | Place-d'Armes | 514 283-7906
port-montreal.com

P

The Promenade d'Iberville on the green Grand Quay roof boasts over 24,000 flowering and aromatic plants and an immense wooden terrace 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 and as of 2023, visitors will be able to see it all from the new observation tower. Commencement Square, a vast lawn beside the water, welcomes you with Adirondack chairs. Marine enthusiasts can wile away the hours at The Port Centre and discover the Port's timeline, which is closely linked to the development of Montréal or see its free and exciting marine exhibition.

Address book

OLD MONTRÉAL AND OLD PORT

Restaurants

Scan the QR code below to dive into the Old Montréal and Old Port's delicious culinary scene. Bon appétit!

Shopping

Scan the QR code below to explore shopping in Old Montréal and Old Port. The ultimate find is at your fingertips!

© ALISON SLATTERY

Spas and wellness

Bota Bota, spa-sur-l'eau

Ad p. 99

Old Port of Montréal
Entrance at the corner of de la Commune West and McGill Street
Square-Victoria-OACI
514 284-0333 | botabota.ca

Fashioned in an old ferryboat. In addition to its Scandinavian-inspired 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

P

For a full range of body care, the Signature line, "cocooning" in-room service and Montréal's first Hammam.

Not sure what the symbols mean? See the legend on p. 21.

Scandinave Spa

Ad p. 80

71 de la Commune Street West
Place-d'Armes | 514 288-2009
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 William Gray

421 Saint-Vincent Street
Champ-de-Mars | 438 387-2008
spawilliamgray.com

P

Experience renewal in an artful, historic location, with an array of refined services that nurture mind, body, and soul.

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.

Maison Pepin

378 Saint-Paul Street West
Square-Victoria-OACI
514 844-0114 | pepinshop.com

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

ÉVA BLUE - TOURISME MONTRÉAL

Not sure what the symbols mean?
See the legend on p. 21.

OLD MONTREAL

Neighbourhood with a view

LE VIEUX

@levieuxmontreal

OLDMONTREAL.CA / FIND

VIEUX-MONTRÉAL SDC

Photo : Sara Megan

OLD PORT
MONTRÉAL

70
EVENTS AND ACTIVITIES

WWW.OLDPORTOFMONTREAL.COM

A DIVISION OF
Canada Lands Company
Société immobilière du Canada

Coca-Cola · SLEEMAN · TELUS · rythme 105.7

MONTRÉAL SCIENCE CENTRE

FUN FOR ALL,
BIG AND SMALL.

Tim Hortons presents

HOCKEY: FASTER THAN EVER

APRIL 7 TO SEPTEMBER 10

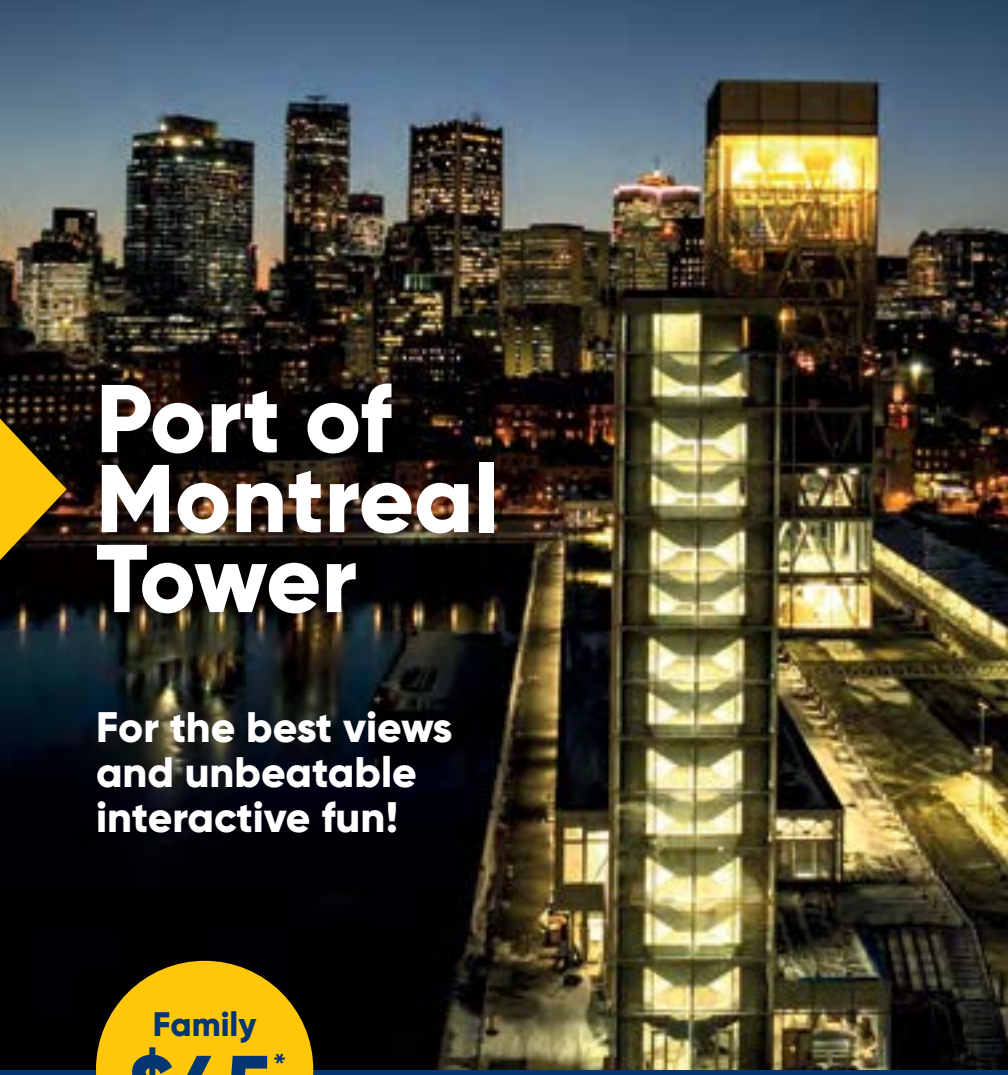
An interactive exhibition.

Produced by: FLYING FISH · MONTRÉAL SCIENCE CENTRE

With additional support of: NHL · NHLPA

An international exhibition produced by Flying Fish in collaboration with the Montréal Science Centre, with the support of the ©NHL and the NHLPA.

A DIVISION OF Canada Lands Company Société immobilière du Canada · aws · VOLVO · énergir · the beat 92.5 · LA PRESSE



Port of Montreal Tower

For the best views and unbeatable interactive fun!

Family
$45*

GRAND QUAY

200 De la Commune Street West
port-montreal.com

PORT MONTRÉAL

* 2 adults and 2 children or 1 adult and 3 children, rates subject to change, before taxes

Parc Jean-Drapeau

Itinerary p. 104
Guided tours p. 40

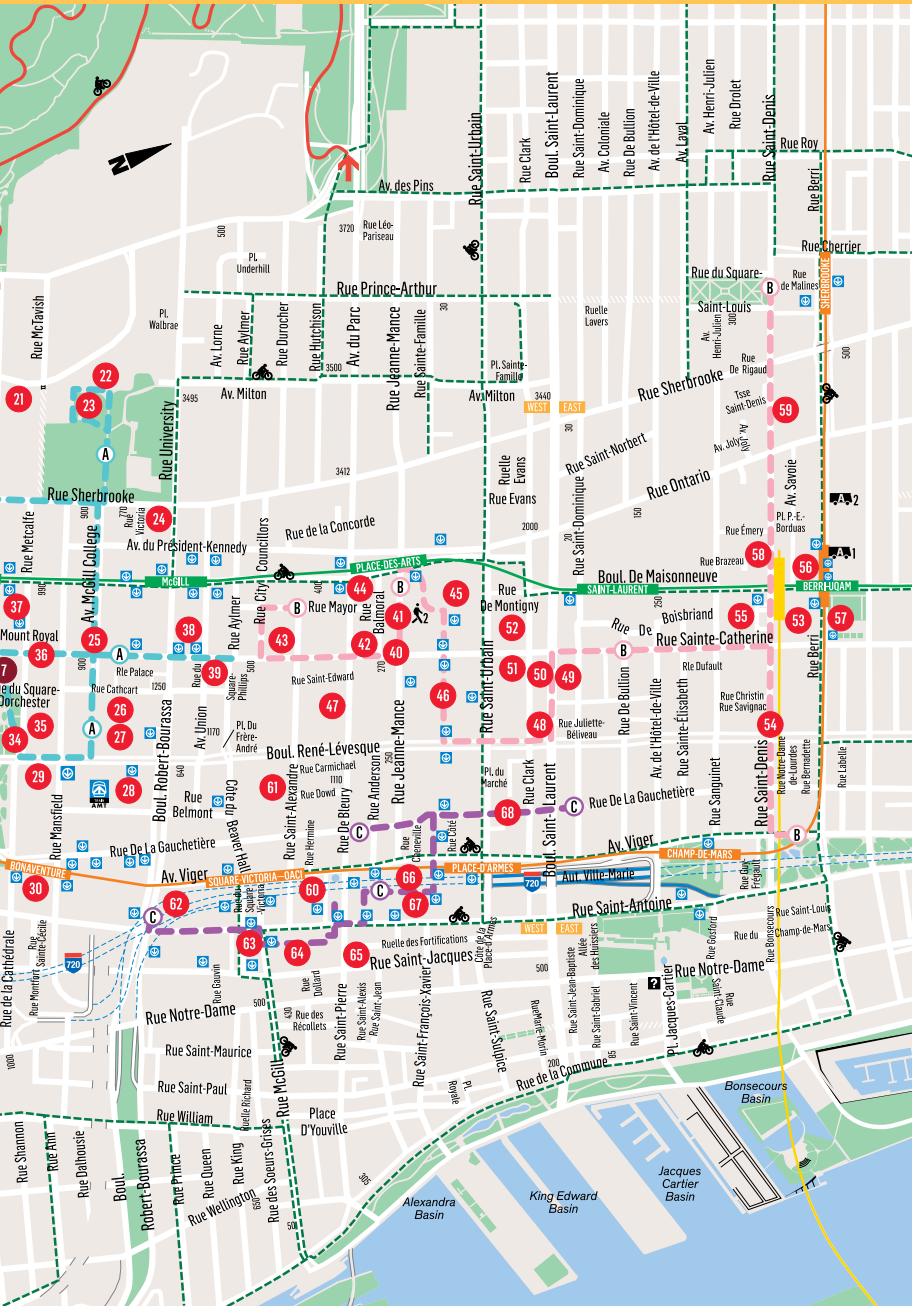
By car: Access bridge to activities on île Notre-Dame: Pont de la Concorde
Access bridge to activities on île Sainte-Hélène: Pont Jacques-Cartier

Suggestion: You can reach Old Montréal:
By bike: via Pont de la Concorde or Old Port – Parc Jean-Drapeau Ferry.
By foot: via Old Port – Parc Jean-Drapeau Ferry.

Montréal à la carte © 2022, Ville de Montréal

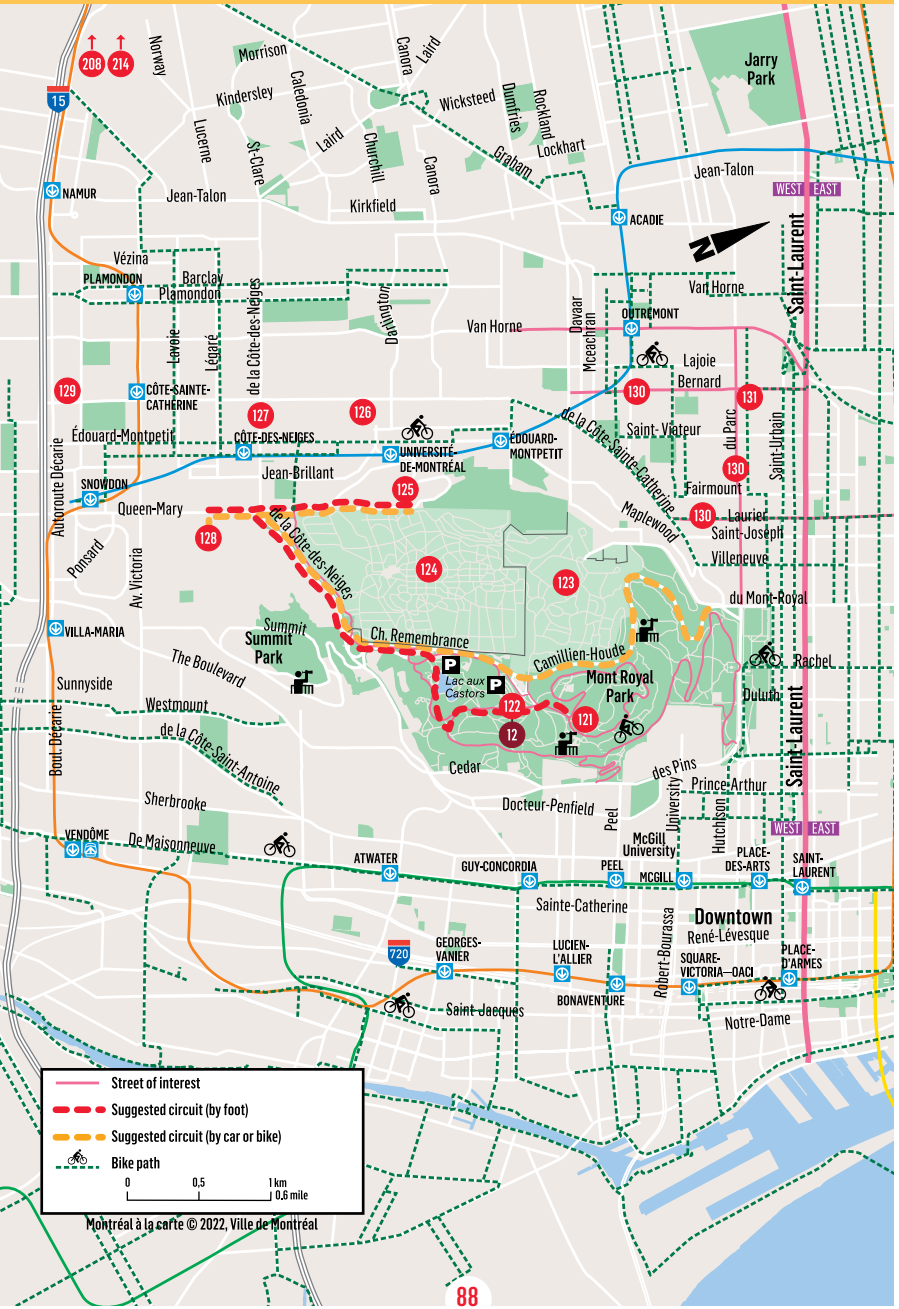
Downtown

- Itineraries p. 48
- Guided tours p.40


Av. des Pins
Rue Saint-Urbain
Rue Clark
Boul. Saint-Laurent
Rue Saint-Dominique
Av. Coloniale
Rue De Bullion
Av. de l'Hôtel-de-Ville
Av. Laval
Av. Henri-Julien
Rue Drolet
Rue Saint-Denis
Rue Roy
Rue Berri
Rue Cherrier
Rue du Square-Saint-Louis
Rue de Malines
Rue Prince-Arthur
Rue McTavish
Pl. Waltrae
Av. Lorne
Av. Aylmer
Rue Durocher
Rue Hutchison
Av. du Parc
Rue Jeanne-Mance
Rue Sainte-Famille
Pl. Underhill
Rue Léo-Parizeau
Ruelle Lavers
Av. Milton
Pl. Sainte-Famille
Rue Sherbrooke
Rue De Rigaud
Tesse Saint-Denis
Av. Joly
Rue University
Rue Victoria
Av. du Président-Kennedy
Rue de la Concorde
Councillors
Rue Metcalfe
Av. McGill College
PLACE-DES-ARTS
McGILL
Rue Ruelle Evans
Rue Evans
Rue Saint-Norbert
Rue Ontario
Av. Savoie
Rue Émery
Pl. P.-E.-Borduas
Rue Brazeau
Rue Saint-Dominique
Boul. De Maisonneuve
SAINT-LAURENT
BERRI-UQAM
Rue Mayor
Rue Balmoral
Rue City
Av. Aylmer
Rue De Montigny
Rue De Boisbriand
Rue Sainte-Catherine
Mount Royal
Rle Palace
Rue Cathcart
Rue du Square-Phillips
Rue Saint-Edward
Rle Dufault
Rue Christin
Rue Savignac
Rue Berri
Rue du Square-Dorchester
Av. Union
Pl. Du Frère-André
Boul. Robert-Bourassa
Boul. René-Lévesque
Rue Carmichael
Rue Dowd
Rue Anderson
Rue Jeanne-Mance
Rue Juliette-Béliveau
Rue De Bullion
Av. de l'Hôtel-de-Ville
Rue Sainte-Élisabeth
Rue Sanguinet
Rue Saint-Denis
Rue Mansfield
Rue Belmont
Côte du Beaver Hall
Rue Saint-Alexandre
Rue Hermine
Rue De Bleury
Rue Chenneville
Rue Côté
Pl. du Marché
Rue Clark
Rue De La Gauchetière
Rue Labelle
Rue De La Gauchetière
Av. Viger
CHAMP-DE-MARS
BONAVENTURE
SQUARE-VICTORIA—OACI
PLACE-D'ARMES
Aut. Ville-Marie
Rue Saint-Antoine
Rue Saint-Louis
Rue Bonsecours
Rue Notre-Dame
Rue Saint-Maurice
Rue Saint-Paul
Rue William
Rue McGill
Rue Saint-Pierre
Rue Saint-Alexis
Rue Saint-Jean
Rue Saint-François-Xavier
Rue Saint-Sulpice
Rue Saint-Jean-Baptiste
Rue Saint-Gabriel
Rue Saint-Vincent
Pl. Jacques-Cartier
Rue de la Commune
Place D'Youville
Rue Shannon
Rue Dalhousie
Rue Prince
Rue Queen
Rue King
Rue Wellington
Rue des Soeurs-Grises
Bonsecours Basin
Alexandra Basin
King Edward Basin
Jacques Cartier Basin

Mount Royal and Outremont

Itinerary p. 110
Guided tours p. 40

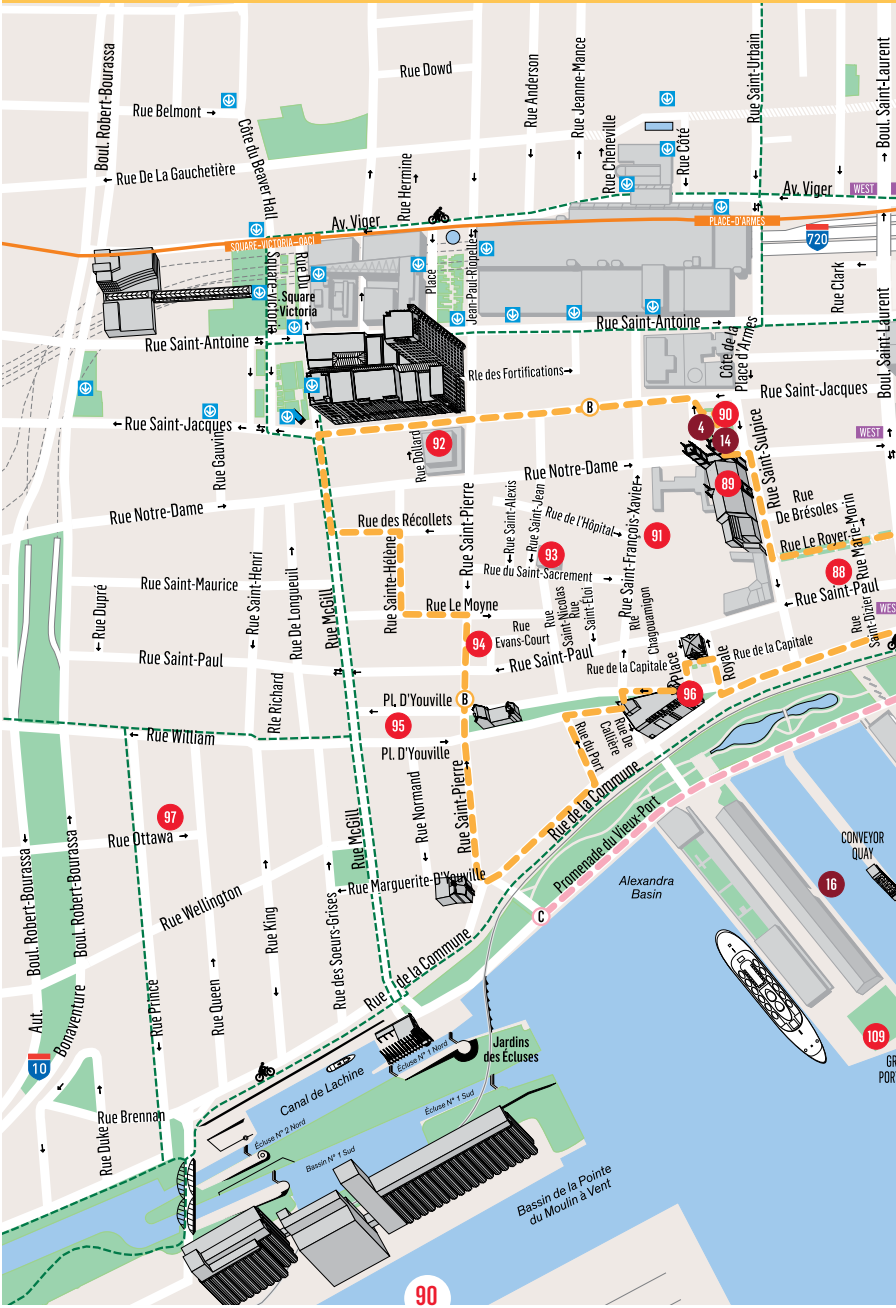


Plateau-Mont-Royal and Mile End

Itinerary p. 117
Guided tours p. 40

Old Montréal and Old Port

- Itineraries p. 72
- Tours and cruises p. 40



Rue Saint-Dominique
Rue De La Gauchetière
Rue De Bullion
Av. de l'Hôtel-de-Ville
Rue Sainte-Élisabeth
Rue Sanguinet
CHAMP-DE-MARS
Rue Guy-Frégault
Autoroute Ville-Marie
720
Rue Saint-Antoine
Rue Saint-Hubert
Rue Saint-Christophe
Rue Saint-André
Rue Saint-Timothée
Rue Atateken
Rue du Glacis
Rue de la Porte-de-Québec
Rue Saint-André
Rue Saint-Louis
Rue du Champ-de-Mars
Rue Gosford
Rue Bonsecours
Rue Berri
Allée Des Huissiers
Rue Notre-Dame
Rue Le Royer
Rue Saint-Paul
Rue Saint-Claude
Rue Bonsecours
Rue de la Friponne
Rue Port-de-Montréal
Rue Saint-Jean-Baptiste
Rue Saint-Gabriel
Rue Sainte-Thérèse
Rue Saint-Vincent
Rue Saint-Amable
Rue De Vaudreuil
Place Jacques-Cartier
Rue du Marché-Bonsecours
Rue de la Commune
Place des Vestiges
Promenade du Vieux-Port
Clock Tower Basin
Place des Artistes
Bonsecours Basin
Skating rink
CLOCK TOWER QUAY
Jacques Cartier Basin
Fleuve Saint-Laurent (St. Lawrence River)
JACQUES CARTIER QUAY
King Edward Basin
KING EDWARD QUAY
Métro
Access to métro (subway) and to Underground Pedestrian
Bike path
Suggested circuits (by foot)
0
100
200 metres (656 feet)
Montréal à la carte © 2022, Ville de Montréal

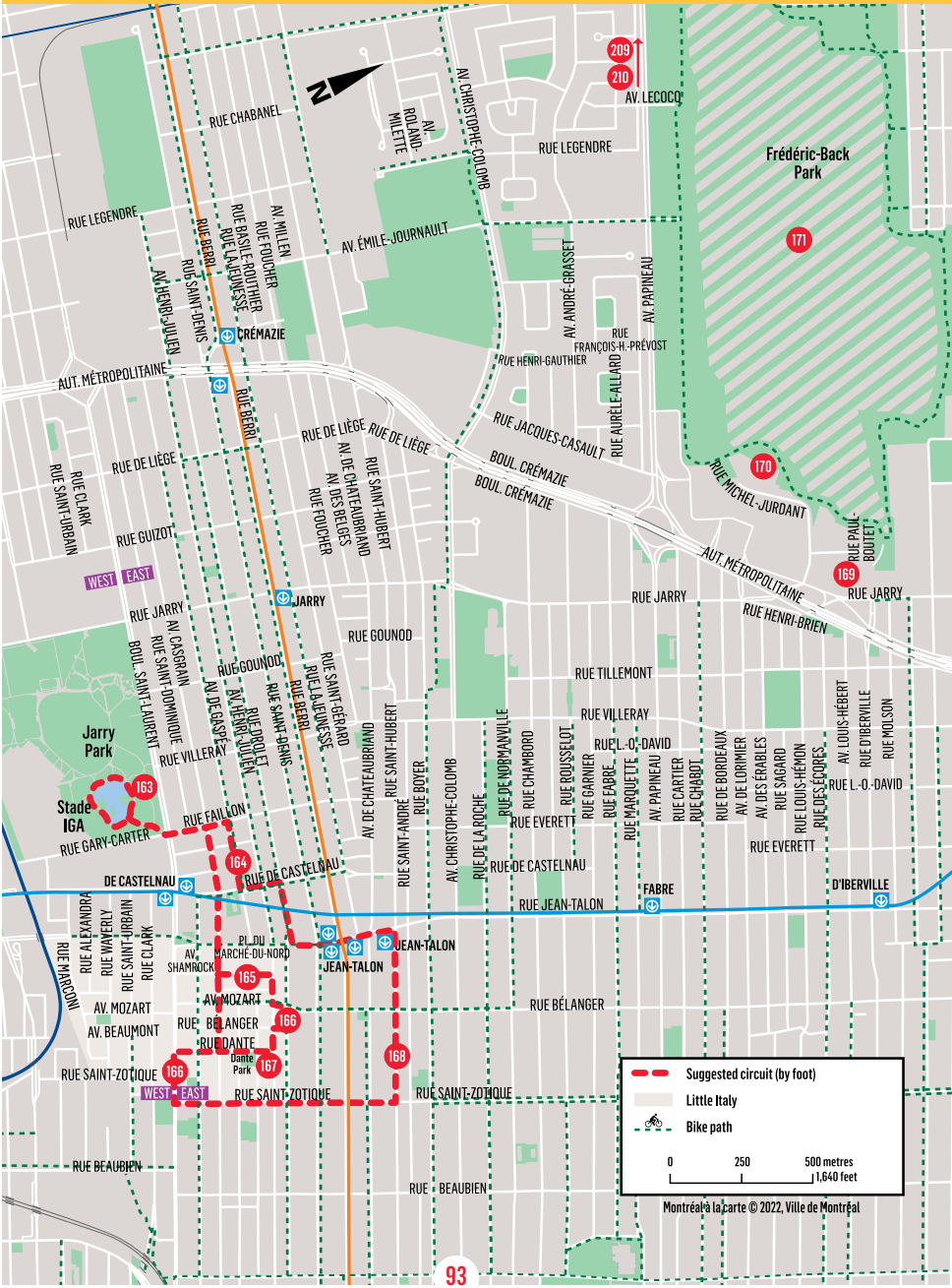
Olympic District and Hochelaga-Maisonneuve

Itinerary p. 126
Guided tours p. 40

Montréal à la carte © 2022, Ville de Montréal

Little Italy and Villeray

Itinerary p. 139
Guided tours p. 40



The Village

Itinerary p. 135
Guided tours p. 40

Les Quartiers du Canal

Itinerary p. 145
Guided tours p. 40

Pôle des Rapides

Itinerary p. 150
Guided tours p. 40

West of the Island

Itinerary p. 157
Guided tours p. 40

Montréal à la carte © 2022, Ville de Montréal

VOILES
EN VOILES
ADVENTURE PARK
Travelers Choice 2021
VOILESENVOILES.COM
(514) 473-1458

SOS
LABYRINTHE
2 KM
OF FUN !
THE WORLD'S GREATEST INDOOR TREASURE HUNT
soslabyrinthe.com
514 499-0099
Champs-de-Mars

BOTA
SPA·SUR·L'EAU

DRIFT INTO A NEW PERSPECTIVE

4 saunas
2 steam baths
3 cold plunges
3 hot baths
1 heated pool
30 treatment cabins

Access at corner of McGill & De la Commune W.
BOTABOTA.CA 514.284.0333

FOR A PLEASANT OUTING

AU VIEUX-PORT DE MONTRÉAL
BATEAU MOUCHE

DAY CRUISES - PICNICS
DINER CRUISES - ORGANIZED EVENTS

(514) 849-9952 | info@bateau-mouche.com

LA GRANDE ROUE DE MONTRÉAL

the tallest observation wheel in Canada — allows you to see the city and its surroundings from 60 METERS IN THE AIR, the equivalent of a 20-STOREY BUILDING! This observation wheel is a must-see destination for Montrealers who love their city and the many tourists who visit each year.
See 28 KM AWAY on a clear day!

ECO TOURS
MONTREAL
GUIDED
SEGWAY
TOURS
(514) 613-3300
ecotoursmontreal.com

MUCH MORE THAN A FAMILY RIDE
ECO
RÉCRÉO
ECORECREO.CA
(514) 465-0594

SEX + DESIRE + DATA

AGE 16+

AN INTERACTIVE AND SENSORIAL EXPERIENCE

FROM AUGUST 1 2023

PHI CENTRE
315 SAINT-PAUL STREET WEST, MONTREAL, QC H2Y 2A3

BUY YOUR TICKET
sexdesiredata.com

In collaboration with CLUB sexu | A co-production of PHI BAHN

With the financial support of
Québec
FONDS DES MÉDIAS DU CANADA
FILM FUND LUXEMBOURG
CONSEIL DES ARTS DE MONTRÉAL

© FREDDY ARCINIEGAS, ARCPIXEL - TOURISME MONTRÉAL

Parc Jean-Drapeau

Map p. 87

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. Parc Jean-Drapeau is also home to the Casino de Montréal, which was built into the former France and Québec pavilions from Expo 67. Quite the architectural legacy!

© EVA BLUE - TOURISME MONTRÉAL

The Jacques Cartier Bridge

110 Map p. 87

Jean-Drapeau | jacquescartierchamplain.ca

Inaugurated in 1931 as the Harbour 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

111 Map p. 87

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

$ P

This large amusement park, located near the city centre, offers more than 40 rides and attractions, dazzling shows, as well as entertainment. Thrill seekers will want to take on extreme roller coasters like the Goliath, while the youngsters or the least daring will have fun in Ribambelle's Land, a colorful family section. In summer, La Ronde also produces and presents L'International des Feux Loto-Québec, the annual Montréal International Fireworks Competition, and every weekend of October, its annual Halloween Fright Fest. May to October.

Fort de l'Île Ste-Hélène

112 Map p. 87

20 Tour-de-l'Isle Road | Île Sainte-Hélène
Jean-Drapeau | parcjeandrapeau.com

P

The Fort de l'Île Sainte-Hélène is 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. Access to the inner courtyard is to be confirmed.

Aquatic Complex at Parc Jean-Drapeau

113 Map p. 87

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

$ P

The Aquatic Complex at Parc Jean-Drapeau boasts an international-calibre competition pool, a diving pool and a gradual-slope recreational pool for families with young children. Why not take the opportunity to cool off, relax your muscles, swim a few lengths or take a family dip?

Eco Tours

9 Map p. 87

Near the Jean-Drapeau metro station |
Île Sainte-Hélène | Jean-Drapeau | 514 600-6163
ecotoursmontreal.com

P

Safe, ecological and fun guided tours aboard a kayak or canoe, around the lush green lagoons and paths that cross the enchanting scenery of Sainte-Hélène and Notre-Dame islands. On the program, history of the islands, amazing fauna and flora, emblematic places, works of public art and some of Expo 67 pavilions. Want to explore solo? Éco Tours Montréal also offers self-service bicycle, quadricycle, kayak, pedal boat and canoe rentals. May to September.

Biosphère – Montréal Space for Life

115 Map p. 87 / Ad p. 132

160 Tour-de-l'Isle Road | Île Sainte-Hélène
Jean-Drapeau | 514 868-3000 | espacepourlavie.ca

A Montréal architectural landmark from Expo 67, the Biosphere hosts exhibitions that highlight the ways we can live as eco-citizens, addressing major environmental issues related to water, air, climate change, severe weather and sustainable development. Come nightfall, the dome lights up, its colours changing with the seasons.

Circuit Gilles-Villeneuve

116 Map p. 87

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

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. Mid-April to mid-November.

Jean-Doré Beach

117 Map p. 87

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

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

118 Map p. 87

Île Notre-Dame | Jean-Drapeau | 514 948-6721
aquazilla.com

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

Casino de Montréal

119 Map p. 87 / Ad p. 108

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

With numerous gaming tables and approximately 3,000 slot machines, the Casino de Montréal offers one of the largest game varieties in North America. Check out the Zone, an amped-up, immersive gaming space for players of all levels. The Casino includes restaurants, bars, and a cabaret which hosts comedy shows, performances, and concerts from the most popular local and international singers.

Habitat 67

120 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.

Address book

PARC JEAN-DRAPEAU

Restaurants

Scan the QR code below to dive into the Parc Jean-Drapeau's delicious culinary scene. Bon appétit!

© EVA BLUE - TOURISME MONTRÉAL

© EVA BLUE - TOURISME MONTRÉAL

Not sure what the symbols mean?
See the legend on p. 21.

We're all play

Loto-Québec's Casino de Montréal offers a wide variety of table games and slot machines, free shows, restaurants to satisfy every appetite, bars where action is the name of the game, the Cabaret and much more!

Bet on a good time and get ready to spend some unforgettable moments.

18+ | A GAME SHOULD REMAIN A GAME

© EVA BLUE-TOURISME MONTRÉAL

Mount Royal and Outremont

Map p. 88

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

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 sports enthusiasts 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 Saint Joseph's Oratory. And down below are two upscale neighbourhoods, Outremont and Westmount, with lush green streets, opulent houses, and beautiful boutiques.

© ALEXANDRE CHOQUETTE - TOURISME MONTRÉAL

Mount Royal Park

121 Map p. 88

From East, via Camillien-Houde Parkway | From West, via Remembrance Road | Mont-Royal + 11
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 a permanent exhibition at Smith House. 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

122 Map p. 88

1260 Remembrance Road | Mount Royal Park
Mont-Royal + 11 West | 514 843-8240
lemontroyal.qc.ca

Built in 1858, this example of neoclassical 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, 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

123 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

124 Map p. 88

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

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

125 Map p. 88

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

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

126 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. Its permanent exhibition, *Art pour tous*, featuring 41 public artworks, is presented on the campus and on the Web.

Côte-des-Neiges Streets

127 Map p. 88 / Ad p. 115

Côte-des-Neiges | sdc-cotedesneiges.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 multicultural 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

128 Map p. 88 / Ad p. 115

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.

Montreal Holocaust Museum

129 Map p. 88

5151 Côte-Sainte-Catherine Road
Côte-Sainte-Catherine | 514 345-2605
museeholocauste.ca

The Museum tells the story of Jewish communities before, during, and after the Holocaust. Through the life stories of Montréal survivors, visitors are invited to reflect on the destruction engendered by prejudice, racism and antisemitism.

Outremont Streets

130 Map p. 88

Outremont

Bernard Avenue, located in a charming residential and business area of Outremont, hosts turn-of-the-century architecture housing restaurants and design boutiques. Du Parc Avenue, since the 1950s, has been the home of Montréal's Greek community, its restaurants and pastry shops. Known for its gourmet tables and lively terraces, Laurier Avenue West is also known as a high-end destination for independent businesses as well as local creators and designers who offer, among other things, exclusive clothing, original home accessories and uniquely designed furniture. Alongside du Parc Avenue lies Jeanne-Mance Park, named in honour of the founder of Montréal's first hospital, Hôtel-Dieu de Montréal. 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

131 Map p. 88

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

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 mouldings, and a Tiffany stained-glass dome. The Rialto is one of the jewels of Montréal's heritage.

© LAURÈNE TINEL - TOURISME MONTRÉAL

Did you know?

- 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 (193 mi²). By comparison, Manhattan's surface area is 59.1 km² (22.8 mi²).
- Our "mountain," Mount Royal, has an altitude of 233 m. If you've heard that it's a former volcano, well, it's not.
- The territory of the Montréal agglomeration has 75 islands, while the metropolitan area is made up of more than 380 islands.
- The St. Lawrence River ranks as the 17th largest waterway in the world. You can surf on its "Vague à Guy," a constant wave.

Address book

MOUNT ROYAL AND OUTREMONT

Restaurants

Scan the QR code below to dive into the Mont Royal and Outremont's delicious culinary scene. Bon appétit!

© EVA BLUE - TOURISME MONTRÉAL

Shopping

Scan the QR code below to explore shopping in Mont Royal and Outremont. The ultimate find is at your fingertips!

© SYLVIE LI @ SHOOT STUDIO - TOURISME MONTRÉAL

© DAPH & NICO - TOURISME MONTRÉAL

Not sure what the symbols mean? See the legend on p. 21.

Looking for things to do this week in Montréal?

MTL.ORG

1001 activities, 1 destination.

TOURISME / MONTRÉAL

© DAPHNICO-TOURISME MONTRÉAL

Plateau-Mont-Royal and Mile End

Map p. 89

The eclecticism, creative energy and bohemian spirit emanating from these two dynamic urban hubs are what makes them so cherished.

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 shaded 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.

© MURAL NESPRESSO BY MILK BOOK KAYLA BRUM - PHOTO BY LAURENE TINEL – TOURISME MONTRÉAL

Parc La Fontaine

132 Map p. 89

Bordered by Sherbrooke, Papineau, Rachel and Parc La Fontaine Streets | Sherbrooke | 514 872-0311
ville.montreal.qc.ca/grandsparcs

As soon as the first fine spring weather arrives, people flock in droves to Parc La Fontaine to relax in the shade, to enjoy a picnic and sunbathe. The artificial pond allows visitors to observe a wide range of bird species throughout the summer season and in winter, the pond is transformed into a skating rink complete with music and heated skate rental facilities at the park's Chalet where restaurant services are also available. The Chalet is also the departure point of the park's miniature train which delightfully crisscrosses the paths of the park.
An outdoor theatre presents events during the summer.

La Maison des cyclistes

133 Map p. 89

1251 Rachel Street East | Mont-Royal | 514 521-8356
velo.qc.ca/en/about-us/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 Montréal Bike Tours

3 Map p. 89

1251 Rachel Street East | Mont-Royal | 438 792-6480
fitzmontreal.com

Led by experienced guides, visitors can discover Montréal, its tourist sites and its hidden corners. Or they can rent a bike and ride the city at their own pace. A nice helmet, a lock, a custom map and a personalized riding route are included.

Laurier Avenue

134 Map p. 89

Laurier

Running from the neighbourhood of the Plateau-Mont-Royal through Outremont, where you will reach the base of Mount Royal, you'll find charming, typically designed Montréal homes lining its green sidewalks. Bustling shops, quaint cafes and tantalizing restaurants give visitors and locals plenty to see and do. Stop along the avenue to enjoy an espresso al fresco, to pick up an exquisite home décor item or to play a round of pétanque in the Sir-Wilfrid-Laurier Park. Please see the section on "Mount Royal and Outremont" in the tourist guide for more information on the streets of Outremont.

Le Marché des Possibles

135 Map p. 89

Corner of Bernard East and Saint-Dominique Streets
Rosemont | popmontreal.com

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

136 Map p. 89/ Ad p. 123

201 des Pins Avenue West | Sherbrooke + 144 West
514 849-2919 | museedeshospitalieres.qc.ca

The museum showcases one of the best-preserved convent ensembles in the city. The complex, built in 1861, includes the former monastery and garden, the hospital, three chapels, a crypt and the museum, located in the former residence of the chaplains. The museum retraces four centuries of Montréal's rich history, the practice of hospital care, medicine and pharmacy as well as the sacred arts. Guided tours of the garden, monastery, chapel and crypt are offered year round.

Saint-Laurent Boulevard

137 Map p. 89

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 origins. It is a symbolic thoroughfare, marking the point where the city's French-speaking, English-speaking and immigrant communities meet. It is a true reflection of Canadian multiculturalism.

Dyad

2 Map p. 89

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

Dyad is a one-stop shop where bikes and 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 electric scooters through the city's most vibrant neighbourhoods. No driver's license required. For participants aged 18 years or older.

Prince-Arthur Street and Square Saint-Louis

138 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, a number of artists also made their homes around Square Saint-Louis, including renowned poet Émile Nelligan.

Saint-Denis Street – between Gilford and Roy Streets

139 Map p. 89

Mont-Royal | 438 497-5277 | ruesaintdenis.ca

Saint-Denis Street may be on the cutting edge of hip, but its 19th-century heritage charm provides the perfect backdrop to this neighbourhood's bohemian vibe. 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

140 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 Baroque Revival-inspired work of monumental proportions, it is one of the largest churches in Montréal. Concerts are held regularly here.

Mont-Royal Avenue

141 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.

Address book

PLATEAU-MONT-ROYAL AND MILE END

Restaurants

Scan the QR code below to dive into the Plateau-Mont-Royal and Mile End's delicious culinary scene. Bon appétit!

Shopping

Scan the QR code below to explore shopping in Plateau-Mont-Royal and Mile End. The ultimate find is at your fingertips!

Not sure what the symbols mean? See the legend on p. 21.

Workshops

Ateliers & Saveurs

4832 Saint-Laurent Blvd.
Saint-Laurent + 55 North
514 849-2866
ateliersetsaveurs.com

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

Institut de tourisme et d'hôtellerie du Québec

3535 Saint-Denis Street
Sherbrooke | 514 282-5111
ithq.qc.ca

P

This Canada's leading hotel management school, specializing in tourism, hospitality, food service, and sommelier training, offers workshops on wines and spirits.

Sologra phy

72 Rachel Street East
Saint-Laurent + 55 North
514 835-6306 | sologra phy.ca

You become the photographer and take control of your very own photo session, whether for yourself, your friends, a work group or your family.

The Visitor's Pledge

In Montréal, consider yourself not a tourist, but an "honorary local," and the city your home away from home that you love as much as we do.

When you take the Visitor's Pledge, you commit to using reusable bottles, cups and bags whenever possible, and sustainable transportation, including walking, cycling and the bus and metro. You try to buy local too – who wouldn't, considering our fabulously creative and inspiring designers, artisans and producers? On that note, you'll find an array of excellent, eco-friendly choices in the city, from hotels to restaurants, and low-impact transportation to businesses, plus many other progressive initiatives.

Have a happy and sustainable visit!

Not sure what the symbols mean? See the legend on p. 21.

Montréal ranks at the top

Wellington Street named coolest in the world

(*Time Out Market, 2022*)

1st city in North America

for its performance in **sustainable tourism**
(*Global Destinations Sustainability Index, 2022*)

Best student city

in North America
(*QS Best Student Cities, 2022*)

In 10th place among best cities in the world

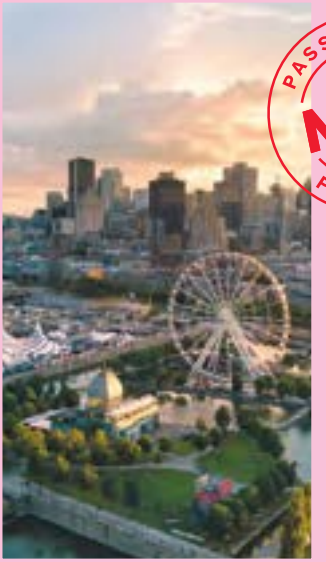
(*Readers' Choice Awards, Condé Nast Traveler, 2022*)

Named safest destination

and **best destination for women travelling solo**
(*Travelpulse, 2022 – Holidu, 2022*)

In 5th place

among North America's **most open cities**
(*Open Cities Index, 2020*)



PASSEPORT / MTL PASSEPORT

Scan, save and enjoy
Top attractions for less

MTL

An initiative of
TOURISME / MONTRÉAL

OUR MOUNTAIN

Memories of Mount Royal

Musée des Hospitalières
201 Pine Avenue West
MÉTRO SHERBROOKE

Montréal Québec

© LAURENTINE L'TOURISME MONTRÉAL

Montréal's fascinating neighbourhoods

● Since 1997, Montréal has converted dozens of its back alleys into greenspaces. Initiated by volunteer citizens, the "Ruelles vertes" project helps residents make over Montréal's laneways and improve the quality of urban life.

● Montréal is considered the official balcony capital, with more than one and a half million balconies. Fun fact: 71% of metropolitan area residents have at least one!

● One of the most common building materials used for Montréal houses is a limestone known as "Montréal greystone." It was extracted from local limestone quarries, which have now become some of the city's beloved neighbourhood parks: Laurier, Marquette and Maisonneuve.

● The outer staircases that grace many Montréal homes are one of the city's distinctive features and can be found in all different shapes and sizes — L-and S-shaped, straight, single and double. This architectural feature emerged in the mid-19th century, when the construction of two-and three-storey dwellings began in order to accommodate a growing population. Builders soon realized that having common stairways outside made the homes more heat efficient. They were able to take advantage of new municipal regulations requiring the conservation of a small green space in front of homes, which provided space for the external staircases.

© LAURÈNE TINEL - TOURISME MONTRÉAL

● In 1905, Saint-Laurent Street officially became Saint-Laurent Boulevard, affectionately nicknamed "The Main."

● As the city's central East-West dividing line, The Main became the starting point for municipal addresses extending outward from the boulevard. In 1924, addresses along the North-South axis were renumbered, starting at the southernmost point, the St. Lawrence River.

● July 1 is also known among Montréal residents as "Moving Day." Each year, 100,000 Montréal households move on this day. This July 1 tradition most likely comes to us from Scottish settlers, who brought with them the tradition of a fixed date (May 1) for "breaking" their lease in order to find a new home. Eventually the date changed to July 1 to avoid disrupting the school year.

● Montréal is home to the Canadian Centre for Architecture (CCA), whose purpose is to promote public awareness about the role architecture plays in society. The CCA also promotes scholarly architectural research and fosters innovative design practices.

© LAURÈNE TINEL - TOURISME MONTRÉAL

Olympic District and Hochelaga-Maisonneuve

Map p. 92

Nature museums, Olympic Park, green alleys, cafés and bistros provide the atypical charm of this Montréal district.

Originally a Francophone working-class neighbourhood, Hochelaga-Maisonneuve never stops reinventing 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. Just north of Hochelaga-Maisonneuve is the residential borough of Rosemont, equally quaint and genuine, with an impressive share of urban villages, each with its own winning personality. With its four museums devoted to nature, its green spaces and its must-see Olympic Park, the Olympic District is just waiting to be explored.

Biodôme de Montréal – Montréal Space for Life

142 Map p. 92 / Ad p. 132

4777 Pierre-De Coubertin Avenue
Parking: 3000 Viau Street | Viau | 514 868-3000
espacepourlavie.ca/biodome

Home to over 2,500 animals representing 200 different species and some 800 plant species, the Biodôme is the world's only museum to replicate the complexity of five different ecosystems — Tropical Rainforest, Laurentian Maple Forest, Sub-Polar Regions (Labrador Coast and Sub-Antarctic Islands), and the Gulf of St. Lawrence — under one roof. From revamped scenic design of the habitats to stimulating new experiences, the Biodôme offers now, more than ever, a totally immersive and moving sensorial experience designed to clearly illustrate the connections between nature and mankind.

Planétarium – Montréal Space for Life

143 Map p. 92 / Ad p. 132

4801 Pierre-De Coubertin Avenue
Parking: 3000 Viau Street | Viau | 514 868-3000
espacepourlavie.ca

Live an unprecedented immersive experience of the Universe through awe-inspiring 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 exhibitions that tantalize the imagination and help expand our vision of what lies beyond planet Earth.

The Montréal Tower and The Olympic Stadium (Montréal Olympic Park)

144 Map p. 92

4545 Pierre-De Coubertin Avenue
Parking: 4141 Pierre-De Coubertin Avenue | Viau
514 252-4141 | parcolympique.ca/en

An international symbol of Montréal, the Olympic Stadium — and its Tower, the world's tallest inclined tower — was designed by French architect, Roger Taillibert, and built as the main venue for the 1976 Summer Olympics. Its Esplanade, an urban park made up of nine platforms, also offers a breathtaking view of the Stadium and the Tower. Guides are happy to accompany visitors inside this bold and complex architectural masterpiece and to share both the technical details of its construction and anecdotes gleaned over the years and events. The Sports Centre features seven basins for water sports, training areas, and state-of-the-art equipment.

Parc Maisonneuve

145 Map p. 92

4601 Sherbrooke Street East | Viau | 514 872-0311
ville.montreal.qc.ca/grandsparcs

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.

Insectarium de Montréal – Montréal Space for Life

146 Map p. 92 / Ad p. 132

4581 Sherbrooke Street East | Pie-IX | 514 868-3000
espacepourlavie.ca

The new Insectarium: A complete metamorphosis! Peek into the very small world of insects as they move around in total freedom. Wonder and curiosity awaits as you enjoy an immersive experience that will transform your relationship with these tiny creatures.

Jardin botanique de Montréal – Montréal Space for Life

147 Map p. 92 / Ad p. 132

4101 Sherbrooke Street East | Pie-IX | 514 868-3000
espacepourlavie.ca

An oasis in the middle of the city for over 80 years, the Montréal Botanical Garden is recognized as one of the largest and most beautiful in the world. Its rich collection of 22,000 plant species and cultivars, its 10 exhibition greenhouses, the Frédéric Back Tree Pavilion and some 30 thematic gardens make the venue exceptional. Its magnificent cultural gardens invite you to get to know the Chinese, Japanese and First Nations through their botanical traditions. To this, add a full calendar of events, activities and exhibitions to pique your interest, cultivate your admiration and teach you a few things along the way.

Promenade de la Ville-de-Québec du parc Guido-Nincheri

148 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.

© IMPACT DE MONTRÉAL

Château Dufresne, museum and historical heritage site

149 Map p. 92 / Ad p. 133

2929 Jeanne-d'Arc Street | Pie-IX | 514 259-9201
chateaudufresne.com

A visit to the Château Dufresne is a voyage into the private world of a middle-class francophone family from the early 20th century, that of the brothers Oscar and Marius Dufresne. The domestic interiors of the two separate houses they lived in reflect the appeal of monumental architecture in the Beaux-Arts style, as well as a taste for opulence and the latest styles. There, too, you will find the secular masterpieces of the Italian-born artist Guido Nincheri along with interior decoration and painted furniture by the Belgian painter Alfred Faniel.

© EVA BLUE – TOURISME MONTRÉAL

Hochelaga-Maisonneuve Streets

151 Map p. 92

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, Hochelaga-Maisonneuve 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. Hochelaga-Maisonneuve 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 the neighbourhood'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 Hochelaga-Maisonneuve summertime vibe.

Grand Chelem – Ball center

152 Map p. 92

3930 Sainte-Catherine Street East
Pie-IX + 139 South | 514 750-2255
grandchelem.ca

$ P

With three professional cages, a Made in Québec ball shop and a licensed resto-bar, Grand Chelem is for everyone. Test your swing in the cages, play a game of baseball pinball or even a video game while watching a game up on the big screen. Grand Chelem also offers baseball and softball training for all levels. Get introduced to the game or take your swing to the next level with the help of certified coaches.

© TOURISME MONTRÉAL - MADORE-DAPHNÉ CARON

Maisonneuve Market

153 Map p. 92

4445 Ontario Street East | Pie-IX | 514 937-7754
marchespublics-mtl.com

P

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 square, the Beaux-Arts-style building is the former site of the old market, built before World War I.

Horizon Roc Climbing Center

154 Map p. 92

2350 Dickson Street | Assomption | 514 899-5000
horizonroc.com

$ P

With more than 300 routes on over 3,000 m² (31,000 ft²) of climbable area, 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.

Action 500 Amusement Center

155 Map p. 92

5592 Hochelaga Street | Assomption | 514 254-4244
action500.com

$ P

Experience an incredible adrenaline rush at Action 500, a large indoor entertainment centre featuring electric karting, paintball, laser combat and escape games that will entertain people of all ages, 7 days a week.

Maison nationale des Patriotes, site de la Prison-des-Patriotes

156 Map p. 92

903 De Lorimier Avenue | Papineau | 450 787-3623
mndp.qc.ca

M $ P

La Prison-des-Patriotes-Au-Pied-du-Courant is an essential part of local history and stands as a reminder of the Patriots who were incarcerated there between 1837 and 1840. A new permanent exhibition entitled "Between armed resistance and insurrection, Chapter 2," pays tribute to 12 of the prisoners who were hanged for high treason.

Village au Pied-du-Courant

157 Map p. 92

2100 Notre-Dame Street East | Papineau
aupiedducourant.ca

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.

Randolph Gaming Pub Rosemont

158 Map p. 92

6505 Écores Street | Beaubien
438 387-4001 | randolph.ca

Offering a great atmosphere, tasty bites and a wide selection of craft beers and drinks, Randolph Gaming Pub is the perfect place to gather, socialize and have some fun. For a minimal cover charge, choose from over 1,500 board games and play to your heart's content! Knowledgeable Game Masters will help you choose, learn and get playing right away. What's more, there are multiple copies of most games, and in multiple languages, too (French, English, Spanish, Italian and more). 18 years of age or older.

Did you know?

After Halifax, Montréal has the largest number of Titanic victims buried in its cemeteries – a total of 12 people.

Address book

OLYMPIC DISTRICT AND HOCHELAGA-MAISONNEUVE

Restaurants

Scan the QR code below to dive into the Olympic District and Hochelaga-Maisonneuve's delicious culinary scene. Bon appétit!

Shopping

Scan the QR code below to explore shopping in the Olympic District and Hochelaga-Maisonneuve. The ultimate find is at your fingertips!

Workshops

Chocolate Academy

4850 Molson Street
Frontenac + 94 North
855 619-8676
chocolate-academy.com

P

Courses and workshops on chocolate and pastries for professionals and the general public.

© ALISON SLATTERY – FWD FOOD PHOTOGRAPHERS

Street food

© SUSAN MOSS

Street food is all the rage in Montréal.

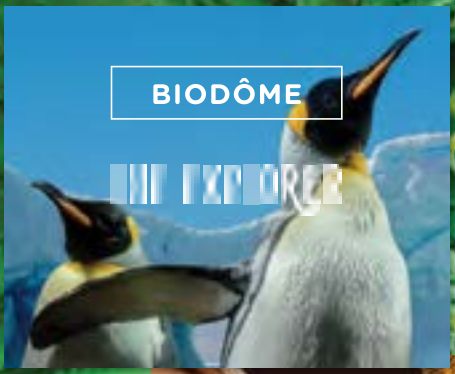
Starting in the spring and running until the fall, food trucks rotate daily in the city.

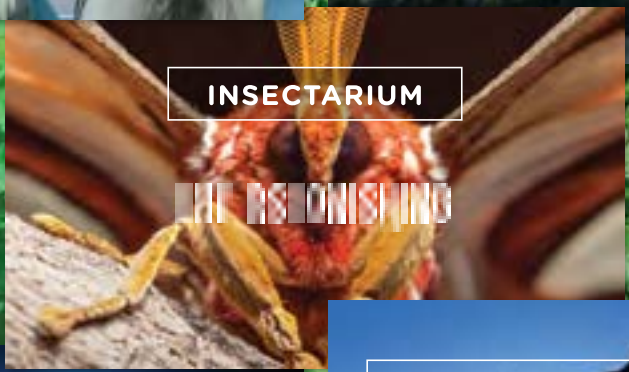
The Olympic Park is no exception, since its Esplanade hosts some food trucks on the first Friday of each month (May to October). Enjoy a bite or a drink on Montréal's largest patio, and delight in a festive atmosphere, music included!

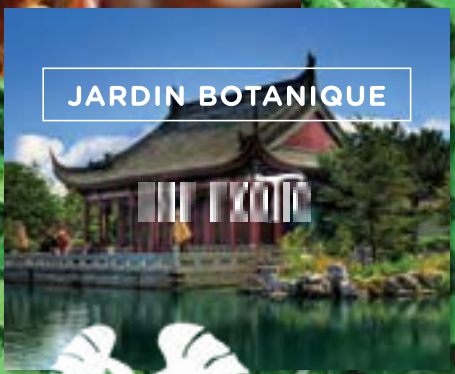
Street food, which is always of top-notch quality, allows hungry urbanites to get a quick bite while providing a varied culinary experience. And it is as easy as pie to find what you've been craving on cuisinederue.org.

Not sure what the symbols mean? See the legend on p. 21.

DISCOVER MONTRÉAL'S TRUE NATURE







SCHEDULES AND TICKETS ONLINE

ESPACEPOURLAVIE.CA

Communauté métropolitaine de Montréal

Montréal

espace pour la vie montréal

CHÂTEAU DUFRESNE

MUSÉE ET LIEU HISTORIQUE PATRIMONIAL

Discover the splendours of an exceptional site.

2929, AVENUE JEANNE-D'ARC, MONTRÉAL
MÉTRO PIE-IX · FREE PARKING
514 259-9201 · CHATEAUDUFRESNE.COM

© Guy L'Heureux

Québec Montréal

Looking for things to do this week in Montréal

MTL.ORG

1001 activities, 1 destination.

TOURISME / MONTRÉAL

© EVA BLUE - TOURISME MONTRÉAL

The Village

Map p. 94

The Village, one of the most important LGBTQ+ districts in North America, is a crossroads of diversity and inclusivity.

Its greatest success is probably the mixing up of a flavourful urban cocktail bringing together the LGBTQ+ and straight communities. Its bustling nightlife and fine cuisine, as well as its comfortable bed-and-breakfasts in century-old houses, antique and specialty shops, enchant everyone. With Sainte-Catherine Street as its main artery, The Village extends from east to west round the Beaudry métro station, wearing the rainbow colours of the community.

© EVA BLUE-TOURISME MONTRÉAL

The Village Streets

159 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 Lartigue Street, and admire the carefully restored brick homes and shaded backyard gardens.

Stroll along Atateken Street and visit the antique shops that specialize in objects from the 1930s to the 1970s while the Art Deco architecture of the impressive Saint-Jacques Market building and the Écomusée du fier monde are worthy of admiration.

During the summer season, Sainte-Catherine Street turns into a lively pedestrian zone. But the LGBTQ+ Village hums all year long. Lounges, bars, boîtes, afterhours clubs and drag queens are all part of the Village entertainment scene.

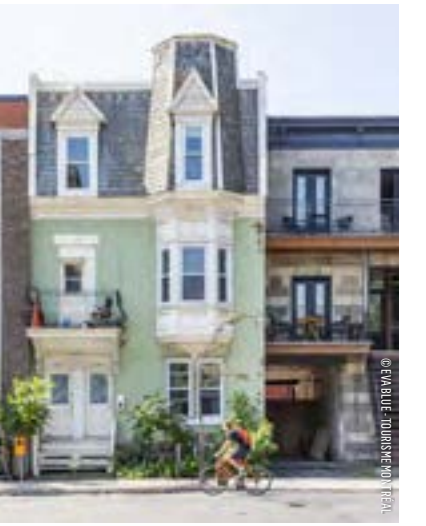
Église Saint-Pierre-Apôtre

160 Map p. 94

1201 de la Visitation Street | Beaudry | 514 524-3791
saintpierreapotre.ca

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.

© ALISON SLATTERY - TWO FOOD PHOTOGRAPHERS - TOURISME MONTRÉAL-ENCRÉDIT



© EVA BLUE - TOURISME MONTRÉAL

Écomusée du fier monde

161 Map p. 94

2050 Atateken Street | Berri-UQAM | 514 528-8444
ecomusee.qc.ca

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.

Rage: Axe Throwing

162 Map p. 94

1436 Atateken Street | Beaudry | 514 303-7243
rageaxethrowing.com

$

Blow off some steam, have a little fun and enjoy some competition in a friendly urban environment as you test and develop your patience, focus and precision.

Address book

THE VILLAGE

Restaurants

Scan the QR code below to dive into The Village's delicious culinary scene. Bon appétit!

Shopping

Scan the QR code below to explore shopping in The Village. The ultimate find is at your fingertips!

Did you know?

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".

Not sure what the symbols mean? See the legend on p. 21.

© ALEXANDRE CHOQUETTE TOURISME MONTRÉAL

Little Italy and Villeray

Map p. 93

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. *Ristorante, trattorie, pasticcerie, caffè:* you are in the heart of *Piccola Italia,* or Little Italy, which earned its 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, enjoy an espresso in a café and a tasty meal — plan for a full day.

© ALEXANDRE CHROUETTE, TOURISME MONTRÉAL

Parc Jarry

163 Map p. 93

Corner of Saint-Laurent Blvd. and Gary-Carter Street
De Castelnau | 514 872-2043 | montreal.ca

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 the IGA Stadium, which hosts an international professional tennis tournament annually.

Villeray Streets

164 Map p. 93

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

165 Map p. 93

7070 Henri-Julien Street | Jean-Talon
514 937-7754 | marchespublics-mtl.com

P

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.

Little Italy Streets

166 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.

Notre-Dame-de-la-Défense Church

167 Map p. 93

6800 Henri-Julien Avenue | Jean-Talon
514 277-6522 | diocesemontreal.org

The Notre-Dame-de-la-Défense Church (Our Lady of Protection or Madonna della Difesa, in Italian) 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

168 Map p. 93

Saint-Hubert Street, from Bellechasse to Jean-Talon Streets | Beaubien
plazasthubert.com

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.

TOHU

169 Map p. 93

2345 Jarry Street East | Jarry + 193 East
514 376-8648 | tohu.ca

P

TOHU functions as a creative and performance centre for the circus arts. Its varied program includes circus shows presented in a specially designed circular room, exhibitions on the history of circus, events with an environmental theme, community activities and celebrations as well as guided tours.

Saint-Michel Environmental Complex

170 Map p. 93

2235 Michel-Jurdant Street | Jarry + 193 East
montreal.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

171 Map p. 93

2345 Jarry Street East | Jarry + 193 East
514 376-8648 | montreal.ca

P

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.

Did you know?

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 became a brand-new island, Île Notre-Dame.

Address book

LITTLE ITALY AND VILLERAY

Restaurants

Scan the QR code below to dive into the Little Italy and Villeray's delicious culinary scene. Bon appétit!

Shopping

Scan the QR code below to explore shopping in Little Italy and Villeray. The ultimate find is at your fingertips!

Workshops

arloca

6572 Saint-Hubert Street
Beaubien | 514 379-6527
arloca.com

This gallery-boutique offers hands-on creative workshops with artisans eager to share their talent and savoir-faire.

Camillette Jewelry

5795 De Gaspé Avenue, Suite 213b
Rosemont | camillette.com

Camillette Jewelry is a locally owned company, creating timeless and elegant pieces. Workshops are offered where clients can create jewelry of their very own.

État de choc

6466 Saint-Laurent Blvd.
Saint-Laurent + 55 North
514 657-6466 | etatdechoc.com

This new generation chocolate shop invites you along with your family or friends to get in on the action in their fun and educational tasting and bar making workshops.

Not sure what the symbols mean? See the legend on p. 21.

NATIONAL BANK OPEN
presented by ROGERS
WTA 1000
TENNIS CANADA

FEEL TENNIS

GET YOUR TICKETS NOW

AUGUST 4–13

PASSEPORT / MTL PASSEPORT

Scan, save and enjoy
Top attractions for less

An initiative of
TOURISME / MONTRÉAL

© FREDDY ARCINIEGAS - ARCPIXEL - TOURISME MONTRÉAL

Les Quartiers du Canal

Map p. 95

A lively zone in the midst of revitalization, cool 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 popular 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.

© LAURENE TINEL-TOURISME MONTRÉAL

Bonaventure City Entrance

172 Map p. 95

Block formed by Nazareth, Duke, Wellington and Saint-Jacques Streets | Square-Victoria-OACI
montreal.ca

One of downtown's major gateways, this urban boulevard includes a series of pedestrian-friendly public spaces with over 300 trees, two works of public art (*Dendrites* and *Source*), picnic tables, a playground for children, as well as a fitness area, sun loungers and ping pong tables.

Les Quartiers du Canal Streets

173 Map p. 95

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. Foodies and shopping fans can head to Atwater Avenue, as well as Notre-Dame West, Saint-Jacques, Wellington and Peel Streets, where magnificent rehabilitated buildings house design businesses, antique shops, art galleries, specialty grocery stores, numerous cafés and gastronomic restaurants.

1700 La Poste

174 Map p. 95

1700 Notre-Dame Street West | Georges-Vanier
438 384-1700 | 1700laposte.com

Housed in a magnificent stone structure built in 1913, 1700 La Poste is an art centre dedicated to contemporary visual arts, presenting events in the form of exhibitions and lectures. One of Little Burgundy neighbourhood's many heritage bright spots, 1700 La Poste, originally the Postal Station F, was brilliantly revitalized a century after its construction. Away from the traditional "white box" gallery format, the space was redefined while preserving the building's neo-classical and Beaux-Arts forms.

Lachine Canal National Historic Site

175 Map p. 95

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

176 Map p. 95

1200 Mill Street | Square-Victoria-OACI + 61 West
514 933-6849 | espaceverre.qc.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

6 Map p. 95

2727 B Saint-Patrick Street | Charlevoix
514 842-1306 | h2oadventures.com

$ P

H2O Adventures offers kayak, pedal boat or eco-friendly electric boat rentals that enable visitors to admire the city from the historic Lachine Canal. May to September.

Atwater Market

177 Map p. 95

138 Atwater Avenue | Lionel-Groulx | 514 937-7754
marchespublics-mtl.com

P

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

178 Map p. 95

2985 Saint Patrick Street | Lionel-Groulx
514 317-6306 | mabicyclette.ca

P

This outdoor shop, located directly on the historic Lachine Canal bike path, offers bicycle rental equipment, repairs, parts, and accessories. May to October.

A/Maze Escape Games

179 Map p. 95

3550 Saint-Jacques Street | Lionel-Groulx
514 504-2139 | amazemontreal.com

$

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.

Did you know?

Cradle of jazz music in the 1920s.

Between the end of the 19th century and the beginning of the 20th century, Little Burgundy, known in French as “La Petite-Bourgogne”, has long been hailed as the “Harlem of the North.” The neighbourhood welcomed new arrivals from African-Canadian communities in Ontario and the Maritimes.

During Prohibition, many American musicians came to perform in the jazz clubs of Little Burgundy, since Montréal was more open and tolerant of dance, music and alcohol than its neighbour to the south.

Several internationally recognized artists, like **Oscar Peterson and Oliver Jones,** grew up in this neighbourhood.

Address book

LES QUARTIERS DU CANAL

Restaurants

Scan the QR code below to dive into Les Quartiers du Canal's delicious culinary scene. Bon appétit!

© ARSENAL CONTEMPORARY ART

© ALISON SATTERLY / TOURISME MONTRÉAL

Shopping

Scan the QR code below to explore shopping in Les Quartiers du Canal. The ultimate find is at your fingertips!

Workshops

Espace VERRE

1200 Mill Street
Square-Victoria-OACI
+ 61 West | 514 933-6849
espaceverre.qc.ca

This inside peek into the glass arts practice lets you discover techniques of experienced artisans and their gorgeous creations.

Not sure what the symbols mean? See the legend on p. 21.

The island of Montréal's iconic bridges

The Victoria Bridge

The first bridge to span the St. Lawrence River and the longest railway bridge in the world at the time, the Victoria Bridge, completed in 1859, represented an engineering feat that was hailed as "Eighth Wonder of the World".

Connecting the island of Montréal to the South Shore, the bridge was gradually modified to adjust to the changing realities of transportation. A tram line was installed in 1901 and, in 1927, the side sections were widened to allow for automobile traffic.

The Jacques Cartier Bridge

Inaugurated as the Harbour Bridge in 1931, this link between Longueuil and Montréal was rebaptized the Jacques Cartier Bridge three years later in honour of the French explorer and cartographer, and first European to map the St. Lawrence River.

The world's first "connected" bridge, Jacques Cartier Bridge lights up every night with flashes of colour over the St. Lawrence River. An iconic landmark during the day, it livens up at sundown and reflects the mood and events of the day until dawn.

The Samuel De Champlain Bridge

Named in honour of Samuel De Champlain, French explorer and navigator, the Champlain Bridge opened to traffic in 1962. Due to increased traffic and its subsequent wear and tear, a new bridge was built to replace it. The Samuel De Champlain Bridge opened to traffic in 2019.

Majestically spanning the St. Lawrence River, its sleek, elegant lines and outstanding architectural quality affords a distinctive visual identity that enhances the Montréal landscape. Similarly to the Jacques Cartier Bridge, the Samuel De Champlain Bridge lights up on special occasions.

Pôle des Rapides

Map p. 96

People go there for cycling and water sports or to relax in its vast green spaces.

Once a centre of the fur trade, Pôle des Rapides lends itself to water sports in all their 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. Filled with a vibrant community spirit, the pleasant Verdun district, with its typical spiral staircase houses, dynamic shops and lively cafés and restaurants will charm you.

© EVA BLUE - TOURISME MONTRÉAL

Samuel De Champlain Bridge

180 Map p. 96

jacquescartierchamplain.ca

The Samuel De Champlain Bridge is set to become Montréal's new emblem. Stretching some 3.4 kilometres, it is one of the busiest bridges in North America and one of the widest in the world. Its sleek, elegant lines and suspended cable-stayed section affords a distinctive visual identity that enhances the Montréal landscape. Two three-lane traffic corridors, one lane reserved for public transit — designed with REM light rail in mind — and a safe, multipurpose lane open year-round for cyclists and pedestrians.

Maison Saint-Gabriel, Museum and Historic Site

181 Map p. 96

2146 Place Dublin | Pointe-Saint-Charles
Charlevoix + 57 East | 514 935-8136
maisonsaintgabriel.ca

Set amidst farmhouse gardens recreated in the spirit of the 17th century, the Maison Saint-Gabriel is the oldest example of rural habitation in Montréal. Purchased by Marguerite Bourgeoys in 1668, this two-storey fieldstone residence once housed the Filles du Roy. It is considered one of the finest examples of traditional Québec architecture existing today. Dynamic interpreter-guides captivate visitors with interesting facts and engaging stories and, before heading back to modern day, stop by the museum's gift shop and tea room to pick up local original items that reflect history and rural life and to relax as you look out from the outdoor terrace. A mobile website and sound tour extends your experience around the Museum as well as the boroughs of Sud-Ouest, Verdun, LaSalle and Lachine, offering more than 60 points of interest along a route extending 17 km.

Promenade Wellington

182 Map p. 96 / Ad p. 155

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.

Maison Nivard-De Saint-Dizier, musée et site archéologique

183 Map p. 96

7244 LaSalle Blvd. | Verdun | Verdun + 58 West
514 765-7284 | maisonnivard-de-saint-dizier.com

P

The Maison Nivard-De Saint-Dizier is both a museum and an outstanding example of rural architecture of New France. The house, built in 1710, sits on the largest pre-historic archeological site ever discovered on the island of Montréal, revealing occupation by Indigenous peoples that dates back over 5,500 years ago. The venue offers a permanent exhibition and cultural activities (stories, music, conferences, workshops). May to mid-October.

Parc des Rapides

184 Map p. 96

Corner of LaSalle Blvd. and 7th Avenue | LaSalle
De l'Église + 58 West | 514 367-1000
ville.montreal.qc.ca/grandsparcs

P

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

185 Map p. 96

7770 LaSalle Blvd. | LaSalle | De l'Église + 58 West | 514 595-7873 | ksf.ca

$

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 two natural sites emblematic of the city. April to October.

St. Lawrence waterfront cycling path

186 Map p. 96

The shores of the St. Lawrence River
Verdun, LaSalle and Lachine | ville.montreal.qc.ca

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 cross-country skis in winter. Nearby Lachine Rapids and Lake Saint-Louis. Picnic areas and heritage sites located near the shore.

Rafting Montréal

187 Map p. 96

8912 LaSalle Blvd. | Angrignon + 110
514 767-2230 | raftingmontreal.com

$ P

Thrilling white water adventures await on the Lachine Rapids. Hit the waves at full speed aboard a jet boat or navigate the mighty St. Lawrence River in a raft. Groups can tackle the rapids as a team while solo or duo passengers can ride the waves in a lightweight Tandem raft. Beginners and families will enjoy navigating calmer sections of the Lachine Rapids, in an introduction to white water. Bilingual professional guides ensure an exciting and safe experience enjoyed by all. Reservations recommended.

Fleming Mill Historical Interpretation Centre

188 Map p. 96

9675 LaSalle Blvd. | LaSalle
Angrignon + 110 or 106 | 514 367-6439

P

Built in 1827, this five-storey windmill, is the only Québec mill of Anglo-Saxon influence. Registered as a Québec heritage building in 1983, its exterior has been completely renovated to restore its authentic character.

Musée de Lachine and Jardin de sculptures

189 Map p. 96

Parc René-Lévesque, waterfront parks and site du Musée de Lachine | Lachine | Angrignon + 110 or 495
514 367-6423 | lachinemuseum.com

$ P

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, a temporary exhibition showcasing Lachine's heritage and a discovery space on the fur trade in New France. The Lachine sculpture garden is a vast outdoor museum showcasing some

Did you know?

Saint Joseph's Oratory of Mount Royal

It's one of the worlds most visited sacred sites. Its dome reaches a soaring 97 m, placing it second in size after that of St. Peter's Basilica in Rome.

Mary Queen of the World Cathedral is a scale replica of St. Peter's Basilica in Rome, both inside and out. A Canadian National Historic Site since 2006, it's Québec's third largest church.

50 sculptures dotting the site's waterfront landscape, René-Lévesque Park and the city's riverside parks. By foot or bicycle, visitors have access to major works. May to October.

The Fur Trade at Lachine National Historic Site of Canada

190 Map p. 96 / Ad p. 155

1255 Saint-Joseph Blvd. | Lachine | Angrignon + 195
514 637-7433 | parkscanada.gc.ca

Step into the vibrant fur trade era in the heart of Old Lachine. Imagine bales of pelts, stacked crates of goods and barrels of provisions. In the air there is the distinct smell of beaver pelts — the most coveted of the furs brought out of the wilderness. Summer season.

Public Market of Lachine

191 Map p. 96

1865 Notre-Dame Street | Lachine
Angrignon + 195 | 514 937-7754
marchespublics-mtl.com

P

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

192 Map p. 96

Parc Ignace-Bourget | Corner of Newman and de Montmagny Avenues | Angrignon + 37 North
penteaneige.ca

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. On-site rentals provide everything you need and certified instructors can get you up and going in no time. Hot beverages and snacks are available on site in the heated yurt.

Green laneways in Montréal

Many of Montréal's back alleys are green and full of life, to the delight of residents and passers-by. The green alleys are like a network of small linear parks decorated by residents, sheltered from the noise of the city. Some green alleys are named by residents and all have a little *je ne sais quoi*. It's hard to be more authentic and Montrealer than that!

Murelles

More than a mere beautification initiative, the Murelles project turns downtown Montréal alleyways into vibrant urban art museums — not to mention lovely spots for a pit stop. Combining the words "mural" and "ruelles" (French for "alleyways"), Murelles injects new life into otherwise underused spaces.

Address book

PÔLE DES RAPIDES

Restaurants

Scan the QR code below to dive into the Pôle des Rapides's delicious culinary scene. Bon appétit!

Shopping

Scan the QR code below to explore shopping in Pôle des Rapides. The ultimate find is at your fingertips!

Spas and wellness

Strøm Nordic Spa

1001 de la Forêt Blvd.
Square-Victoria-OACI
+ 168 South | 514 761-2772
stromspa.com

P

The only nature spa in Montréal. Offering the full thermal experience and an array of wellness treatments, this Nordic spa is designed to promote complete body and mind rejuvenation.

Workshops

Harricana par Mariouche

3697 Wellington Street
De l'Église | 514 282-1616
harricana.qc.ca

Unleash your creativity and make your own accessories: pompoms and braided scarf in recycled fur, or custom hat.

Not sure what the symbols mean? See the legend on p. 21.

PROMENADE WELLINGTON IS :

- **1.3 km of pedestrian street** during the summer
- **More than 200 shops**
- **50 restaurants, bars** and **terraces**
- **Friendly spaces** with **flowers** during the summer
- **Nearby riverbanks** for your aquatic activities or for your picnics
- **Verdun beach** just a few step away
- **A year-round cultural program** with must-see events such as **Cabane Panache** or the **Festival Marionnettes Plein la rue**

Photo Credit © Caroline Perron

AN ACCESSIBLE DESTINATION

BY METRO — Green line, **De l'Église** station
BY BUS — Lines **12, 37, 58, 61** and **350**
BY BIKE OR BIXI — Lots of bike paths and **8 BIXI** stations nearby
BY CAR — Over **550 parking spaces** nearby including the **Éthel parking lots** with its 260 spaces.
ACCESSIBILITY — **Several parking lots** and drop-offs on the street for **people with reduced mobility.**

**As per Time Out, August 2022*

VISIT PROMENADEWELLINGTON.COM

PROMENADE WELLINGTON

National Historic Sites offering a memorable experience

parks.canada.ca

The Fur Trade at
Lachine National Historic Site

Sir George-Étienne Cartier
National Historic Site

Parks Canada Parcs Canada

Canada

© JIRAN MASS / TOURISME MONTRÉAL

East, West and North of the Island

Map (West of the Island) p. 97

Water areas, 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.

© ALISON SLATTERY, TOURISME MONTRÉAL

East

BoulZeye, Pub & Attractions

193 Map p. 92

3655 du Tricentenaire Blvd. | Honoré-Beaugrand + 186 North | 514 498-2228 | boulzeye.ca

BoulZeye is the largest multiple-level laser tag arena in Québec, with the latest in high-tech gear. With 16 bowling lanes, arcade and escape games, and a bistro-pub, BoulZeye is an ideal spot to get out for a great time with family or friends. Watch music videos, sports and more on the big screens in the sofa-lounge bowling alley, or solve riddles to extract yourself from one of BoulZeye's four escape room games.

iSaute (Anjou)

194 Map p. 92

8700 du Golf Blvd. | Anjou | Honoré-Beaugrand + 28 North | 514 667-7644 | isaute.ca

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.

Parc-nature de la Pointe-aux-Prairies

195 Map p. 92

14905 Sherbrooke Street East
Honoré-Beaugrand + 186 | 514 280-6691
ville.montreal.qc.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.

Vieux-Moulin de Pointe-aux-Trembles

196 Map p. 92

Corner of Notre-Dame Street and Second Avenue
Honoré-Beaugrand + 189 East | 514 872-2240
montreal.ca

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.

West

Morgan Arboretum

197 Map p. 97

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 site is a prime location for numerous activities including birdwatching. The 20 km network of trails includes a path, two cross-country ski trails, and another designated for snowshoeing.

Club de Golf Saint-Raphaël

198 Map p. 97

1111 Église Uphill road | Île-Bizard | 514 696-4653
golfstraphael.ca

Located in the heart of Île Bizard, Golf Saint-Raphaël offers 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 (Kirkland)

199 Map p. 97

3220 Jean-Yves Street | Kirkland | Lionel-Groulx + 425 West | 514 842-9992 | isaute.ca

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.

Montreal Aviation Museum

200 Map p. 97

Macdonald Campus of McGill University
Between Highways 40 and 20 | Entrance near the White Cottage Campus Street | Sainte-Anne-de-Bellevue
514 398-7948 | mam.quebec

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.

Parc-nature de l'Anse-à-l'Orme

201 Map p. 97

Gouin Blvd. West and l'Anse-à-l'Orme Road | Pierrefonds
Côte-Vertu + 64 and 68 West | 514 280-6871
ville.montreal.qc.ca/grandsparcs

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

202 Map p. 97

2115 Bord-du-Lac Road | Île-Bizard | 514 280-8517
ville.montreal.qc.ca/grandsparcs

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

203 Map p. 97

9432 Gouin Blvd. West | Pierrefonds
Henri-Bourassa + 69 and 68 West | 514 280-6729
ville.montreal.qc.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

204 Map p. 97

20099 Gouin Blvd. West | Pierrefonds | Côte-Vertu + 64 and 68 West | 514 280-6871
ville.montreal.qc.ca/grandsparcs

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.

Sainte-Anne-de-Bellevue and the Canal promenade

205 Map p. 97

Sainte-Anne Street | Sainte-Anne-de-Bellevue
Angrignon + 405 West | sadb.qc.ca

Located along the Saint-Anne-de-Bellevue canal, Sainte-Anne Street features a number of quaint shops, busy restaurants and many other attractions. Visitors can take in the fresh air, enjoy an afternoon picnic, sit back and relax on one of the many magnificent *terrasses* by the water or observe the work of the lock keepers.

Ecomuseum Zoo

206 Map p. 97

21125 Chemin Sainte-Marie | Highway 40 West, Exit 44
Sainte-Anne-de-Bellevue | 514 457-9449
zooecomuseum.ca/en

The Ecomuseum Zoo has over 115 animal species native to Québec, including wolves, lynx, black bears, caribou, birds of prey, reptiles and amphibians.

North

Laser Game Evolution (Marché Central)

207 Map p. 97

8791 De L'Acadie Blvd. | Crémazie + 100 West
514 384-4848 | lasergame-evolution.ca

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. The goal of each player is to find and disable all their opponents. The experience is an updated version of laser tag enabled by 100% laser technology.

Did you know?

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).

Musée des métiers d'art du Québec

208 Map p. 88

615 Sainte-Croix Avenue | Saint-Laurent
Du Collège | 514 747-7367 | mumaq.com

Reflecting the cultural diversity of Quebec, the Musée des Métiers d'Art du Québec (MUMAQ) values the best that can be accomplished when we work with our hearts and hands, all for the benefit of the community. The museum's new permanent exhibition is entitled *Objets Témoins: une histoire des métiers d'art du Québec*, telling the story of a multitude of trades and time-honoured traditions. The exhibit is also the testimony of thousands of artisans and craftswomen with rich and unique backgrounds. The MUMAQ also presents an audio heritage tour entitled "Le Vieux-Saint-Laurent, autrement!" (in French only).

© EMW BLUE

© CLUB DE GOLF ST-RAPHAËL

Parc-nature de l'Île-de-la-Visitation

209 Map p. 93

2425 Gouin Blvd. East | Henri-Bourassa + 69 East
514 280-6733 | ville.montreal.qc.ca/grandsparcs

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.

Paroisse La Visitation-de-la-Bienheureuse-Vierge-Marie

210 Map p. 93

1847 Gouin Blvd. East | Henri-Bourassa + 69 East
514 388-4050 | eglisedelavisitation.org

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. Guided tours on Sundays and public holidays, from end of June to October.

Address book

EAST, WEST AND NORTH OF THE ISLAND

Restaurants

Scan the QR code below to dive into the East, West and North of the Island's delicious culinary scene. Bon appétit!

MTL

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.

© ALISON SLATTERY - TOURISME MONTRÉAL

Did you know?

The birthplace of hockey

It was in March 1875 that the first "organized" game in hockey history was played at the Victoria Skating Rink in Montréal. Pioneer in establishing official rules for the sport, McGill University founded the first amateur club five years later, the McGill University Hockey Club, and a national passion was born!

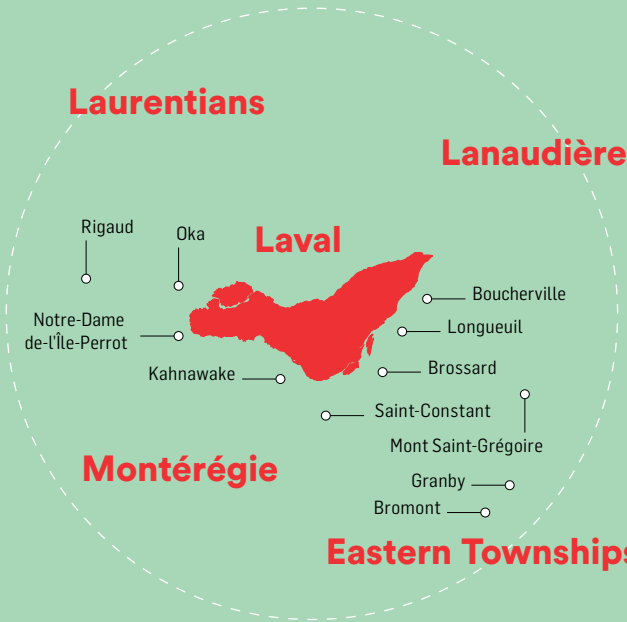
Not sure what the symbols mean? See the legend on p. 21.

© STEVE DESCHÊNES

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.



LOCAPAQ

514 791-1758 | locapaq.com

LOCAPAQ is a rental agency specializing in outdoor equipment such as tents and sleeping bags for everything from light camping to winter camping. The agency is also involved in the organization of canoe trips, skiing, winter camping trips for budding or experienced adventurers, all year long.

Eastern Townships

FALL IN LOVE WITH THE EASTERN TOWNSHIPS

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!

Golf Chateau-Bromont

211 Map p. 96

95 de Montmorency Street | Bromont | 450 534-1199
chateaubromont.com/en/golf-chateau-bromont

With its certified Canadian championship course, Golf Château-Bromont has a well-established 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.

Zoo de Granby

212 Map p. 96

1050 David-Bouchard Blvd. | Highway 10, exit 68 or 74
Granby | 450 372-9113 | zoodegranby.com

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 by zookeepers and educators. The Zoo also includes amusement rides, the Amazoo waterpark, and the South Pacific Odyssey Pavilion. Access to the waterpark is included in the Zoo's entrance fee. In winter's enchanting landscape, more than 90% of the animals can be seen.

© MONT TREMBLANT SKI RESORT

Lanaudière

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 campgrounds, 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.

Bonjour Nature

450 834-8088 | bonjournature.ca

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

Laurentians

EXPLORE THE WILD, WONDERFUL LAURENTIANS

Ad p. 170

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.

Labonté de la Pomme – Verger & Miellerie & Cabane à pommes

213 Map p. 97

405 de L'Annonciation Road | Oka | 450 479-1111
labontedelapomme.ca

A pick-your-own, family-run agritourism estate, Labonté de la Pomme invites you to harvest over 25 varieties of fruit and vegetables — apples, pears, plums, cherries, pumpkins, squash, corn, green cabbage, garlic, rhubarb — and enjoy farm activities. March to December.

Laval

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!

Aerosim Experience

214 Map p. 97

1177 Autoroute Laval West | Suite 201 | Laval
Montmorency + 70 North | 450 490-1316
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. Two virtual reality fighter aircraft simulators and a helicopter simulator with movements are also available.

Montérégie

DRINK UP AND HAVE FUN IN MONTÉRÉGIE

The Montégérie 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.

Ohana Sailing Agency

215 Map p. 87

101 de la Rive Road | Longueuil | Longueuil + 8
Promenades St-Bruno | 833 642-6272 | ohanasailing.ca

Learn the ropes of sailing from experienced instructors as you take to the challenges and learning opportunities that come with navigating the St. Lawrence River. Young and old alike, with friends or family, will enjoy a lesson onboard the 37-foot sailboat that sails rain or shine.

Cocathédrale Saint-Antoine-de-Padoue and Museum

216 Map p. 87

Corner of Chambly Road and Saint-Charles Street West
Longueuil | Longueuil + 8 East | 450 674-1549
cocathedrale.ca

Consecrated in 1887, the Cocathedrale Saint-Antoine-de-Padoue features Gothic Revival architecture with a Byzantine Revival dome. Its museum contains items that date back to the origins of the parish in 1697.

Exporail / The Canadian Railway Museum

217 Map p. 96

110 Saint-Pierre Street | Highway 15, Exit 42 (route 132)
Saint-Constant | 450 632-2410 | exporail.org

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

218 Map p. 96

9520 Leduc Blvd | Suite 01 | Brossard | 514 372-7873
oasissurf.com

Canada's first indoor surfing centre invites surfers of all levels to try out their exclusive Surfstream wave, which feels like surfing in the ocean or on a river. First-timers start with an introduction session before hitting the 2-foot wave under the close supervision of a certified instructor while expert surfers ride a world-class 4 to 6-foot wave. Once you've finished shredding, watch other surfers from the on-site restaurant that serves up classic fare from the world's leading surf destinations.

Parc national des Îles-de-Boucherville

219 Map p. 92

55 Île Sainte-Marguerite | Boucherville | 450 928-5088
parcsquebec.com/pq/bou/

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.

Sucrerie de la Montagne

220 Map p. 97

300 Saint-Georges Road | Rigaud | 450 451-0831
sucreriedelamontagne.com

P

Visitors are invited to participate in several traditional activities: hayrides 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.

MONTRÉAL

The joys of cycling /

With close to 900 km of bicycle paths, Montréal ranks among the best cycling cities in North America.

For a picturesque ride, explore the bicycle paths along the Lachine Canal. Almost 14.5 km long, this is the oldest route in the city, and also the busiest in Canada. Linking the Old Port and the Bonaventure Expressway, this route allows you to admire locks, magnificent green spaces and old factories from the 19th century.

For even more discoveries, join a guided tour of different neighbourhoods, green laneways and some of the most beautiful spots in the city. The Go Bike Montréal Festival in the spring is also a great opportunity to do a tour of the island with family or friends.

Address book

AROUND MONTRÉAL

Restaurants

Scan the QR code below to dive into the culinary scene around Montréal. Bon appétit!

Shopping

Scan the QR code below to explore shopping around Montréal. The ultimate find is at your fingertips!

Spas and wellness

BALNEA spa + réserve thermale

319 Lac Gale Road | Bromont
Eastern Townships | 450 534-0604
balnea.ca

BALNEA reinvents the art of relaxation and wellness for the mind, body and soul while immersing guests in the profound wonder of nature.

Workshops

Hélicraft

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

Pilot experience packages last 1.5 to 2h, 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.

Not sure what the symbols mean? See the legend on p. 21.

THE LAURENTIANS

OUR SCENERY
YOUR STORY!

Only 45 minutes from Montréal

The Laurentians are the ultimate 4-season resort and adventure destination!

The Laurentian region, with its internationally renowned resorts, is an ideal place to enjoy outdoor activities and adventure. Its lively villages and welcoming people make it **a traditional tourist destination year round:** Tremblant, Saint-Sauveur Valley, parks, vast protected areas, wide open spaces covered with more than 9,000 lakes and rivers.

TOURISM LAURENTIANS

laurentians.com **1 800 561-6673**

bonjour québec

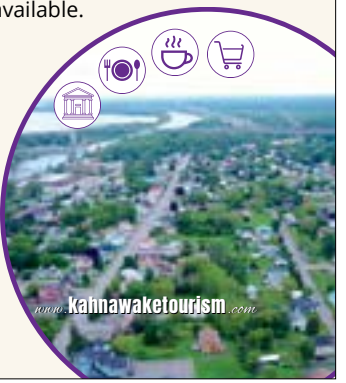
Canada

Visit the

Mohawk Territory of Kahnawà:ke

Discover our culture, our history, and our attractions!

Online reservations for tours are now available.



COME FOR THE SHOPPING
STAY FOR THE SAVINGS

Home to 80+ Outlets with Savings up to 65% Off

Polo Ralph Lauren	Under Armour
kate spade new york	H&M
Calvin Klein	RUDSAK
Tommy Hilfiger	Vans Outlet

PREMIUM OUTLETS MONTRÉAL

Scan, save and enjoy Top attractions for less

PASSEPORT MTL PASSEPORT

An initiative of TOURISME / MONTRÉAL

Index

16/42 tours 40
1700 La Poste 146

A

A/Maze Escape Games 147
Access (Free) To Wireless Internet 24
Accessibility for people with disabilities 27
Accommodations 23
Accompanying Leisure Card 27
Action 500 Amusement Center 129
Adventure City Games 44
Aerosim Experience 167
Airport and airlines 26
Airport shuttle 26
Air transport 26
AML Cruises 44
Animated tours 42
Aquatic Complex at parc Jean-Drapeau 105
Around Montréal 164
Arts and exhibitions 36, 37
Atrium Le 1000 50
Atwater Market 147
Authentik Canada 45

B

Bateau-Mouche (cruises) at the Old Port of Montréal 44
Bell Centre 51
Bicycle 168
Bike share service 26
Biodôme de Montréal – Montréal Space for Life 127
Biosphère – Montréal Space for Life 106
BIXI 26
Bonaventure City Entrance 146
Bonjour Nature 166
BoulZeye, Pub & Attractions 158
Buses 26

C

Cabaret du Casino 15, 34, 106
Canada Post 24
Canadian Centre for Architecture 59
Canadian Currency 24
Cannabis 24
Casino de Montréal 15, 106
Centaur Theatre Company 75
Central Station 50
Centre d'exposition de l'Université de Montréal 112
Centre for Sustainable Development 54
Château Dufresne, museum and historical heritage site 128
Château Ramezay – Historic Site and Museum of Montréal 74
Chinatown 57
Christ Church Cathedral 52
Circuit Gilles-Villeneuve 106
City Brew Tours Montréal 43
City Hall 73
City Pass and Ticket Office 24
Club de Golf Saint-Raphaël 159
Coach Canada (Gray Line Montreal) 42
Cocathédrale Saint-Antoine-de-Padoue and Museum 167
Complexe Desjardins 53
Concordia University 58
Concord Tours and Travel 45
Côte-des-Neiges Streets 112
Cours Le Royer (Hôtel-Dieu Stores) 74
Cours Mont-Royal 52
Crescent Street 59
Cruises 44
Cruise Terminal 27

D

Discovery walks on Mount Royal 43
Dorchester Square 51
Downtown 48, 85
Driving to Montréal 24
Drone Tours Montréal 78
Dyad 41, 119

E

Eastern Townships 165
East of the Island 158
Écomusée du fier monde 136
Ecomuseum Zoo 160
Ecorecreo 77
Eco Tours 42, 105
Église du Gesù 53
Église Saint-Pierre-Apôtre 136
Electric vehicle 25
Emergency 25
Espace St-Denis 55
Espace VERRE 146, 148
Esplanade Tranquille 54
Events 36
Expedia 45
Exporail / The Canadian Railway Museum 167

F

Festivals and celebrations 37, 38
Fitz Montréal Bike Tours 41, 118
Fleming Mill Historical Interpretation Centre 152
Fonderie Darling 76
Food events 38, 39
Former Grand Séminaire de Montréal 59
Fort de l'Île Ste-Hélène 105
Frédéric-Back Park 141

G

Gare Viger 74
General information 23
Golf Chateau-Bromont 165
Grand Chelem – Ball center 129
Grande Bibliothèque – Bibliothèque et Archives nationales du Québec 55
Grand Quay and the Tower of Port of Montréal 78
Greene Avenue 59
Green laneways 153
Groupe Voyages Québec 45
Guidatour 41
Guided tour of Bonsecours Neighbourhood 43

H

H2O Adventures 42, 147
Habitat 67 106
Hélicraft 43, 169
Hochelaga-Maisonneuve and Olympic District 92, 126
Hochelaga-Maisonneuve Streets 129
Horizon Roc Climbing Center 129

I

ICAO 56
IMAX®TELUS cinema at the Montréal Science Centre 78
Insectarium de Montréal – Montréal Space for Life 127
iSaute 158, 159

J

Jardin botanique de Montréal – Montréal Space for Life 128
Jardin de sculptures 152
Jardins Gamelin 55
Jean-Doré Beach 106
Jean-Talon Market 140
Jet Boating the Lachine rapids / Jet St-Laurent 77

K

KSF 152

L

Labonté de la Pomme – Verger & Miellerie & Cabane à pommes 166
Lachine Canal National Historic Site 146
La Grande Roue de Montréal 77
La Guilde 58
La Maison des cyclistes 118
Lanaudière 166
Languages Courses 25
La Plaza St-Hubert 141
La Ronde 105
Laser Game Evolution 59, 160
Laurentians 166
Laurier Avenue 118
Laval 166
Le 1000 De La Gauchetière 50
Le Marché des Possibles 118
Le Petit Navire 45
Les Quartiers du Canal 95, 145
Limousines 26
Link jeux d'aventure 44
Little Italy and Villeray 93, 139
Little Italy Streets 140
Local Montréal Food Tours 41
Local Travel Agent 45
LOCAPAQ 165

M

Ma Bicyclette 147
Maison du Festival 52
Maison nationale des Patriotes, site de la Prison-des-Patriotes 130
Maisonneuve Market 129
Maison Nivard-De Saint-Dizier, musée et site archéologique 151
Maison Saint-Gabriel, Museum and Historic Site 151
Making a comment or conveying dissatisfaction 25
Marché Bonsecours 73
Marguerite Bourgeoys Historic Site 73
Mary Queen of the World Cathedral 50
McCord Stewart Museum 49
McGill College Avenue 49
McGill University 49
McTavish Street 49
MEM – Centre des mémoires montréalaises 54
Mobile Tourist Welcome Office 23
Montérégie 167
Montreal Aviation Museum 159
Montréal Convention Centre (Palais des congrès de Montréal) 57
Montréal en Histoires – Cité Mémoire 44, 75
Montreal Holocaust Museum 113
Montréal Museums Pass 24
Montréal On Wheels 40, 74
Montréal Science Centre 78
Mont-Royal Avenue 119
Monument-National 53
Morgan Arboretum 158
Mount Royal and Outremont 88, 110
Mount Royal Cemetery 111
Mount Royal Park 111
MTL Zipline 77
Musée d'art contemporain de Montréal 50
Musée de Lachine 152
Musée des Hospitalières de l'Hôtel-Dieu de Montréal 118
Musée des métiers d'art du Québec 161
Museum and Saint Joseph's Oratory of Mount Royal 112
Museum Quarter 58

N

Navark 45
North of the Island 160
Notre-Dame Basilica of Montréal 75
Notre-Dame-de-la-Défense Church 140
Notre-Dame-des-Neiges Cemetery 111

O

OASIS immersion 57
Oasis Surf 167
Ohana Sailing Agency 167
Old Montréal and Old Port 72, 90
Old Port of Montréal 76
Olympic District and Hochelaga-Maisonneuve 92, 126
Outremont Streets 113

P

Parc Aquazilla 106
Parc des Rapides 151
Parc Jarry 140
Parc Jean-Drapeau 87, 104
Parc La Fontaine 118
Parc Maisonneuve 127
Parc national des Îles-de-Boucherville 168
Parc-nature de l'Anse-à-l'Orme 159
Parc-nature de la Pointe-aux-Prairies 158
Parc-nature de l'Île-de-la-Visitation 161
Parc-nature du Bois-de-Liesse 159
Parc-nature du Bois-de-l'île-Bizard 159
Parc-nature du Cap-Saint-Jacques 160
Paroisse La Visitation-de-la-Bienheureuse-Vierge-Marie 161
Passeport MTL 20, 24, 143
Pente à neige 153
Performing arts 32, 36
PHI Centre 76
PHI Foundation for Contemporary Art 75
Phillips Square 52
Pierre du Calvet House 73
Place d'Armes 75
Place D'Youville 76
Place De La Dauversière 73
Place des Arts 53
Place des Festivals 52
Place du Canada 51
Place Jacques-Cartier 73
Place Ville Marie 50
Planétarium – Montréal Space for Life 127
Plateau-Mont-Royal and Mile End 89, 117
Pointe-à-Callière, Montréal Archaeology and History Complex 76
Pôle des Rapides 96, 150
Practical information 24
Prince-Arthur Street 119
Promenade de la Ville-de-Québec du parc Guido-Nincheri 128
Promenade Wellington 151
Public Market of Lachine 153
Public Transit 28

Q

Quartier des Spectacles 52
Quartier international 56
Quartier latin 54

R

Rafting Montréal 152
Rage: Axe Throwing 136
Randolph Gaming Pub 56, 130
Redpath Museum, McGill University 49
Restaurants 60, 79, 107, 114, 120, 131, 137, 142, 148, 154, 162, 169
Rialto Theatre 113
Round Table Tours 41

S

Saint-Denis Street 55, 119
Sainte-Anne-de-Bellevue and the Canal promenade 160
Sainte-Catherine Street 52
Saint-Jacques Street and The Royal Bank 75
Saint-Jean-Baptiste Church 119
Saint Joseph's Oratory of Mount Royal 112
Saint-Laurent Boulevard 119

Saint-Michel Environmental Complex 141
Saint-Paul and de la Commune Streets 74
Samuel De Champlain Bridge 151
Self-guided tours 44
Shopping 60, 79, 114, 120, 131, 137, 142, 148, 154, 169
Shopping Tours by The Fashion Tourism Society 43
Shows, fairs, markets 39
Sir George-Etienne Cartier National Historic Site 74
Skating rink 50, 54, 76, 118, 127
Smith House 111
Société de transport de Montréal (STM) 28
Society for Arts and Technology [SAT] 54
SOS Labyrinthe 77
Spade & Palacio Tours 41
Spas and wellness 60, 79, 154, 169
Sports 39
Square Saint-Louis 55, 119
Square Victoria 56
Square Viger 55
St. George's Anglican Church 51
St. James United Church 53
St. Lawrence waterfront cycling path 152
St. Patrick's Basilica 56
Street food 131
Sucrerie de la Montagne 168
Sun Life Building 51

T

Taxes 25
Taxi 27
The Church of St. Andrew and St. Paul 58
The Clock Tower 77
The Fur Trade at Lachine National Historic Site of Canada 153
The Golden Square Mile 49
The Jacques-Cartier Bridge 105
The Montreal Museum of Fine Arts 58
The Montréal Tower 127
The Olympic Stadium (Montréal Olympic Park) 127
The Ring 3
The St-James Theatre 57
The streets of the Villeray district 140
The Village 94, 135
The Village Streets 136
The Visitor's Pledge 121, 176
Tips 25
TOHU 141
Tourism services 25
Tourist information 23
Tourist Welcome Office in Old Montréal 23
Tours and cruises 40
Tower Beach 77
Trains 27
Transport 26

U

Underground Pedestrian Network 51, 177
Université de Montréal 112
Université du Québec à Montréal (UQAM) 55

V

VDM Global DMC 41
Vieux-Moulin de Pointe-aux-Trembles 158
Village au Pied-du-Courant 130
Voiles en Voiles 77

W

Waterway transport 27
Westmount Square 59
West of the Island 97, 158
WET SET MTL 78
Wilder Building – Espace Danse 53
Windsor Station 50
Workshops 61, 80, 121, 131, 142, 148, 154, 162, 169
World Trade Centre Montréal 56

Z

Zoo de Granby 165

37TH EDITION OF THE OFFICIAL MONTRÉAL TOURIST GUIDE

Legal deposit | Bibliothèque nationale du Québec
ISSN 1497-4134

Published by | Tourisme Montréal
800 René-Lévesque Blvd. West, Suite 2450
Montréal (Québec) Canada, H3B 1X9

Director, Marketing and Communications
Dany Pedneault

Brand and Production Team Leader
Marie-Claude Prévost

Coordinator, Brand and Production
Paula Henriquez-Karmis

Content Manager Digital Platforms | Sophie Leprêtre

Coordinator Digital Platforms | Annie Letendre

Manager, Advertising Sales
Louis St-Jean st-jean.louis@mtl.org

Partnerships, Member and Industry Relations
infomembership@mtl.org

Graphic design | dyade.com, Boris Martin (cover)

Cartography | Dimension DPR inc.

The information in the Guide was accurate as of spring 2023. Tourisme Montréal (GMCTB) disclaim responsability for any error or mistake that might have slipped into the text.

Printed in Canada

Visitor's promise

While in Montréal, I do not consider myself just a visitor, I see myself as a honorary local. Although I may just be passing through, I promise to enjoy everything the city has to offer in a respectful and responsible manner.

Waste and impact management

Montréal is overflowing with green spaces and they inspire me to be as green as I can. Reusable bottles, cups and bags are my constant companions.

Zero-emission transportation

On foot, by bike, on the metro... there are many green ways to explore the city. Low-impact sustainable mobility is my preferred way to get around.

Buy local

I make the most of my visit by enjoying Montréal's *je ne sais quoi* whenever I can. That means buying local when possible, because supporting local businesses here is as simple as saying "Bonjour-Hi."

Welcoming diversity

Montréal's diversity is what makes this city so culturally rich. It's a place where I'm free to be myself, just like everyone else.

Respect and civility

As a citizen of the world, I respect your home. Even if I'm just here for a little while, I will do my best to act like a good neighbour.

For more information, visit MTL.ORG

TOURISME / MONTRÉAL

Underground Pedestrian Network

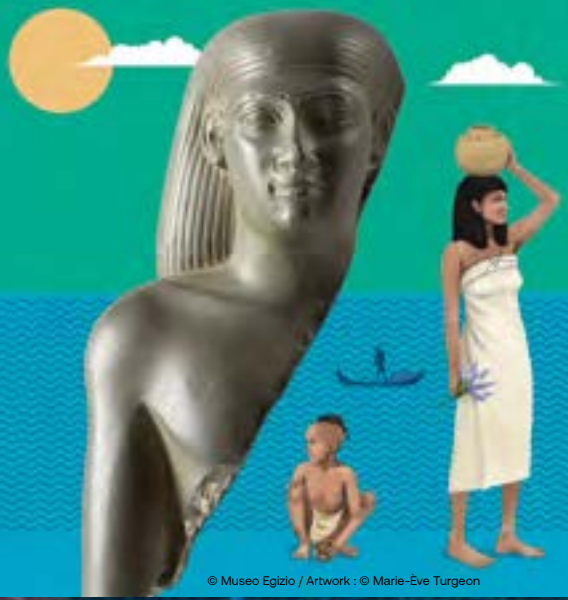
Métro
Access to métro (subway)
Access to Underground Pedestrian Network
250 metres - 820 feet
2 minute walk
Montréal à la carte © 2022, Ville de Montréal
WEST SECTOR OF UNDERGROUND PEDESTRIAN NETWORK
THE GOLDEN SQUARE MILE
DOWNTOWN
MUSEUM QUARTER
QUARTIER LATIN
QUARTIER DES SPECTACLES
QUARTIER INTERNATIONAL DE MONTRÉAL
CHINATOWN
OLD MONTRÉAL
THE VILLAGE
Mont Royal Park
McGill University
Concordia University
UQAM
Place des Arts
Complexe Desjardins
Complexe Guy-Favreau
Montréal Convention Centre (Palais des congrès de Montréal)
Place Bonaventure
Windsor Station
Gare Lucien-L'Allier
Gare d'autocars de Montréal
Grande Bibliothèque
Centre hospitalier de l'Université de Montréal (CHUM)
Centre de design de l'UQAM
Maison symphonique
Hydro-Québec
Édifice Jacques-Parizeau
World Trade Centre Montréal
Tour de la Bourse
Place Victoria
ICAO
Musée d'art contemporain de Montréal
Place Ville Marie
Tour KPMG
Tour Bell
Tour Scotia
Centre Royal
Standard Life
Les Cours Mont-Royal
Trust et Fiducie Scotia
The Montreal Eaton Centre
Cathédrale
Complexe Les Ailes
Tour CIBC
Tour Deloitte
Tour Telus
Tour Bombardier
Tour Nationale
Tour Beaver Hall
Tour Sherbrooke
Tour Roy
Tour Sun Life
Tour Manuvie
Tour Canada
Tour Scotia
Tour de Maisonneuve
Tour Victoria
Tour Bell Canada
Tour Cogeco

POINTE-À-CALLIÈRE

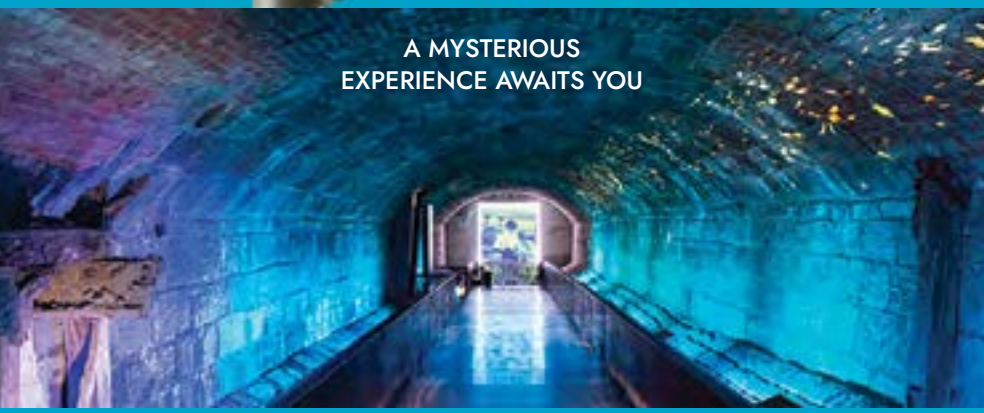
EGYPT

THREE MILLENNIA ON THE NILE

Exhibition until October 15, 2023



© Museo Egizio / Artwork : © Marie-Ève Turgeon



POINTE-À-CALLIÈRE
Montréal Archaeology
and History Complex

Montréal

CENTRE DES MÉMOIRES MONTRÉALAISES
Tout le monde
MEM
Saint-Laurent / Sainte-Catherine
Grand opening Summer 2023
MEMMTL.CA

CROISIÈRES AML

Nº1 in Canada

Cruises on the river

Boarding from the Old Port of Montreal

Guided sightseeing river cruise

Discover Montreal from the river and enjoy a breathtaking view of the city.

Dinner cruise

Taste our local cuisine and dance on our our terraces for a magical evening.

Certificate of EXCELLENCE

Tripadvisor

1 855 592-1153

croisieresaml.com