

Winter Family Fun

Montréal is a giant playground, the perfect island getaway for the whole family... especially in winter! Montréal is *cool, not cold*. From fun outdoor activities to cultural discoveries, find insider's info and favourite spots from our 2020-2021 Tourisme Montréal Media Relations Team.

3 DAYS



Fun Fact



In 2020, Montréal was ranked the #1 Happiest City in North America and #9 in The World by the Knight Frank City Wellbeing Index.

Where to stay



Enjoy a family-friendly newly renovated hotel! Or better yet, choose one with an indoor or heated pool, such as Fairmont The Queen Elizabeth Hotel, Hotel Bonaventure or Hotel Double Tree by Hilton Montréal

INSIDER'S TIP: Many hotels are linked to Montréal's Underground Pedestrian Network. You can go shopping without having to bring your coat!

Did You Know?



The **STM** (bus and subway) has reduced fares for families.

montréal



Day 1

Old Montréal and Mount Royal

● Start your day in Old Montréal enjoying breakfast and **third wave coffee**, or a creamy hot chocolate! We suggest you try Le Petit Dep, Le Cartet and Tommy Café.

FUN FACT: Celebrities like Leonardo DiCaprio and Meghan Fox have been spotted at Olive & Gourmando.

INSIDER'S TIP: Try the Cubano sandwich!



● A blend of Montréal's most historic and newest attractions, **Old Montréal and the Old Port** make up the city's iconic historic quarters. Enjoy fun activities, outdoors and indoors, and don't miss the Pointe-à-Callière, Montréal Archaeology and History Complex, the Montréal Science Centre and SOS Labyrinthe.

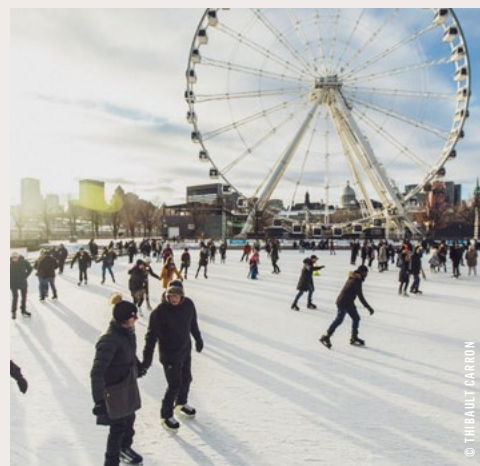
INSIDER'S TIP: Make a stop at Maison Christian Faure to enjoy quiche or pastries – but leave room for vanilla marshmallows and chocolate macarons!



● In the afternoon, hike iconic Montréal landmark, **Mount Royal**. Loved by locals and visitors, Mount Royal is a breath of fresh air in the heart of the city with outdoor equipment rentals, cross-country skiing, skating, sliding, guided hikes, entertainment and special events.



● Spend a magical evening skating in Old Montréal or taking in sparkling views of the skyline from La Grande Roue de Montréal, the tallest observation wheel in Canada. After a fun day outdoors, enjoy a warm meal in a cozy **restaurant** like Bevo or Sésame.



● Not ready to call it a night? Every evening at dusk, historical characters come to life in projections on Old Montréal's walls, trees, streets and buildings.

INSIDER'S TIP: Download the **Montréal en Histoires – Cité Mémoire** free app and check out the Beaver Rebellion in Place Jacques-Cartier.



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Day 2

/ Downtown Montréal and Hochelaga- Maisonneuve

● Explore different neighbourhoods through good family-friendly menus at reasonable prices like Cora Déjeuners or **brunch** at Les Affamés near the Space for Life museums.

INSIDER'S TIP: Are your kids into video games? Grab a coffee and play some games at a quirky café called La Graine Brulée.



● When you're on vacation with your kids, **indoor-fun options are a must!** From adventurous physical feats to skill-testing games and educational entertainment, Montréal's got lots to keep the whole family happy.

INSIDER'S TIP: Try the largest multi-level laser tag arena in Québec, BoulZeye, or cool indoor skatepark, Le Taz.



● With visitors of all ages in mind, **Montréal's museums** constantly reinvent themselves with new multimedia exhibitions, hands-on workshops and educational activities that defy expectations.

DID YOU KNOW? The Redpath Museum has a jaw dropping Gorgosaurus skeleton in the centre of the museum's Beaux Arts main gallery.



● From exploring our natural world to outer space, children of all ages can discover new worlds at the **Space for Life**, the largest natural sciences museum complex in Canada, which comprises the Botanical Garden, Rio Tinto Alcan Planetarium, Insectarium (under renovation) and Biodôme (newly renovated!). Add to all that, one of the tallest and most recognizable architectural structures in the city: the Montréal Tower, the tallest inclined tower in the world, built for the 1976 summer Olympics. It offers a 360-degree view of the city from its observation deck.

● Looking to unwind? Spend your day shopping at Simon's, the Eaton Centre or Complexe Desjardins.

DID YOU KNOW? Complexe Desjardins is your starting point for the RESO network: the guide to **Montréal's Underground City**.

● In downtown Montréal, explore **three new gourmet food halls**, all located within blocks of each other: Time Out Market, Le Cathcart Restaurants and Biergarten, and Le Central.

FUN FACT: Montréal is the only city in Canada to have a Time Out Market!

● Do you prefer Québec classics with a twist? Sit down to **comforting and brasserie-inspired dishes** as you enjoy sweeping city views at Les Enfants Terribles atop the towering Place Ville-Marie.

INSIDER'S TIP: Live like a local in the Rosemont Petite-Patrie neighbourhood and play boardgames during Happy Hour (what locals call a 5 à 7) at the Randolph Pub Ludique.



● It seems like Montréal has been developing a love affair with **all things pizza** in the last couple of years. Make it a family pizza night at Heirloom in Hochelaga-Maisonneuve near the Space for Life Complex or at Moleskine near the Entertainment District.

INSIDER'S TIP: Still have room for dessert? Stop by the decadent and delectable Juliette et Chocolat



Day 3

Plateau Mont-Royal and other neighbourhoods

● If experiencing local flavour is important to you, then exploring local markets just might be what you are looking for: try Jean-Talon, Atwater and Maisonneuve markets. They're the best way to dig into the culinary culture of a place. Discover seasonal ingredients, unique local specialties and chat with friendly and colourful vendors.



FUN FACT: Montrealers define themselves by their favourite bagel place in Mile-End. So now you'll have a delicious decision to make: Are you a St-Viateur or Fairmont bagel person?



● As for bagels and smoked meat, poutine has also become a legendary local delicacy: the combination of French fries, gravy, cheese curds – plus tons of optional toppings and combos – must be tried to be believed. Try the most popular poutine local spots, such as La Banquise, Patati Patata and Chez Tousignant.



● Far from the tourist crowds, the dynamic Plateau Mont-Royal and Mile-End areas offers authentic Montréal experiences, from shopping, sightseeing to local dining.

INSIDER'S TIP: Visit Plateau Mont-Royal's laneways to find colourful murals. Then, brunch at Caribou Gourmand or stop by Code et Café to join a Kikicode Workshop (a robotics and programming course for kids aged 7 to 12 years old).

● For a different kind of meal, dine in at Robin des Bois restaurant and make a difference in the local community.

FUN FACT: Robin des Bois (French for Robin Hood) is a non-profit restaurant that gives back to community-based organizations. Try their dahl soup and smash a plate for a \$5 donation.

● A great place to shop, Mont-Royal Avenue, is full of little treasures: fashion boutiques, bookstores, vinyl record stores, cheese shops, bakeries, restaurants, and specialty grocery stores.

INSIDER'S TIP: A Raplapla doll is an amazing gift – and we promise their smile will never fade!

● If you have a car, take a 25-minute drive West of Montréal to the Ecomuseum Zoo, the only outdoor natural zoo on the island of Montréal. It features only animal species found in Québec's St. Lawrence Valley, most of them rescues. The zoo promotes animal welfare and education.



● Finish your Montréal island getaway by savouring tastes from around the globe: African-inspired at Le Virunga, Mediterranean tastes at Bar Tapas Taza Flores and Rose des Sables, Portuguese cuisine at Ma Poule Mouillée, izakaya-style dining at Ichigo Ichie, and many more.

● More ideas at mtl.org