

2020 - 2021 OFFICIAL TOURIST GUIDE

# Laval

English  
version

québec  
original



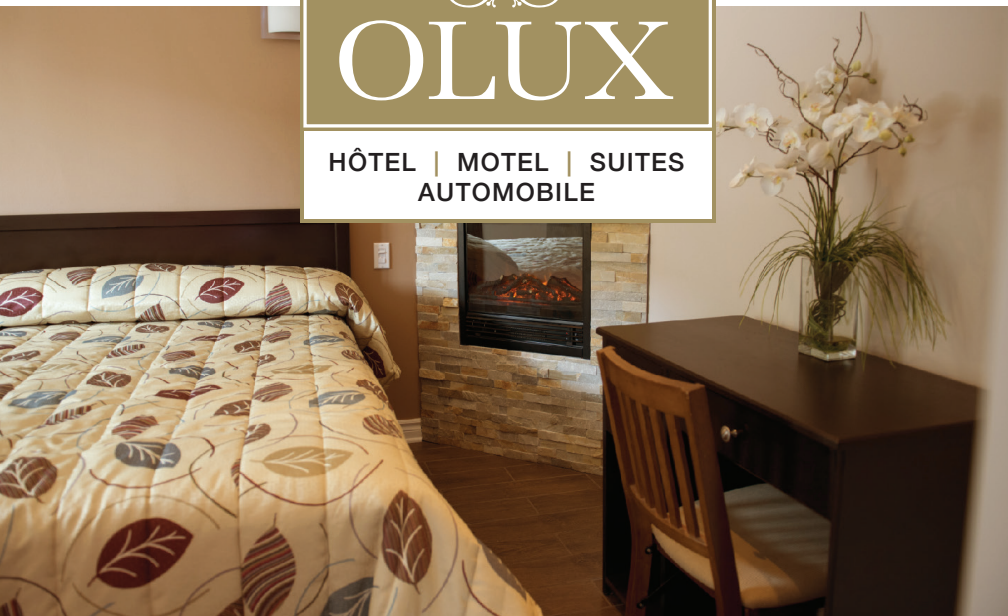
Québec

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Use the regional map located in the section at the end of the guide to find your way around easily.

# Contents

# Laval on the Web



In addition to the tourism guide, we have a selection of web tools to help you inspire, plan and share your trip.

## Website

Are you looking for some entertainment, a place to eat or accommodation where to stay? Would you like to discover Laval's hidden treasures? Tourisme Laval's website is THE reference to discover the regions' tourism offer.

[tourismelaval.com](http://tourismelaval.com)

## Facebook

You'll find on Tourisme Laval's Facebook page many suggestions of attractions and activities. Tourisme Laval's role is to promote the tourism offer of the destination and encourage networking with the community. Visit our page to discover our universe, in words, photos and videos!

[@tourismelaval](https://www.facebook.com/tourismelaval)

## Instagram

Tourisme Laval's Instagram page is an invitation to discover the region's tourism landscape, in photos and videos. It's perfect to find tons of activity and outing suggestions. Plus the stories bring us behind the scenes of an exceptional island. A great dose of inspiration!

[@tourismelaval](https://www.instagram.com/tourismelaval)  
[#experiencelaval](https://www.instagram.com/experiencelaval)

## YouTube

What's better than a video to tell a story and captivate an audience? Tourisme Laval's YouTube channel is an excellent way to discover the destination and its attractions, and get suggestions of activities and outings.

[@tourismelaval](https://www.youtube.com/tourismelaval)

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Follow the conversation.

Share your experience in the region using the hashtag [#experiencelaval](https://www.instagram.com/experiencelaval)

 [@tourismelaval](https://twitter.com/tourismelaval)

 [/tourismelaval](https://www.instagram.com/tourismelaval)

 [/tourismelaval](https://www.pinterest.com/tourismelaval)

 [/tourismelaval](https://www.facebook.com/tourismelaval)

 [/tourismelaval](https://www.youtube.com/tourismelaval)



# To take the bus for free, that's out of the ordinary.

In service all weekends, statutory holidays, as well as 7/7 throughout summer, winter holidays and spring break.





# 1

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# Profile of the Region



# Laval, Feel the Vibe

# Discover Laval

**Laval is a unique city. It's an island with a rich history. It's a place where to fully live the present moment. It's also a dynamic forward-looking city. The island is bordered to the south by Des Prairies River and to the north by Des Mille Îles River. Laval is an attractive city of contrasts thanks to its history, urban effervescence and amazing nature. Everything's possible in Laval: explore space, defy the laws of gravity, tame a wave, visit the largest illuminated village in the world, observe animals in their natural habitats, test one's climbing abilities, and even play at being a scientist – all this in a day, or more.**

## A Bit of History

The City of Laval was created in 1965, but its history goes back almost 400 years ago. Laval was once a large island covered by a forest of magnificent trees, and a crossing point for Indigenous people. Then the seigniory was built and in 1636, the island was granted to the Jesuits who named it Île Jésus. Bishop François Montmorency of Laval, the first bishop of Quebec City, acquired the island in 1672 in exchange for the Orleans Island. In 1680 the Bishop granted the island to Quebec City's Seminar, which remained the owner until the abolition of the seigniorial regime in 1854.

Even though the countryside became populated upon the Great Peace Treaty of Montreal in 1701, the island was urbanized only 250 years later. In 1876, the advent of the train service on the territory followed by the one of the automobile transformed a part of the island's farming area into a vacation destination. A large number of Montrealers were vacationing on the island attracted by the beauty of the two rivers. As for the "suburb," its expansion started after the Second World War.

The city as we know it today is the result of the merger of 14 municipalities.

Centropolis

## Laval in Numbers

The Laval territory that is comprised of the large Jesus Island and several islands and islets covers an area of 246 square kilometres of land, including the 242 square kilometres of the Jesus Island, which is home to a population of 432,000. Laval is the third largest city in Québec. It's a bustling tourist destination that has more than 800 restaurants, over 1300 hotel rooms, a great variety of boutiques and banner stores much to the pleasure of shopping buffs, and thousands of other things to do.

Laval is a city on the move with a vast road system and commuting train network, and three metro stations. The cycling path network which stretches over 300 kilometres is constantly expanding. Those who want to discover the city without driving can borrow electric or regular BIXI bikes or take advantage of the free service of the 360 shuttle of the STL (Laval's Public Transit Company) which route includes stops at various hotels and tourist attractions in the downtown area.

Travellers and vacationers appreciate that Laval is at only a 20-minute drive from Montreal-Trudeau International Airport and at one-hour drive from the United States border.

## Vibrant Moments

Laval is a lively, bustling and vibrant city. It's the city of multifaceted moments. It's an urban destination of culture and discoveries, and a diversified playground thanks to its unique and surprising attractions. Laval lives to the rhythm of festive events. People are gathering in downtown Laval, at Centropolis or at Place Bell to live exceptional moments and amazing experiences, and create memories.

Laval promotes an active lifestyle and the practice of sports. The city has various facilities where people gather to spend their energy. Laval is actually getting ready to welcome the 55th Jeux du Québec Finals, from July 31st to August 8, 2020.

From one experience to the next, from local to international flavours, from a Laval Rocket's hockey game to a symphonic orchestra concert, the joie de vivre is omnipresent in Laval.





Centropolis

## Cultural Moments

Laval offers several cultural attractions and events that promote its heritage, including historic walks with geolocalization in various neighbourhoods. It's an ideal activity to discover the city of yesteryears.

Laval is a city of entertainment and culture. It has several concert halls and venues, including the Salle André-Mathieu where some 300 shows and concerts are presented yearly. Also, Laval has several museums and is host to many festivals.

Art aficionados can also stroll around the city to discover the many works of art that embellish the walls, parks and other places of the urban landscape.

## Nature Moments

Contrary to what people may think, nature is quite present on the Laval territory. The environment is charming, thanks to its farms, its vineyard, many parks and green spaces, including the Parc de la Rivière-des-Mille-Îles, the largest protected wildlife sanctuary in the Greater Montreal region, and the Centre de la nature, one of the most remarkable urban parks in the region that covers over 50 hectares.



C.I.EAU



Centre de la nature

# Must-See Attractions

Three famous people from Laval invite you to discover their favourite places.



## Cosmodome

I am far from being an expert in space science, but after my visit at the Cosmodome, I was captivated. I learned a lot about the lunar system. I saw a real moon rock brought back by the astronauts who participated in the Apollo program from 1969 to 1972. I participated in a space mission. I made a David Saint-Jacques of myself during a training activity during which I tried several simulators, including the multiaxis chair. Do I have what it takes to be an astronaut? I don't think so!

**Fun Fact:** When I visited the Cosmodome, there was a group participating in a space camp. They were getting ready to spend the night in modules similar to those used in the International Space Station. Totally amazing!

**Find Out More p.48**

## SkyVenture

I have a fear of heights, but I love going to SkyVenture. It's a great group activity to create great memories. Guaranteed! I went there for the first time in 2010. I returned nine years later, and I can say I had as much fun as the first time. The feeling of flying is incredible. Even though I suffer from vertigo, thanks to the SkyVenture team, I was confident enough to go for it. Now, I can say that I am a true enthusiast!

**Fun Fact:** SkyVenture has been hosting the Canadian Indoor Skydiving Championship for several years. I love to attend this event and see the athletes perform acrobatic figures, even if watching them makes me dizzy!

**Find Out More p.31**



## CF Carrefour Laval

I worked at CF Carrefour Laval for over seven years. I made good friends there, and I survived to all those Boxing Days! In addition to its 300 boutiques and large retailers, and magnificent indoor garden, CF Carrefour Laval is known as a place where the offering is renewed every season with new events, activities, exhibitions, etc.

**Fun Fact:** The indoor garden with its impressive floral structures is my spot to take pictures.

**Find Out More p.43**

**Popular Favourite:** What's my spot when I'm hungry? My favourite restaurant is Grillades Torino. What do I order there? Number 3 (chicken and beef filet), medium, with macaroni salad, Greek salad and hummus.

**Kevin Raphael**  
TV Host at TVA Sports  
and CASA





## Parc de la Rivière-des-Mille-Îles

Laval island is my favourite playground. My hidden treasure is definitely the Parc de la Rivière-des-Mille-Îles, a protected wildlife sanctuary for various ecosystems in the region. I can rent a boat, relax in this vast natural setting, board the Héron Bleu for a guided

cruise and visit the permanent exhibition "Believe It or Not!" presented at the new Exploration Centre. In summary, the Parc de la Rivière-des-Mille-Îles is my spot, all year round.

**Fun Fact:** I enjoy renting a boat to go to one of the small islands of the park for a picnic, and feel I am alone in the world.

**Find Out More p.48-58-60-66**

**Popular Favourite: Renting a paddle board and drifting down the river while I admire the fauna and flora.**

**Steph Von Rob**  
Founder of the *Ma banlieue* blog  
and of the *Marché éphémère*  
*Ma banlieue*

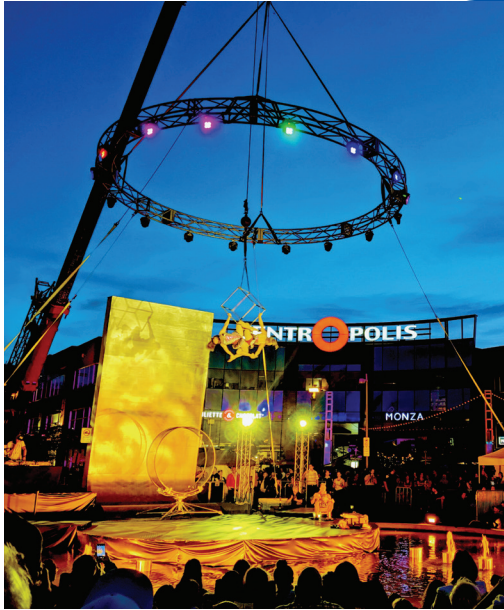


## Centropolis

Why do I go to Centropolis? To enjoy festive evenings and happy hours! Centropolis that is located in the heart of Laval is the main foodie stop in the city. Its restaurants offer a great selection of gourmet and tasty menus sure to please my taste buds. Also, Centropolis has several shops where I can buy amazing and diverse finds. Whether under the May sun or the last day of February, I enjoy participating in the various activities held at Place Centrale.

**Fun Fact:** The skating rink at Place Centrale is by far the best place for a first date, a festive evening with friends or an afternoon of outdoor fun with the kids.

**Find Out More p.43-68**



## Place Bell

Place Bell, which is accessible by metro, bus or car, is the most eclectic venue in Laval. The place welcomes pop and rock concerts, hockey games by the Rocket, and high-calibre sports competition. I always find something to my liking to spend a great evening. Plus I can enjoy a good meal in one of Place Bell's restaurants. What I like the most about this 10,000 seat arena? The festive and party atmosphere, all year round!

**Fun Fact:** I have a soft spot for the free activities that are offered all year round at the Montmorency Space, just in front of Place Bell.

**Find Out More p.35-38-68**



## Illumi – A Dazzling World of Lights by Cavalia

It's impossible to drive through Laval without seeing the giant 47-metre-high illuminated Christmas tree. I am thrilled that Laval is welcoming the largest illuminated village in the world for a second year. Illumi – A Dazzling World of Lights by Cavalia is a magical nocturnal journey created from millions of coloured lights. It makes all of us relive our childhood and fascinates children.

**Fun Fact:** With its selection of restaurant and merchant stands, Illumi is a hidden gem of great finds for my holiday season gifts.

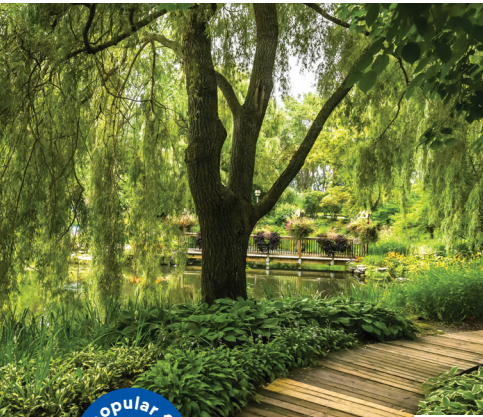
**Find Out More p.33**

## Escape Games

I love taking on a good challenge and I am a fan of good investigations, and enigmas. In Laval, I can combine these two passions at six escape game locations with an enigmatic environment where each second counts, and where I can prove that I have a knack for solving puzzles and enigmas, when I succeed of course! There are escape games for all ages and levels. One thing's for sure: it's perfect to spice up a day.

**Fun Fact:** I am fascinated by the special effects and ultra-realistic settings. At some escape games, there are even actors whose role is to add to the realism of the scenery.

**Find Out More** p.40-41



**Popular Favourite:** In December, I truly enjoy the illuminated holiday season village and Christmas market where I can purchase all my gifts.

**Izabelle Bee**  
Editor and Chief,  
Quebec, Narcity

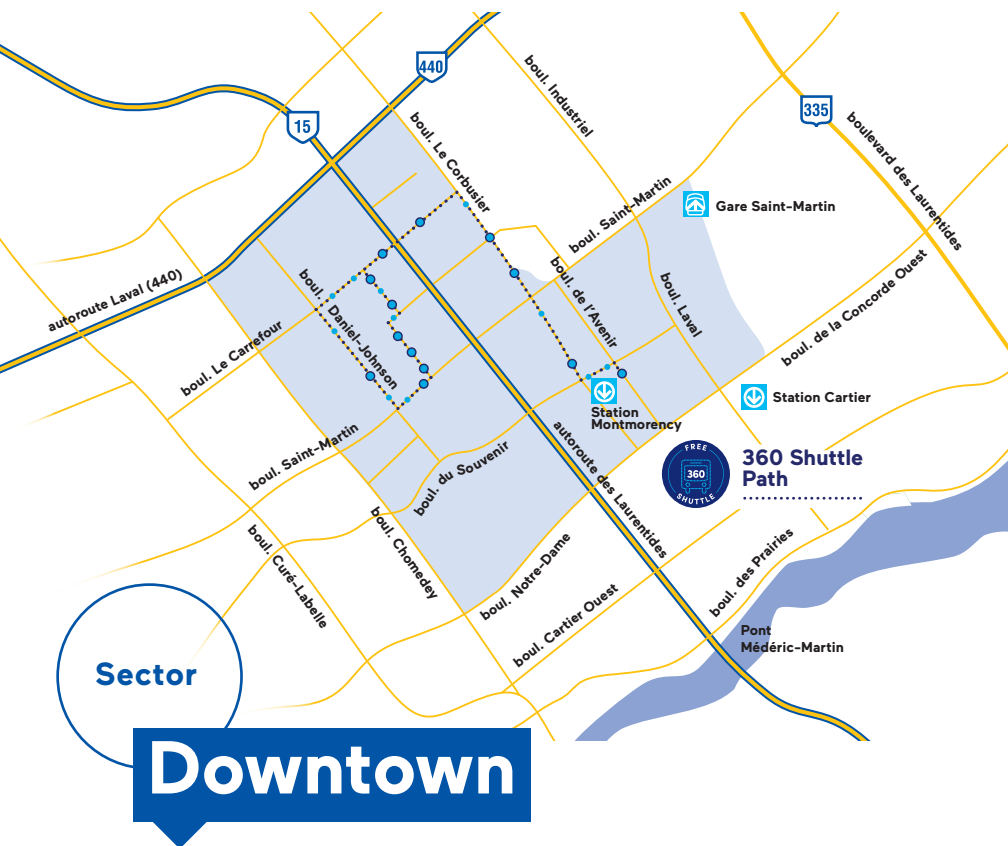
## Centre de la nature

The Centre de la nature in Laval is my place of choice when I want to enjoy some relaxing time in a natural setting without leaving the city. I also go there to participate in numerous festive events that bring people together. As I did, you will fall in love with this huge natural park where there's always something happening, in summer and winter. I love the place for the great moments I spend there, for its hiking trails and its ice skating rink which is lit all night.

**Fun Fact:** The park's colourful gardens offer the perfect setting to take amazing "instagrammable" pictures.

**Find Out More** p.60-66





Downtown Laval is a bustling and constantly evolving neighbourhood. From big thrills to memorable experiences and relaxing moments, there are tourist attractions for everyone. Downtown Laval is accessible by metro, and a free shuttle service allows getting by easily.

For a business meeting, a concert by your favourite band, a unique culinary experience, some window shopping in the largest malls in Québec, summer sports activities in winter, or an afternoon at the spa, everything is possible. The choice is yours!



9 Activities



5 Shopping



11 Events



33 Places to Eat



6 Accommodations



3 Theatres

## Montmorency

### Laval's Sports and Culture Playground

The Montmorency area of downtown Laval, that is located around the intermodal metro terminal, is known for its exceptional offering of culture and important sports events. Creation, education and innovation are at the forefront. In addition to its concert halls, the zone also hosts inspiring gatherings and festivals. Place Bell, that is located in the heart of this area, is home to the Laval Rocket whose games are a must-see attraction in the region. Place Bell's amphitheatre can accommodate large-scale productions and high-calibre sports events. Student and business life, festive atmosphere, activities of all types, a great choice of retail stores, and a wide range of services, all this describes perfectly this area.



## Centropolis

### Unique Gathering Place

The Centropolis is an exceptional gathering place where thousands of people come to have a good time with family or their love one, friends or colleagues. Centropolis is renowned for its great restaurants, various entertainment offerings, must-see events, boutiques and shops, and its pedestrian areas. In summer, the central place has an illuminated fountain and a vegetable garden. In winter, the refrigerated skating rink attracts fans of this sport, and gives the place a magical atmosphere.

### Get aboard the 360 shuttle



[ligne360.com](http://ligne360.com)

ad. p.3

The 360 bus is a free shuttle service. Running through the downtown area, it is like an extension of the metro line that brings people to the Montmorency station. It stops at several hotels, shopping malls, a sports complex, concert halls, and tourist attractions. The service is offered every weekend and on public holidays, and every day during the summer, the holiday season and the school break.





## An unforgettable weekend in Laval

You will find in Laval everything to make your next getaway quite memorable for everyone, from the curious or adventurous minds to those big thrill seekers. Plus several attractions located in downtown Laval are easily accessible by boarding the 360 bus shuttle, a free service offered by the Société de transport de Laval (the city's public transit company).

**3** days

**8** destinations



**1**

### Escalade Clip 'n Climb

2929, boulevard  
Saint-Martin Ouest

**Find Out More p.34**



**3**

### Parc de la Rivière-des- Mille-Îles

345, boulevard Sainte-Rose

**Find Out More p.58-66**



**2**

### Maeva Surf

2005, boulevard  
Daniel-Johnson

**Find Out More p.31**



**4**

### Escaparium Laval

5545, boulevard des Rossignols

**Find Out More p.41**



5

### iSaute

2045, boulevard  
Dagenais Ouest

**Find Out More p.36**



7

### SkyVenture

2700, avenue du Cosmodôme

**Find Out More p.31**



6

### Cosmodôme

2150, autoroute  
des Laurentides

**Find Out More p.48**



8

### Musée Armand-Frappier

531, boulevard des Prairies

**Find Out More p.48**



## Fun is in the fields in Laval

Come explore the rural side of Laval, close to the bustling urban areas! You will discover delicious regional products, numerous flower and plant varieties, or you can choose to pick your own fruits and vegetables.



1

### Kiosque Chez Forget

7901, avenue Marcel-Villeneuve

Find Out More p.54



2

### Fromagerie du Vieux-Saint-François

4740, boulevard des Mille-Îles

Find Out More p.57



3

### Ferme F. Turcot et Fils

7209, avenue des Perron

Find Out More p.53



5

### Ferme Vaillancourt

3155, avenue des Perron

Find Out More p.53



4

### Verger Gibouleau

3675, avenue des Perron

Find Out More p.54

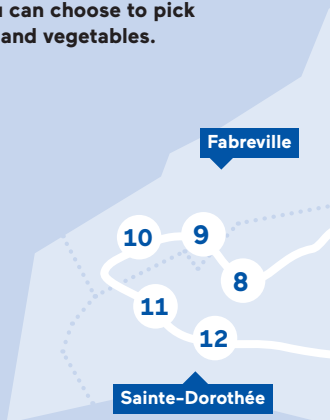


6

### Les Serres FJC Lavoie

1470, avenue des Perron

Find Out More p.56



Fabreville

Sainte-Dorothée



**9** **Château Taillefer Lafon**

1500, montée Champagne  
**Find Out More p.55**



**10** **Ferme Marineau**

4356, boulevard Dagenais  
**Find Out More p.53**



**11** **Serres Cléroux**

1570, rue Principale  
**Find Out More p.56**



**7** **Ferme Jeunes au travail**

2595, rang du Haut-Saint-François  
**Find Out More p.54**



**12** **Agneaux de Laval**

1055, rue Principale  
**Find Out More p.57**



**8** **Paradis des Orchidées**

1280, montée Champagne  
**Find Out More p.56**



**13** **Charbonneau L'Expert**

6, boulevard Samson  
**Find Out More p.56**





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# Travel by Experiences

# Vibrant City and Festivities



It only takes a five-letter word to bring great moments in a day, and live the effervescence and vitality of a region. In Laval, everything's possible: explore space, defy the laws of gravity, tame a wave, shout out of excitement at Place Bell, be amazed by science and, of course, do some shopping in fashion paradise.

▼ Listed by Dates

## Events

**Laval is renowned for the diversity, the authenticity and the creativity of its events that attract people of all ages. Laval is host to a multitude of events where music, comedy, theatre, gastronomy, arts and culture, sports and athletic achievements are at the forefront.**

### All year long

#### Artists from Rose-Art at Work

216, boulevard Sainte-Rose  
450 625-7925 – [roseart.ca](http://roseart.ca)

ad. p.52

The Vieille Caserne Art Gallery located in the picturesque Old Sainte-Rose is the place where to meet painters and sculptors that set their imagination and talent free to create in front of visitors.

### October to April

#### Laval Rocket Games



1950, rue Claude-Gagné  
1 855 595-2200 – [rocketlaval.com](http://rocketlaval.com)

The Laval Rocket, the American Hockey League affiliate of the Montreal Canadiens, plays 38 regular season games at Place Bell. The Tricolore Sports boutique features official team merchandise.

### Until June

#### Exhibition - Us and them



531, boulevard des Prairies  
450 686-5641 – [musee-afrapper.qc.ca](http://musee-afrapper.qc.ca)

Armand-Frappier Museum presents an adaptation of "Us and them. From prejudice to racism.", an exhibition designed by Musée de l'Homme de Paris that sheds scientific light on racism in our societies.

### April 3 to 5

#### Laval Soccer Cup – Indoor



955, avenue Bois-de-Boulogne  
450 975-3366 – [soccer-laval.qc.ca/coupe](http://soccer-laval.qc.ca/coupe)

The Coupe celebrates its 30 th anniversary this year. Come and cheer on some 200 teams that will participate in a hundred of games at Bois-de-Boulogne Centre during the two-weekend tournament.

### April 11

#### Festival des orchestres de jeunes du Québec



514 624-6662 – [en.aojq.qc.ca](http://en.aojq.qc.ca)

The 21th edition of the Festival de l'AOJQ allows 400 young musicians from 9 orchestras across Quebec to work with 4 conductors and present 2 concerts before a live audience at Salle André-Mathieu.



Festival Rencontre Théâtre Ados

**April 6 to May 2**

### Festival Rencontre Théâtre Ados

397, boulevard des Prairies, bureau 428  
450 687-5654 – [rtados.qc.ca/festival](http://rtados.qc.ca/festival)

Held every year in the spring, this festival of theatre creations is known as the most important showcase in Canada for professional theatre aimed at a teen audience (In French).

**May**

### Festival des tulipes de Laval



1270, rue Principale  
450 639-5145 – [tulipes.ca](http://tulipes.ca)

Picking up your own tulips among 500,000 multicoloured specimens is a perfect springtime activity to enjoy with your family or your loved one. Mother Nature will decide of the picking period in May.

**May 8 and 9**

### 24 heures de sciences

[science24heures.com](http://science24heures.com)

The theme of this 15th edition is "Everything is transformed". Several museums of Laval offer people of all ages various activities designed to stimulate their interest in science and technologies.



Heritage Tours

**May to October**

### Heritage Tours



450 681-1611 – [reseauarthist.com](http://reseauarthist.com)

Historic visits, interactive and theatrical tours are offered in Old-Sainte-Rose, Old-Saint-Vincent-de-Paul, and Old-Saint-Martin to discover the heritage of these neighbourhoods (In French).

**May 30 and 31**

### Grande fête des pompiers

Centropolis  
[fetedespompiers.laval.ca](http://fetedespompiers.laval.ca)

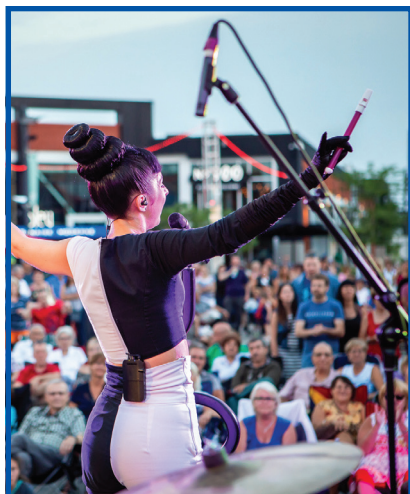
At this 14th edition at Centropolis that will feature interactive workshops on prevention, and various activities and shows, people of all ages will have the opportunity to meet firefighters.

**May 31**

### Course des pompiers

[coursedespompiers.laval.ca](http://coursedespompiers.laval.ca)

An annual event that brings kids and adults together, and both beginners and experienced runners. Participants can run 1, 2, 5, 10, 21.1 or 42.2 km.



Free Outdoor Musical Performances

June to August

Free Outdoor Musical Performances

Centropolis  
450 681-4811 – [centropolis.ca](http://centropolis.ca)

Every Friday starting at 8:30 p.m. at Place Centrale, several groups from the local emerging scene will put some beat in your evening.

July 2 to 5

Festival Diapason

[festivaldiapason.com](http://festivaldiapason.com)

A unifying festival in the heart of Old Sainte-Rose where newcomers on the musical scene and established artists share the stages in a unique atmosphere on the banks of the Mille Îles River.

July 3 to 31

Silence, on tourne!

475, boulevard de l'Avenir  
[silenceontourne.ca](http://silenceontourne.ca)

ad. p.30

From July 3 to 31st, come see this comedy about a movie crew that moves into a theatre for the shooting of a film, but nothing goes as planned. As for the members of the audience, they are movie extras! (In French)

July 4 to 12

Laval Soccer Cup – Outdoor

955, avenue Bois-de-Boulogne  
450 975-3366 – [soccer-laval.qc.ca/coupe](http://soccer-laval.qc.ca/coupe)

More than 6 000 players from Quebec and Ontario teams will participate in the 35th edition of this tournament at the Compétences 2000 Park and Bois-de-Boulogne Sports Centre.

From July 6

Exhibition – Move it!

531, boulevard des Prairies  
450 686-5641 – [musee-afrapper.qc.ca](http://musee-afrapper.qc.ca)

Starting July 6, 2020, the Museum will present the temporary exhibition Move it! This exhibition provides a better understanding of the importance of physical activity on health.

July 10 to 12

Festival des bières de Laval

Centre de la nature  
[festivaldesbieresdelaval.com](http://festivaldesbieresdelaval.com)

Outdoor event for the whole family that celebrates Quebec's brewery industry and local products. Tasting workshops, music performances, inflatable games, kids' makeup, and more!

July 10 to August 22

Zones musicales

[zonesmusicales.laval.ca](http://zonesmusicales.laval.ca) ad. p.27

Renowned and up-and-coming artists present 40 free large-scale or intimate outdoor shows, located in parks, shorelines, public squares and downtown Laval.

July 23 to 26

Symposium de Sainte-Rose – Art and heritage

Vieux Sainte-Rose  
216, boulevard Sainte-Rose  
450 625-7925 – [roseart.ca](http://roseart.ca) ad. p.27

Celebrating its 25th anniversary, the 2020 edition presents 90 painters and sculptors who share their creative process with visitors that can buy works of art from these local artists.



# Sainte-Rose Symposium

**JULY 23 TO 26, 2020**  
PAINTING AND SCULPTURE  
ART AND HERITAGE

July 23 and 24 | July 25 | July 26  
11 a.m. to 8 p.m. | 10 a.m. to 8 p.m. | 10 a.m. to 5 p.m.

**25th Edition**

**ROSE-ART CORPORATION**  
*Rose-Art*

216 Sainte-Rose Blvd., Laval | T+F: 450 625-7925  
roseart@videotron.ca • roseart.ca



**165 ARTISANS**

**July 29**  
until August 2, 2020

Art craft  
Authors  
Fine food

Sainte-Rose Boulevard  
Between Curé-Labelle and Hotte

**f Free entrance**

**+ 200 ARTISANS**

**November 6-7-8,**  
2020

Art  
Art craft  
Fine Food

Place SPORTS-EXPERTS  
(Forzani)

**f Free entrance**

Summer | SEMAINE DES ARTISANS DE LAVAL | Winter



# ZONES MUSICALES

July 10 – August 22

**FREE OUTDOOR SHOWS**

zonesmusicales.laval.ca

**LAVAL** **TD**





Festival Laval Laughs

**October 2 to 11**
**Festival Laval Laughs**

 450 981-0364 – [festivallavallaughs.ca](http://festivallavallaughs.ca)

For its third year, the Festival Laval Laughs will surely please comedy fans. The Festival will be held in various venues across Laval in October 2020. An event not to be missed!

**November 6 to 8**
**Le Noël des artisans de Laval**

 4855, rue Louis-B-Mayer  
 514 833-8718 – [noeldesartisansdelaval.com](http://noeldesartisansdelaval.com) **ad. p.27**

This large-scale Christmas trade show held in Laval gathers over 200 exhibitors who proposes a multitude of gift ideas from renowned artists and craft artists as well as local gourmet products.

**November 14 and 15**
**Marché éphémère Ma banlieue  
"Chrismas Special"**

 Église Saint-Gilles  
 226, rue des Alouettes  
 514 758-2292 – [mabanlieue.net](http://mabanlieue.net)

Come meet exceptional artists and craft artists. You'll find a wide ange of homemade items with an audacious touch. Encourage local entrepreneurs.



Illumi – A Dazzling World of Lights by Cavalia

**November 1, 2020 to January 5, 2021**
**Illumi – A Dazzling World of Lights  
by Cavalia**

 2805, boulevard du Souvenir  
 1 866 999-8111 – [illumi.com](http://illumi.com)
**ad. p.32**

Illumi - A Dazzling World of Lights is a journey through 8 fantastical worlds. Illumi is a magical and extraordinary nocturnal outdoor journey created from thousands of monumental light structures.

**Dates to be confirmed**
**Laval's Christmas Market**

 Centre de la nature  
 450 662-4942 – [marchedenoel.laval.ca](http://marchedenoel.laval.ca)

This event is a must to start living the magic of Christmas earlier! Exhibitor stands, entertainment, Santa Claus on site, magical village. The market has everything to celebrate the Holiday Season!

**End of January 2021 (Dates to be confirmed)**
**Laval en blanc**

 Vieux Sainte-Rose - secteur Berge des Baigneurs  
 13, rue Hotte  
 450 978-8888 – [laval.ca](http://laval.ca)

Laval en blanc, it's winter fun in a festive atmosphere with fireworks, musical shows, snow sculptures, ice trails, ice fishing, sliding, dogsledding, and more!

January 29 to 31, 2021

**Festival Classique hivernal**



450 978-3666 – [festivalclassiquehivernal.com](http://festivalclassiquehivernal.com)

To warm up winter hearts and souls, Laval Symphony Orchestra presents the Festival Classique hivernal. During a weekend, winter and music meet in perfect harmony under the snowflakes!

January 31 and February 1, 2021

**AHL All-Star Classic**



1950, rue Claude-Gagné  
1 855 595-2200 – [rocketlaval.com](http://rocketlaval.com)

See the best players in the American Hockey League in action at Place Bell as part of the 2021 All-Star Classic.

# FEEL THE VIBE

[TOURISMELAVAL.COM](http://TOURISMELAVAL.COM)  
450 682-5522 1 877 465-2825

# SILENCE, ON TOURNE!

Starting July 3rd  
Salle André-Mathieu, Laval  
[silenceontourne.ca](http://silenceontourne.ca)

THE COMEDY OF THE SUMMER!

## Activities and Attractions

Laval is a huge playground with a mosaic of unique and surprising attractions. Big thrill seekers and those looking for a trendy outing will find a lot of interesting possibilities in Laval.

### Maeva Surf

2005, boulevard Daniel-Johnson  
450 934-6238 – [maevasurf.com](http://maevasurf.com)  
Open: Year-round.

Maeva Surf is an indoor surfing centre that has the best indoor wave technology in Canada. No experience is required. With qualified instructor, participants start by surfing on a bodyboard. Once they're ready to use the techniques they've just learned, they can surf standing up on the board. The centre has a bistro and a full bar. Therefore, it's possible to enjoy a meal or organize a party in flip-flops, whether for a sport team outing, a team building event or a children's birthday party! Or simply to practice before a trip. In the summertime, the centre has an outdoor terrace.



### SkyVenture

2700, avenue du Cosmodôme  
514 524-4000 – [skyventuremontreal.com](http://skyventuremontreal.com)  
Open: Year-round.

Located at Centropolis, SkyVenture offers people to come as a group, with family and friends and to defy the law of gravity in complete safety. This activity that requires no previous experience is accessible to 4 years and older. Plus people who have a physical or mental disability the opportunity can also live the experience. The centre also offers packages for corporate activities.



ad. p.31



## THE SKYVENTURE EXPERIENCE IT'S FLYING AWESOME!



 SKYVENTURE®

514 524-4000  
[skyventuremontreal.com](http://skyventuremontreal.com)  
LOCATED IN LAVAL at 2700 Cosmodôme Avenue

# illumi

A DAZZLING WORLD OF LIGHTS BY *Cavalita*

**EVEN MORE MAGICAL!**



LAVAL - FALL 2020 - [ILLUMI.COM](http://ILLUMI.COM)



**Illumi - A Dazzling World of Lights by Cavalia**

2805, boulevard du Souvenir  
1 866 999-8111 – [illumi.com](http://illumi.com)  
Open : November to January.

ad. p.32

Illumi - A Dazzling World of Lights is a journey through 8 fantastical worlds. Illumi is a magical, captivating and extraordinary nocturnal outdoor journey created from thousands of monumental light structures. The first edition attracted about 500,000 visitors that registered at the turnstiles, from November 8, 2019 to January 5, 2020, which made of Normand Latourelle's new multimedia project the most popular and busiest ticketing event in Canada. Illumi will be back for its second edition in Laval on November, 2020. Many surprises will be on the program, including several new offerings in the fantastic worlds of The Dazzling World of Lights.

**Randolph Pub Ludique Centropolis**

490, promenade du Centropolis  
450 328-1325 – [randolph.ca](http://randolph.ca)  
Open: Year-round.

The Randolph Pub Ludique that is located at Centropolis is the perfect place to discover the board games suggested and explained by a team of seasoned players. Guests can choose among a vast collection of over 1500 games, savour microbrewery beer, and enjoy the delicious items from a menu prepared by the chef Martin Juneau.

**Sky Zone**

2360, autoroute Chomedey Ouest  
450 238-1228 – [skyzone.com](http://skyzone.com)  
Open: Year-round.

Sky Zone is a recreative wall-to-wall trampoline centre that offers various activities to adults and children, including a zip line, a stunt zone, a swing and trapeze area, and dodgeball, volleyball and basketball courts. Sky Zone has also developed a warrior course for athletes who want to surpass themselves. Plus the centre has a toddler zone where little ones can enjoy jumping fun at their level.

**CENTROPOLIS**

LIVE IT UP

**AN OUTING  
OUT OF  
THIS WORLD**

Randolph Pub Ludique • Sharx  
MontVR • SkyVenture • Maeva Surf  
Clip'n Climb • Putting Edge

[centropolis.ca](http://centropolis.ca)  
#CentropolisLaval





### Putting Edge

WiFi AC+++

105, promenade du Centropolis  
450 681-3334 – [puttingedge.com](http://puttingedge.com)  
Open: Year-round.



ad. p.34

Putting Edge is an 18-hole mini-golf course where golfers can enjoy a one-of-a-kind experience in a fantasy land of vibrant colours and surreal themes, in a glow-in-the-dark course. This highly entertaining recreational centre is the perfect place for a family or group outing, for an office party, a special event or a kid's birthday party.



### Escalade Clip 'n Climb Laval

SPAC WiFi

2929, boulevard Saint-Martin Ouest  
450 934-9493 – [clipnclimblaval.ca](http://clipnclimblaval.ca)  
Open: Year-round.



Escalade Clip 'n Climb Laval® is an indoor climbing centre with thirty-four themed walls of various levels of difficulty. Climbing is very safe as Clip 'n Climb uses automatic belay devices on all its walls. This means that participants can climb non-stop. The challenge of the Leap of Faith or the Vertical Drop Slide is sure to give you a rush of adrenaline and big thrills. Indoor climbing is ideal for a fun family activity and allows children to work off their extra energy.

**PUTTING EDGE**

**Glow-in-the-Dark Mini Golf & Arcades**

**18 HOLES OF FUN WITH FAMILY AND FRIENDS**

Birthday Party and Group Packages Available  
105 PROMENADE DU CENTROPOLIS (LAVAL) • 450 681-3334

puttingedge.com

**MontVR**

SAC

2941, boulevard Saint-Martin Ouest  
1 866 668-8764 – [montvr.com](http://montvr.com)  
Open: Year-round.

MontVR entertainment centre offers new-generation arcade games that are carefully designed to make virtual reality experiences as immersive as possible, whether people play by themselves, with friends, their significant other or family members. From beginners to experienced players, everyone can find a game they will enjoy. Multiplayer games allow for up to 10 people to play together. Equipment rental, group events and birthday bundles are also offered.

**Zone 15**

SAC AC

3705, autoroute des Laurentides  
450 681-4474 – [zone15.ca](http://zone15.ca)  
Open: Year-round.

ad. p.35

This amusement centre of 27 000 square feet that immerses its guests in a futuristic atmosphere is equipped with a laser tag system offering twenty different games. The centre also houses a glow-in-the-dark mini-golf course spreading over two floors and with several themed holes inspired by the tropical jungle, prehistoric era and underwater world. Recently, the centre has added a virtual reality station for four players and eight car racing simulators. The centre offers other activities, including video games and board games. Plus, Zone 15 has a bar, a lounge and a restaurant area.



MontVR

**Rocket de Laval**

SAC X

1950, rue Claude-Gagné  
1 855 595-2200 – [rocketlaval.com](http://rocketlaval.com)  
Open: October to April.

360

Affiliated with the Montreal Canadiens, the Laval Rocket is a professional team playing in the American Hockey League. The team plays 38 regular season games at Place Bell, a 10,000-seat venue that was inaugurated in September 2017. The Laval Rocket is renowned for the great in-game atmosphere during its games. The team attracts the most ardent hockey fans which come to enjoy the games with family or friends. Fans can purchase single-game tickets, group packages, or rent a box for the evening. Game schedule and tickets at [RocketLaval.com](http://RocketLaval.com).

**ZONE 15**

LASER TAG | VIRTUAL REALITY | MINI-PUTT  
VR RACING SIMULATORS

450-681-4474      www.zone15.ca  
3705 Autoroute des Laurentides      Laval H7L 3H7

### Action 500 Karting & Paintball



2025, autoroute Laval (440)  
514 254-4244 – [action500.com](http://action500.com)  
Open: Year-round.

Action 500 hosts a fully asphalted indoor karting track as well as indoor paintball fields in a setting reproducing a combat zone in an urban environment. Action 500 also offers the new escape game X-CAPE which riddles are for the most part of mechanical-or electronic-type.

### iSaute



2045, boulevard Dagenais Ouest  
514 761-7373 – [isaute.ca](http://isaute.ca)  
Open: Year-round.

This 20,000-square-foot recreational trampoline centre is located in a converted warehouse. It is the first centre of its kind in Quebec with over 10,000 square feet of interconnected trampolines, foam pits, and access to active technologic activities for the whole family. The centre is adapted for people of all ages and all skill levels.

### Premier Joueur



2000, boulevard Le Corbusier  
450 934-JEUX – 438 406-4795 – [premierjoueur.ca](http://premierjoueur.ca)  
Open: Year-round, except on Mondays and Tuesdays.

Premier Joueur is a playful, pub-style space that focuses on the fun of board games to gather and entertain people. Aimed at families and adults alike, it's the perfect place to put a break on your frantic daily routine.

### AéroSim Expérience



1177, desserte Nord, autoroute 440, bureau 201  
450 490-1316 – [aerosimexperience.com](http://aerosimexperience.com)  
Open: Year-round.

AeroSim Experience is a flight simulator centre that only professional pilots were able to use not long ago and where enthusiasts of all ages and all levels can now fly a Boeing 737NG airliner, CF-18 Jetfighters or a helicopter in a virtual reality environment. Apprentice pilots can improve their skills in the company of a professional instructor pilot. The centre offers a choice of 24,000 airports where to land, including the St. Martin Island's one which is famous for its epic aircraft landings on a runway flush to the beach!

### Le Crux centre d'escalade



1850, boulevard Saint-Martin Ouest  
450 688-0515 – [lecrux.com](http://lecrux.com)  
Open: Year-round.

ad. p.36

The Crux Climbing and Training Centre is sure to attract climbing enthusiasts with its bouldering offer. The walls of this climbing discipline does not require any equipment and training, which makes it a sport accessible to all. More than a hundred circuits await beginners as well as experts. A little hungry? The coffee bistro will satisfy you.



### Café Déco Céramique

289, boulevard Curé-Labelle  
450 937-1127 – [cafedecoceramique.ca](http://cafedecoceramique.ca)  
Open: Year-round.

Café Déco Céramique is a ceramic painting studio and coffee shop. No need to be an artist to create beautiful ceramic paintings. Adults as well as children can practice this enjoyable hobby, which is both creative and useful. Café Déco Céramique offers a vast selection of ceramics so customers can create paintings for their interior decoration or to offer as birthday gifts, holiday season presents or at any other occasion.

### Funtropolis

♠ AC 📶 📶

3925, boulevard Curé-Labelle  
450 688-9222 – [funtropolis.ca](http://funtropolis.ca)  
Open: Year-round.

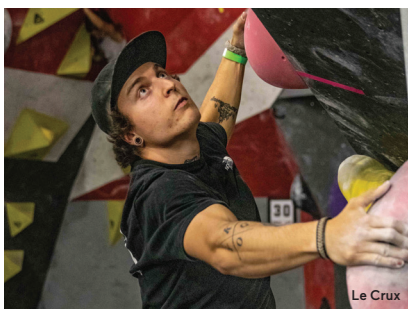
This family entertainment centre attracts a young audience thanks to a wide range of activities, including a multilevel Ball-O-Cité ball game platform, a mega-labyrinth, trampolines, slides, obstacles, arcade and skill games, spider climbing towers, and a SPINZONE bumper cars. Families can take part in a race against the clock in the Time Freak and the Laser Frenzy or experience the exclusive 4D XRider simulators. The environment is interactive and safe. It's the perfect place to be physically active while having fun.

### Club de curling Laval-sur-le-Lac

♠ PAC 📶 📶

10, rue Les Pins  
450 627-4791 – [curlinglaval.ca](http://curlinglaval.ca)  
Open: September to April.

The Club de curling de Laval-sur-le-Lac that is located in the sports centre is comprised of three curling rinks. An instructor explains the basic techniques of curling before people can take the ice and play a game. All the necessary equipment is included in the rink's rental price. After the game, people can sip a drink on the terrace and enjoy the beautiful view on the Lake of Two Mountains.



### Trapèze Le Voltigeur

📶 📶

875, montée Saint-François  
450 661-0880 – [trapezevoltigeur.qc.ca](http://trapezevoltigeur.qc.ca)  
Open: Year-round, closed on Saturday.

This indoor centre offers people aged 7 or older the opportunity to learn the sport of flying trapeze whatever their level. Participants wear a safety harness to practice flying trapeze over a safety net, and under the supervision of instructors.

### Coup Sûr!

3835, boulevard Curé-Labelle  
450 688-2687 – [baseballtown.ca](http://baseballtown.ca)  
Open: Year-round.

This recreational centre has indoor batting cages equipped with baseball and softball pitching machines as well as a practice area reserved to pitchers. The centre welcomes baseball experts as well as beginners. Several packages are offered. In addition, the Baseball Town boutique that is paired to the centre sells baseball and softball equipment.

### Club de trampoline Acrosport Barani

PS 📶 📶

1365, boulevard Dagenais Ouest  
450 622-0077 – [acrosportbarani.com](http://acrosportbarani.com)  
Open: Year-round.

At the Club de trampoline Acrosport Barani, adults and children can familiarize themselves with trampolining, circus arts and climbing. They can choose between private lessons and free workshops. Club de trampoline Acrosport Barani is the most important of its kind in Québec. Whether they come just to have fun or to take up a challenge, people learn, under the guidance of qualified instructors, how to perform acrobatics moves and familiarize themselves with circus-related skills arts, such as tightrope walking and swinging off the Tarzan rope.

## Shows

Laval offers a great choice of activities of all kinds. Symphonic music concerts, hockey games, comedy shows, theatre plays, concerts by renowned artists, Laval is the perfect destination where to live unique moments of excitement and emotion.



### Place Bell

1950, rue Claude-Gagné  
1 855 595-2200 – [placebell.ca](http://placebell.ca)  
Open: Year-round.



360

ad. p.68

Place Bell is an entertainment complex located downtown, near the Montmorency metro station. This 10,000-capacity multipurpose cultural and sports centre hosts a wide variety of events, including music concerts, live performances, and sports events. The Olympic-size and community ice skating rinks welcome future stars of various ice sports from Laval as well as professional high-level athletes. Place Bell is home to the Montreal Canadiens farm team, the Rocket of Laval, a team of the American Hockey League which is the NHL farm league, that attracts a large crowd of sports enthusiasts.

### Maison des arts de Laval

1395, boulevard de la Concorde Ouest  
450 662-4440 – [maisondesarts.laval.ca](http://maisondesarts.laval.ca)  
Open: Year-round.

360

ad. p.38

The Maison des arts de Laval (MDA) is the only municipal art dissemination centre in the region and a major hub for artistic and cultural activities. A diversified program that includes theatre, dance and performing arts for a youth audience is presented in the main hall, the Théâtre des Muses (330 seats). The series of world music concerts that is presented in the courtyard every summer is gaining in popularity. The place is home to Salle Alfred-Pellan, a museum institute where projects of national scope are presented. The MDA is known for the depth of its arts outreach activities and the quality of its equipment.

**MAISON DES ARTS DE LAVAL**

**DANCE**

**YOUNG AUDIENC**

**THEATRE T**

**VISUAL**

**ARTS**

**AR**

Plan your cultural outings

**Laval**

**Salle André-Mathieu**

475, boulevard de l'Avenir  
450 667-2040 – 1 877 677-2040 – [co-motion.ca](http://co-motion.ca)  
Open: Year-round.



Hundreds of renowned artists have performed on the stage of Salle André-Mathieu since its opening in 1979. Now managed by [co]motion, a producer and cultural manager, the venue was renovated in the summer of 2016 to offer a comfortable auditorium, exceptional acoustics and an inviting bar and lobby. Salle André-Mathieu and its new concept ANNEXE3, a versatile lounge-type venue, present productions and performances of all genres, ranging from comedy to theatre and music, plus the program of Scène 1425. Salle André-Mathieu also presents the Laval Symphony Orchestra concerts, as well as the Grands Explorateurs Travel Conferences.

**Orchestre symphonique de Laval**

3235, boulevard Saint-Martin Est, bureau 203  
450 978-3666 – [osl.qc.ca](http://osl.qc.ca)  
Open: September to May.

**ad. p.39**

Founded in 1984, the Laval Symphony Orchestra is made up of 53 professional musicians, graduates of Quebec's music conservatories and universities. The orchestra's mandate is to offer audiences grand symphonic music and provide a pleasurable listening experience. The Orchestra's current artistic director, Alain Trudel, is among the most sought-after conductors in Canada. Each year, the Orchestra presents eight to fifteen symphonic concerts and more than twenty chamber music concerts. The summer season is an opportunity to enjoy the orchestra's outdoor concerts. The Orchestra offers since 2014 commented concerts during the dress rehearsals and inaugurated in 2017 the Baby Music Series.



LVL UP

**Théâtre Marcellin-Champagnat**

1275, avenue du Collège  
450 661-4862 – [theatremc.ca](http://theatremc.ca)  
Open: Year-round.

The Théâtre Marcellin-Champagnat offers a diversified programme of music, dance, comedy, theatre plays and more in collaboration with [co]motion. These cultural events are presented in a 700-seat hall. The cinema-lectures of the Grands Explorateurs are also presented at this venue. It is possible to rent this very modern multipurpose hall with state-of-the-art equipment for various events and activities.



ORCHESTRE  
SYMPHONIQUE  
DE LAVAL  
ALAIN TRUDEL



Communauté  
française de  
Québec III



LAVAL



Council des arts  
du Québec  
Canada Council  
for the Arts

450 978-3666

[osl.qc.ca](http://osl.qc.ca)

### Théâtre Bluff

397, boulevard des Prairies  
450 686-6883 – [bluff.qc.ca](http://bluff.qc.ca)  
Open: Year-round.

Théâtre Bluff is a creative theatre company that supports the development of contemporary dramatic arts from here and elsewhere and promotes it towards teen audiences. It is a true cultural collaborative hub for unique creative people interested in nurturing intergenerational dialogues. Through its research, cultural outreach, production and dissemination activities, Théâtre Bluff presents engaging theatre plays and stage arts about the concerns and realities of today's world, on the local, national and international scene.

### Rencontre Théâtre Ados

397, boulevard des Prairies, bureau 428  
450 687-5654 – [rtados.qc.ca](http://rtados.qc.ca)  
Open: Year-round.

Rencontre Théâtre Ados facilitates interactions between professional artists and teenagers. As a leader in cultural mediation, RTA serves the community by developing innovative artistic projects. The organization also runs the LIRTA, the biggest improvisation league for high school students in Quebec. Its annual theatre festival will take place from April 6 to May 2nd at Maison des arts de Laval and Théâtre Marcellin-Champagnat. Reservations by email at [reservation@rtados.qc.ca](mailto:reservation@rtados.qc.ca). The "Go out with your teen" program offers a free ticket for a teenager for every purchase of tickets for one of the shows on the program (in French only).



## Escape Games

**Those who love a good challenge and solving puzzles and enigmas will find in Laval six escape game centres with scenarios that are all unique and compelling.**

### Échappe-toi Laval

PS

1600, boulevard Saint-Martin Est, Tour B, Suite 100  
514 907-2201 – [laval.echappetoi.com](http://laval.echappetoi.com)  
Open: Year-round, except Monday.

ad. p.40

Échappe-toi Laval is an escape game with a difference since participants are not locked into a room. Instead they are invited to explore an immersive environment featuring the history of Laval. This escape game brings out the Sherlock Holmes side of participants while they discover the specific universe of a series of rooms, each with an elaborate and evocative décor, and the presence of professional actors. This makes the experience quite unique whether visitors live it with family members, friends or coworkers. In 2018, the centre opened with two scenarios, still available. In 2019, the Escapees of 1883's room was added and others are planned for 2020. A reception room can also be booked.

ESCAPE GAME

Laval  
**ÉCHAPPE-TOI**

AVENTURE IMMERSIVE

4 SCENARIOS

Home Run Operation, Prohibited Diamonds,  
The Escapees of 1883, Infiltration

Teams of 2 to 6 players  
Open from Tuesday to Sunday

1600 Saint-Martin Blvd East, Tower B, Laval  
Free parking. Event Room.

[laval.echappetoi.com](http://laval.echappetoi.com) | 514 907 2201



Escape Games

### Escaparium Laval

Xpt†

5545, boulevard des Rossignols  
514 548-3307 – [escaparium.ca/laval](http://escaparium.ca/laval)  
Open: Year-round.

Escaparium Laval, the largest escape games complex located in the heart of Laval, is the perfect destination for those looking for unique entertainment and fun. The place has escape game rooms with high quality immersion, virtual reality escape games, as well as a restaurant with recreational and entertainment features. Whether it's for a family outing, to celebrate an anniversary or for a corporate event, the staff will ensure that visitors live a memorable experience.

### Immersia Jeux d'évasion

3065, rue Peugeot  
450 687-3888 – [immersia.ca](http://immersia.ca)  
Open: Year-round.

Immersia offers exciting adventures in the form of original escape games that allow participants to live an immersive experience. All scenarios and life-size riddles and puzzles are original creations of the Immersia team. There are four scenarios of which participants are the heroes: an old London cabaret, a memorable weekend in a shack, an old control station, and a time machine. Participants are locked in a room and must work together as a team to escape an impending danger before the time allotted for the game.

### Jeux d'évasion Codex

PSAC

48, boulevard des Laurentides, bureau 404  
450 490-9909 – [codexescapegames.com](http://codexescapegames.com)  
Open: Year-round, except Monday and Tuesday.

Codex offers immersive escape games where you will need to use logic, observation, and deduction to solve all puzzles. Our games are of the cooperative types, therefore excellent for team building activities and outings with friends. The concept is based on immersive missions. The games were 100% designed and built by the Codex team, and 100% without padlocks. The chosen themes are the first of their kind on Quebec's escape games scene: spaceship inspired mission, Viking-inspired mission, and gloomy/supernatural inspired mission.

### Le Cube Secret

PSAC

4289, autoroute des Laurentides  
450 681-2823 – [lecubesecret.com](http://lecubesecret.com)  
Open: Year-round.

Le Cube Secret is a quality escape game offering a unique concept to discover. In groups of 2 to 6 people, participants are invited to solve puzzles by putting at work their sense of observation. The game takes place in one of the apartments where live four New York characters. These apartments are located within a huge metal cube. Skills, imagination and logics are the key to succeed at escaping by one of the many secret doors of the Cube, within a set time limit. Solving the secret story of the Cube Secret, which connects the four characters to each other, is the ultimate challenge family and friends are invited to take on.

## Health Centres

Those who are looking for some wellness and calming moments or to awaken their senses will find in Laval two health and relaxation centres where they will be able to relax and escape from the everyday life.

### Amerispa Sheraton Laval

2410, autoroute des Laurentides  
1 866 263-7477 – [amerispa.ca](http://amerispa.ca)  
Open: Year-round.

Located at only a few steps from CF Carrefour Laval, the Amerispa Sheraton Laval Centre offers a variety of massage therapies, as well as beauty and body care treatments, including manicure and pedicure, and a microdermabrasion treatment for a radiant glow, as well as waxing, electrolysis and Intense Pulse Light (IPL) hair removal. Upon the purchase of one package or two hours of beauty and body care or more, customers have access to the Sheraton Laval Hotel's high-end facilities where they'll find a eucalyptus steam bath, a Finnish sauna, a jacuzzi, and a salt water pool.



Clarins Skin Spa

### Clarins Skin Spa



805, desserte Est, autoroute 13  
450 688-2178 – [clarins.com](http://clarins.com)  
Open: Year-round.

The Clarins Skin Spa Laval is the ideal destination for all those who wish to live a unique and sensory experience. You will find an exclusive 100% manual method and high-performance formulas with concentration in plant extracts in these treatments provided by highly qualified beauty therapists trained in the Clarins method. You'll experience the relaxing effect of this skin-treatment perfectly adapted to your needs and you will highly enjoy the visible and lasting results. Every treatment is unique. Personalize yours! The beauty is that therapists adapt their movements and their products to your needs and wishes.



Amerispa Sheraton Laval

## Shopping

Laval is a shopping destination of choice. From specialized boutiques to major retail stores and exclusive high-end brand boutiques, shoppers can definitely discover great finds.

### CF Carrefour Laval

3035, boulevard Le Carrefour  
450 687-1360 – [cfcarrefourlaval.com](http://cfcarrefourlaval.com)  
Open: Year-round.



ad. p.45

CF Carrefour Laval is renowned as a shopping destination of choice of the Greater Montreal region thanks to its trendy retailers, department stores and major banner stores, fashionable and exclusive brands shops, and restaurants, as well as its unique garden that changes with the seasons and offers the perfect decor to take pictures. Complimentary services are offered to enhance shoppers' experience such as CF SHOP! Text 450.897.0933 to get answers to any of your questions in real time.

### Centropolis



1799, avenue Pierre-Péladeau  
450 681-4811 – [centropolis.ca](http://centropolis.ca)  
Open: Year-round.



ad. p.33-86

Centropolis is the urban and festive gathering place in downtown Laval with its restaurants, entertainment venues, and boutiques. The place also presents various events throughout the year. It's a gathering place for families, friends, colleagues, and couples. In addition to pedestrian promenades, visitors can enjoy a lively central square that boasts a lit fountain as well as a unique vegetable garden during the summer, and an outdoor skating rink in winter.

### Centre Laval



1600, boulevard Le Corbusier  
450 687-2150 – [duolaval.com](http://duolaval.com)  
Open: Year-round.



ad. p.44

Located at the intersection of Saint-Martin and Le Corbusier boulevards, Centre Laval has more than 130 boutiques and major retailers, including Avril Supermarché, Marshalls, HomeSense, Ares, Hudson's Bay, Best Buy, Brick, Bureau en Gros, L'Équipeur, Sportium, and Lee Valley.



CF Carrefour Laval

### Quartier Laval



600 à 1350, boulevard Le Corbusier  
514 337-8151 – 450 687-2150, poste 225  
[duolaval.com](http://duolaval.com)  
Open: Year-round.

ad. p.44

This open-air shopping mall that is located on the service road of Highway 15, near Montmorency Metro Station and Place Bell, houses 39 retail shops, including ten or so restaurants such as Tim Hortons, Eggstyle, Thai Express, Vai Burger, Kanda sushi and Starbucks, as well as decoration, fashion clothing and accessories, and sport and leisure shops, including Winners, JYSK, Indigo and Golf Town.

### À la Boîte à Fleurs de Laval



3266, boulevard Sainte-Rose  
450 622-0341 – [alaboiteaflours.com](http://alaboiteaflours.com)  
Open: Year-round.

À la Boîte à Fleurs de Laval is a flower shop with a unique concept that combines shopping with restaurant service. On the Flower Side, the boutique sells bouquets (fresh or synthetic flowers), table centrepieces, vases, accessories, and custom flower arrangements. On the Flavour Side, coffee, soups and salads are served on the indoor and outdoor terrace. There is also a delicatessen counter with a great selection of local products and gourmet products from here and elsewhere.

### Café AGGA



3003, rue Lucien-L'Allier  
450 687-5552 – [cafeagga.com](http://cafeagga.com)  
Open: Year-round, except Saturdays and Sundays.

Café AGGA is a state-of-the-art Italian-style coffee roasting and production house. Café AGGA offers tours of its facilities. It also has a boutique where customers can buy fair trade, organic coffee beans in bulk, fusion, espresso, and decaffeinated coffee, as well as espresso capsules. Café AGGA also sells and repairs espresso machines.



### Boutique Maison Berger Paris

550, promenade du Centropolis  
450 687-7771  
Open: Year-round.

The boutique offers a choice of 100 models of lamps that purify and perfume the air thanks to a system of diffusion by catalysis that was invented by Maurice Berger in 1898. Customers can choose among 50 fragrances to personalize the environment of their private spaces. Nowadays the successors of Maurice Berger have pursued the exploration of his unique universe by creating new design and decorative objects such as fragrance bouquets and candles, and much more.



### Baseball Town

3835, boulevard Curé-Labelle  
450 682-0009 – [baseballtown.ca](http://baseballtown.ca)  
Open: Year-round.

This shop that is specialized in baseball and softball items sells clothes, gloves and bats as well as protection equipment which customers can test. The shop sells items from renowned brands such as Easton, Louisville, Mizuno, Rawlings, Worth, Miken, Reebok, Under Armour, Majestic and New Era. This shop is paired with the Coup Sûr! Centre which has batting cages where people can try their new equipment. It's also possible to purchase on the Internet site.

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[duolaval.com](http://duolaval.com)





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## Conventions

With a great choice of superior-quality hotels, four convention centres, many multipurpose rooms and one exhibition centre, Laval is renowned among event organizers as one of the best cities where to hold meetings and conventions.

### Sheraton Laval et Centre des congrès

2440, autoroute des Laurentides  
1 800 667-2440 – [marriott.com](http://marriott.com)  
Open: Year-round.



ad. p. 72

Sheraton Laval and Convention Centre is an excellent choice for events of all types and scopes. Located in the heart of Laval, close to all attractions, entertainment and shopping, the hotel has 244 rooms and suites, plus a 33,000-square-foot space with a capacity of 1200 people, which can be set up in various configurations to meet various needs.

### Château Royal

3500, boulevard du Souvenir  
514 333-1000 – [lechateauroyal.com](http://lechateauroyal.com)  
Open: Year-round.

Located in downtown Laval, at a few minutes from Montreal-Trudeau International Airport, Château Royal is the perfect place where to hold corporate events. The hotel has three executive rooms as well as seven meeting rooms that can accommodate up to 1400 people.

### Palace Convention Centre

1717, boulevard Le Corbusier  
450 688-1060 – [palacereception.com](http://palacereception.com)  
Open: Year-round.



Located in the heart of Laval, the Palace Convention Centre is a venue specialized in the organization and holding of events. The place that has been recently renovated is located close to several hotels, restaurants and shopping malls. The Palace has five meeting rooms that can accommodate up to 2060 people. It's the perfect place to hold events of all types.



Sheraton Laval et Centre des congrès

### Carrefour Multisports

3095, autoroute Jean-Noël-Lavoie  
450 687-1857 – [carrefourmultisports.com](http://carrefourmultisports.com)  
Open: Year-round.

The Carrefour Multisports has six rooms that are fully configurable and can accommodate 200 people for corporate or private events, namely receptions, celebrations, conferences and business meetings. Also, the Carrefour Multisports has a coworking area, the Signature Business Centre, where a community of professionals can work in a high-end environment.

### Place Sports Experts

4855, rue Louis-B. Mayer  
450 680-2043 – [place.sportsexperts.ca](http://place.sportsexperts.ca)  
Open: Year-round.

Place Sports Experts, formerly Place Forzani, is the largest exhibition hall in the region. This 90,000-square-foot hall has 11 meeting rooms that can accommodate 3000 people and offers a wide range of efficient and professional services.

### Cabaret de l'Avenir

1000, boulevard de l'Avenir  
450 688-9933 – [cabaretavenir.com](http://cabaretavenir.com)  
Open: Year-round.



The Cabaret de l'Avenir offers a niche product for the organization of high-quality private events. This business venture which is managed by students from Collège Letendre offers a renewed experience as a reception hall offering turnkey or personalized services, at an affordable cost. The Cabaret de l'Avenir is a multipurpose venue that can accommodate 250 people.

**Complexe Multi-Sports de Laval**

955, avenue Bois-de-Boulogne  
450 975-8639 – [multi-sports.ca](http://multi-sports.ca)  
Open: Year-round.

The Complexe Multi-Sports Laval mostly hosts sports events but the place can easily be adapted for exhibitions and meetings. The 60,000-square-foot complex that has five reception halls can accommodate 4000 people, and over 250 stands of 10 feet by 10 feet.

**Accès 2225**

2225, autoroute des Laurentides  
450 682-2225 – [acces2225.com](http://acces2225.com)  
Open: Year-round.

Accès 2225 is a high-end coworking space with a contemporary and stylish decor for freelancers, start-up workers and people visiting Laval for business. The place has television sets, a sound system and wireless Internet with both private and common areas. Several additional services are offered at an extra cost, including a shared kitchen, receptionist service and a fitness centre.

**Théâtre Marcellin-Champagnat**

1275, avenue du Collège  
450 661-4862 – [theatreinc.ca](http://theatreinc.ca)  
Open: Year-round.

Théâtre Marcellin-Champagnat is the perfect location for corporate organizations who are looking for a highly comfortable, functional and pleasant environment to hold an event. Organizations can rent the theatre's facilities and take advantage of its vast scope of services to convey their guests to an enriching experience. TMC's versatility makes it the perfect place for the presentation of various events, including launches, award ceremonies, varnishing days, etc.

**Le Tiers Lieu**

1200, boulevard Saint-Martin Ouest, bureau 130  
514 374-3736 – [letierslieu.com](http://letierslieu.com)  
Open: Year-round.

Le Tiers Lieu is a coworking space where people can rent friendly, creative and inspiring spaces for meetings, networking events, lectures, and other types of events. It is comprised of four meeting rooms that can accommodate 80 people. Le Tiers Lieu is for organizations, companies and individuals that want to carry out their projects while maximizing their social impact thanks to an easy access to collective intelligence.

**Embassy Plaza**

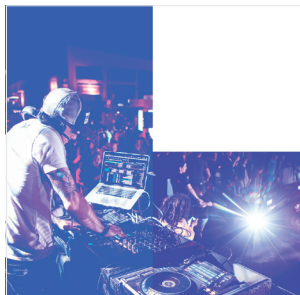
1003, boulevard Curé-Labelle  
450 781-0606 – [plazapmg.com/plaza-embassy](http://plazapmg.com/plaza-embassy)  
Open: Year-round.

Embassy Plaza, a division of the PMG Group, is the perfect place to hold all types of events, from business meetings, cocktails, trade shows and training sessions to wedding receptions and banquets. The place with a chic and modern decor offers event organizers several turnkey packages or personalized experiences according to their needs and budgets. It has six reception rooms that can accommodate 2000 people in total.

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# Culture and Living History

Laval offers a lot of opportunities to live unique experiences, such as going for a walk in a heritage district, meeting artists from here and abroad, or stimulating one's brain cells by exploring the region's museums.



## Museums and Interpretation Centres

In the Laval region, several attractions allow the curious minds to quench their thirst for knowledge while having fun. Science, history and culture enthusiasts will be assuredly won over.

### Cosmodôme



2150, autoroute des Laurentides  
1 800 565-2267 – [cosmodome.org](http://cosmodome.org)  
Open: Year-round.



The Cosmodome is the only museum entirely dedicated to space sciences and exploration. It hosts an exhibition on the solar system and its planets and three interactive virtual missions where visitors become space exploration heroes. Two space camps offer youth an opportunity to experience the life of an astronaut. Packages include accommodation in space station-like modules, the participation in one virtual mission, the experimentation of NASA-like simulators, scientific workshops and cooperative games.

### Musée Armand-Frappier



531, boulevard des Prairies  
450 686-5641 – [musee-afrappier.qc.ca](http://musee-afrappier.qc.ca)  
Open: Year-round, closed Sunday from September to June.

Armand-Frappier Museum is a true bioscience interpretation centre that offers visitors an opportunity to learn about present and future issues related to scientific work research on human health. They make interesting discoveries while visiting the exhibition rooms in the company of scientific instructors, and they can conduct some lab procedures like real researchers. Every year, the museum presents new activities allowing all members of the family to learn while having fun.

### Centre d'exploration du Parc de la Rivière-des-Mille-Îles



345, boulevard Sainte-Rose  
450 622-1020  
[parc-mille-iles.qc.ca/centre-dexploration](http://parc-mille-iles.qc.ca/centre-dexploration)  
Open: Year-round.

ad. p.65

The Parc de la Rivière-des-Mille-Îles Exploration Centre brings various services together under one roof. The environmentally friendly building, aiming for LEED GOLD certification, was designed with the goal of helping people appreciate the Des Mille Îles River, a true jewel of the Laval region. The centre houses the "Believe It or Not!" permanent exhibition, which consists in a journey through the history and ecosystem of this priceless river, as well as an ecological laboratory with several live species kept in an adequate living environment. Other services include three multipurpose rental rooms, a café, and much more.



Centrale de la Rivière-des-Prairies

### Centre d'interprétation de l'eau (C.I.EAU)



12, rue Hotte  
450 963-6463 – [cieau.qc.ca](http://cieau.qc.ca)  
Open: Year-round, except Saturdays  
from August to May.

ad. p.59

This interpretation centre offers interactive and guided activities to demystify the drinking water path, from its production to its distribution up to wastewater sanitation. Visitors discover in a fun and educative way what are the issues associated with water treatment, learn how to reduce their water consumption, and understand the importance of protecting this resource. When visiting the permanent exhibition "The path of water: river to river," they learn about the fundamental role of water in our lives. Experiments for the whole family are also offered in our special laboratory.

### Musée Délia-Tétreault



100, place Juge-Desnoyers  
450 663-6460, poste 5127 – [museedeliatetreault.ca](http://museedeliatetreault.ca)  
Open: Year-round.

Come discover the story of an inspiring woman from Quebec who founded a community that today stretches across five continents! The museum features three exhibitions about the history of the first women missionary community in the Americas, the Missionary Sisters of the Immaculate Conception, and the life of its founder Délia Tétreault. Through more than a hundred objects and documents such as photographs, publications, artefacts, works of art and crafts, pieces of furniture, objects of worship and everyday life, the museum recounts the human adventure that those intrepid Quebec women embarked on more than a century ago.

### Centrale de la Rivière-des-Prairies



3400, rue du Barrage  
1 800 365-5229 – [hydroquebec.com/visit](http://hydroquebec.com/visit)  
Open: mid-May to August.

ad. Back Cover

The Rivière-des-Prairies Hydro-electric Station was commissioned in 1929 and is one of the oldest still in operation in Quebec. Situated between Laval and Montreal, on Des Prairies River, the station offers free educational and interactive visits that combine science with outdoor. In the company of a tour guide, visitors discover the bright Art deco interior of the station, penetrate in the turbine shaft and walk on the 220-metre spillway while tracing the history of the construction and distribution of the electrical network in the Montreal region. In the spring, it's even possible to do a bit of shad fishing from the footbridge.

### Musée pour enfants

3805, boulevard Curé-Labelle  
450 681-4333 – [museepourenfants.com](http://museepourenfants.com)  
Open: Year-round.

This museum specially dedicated to children from 2 to 8 years old offers them an opportunity to learn through play about various jobs and professions such as fireman, policeman, farmer, astronaut, archaeologist, actor, etc. They can take care of sick animals at the veterinary hospital, play at being a construction expert, be the host of a weather report, fly an airliner, fish aboard a trawler or milk Delphine the Cow. And yes, children can touch everything in that museum that offers a fun and educative experience! The museum also has a shop.

## Historical Sites (Heritage) and Sacred Buildings

Laval attracts with its interesting mix of urban effervescence and heritage districts. A stroll in these neighbourhoods is the perfect occasion to discover the rich heritage of the city and see that history is still very present, namely in the architecture of several buildings.

### Route du patrimoine de Laval

[histoire.laval.ca](http://histoire.laval.ca)

ad. p.51

The Heritage Tours are an invitation to discover the history of Old-Sainte-Rose, Old-Saint-Vincent, and Old-Saint-Martin. The architecture of several buildings of these neighbourhoods still reflects the richness of their past. The "Virées patrimoniales" guided tours (historic and theatrical tours) are offered to discover the many treasures of these Laval's old villages. Visitors can also download the application via the App Store or Google Play to discover the Heritage Trail on their own in an interactive way.

### L'Église Saint-François-de-Sales

7070, boulevard des Mille-Îles  
450 666-3563 – [st-francois-de-sales.org](http://st-francois-de-sales.org)  
Open: Year-round.

Built in 1847 on the premises where the first settlers establish themselves at the beginning of the 18th century, the Saint-François-de-Sales church bears witness of the effervescent era of the parish of the same name. Nowadays the stone houses along Mille-Îles Boulevard are reminiscent of this seigniorial era. Also located on that boulevard, the church has large red front doors and its interior is decorated with works of art from some of the most famous artists of that era.



### L'Église Sainte-Rose-de-Lima

219, boulevard Sainte-Rose  
450 625-1963 – [paroissainsaintrose.org](http://paroissainsaintrose.org)  
Open: Year-round.

A jewel of Laval's heritage, the Sainte-Rose-de-Lima church was built between 1852 and 1856 according to the plans of the famous Montreal architect Victor Bourgeau. In 1974, Quebec's Department of Cultural Affairs designated the church as cultural property thanks to the beauty of its structure, the richness of its furniture, its high altar and the two wooden statuettes created by Philippe Liébert. A visit of Old-Sainte-Rose would not be complete without seeing this work of art that is an integral part of this heritage neighbourhood.

### Le Vieux-Sainte-Rose

219, boulevard Sainte-Rose  
[histoire.laval.ca](http://histoire.laval.ca)

Located on the banks of Des Mille Îles River, Old Sainte-Rose has kept the charm of those villages of yesteryears. It was once a highly popular vacation destination for a bourgeois clientele. Visitors can take a self-guided heritage tour to discover the history of this neighbourhood. The guide flyer can be downloaded via the Parcourir Laval mobile application. Old Saint-Rose has always been known for its excellent restaurants, and its craft art and antique boutiques. Old Sainte-Rose is host to various festive activities throughout the year, in summer as well as in winter.

### Le Vieux-Saint-Martin

4080, boulevard Saint-Martin Ouest  
[histoire.laval.ca](http://histoire.laval.ca)

Saint-Martin was the first parish created inland in 1774. Strategically situated between Montreal and Saint-Eustache, the parish rapidly became an important economic and commercial hub. Nowadays Old Saint-Martin is part of a unique historical area that is comprised of the Papineau-Cléroux house, the church built in 1868 based on the plans by architect Victor Bourgeau, the neoclassical style presbytery and the Soeurs de Sainte-Croix (Congregation of Sisters of the Holy Cross) old convent.

### Le Vieux-Saint-Vincent-de-Paul

5443, boulevard Lévesque Est  
[histoire.laval.ca](http://histoire.laval.ca)

First settled in 1740, this Laval neighbourhood is known for its charming main street dotted by coffee shop terraces and restaurants. Right next to the village church, old houses have been renovated and now host a number of boutiques. Saint-Vincent-de-Paul Church was built in 1853 on a site formerly known as "coteau de la pinière" (pine hill) for its unusual abundance of pine trees. Once a convent, the famous Saint-Vincent-de-Paul penitentiary received its first boatload of inmates from Kingston, Ontario, in 1873.



Église Sainte-Rose-de-Lima

### Le Vieux-Sainte-Dorothée

655, rue Principale  
[histoire.laval.ca](http://histoire.laval.ca)

First known for its market-garden crop, Sainte-Dorothée is now famous for its horticulture. Sainte-Dorothée is the capital of annual flowers production, and boasts the largest concentration of hothouse flower producers in Québec. This historic neighbourhood is also known for its charming public place where several popular events take place and where stands the church built in 1873 according to architect Victor Bourgeau's plans.



## DISCOVER LAVAL'S HISTORY IN ANOTHER WAY

Download the *Parcourir Laval* app for free.





## Art Galleries

Laval's art galleries are centres for the creation and exhibition of a great variety of works of art. They provide artists with an exceptional window to show their art while allowing those passing by to stop and make unique discoveries.

### Salle Alfred-Pellan

1395, boulevard de la Concorde Ouest  
450 662-4440 – [maisondesarts.laval.ca](http://maisondesarts.laval.ca)  
Open: Year-round, except on Mondays.



ad. p.38

Salle Alfred-Pellan (SAP) is a museum specialized in contemporary and modern art that describes itself as a multiple dialogue space. It is located in the Maison des arts de Laval and equipped with state-of-the-art technology. It is dedicated to the production and promotion of art and presents projects of national scope. It provides the public with a series of mediation tools to understand and appreciate the works of art, including wall panels, audioguides, printed flyers and brochures, and guidebooks.

### Galerie d'art La Vieille Caserne

216, boulevard Sainte-Rose  
450 625-7925 – [roseart.ca](http://roseart.ca)  
Open: Year-round, except on Mondays.



ad. p.52

Located in the heart of Old Sainte-Rose, this old fire station is a centre for the promotion of works of art from various styles. The place hosts several exhibitions on predetermined themes every year. It's possible to buy oil and acrylic paintings, watercolours, pastels, and sculptures. During the weekends, visitors can meet the artists in residency and learn more about their artistic process.

## La Vieille Caserne Art Gallery

### OLD SAINTE-ROSE AND VISUAL ARTS

- 7 thematic art exhibitions per year
- Live painting on Saturdays and Sundays
- Sales of paintings and sculptures

## Sainte-Rose Symposium 2020

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# Local Flavours



2

Laval is the place where to discover the aromas of a multitude of regional products, and the fragrances of flowers and plants. Laval attracts food lovers who come to pick their own fruits and vegetables, enjoy wine and craft brewed beer tasting, or make a stop at public markets.

## Fruits and Vegetables for Sale and Pick-your-own

In summer, there are many reasons to put Laval on the menu. To start with, there are numerous farm stands along the roads of Laval's countryside. Plus several farms allow people to pick their own fruits and vegetables.

### Ferme Marineau

4356, boulevard Dagenais  
450 689-9792 – [fermemarineau.com](http://fermemarineau.com)  
Open: June to October.



Established in 1921, the Marineau Farm is one of the oldest in Laval. Located in the western part of the island, this family farm is run by a fourth generation of farmers. Its greenhouse and field production includes small fruits such as strawberries, raspberries and blueberries. Visitors are invited to come to the farm and pick their own strawberries and blueberries. The farm is also known for its vegetable field production, including its impressive corn that is grown according to an ancestral family tradition. Homemade products such as pies and fresh donuts are sold at the farm's stands.

### Ferme F. Turcot et Fils

7209, avenue des Perron  
450 622-6872 – 514 704-0001  
Open: June to October.



Established since 1950, the Ferme F. Turcot et fils is a family business that offers a great variety of produce. Visitors can come and pick their own strawberries and buy seasonal fruits and vegetables at the farm's stand. The farm is also a corn producer.

### Ferme Vaillancourt



3155, avenue des Perron  
450 622-6429 – [fermedauteuil.com](http://fermedauteuil.com)  
Open: June to October.



For over 185 years, the Vaillancourt family welcomes visitors on its lands and offers great activities during the harvesting season. Pick your own strawberries, raspberries, tomatoes, sweet peppers or eggplants in a field respectful of nature. Make it a special family or friends outing – U-pick is the greatest activity during the summer season! Visitors are invited to stop by the farm market where they will find fresh fruits and vegetables, local products, dairy products, and baked goods, ready-to-plant annuals and herbs. plus *Les Délices d'Agathe* preserves - jam and marinades just like grandma's!



Ferme Marineau

### Ferme Jeunes au travail



2595, rang du Haut-Saint-François  
450 661-1251 – [jeunesautravail.ca](http://jeunesautravail.ca)  
Open: mid-June to end of October.



Ferme Jeunes au travail is a three-acre organic-certified farm that grows a wide variety of vegetables which are distributed according to the principle of community-supported agriculture. At its stand that is open from mid-June to the end of October, the farm sells a wide variety of organic vegetables, fruits, fine herbs, eggs, various dishes prepared on-site and local products, as well as wood furniture made in its eco-friendly woodworking workshop. Wood used comes from trees cut on Laval's territory to limit waste.

### Kiosque Chez Forget



7901, avenue Marcel-Villeneuve  
450 665-9900 – [fermeforget.ca](http://fermeforget.ca)  
Open: mid-June to end of October



Several activities are offered depending on the season. Visitors can pick their own strawberries, raspberries and blueberries. In the fall, they come to the fields to pick squashes and pumpkins. Also, the farm has a giant corn labyrinth that is fun and educative for people of all ages. Plus there's a mini-farm with animals. At the farm's stand, people can buy fresh fruits and vegetables as well as homemade products that are transformed on the farm.

### Marché Public 440



3535, autoroute Jean-Noël-Lavoie (440)  
450 682-1440 – [marche-public440.com](http://marche-public440.com)  
Open: Year-round.

Established since 1983, the market is home to more than twenty shops, including Mamie Clafoutis bakery, Olivier Potier pastry shop, la Poissonnerie du Marché (fishmonger), la Boucherie du Marché (butcher), Fromagerie des Nations (cheese shop), a fruit store, Chocostyle (chocolate shop), Le Gourmeyer, a private chef and caterer, William J. Walter, and many restaurants, including Locanda, an Italian restaurant, Deli du Marché, Sushi Shop, La Fiamma rotisserie and Pizza Mia. There is also an SAQ. In season, farmers are selling fresh fruits and vegetables and other regional delights.

### Verger Gibouleau



3675, avenue des Perron  
450 625-1158 – [vergergibouleau.com](http://vergergibouleau.com)  
Open: mid-August to mid-December.



Visitors can stroll and pick their own apples every day of the week at this orchard located in the Auteuil neighbourhood that has 10,000 apple trees of several varieties of apples, including Melba, Lobo, McIntosh, Cortland, Honey Gold and Russet. Tractor rides are offered during the weekends of September and October. There's also a stand where to purchase apples of several varieties and other products made with apples, and on weekends, homemade apple donuts, enormous apple pies, and fresh apple juice. The place has a picnic area and a playground.

### Near Laval

#### Cidrierie Les Vergers Lafrance



1473, chemin Principal, Saint-Eustache  
450 625-1158 – [domainelafrance.com](http://domainelafrance.com)  
Open: Year-round.

Located at only 30 minutes from Laval, the Domaine Lafrance with its 13,000 apple trees and 20 varieties of apples is a food lover destination, all year-round. At the boutique, visitors can taste the apple cider and spirits produced on site, and buy gourmet products such as pastries and confectionery, as well as products in gift wraps. In the fall, it's apple picking time in a festive atmosphere with tractor tours, the mini farm, playground structures, gourmet stands, and live music. Guided tours of the cider mill and distillery are offered upon reservation.



Marché Public 440

## Vineyard and Microbrewery

The Laval region is home to various places that offer wine, sparkling wine, cider, and local beer tasting experiences.

### Château Taillefer Lafon



1500, montée Champagne  
450 689-0030 – 450 689-6940  
[chateautailleferlafon.ca](http://chateautailleferlafon.ca)



Open: Year-round, closed on Mondays and Tuesdays.

Château Taillefer Lafon is the first vineyard in Québec authorized to use the appellation "château." It is a resort location where you can organize all kinds of personal and corporate events. You can also visit the vineyard and taste the products of the noble vines (*vitis vinifera*) and stock up on white, red or rosé wine, sweet cider, fortified wine and sparkling rosé wine. Innovative new features such as the new terrace with a picnic area, and the first natural sparkling wine made from noble vines will make this vineyard a must for the wellness experience.



Château Taillefer Lafon

### Les Insulaires Microbrasseurs



275, boulevard de la Concorde Est  
450 967-8080 – [lesinsulaires.ca](http://lesinsulaires.ca)

Open: Year-round.

Les Insulaires Microbrasseurs is a craft brewery that has for mission to promote beer. It invites beer lovers to discover local products in a warm and friendly atmosphere. The place serves a selection of 24 draft beers, privately imported wines and a variety of cocktails as well as a bistro menu. Also, the craft brewery has an indoor stage that the Insulaires use to organize themed evenings and comedy nights.

# Meet the locals this summer.

Discover Laval's  
farm-fresh food and the  
people who make it.

[saveursdelaval.com](http://saveursdelaval.com) |  

Saveurs  
de Laval.



## Gardens and Horticulture

Laval is known for its important horticultural offering, including the largest producer of poinsettias in Quebec, the only producer of orchids in Eastern Canada, and a field of 500,000 tulips, similar to those in Holland.

### Charbonneau L'Expert



6, boulevard Samson  
450 689-1934 – [charbonneualexpert.com](http://charbonneualexpert.com)  
Open: Year-round.



This garden centre offers more than 400 varieties of flowers. Horticultural experts help customers choose their plants according to their needs while landscape experts give them advice on how to layout their gardens. There is also a great choice of cut flowers, and flower arrangements are prepared on site. At the boutique, customers can find pots, pottery, plush toys, balloons and Christmas items. It's possible to add fine chocolates, and Felix and Norton cookies to flower arrangements, or choose a mix of flowers and fruits. Delivery around the world is offered.

### Ferme Grover

7360, boulevard Saint-Martin Ouest  
450 689-0444 – [fermegrover.com](http://fermegrover.com)  
Open: May and June.

Established in the heart of Sainte-Dorothée for over 70 years, the Ferme Grover is a family business specialized in horticulture, more specifically in the production of annual flowers and the preparation of several types of flowering pot plants, including ones with poinsettias and chrysanthemums. In the springtime, the Ferme Grover opens its garden centre for the sale of annuals and perennials.

### Paradis des Orchidées



1280, montée Champagne  
450 689-2244 – [leparadisdesorchidees.com](http://leparadisdesorchidees.com)  
Open: Year-round.



The Paradis des Orchidées is the only producer of this plant in Eastern Canada, with more than 1000 varieties of orchids. At the interpretation centre, visitors of all ages can learn how to take care of orchids and discover what biological control techniques are in place to protect this species. They can also watch a video about the world of these enigmatic plants and their pollinizers.



### Les Serres FJC Lavoie



1470, avenue des Perron  
450 625-0279 – [serreslavoie.com](http://serreslavoie.com)  
Open: Year-round.



The Serres FJC Lavoie is a company that produces cactus species, edible plants; tropical and collection plants; annual and vegetable plants. The company favours an integrated pest-management production using plant tutors and a range of eco-friendly products. The place is a gardening centre that offers maintenance and landscaping services for outdoor and indoor horticulture projects. From June to November, guided visits are offered upon reservation for groups of 5 or more.

### Serres Cléroux



1570, rue Principale  
450 627-2471 – [serrescleroux.com](http://serrescleroux.com)  
Open: Year-round.



The Cléroux Greenhouses is an important horticulture company established in Laval that has more than one million square feet of greenhouses dedicated to the production of annuals, perennials, trees and shrubs, as well as tropical and aquatic plants. The place also sells garden ornaments and other items. The adjoining garden centre offers a beautiful panorama of colours that change with the seasons. There is also a retail store area.

### Tulipes Autocueillette



1270, rue Principale  
450 639-5145 – [tulipes.ca](http://tulipes.ca)  
Open: depends on Mother Nature.

The one and only u-pick tulip farm in Quebec consists of a vast field where 500 000 multicoloured tulips have been planted. Families and groups of friends are invited to pick their own tulips. It is a piece of Holland right in our own neighbourhood. Tulip season is very short. The third annual u-pick tulips is scheduled for May 2020.

## Regional Products

Laval offers a wide variety of regional products that food lovers will enjoy discovering. Maple products, sweet delights, cheese, gourmet meats, there's something to please all taste buds.

### Agneaux de Laval



1055, rue Principale  
450 625-6880 – [agneauxdelaval.com](http://agneauxdelaval.com)  
Open: Year-round.



Agneaux de Laval works at implementing a farming location in the suburb of Montreal, in the heart of Laval. The objective is to create a respectful and healthy environment for the animals and the people that ensure their well-being. The farm offers a fine and delicate meat of superior quality which is widely appreciated by epicureans. It also sells on site a variety of fresh, frozen and processed products. Plus the range of products now includes chicken, turkey and duck. Visitors can eat and relax in the farm's picnic area. Guided tours of the farm may be organized upon reservation.

### Fromagerie du Vieux-Saint-François



4740, boulevard des Mille-Îles  
450 666-6810 – 514 716-3517  
[lafromagerieduvieuxstfrancois.com](http://lafromagerieduvieuxstfrancois.com)  
Open: Year-round; except Mondays.



Established since 1996, the Fromagerie du Vieux-Saint-François is an artisan cheese shop, but also a family business that is specialized in the transformation of goat milk into cheese, yogurt, and even gelato. The cheese shop sells a selection of goat's products, including goat meat. Visitors have the opportunity to observe cheesemakers at work and observe the goats. They can also enjoy some cheese while relaxing in the picnic area that offers a great view on Des Mille Îles River.



Ferme Vaillancourt

## Near Laval

### Cabane à sucre Constantin



1054, boulevard Arthur-Sauvé, Saint-Eustache  
450 473-2374 – [constantin.ca](http://constantin.ca)  
Open: mid-February to the end of April.  
The local shop that sells marinades and maple products is open year-round.

Established since 1941, the Cabane à sucre Constantin offers the traditional sugaring-off party in a rustic sugar shack decor. Guests can also practice several outdoor activities: walking on the trails along the maple stand, horse-drawn sleigh rides, stopping to see the animals at the mini-farm. There are also several activities and games for children. Guests enjoy maple products and traditional dishes based on household recipes passed on from generation to generation. A real treat is the famous taffy on snow.

# Great Outdoors

Laval is both an urban and nature destination thanks to its parks, hiking trails, wooded spaces, and one of the largest protected wildlife areas in the Montreal region. There's something year-round to please those outdoor lovers who are looking for excitement and discovery.



## Outdoor Activities

No matter the season, Laval offers outdoor activities sure to please all enthusiasts: paddle on Des Mille Îles River, go for a hike, skate or ride a bike on the cycling paths.

### Parc de la Rivière-des-Mille-Îles



345, boulevard Sainte-Rose  
450 622-1020 – [parc-mille-iles.qc.ca](http://parc-mille-iles.qc.ca)  
Open: Year-round.  
**ad. p.65**



The Parc de la Rivière-des-Mille-Îles now offers the opportunity to discover the river in three different ways, starting from a single site: the new Exploration Centre. First, by learning in the museum space where the exhibition entitled "Believe it or not!" that highlights the history and the ecosystem of the river is presented. Then by observing it during a visit of the ecology laboratory where several living species are represented. Finally, by experimenting the river and the islands of its archipelago by kayak, canoe, paddleboard, pedal boat, boat or rabaska, or aboard the Blue Heron cruiser.

### Bois de Laval



49, rang de l'Équerre  
450 624-9696 – [reseaucanopee.org](http://reseaucanopee.org)  
Open: Year-round (except Sainte-Dorothée: winter only).

CANOPÉE offers activities and ensures monitoring and surveillance in the following wooded areas: Sainte-Dorothée, La Source, L'Orée des bois, Armand-Frappier, l'Équerre and Papineau. Trails are marked and ideal for hiking. At Bois de l'Équerre, there is a 1.3 km section adapted for people with reduced mobility. Wooded areas are home to an abundant flora and a diversified fauna. Papineau and de l'Équerre wooded areas offer some guided activities and have a parking lot. Free admission.



Bois de Laval

**Rallye des Rivières**



12, rue Hotte  
450 963-6463 – [cieau.qc.ca](http://cieau.qc.ca)  
Open: Year-round.

ad. p.59

This rally offers a great opportunity to tour the island of Laval to discover the multiple facets of its rivers. Wetlands, beaches, conservation areas, mills and dams, water stations or simply beautiful riverside landscapes... what are our rivers still hiding? Along the path, people can stop at one of the historic sites and at various access points to the river, or do some hiking on the nature trails. Participants can explore by bike, car, motorcycle, or by foot with the brand new mobile application "Rallye des rivières." The experience is been more fun thanks to this interactive game, for adults and children.

**Near Laval**

**D'Arbre en Arbre Mirabel**



10 423, montée Sainte-Marianne, Mirabel  
450 433-9773 – [arbreenarbre-mirabel.com](http://arbreenarbre-mirabel.com)  
Open: Year-round.

D'Arbre en Arbre Mirabel is an adventure course located in the wooded area of Parc du Domaine vert. Beginners and experts can take on more than one hundred aerial challenges. All members of the family can test their agility in complete safety and move from one tree to the next in order to reach a series of platforms with the help of zip lines, overpasses, safety nets and rope bridges. The site also has a swimming pool with water jets, road bike trails, hiking trails, playgrounds, and sports fields. In winter the site offers activities such as sliding, cross-country skiing, snowshoeing and skating on a one-kilometre ring. Reservations required.

2

# TOUR THE ISLAND OF LAVAL

Discover its rivers, its flora and fauna, its scenery, its history and its many secrets.

Solve fun interactive challenges with the Rallye des rivières app, versions for children or adults, in English or French!

DOWNLOAD  
THE APP

Download on the  
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## EAU POTABLE : SOURCE DE VIE

**BIENVENUE À LA BERGE DES BAYENNEUX!**  
Quelques liens vers des sites intéressants à visiter...  
De la culture à la gastronomie, en passant par le patrimoine, découvrez les richesses de la région de Laval.

**EN SAVOIR PLUS**  
Consultez les pages de la page 100 de l'annuaire de la ville de Laval pour en savoir plus sur les services offerts par la Ville de Laval.

**ACTION LOCALE**  
Participez à nos actions communautaires et venez à la rencontre de nos citoyens. Vous pouvez aussi participer à nos projets de bénévolat et de volontariat.

**TÉLÉSEZ L'APPLICATION RALLYE DES RIVIÈRES**  
Téléchargez l'application Rallye des Rivières sur votre smartphone ou votre tablette. Elle vous permet de découvrir les richesses de la région de Laval et de participer à nos actions communautaires.

**THE RALLYE DES RIVIÈRES APP**  
Download the Rallye des Rivières app on your smartphone or tablet. It allows you to discover the richness of the Laval region and participate in our community actions.

450-963-6463

www.cieau.qc.ca

In collaboration with

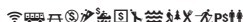


Parc de la Rivière-des-Mille-Îles

## Water Sports and Cruises

Laval is an island and as such, it offers several water activities, from paddle boarding to going on a cruise, and even enjoy a BBQ aboard a party-donut style boat, an activity that is ideal at dusk!

### Centre de la nature



901, avenue du Parc  
450 662-4942 – [centredelanature.laval.ca](http://centredelanature.laval.ca)  
Open: Year-round.

ad. p.60

More than fifty hectares of outdoor fun await visitors at Centre de la nature, one of the largest urban parks of the region. This family-oriented green oasis offers various outdoor and sports activities such as canoeing, kayaking, skating, fatbiking and skiing. Hiking aficionados can practice their sport on more than fifty kilometres of trails. There is a tropical hothouse, and visitors can watch animals at the farm or the pasture corner. There is a playground area that includes a section for children with physical disabilities.

### Croisière dans les îles de la Rivière-des-Mille-Îles



13, rue Hotte  
450 622-1020 – [parc-mille-iles.qc.ca](http://parc-mille-iles.qc.ca)  
Open: June to September.

ad. p.65

This one-hour-and-a-half historical and ecological tour in the company of an interpreter-naturalist guide aboard the Héron Bleu pontoon brings the 48 passengers in the heart of the Mille Îles River archipelago. Known as a holiday resort at the beginning of the 20th century, the river's tributary stream and banks are a succession of forest marshes and home to the diversified fauna that inhabits the area. During the tour, people may even have the opportunity to see giant turtles or unusual fish species!

A large green graphic advertisement for 'Le Centre de la Nature de Laval 50 Ans'. It features a landscape photo of a park with a wooden archway and a winter photo of a family in a yellow inflatable boat. The text 'LE CENTRE de la NATURE de LAVAL 50 ANS' is prominently displayed. Below the text, there are six circular icons representing different activities: a deer, a plant, a person on a bicycle, a person on a snowboard, a person on skis, and a person running. At the bottom, the website 'centredelanature.laval.ca' and the Laval logo are shown.



### Aventure Mille-Îles



1553, rue Parc-des-Plaines  
514 463-1402 – 514 571-6084 – [aventuremille-iles.com](http://aventuremille-iles.com)  
Open: Year-round.

Aventure Mille-Îles is an outdoor recreation centre located on the bank of the Mille Îles River in Laval where you can practice a wide variety of activities, including canoeing, kayaking, row boating, and board paddling. The place has picnic areas and playgrounds. In wintertime, it is possible to practice ice fishing and rent heated ice-fishing huts with all the necessary equipment. The centre also has trails for hiking, snowshoeing and cross-country skiing, as well as a skating rink. The centre is perfect to enjoy nature while having fun and practicing physical activities.

### Top Dopic's BBQ Donut



1553, rue Parc-des-Plaines  
514 571-6084 – [topdopicsbbqdonut.ca](http://topdopicsbbqdonut.ca)  
Open: June to end of September.

Top dopic's BBQ donut is a company that rents boats in the form of a donut with a BBQ unit at the centre. People rent that type of boat to live a unique lunch or dinner experience with family, friends or colleagues. It's the ideal way to discover river bank landscapes while enjoying a great meal. You can bring your own meal or call upon the various catering packages offered.

## Spas and Nordic Baths

Relaxing and wellness experiences await visitors at the limits of Laval. Nordic spas invite their guests to enjoy calming and therapeutic moments in a serene environment.

### Near Laval

#### Spa Le Finlandais



124, boulevard Labelle, Rosemère  
450 971-0005 – [spalefinlandais.com](http://spalefinlandais.com)  
Open: Year-round.

ad. p.62

Spa Le Finlandais is the only one in America that offers more than 25 different relaxation experiences under the theme of Saunas of the World. You will discover among others the basins of the Arctic, the cave of Neptune, various thermal pools, including the new Infinity of Indonesia. Multiple rest areas transport customers to a different country throughout their journey. Clients can make new experiences in the Moroccan salon, the meditation salon of the Indies and also in the exfoliation room. The place now has 40 treatment rooms for a wide range of massages and beauty treatments.

#### L'Oasis de l'Île



25, chemin des Îles-Yale, Saint-Eustache  
450 472-0263 – [oasisdelile.com](http://oasisdelile.com)  
Open: Year-round.

L'Oasis de l'Île, that is located on an island in Des Mille Îles River, offers massages and various types of body care for a relaxing experience. People on a business trip as well as those vacationing are invited to discover water's therapeutic virtues through the various care offered in the Nordic facilities. The gastronomic restaurant l'Accalmie serves a four-course menu and privately imported wines. The Inn has 20 spacious rooms of various inspirations. Each stay includes an access to the spa and the continental breakfast.



finlāndāis

spa & hōtel

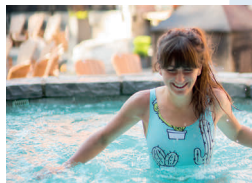
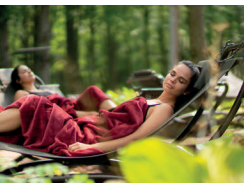


HOTEL & SPA PACKAGES



GIFT CARDS

124 & 125 Labelle Blvd.  
Rosemère, Quebec  
J7A 2G9



450 971-0005 · 1 888 971-0005 · [SpaLeFinlandais.com](http://SpaLeFinlandais.com)

## Bicycle Touring

The Laval section of the Route verte stretched on over 37 kilometres and allows crossing the island, from east to west and north to south. Laval being an island, cyclists appreciate the proximity of water bodies. They can stop on the river banks, and enjoy unique points of view on Des Prairies River and Des Mille Îles River. At the westerly point of the island, cyclists can relax on the banks of the Lake of Two Mountains. In Laval, since several sections of the banks are equipped with picnic tables, cyclists can take a break and eat a snack. Also, cyclists riding on the north-south portion of the Route verte can cross over to Montreal in complete safety by taking the Perry Island Bridge located at two kilometres west of the Viau Bridge. Cycling along Laval's bike paths also allows discovering unique attractions, including the Parc de la Rivière-des-Mille-Îles, the Centre de la nature,

and even Centropolis. From May 1st to October 31st, cyclists can board the STL buses (Laval's public transit) which are equipped with bike racks.

Visitors interested in exploring Laval differently, without having to drive around, can borrow electric-assist or regular BIXIs at one of the six stations in the city. The most adventurous can cross bridges to Montreal. The Laval cycling path network is connected to the Montreal cycling network, which has 611 BIXI stations.

Those interested in obtaining more information on the entire Laval's cycling path network can get the map of the Greater Montreal cycling path network at the Tourist Information Office.

2



## Hiking

Laval has over 60 kilometres of hiking trails that are perfect to explore the nature, observe animals in their natural habitats, take a breath of fresh air, or just enjoy the moment.

	Trails			Services
	Length (km)	Trail Rating	Hiking Season	
<b>Trail Rating</b> ● : Easy   ■ : Intermediate   ◆ : Difficult				
<b>Locations</b>				
<b>Centre de la nature</b> ⓘ 901, avenue du Parc 450 662-4942 – <a href="http://centredelanature.laval.ca">centredelanature.laval.ca</a> – ad. p.60	6	●	Year-round	
<b>Parc de la Rivière-des-Mille-Îles</b> ⓘ 345, boulevard Sainte-Rose 450 622-1020 – <a href="http://parc-mille-iles.qc.ca">parc-mille-iles.qc.ca</a> – ad. p.65	4 to 13	●	May to october January to march	
<b>Berge Berthiaume-Du Tremblay</b> ⓘ 30 à 60, promenade des Îles 450 978-8971 – <a href="http://laval.ca">laval.ca</a>	1	●	Year-round	
<b>Bois Armand-Frappier</b> ⓘ 2999, boulevard Notre-Dame <a href="http://reseaucanopee.org">reseaucanopee.org</a>	8.5	●	Year-round	
<b>Boisé Sainte-Dorothée</b> ⓘ 7762, boulevard Saint-Martin Ouest <a href="http://boisesaintedorothee.org">boisesaintedorothee.org</a>	5	●	Winter only	
<b>Bois de la Source</b> ⓘ 705, 18 <sup>e</sup> Avenue <a href="http://reseaucanopee.org">reseaucanopee.org</a>	6	●	Year-round	
<b>Bois de l'Équerre</b> ⓘ 49, rang de l'Équerre <a href="http://boisdelequerre.org">boisdelequerre.org</a>	12	●	Year-round	
<b>Bois du Souvenir</b> ⓘ 800, avenue Ampère <a href="http://reseaucanopee.org">reseaucanopee.org</a>	3	●	Year-round	
<b>Bois Papineau</b> ⓘ 3235, boulevard Saint-Martin Est <a href="http://reseaucanopee.org">reseaucanopee.org</a>	8	●	Year-round	
<b>L'Orée-des-Bois</b> ⓘ 1130, 37 <sup>e</sup> Avenue <a href="http://reseaucanopee.org">reseaucanopee.org</a>	3	●	Year-round	
<b>Parc Bernard-Landry</b> ⓘ 5, avenue du Crochet 450 662-4902 – <a href="http://laval.ca">laval.ca</a>	4	●	Year-round	



PARC  
de la Rivière-  
des-Mille-Îles

READY TO  
EXPLORE!



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Boat Rental Centre • Cruises • Day Camp • Guided Excursions  
Ice Fishing • Ice Skating • Multipurpose Trails



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CENTRE !**

- Permanent Exhibition  
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- Ecology Laboratory
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Information and reservation

**450-622-1020**

[parc-mille-iles.qc.ca](http://parc-mille-iles.qc.ca)

345 Sainte-Rose Boulevard  
Laval QC H7L 1M7

# Winter Fun



When winter arrives, everyone in Québec goes outside to play: sliding, trekking, ice fishing, skating, cross-country skiing, anything is possible in Laval! Marked snowmobile trails cut across the region. Winter can't even put a damper on the parties and vibrant urban life!

## Winter Activities

In winter, Laval's region offers a wide variety of entertaining activities: ice fishing, snowmobile rides, skating and sliding, etc. It's the perfect destination to rekindle one's inner child, and discover the nature side of the city.

### Centre de la nature



901, avenue du Parc  
450 662-4942 – [centredelanature.laval.ca](http://centredelanature.laval.ca)  
Open: December to March.

ad. p.60

Even in winter, visitors can observe the animals of the farm and the feathered creatures of the tropical greenhouse at this family-oriented park that offers several recreational activities. Cross-country skiers and hikers can practice their favourite activities along the five kilometres of looped trails. Thrill seekers will enjoy the five marked snow-covered toboggan slides while skaters can refine their skills on the icy bond. Plus, children 5 to 8 years old are invited to attend free downhill skiing workshops.



Parc de la Rivière-des-Mille-Îles

### Parc de la Rivière-des-Mille-Îles



345, boulevard Sainte-Rose  
450 622-1020 – [parc-mille-iles.qc.ca](http://parc-mille-iles.qc.ca)  
Open: January to March.



ad. p.65

Various activities are now offered at the new Exploration Centre! Several packages are also available for ice fishing enthusiasts who can practice their sport while warming themselves in the colourful cabins. Located in Old Sainte-Rose, this natural area offers various winter activities to practice in family, as a couple or with friends. Three 13-kilometre hiking trails cross the river and the islands and are perfect for cross-country skiing, hiking, and snowshoeing. The park also has slides and an ice-skating trail.



Bois de l'Équerre



### Aventure Mille-Îles



1553, rue du Parc des plaines  
514 463-1402 – [aventuremille-iles.com](http://aventuremille-iles.com)  
Open: weekends; weekdays upon reservation.

Aventure Mille-Îles is the perfect destination where to practice various winter outdoor activities and sports with family or friends. Aventure Mille-Îles offers several packages to practice ice fishing on Des Mille Îles River. Visitors can rent ice fishing huts equipped with wood stove, wood, holes in the ice and fishing equipment. Fishing baits are sold on site. The site has trails for hiking, cross-country skiing and snowshoeing. There's also a skating rink.

### Bois de Laval



49, rang de l'Équerre  
450 624-9696 – [reseaucanopee.org](http://reseaucanopee.org)  
Open: Year-round.

CANOPÉE offers winter activities and ensures surveillance and monitoring in the following wooded areas: Sainte-Dorothée, La Source, L'Orée des bois, Armand-Frappier, l'Équerre and Papineau. Visitors can practice hiking and snowshoeing. Several locations have a parking lot. It's possible to rent snowshoes at Bois de l'Équerre and Sainte-Dorothée. Free admission.

### Parc Bernard-Landry



5, avenue du Crochet  
450 662-4297 – [laval.ca](http://laval.ca)  
Open: Year-round.

Bernard-Landry Park is a destination of choice to practice several activities from sliding and skating to cross-country skiing and snowshoeing. It is possible to borrow sports equipment at the park's main cottage. Even in winter, people can exercise outdoors thanks to the Trekfit fitness modules. This natural space is also a great destination for eco-hiking thanks to its numerous trails with 16 interpretation panels. Children have a lot of fun in the playground's modules and in the snow labyrinth. They can also play with the various games and other items they can find in the park's toy chest.

### Club de motoneige Laval



12, place Le Royer  
450 663-2840 – [clubdemotoneigelavalinc.com](http://clubdemotoneigelavalinc.com)  
Open: December to March.

Snowmobile enthusiasts can enjoy their sport along the 60-kilometre trails that cross Laval, from east to west. Established in 1971, the Club de Motoneige Laval Inc., that is one of the most important in Quebec, ensures the marking, maintenance and safety of the trails. Forty additional kilometres of trails allow connecting with Laval's neighbouring regions. There is a rest area located on the TQ3 trail near Highway 19 and Des Mille-Îles Blvd. Open daily, the Club de motoneige de Laval has a snack bar, and a free parking area for snowmobilers.

## Ice Skating

**Outdoor or indoor. Laval has several places where to practice one of Quebec's most popular winter activities: skating. With family or friends, it's the perfect activity to enjoy winter fun.**

### Patinoire Bleu Blanc Bouge



55, boulevard Cartier Ouest  
450 662-4942 – 311 – [patinoires.laval.ca](http://patinoires.laval.ca)  
Open: Year-round.

The Bleu Blanc Bouge refrigerated skating rink at Émile Park opens very early in December. It is located a few steps from the Cartier metro station. Built thanks to the Montreal Canadiens Children's Foundation, this outdoor multisport rink is a community project which aims at promoting healthy life habits among youth aged 17 and under from the neighbourhood. In spring, summer and fall, the skating rink is replaced by sport facilities dedicated to the free practice of basketball and ball hockey. The City of Laval reserves the right to close the skating rink at all times, without previous notice.

### Patinoire de Centropolis



Place Centrale  
450 681-4811 – [centropolis.ca](http://centropolis.ca)  
Open: December to March.



People that enjoy winter activities enjoy the outdoor refrigerated skating rink at Place Centrale where children and adults can skate free of charge during the period reserved to free skating. They can participate in free activities and take learn-to-skate classes. Skate rental is offered on site. The entertainment programme includes themed evenings with DJ.



Centropolis

### Patinoire Place Bell



1950, rue Claude-Gagné  
450 973-2275 – [placebell.ca](http://placebell.ca)  
Open: Year-round.



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Place Bell is the perfect destination in Laval place where to practice various activities on ice. Free skating is generally offered on the region's largest indoor skating rink, i.e. the Olympic-size rink circled by protective pads. Free hockey can be practiced on the NHL-size training rink. Put your skates on and come enjoy great moments to the rhythm of ambiance music with family or friends. Young children who are starting to skate can use support devices in the form of reindeers, belugas and other. Skate sharpening, equipment repair and rental, and more are offered at the Boutique du Pro.

**Take your PLACE!**

Place Bell

For more information:  
[www.placebell.ca](http://www.placebell.ca)  
450 978-8819

**LEISURE Activities\***

- Leisure skating
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- Conference / reception
- Exhibition
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- Party

**ICES Rental**

- Tournament
- Team building

\*Schedule and rates available online

## Cross-country Skiing, Snowshoeing and Fatbiking

### Trail Rating

● : Easy ■ : Intermediate ◆ : Difficult

### Locations

	Snow-shoeing			Cross-country skiing			Fat-biking	Services
	Length (km)	Number	Trail Rating	Length (km)	Number	Trail Rating	Skate Skiing	
<b>Centre de la nature</b> ⓘ 901, avenue du Parc 450 662-4942 – <a href="http://centredelanature.laval.ca">centredelanature.laval.ca</a> – ad. p.60				6		●		
<b>Parc de la Rivière-des-Mille-Îles</b> ⓘ 13, rue Hotte 345, boulevard Sainte-Rose 450 622-1020 – <a href="http://parc-mille-iles.qc.ca">parc-mille-iles.qc.ca</a> – ad. p.65	13	3	●	4	1	●		
<b>Berge Berthiaume-Du Tremblay</b> ⓘ 30 à 60, promenade des Îles 450 978-8971 – <a href="http://laval.ca">laval.ca</a>				1		●		
<b>Bois Armand-Frappier</b> ⓘ 2999, boulevard Notre-Dame <a href="http://reseaucanopee.org">reseaucanopee.org</a>	8,5	2	●					
<b>Boisé Sainte-Dorothée</b> ⓘ 7762, boulevard Saint-Martin Ouest <a href="http://boisesaintedorothee.org">boisesaintedorothee.org</a>	5	1	●					
<b>Bois de la Source</b> ⓘ 705, 18 <sup>e</sup> Avenue <a href="http://reseaucanopee.org">reseaucanopee.org</a>	6		●	6		●		
<b>Bois de l'Équerre</b> ⓘ 49, rang de l'Équerre <a href="http://boisdelequerre.org">boisdelequerre.org</a>	12	4	●					
<b>Bois du Souvenir</b> ⓘ 800, avenue Ampère <a href="http://reseaucanopee.org">reseaucanopee.org</a>	3	1	●					
<b>Bois Duvernay</b> § 2830, rang Saint-Elzéar Est 450 661-1766 – <a href="http://coureursdeboises.com">coureursdeboises.com</a>				21	5	● ■	✓	
<b>Bois Papineau</b> ⓘ 3235, boulevard Saint-Martin Est <a href="http://reseaucanopee.org">reseaucanopee.org</a>	8		●	3		●		
<b>L'Orée-des-Bois</b> ⓘ 1130, 37 <sup>e</sup> Avenue <a href="http://reseaucanopee.org">reseaucanopee.org</a>	3		●					
<b>Parc Bernard-Landry</b> ⓘ 5, avenue du Crochet 450 662-4902 – <a href="http://laval.ca">laval.ca</a>	1		●	4	1	●		





<b>73</b>	<b>→</b>	<b>Accommodations</b>
73		Hotels/Motels
<b>82</b>	<b>→</b>	<b>Places to Eat</b>
82		Restaurants



# Accommodations and Places to Eat



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**Hilton**  
MONTREAL/LAVAL

- ◆ 190 rooms and suites
- ◆ Le Quartz Restaurant/Bar
- ◆ Corporate Club
- ◆ Accès 2225 - Coworking
- ◆ Pool and Fitness Centre
- ◆ "Sur le pouce" Grocery Store
- ◆ Self-serve laundry service



[hilton-laval.com](http://hilton-laval.com) | 2225 Autoroute des Laurentides, Laval, QC, Canada H7S 1Z6 | ☎ 1 800 363-7948



**SHERATON**  
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[marriott.com/yulls](http://marriott.com/yulls) | 2440 Autoroute des Laurentides, Laval, QC, Canada H7T 1X5 | ☎ 1 800 667-2440

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# Accommodations

With a wide range of accommodation formulas, Laval has something for every taste and budget. Thanks to its strict classification program, which rates accommodations on the basis of comfort, services and safety, Tourisme Québec helps ensure your stay is unforgettable!

3

## Sheraton Laval

★★★★

360

2440, autoroute des Laurentides  
1 800 667-2440 – [marriott.fr/yulls](http://marriott.fr/yulls)

ad. p.72

This hotel is synonym with charm and elegance. Located in the heart of Laval, the Sheraton Laval is easily accessible, has an indoor heated pool, and is home to the Amerispa health and beauty centre and La Piazza restaurant-bar.

244 units –          

## Hilton Montréal/Laval

★★★★

360

2225, autoroute des Laurentides  
1 800 363-7948 – [hilton-laval.com](http://hilton-laval.com)

ad. p.72

The Hilton Montréal/Laval has 190 rooms, including 42 suites. The hotel has a restaurant, Le Quartz, an indoor swimming pool, a spa, a fitness room, plus the Sur le pouce grocery store, the Club corporatif, and Acces 2225, a coworking space.

190 units –         

## Le St-Martin Hôtel et Suites

★★★★

1400, rue Maurice-Gauvin  
450 902-3000 – 1 866 904-6835 – [lestmartin.com](http://lestmartin.com)

This European-style boutique hotel has spacious rooms with a contemporary decor, a lounge/bar with a big screen TV, a fitness centre, and in summer, an outdoor whirlpool and a terrace with a beautiful garden.

116 units –        

## Hampton Inn & Suites

★★★★

1961, boulevard Curé-Labelle  
450 687-0010 – 1 866 687-0010 – [hampton.com](http://hampton.com)

ad. p.76

This hotel has a lobby with a fireplace and two big screen TVs, an indoor pool with an outdoor terrace, a fitness room, as well as a breakfast room.




104 units –        

## Les Menus-Plaisirs

★★★★

244, boulevard Sainte-Rose  
450 625-0976 – [lesmenusplaisirs.ca](http://lesmenusplaisirs.ca)

This unique ancestral inn is located in Old Sainte-Rose, where Curé Antoine Labelle was born. The place serves a regional cuisine. Guests can spend the night in a cosiness room of the inn.

11 units –   

## Holiday Inn Laval Montréal

★★★

360

2900, boulevard Le Carrefour  
450 682-9000 – [hilaval.com](http://hilaval.com)

ad. p.75

The Holiday Inn is located a few steps only from CF Carrefour Laval. This hotel has an indoor pool and houses the Chez Lionel restaurant. Plus children stay and eat for free.

176 units –        

## Quality Suites Laval

★★★

360

2035, autoroute des Laurentides  
450 686-6777 – [choic-hotels.ca](http://choic-hotels.ca)

ad. p.79

Located in the heart of Laval, near the city's main attractions, the Quality Suites offers a complimentary continental breakfast, Wi-Fi Internet and access to the fitness room.

113 units –      

## Best Western Plus Laval-Montréal

★★★

3655, autoroute des Laurentides  
450 681-9000 – [bwlaval.com](http://bwlaval.com)

ad. p.77

Located close to the main attractions, this classic completely renovated hotel is appreciated for its interior balconies with a view from above on the atrium and the indoor pool.

75 units –        

**Comfort Inn Laval**

★ ★ ★

2055, autoroute des Laurentides  
450 686-0600 – [lavalcomfortinn.com](http://lavalcomfortinn.com)

 **ad. p.80**

Located at the heart of Laval, the Comfort Inn offers several free complimentary services, including a hot buffet breakfast, wireless Internet and parking.

119 units –    

**Motel Idéal Sainte-Rose**

★ ★ ★

379, boulevard Curé-Labelle  
450 625-0773 – 1 888 533-0773 – [motelideal.com](http://motelideal.com) **ad. p.78**

This motel has 84 units, including 70 regular rooms and 14 suites with a therapeutic bath. The new pavilion is entirely a non-smoking environment. Continental breakfast is served free of charge.

84 units –    

**Le Fabreville Chambres et Suites**

★ ★ ★

4301, boulevard Dagenais Ouest  
450 627-4781 – 1 888 908-4781 – [lefabreville.com](http://lefabreville.com) **ad. p.81**

The Fabreville Rooms and Suites has comfortable, renovated rooms and original suites with a whirlpool tub and a fireplace. Continental breakfast is included. Our guests have access to the garden and the terrace in season.

41 units –    

**Hôtel Ô – Motel Newstar**

★ ★ ★

1375, boulevard des Laurentides  
450 669-1725 – [motelnewstar.com](http://motelnewstar.com)

The hotel has 73 inviting and spacious rooms and suites with the new pavilion of 20 rooms, including 8 suites. All suites have a large glass shower with body jets. All the room in motel section have been renovated recently.

73 units –    

**Olux Hôtel Motel & Suites**

★ ★

1354, boulevard des Laurentides  
450 669 2601 – [oluxhotels.com](http://oluxhotels.com)

**ad. p.2**

The rooms that are modern with a sleek decor have been recently renovated. Some units have a whirlpool bathtub. Long stay accommodation packages are also offered. Breakfast is included.

77 units –    

**Auberge Chomedey Inn**

★

590, boulevard Curé-Labelle  
450 978-1171 – [chomedeyinn.com](http://chomedeyinn.com)

Located in the heart of the Chomedey neighbourhood, and close to main roads, shopping malls and restaurants, this inn offers short- and long-term accommodation.

41 units –   

**L'Oasis de l'Île**

★ ★ ★

25, chemin des Îles-Yale, Saint-Eustache  
450 472-0263 – [oasisdelile.com](http://oasisdelile.com)

The Inn has 20 spacious rooms of various inspirations. Continental breakfast is included with the overnight stay. It is the perfect venue for a wedding or a business meeting.

20 units –    

**Spa et Hôtel Le Finlandais**

★ ★ ★

125, boulevard Labelle, Rosemère  
450 971-0005 – [spalefinlandais.com](http://spalefinlandais.com) **ad. p.62**

Spa & Hôtel Le Finlandais has 60 comfortable rooms and suites with a stylish and serene unique décor, and the service is courteous and professional. Breakfast is offered.

61 units –    





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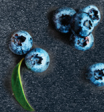
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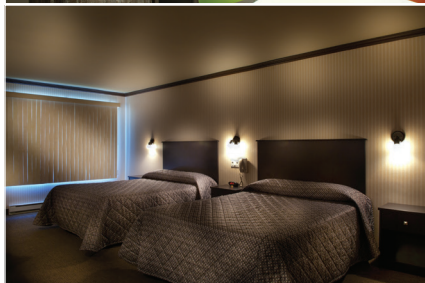
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1 800 605-5115

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[motelideal.com](http://motelideal.com)



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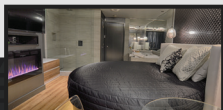


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# Places to Eat

Laval is a true foodie destination thanks to its great variety of restaurants. Visitors find in Laval unique and creative culinary experiences, refined high-end restaurants, and regional products.



**Price range**  
 \$ : under \$15  
 \$\$ : \$15-\$30  
 \$\$\$ : \$31-\$50  
 \$\$\$\$ : over \$50

**Meals**  
 1 : Breakfast  
 2 : Lunch  
 3 : Supper

▼ Listed in Alphabetical Order

### 3 brasseurs Centropolis

2900, avenue Pierre-Péladeau  
 450 988-4848 – [les3brasseurs.ca](http://les3brasseurs.ca)  
 \$\$\$ – 2,3 – ACPT

3 Brasseurs Centropolis offers a vast choice of brewed-on-site craft beers and served in a typical brewery setting, a menu of bistro-type and local dishes. Plus the place has a wine cellar, a bar, and offers live entertainment.

### Au Biniou

100, boulevard de la Concorde Est  
 450 667-3170 – [restaurantbiniou.com](http://restaurantbiniou.com)  
 \$\$\$ – 2,3 – AC

For over 35 years, this Laval's restaurant housed in an ancestral home has been serving traditional French cuisine dishes in a cosy atmosphere. The restaurant has an outdoor terrace in summertime. Wines are sold at SAQ prices.

### Bistro Le Rossignol

5580, boulevard des Rossignols  
 450 682-1128 – 514 912-1128 – [bistorrossignol.ca](http://bistorrossignol.ca)  
 \$\$\$ – 1,2,3 – AC

This restaurant serves bistro-type breakfasts and lunches on weekdays. In the evening and on weekends, the restaurant transforms into a reception room for anniversaries, weddings, office parties, etc. The place also offers Diner and Show Fridays, and Comedy Thursdays.

### Boston Pizza Centropolis

450, promenade du Centropolis  
 450 688-2229 – [bostonpizza.com](http://bostonpizza.com)  
 \$\$\$ – 2,3 – ACPT

Boston Pizza Centropolis offers a casual dining experience. More than 100 items are on the menu, including gourmet pizzas made with the signature hand-pressed dough, plus mouth-watering pasta and a wide variety of appetizers, salads, main courses and desserts.

### Café Le Signet

295, boulevard Sainte-Rose  
 450 625-1222 – [cafelesignet.com](http://cafelesignet.com)  
 \$ – 1,2 – ACP

Le Signet is a not-for-profit restaurant/caterer that employs people living with a mental health condition. This cafe is renowned for its breakfasts, lunches and its catering service, as well as its Acoustic Sundays and its Concert Fridays.

### Café Ricardo

150, promenade du Centropolis  
 450 505-6160 – [cafericardo.com](http://cafericardo.com)  
 \$\$\$ – 1,2,3

Located at Centropolis in Laval, Café RICARDO has a restaurant area for over 80 people, an outdoor terrace, and a RICARDO boutique. In a friendly atmosphere, customers can enjoy dishes inspired by recipes from RICARDO Magazine.

**Calvi Bistro Méditerranéen**

2940, avenue Pierre-Péladeau  
450 680-1656 – [restaurantcalvi.com](http://restaurantcalvi.com)  
\$\$\$ – 2,3 – 📶📶📶

This bistro serves a great mix of Mediterranean and Italian specialities, delicious fish and seafood dishes, grilled and braised pieces of meat. It has a well-stocked cellar, and seven private rooms to accommodate groups.

**Chez Cora Déjeuners**

2113, boulevard Le Carrefour  
450 973-1991 – [chezcora.com](http://chezcora.com)  
\$ – 1,2

Located near CF Carrefour Laval, Cora Breakfast and Lunch Restaurant that specializes in brunches, breakfasts and lunches welcomes guests in a warm decor and family atmosphere. Delivery now offered with Skip the Dishes!

**Chocolato Laval**

1687, boulevard de l'Avenir  
450 490-4910 – [chocolato.ca](http://chocolato.ca)  
\$ – 📶📶📶

Chocolato offers a unique tasting experience in a modern sleek themed decor where they serve desserts such as a 100% pure rich and flavourful chocolate. The place also has a counter where fine chocolates are sold.

**Crèmerie Pineault**

3307, boulevard Saint-Martin Est  
450 664-4417 – [facebook.com/cremeriepineault](https://facebook.com/cremeriepineault)  
\$ – 📶📶📶

Crèmerie Pineault is the proud producer of artisanal ice cream. It uses a unique and patented process that allows adding real fruits or sweets of your choice to soft ice cream, and combining three flavours in one product.

**Dolce & Santella Gelato Artisanal**

545, boulevard des Laurentides  
450 933-5725 – 514 926-1262 – [dolceandsantella.com](http://dolceandsantella.com)  
\$\$ – 1,2,3 – 📶📶📶

The place offers 24 flavours of artisan gelato prepared on site every day. Made of natural and quality ingredients, no artificial colouring or flavouring. Several choices of vegan flavours. Coffee, croissants, chocolate croissants, paninis, salads and iced cakes.

**Escondite**

2119, boulevard Le Carrefour  
579 640-3171 – [escondite.ca](http://escondite.ca)  
\$\$\$ – 2,3 – 📶📶📶

Escondite Cerveceria de Barrio is a Mexican restaurant that serves Mexican specialities and homemade tequila cocktails. The eclectic décor features among others a huge fresco and references to Diego Rivera and Frida Kahlo works of art, and Catholic iconography.

**Gatto Matto**

1950, rue Claude-Gagné  
450 505-5051 – [gattomatto.ca](http://gattomatto.ca)  
\$\$\$ – 3 – 📶📶📶




This restaurant located in Place Bell serves a reinvented Italian cuisine. The place also has a wine bar with a selection of wine by the glass that is renewed regularly. The Art Deco floral-theme decor creates a Mediterranean atmosphere, like the one of a modern Milan hotel.



**Dolce & Santella Gelato Artisanal**

### Jack Astor's Laval

1820, avenue Pierre-Péladeau  
450 681-6683 – [jackastors.com](http://jackastors.com)

**\$ \$ – 2,3** –    AC

**ad. p.84**

This restaurant-bar serves dishes prepared with fresh ingredients, including Pad Thai, Nachos Machos, chicken, burgers, and children and group menus. Games are broadcast on giant screen, and there's a terrace, a bar and even an Elvis seat.

### L'Antre-Nous, Crêperie Bistro

2260, desserte Ouest, autoroute Chomedey (A13)  
450 314-3131 – [restaurantantrenous.com](http://restaurantantrenous.com)

**\$ \$ – 1,2,3**

This Brittany-crepe specialty French Bistro that is located in Sainte-Dorothée serves salty and sweet crepes with a choice of toppings. This warm and welcoming restaurant is open for breakfast, lunch and dinner. A catering service is also offered.

### La Bête à pain




1969, autoroute des Laurentides (desserte Est)  
450 663-4330 – [labeteapain.com](http://labeteapain.com)

**\$ \$ – 1,2** –    AC B10

La Bête à pain is a bakery and a 50-seat restaurant that serves a seasonal contemporary cuisine prepared with quality products. The place also sells ready-to-serve dishes, pastries, donuts and viennoiseries for takeout. Private receptions. Catering service of all types.

### La Piazza

2440, autoroute des Laurentides  
1 800 667-2440 – 450 687-2440 – [restolapiazza.com](http://restolapiazza.com)

**\$ \$ – 1,2,3** –    AC B10

**ad. p.72**

This restaurant-bar located in the Sheraton Laval serves the cuisine of the chef Éric Robidoux. Our chefs concoct authentic Mediterranean dishes using only fresh fruits and vegetables, as well as sourced fish and seafood.



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**La Taverne Carrefour Laval**

3003, boulevard Carrefour Laval  
450 681-0576 – [latavernecarrefourlaval.com](http://latavernecarrefourlaval.com)  
\$ \$ – 2,3 – 📶 🍷 🍴

La Taverne is a restaurant/bar for omnivorous, vegetarians and vegans alike that come to enjoy the selection of Quebec products. Thanks to its great cocktail, shooter and beer list, its happy hours make Laval vibe! Open 7/7, from 11 a.m. to 3 a.m.

**La Belle et la Boeuf**

510, promenade du Centropolis  
450 934-8777 – [belleetboeuf.com](http://belleetboeuf.com)  
\$ \$ – 2,3 – 📶 ACPT

This bar-lounge restaurant serves certified Angus beef, chicken, fish and vegetarian burgers and a great selection of beers, Scotch whiskies and cocktails in Mason jars, all this plus a great music background featuring hits from the 60s to the 90s. For 18 and older.

**Le Balthazar**

195, promenade du Centropolis  
450 682-2007 – [lebalthazar.com](http://lebalthazar.com)  
\$ \$ – 2,3 – 📶 🍷 AC🍴

The Balthazar offers more than 100 selections from Quebec's microbreweries and a menu comprised of dishes made of regional produce and some with beer. The place holds themed evenings with musicians on Thursday and Saturday nights.

**Le Boating Club**

30, boulevard Curé-Labelle  
450 937-3353 – [leboatingclub.com](http://leboatingclub.com)  
\$ \$ – 1,3 – 📶 AC🍷 🍴

This lively resto-bar that is located in a beautiful ancestral house in Old-Sainte-Rose serves a wide variety of dishes and a vast choice of wines, in a chic yet relaxed atmosphere. The place was once a very popular nautical club founded in 1889.

**Lugano's**

1723, boulevard Saint-Martin Ouest  
450 686-1888 – [luganos.com](http://luganos.com)  
\$ \$ – 2,3 – 🍷

This "bring-your-own-wine" Italian restaurant serves specialities including fish and seafood dishes, grilled meat, pasta and pizza as well as veal prepared the traditional way. Closed for lunch Saturdays and Sundays.

**Le Mitoyen****Le Mitoyen**

652, rue de la Place-Publique  
450 689-2977 – [restaurantlemitoyen.com](http://restaurantlemitoyen.com)  
\$ \$ \$ \$ – 2,3 – 📶 ACPT

This restaurant is established since 1977 in an ancestral home with a countryside decor. The chef Richard Bastien prepares various meat dishes, such as lamb, Boileau deer, fish and seafood according to market arrivals.

**Le Quartz**

2225, autoroute des Laurentides  
450 682-2225 – [hilton-laval.com](http://hilton-laval.com)  
\$ \$ – 1,2,3 – ACP

**ad. p.72**

This restaurant/bar housed in the Hilton Montreal/Laval serves in a modern setting a breakfast, lunch and dinner menu prepared by the chef Jérôme Braure. Brunch is offered on Saturdays and Sundays. Plus the restaurant has a great selection of wine, gin and Scotch whiskies.

### Le Tire-Bouchon

2930, avenue Pierre-Péladeau  
450 681-1228 - [letirebouchonbistro.com](http://letirebouchonbistro.com)

**\$\$\$ - 2,3** - 📶 📶 PT

Le Tire Bouchon serves dishes from the classic bistro cuisine: simmered dishes, tartars, mussels, salads and more. Le Tire Bouchon has private rooms for special occasions. The wines on the menu are sold at SAQ prices.

### Les Enfants Terribles

200, promenade du Centropolis  
450 934-9828 - [jesuisunenfantterrible.com](http://jesuisunenfantterrible.com)

**\$\$\$ - 2,3** - 📶 📶 ACPT

This restaurant located on Promenade du Centropolis in Laval opened its doors in 2015. Open seven days a week for lunch and dinner, and for brunch on weekends. Outdoor terrace during the summer. Group reservations and catering services available.



Le Tire-Bouchon



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[centropolis.ca](http://centropolis.ca)  
#CentropolisLaval



---

### Le Vieux Four de Laval

5070, boulevard Lévesque Est  
450 661-7711 – [levieuxfour.net](http://levieuxfour.net)  
\$ \$ – 2,3

Located in the heart of Saint-Vincent-de-Paul since 1983, this Italian restaurant serves authentic wood-fired oven pizza. In June 2020, the restaurant will hold a special event to celebrate its 37th anniversary.

---

### Les Menus-Plaisirs

244, boulevard Sainte-Rose  
450 625-0976 – [lesmenusplaisirs.ca](http://lesmenusplaisirs.ca)  
\$ \$ \$ – 2,3

Renowned for its ancestral cachet and its terrace, Les Menus-Plaisirs combines accommodation with gastronomy thanks to its regional cuisine featuring Brome Lake duck, Quebec's Gaspor pork, and ostrich.

---

### LOV Centropolis

140, promenade du Centropolis  
514 287-1155 – [lov.com](http://lov.com)  
\$ \$ – 2,3 – ACPT

With its botanical-inspired cuisine, LOV vegan and vegetarian restaurant was born from a vision, a desire and a will to go back to basics. The restaurant celebrates what the Earth gives us in each of its dishes, in all its creations.

---

### Lucille's Laval

2565, boulevard Daniel-Johnson  
450 978-0950 – [laval.lucillesoyster.com](http://laval.lucillesoyster.com)  
\$ \$ \$ – 3 – ACPT

At Lucille's, the atmosphere of a seaside seafood shack meets the one of a Prime USDA steakhouse. With its raw bar, oysters at \$1, three-season patio, the warm vibe and its chilled staff, the place offers a unique and memorable experience.

---

### Menchie's

125, promenade du Centropolis  
450 688-7353 – [menchies.com](http://menchies.com)  
\$ – 2,3

This frozen yogurt boutique located at Centropolis offers a huge variety of yogurt flavours made of milk from Canadian dairies, and served with a choice of colourful toppings of fruits, nuts, chocolate, syrups and other sauces.



Les Menus-Plaisirs

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### Nickels

1600, boulevard Le Corbusier  
450 681-8737 – [nickelsdeli.com](http://nickelsdeli.com)  
\$ \$ – 1,2,3 – ACPT

Located in Laval, this delicatessen-type family restaurant serves smoked meat, grill meat, pasta, pizza, desserts, and breakfast, as well as a children menu. The place also has a sports bar and an outdoor terrace.

---

### Oregon bar à vin

241, boulevard Curé-Labelle  
579 641-1414 – [oregon.restaurant](http://oregon.restaurant)  
\$ \$ \$ – 3

The Oregon wine bar is a must on the North Shore. The place is renowned for its warm and professional service, its large wine list and the quality of its dishes. It's a one-of-a-kind bar where people enjoy the relaxed atmosphere.

---

### Pacini

3298, boulevard Saint-Martin Ouest  
450 973-9160 – [pacini.com](http://pacini.com)  
\$ \$ – 1,2,3 – 📞 📶 📶 AC

This restaurant serves a diversified Italian cuisine and has a traditional bread bar. Breakfast is served everyday. The restaurant also has a private room, a patio and a Pacini grocery section where guests can buy products inspired by the taste of Italy.

---

### Pizzeria Napolitaine No 900

540, promenade du Centropolis  
450 973-0947 – [no900.com](http://no900.com)  
\$ \$ – 2,3

Pizzeria NO 900 is proud to serve the best Neapolitan pizza in the neighbourhood, one that is prepared in a state-of-the-art manner, thanks to the know-how of a pizzaiolo. The restaurant is proud to make people discover the work of passionate artisans.

---

### Restaurant Amato

192, boulevard Sainte-Rose  
450 624-1206 – [restaurantamato.com](http://restaurantamato.com)  
\$ \$ – 2,3 – 📞 📶 📶 PT

Restaurant Amato serves an authentic gastronomic Italian cuisine in the cosy atmosphere of an ancestral home of Old-Sainte-Rose and in the summertime, under the gazebo of the wonderful terrace with a fountain. The restaurant's wine cellar received a mention in Wine Spectator.



Taverne 1909 signé St-Hubert

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### Restaurant L'Académie Laval

1730, avenue Pierre-Péladeau  
450 682-2525 – [lacademie.ca](http://lacademie.ca)  
\$ \$ – 2,3 – 📞 📶 AC 📶 T

L'Académie is renowned for the quality of its crafted flavourful dishes, its unique atmosphere and great service. Guests are always amazed by L'Académie's delicious reinvented French and Italian cuisine that is sure to please all taste buds.

---

### Sukho Thai / Kiyomi

145, promenade du Centropolis  
450 688-3033 – 450 688-3152 – [sukhothai.ca](http://sukhothai.ca)  
\$ \$ – 2,3

This restaurant with a modern decor serves Thai cuisine specialties, Korean tapas, seafood, grilled meat, and wok dishes. The restaurant has two private rooms that are equipped with a karaoke system, a photo booth, a private bar, a dance floor, and with DJ entertainment.

---

### Table 51

3035, boulevard Le Carrefour  
450 781-8851 – [table51.com](http://table51.com)  
\$ \$ – 2,3

Located at the CF Carrefour Laval, Table 51 offers a menu of delicious meals prepared every day. Guests live an unforgettable experience. They enjoy the delicious dishes and appreciate the warm welcome and attentive service for which the restaurant is known.

---

### Tamashi

1595, boulevard des Laurentides  
450 980-0298 – [tamashi.ca](http://tamashi.ca)  
\$ \$ \$ – 2,3 – 📞 📶 AC 📶

This "bring-your-own-wine" restaurant serves an Asian-fusion cuisine of spicy flavours and aromas. The Buddha-style decor is chic but Zen. People come for lunch, a romantic dinner, a birthday celebration or a special event. Seven tatamis are available.

---

### Taverne 1909 signé St-Hubert

1950, rue Claude-Gagné  
450 453-1909 – [1909tavernemoderne.com](http://1909tavernemoderne.com)  
\$ \$ – 2,3 – 📞 AC T

ad. p.89

Located at Place Bell, 1909 Taverne Moderne serves over 40 types of draught beers, an extensive selection of signature cocktails and an international menu comprised of locally-sourced selections. Guests can watch sports events on a spectacular 33-foot giant screen.

**The Keg Steakhouse & Bar**

3035, boulevard Le Carrefour  
450 681-4445 – [kegsteakhouse.com](http://kegsteakhouse.com)  
\$\$\$ – 3 – PT

This restaurant located at the CF Carrefour Laval serves a menu comprised of grilled meat, steaks and seafood in a modern setting. It also has a bar and a rooftop terrace.

**Torii Sushi**

2131, boulevard Le Carrefour  
450 978-8848 – [toriiisushi.com](http://toriiisushi.com)  
\$\$\$ – 2,3 – 📶📶PT

Torii Sushi serves a fine and delicious Japanese cuisine: sashimi, sushi, tempuras, and grilled fish and meat, plus its own creations, in a warm Japanese-style decor. People come for a romantic dinner, an evening with friends or a business meeting.

**Westwood Bar & Grill**

1950, rue Claude-Gagné  
450 238-0450 – [westwoodrestaurantbar.com](http://westwoodrestaurantbar.com)  
\$\$\$ – 3 – 📶ACP

The Westwood Bar & Grill serves a menu of fresh fish and seafood and season vegetables prepared on the charcoal grill. The chefs make fire meet water to create a unique menu featuring ingredients of optimal freshness.

**Zibo Laval**

245, promenade du Centropolis  
450 973-2552 – [restaurantszibo.com](http://restaurantszibo.com)  
\$\$ – 2,3 – 📶PT

The menu of this California-style restaurant is comprised of pasta, pizza, grilled meat and fish, salads and sandwiches. Perfect for happy hours or a great meal among friends in a trendy atmosphere.

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StHubert

TAVERNE1909.COM   

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Tourist and cultural information for travelers with disabilities



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# General Information



## Network of tourist information centres

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

 Find the address of our information centre on page 93, or look for our roadside sign.

# Useful Information

## Québec-wide Tourist Information

**Phone:** 1 877 BONJOUR (266-5687)

**Email:** [info@quebecoriginal.com](mailto:info@quebecoriginal.com)

**Online:** [QuebecOriginal.com](http://QuebecOriginal.com)

**Social media:** #QuebecOriginal

 /tourismequebec

 /TourismeQuebec

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### Brick and mortar:

Centre Infotouriste in Montréal, Québec City, Rigaud, Rivière-Beaudette or Dégelis (permanent visitor information centres that provide a range of tourist services and products)

The ministère du Tourisme du Québec is proud to support the province's tourism businesses, both large and small. The Ministry's website, [QuebecOriginal.com](http://QuebecOriginal.com), presents valuable information for tourists and residents alike on attractions throughout Québec.

Plan your next trip to Québec at [QuebecOriginal.com](http://QuebecOriginal.com).

**Tourisme**  
Québec 

## Tourist Information on Laval

### Tourisme Laval


480, promenade du Centropolis  
Laval (Québec) H7T 3C2

450 682-5522  
1 877 465-2825

[tourismelaval.com](http://tourismelaval.com)

[info@tourismelaval.com](mailto:info@tourismelaval.com)



Official visitor information centres are identified by the  pictogram on road signs and in tourist brochures.

## Tourist Office



**Permanent Centre**



**Laval Official Visitor Information Centre**

480, promenade du Centropolis, Laval  
450 682-5522 – 1 877 465-2825 – [tourismelaval.com](http://tourismelaval.com)

## Transportation



### Air Travel

#### Montreal Pierre-Elliott-Trudeau International Airport

975, boulevard Roméo-Vachon Nord  
Dorval – [admtl.com](http://admtl.com)

General information:  
514 633-3333  
1 800 465-1213 (Toll Free)

Parking:  
514 633-3016  
1 866 236-3999 (Toll Free)



### Buses

**Autobus Galland**  
3874, chemin du Souvenir  
450 687-8666 – 877 806-8666  
[galland-bus.com](http://galland-bus.com) **ad. p.90**

**Autocar Chartrand**  
1325, montée Masson  
450 661-7140 – 877 328-1111  
[chartrandinc.com](http://chartrandinc.com)

**STL**  
2250, avenue Francis-Hugues  
450 688-6520 – [stllaval.qc.ca](http://stllaval.qc.ca)  
[ligne360.com](http://ligne360.com) **ad. p.3**  
See the schedule of bus line  
360 to get to many tourist  
attractions

**STM**  
800, rue de la Gauchetière Ouest  
Montréal – 514 786-4636  
[stm.info](http://stm.info)

**Montreal Bus Station**  
1717, rue Berri, Montréal  
514 842-2281 – [gamtl.com](http://gamtl.com)

**Orléans Express**  
44, boulevard des Laurentides  
Terminus Cartier  
1 888 999-3977  
[orleansexpress.com/en/  
bus-laval/](http://orleansexpress.com/en/bus-laval/)

**Montmorency Terminal**  
545, rue Lucien-Paiement  
514 786-4636

**Le Carrefour Terminal**  
3000, boulevard le Carrefour



### Car Rental

**Location Jean Légaré**  
2575, rue Debray  
514 522-6466  
[locationlegare.com](http://locationlegare.com)

**Location Caravane-Leblanc**  
Location Caravane-Leblanc  
450 967-4111 – 1 888-990-7460  
[locationleblanc.ca](http://locationleblanc.ca)

**Loue La Vie Exotics**  
3265, aut. Jean-Noël-Lavoie (440)  
450 933-9303 – [louelavie.com](http://louelavie.com)



### Train

**Commuter Train**  
514 287-8726 – 1 888 702 8726  
[exo.quebec](http://exo.quebec)



### Subway

**Cartier Subway Station**  
5, boulevard Cartier Ouest

**Concorde Subway Station**  
1200, boulevard de la Concorde Ouest

**Montmorency Subway Station**  
555, rue Lucien-Paiement



### Cabs

**Coop Taxi Laval** **ad. p.90**  
Reservation for airports.  
Online Reservation.  
Download the Taxi Coop  
application.

450 688-8700 – [taxilaval.com](http://taxilaval.com)



### Ferry

**Traverse Laval-sur-le-Lac /  
Île-Bizard**  
99, rue Les Érables  
450 627-2526 – [traverselaval.com](http://traverselaval.com)

### Health



### Hospital

**Hôpital de la Cité-de-la-Santé**  
1755, boul. René-Laennec  
Laval – 450 668-1010

## Accessibility



### Québec for All: Accessibility for People with Disabilities

514 252-3104

[www.QuebecForAll.com](http://www.QuebecForAll.com)

Kéroul rates the accessibility of buildings and sites based on a set of criteria recognized by Tourisme Québec. Its platform Québec for All offers a wide range of cultural and tourist information for visitors with reduced mobility.



The accessible rating means that the establishment meets all the accessibility criteria and offers a satisfactory visitor experience for the majority of people with reduced mobility.



The partially accessible rating means that the establishment meets the main accessibility criteria but is missing some elements which could affect the experience of some people with reduced mobility.



### Tourist and Leisure Companion Sticker

[vatl.org](http://vatl.org)

Any person accompanying one with reduced mobility is admitted for free to tourist, cultural or leisure sites from businesses or organizations participating in the programme.

## Emergency

### Emergency

911, 310-4141 or \*4141 (from a cell phone)

### Info-Santé (Medical Advice)

811

### Québec Poison Control Centre

1 800 463-5060

# Travelling in Québec

## Bars, Casinos and Purchasing Alcohol

You must be at least 18 years old to get into bars, pubs, nightclubs and casinos, as well as to purchase or consume alcohol (be prepared to produce ID if asked). Wines and spirits are sold through the Société des alcools du Québec (SAQ), the provincial liquor board. Beer is available at groceries and convenience stores, which also sell a limited selection of wines.

## Currency Exchange

There are numerous exchange offices in Québec's main urban centres. Airports also offer exchange services. Some businesses accept American money, but tend to offer a less competitive rate than the exchange offices.

## Driving in Québec

Since Canada uses the metric system, speed limits and distances are posted in kilometres per hour (km/h) and gasoline is sold by the litre (l).

**It is illegal to transport or use radar detectors in Québec.**

## Cell Phones

Use of a cell phone is prohibited while driving.

## Drugs and Driving

This Act introduces a zero-tolerance principle when it comes to drugs and driving by prohibiting anyone from driving a vehicle if there is a detectable presence of cannabis or any other drug in that person's saliva. Offenders are subject to an immediate 90-day suspension of their driver's licence.

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

## Winter Tires

From December 1st to March 15, all taxis and passenger vehicles registered in Québec must be equipped with winter tires. This requirement also applies to rental passenger vehicles in Québec.

## Road Conditions

For information on road conditions or other aspects of trip-planning, call 511 or 1 888 355-0511, or visit [quebec511.info](http://quebec511.info).

## Tourist Routes

The official tourist routes are clearly marked with blue signs. They are designed to highlight the attractions of the regions through which they pass, and to enable visitors to discover the extent of Québec's natural and cultural treasures.

[quebecoriginal.com/tourist-routes](http://quebecoriginal.com/tourist-routes)

## Tourist Signage

In Québec, tourist regions and directions to services, Routes and activities are indicated by blue road signs. For more information, visit [panneauableu.com](http://panneauableu.com) and [tourisme.gouv.qc.ca/signalisation](http://tourisme.gouv.qc.ca/signalisation) (in French only).

## Village-relais Accredited Services

If you feel like taking a break or require assistance while on the road, look for the Village-relais signs. Stop in these municipalities or villages that, together with local businesses, offer a range of accredited services and a safe and pleasant place to stop.  
[villages-relais.qc.ca](http://villages-relais.qc.ca)

## Voltage

In Québec, the standard voltage is 110 volts/60 cycles, as it is throughout North America. Since the outlets cannot accommodate European plugs, you will need to bring or buy an adaptor.

## Comment or Conveying Dissatisfaction

If you wish to share a comment 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  
[comment@alliance-touristique.com](mailto:comment@alliance-touristique.com)

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**Collaboration :**  
Alliance de l'industrie  
touristique du Québec  
Ville de Laval

## Canadian Currency

The legal currency in Québec is the Canadian dollar (CAD), which is divided into 100 cents. Bank notes are available in denominations of 5, 10, 20, 50 and 100 dollars, and coins in denominations of 5, 10 and 25 cents as well as 1 and 2 dollars. Bank cards and major credit cards are also accepted almost everywhere.

## Tipping

Tipping is customary in restaurants, bars and taxis. The amount, which is not included in the bill, is generally equivalent to 15% of the total bill before taxes. For quick tip calculations, Québécois normally add up both taxes. Tipping bellhops or porters is at your discretion (generally, \$1 per bag).

## Taxes

Québec has two taxes : the 5% federal goods and services tax (GST), and the 9.975% Québec sales tax (QST). An accommodation tax of 3.5% of the room price per night also applies in our region.

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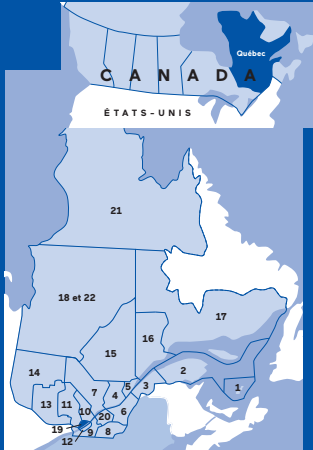
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- 105 → [Access Map to the Region](#)
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# Maps and Pictograms

# Maps and Pictograms

- 360 Shuttle
- AEQ-certified (Aventure écotourisme Québec)
- Agrotourism activity
- Air conditioning
- Bike rental
- Bio products
- Boat rental
- BYOB
- Cross-country skiing
- Cycling
- Electric vehicle charging station
- Elevator
- Entertainment
- Equipment rental
- Fireplace
- Fishing
- Fitness room
- Free admission
- Free outdoor parking
- Free Wi-Fi
- Full access
- Groups welcome
- Heater shelter
- Hiking
- Ice fishing
- Indoor Picnic area
- Indoor pool
- Kitchenette
- Licenced restaurant
- Lookout/View
- Meeting room
- Outdoor pool
- Outdoor sports area
- Paid admission
- Paid outdoor parking
- Partial access
- Patio
- Permanent visitor information centre
- Pet-friendly
- Pet-friendly on leash
- Pick-your-own
- Picnic area
- Places to Eat
- Playground
- Public transit
- Regional cuisine
- Sauna
- Seasonal operation
- Shopping
- Skating
- Snowshoeing
- Snow tubing
- Spa
- Tasting
- Television
- Theatre venue
- Toilets
- Water access
- Wellness centre
- Whirlpool tub
- Wildlife watching
- Winter hiking

# Map of Québec Tourism Regions












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

## Access Map to the Region



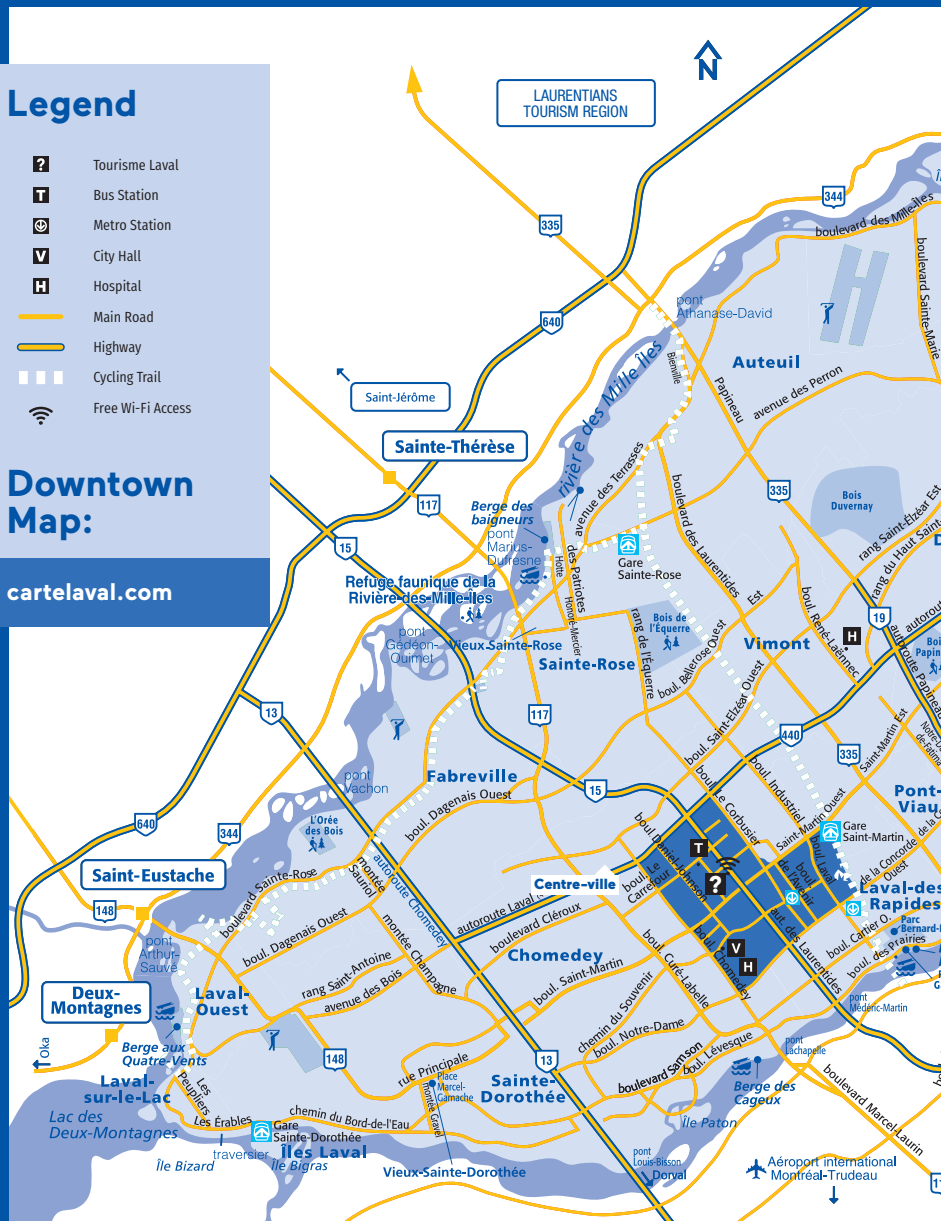
# Regional Map of Laval

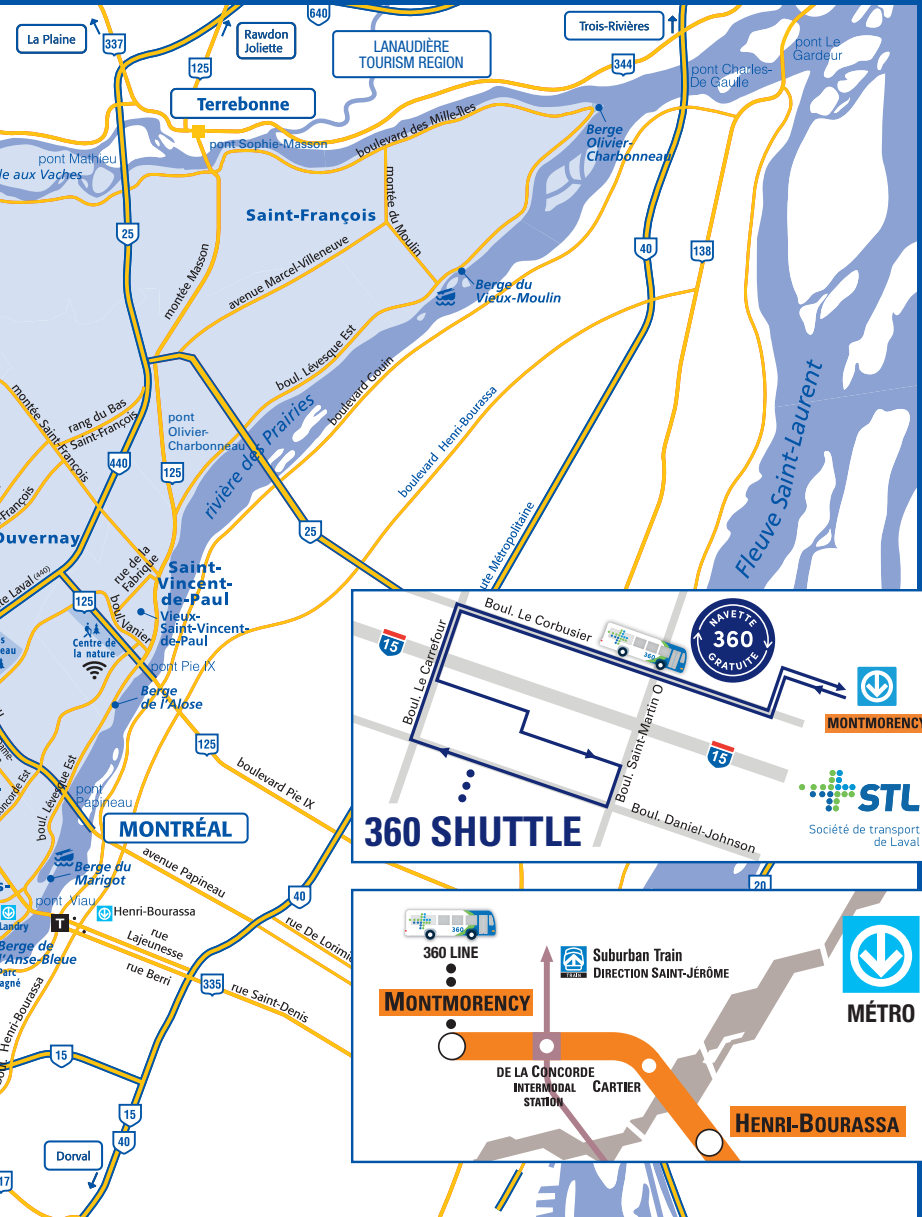
## Legend

-  Tourisme Laval
-  Bus Station
-  Metro Station
-  City Hall
-  Hospital
-  Main Road
-  Highway
-  Cycling Trail
-  Free Wi-Fi Access

## Downtown Map:

[cartelaval.com](http://cartelaval.com)





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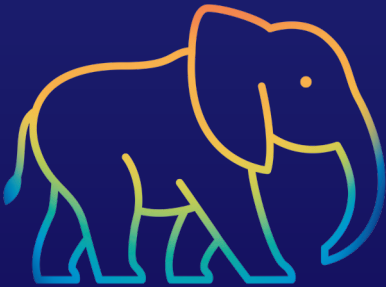
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