

OFFICIAL TOURIST GUIDE 2025-2026

ENGLISH  
EDITION

# Bonjour / Montreal

Biosphère, one of the  
5 Espace pour la vie museums

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Québec





MONTREAL MUSEUM  
OF FINE ARTS



# WELCOME TO THE CITY'S BIGGEST ART MUSEUM

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Art Dealer of the Parisian Avant-garde  
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Marc-Aurèle Fortin, *Saint-Siméon* (detail), about 1938. | Mattiussi Iyaituk, *Untitled*, 1978. Photos MMFA | Pablo Picasso, *The Hetaera*, 1901. Pinacoteca Agnelli, Turin. © Picasso Estate / CARCC Ottawa 2025

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# Bonjour ! /



Welcome to Montréal!

Montréal knows how to set itself apart. Its heritage charm, architectural beauty, cultural vitality, economic drive and joie de vivre make our metropolis a unique place to explore, again and again.

As the economic engine of Québec and a major French-speaking world metropolis, Montréal is as much a blend of Europe and America as it is of business and cultural experiences, or of major festivals and neighbourhood life.

Montréal bustles with shopping, culture and sports. And of course, the city's many green spaces, including Mount Royal and Parc Jean-Drapeau, offer visitors breathtaking views of the city.

The diversity of Montréal is embodied by the people who live here, as well as by the city's many neighbourhoods.

Another feature of the city is its culinary delights. Renowned restaurants abound, with cuisines from all over the world, from local to world-famous. In fact, our metropolis has been listed in the famous Michelin Guide this year.

Montréal comes alive in every season, summer and winter alike. With flagship events like Montréal en Lumière, Igloofest, Christmas markets and downtown tobogganing, the city never hibernates.

I wish you an unforgettable stay with us!

A stylized, handwritten signature in black ink, which appears to be 'V. Plante'.

**Valérie Plante**  
Mayor of Montréal





Welcome to Montréal, dear visitors!

Whether you are here to discover our renowned festivals, savour our unique cuisine, explore our picturesque neighbourhoods, or simply enjoy the warm hospitality of Montrealers, we are certain that this stay will capture your heart.

Our metropolis is rich in history, culture, and diversity. Stroll through Old Montréal, admire the architecture, and let yourself be charmed by the cobblestone streets. Explore the Plateau-Mont-Royal with its eclectic shops and wander along Wellington Street in Verdun, named the coolest street in the world. Enjoy green spaces like Mount Royal Park, where you can relax and take in a breathtaking view of the city.

We hope you fully enjoy your visit to our ever-evolving city. Feel free to visit our Tourist Information Office for advice and recommendations on the best ways to enjoy your stay.

Sincerely,

A handwritten signature in black ink, which appears to read 'Yves'.

**Yves Lalumière**  
President and CEO,  
Tourisme Montréal

# Table of contents

---

<b>1</b>	<b>Welcome to Montréal</b>	Portrait of Montréal	10
		Moments in history	14
		Montréal's communities	16
		Montréal's iconic landmarks	18
		Montréal musts for first-time visitors	20

---

<b>2</b>	<b>General information</b>	Tourist information	24
		Practical information	25
		Transport	26
		Québec tourism regions	31
		Public transit	32
		Metro map	33

---

<b>3</b>	<b>Montréal neighbourhoods</b>	Neighbourhood map	36
		Downtown	38
		Old Montréal and the Old Port	42
		Parc Jean-Drapeau	54
		Mount Royal, Outremont and Westmount	56
		Plateau-Mont-Royal and Mile End	58
		Olympic District, Rosemont and Hochelaga-Maisonneuve	60
		The Village	64
		Little Italy and Villeray	68
		Les Quartiers du Canal	70
		Pôle des Rapides	72
		East End, West Island and Montréal North	76

---

<b>4 Things to do</b>	Culture, arts and heritage	80
	Festivals and events	98
	• Performing arts	99
	• Calendar of events	102
	Gastronomy	106
	Nightlife	112
	Tours and cruises	114
	Shopping	124
	Sports activities	128
	Sports events	132
	Leisure activities, nature and relaxation	136
	Four seasons, four experiences	152

---

<b>5 Ideas for your stay</b>	Ideas for your stay in Montréal	156
------------------------------	---------------------------------	-----

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<b>6 Live like a Montrealer</b>	Experience Montréal like a local	160
---------------------------------	----------------------------------	-----

---

<b>7 Index</b>		165
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**Save on  
your favourite  
attractions**

an initiative of  
**TOURISME /  
MONTREAL**

# Legend

The symbols below will help you quickly identify practical information throughout the guide. Use them to plan your stay and make the most of your visit. Enjoy your trip!

	Bus line		Metro station		Permanent tourist information office
	Companion Leisure Card (CAL)		Passeport MTL		Restaurant on site
	Family activity		Partial access for persons with disabilities		Total access for persons with disabilities
	Free admission		Parking		Wi-Fi







# Welcome to Montréal



**Dive into Montréal's unique vibe and discover how its seasons, festivals, good food and joie de vivre come together to create truly magical moments.**

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**10** Portrait of Montréal  
**14** Moments in history  
**16** Montréal's communities

**18** Montréal's iconic landmarks  
**20** Montréal musts for first-time visitors

# Portrait of Montréal /

**Montréal is an exciting urban centre with countless things to see and do. In this vibrant and welcoming city, change is always in the air and there's a surprise waiting around every corner.**

## **Tiohtià:ke, the Montréal of the First Nations**

Its name comes from its key position in the St. Lawrence River. The island of Montréal was once a strategic trading hub for First Nations peoples, particularly the Atikamekw to the north, the Anishinaabeg (Algonquins) to the west, and the Kanien'kehá:ka (Mohawks) from the Haudenosaunee Confederacy to the south. With the present-day communities of Kahnawá:ke on the South Shore and the Kanehsatà:ke territory near Oka, the Kanien'kehá:ka are the First Nations people most closely linked to the island of Montréal, which they called Tiohtià:ke. The first French colonists were soon followed by the English, Scottish and Irish, then by myriad peoples from around the globe who came to settle on the lush land at the foot of Mount Royal.



**Did you  
know?**

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

**A young Frenchman by the  
name of Asseline de Ronval  
was the first tourist to visit  
Montréal in 1662.**



## Proud of its roots, with its eyes on the future

Today with more than 4 million inhabitants and no less than 120 different nationalities, Montréal boasts a rich and vibrant cultural fabric. The second-largest Francophone city in the world after Paris, Montréal has rightly earned its title as a cosmopolitan metropolis. A world leader in many sectors—from aerospace to information technologies, biotechnologies to video games—the city has also been garnering attention for its innovation in medicine, multimedia, arts and major cultural events. Thanks to its avant-garde outlook, it was named a UNESCO City of Design in 2006.

## Nature, culture and good food

Season after season, Montréal satisfies millions of visitors' cravings for culture, nature and excitement. Not only is Montréal recognized for its world-class culinary scene, but its wildly creative artisans and artists continue to bring crowds to its concert halls, designer ateliers, art galleries and pretty boutiques.

## A warm and friendly city

Life is good in Montréal, every day of the week. Soak it up with a leisurely stroll along its lively streets and in its vast parks or explore the underground pedestrian network. To get a feel for the city, stop off in its colourful neighbourhoods, where markets, businesses and restaurants are buzzing with locals. Friendly and quite often multilingual Montrealers easily strike up conversations. And it's this innate sense of warmth and hospitality that has made the city renowned as an exhilarating festival destination. Charming, multifaceted and relaxed—is it any wonder so many people fall in love with Montréal?





*Tourisme*  
**Kahnawà:ke**  
*Tourism*

## Visit the **MOHAWK TERRITORY OF KAHNAWÀ:KE**

**DISCOVER OUR CULTURE, HISTORY,  
AND OUR ATTRACTIONS!**

Online reservations for  
tours are now available!



**kahnawaketourism.com**

**SHARING OUR STORIES**



## **INDIGENOUS ART**

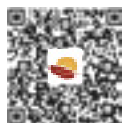
*Sacred Fire Productions Cultural Space*



**FREE ENTRANCE**

130 Saint Pierre St, Old Montreal

© Nadya Kwandibens



**Save on your  
favourite attractions**



an initiative of  
**TOURISME /  
MONTREAL**



**In Montréal,  
we love visitors  
and we love...**

**when they  
discover  
our local  
businesses.**



**SHOP  
LOCAL**



**TOURISME /  
MONTREAL**

# Moments in history



**The oldest trace of Indigenous occupation in the area of Old Montréal dates back at least 4,000 years.**

## Between 1000 and 1535

Several First Nations populated the territory. The island, now known as Montréal, was inhabited by the Anishinaabeg (Algonquins), the Wendats (Hurons), and the Kanien'kehá:ka (Mohawks) at least 1,000 years before the arrival of Europeans.

## 1535

While exploring the St. Lawrence River, Jacques Cartier discovers an island where cornfields border a village called Hochelaga. Members of the First Nations lead Cartier to the summit of a mountain that he names "Mont Royal," the origin of the name "Montréal."



## 1611

On the island, Champlain clears a tract of land that he names "Place Royale," site of the present-day Pointe-à-Callière Archaeology and History Complex. It is here that Montréal is founded in 1642.

## 1642

Paul de Chomedey, Sieur de Maisonneuve, and Jeanne Mance found Ville-Marie. However, the settlement gradually becomes known as Montréal and nearly 25 years after its founding, the colony begins to prosper as a military and trading centre.

## 1701

At Pointe-à-Callière, more than 30 Indigenous nations sign a peace treaty—The Great Peace of Montréal—with the governor of New France, putting an end to the conflicts between the French and the Indigenous Peoples.

## 1760

War rages on the continent and Montréal falls into the hands of the British. New France, with 60,000 colonists, is officially ceded to Great Britain.

## 1840 to 1930

Canada's Anglophone upper class, representing 70% of the country's wealth at the time, moves into downtown's Golden Square Mile, establishing cultural institutions, elegant stores, mansions and monuments that stretch from McGill University to west of the Montreal Museum of Fine Arts.

## 1867

Canada becomes a nation with the Dominion of Canada, uniting the British North American colonies and the Province of Canada (Ontario and Québec) through the Confederation Declaration in Charlottetown on July 1, 1867, now celebrated as Canada Day.

### 1930s

During the Great Depression, manufacturing output is halved and over a quarter of workers lose their jobs. Re-elected in 1930, Mayor Camillien Houde offers financial assistance to the unemployed and launches major public works, including the Jardin botanique de Montréal, chalets in Mount Royal Park and Parc La Fontaine, viaducts and other infrastructure projects.

### 1945

The French-speaking community of Montréal starts to make its mark in the arts, sciences and business in a movement that will culminate in the Quiet Revolution, a transformation of Québec society throughout the 1960s. Montréal opens to the world.



### 1967

From April 27 to October 29, the world came to Montréal for Expo 67, the Universal and International Exhibition, which was the highlight of Canada's centennial celebrations in 1967. Expo 67 was considered the most successful World's Fair of the 20th century, with over 50 million attendees and 62 countries participating.



### 1976

Montréal hosts the XXI Olympiad from July 17 to August 1, with over 6,000 athletes from 92 nations. Montréal was the first, and remains the only, Canadian city to have ever hosted the Summer Olympics.

### 1980s

Montréal's festival scene sees explosive growth with the founding of the Festival International de Jazz de Montréal, Just For Laughs and Les FrancoFolies.

### 1992

Montréal celebrates the 350th anniversary of its founding with festivities that run from May until October, leaving legacies such as the Pointe-à-Callière Archaeology and History Complex and the Montréal Biodôme.

### 2006

Montréal is officially designated a UNESCO City of Design, joining the UNESCO Creative Cities Network.



### 2017

In 2017, Montréal celebrates its 375th anniversary, leaving legacies like a new flag for the city and the illuminated Jacques Cartier Bridge.

### Montréal today

Welcoming and festive, Montréal is constantly reinventing itself. Its creativity and unique culture continue to inspire both locals and visitors alike.



# Montréal's communities

Here's a trip through history that gives a peek at some of Montréal's main communities.

When Montrealers talk about the Main, they're talking about Saint-Laurent Boulevard, the city's main north-south thoroughfare (and shopping mecca) that divides the city into east and west. The Main is a street rich in history, and through the years, it's been home to many of the cultures that give Montréal its unique personality.

## The Greeks

Montréal first welcomed immigrants from Greece around the end of the 19th century. Many opened businesses and restaurants in various areas of the city, including in Mile End, off the Main.

JEAN-TALON STREET

## The Jews

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

DU MONT-ROYAL AVENUE

## The Irish

Montréal's St. Patrick's Day parade is the oldest in Canada and—technically—the oldest continuously held in North America (every March since 1824). Immigration began in 1815, and by 1900, they formed the second largest cultural group in the city.

Mile End

## The Scottish

Street names in the city's Golden Square Mile are a veritable who's-who of Scottish families responsible for the city's boom years, from 1840 to 1930.



SHERBROOKE STREET



## The English

Montréal surrendered to British forces in 1760 during the Seven Years' War. Residents of British origin were the majority in the city around 1831, due to large-scale immigration.

## The First Nations

Because of its position in the St. Lawrence River—where the Main begins, and after which it's named—Montréal was a place where First Nations had been coming together for millennia.

South



NOTRE-DAME STREET

# North

## Villeray

### The Haitians

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

## Little Italy

### The Italians

On the northern stretch of the Main, Little Italy is still the heart of Italian culture. The first Italian immigrants came in the 19th century, and in 1971, Italian was Montréal's third most-spoken language.

### The Latin Americans

The end of the 1950s marked the first boom in Latin American immigration to Montréal, featuring mainly students and skilled workers who set down roots in a variety of neighbourhoods, including Villeray, adjacent to the Main.

Saint-Laurent Boulevard



### The Portuguese

Portuguese immigrants began arriving in the 1950s and settled around the lower Plateau section of the Main, where you can still find many famous restaurants today.

## Plateau-Mont-Royal

### From the Middle East

Middle Eastern immigration to Montréal started at the end of the 19th century, leading to the formation of Little Syria, then located on the Main. In the last three decades, many more Arab immigrants have put down roots in Montréal.

### The Eastern Europeans

Immigrants from Eastern Europe began joining in the Montréal workforce in the 19th century, but the influx really picked up after the Second World War. They established themselves in various areas, including the lower Main.

## Downtown

### The Chinese

Go up the Main from the Old Port, and you'll hit Chinatown. In 1825, the Census listed only one single Montrealer of Chinese descent! By the early 20th century there were over a thousand.

### The French

Montréal was founded in 1642 by the French. In the 19th century, French Canadians in search of work poured into the city from rural areas. By 1865, Francophones made up most of the city's population.

## Old Montréal



# Montréal's iconic landmarks

Discover the soul of Montréal through its iconic landmarks. These unique places tell the story of the history, culture and heritage of the city, and give a fascinating peek into its evolution.

Colour in the bookmark icon if you've visited the landmark.



© JF SAVARIA - TOURISME MONTRÉAL

Downtown



## The Ring

*The Ring* is an art installation suspended above the entrance to Esplanade PVM at Place Ville Marie that symbolizes Montréal's resilience and vibrant character. Inaugurated in 2022, it offers a spectacular view, symbolically linking historic sites of the city, and lights up at night.



© JF SAVARIA - TOURISME MONTRÉAL

Mount Royal, Outremont and Westmount

## Mount Royal

Mount Royal, or "the mountain" as locals call it, is the lungs of the city. From the famous cross at its summit to the green slopes at its foot, this beautiful park offers four-season activities ranging from summer walking to winter skating as well as panoramic city vistas.



© PHOTO FÉLIX WESTREBIAK - TOURISME MONTRÉAL

Olympic District and Hochelaga



## The Olympic Stadium

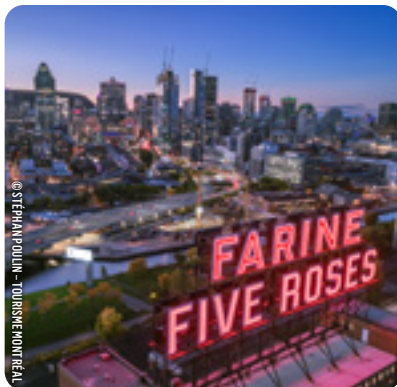
The Olympic Stadium, which was built for the 1976 Summer Olympics, is an international Montréal monument. It is host to a wide range of activities, from concerts to sports games, and is an architectural icon of the city.



Parc Jean-Drapeau

## The Jacques Cartier Bridge

Inaugurated in 1931, the Jacques Cartier Bridge has become an emblematic city structure. In 2017, it became the world's first "connected" bridge when it was equipped with an LED lighting system that pulses to Montréal's energy and seasons.



Pôle des Rapides

## Farine Five Roses

The famous Farine Five Roses sign is an integral part of Montréal's urban landscape. Towering over the city's Old Port, it adds a unique element to the panoramic views you can enjoy from lookout points across the metropolis.



Mount Royal, Outremont and Westmount

## Saint Joseph's Oratory

Saint Joseph's Oratory is Canada's biggest church, attracting millions of pilgrims each year. It was founded by Brother André in 1904 and is celebrated for its majestic dome and magnificent organs.



Old Montréal and Old Port

## Bonjour, Montréal

The *Bonjour, Montréal* structure on the Grand Quay of the Port of Montreal is a fitting reflection of the city's warm welcome. Bright red on one side, mirrored on the other, it offers an arresting view of downtown and has become a popular meeting point.



# Montréal musts for first-time visitors

**To simplify your initial Montréal visit, we've compiled a list of crowd-pleasing to-dos and attractions that promise to give you a sense of the city. In no particular order, here are a few absolute must-sees.**



## Play by the water in the Old Port

Enjoy the mighty St. Lawrence River from the shores of the Old Port, where you can explore the Grand Quay terminal, the scenic boardwalk and activity-packed piers. Enjoy exhibitions and IMAX® films at the Montréal Science Centre, attend a show by the Cirque du Soleil under its famous big top, ride the zip line, take a river cruise and relax on the beach in summer. In winter, don't miss Igloofest, where you can dance under the stars to electronic music. Day or night, year-round, view the entire city from the observation wheel, La Grande Roue de Montréal.

## Head back in time in Old Montréal

See how the city first began along the cobblestone streets of Old Montréal, with architecture dating back as far as 1685. Watch street performers from a terrace at historic Place Jacques-Cartier before you stop by Notre-Dame Basilica for the stained-glass art and, by night, the incredible multimedia creation *AURA*.

## Roam from the river to the mountain

Starting at the Pointe-à-Callière Archaeology and History Complex in Old Montréal, enjoy a river-to-mountain walk featuring spacious sidewalks, greenery, rest stops and public art. Stroll northward to the foot of Mount Royal, "the mountain" in local parlance. Its park was designed by Frederick Law Olmsted of Central Park fame. Give yourself a breezy two hours to reach the lookout at the top, alone or with a guided tour. Nearby, visit one of the most popular Catholic pilgrimage sites in the world, Saint Joseph's Oratory. It's a Montréal masterpiece and home to a magnificent Rudolf von Beckerath organ, ranked among the 10 most prestigious in the world. Ride the metro to Côte-des-Neiges station and then climb the famous staircase to the oratory.



### Shop along Sainte-Catherine Street

As one of the longest commercial strips in Canada, Sainte-Catherine Street is the perfect place for retail therapy. You'll find street-level shops, a handful of great malls, styles ranging from streetwear to formal wear and international fashion mainstays – but don't miss the local, only-here retailers and pop-up shops.

### Bite into iconic Montréal cuisine

To truly taste Montréal, sink your teeth into a juicy smoked meat sandwich, taste our unique wood-fired bagels, sample our notorious poutine and quench your thirst with a locally brewed beer. To explore the full range of regional products, head to one of the city's public markets. Jean-Talon Market, located in the heart of Little Italy, is the largest and most culturally diverse, while the Art Deco style Atwater Market is located beside the picturesque Lachine Canal.

### Get a dose of local culture

Start by picking up a Passeport MTL to explore museums and galleries aplenty. Next, a public art tour is sure to wow, before you browse through show listings and buy tickets for dance, theatre, opera and circus performances, film screenings and concerts. For what's sure to be a memorable night out, settle into one of Montréal's many live music venues.



### Discover Montréal's "underground"

Montréal contains a vast network of pedestrian walkways—33 km (20 miles) of connecting passageways, to be exact—below street level. Particularly popular in the winter, this network—officially called the RESO ("network" *en français*), but known as the "Underground City"—connects offices, trains, restaurants, the city's convention centre, major hotels and a handful of shopping malls!

### Reach a new Plateau

The colourful spiral staircases typical of the Plateau-Mont-Royal neighbourhood make for an iconic image of Montréal. Meet the predominantly French-speaking community of artists, students and professionals, with a healthy dose of other cultures and languages. Stroll along Du Mont-Royal Avenue, and, if it's a sunny day, do as the locals do and grab a picnic to enjoy in peaceful Parc La Fontaine.

### Go east for a feast of attractions

Montréal's east side neighbourhood of Hochelaga-Maisonneuve is home to the Olympic Stadium. Also in the neighbourhood are four of the five internationally-lauded Espace pour la vie museums, which include the Jardin botanique de Montréal and the Insectarium, the Planétarium and the Biodôme.



# General information



**Discover Montréal, a city full of life and diversity. Check out these practical tips to make the most of your stay.**

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**24** Tourist information  
**25** Practical information  
**26** Transport

**31** Québec tourism regions  
**32** Public transit  
**33** Metro map



# Tourist information

## Montréal

[mtl.org](http://mtl.org) | [info@mtl.org](mailto:info@mtl.org)

### Montréal Tourist Information Office

174 Notre-Dame Street East  
☒ Champ-de-Mars



Tourism information about Montréal. Tourist bus and transit fares and Passeport MTL. May 1 to 31, 10 a.m. to 6 p.m.; June 1 to August 31, 9 a.m. to 7 p.m.; September 1 to October 31, 10 a.m. to 6 p.m.; November 1 to December 23, Thursday to Monday, 10 a.m. to 6 p.m.; closed from December 24 to January 2; January 3 to April 30, Thursday to Monday, 10 a.m. to 6 p.m.

### Neighbourhood Hospitality Network

Hospitality teams wander through Place des Festivals, Plateau-Mont-Royal, and Old Montréal from June 1 to September 30. Look out for the team wearing red T-shirts with the “Bonjour” logo. Schedules depend on the weather.

[f/montreal](https://www.facebook.com/montreal)  
[ig/montreal](https://www.instagram.com/montreal)  
[X/monmontreal](https://twitter.com/monmontreal)  
[yt/TourismeMontreal](https://www.youtube.com/TourismeMontreal)  
[p/visitmontreal](https://www.pinterest.com/visitmontreal)  
[yt/bonjourmontreal](https://www.youtube.com/bonjourmontreal)

## Québec regions

514 873-2015 | 1 877 BONJOUR  
(1 877 266-5687)  
[bonjourquebec.com](http://bonjourquebec.com)

### Montréal Infotourist Centre

Le Repaire – Pavillon de l'esplanade  
Tranquille  
1442 Clark Street | ☒ Saint-Laurent,  
Place-des-arts



Tourist information on all regions of Québec from May 12 to October 31.

[f/tourismequebec](https://www.facebook.com/tourismequebec)  
[ig/tourismequebec](https://www.instagram.com/tourismequebec)  
[X/tourismequebec](https://twitter.com/tourismequebec)  
[yt/TourismeQuebec](https://www.youtube.com/TourismeQuebec)  
[p/tourismequebec](https://www.pinterest.com/tourismequebec)

## Indigenous tourism

### Kahnawà:ke Tourism Welcome Center

Ad p. 12  
1 River Road, Kahnawà:ke  
450 635-2929  
[kahnawaketourism.com](http://kahnawaketourism.com)

[f/kahnawaketourism](https://www.facebook.com/kahnawaketourism)  
[ig/kahnawaketourism](https://www.instagram.com/kahnawaketourism)  
[X/visitKahnawake](https://twitter.com/visitKahnawake)  
[yt/@kahnawaketourism](https://www.youtube.com/@kahnawaketourism)

### Indigenous Tourism Québec

[indigenousquebec.com](http://indigenousquebec.com)  
[info@tourismeautochtone.com](mailto:info@tourismeautochtone.com)

[f/TourismeAutochtoneQuebec](https://www.facebook.com/TourismeAutochtoneQuebec)  
[ig/autochtoneqc](https://www.instagram.com/autochtoneqc)  
[yt/TourismeAutochtone](https://www.youtube.com/TourismeAutochtone)

## Accommodation

Discover where to stay and relax in the neighbourhood before heading back out to explore.

**Scan the QR code to learn more.**



# Practical information /

## Access to wireless Internet

### ZAP

[ville.montreal.qc.ca/cartemtlwifi](http://ville.montreal.qc.ca/cartemtlwifi)



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

## City pass

### The Passeport MTL

Ad p. 6

1 844 685-3544 | [passeportmtl.com](http://passeportmtl.com)



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

## Cannabis

[quebec.ca/cannabis](http://quebec.ca/cannabis)

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

## Driving to Montréal

It's easy to get to Montréal by car: it's just 75 km (46 miles) from the U.S. border. Access to the island is via one of the major bridges—Samuel-de-Champlain, Jacques-Cartier or Victoria—or the Louis-Hippolyte-La Fontaine bridge-tunnel to head downtown. Drivers should note that Montréal is undergoing a major renaissance, with many ongoing construction and infrastructure projects; there will be orange cones and possible detours in different neighbourhoods. The best way to get around once in the city? Walk, bike, use public transit or take a taxi.

### Metric system

Québec uses the metric system, so speeds are indicated in kilometres (100 km/h = 62 mph) and gas is sold in litres (1 US gallon = 3 3/4 litres).

### Right turn

Although turning right on a red light is authorized across Québec (except at intersections where a sign indicates this is not permitted), rights on reds are strictly prohibited on the island of Montréal.

### Cell phone

Use of a hand-held cell phone that does not have a hands-free function is prohibited while driving. Cell phones must be fixed to a mount attached to the vehicle.

## Parking

There are many paid parking lots and automatic pay stations.

### Electric vehicle

There are many charging stations located around the city: [lecircuitelectrique.com/en/find-a-station](http://lecircuitelectrique.com/en/find-a-station).

## Languages courses

### LaSalle College

2000 Sainte-Catherine Street West  
 Atwater | 514 939-2006  
[collegelasalle.com](http://collegelasalle.com)

### EC Montréal

1610 Sainte-Catherine Street West  
 Suite 401 | Guy-Concordia  
 514 939-9911 | [ecenglish.com](http://ecenglish.com)

### Concordia University

1455 De Maisonneuve Blvd. West  
 Guy-Concordia | 514 848-2424  
[concordia.ca](http://concordia.ca)

### Université de Montréal

2900 Édouard-Montpetit Blvd.  
 Université-de-Montréal  
 514 343-6030 | [umontreal.ca](http://umontreal.ca)

### UQAM – Non-Credit Language Courses

209 Sainte-Catherine Street East  
 Local V-4105 | Berri-UQAM  
 514 987-3000 | [immersion.uqam.ca](http://immersion.uqam.ca)

## Making a comment or conveying dissatisfaction

If you wish to comment on or are dissatisfied with the tourism services you received in Québec, please contact:

### Alliance de l'industrie touristique du Québec

1 877 686-8358, option 7  
[info@alliancetouristique.com](mailto:info@alliancetouristique.com)

## Canadian currency

Canadian currency is the Canadian dollar, which is divided into 100 cents. There are 5, 10, 20, 50 and 100 dollar bills. Coins include 1 and 2 dollars and the smaller 5, 10 and 25 cent pieces. Banking and credit cards are also welcome almost everywhere.

## Canada Post

800 René-Lévesque Blvd. West  
📧 Bonaventure | 1 866 607-6301  
[postescanada.ca](http://postescanada.ca)

There are also lots of postal outlets located within other businesses, like pharmacies.

## Tips

It is customary to tip restaurant waiters, taxi drivers and hairdressers 15% of the bill, before taxes. Bellhops, porters, doormen, etc., generally receive at least \$2 per suitcase or per service rendered. Coffee and food counters often have a tip cup next to the cash register; spare change is always appreciated.

## Tourism services

### Arthur Majordome

514 397-2667 | [arthurmajordome.com](http://arthurmajordome.com)

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

## Taxes

There are two applicable taxes in Québec: a federal goods and services tax (GST) of 5% and a Québec sales tax (QST) of 9.975%. A 3.5% accommodation tax is also in effect in Montréal.

## Emergency

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

# Transport /

## Airport and airlines

### YUL Montréal-Trudeau International Airport

Ad on back cover

514 394-7377 | [admtl.com](http://admtl.com)



The airport offers full ground transportation and features five parking lots, a hotel accessible from inside the complex, five VIP lounges in the international terminal, as well as over 90 shops and restaurants. Self-service check-in is available for all flights.

### Air Canada

514 393-3333 | [aircanada.com](http://aircanada.com)

### Air Transat

514 636-3630 | [airtransat.com](http://airtransat.com)

### WestJet

1 888 937-8538 | [westjet.com](http://westjet.com)

## Buses

### Autobus Galland

1717 Berri Street | 📍 Berri-UQAM  
450 687-8666 | [galland-bus.com](http://galland-bus.com)

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

### Coach Canada (Gray Line Montréal)

1255 Peel Street | 📍 Peel  
514 398-9769 | [grayline.com](http://grayline.com)

Gray Line Montréal/Coach Canada offers a variety of guided tours of Montréal, along with day trips to Québec City or the beautiful Laurentian Mountains and Mont-Tremblant.

### Gare d'autocars de Montréal

1717 Berri Street | 📍 Berri-UQAM  
514 842-2281 | [gamtl.com](http://gamtl.com)



Montréal's Bus Central Station welcomes regional, national and transborder travellers. It is the terminus for the airport shuttle.

### Keolis Canada

514 395-4000 | [keolis.ca](http://keolis.ca)

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

## Limousines

### LIMOTOUR – Phénix Limousine

Ad p. 29

514 875-8715 | [limotour.net](http://limotour.net)



Limousines, minibuses, luxury cars and more which can accommodate anywhere from 1 to 57 passengers.

### Limousine MontRoyal

514 363-6360 | [montroyal.com](http://montroyal.com)

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

## Airport transportation

### 747 YUL Aéroport Montréal-Trudeau/ Downtown shuttle

📍 Berri-UQAM | 514 786-4636  
[stm.info/747](http://stm.info/747)



Featuring 24-hour service, 365 days a year. One-stop route, terminus at Lionel-Groulx metro station, or downtown route including 11 stops in each direction, terminus at Gare d'autocars de Montréal/Berri-UQAM metro station.

## Taxis

### Taxelco

514 836-0000 | [taxelco.com](http://taxelco.com)

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

### Véco Taxi

450 671-9999 | [vecotaxi.com](http://vecotaxi.com)

Véco Taxi is a responsible platform that provides companies with the freedom to plan and book trips for their customers and employees through a variety of services powered by electric vehicles.

## Trains

### Central Station

895 De La Gauchetière Street West  
📍 Bonaventure | 514 871-0925  
[garecentrale.ca](http://garecentrale.ca)



Central Station links Montréal to over 450 Canadian towns and to many American destinations.

### VIA Rail Canada

895 De La Gauchetière Street West  
📍 Bonaventure | 1 888 842-7245  
[viarail.ca](http://viarail.ca)



The Canadian intercity rail transporter. VIA Rail brings you directly to downtown Montréal.



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MONTREAL**

## Waterway transport

### Maritime Shuttles

Jacques-Cartier Pier  
Old Port of Montréal

📍 Champ-de-Mars | 514 281-8000  
[navettesfluviales.com](http://navettesfluviales.com)

From mid-May to mid-October, this river shuttle service for pedestrians and cyclists links the Old Port to Parc Jean-Drapeau and Longueuil.

### Grand Quay – Cruise Terminal

Grand Quai du Port de Montréal

Old Port of Montréal

📍 Place-d'Armes | 514 283-7011  
[port-montreal.com](http://port-montreal.com)

The Port of Montréal welcomes thousands of cruise ship passengers each year.

### Navark

514 871-8356 | [navark.ca](http://navark.ca)



Navark provides a shuttle service between different points along the island of Montréal and on both shores.

## Bike share service

### BIXI Montréal

514 789-2494 | [bixi.com](http://bixi.com)

Offered year-round, this service enables citizens and tourists to borrow a bike from one station and re-dock the bike at another station close to their destination (900 stations, providing 11,000 bikes including 2,600 electric bikes).

## Bicycle network map

Explore the city by bike!

**Scan the QR code to learn more.**



## Accessibility

### Accessibility for people with disabilities – Kéroul

514 252-3104 | [keroul.qc.ca](http://keroul.qc.ca)



Location accessible to persons with disabilities.



Location partially accessible to persons with disabilities.

Establishments' accessibility is assessed according to criteria set by Kéroul and approved by the Ministère du Tourisme du Québec. For people with restricted physical ability, Kéroul provides information on tourism and culture.

### Companion Leisure Card (CAL)

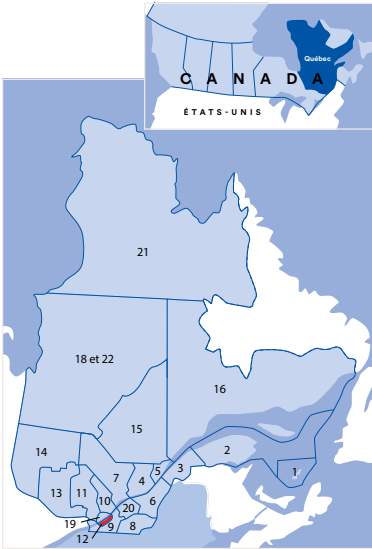
1 833 693-2253 | [carteloisir.ca](http://carteloisir.ca)



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

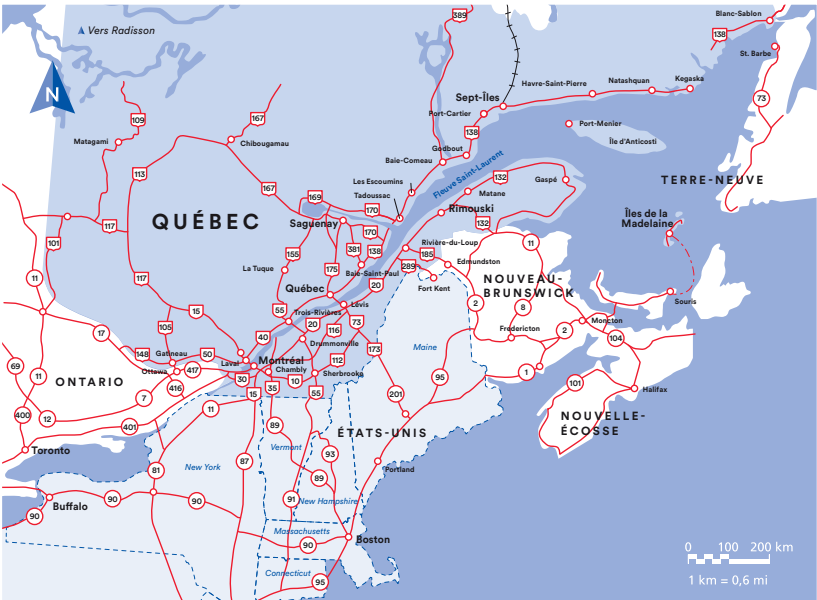


# Québec tourism regions



01 Îles-de-la-Madeleine	<a href="http://tourismeillesdelamadeleine.com">tourismeillesdelamadeleine.com</a>
02 Gaspésie	<a href="http://tourisme-gaspesie.com">tourisme-gaspesie.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://tourismemauricie.com">tourismemauricie.com</a>
08 Eastern Townships	<a href="http://easterntownships.org">easterntownships.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 Laurentians	<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://saguenaylacsaintjean.ca">saguenaylacsaintjean.ca</a>
16 Côte-Nord-Duplessis, Manicouagan	<a href="http://tourismecote-nord.com">tourismecote-nord.com</a>
18 Baie-James	<a href="http://escapelikeneverbefore.com">escapelikeneverbefore.com</a>
19 Laval	<a href="http://tourismelaval.com">tourismelaval.com</a>
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 to the region



Using and carrying a radar detector is illegal in Québec.

# Public transit /

## Société de transport de Montréal (STM)

514 786-4636 | [stm.info](http://stm.info)

From the underground city to the top of Mount Royal, from the Old Port to the Olympic Stadium—the bus and metro have got you covered day and night, anywhere in Montréal. The STM offers tourists a variety of transit passes valid for one day, three days, an evening or an unlimited weekend, allowing them to use its network as often as desired. And now, kids 11 and under ride for free when in the care of someone at least 14 years old with a valid transit fare.

Leashed dogs are authorized in the metro under certain conditions.

Bikes are also authorized aboard the metro, provided safety rules are followed.

## Réseau express métropolitain (REM)

[rem.info](http://rem.info)

Operating 20 hours a day, 7 days a week, the Réseau express métropolitain (REM) is a fully electric and automated light rail transit system. This allows passengers to enjoy a unique view from the front or back of the train, particularly when crossing the Samuel De Champlain Bridge, which offers a breathtaking view of Montréal's skyline. It currently connects Brossard Station on the South Shore to Central Station in the heart of downtown Montréal. Construction is ongoing to extend the network towards Deux-Montagnes, Anse-à-l'Orme, and YUL Montréal-Trudeau International Airport. Once completed, the REM will feature 26 stations and 67 km of track, serving Greater Montréal.



### Metro hours of operation

#### Line 1—Green

Sunday to Friday:  
05:30 to 00:35  
Saturday: 05:30 to 01:05

#### Line 2—Orange

Sunday to Friday:  
05:30 to 00:30  
Saturday: 05:30 to 01:00

#### Line 3—Blue

Sunday to Friday:  
05:30 to 00:45  
Saturday: 05:30 to 01:15

#### Line 4—Yellow

Sunday to Friday:  
05:30 to 01:00  
Saturday: 05:30 to 01:30



### Bus hours of operation

Day: 5:30 to 01:00  
Night: 01:00 to 05:00

### Fares:

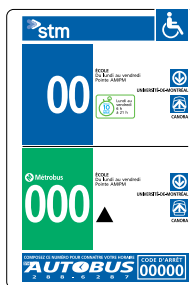
The agglomeration of Montréal is in zone A.

### REM

1 833 736-4636 / [rem.info](http://rem.info)

### EXO

1 833 255-6396 / [exo.quebec](http://exo.quebec)



This is a bus stop sign



# Metro map /



## Métro

Info



### SYSTEMS



- 1 Green line
- 2 Orange line
- 12 Yellow line
- 5 Blue line



A Line A



- A1 Brossard
- A2 YUL-Aéroport-Montreal-Trudeau
- A3 Anse-à-l'Orme
- A4 Deux-Montagnes



- 11 Vaudeville/Hudson line
- 12 Saint-Jérôme line
- 13 Mont-Saint-Hilaire line
- 14 Candiac line
- 15 Mascouche line

### LEGEND

- BRT Bus rapid transit
- Intercity train - VIA Rail - Amtrak
- Intercity bus - Gare d'autocars de Montréal
- Parking
- Elevator
- Elevator Orange line 2
- Elevator Green line 1
- YUL Montréal-Trudeau Airport
- Transfers
- Planned line

### FARE ZONES

- A Agglomération de Montréal
- B Agglomération de Longueuil and Laval





# Montréal

## neighbourhoods

Get to know each of Montréal's unique neighbourhoods. They're the beating heart of a charming and eclectic city you'll want to take the time to discover.

- 
- 38** Downtown
  - 42** Old Montréal and the Old Port
  - 54** Parc Jean-Drapeau
  - 56** Mount Royal, Outremont and Westmount
  - 58** Plateau-Mont-Royal and Mile End
  - 60** Olympic District, Rosemont and Hochelaga-Maisonneuve
  - 64** The Village
  - 68** Little Italy and Villeray
  - 70** Les Quartiers du Canal
  - 72** Pôle des Rapides
  - 76** East End, West Island and Montréal North

# Neighbourhood map



**From historic to bohemian,  
from busy to trendy, Montréal's  
neighbourhoods each offer  
a unique atmosphere.  
See for yourself!**

## **1. Downtown**

Business, fun, entertainment –  
downtown buzzes with excitement.  
Page 38

## **2. Old Montréal and the Old Port**

There's always something new  
in the city's historic district.  
Page 42

## **3. Parc Jean-Drapeau**

One park, two islands: lush green spaces  
and exhilarating events and festivals.  
Page 54

## **4. Mount Royal, Outremont and Westmount**

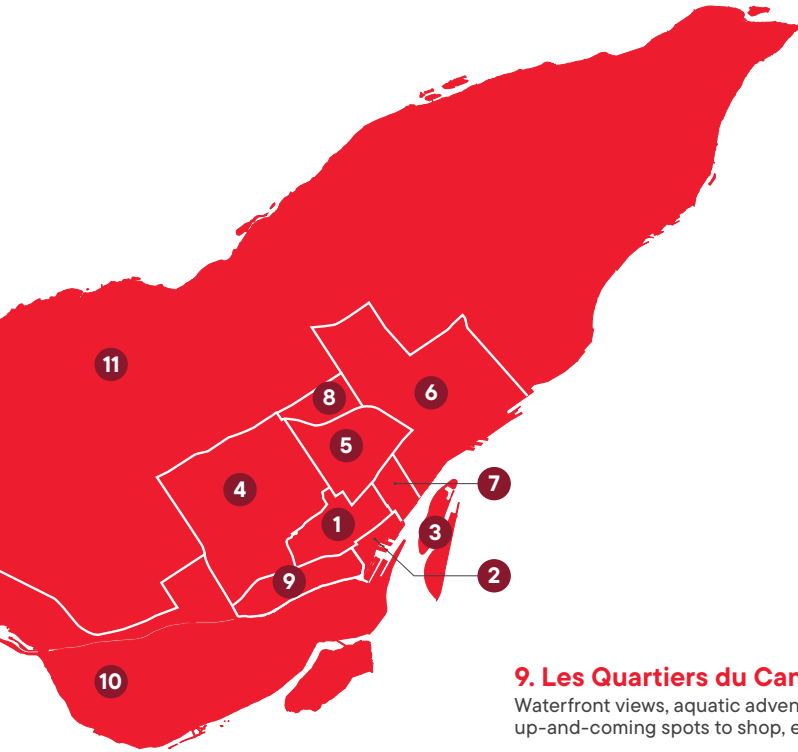
A nature haven at the heart of the city with  
chic boutiques and luxury buildings next door.  
Page 56

## **5. Plateau-Mont-Royal and Mile End**

Hip neighbourhoods that eat, sleep and  
breathe artistic creativity.  
Page 58

## **6. Olympic District, Rosemont and Hochelaga-Maisonneuve**

Family-friendly and home to the Olympic  
Park and the Espace pour la vie museums.  
Page 60



## 7. The Village

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

Page 64

## 8. Little Italy and Villeray

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

Page 68

## 9. Les Quartiers du Canal

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

Page 70

## 10. Pôles des Rapides

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

Page 72

## 11. East End, West Island and Montréal North

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

Page 76



# Downtown



**Between the mountain and the river, our dynamic downtown blends business, shopping, fine dining and entertainment together.**

From skyscrapers to beautiful Victorian houses and chic boutiques to neo-Gothic churches, downtown Montréal is an exciting study in contrasts.

Tucked between the St. Lawrence River and the mountain (Mount Royal), downtown moves to the beat of the many different communities that live here. The “centre-ville” is where people come to work, study, shop, dance, catch a movie, have dinner or drinks, or simply stroll leisurely. In summer, its streets are closed to traffic to make room for outdoor festivals.

## Sainte-Catherine Street

📍 Atwater, Guy-Concordia, Peel, McGill, Place-des-Arts, Berri-UQAM

Sainte-Catherine Street is Montréal's main commercial artery. People flock here for its myriad stores, restaurants and malls as well as cultural events and festivals.

## Place Ville Marie

📍 McGill, Bonaventure

An iconic downtown structure famous for its cross-shaped tower, Place Ville Marie is much more than a business centre. Esplanade PVM is a must-see meeting hub that is illuminated and enhanced by *The Ring*, its suspended art installation.



Going shopping downtown



Catching an exhibition at a major Montréal museum



Sipping cocktails on an outdoor terrace

Discovering the “Underground City”



Admiring *The Ring* on Esplanade PVM at Place Ville Marie



## Phillips Square

📍 McGill

Phillips Square is a historic downtown space bordered by iconic buildings like the beautiful Maison Birks. The monument to Edward VII at its centre invites passersby to stop and take a break from downtown's hustle and bustle.

## Dorchester Square

📍 Peel, Bonaventure

Dorchester Square is a lovely green urban space formerly known as Dominion Square. It is surrounded by historic buildings such as the Sun Life building and the Mary, Queen of the World Cathedral.



© PHOTOLACINER/S. JACQUES - TOURISME MONTRÉAL



© STEPHAN POLIN - TOURISME MONTRÉAL

## Golden Square Mile

📍 Peel, McGill

The Golden Square Mile is a historic quarter at the foot of Mount Royal. Renowned for its Victorian homes and commercial buildings from the 1850s, it includes McGill University and the McCord Stewart Museum. Here, you can go for a stroll down memory lane at the heart of a modern city.

## Quartier des Spectacles

📍 Place-des-Arts, Saint-Laurent, Berri-UQAM

The Quartier des Spectacles is the nerve centre for Montréal's cultural events and festivals, and boasts many concert halls, art galleries and cultural venues. The Place des Festivals, a public space dedicated to outdoor events, is the pulse of this lively neighbourhood, hosting shows and festivals year-round.

## Quartier Latin

📍 Berri-UQAM

The Quartier Latin is a dynamic and artistic neighbourhood chock full of cafés, boutiques and theatres. It is home to Université du Québec à Montréal (UQAM), with a large student population that contributes to its young and energetic ambiance. Thanks to its many festivals and events, it is also a popular destination for night owls and culture lovers.



Did you know?

**The Mary, Queen of the World Cathedral is a scale model of Saint Peter's Basilica in Rome.**

# CULTURALLY VIBRANT



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Over 50 cultural  
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# LES TROIS MONKEYS

## THE LARGEST DOWNTOWN FUN SPOT

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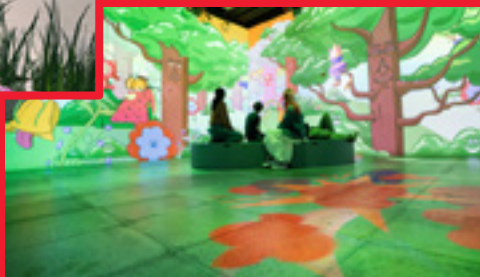
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# Old Montréal and the Old Port

**Past and future come together in Old Montréal and the Old Port, as witnessed in its cobblestone streets, historic monuments and stunning river vistas.**

For over 400 years, this historic city quarter has been reinventing itself, and is home to the city's oldest and newest tourist attractions.

Immerse yourself in the history of every Old Montréal street corner. Its cobblestone streets are dotted with historic buildings that are home to art galleries, museums, artisan ateliers, fashion boutiques, restaurants and cafés.

In the Old Port, you can enjoy recreational activities along the promenade and soak up panoramic views of the city and the St. Lawrence River all year long.



Strolling along  
Saint-Paul Street



Admiring the  
Notre-Dame Basilica



Enjoying breathtaking views  
from La Grande Roue  
de Montréal

Going on a walking tour



Exploring relics from the  
past at Pointe-à-Callière

Climbing to the top of the  
Port of Montreal Tower



## Old Montréal

### Saint-Paul Street

📍 Champ-de-Mars, Place-d'Armes

Saint-Paul Street is Montréal's oldest street. This charming cobbled artery, with its ambiance evocative of Old Europe, teems with boutiques, art galleries and historic buildings. Travel back in time to Montréal's beginnings as you stroll along.

### Place Jacques-Cartier

📍 Champ-de-Mars

Site of the historic Nelson Monument, this dynamic space in Old Montréal is renowned for its street artists, outdoor terraces and restaurants that lend it a festive ambiance throughout the year. The Montréal Tourist Information Office is also located here.

## Marché Bonsecours

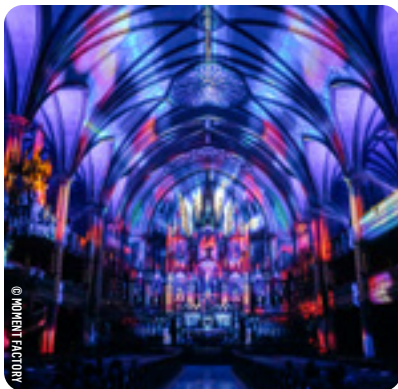
📍 Champ-de-Mars

The Marché Bonsecours is an iconic Neoclassical building that was inaugurated in 1847. For over 100 years, it served as a public market. Today, it is home to boutiques featuring creations by Québécois artisans, cafés and exhibition halls. A must-see if you're interested in discovering local craftsmanship and Montréal history.

## Montréal City Hall

📍 Champ-de-Mars

Montréal City Hall, which was built in the Second Empire style, is a national historic site that wows with its impressive architecture. It was here, in 1967, that General de Gaulle declared his famous "Vive le Québec libre!" This magnificent building is a symbol of Montréal's political and cultural heritage.



## Notre-Dame Basilica

📍 Place-d'Armes

Montréal's Notre-Dame Basilica is a neo-Gothic church famous for its sumptuous interior and stained glass windows. *AURA* is an immersive light show that transforms the basilica into a living canvas with breathtaking lighting effects and projections.

## Pointe-à-Callière

📍 Place-d'Armes

Pointe-à-Callière is a history and archaeology museum located on the site where Montréal was founded. It offers a unique underground circuit that showcases captivating archaeological digs and exhibitions. The museum gives people the chance to discover the city's roots and dive into its fascinating past.

### MY FAVOURITES



### PLACES TO VISIT AGAIN







© CHARLOTTE BLOM NGUE - TOURISME MONTRÉAL

## Old Port

### ***Bonjour, Montréal***

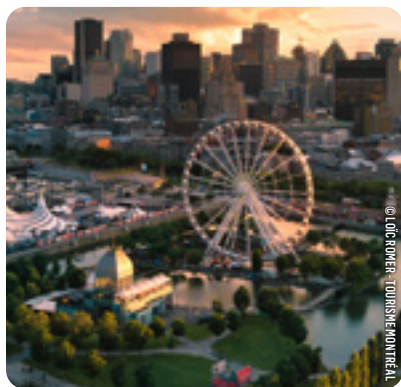
📍 Place-d'Armes, Champ-de-Mars

The *Bonjour, Montréal* sign welcomes visitors with giant letters made from the city's reclaimed ash wood. Gracing the green roof of the Grand Quay, it offers a spectacular view of downtown, and symbolizes the city's warmth and hospitality.

### **La Grande Roue de Montréal**

📍 Champ-de-Mars

La Grande Roue de Montréal, Canada's highest observation wheel, offers panoramic views from 60 m in the air. Day or night, it's the perfect spot to admire Old Montréal and the St. Lawrence River.



© LOIC ROMER - TOURISME MONTRÉAL

### **Montréal Science Centre**

📍 Place-d'Armes, Champ-de-Mars

The Montréal Science Centre has interactive exhibitions and an IMAX theatre. It's a must-visit for families and science geeks who love fun educational experiments.

### **Clock Tower**

📍 Champ-de-Mars

The 45 m tall Clock Tower pays homage to Canadian sailors who perished during the First World War. Overlooking an urban beach, it is a national historic site and major Old Montréal tourist attraction.

### **Port of Montreal Tower**

📍 Place-d'Armes, Champ-de-Mars

Standing at 65 m tall, the Port of Montreal Tower offers scenic views of the city and the river.



© EVA BLUE - TOURISME MONTRÉAL



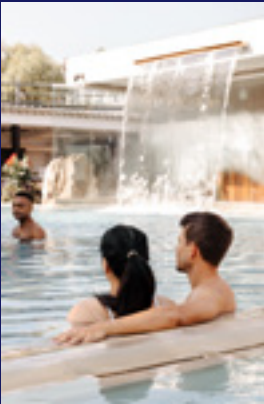
Did you know?

In his song “Suzanne,” Leonard Cohen refers to the statue of the Virgin Mary atop the Notre-Dame-de-Bon-Secours Chapel (“lady of the harbour”).



# 70

## ACTIVITIES & EVENTS



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# Parc Jean-Drapeau

**Made up of two islands in the St. Lawrence River, Parc Jean-Drapeau offers a multitude of attractions and activities for everyone to enjoy year-round.**

Its multipurpose trails, which include 25 km of bike paths, offer beautiful views of the river and downtown. Some 15 prized public artworks—including Alexander Calder's gigantic stabile *Trois disques*, also known as *Man*—are permanently on display. Parc Jean-Drapeau welcomes many music festivals, a fireworks competition, international sports events and public celebrations throughout the seasons. It is also home to the Casino de Montréal, built in the former pavilions of France and Québec at Expo 67. Quite the architectural legacy!



Swimming at the Aquatic Complex



Sunbathing at Jean-Doré Beach



Cycling around the Circuit Gilles-Villeneuve



Exploring the Biosphère's geodesic dome



Admiring the avant-garde architecture of Habitat 67



## Alexander Calder's *Man*

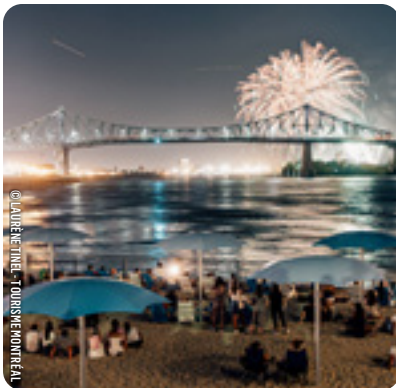
📍 Jean-Drapeau

This monumental sculpture created by Alexander Calder for Expo 67 is a symbol of modern art. It depicts the theme "Man and His World" and is a must-see for art lovers.

## Biosphère

📍 Jean-Drapeau

The former United States pavilion at Expo 67, the Biosphère is now a museum dedicated to the environment. Its unique architecture and interactive exhibitions make it a fascinating place for anyone to visit.



## Jacques Cartier Bridge

📍 Jean-Drapeau

This iconic bridge links Montréal to Longueuil and offers a spectacular view of the St. Lawrence River. Illuminated at night, it is a symbol of the city and landmark for people visiting Montréal.

## Tour de Lévis

📍 Jean-Drapeau

Built in the 1930s, the tower offers a 360-degree view of Montréal and its surroundings. There's no better place than here to watch the fireworks.

## Jean-Doré Beach

📍 Jean-Drapeau

What better spot than this urban beach when the mercury starts to climb in summer? With its golden sand and excellent water quality, it offers a refreshing escape just minutes from downtown.



## Casino de Montréal

📍 Jean-Drapeau

Housed in the former France pavilion for Expo 67, the Casino de Montréal is the biggest casino in Canada. Its unique geometrical architecture and light-filled spaces make it a fascinating place to visit. Thanks to its wide range of gaming and entertainment options, you can enjoy an unforgettable experience.

## La Ronde

📍 Jean-Drapeau

With over 40 rides and attractions, La Ronde is the biggest amusement park in Québec. Families and thrill seekers alike flock to this popular destination each summer.

### MY FAVOURITES





# Mount Royal, Outremont and Westmount



**No visit to Montréal would be complete without a walk on Mount Royal, a green gem at the heart of the city.**

Mount Royal was given its name by Jacques Cartier in 1535. The “mountain” is the go-to spot for nature lovers, amateur bird watchers and sports enthusiasts of all ages. Not only is it criss-crossed with walking trails, but its lookouts offer superb views of the city. Mount Royal is flanked by two universities, two enormous cemeteries as well as Saint Joseph’s Oratory. Down below, Outremont and Westmount, leafy upscale neighbourhoods with opulent houses, offer an exquisite choice of boutiques.



Admiring downtown from the belvedere



Getting a close-up view of the Mount Royal Cross



Tobogganing down its snowy hills



Visiting (or making a pilgrimage) to Saint Joseph’s Oratory



Enjoying a delicious meal in Outremont



## Kondiaronk Belvedere

 Mont-Royal

The Kondiaronk Belvedere graces the front of the Mount Royal Chalet and offers spectacular views of Montréal. Tourists as well as locals love coming here to take pictures and soak up the cityscape below.

## Beaver Lake

 Mont-Royal

This artificial lake offers visitors a four-season destination to relax and have fun. In summer, you can rent pedal boats; in winter, you can skate on the refrigerated rink right next door. It’s an excellent spot to enjoy the outdoors at the heart of the city.



## Bernard Avenue West

📍 Outremont

This charming avenue is renowned for its specialty boutiques, refined restaurants and upbeat ambiance. There's no better place for strolling and discovering Outremont's hidden treasures.

## Côte-des-Neiges streets

📍 Côte-des-Neiges

Located near Saint Joseph's Oratory, the streets of Côte-des-Neiges are a vibrant cultural and commercial hub. They feature a variety of shops and restaurants that showcase Montréal's multicultural diversity. A stroll through this dynamic and welcoming neighbourhood is an experience not to be missed.

## Mount Royal Cross

📍 Mont-Royal

Erected in 1924, this iconic cross overlooks Montréal from atop Mount Royal.



## Saint Joseph's Oratory

📍 Côte-des-Neiges

Saint Joseph's Oratory is the largest shrine in the world dedicated to Saint Joseph. Founded by Saint André of Montréal (Brother André), it attracts millions of people who come here each year to enjoy its panoramic views, immerse themselves in its rich heritage and take part in its religious celebrations.

## Sir George-Étienne Cartier Monument

📍 Mont-Royal

This imposing monument pays tribute to one of the Fathers of Canadian Confederation. Located at the foot of Mount Royal, it is the starting point for endless walks and gatherings, especially the famous Tam-Tams on Sundays.



Did you know?

**Mount Royal Park was designed by landscape architect Frederick Law Olmsted, who also designed Central Park in New York City.**

# Plateau- Mont-Royal and Mile End /

**This trendy neighbourhood north of downtown is famous for its picturesque residential streets and vibrant nightlife.**

What's not to love about the eclecticism, energy, creativity and bohemian spirit of these two urban hubs? Here, cafés, bars, boutiques, bookstores and restaurants rub shoulders with former textile factories and repurposed churches. The epicentre of Montréal's artistic milieu, the Plateau is renowned for its busy commercial avenues, charming and leafy residential streets, colourful houses and spiral staircases. Just next door, the cosmopolitan Mile End always has the pulse of the city. Go there for retro finds and one-of-a-kind meals, and be sure to try Montréal's famous bagels.



Biting into a bagel pulled fresh from a wood-fired oven



Catching a show



Enjoying a local beer on an outdoor terrace



Discovering a new side to the city on a guided tour

## Du Mont-Royal Avenue

📍 Mont-Royal

Du Mont-Royal Avenue is the Plateau's beating heart, and home to eclectic boutiques, lively cafés and trendy eateries. Go there to hang out and immerse yourself in the neighbourhood's unique ambience.

## Parc La Fontaine

📍 Sherbrooke

Parc La Fontaine is a vast greenspace with ponds, walkways and picnic areas. This relaxing park is a go-to for families and sports enthusiasts who come here for activities year-round, including ice skating in winter.

## St. Michael the Archangel Church

📍 Laurier

The architecture and frescoes inside this Neo-Byzantine church built in 1915 are absolutely stunning. It has served different communities over the years and stands as a symbol of Mile End's cultural diversity.



## Saint-Laurent Boulevard

📍 Sherbrooke, Mont-Royal

This legendary boulevard, which runs through many Montréal neighbourhoods, is a cultural and culinary nexus. The “Main,” as locals know it, is famous for its boutiques, restaurants, nightlife and festivals.

## Square Saint-Louis

📍 Sherbrooke

A popular meeting spot for artists and poets, this charming square is bordered by colourful Victorian-style houses. It offers an oasis of calm at the heart of the busy Plateau.

## Duluth Street

📍 Mont-Royal

Duluth Street is renowned for its numerous restaurants, cozy cafés and charming cobblestones. Car-free in summer, it gives pedestrians a great place to wander leisurely and soak up the neighbourhood's feel-good vibe.



## Laurier Avenue West

📍 Laurier

Laurier Avenue West is a go-to for its chic boutiques, gourmet restaurants and pretty outdoor terraces. Go there for a leisurely stroll and soak up its friendly and sophisticated ambiance.



# Olympic District, Rosemont and Hochelaga- Maisonneuve /

**Nature museums, the Olympic Park, green alleyways, cafés and bistros come together to lend this Montréal sector its atypical yet irresistible charm.**

Originally a working-class francophone neighbourhood, Hochelaga-Maisonneuve (HoMa, to locals) continues to diversify and renew, without ever losing sight of its identity. The merging of past and present is evident here in its revamped factories and warehouses, imposing churches and the pretty Maisonneuve Market. Further north lays the neighbourhood of Rosemont, which is dotted with many parks, murals, outdoor workspaces and community gardens. With four institutions dedicated to nature, green spaces and the must-see Olympic Stadium, the Olympic District is absolutely discovery-worthy.



Reliving the magic of the 1976 Summer Olympic Games



Luxuriating in the horticultural paradise of the Jardin botanique



Strolling along the charming Promenade Masson



Tasting local products at the Maisonneuve Market



## Promenade Ontario

📍 Pie-IX, Joliette

Promenade Ontario is a vibrant pedestrian street renowned for its local boutiques, cafés and cultural events. Residents and visitors alike meet up here to soak up its friendly and dynamic ambiance.

## Olympic Stadium

📍 Pie-IX, Viau

Built for the 1976 Summer Olympic Games, the Olympic Stadium is one of Montréal's architectural landmarks and host to a wide range of sports and cultural events.



## Olympic Village

📍 Viau

The Olympic Village is a distinctive twin-towered residential complex that was built to house the 1976 Olympic athletes. It is both an example of modern architecture and a symbol of Montréal's Olympic heritage.



## Parc Maisonneuve

📍 Pie-IX, Viau

This sprawling urban park features pathways, picnic areas and gardens and is perfect for outdoor activities. It is adjacent to the Jardin botanique, another superb green oasis at the heart of the city.

## Espace pour la vie

📍 Pie-IX, Viau

The Espace pour la vie includes the Biodôme, Jardin botanique, Insectarium and the Planétarium. The museums offer immersive and educational experiences about nature and the universe, making this complex a must-see for families and science enthusiasts.

## Plaza Saint-Hubert

📍 Jean-Talon, Beaubien

The recently renovated Plaza Saint-Hubert is an iconic shopping destination that has over 400 businesses. From fashion boutiques to modern bistros, all reflect Montréal's energy and diversity.

## Maisonneuve Market

📍 Pie-IX

This historic public market offers a wide range of local products, fresh fruit and vegetables as well as artisanal specialties. Housed in a Beaux-Arts style building, it is a popular spot among foodies who seek out its ultra-fresh products.





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# The Village

**The Village is one of the largest LGBTQ+ neighbourhoods in North America and a hub for diversity and inclusion.**

A refreshing cocktail of exciting urban nightlife and fine dining, the Village is where you'll also find sweet B&Bs in centuries-old buildings, antique shops and other unique boutiques as well as many public art installations. Sainte-Catherine Street runs through the neighbourhood, stretching west to east from the Berri to Papineau metro stations. The entrance to the Beaudry metro station, located in the middle of the Village, boasts six ornamental rainbow-coloured pillars.



Having drinks or dinner at its unique cafés and restaurants



Meeting Mado, Québec's most famous drag queen



Showing your pride during the Fierté Montréal parade



Travelling back in time in Atateken Street's antique shops



© MURAL HOMMAGE À FRANÇOISE SULLIVAN BY MU - PHOTO BY ALISON SLATTERY TWO FOOD PHOTOGRAPHERS - TOURISME MONTRÉAL

## Sainte-Catherine Street

📍 Beaudry, Papineau

Sainte-Catherine Street is the main Village thoroughfare. In summer, it becomes pedestrian-only, with boutiques, events and outdoor terraces adding to the festive, feel-good ambiance. This artery is the pulse of a vibrant neighbourhood that truly champions diversity and inclusion.

## Place Émilie-Gamelin

📍 Berri-UQAM

Place Émilie-Gamelin is a lively public space that is renowned for its cultural events and urban gardens. People flock to this popular spot for concerts, markets and activities throughout the year.



## Parc de l'Espoir

📍 Beaudry

Parc de l'Espoir (Hope Park) is dedicated to the memory of people who have died from HIV/AIDS. It symbolizes the resilience and solidarity of the LGBTQ+ community, right at the heart of the Village.

## Bar Le Cocktail

📍 Papineau

A popular cocktail/karaoke bar, Le Cocktail offers a diverse line-up of shows and high-energy atmosphere. It's a must-visit for a wild night out in the Village!

## Chez Mado

📍 Beaudry

Chez Mado is an iconic Village cabaret that is renowned for its drag queen shows. Founded by the legendary Mado Lamotte, the nightclub offers a nightly line-up of fun and entertaining performances.

## Église Saint-Pierre-Apôtre

📍 Beaudry

The Saint-Pierre-Apôtre church, which is located on De la Visitation Street, is famous for its chapel that honours the memory of HIV/AIDS victims.





# A village TO DISCOVER!

# ICONIC BARS

# DIVERSE RESTAURANTS

# UNIQUE SHOPS

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# Little Italy and Villeray

**Little Italy and Villeray form a neighbourhood that celebrates Montréal's good food and fun-loving nature.**

Villeray and Little Italy developed at the end of the 19th century with the arrival of industrialization and the tramway. *Ristoranti, trattorie, pasticcerie and caffè* can all be found at the heart of Piccola Italia, or Little Italy, which was given its name after a major wave of Italian immigrants settled here. Villeray, for its part, is renowned for its cultural diversity and typical Montréal residential architecture. Browse the colourful Jean-Talon Market, order an espresso at a neighbourhood café or enjoy a delicious meal at its many restaurants to really appreciate this foodie paradise.

## De Castelnau Street

📍 De Castelnau

De Castelnau Street is pedestrian-only in summer, making it an ideal destination for strolling, popping into its many boutiques or going for a coffee. It's the perfect spot to soak up the neighbourhood's friendly and inviting atmosphere.

## Saint-Laurent Boulevard

📍 Jean-Talon, De Castelnau

Saint-Laurent Boulevard, which runs through Little Italy, is lined with trattorias, cafés and boutiques. Be sure to stop at Milano, an iconic Italian grocery store, and Caffè Italia, a popular local hangout. In summertime, the boulevard comes alive with ItalfestMTL, a festival which celebrates Italian culture.



Tasting flavours from around the world at the Jean-Talon Market

Sipping an espresso at Caffè Italia



Picking up Italian products at Milano



Watching ground-breaking circus shows at TOHU



Visiting the Madonna della Difesa Church



## Jean-Talon Market

📍 Jean-Talon, De Castelnau

The Jean-Talon Market is one of the biggest public markets in Montréal, and is teeming with a wide range of fresh local products. It's an absolute must for foodies and fans of terroir products.



© SHUTTER - TOURISME MONTRÉAL



## Madonna della Difesa Church

📍 Jean-Talon

The Madonna della Difesa Church, one of the Italian community's historic gems, is famous for its stunning frescoes. Just next door in Parc Dante, people get together to play bocce, the Italian version of lawn bowling.

## Parc de la Petite-Italie

📍 Jean-Talon, De Castelnau

The word *Benvenuti* on the park entrance archway says it all, with its warm welcome to everyone. This relaxing green space embodies the relaxed feel and hospitality of the neighbourhood.



## Parc Frédéric-Back

📍 D'Iberville

A former quarry that was converted into an urban recreational area, Parc Frédéric-Back is dedicated to the environment and recreational activities. Its expansive fields and winding paths make it perfect for outdoor fun.

## Parc Jarry

📍 De Castelnau

Parc Jarry is an immense park that features numerous sports facilities, pathways and a pond. It is home to the IGA Stadium, which hosts an international tennis tournament each year.



# Les Quartiers du Canal

**A revitalized and dynamic zone that is home to art galleries, trendy boutiques and excellent restaurants.**

Connected by the Lachine Canal, Les Quartiers du Canal is comprised of three popular Montréal neighbourhoods: Griffintown, Little Burgundy and Saint-Henri. What do you want to explore first? Notre-Dame Street's many trendy eateries? Going antiquing? Or how about strolling around the beautiful Atwater Market? Brick chimneys and revamped warehouses are a nod to the rich industrial heritage of the area. Walk, run or bike along the canal or discover it by kayak, canoe or electric boat.



Cruising down the Lachine Canal in an electric boat



Buying local products at the Atwater Market



Going shopping in Griffintown, Little Burgundy and Saint-Henri



Riding the waves with KSF



Booking a table at a hot new eatery



## Notre-Dame Street

📍 Lionel-Groulx, Place-Saint-Henri

Notre-Dame Street is renowned for its antique shops, trendy boutiques and talked-about restaurants. This lively artery is a treasure trove of discoveries and characterizes the charm and history of Saint-Henri and Little Burgundy.



## Atwater Market

📍 Lionel-Groulx

The Atwater Market is an Art Deco style architectural gem that has been in operation since 1933. Butcher shops, cheesemongers, florists and more offer a variety of fresh, local products. A must-visit for foodies!

## Lachine Canal

📍 Lionel-Groulx, Charlevoix

The Lachine Canal is not only a historical area, but a hub for leisure activities like cycling, walking or picnicking along its banks. In summer, you can kayak or rent an electric boat and enjoy superb views of the city.



## Square Sir-George-Étienne-Cartier

📍 Place-Saint-Henri

A tranquil green space at the heart of Saint-Henri, the park's lush lawns and majestic trees offer a wonderful oasis of relaxation. It is also host to numerous community events and festivals throughout the year.



# Pôle des Rapides



**A must-visit place for cycling, water sports and luxuriating in its great green spaces.**



Bird watching at Parc des Rapides



Travelling back in time at the Musée de Lachine



Tackling the Lachine Rapids in a tandem kayak



Fishing for pike at Lac Saint-Louis

Once a bastion of the fur trade, Pôle des Rapides is now a prime water sports destination. Thrill seekers can crash through the waves on a jet boat or paddle the frothy swirls on a rafting adventure, while contemplative types will love watching a multitude of bird species swoop and fly on the banks of the St. Lawrence River. You'll also be charmed by the small-town feel of the borough of Verdun, where homes with typical spiral staircases, new businesses and lively cafés and restaurants create a vibrant hub for hanging out.



## Verdun Beach

De l'Église

Verdun Beach, which is just behind the Verdun Auditorium, is a great place to splash it up in the St. Lawrence River. The auditorium is host to a wide range of sports, cultural and artistic events: from professional basketball games to major music shows to public markets, it all happens here!

## Farine Five Roses

A stone's throw from the Lachine Canal, the brightly-lit neon Farine Five Roses sign is one of Montréal's most beloved beacons. It harks back to the city's industrial past and is a cherished landmark for Montrealers.

## Parc Angrignon

Angrignon

With 97 hectares of forests, glades and a lake that spans 1.1 km, Parc Angrignon is an urban oasis for nature lovers. You can enjoy walking paths, picnic areas and seasonal activities here.

## Lachine Light Tower

LaSalle

The Lachine Light Tower in Parc des Rapides is a historic landmark that offers a breathtaking view of the Lachine Rapids. This spot is ideal for birdwatching and doing some forest bathing right in the city.





## Guy's Wave

📍 LaSalle

Located near the Parc des Rapides, Guy's Wave is a standing wave revered by surfing and kayaking enthusiasts. It's a superb spot to enjoy non-motorized water sports on the St. Lawrence River.

## Promenade Wellington

📍 De l'Église, Verdun

The Promenade Wellington, voted the "the coolest street in the world" by Time Out magazine, is the nucleus of Verdun. People go there for its trendy boutiques, cafés and cultural events as well as its unique and friendly ambiance.

## Notre-Dame-des-Sept-Douleurs church

📍 De l'Église

A Catholic church at the heart of Verdun, the Église Notre-Dame-des-Sept-Douleurs is an architectural jewel. It is an important place of worship for the local community and a symbol of the area's religious heritage.

## The Fur Trade at Lachine National Historic Site of Canada

📍 Angrignon

This historic site takes you back to the heyday of the fur trade at the beginning of the 19th century. The stone warehouse, which was built in 1803, offers interactive exhibitions and guided visits that let you discover more about this key period in Montréal's history.







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# East End, West Island and Montréal North

**Lakes, rivers, ponds,  
picturesque neighbourhoods  
and lush nature parks,  
all just a few minutes  
from downtown.**

Ready for some outdoor fun? It's all waiting in the East End, West Island and Montréal North. Stroll through the lush greenery of the nature parks, observe the flora and fauna, get a live history lesson at the Église La Visitation-de-la-Bienheureuse-Vierge-Marie, Montréal's oldest church (1749), or hit the links on a golf course. Hop on a bike and ride the 70-km West Island Heritage Bicycle Trail, where you can discover the old-world architecture of some 100 buildings while enjoying panoramic views of Lac Saint-Louis and Lac des Deux-Montagnes.

Seeing a black bear at  
the Ecomuseum Zoo



Strolling along the promenade  
in Sainte-Anne-de-Bellevue



Riding your bike along  
the Heritage Trail



Going for a dip at the  
Cap-Saint-Jacques nature  
park beach



Practicing your swing at  
a Montréal golf club

Picnicking in a nature park



## East

### Promenade-Bellerive

📍 Honoré-Beaugrand

This linear park along the St. Lawrence River offers a breathtaking view of the Îles de Boucherville. It's a fabulous place to go for a walk, picnic or water fun in the summer.

### Parc-nature de la Pointe-aux-Prairies

This vast 261-hectare green space is ideal for hiking, biking and observing wildlife. In winter, you can go cross-country skiing and snowshoeing. Discover a beautiful sanctuary at the eastern tip of the island.



## West

### Gouin Boulevard

Gouin Boulevard is the longest artery on the island of Montréal, stretching a whopping 57.6 km along the Rivière des Prairies. A pleasant ride by car or bike, it runs through many picturesque neighbourhoods, offering panoramic views of the river and the surrounding countryside.

### Sainte-Anne-de-Bellevue

Sainte-Anne-de-Bellevue is a charming waterfront municipality that is home to the Montréal Aviation Museum and the Ecomuseum Zoo, which is dedicated to local wildlife.

## North

### Parc-nature de l'Île-de-la-Visitation

📍 Henri-Bourassa

A blend of nature and history, the park is home to the Maison du Pressoir where you can see the remains of old mills. It's a perfect spot for biking and hiking, and offers picturesque views of the Rivière des Prairies.

### La Visitation-de-la-Bienheureuse-Vierge-Marie church

📍 Henri-Bourassa

Built between 1749 and 1752, it is Montréal's oldest church and a religious heritage jewel. Go there to see its richly decorated interior and learn more about its architectural history.





# Things to do /

Explore Montréal, a vibrant city full of hidden gems and exciting surprises at every turn! Take advantage of personalized activity suggestions for unique experiences you'll never forget.

---

<b>80</b>	Culture, arts and heritage	<b>124</b>	Shopping
<b>98</b>	Festivals and events	<b>128</b>	Sports activities
<b>106</b>	Gastronomy	<b>132</b>	Sports events
<b>112</b>	Nightlife	<b>136</b>	Leisure activities, nature and relaxation
<b>114</b>	Tours and cruises	<b>152</b>	Four seasons, four experiences

# Culture, arts and heritage



Montréal, North America's first UNESCO City of Design, is known for its stunning architecture, museums, vibrant arts scene and lively cultural events.



# The essentials



## Architectural landmarks

Montréal boasts an array of architectural gems, from the iconic Habitat 67 with its distinctive modular design to the Art Deco buildings that grace the city. Visiting these landmarks offers a fascinating journey through history and innovative design.



## Art galleries

Wander through the art galleries of Old Montréal, where a rich blend of contemporary and classic works awaits. These creative spaces highlight the exceptional talent of both local and international artists.

## Digital arts

Montréal is a dynamic hub for digital arts. Venues like PHI, OASIS immersion, and the Society for Arts and Technology [SAT] offer immersive and interactive experiences. The city is also home to many other innovative spaces that push the boundaries of creativity.



## Museums

Montréal is home to world-renowned museums like the Musée d'art contemporain (MAC), Pointe-à-Callière—Montréal Archaeology and History Complex, the Montreal Museum of Fine Arts, the McCord Stewart Museum, and MUMAQ—Musée des métiers d'arts du Québec, a historical and contemporary craft museum. Each offers a unique perspective on art, history, and culture through captivating exhibitions.



## Circus arts

Montréal is the world capital of circus arts and the birthplace of the internationally renowned Cirque du Soleil. Throughout the year, various circus companies offer breath-taking performances that captivate audiences of all ages.



## Religious heritage

Explore Montréal's religious heritage through its historic churches and basilicas. Landmarks like Notre-Dame Basilica and Saint Joseph's Oratory are architectural and spiritual treasures.

## Murals

Montréal is renowned for its striking murals that turn the streets into vibrant open-air galleries. Each summer, the MURAL Festival attracts international artists, unveiling new masterpieces and infusing the city with energy. A stroll through neighbourhoods like Plateau-Mont-Royal offers a chance to admire these colourful artworks while exploring the city's rich history and culture through art.



# Address book

## Downtown

### Christ Church Cathedral

635 Sainte-Catherine Street West | ☎ McGill  
514 843-6577 | [montrealcathedral.ca](http://montrealcathedral.ca)



Nestled between the modern buildings of the downtown core, this cathedral stands atop an underground shopping centre. A fine example of Gothic Revival architecture, it was built between 1857 and 1859. The garden behind is dedicated to Raoul Wallenberg, who saved thousands of Jews during World War II.

### Mary, Queen of the World Cathedral

1085 De la Cathédrale Street | ☎ Bonaventure  
514 866-1661 | [diocesemontreal.org](http://diocesemontreal.org)



Inspired by St. Peter's Basilica in Rome, this Catholic cathedral was built at the end of the 19th century in the heart of what was then the city's Anglo-Protestant sector. Do not miss the superb gilded Baroque Revival baldachin and the paintings illustrating the historic beginnings of Montréal.

### Canadian Centre for Architecture (CCA)

1920 Baile Street | ☎ Guy-Concordia + 🚗 150, 15  
514 939-7026 | [cca.qc.ca](http://cca.qc.ca)



The CCA includes the Shaughnessy House, one of the rare 19th-century Montréal houses open to the public. The sculpture garden reflects the history of architecture as well as the city that surrounds the site. The CCA organizes a wide variety of activities: guided tours, films, lectures and workshops.

### Windsor Station

Corner of Canadiens-de-Montréal Avenue and Peel Street  
☎ Bonaventure | [cadillacfairview.com](http://cadillacfairview.com)



Built in the late 19th century, this former train station is considered one of Canada's oldest and most striking examples of Romanesque Revival architecture. At one time, it was the hub of Canada's railway system. Not surprisingly, it has been designated a provincial historic site.

### Museum of Illusions Montreal

44 Saint-Antoine Street West | ☎ Place-d'Armes  
514 665-7073 | [moimontreal.com](http://moimontreal.com)

A mind-bending museum dedicated to the world of illusions that features over 70 visual exhibits including holograms, optical illusions, fully immersive rooms and more. Perfect for groups or individual visitors.

### Underground Pedestrian Network

☎ Square-Victoria-OACI | [montreal.ca](http://montreal.ca)



The 33 km (20.5 miles) of connecting passageways and hubs of the underground network stretch out beneath downtown. Some 2,200 shops and restaurants, 10 major hotels, museums, theaters and universities can be found here.

### Square Viger

Bordered by Viger Avenue and Berri, Saint-Antoine and Guy-Frégault Streets | ☎ Champ-de-Mars | [montreal.ca](http://montreal.ca)



The transitional green space and gathering area sits between bustling downtown and historic Old Montréal. A public square in the space hosts seasonal activities such as neighbourhood parties, concerts and outdoor screenings.



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## Golden Square Mile

### McGill College Avenue

📍 McGill

🅈

From Esplanade Place Ville Marie heading north, the Avenue offers a striking view of the main entrance of McGill University and Mount Royal. Lined with modern buildings, its wide sidewalks accommodate throngs of locals and visitors who enjoy outdoor cafés.

### Sun Life Building

1155 Metcalfe Street | 📍 Peel | [edificesunlife.ca](http://edificesunlife.ca)

🅈 P

This Beaux-Arts style building long held the distinction of being the largest in the British Empire. It was used as a safe for the gold reserves of several European countries during World War II.

### The Church of St. Andrew and St. Paul

3415 Redpath Street | 📍 Guy-Concordia | 514 842-3431  
[standrewstpaul.com](http://standrewstpaul.com)

🅈 🚶

A historic gem since 1803, this church offers a serene retreat with its neo-Gothic architecture and "Quiet Garden." Explore the stunning sanctuary, enjoy free tours, concerts, and recitals, and experience the rich Presbyterian Scottish heritage.

### The Ring

Esplanade PVM, Corner of McGill College Avenue and Cathcart Street | 📍 McGill | [artpublicmontreal.ca](http://artpublicmontreal.ca)

🅈

The installation is a 30 m wide steel circle suspended above the grand staircase leading to Esplanade PVM. *The Ring* serves as a window to more than 200 years of history.

### La Guilde

1356 Sherbrooke Street West | 📍 Peel | 514 849-6091  
[laguilde.com](http://laguilde.com)

🅈 P 🚶

Founded in 1906, this non-profit organization aims to preserve, promote, and increase awareness of Inuit art, First Nations art, Métis art, and fine crafts from Canada. La Guilde is also an art gallery with works by established and emerging artists, available for acquisition.

### Musée d'art contemporain de Montréal (MAC)

Place Ville Marie, 1 Place Ville Marie (entrance by Mansfield or Cathcart Streets, floor: shopping mall)

📍 McGill | 514 847-6226 | [macm.org](http://macm.org)

P 🚶 🚶

Founded in 1964, Canada's first institution devoted to contemporary art is transforming and temporarily welcoming you to Place Ville Marie. The MAC presents innovative exhibitions and introduces you to Québec and international artists. It's a place of discovery and striking experiences.

### The Montreal Museum of Fine Arts (MMFA)

Ad on inside front cover

Jean-Noël Desmarais Pavilion, 1380 Sherbrooke Street West | 📍 Guy-Concordia | 514 285-2000  
[mbam.gc.ca](http://mbam.gc.ca)

🅈 🚶 🚶 🚶

The oldest art museum in Canada, founded in 1860, the Montréal Museum of Fine Arts (MMFA) is one of the great museums of North America. Its collection is an opportunity to discover Québec and Canadian heritage and international art from a critical and intercultural perspective.

### McCord Stewart Museum

Ad p. 96

690 Sherbrooke Street West | 📍 McGill + 🚶 24  
514 861-6701 | [musee-mccord-stewart.ca](http://musee-mccord-stewart.ca)

🚶 🚶 🚶

For over 100 years, the McCord Stewart Museum has shed light on Montréal by championing the city's history, diversity and creativity. The museum creates a number of exhibits and activities that look at social history and more, with over 2.5 million images, objects and works of art at its disposal.

### Redpath Museum, McGill University

859 Sherbrooke Street West | 📍 McGill + 🚶 24 or 144  
514 398-4861 | [mcgill.ca/redpath](http://mcgill.ca/redpath)

P

Discover the natural history and diversity of Québec through exhibits on palaeontology, mineralogy, zoology and biodiversity, as well as through an impressive variety of cultural displays from antiquity (Egypt and the Mediterranean Basin) and around the globe.

## Things to do

### Place Ville Marie

Corner of McGill College Avenue and Cathcart Street

📍 McGill | 514 861-9393 | [placevillemarie.com](http://placevillemarie.com)

🕒 P

PVM is more than a tower; it is where you can expect the unexpected every day, in the very heart of Montréal. It has a business campus, a calendar of enriching events on its esplanade, and a modern take on a food hall concept surrounded by shops in its revamped retail gallery.

### McTavish Street

Between Des Pins Avenue West and Sherbrooke Street

West | 📍 Peel

🕒

Take a stroll across this area and discover over 100 years of creativity in the form of art and architecture.

### McGill University

805 Sherbrooke Street West | 📍 McGill | 514 398-6555

[mcgill.ca](http://mcgill.ca)

🕒

Founded following a bequest from James McGill, a Montréal fur trader born in Glasgow, McGill University received its charter from King George IV in 1821. The downtown campus comprises more than 80 buildings on 80 acres of land.



### Quartier des Spectacles

#### Esplanade Tranquille

Intersection of Sainte-Catherine West and Clark Streets

📍 Saint-Laurent | [quartierdesspectacles.com](http://quartierdesspectacles.com)

🕒

In the Quartier des Spectacles, this lively public square has a skating rink, splash fountains, a terrace and a pavilion with various services. It offers cultural activities and relaxation in all seasons.

#### Centre for Sustainable Development

50 Sainte-Catherine Street West | 📍 Place-des-Arts

514 394-1108 | [lamdd.org](http://lamdd.org)

P 🧑🧑

An interpretation centre that serves as a hub for sharing thoughts and ideas. This green building's mission is to promote sustainable development to the real estate sector and the general public. The program includes several free activities for the general public and experts.

#### MEM – Centre des mémoires montréalaises

Ad p. 94

1210 Saint-Laurent Blvd. | 📍 Saint-Laurent + 🚏 55

514 872-3207 | [memmtl.ca](http://memmtl.ca)

🕒 P 🧑🧑 🧑🧑

This museum and civic space is created by, for, and with the people of Montréal. It tells the story of the metropolis through the testimonials of Montrealers, inviting visitors to experience the city through personal stories and unique perspectives.

#### Place des Festivals

Corner of Jeanne-Mance and Sainte-Catherine Streets

📍 Place-des-Arts | [quartierdesspectacles.com](http://quartierdesspectacles.com)

🕒 🧑🧑

This is a public space entirely dedicated to festivals, urban entertainment and leisure. It serves as a stage for free artistic activities of all shapes and sizes throughout the year. It also features a 235-jet fountain—the biggest interactive fountain in Canada.

## Quartier des Spectacles

Ad p. 40

Quartier des Spectacles, bordered by René-Lévesque, Sherbrooke, City Councillors and Saint-Hubert

Place-des-Arts | 514 879-0009

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

⑤

Night or day and all year long, the Quartier des Spectacles welcomes all walks of life to its over 80 cultural venues and 8 public spaces offering a diverse array of activities, including no less than 40 festivals. The Quartier is a world-class cultural destination.

## Saint-Denis Street – from Square Viger to Square Saint-Louis

Saint-Denis Street, from Square Viger to

Square Saint-Louis | Berri-UQAM | [quartierlatin.ca](http://quartierlatin.ca)

⑤

The Quartier Latin's main thoroughfare boasts more than a hundred different restaurants, cafés and boutiques.

## Society for Arts and Technology [SAT]

1201 Saint-Laurent Blvd. | Saint-Laurent

514 844-2033 | [sat.qc.ca](http://sat.qc.ca)

⑤ P ♿

The SAT is a major cultural hub where science meets art and where technology serves innovative creators. It's a must-visit, either to enjoy the greatest local and international DJs, or to discover the sensations of full visual and audio immersion in the Satosphère, a one-of-a-kind 360° full dome.



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## Quartier international

### World Trade Centre Montréal

747 Du Square-Victoria Street | Square-Victoria-OACI

514 982-9888 | [alliedreit.com](http://alliedreit.com)

⑤ P

This multifunctional complex features a large atrium housing boutiques and restaurants. The World Trade Centre, connected to the city's underground pedestrian network, is an ideal venue for events.

### International Civil Aviation Organization (ICAO)

999 Robert-Bourassa Blvd. | Square-Victoria-OACI

514 954-8219 | [icao.int](http://icao.int)

⑤

This 15-storey office tower houses the headquarters of the International Civil Aviation Organization and a museum dedicated to the history of civil air transport.

### OASIS immersion

Montréal Convention Centre, access via

Saint-Antoine Street | Place-d'Armes | 438 813-7878

[oasis.im](http://oasis.im)

⑤ P

Located on the ground floor of the Palais des congrès de Montréal in a 2,000-m<sup>2</sup> (21,500-sq.-ft.) space, discover this walkable, contact-free experience featuring three immersive galleries, two dazzling light installations and a lounge area with a café and boutique.

### Palais des congrès de Montréal (Montréal Convention Centre)

1001 Jean-Paul-Riopelle Place | Place-d'Armes

514 871-8122 | [congresmtl.com](http://congresmtl.com)

⑤ P ♿

The Palais des congrès stands out with its impressive façade made of coloured glass panels that plays with light. Public exhibitions are regularly held here. Located near thousands of hotel rooms, it is renowned for the expertise of its team, which can give any event a unique touch.

## Place Jean-Paul-Riopelle

📍 Square-Victoria-OACI | [artpublicmontreal.ca](http://artpublicmontreal.ca)



This public square was named after the famous painter Riopelle and features his sculpture-fountain titled *La Joute*.

## Square Victoria

Corner of Viger Avenue and Côte du Beaver Hall

📍 Square-Victoria-OACI | [vieuxmontreal.ca](http://vieuxmontreal.ca)



Created during the 19th century, the Square was named after Queen Victoria (1819-1901). The monument dedicated to her was the work of British sculptor Marshall Wood and was unveiled in 1872. The entrance to the metro station in the square bears an authentic Art Nouveau Paris metro railing.

## Old Montréal

### Notre-Dame Basilica of Montréal

110 Notre-Dame Street West | 📍 Place-d'Armes

514 842-2925 | [basiliquenotredame.ca](http://basiliquenotredame.ca)



Erected between 1824 and 1829, the basilica is the first neo-Gothic church in Canada. It impresses with its striking interior decoration. Discover its sculptures, its gilding and its organ, among the most imposing on the continent, and experience *AURA*, a luminous experience created by Moment Factory.

### PHI

407 Saint-Pierre Street, 451 and 465 Saint-Jean Street

📍 Square-Victoria-OACI

514 225-0525 | [phi.ca](http://phi.ca)



For over 20 years, PHI has been at the forefront of important transformations at the intersection of art, technology and human nature, creating spaces for dialogue and exploration, enabling us to connect with ourselves and others in an authentic and sustainable way.

## Champ-de-Mars

Saint-Antoine Street East | 📍 Champ-de-Mars

[vieuxmontreal.ca](http://vieuxmontreal.ca)



This public space is one of the few areas still containing physical evidence of the old city walls.

### Château Ramezay – Historical Site and Museum of Montréal

280 Notre-Dame Street East | 📍 Champ-de-Mars +

514 861-3708 | [chateauramezay.qc.ca](http://chateauramezay.qc.ca)



A portal to Montréal's past, this prestigious 18th-century residence was the first building in Québec to be classified a historic monument. Relive more than 500 years of history through numerous exhibits, multimedia portrayals of historical figures (in six languages) and a French colonial garden.

### Cours Le Royer (Hôtel-Dieu Stores)

Corner of Saint-Paul West and Saint-Sulpice Streets

📍 Place-d'Armes | [vieuxmontreal.ca](http://vieuxmontreal.ca)



Many large warehouse-stores erected in the 1860s and 70s eloquently attest to the commercial vitality of the area during the city's industrialization. Today, the buildings serve as offices, businesses and residences.

### Fonderie Darling

745 Ottawa Street | 📍 Square-Victoria-OACI

514 392-1554 | [fonderiedarling.org](http://fonderiedarling.org)



This contemporary art centre and visual arts venue supports the creation and production of emerging artists. Located in a former metalworks foundry, it now hosts performances, workshops and temporary exhibits.

## Gare Viger

700 Saint-Antoine Street East | ④ Champ-de-Mars  
[vieux.montreal.qc.ca](http://vieux.montreal.qc.ca)



A former railway station and hotel serving as the terminus of the Canadian Pacific Railway's network.

## Montréal City Hall

275 Notre-Dame Street East | ④ Champ-de-Mars  
 514 872-0077 | [ville.montreal.qc.ca](http://ville.montreal.qc.ca)



Montréal City Hall, restored and modernized, has a more turbulent history than its peaceful façade suggests. Built between 1872 and 1878, it survived a severe fire in 1922. It was from this balcony that French President General de Gaulle uttered his famous “Vive le Québec libre!”

## Sir George-Étienne Cartier National Historic Site

458 Notre-Dame Street East | ④ Champ-de-Mars  
 514 283-2282 | [parcs.canada.ca/cartier](http://parcs.canada.ca/cartier)



Sir George-Étienne Cartier, a key architect of Confederation, championed civil reform, industrialization and transportation, including the Victoria Bridge. Explore his legacy at Montréal's only Victorian interior open to the public, with exhibitions and restored 1860s decor.

## Pierre du Calvet House

401 Bonsecours Street | ④ Champ-de-Mars  
[vieux.montreal.qc.ca](http://vieux.montreal.qc.ca)



Built in the 18th century, this house is one of the most beautiful examples of the urban architecture developed in New France. Particularly striking are its massive crude rock walls, chimneys and steeply sloped roof.

## Marché Bonsecours

350 Saint-Paul Street East | ④ Champ-de-Mars  
[marchebonsecours.com](http://marchebonsecours.com)



A jewel in Montréal's heritage crown, this market was inaugurated in 1847. A symbol of Montréal's heyday, this imposing building served as the city's main agricultural marketplace for over a century. Recent renovations have once again transformed it into a bustling marketplace.

## Place d'Armes

④ Place-d'Armes | [vieuxmontreal.ca](http://vieuxmontreal.ca)



Built at the end of the 17th century, Place d'Armes has become a prestigious address in Montréal. The surrounding buildings are remarkable mementos of all the major milestones in the city's history. In the centre stands a statue of Paul de Chomedey, “Sieur de Maisonneuve,” the founder of Montréal.

## Place Royale

④ Place-d'Armes | [vieuxmontreal.ca](http://vieuxmontreal.ca)



In past centuries, it served as a main marketplace; now, it is linked to Pointe-à-Callière—Montréal Archaeology and History Complex.

## Pointe-à-Callière – Montréal Archaeology and History Complex

Ad p. 95

Pointe-à-Callière Mariners' House 350 Place Royale

④ Place-d'Armes + ④ 715 | 514 872-9150

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



Designated a National Historic Site, Pointe-à-Callière is a spectacular museum built atop an authentic archaeological site located at Montréal's birthplace. Enjoy a multimedia show projected above the ruins and take part in a captivating underground archaeological tour.





### Saint-Jacques Street and the Royal Bank

📍 Place-d'Armes | [vieuxmontreal.ca](http://vieuxmontreal.ca)



This street was also known as Canada's "Wall Street." Its heyday in the 1920s is reflected in the Royal Bank's former head office at 360 Saint-Jacques Street, erected in 1928, next to the attractive Molson Bank, built in 1866.

### Saint-Paul and De la Commune Streets

📍 Champ-de-Mars | [vieuxmontreal.ca](http://vieuxmontreal.ca)



Formerly Montreal's main street, Saint-Paul Street, with 19th-century buildings turned into boutiques, art galleries, studios, and residences, also boasts inviting restaurants, lively bars, nightclubs, and seductive lounges along its cobblestone streets.

### Marguerite Bourgeys Historic Site

400 Saint-Paul Street East | 📍 Champ-de-Mars  
514 282-8670 | [margueritebourgeys.org](http://margueritebourgeys.org)



The Sailors' Church, Montréal's oldest chapel, is a captivating history museum. Visit the 18th-century stone vault and climb the tower to admire the spectacular views. The archaeological site reveals over 2,400 years of history. Discover the chapel and museum through a downloadable audio guide.

## Old Port

### Montréal Science Centre

Ad p. 47

King-Edward Quay, 2 De la Commune Street West

📍 Place-d'Armes + 🚗 715 | 514 496-4724

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



Dynamic, engaging and exciting exhibitions show you how science and technology are shaping our lives. At the IMAX Telus Theatre, you'll be plunged into a larger-than-life experience. The adventure comes alive on the giant screen in spectacular images and through a powerful 36,000-watt sound system.

### Grand Quay of the Port of Montreal

Port of Montreal's Grand Quay (across from the Pointe-à-Callière Museum) | 📍 Place-d'Armes  
514 283-7906 | [port-montreal.com](http://port-montreal.com)



The Grand Quay offers city and river views from a vast green roof with 24,000 plants. The Promenade d'Iberville and Commencement Square provide relaxing spaces to watch cruise ships or picnic by the water.

### The Clock Tower

Clock Tower Pier | 📍 Champ-de-Mars | 514 496-7678  
[vieuxportdemontreal.com](http://vieuxportdemontreal.com)



Primarily a commemorative monument, the Tower was famous for its clock, a replica of London's Big Ben. The Tower can be admired from the outside but is not open to visitors. Located at the foot of this Tower, the Clock Tower Beach is a veritable window on the St. Lawrence River.

### Port of Montreal Tower

Ad p. 52

Port of Montreal's Grand Quay, 200 De la Commune Street West (at the end of the Grand Quay) | 📍 Place-d'Armes  
514 283-7906 | [port-montreal.com](http://port-montreal.com)



The Port of Montreal Tower offers breathtaking city views from 65 m high. Discover Montréal's history with augmented reality video clips and enjoy an exhilarating 360-degree panorama in the glass cage. Ideal for events, the tower includes three unique venues.

### Old Port of Montréal

Ad p. 46

Between the St. Lawrence River and Old Montréal

📍 Place-d'Armes | 514 496-7678

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



Bordering the St. Lawrence River over 2.5 km, this port of call is open year-round with activities and festivities. With a zipline, an urban beach, cruises, expeditions on the rapids, bicycling, quadricycling, pedal boats and Igloofest, the Old Port is filled with possibilities.

## Parc Jean-Drapeau

### Biosphère – Espace pour la vie

Ad p. 62

160 Tour-de-l'Isle Road (Île Sainte-Hélène)

📍 Jean-Drapeau | 514 868-3000 | [espacepourlavie.ca](http://espacepourlavie.ca)



An architectural symbol of Montréal since the 1967 World's Fair, the Biosphère is a dynamic, inclusive place. Its exhibitions and artistic installations encourage dialogue between science, culture, social innovation and the environment.

### Habitat 67

Cité-du-Havre, 2600 Pierre-Dupuy Avenue | [habitat67.com](http://habitat67.com)



Discover a residential complex designed by Moshe Safdie as part of Expo 67. Your guide will lead you through the various areas of the complex, such as the walkways, pedestrian streets and suspended terraces during this unique 90-minute visit.

### Le Cabaret du Casino

1 Du Casino Avenue | 📍 Jean-Drapeau + 🚗 777

514 392-2746 | [casinodemontreal.ca](http://casinodemontreal.ca)



Want to enjoy an extraordinary evening at an outstanding venue? The versatility of this space, along with the scope of its programming, will blow you away. World-class shows, musical performances, and even boxing galas are part of the program. It's a world where entertainment is king.

### The Jacques Cartier Bridge

📍 Jean-Drapeau | [jacquescartierchamplain.ca](http://jacquescartierchamplain.ca)



Inaugurated in 1931 as the Harbour Bridge, this link between Longueuil and Montréal was renamed in 1934 in honour of Jacques Cartier, the French explorer. Its digital and interactive lighting smoothly forms part of its structure, in harmony with the seasons and the energy of the city.

## Mount Royal, Outremont and Westmount

### Greene Avenue and Westmount Square

Greene Avenue and Westmount Square, Westmount

📍 Atwater | [ville.montreal.qc.ca](http://ville.montreal.qc.ca)



Fashionable boutiques, superb art galleries, libraries and antique shops line Greene Avenue. At the corner of Wood Street, three black towers of steel and tinted glass, designed by the celebrated modernist architect Mies van der Rohe, soar up around Westmount Square shopping centre.

### Notre-Dame-des-Neiges Cemetery

4601 De la Côte-des-Neiges Road | 📍 Côte-des-Neiges

514 735-1361 | [cimetierenotredamedesneiges.ca](http://cimetierenotredamedesneiges.ca)



This is Canada's largest Catholic cemetery and a significant part of our historical and environmental heritage. Situated on the magnificent Mount Royal, this site has, over the years, become not only a natural haven for local flora and fauna but also a sanctuary for rare tree species.

### Saint Joseph's Oratory of Mount Royal

Ad p. 96

3800 Queen-Mary Road | 📍 Côte-des-Neiges

514 733-8211 | [saint-joseph.org](http://saint-joseph.org)



A place of culture and spirituality, this basilica and shrine welcomes visitors in the heart of Montréal. Its architecture and imposing dome endow this pilgrimage site with a remarkable symbolic presence. Be inspired by the gardens, the exhibits, organ concerts and carillon recitals.

### Mount Royal Cross

From the east via Camillien-Houde Parkway, from the west

via Remembrance Road | 📍 Mont-Royal + 🚗 11

514 843-8240 | [lemontroyal.qc.ca](http://lemontroyal.qc.ca)



This 30 m cross was erected in 1924 atop Mount Royal. It commemorates January 6, 1643, when Maisonneuve, Montréal's founder, kept his promise to carry a wooden cross to the summit of Mount Royal if the young colony survived the threat of flooding.

### Mount Royal Cemetery

1297 De la Forêt Road | 📍 Mont-Royal + 🚶 11  
514 279-7358 | [cimetieremontroyal.com](http://cimetieremontroyal.com)

🕒 P

Founded in 1852, this cemetery is one of the oldest rural cemeteries in North America. Visitors can observe around 145 species of birds and century-old trees along trails or amid gardens and terraces. Historical guided tours recount the lives of famous figures who are buried here.

### Smith House

Mount Royal Park, 1260 Remembrance Road  
📍 Mont-Royal | 514 843-8240 | [lemontroyal.qc.ca](http://lemontroyal.qc.ca)

🕒 P

Built in 1858, this example of neoclassical rural architecture was once the home of a wealthy merchant and businessman named Hosea Ballou Smith. A rare vestige of the mountain's agricultural past, the Smith House is now dedicated to the conservation and enhancement of Mount Royal.

### Montréal Holocaust Museum

5151 Côte-Sainte-Catherine Road  
📍 Côte-Sainte-Catherine + 🚶 129 | 514 345-2605  
[museeholocauste.ca](http://museeholocauste.ca)

🕒 🚶

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

### Museum of Saint Joseph's Oratory of Mount Royal

Saint Joseph's Oratory, 3800 Queen-Mary Road  
📍 Côte-des-Neiges | 514 733-8211 | [saint-joseph.org](http://saint-joseph.org)

P

Tucked within the heart of the basilica, this museum is dedicated mainly to sacred art. Renowned for its exceptional collection of crèches of the world, the museum displays works of religious, historical and artistic heritage from Québec and abroad.

## Plateau-Mont-Royal and Mile End

### Laurier Avenue

📍 Laurier | [ville.montreal.qc.ca](http://ville.montreal.qc.ca)

🕒

Running from the neighbourhood of the Plateau-Mont-Royal through Outremont, where you will reach the base of Mount Royal, you'll find charming, typically designed Montréal homes lining the sidewalks. Bustling shops, quaint cafes and tantalizing restaurants provide plenty to see and do.

### Musée des Hospitalières de l'Hôtel-Dieu de Montréal

Ad p. 97

201 Des Pins Avenue West | 📍 Sherbrooke + 🚶 144 West  
514 849-2919 | [museedeshospitalieres.qc.ca](http://museedeshospitalieres.qc.ca)

🕒 P 🚶 🚶 🚶 🚶

This museum retraces four centuries of Montréal's rich hospital care history. It showcases one of the best-preserved convent ensembles in the city. The complex, built in 1861, includes the former monastery and garden, the hospital, three chapels, a crypt and the museum.

### Prince-Arthur Street and Square Saint-Louis

📍 Sherbrooke

🕒

This pedestrian street and square are a must-see in this trendy part of town.



## Olympic District

### Château Dufresne, museum and historical heritage site

Ad p. 63

2929 Jeanne-d'Arc Street | ☎ Pie-IX | 514 259-9201  
[chateaudufresne.com](http://chateaudufresne.com)



Built between 1915 and 1918, this Beaux Arts style private mansion was owned by the Dufresne brothers, two important members of Montréal's French bourgeoisie. The building boasts interior decor painted by artist Guido Nincheri and is a testament to the tastes of the roaring twenties bourgeoisie.

### Insectarium – Espace pour la vie

Ad p. 62

4581 Sherbrooke Street East | ☎ Pie-IX | 514 868-3000  
[espacepurlavie.ca](http://espacepurlavie.ca)



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

### Montréal Olympic Park

4545 Pierre-De Coubertin Avenue (parking:  
 4141 Pierre-De Coubertin Avenue) | ☎ Pie-IX  
 514 252-4141  
[parcolympique.ca](http://parcolympique.ca)



Located just 15 minutes from downtown Montréal by metro, this complex hosts events and activities with a little something for everyone throughout the year. An urban gathering space as well as a majestic architectural masterpiece just waiting to be discovered and rediscovered!

### Planétarium – Espace pour la vie

Ad p. 62

4801 Pierre-De Coubertin Avenue  
 (parking: 3000 Viau Street) | ☎ Pie-IX | 514 868-3000  
[espacepurlavie.ca](http://espacepurlavie.ca)



Planetarium boasting a spectacular and eco-reponsible design, and an innovative and totally original approach to astronomy. Cutting-edge equipment guarantees visitors a unique experience.

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

Corner of Jeanne-d'Arc Avenue and Rachel Street East

☎ Pie-IX | [montreal.ca](http://montreal.ca)



This green space is the site of Jean-Robert Drouillard's public artwork, *Le contour des conifères dans la nuit bleue et les étoiles derrière ma tête sont dans tes yeux*, donated by Québec City to celebrate Montréal's 375th anniversary.

## The Village

### Écomusée du fier monde

2050 Atateken Street | ☎ Berri-UQAM | 514 528-8444  
[ecomusee.qc.ca](http://ecomusee.qc.ca)



Historical museum where you can explore little-known facets of Montréal culture, learn about the daily life of the working class and follow the inspiring journeys of grassroots groups. Also visit the former Généreux public bath, a magnificent example of 1920s architecture.

## Les Quartiers du Canal – Griffintown

### Arsenal Contemporary Art Montreal

2020 William Street | ☎ Georges-Vanier | 514 931-9978  
[arsenalcontemporary.com](http://arsenalcontemporary.com)



Arsenal is a reinvented shipyard that is now a private art centre dedicated to the support, promotion and development of contemporary Canadian art. The centre houses the Blouin Division gallery and the private Collection Majudia, and hosts major exhibitions by renowned artists each year.

### Bonaventure City Entrance

Block formed by Nazareth, Duke, Wellington and Saint-Jacques Streets | ☎ Square-Victoria-OACI  
[montreal.ca](http://montreal.ca)



One of downtown's major gateways and a space for leisure with the downtown skyline as backdrop.



## Espace VERRE

1200 Mill Street | 📍 Square-Victoria-OACI + 🚗 61  
514 933-6849 | [espaceverre.qc.ca](http://espaceverre.qc.ca)

🕒 P 🧑🧒 ♿

Welcome to Espace VERRE, Montréal's vibrant glass art centre, a place that ignites creativity and celebrates the artistry of Québec! Housed in a former fire station, this unique space is dedicated to promoting and exploring the world of glass art. Explore the fascinating techniques of glassblowing, flameworking and sandblasting through guided tours and demonstrations led by skilled artisans.

## The Montreal Art Center and Museum

1844 William Street | 📍 Georges-Vanier | 514 667-2270  
[montrealartcenter.com](http://montrealartcenter.com)

🕒

Located in a beautiful 19th-century building in Griffintown, this non-profit community arts centre supports and showcases the city's vast array of talented visual and performance artists, with exhibitions, collections, events, a café and a bar to enjoy.

## Pôle des Rapides

### Lachine Canal National Historic Site

📍 Charlevoix | 514 283-6054 | [pc.gc.ca/canallachine](http://pc.gc.ca/canallachine)

🕒 P 🧑🧒 ♿

The Lachine Canal National Historic Site dates back to 1825 and features a 14-km (8.7-mile) bicycle and pedestrian pathway. The multipurpose path is maintained from April 15 to November 15.

### The Fur Trade at Lachine National Historic Site of Canada

1255 Saint-Joseph Blvd. | 📍 Angrignon + 🚗 195 or 496  
514 637-7433 | [parcs.canada.ca/lachine](http://parcs.canada.ca/lachine)

P 🧑🧒

Retrace the hectic history of the early 19th-century fur trade in the heart of Old Lachine. Interactive presentations and self-guided or guided tours allow visitors to better understand this industry so essential to the colony's growth.

### Maison Saint-Gabriel, Museum and Historic Site

2146 Place Dublin (Pointe-Saint-Charles)

📍 Charlevoix + 🚗 57 | 514 935-8136

[maisonsaintgabriel.ca](http://maisonsaintgabriel.ca)

🕒 P 🧑🧒 ♿

A magnificent example of 17th-century architecture, this house, bought by Marguerite Bourgeoys in 1668, was the home of the King's Wards. Enjoy the talent of its guides in period costume, its thematic gardens and the authenticity of its historical site.

### Fleming Mill Historical Interpretation Centre

9675 LaSalle Blvd. | 📍 Angrignon + 🚗 106 or 110

514 367-6439 | [montreal.ca](http://montreal.ca)

🕒 P

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

### Musée de Lachine

1 Du Musée Road | 📍 Angrignon + 🚗 195

514 367-6423 | [museedelachine.com](http://museedelachine.com)

🕒 P 🧑🧒 ♿

On the banks of the St. Lawrence River, 10 km from downtown Montréal, history and archaeology collide. The museum itself is under renovation, but the museum team offers events at its outdoor site, and visitors are invited to explore an extensive outdoor garden filled with contemporary sculptures.



## Samuel De Champlain Bridge

[pontsamueldechamplain.ca](http://pontsamueldechamplain.ca)



One of North America's busiest spans, this state-of-the-art bridge offers an impressive gateway to the island of Montréal. Named in honour of Samuel De Champlain, the French explorer and navigator, the "Father of New France," this bridge is set to become Montréal's new emblem.

## Verdun

### Maison Nivard-De Saint-Dizier, Musée, site archéologique

7244 LaSalle Blvd. | 📍 Verdun + 🚌 107 | 514 765-7284

[maisonnivard-de-saint-dizier.com](http://maisonnivard-de-saint-dizier.com)

P ♿ ♿ ♿ ♿

Located along the St. Lawrence River in Verdun, this historical house (1710) is an outstanding example of the rural architecture of New France. It's also located on the island's largest prehistoric archaeological site, with First Nations occupation dating back nearly 6,000 years.

## East Island

### Vieux-Moulin de Pointe-aux-Trembles

Corner of Notre-Dame Street and Second Avenue, 11630 Notre-Dame Street East | 📍 Honoré-Beaugrand + 🚌 189 514 872-2240 | [montreal.ca](http://montreal.ca)

📍 ♿ ♿

Located along the St. Lawrence River, this mill is a true relic of New France's feudal regime. Built around 1720, it is one of the oldest and tallest windmills in Québec. The Parc du Vieux-Moulin is a site where culture, heritage and the environment commingle, offering presentations and activities.

## West Island

### Sainte-Anne-de-Bellevue Canal National Historic Site

170 Sainte-Anne Street, Sainte-Anne-de-Bellevue | 📍 Angrignon + 🚌 405 | 514 283-6054 | [parcs.canada.ca](http://parcs.canada.ca)

P

With its exceptional historic site, the Sainte-Anne-de-Bellevue Canal is a very popular destination. Visitors can stroll along the boardwalk that borders the waterway, explore historic ruins, watch the lock in operation or enjoy a family picnic in the green spaces.

## Montréal Aviation Museum

Macdonald Campus of McGill University (between Highways 40 and 20, entrance near White Cottage Campus Street), Sainte-Anne-de-Bellevue

📍 Lionel-Groulx + 📞 405, 211 | 514 398-7948

[mam.quebec](http://mam.quebec)

P

The museum is dedicated to the preservation and promotion of the aviation heritage of Québec and Canada. It includes an art gallery, documentation centre and workshops used for the restoration of various aircraft and the manufacture of replicas.

## North of the Island

### MUMAQ – Musée des métiers d'art du Québec

615 Sainte-Croix Avenue | 📍 Du Collège + 🚌 16, 117 or 118 514 747-7367 | [mumaq.com](http://mumaq.com)

📍 P ♿ ♿ ♿ ♿

Reflecting the cultural diversity of Québec, the Musée values the best that can be accomplished when we work with our hearts and hands, all for the benefit of the community. The museum's permanent exhibition tells the story of a multitude of trades and time-honoured traditions.

## Montréal

### Exporail, the Canadian Railway Museum

110 Saint-Pierre Street, Saint-Constant | 📍 650, 155 450 632-2410 | [exporail.org](http://exporail.org)

P ♿ ♿

Museum featuring the largest railway collection in Canada. Climb aboard several of the vehicles on exhibit, and take a ride aboard a streetcar, a passenger train and the miniature railway located outdoors. This is the perfect opportunity to discover the evolution of railway transportation!

CENTRE  
DES MÉMOIRES  
MONTREALAISES  
**MEM**



MEMMTL.CA



**MEM**

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MONTREAL MUSEUM**



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MEMORY COLLECTOR EXHIBITION

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



## From the intimate to the incredible



McCord  
Stewart  
Museum  
Montreal

Montreal's rich and  
diverse story



Montréal

Québec

Denis Plain, *Untitled*, from the series *Rue Sainte-Catherine*, 1981.  
Gift of Denis Plain, M2018.93.1341P, McCord Stewart Museum  
Laura Dumitriu © McCord Stewart Museum

## TO DISCOVER... OR REDISCOVER

ONE OF QUEBEC'S  
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[saint-joseph.org](http://saint-joseph.org)





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# Festivals and events



**Montréal pulses with festivals all year long: music, circus, comedy and so much more await, creating a one-of-a-kind festive atmosphere.**



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# Performing arts /

## Downtown

### Agora de la danse

1435 De Bleury Street | 📍 Place-des-Arts  
514 525-1500 | [agoradanse.com](http://agoradanse.com)

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

### Bell Centre

1909 Avenue des Canadiens-de-Montréal  
📍 Bonaventure | 514 932-2582 | [centrebelle.ca](http://centrebelle.ca)

♿ P

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

### Danse Danse

Tickets: 175 Sainte-Catherine Street West  
📍 Place-des-Arts | [dancedanse.ca](http://dancedanse.ca)

♿

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

### Espace St-Denis

1564 Saint-Denis Street | 📍 Berri-UQAM  
[espacestdenis.com](http://espacestdenis.com)

P

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

### La Société de musique contemporaine du Québec

300 De Maisonneuve Blvd. Ea | 📍 Berri-UQAM  
514 843-9305 | [smcq.qc.ca](http://smcq.qc.ca)

La Société de musique contemporaine du Québec organizes concerts, festivals and educational activities to promote contemporary music and Québec composers.

### Le Balcon

463 Sainte-Catherine Street West  
Entrance at the main door of St. James United Church  
📍 Place-des-Arts | 514 528-9766 | [lebalcon.ca](http://lebalcon.ca)

P

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

### Le Monastère

1439 Sainte-Catherine Street West | 📍 Guy-Concordia  
438 558-1863 | [le-monastere.ca](http://le-monastere.ca)

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

### Le Studio TD

305 Sainte-Catherine Street West | 📍 Place-des-Arts  
514 288-8882 | [lestudiotd.com](http://lestudiotd.com)

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

## Les Grands Ballets Canadiens de Montréal

Tickets: 175 Sainte-Catherine Street West

📍 Place-des-Arts | 514 849-0269

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



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

## Monument-National

1182 Saint-Laurent Blvd. | 📍 Saint-Laurent

514 871-9883 | [ent-nts.ca/en/monument-national](http://ent-nts.ca/en/monument-national)



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

## MTELUS

59 Sainte-Catherine Street East | 📍 Saint-Laurent

514 844-3500 | [mtelus.com](http://mtelus.com)

MTELUS is a major concert venue in Montréal for renowned artists, local or international.

## Opéra de Montréal

Tickets: 175 Sainte-Catherine Street West

📍 Place-des-Arts | 514 985-2222

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



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

## Orchestre de la Francophonie

1097 Saint-Alexandre | 📍 Square-Victoria-OACI

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

The Orchestre de la Francophonie prepares young musicians to play a leading role within orchestras of national or international reputation. Their repertoire features classical and avant-garde works, while also innovating with concerts in unusual venues.

## Orchestre Métropolitain

Tickets: 175 Sainte-Catherine Street West

📍 Place-des-Arts | 514 598-0870

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



P

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

## Orchestre symphonique de Montréal

1600 Saint-Urbain Street | 📍 Place-des-Arts

514 842-9951 | [osm.ca](http://osm.ca)



P

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

## Place des Arts

175 Sainte-Catherine Street West | 📍 Place-des-Arts

514 285-4200 | [placedesarts.com](http://placedesarts.com)



P

The six halls of Canada's premiere entertainment centre welcome a variety of contemporary performing arts.

## Place des Festivals

Corner of Jeanne-Mance and Sainte-Catherine Streets

📍 Place-des-Arts | [quartierdesspectacles.com](http://quartierdesspectacles.com)



This is a public space entirely dedicated to festivals, urban entertainment and leisure. It serves as a stage for free artistic activities of all shapes and sizes throughout the year. It also features a 235-jet fountain—the biggest interactive fountain in Canada.

## The St-James Theatre

265 Saint-Jacques Street | 📍 Place-d'Armes

514 268-7069 | [stjamestheatre.ca](http://stjamestheatre.ca)

A unique, historic and monumental concert hall that doubles as a venue for a variety of events.

## Théâtre du Nouveau Monde

84 Sainte-Catherine Street West | 📍 Place-des-Arts

514 866-8668 | [tnm.qc.ca](http://tnm.qc.ca)



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

## Upstairs Jazz Bar & Grill

1254 Mackay Street | 📍 Guy-Concordia | 514 931-6808

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

An inviting resto-bar that serves up live jazz shows every evening.

## The Village

### Théâtre La Comédie de Montréal

1113 De Maisonneuve Blvd. East

📍 Berri-UQAM and Beaudry + 🚗 14, 15 | 514 303-2535  
[lacomedie.ca](http://lacomedie.ca)

The Théâtre La Comédie de Montréal is a space dedicated to comedy and vaudeville. This independent place, nestled between the Quartier des Spectacles and the Village, offers a warm café-theatre atmosphere. Throughout the year, it hosts theatre and comedy shows.

## Old Montréal

### Centaur Theatre Company

453 Saint-François-Xavier Street | 📍 Place-d'Armes  
 514 288-3161 | [centaurtheatre.com](http://centaurtheatre.com)



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

## Parc Jean-Drapeau

### Le Cabaret du Casino

1 Du Casino Avenue | 📍 Jean-Drapeau + 🚗 777  
 514 392-2746 | [casinodemontreal.ca](http://casinodemontreal.ca)



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

## Mount Royal, Outremont and Westmount

### Rialto Theatre

5723 Du Parc Avenue | 📍 Place-des-Arts + 🚗 80 North  
 514 770-7773 | [rialtotheatre.ca](http://rialtotheatre.ca)



Concerts, theatre, cinema, dance performances, exhibitions and private events all happen in the historic, lush environment that is the Rialto.

### The FILMharmonique Orchestra

175 Saint-Catherine Ouest | 📍 Atwater  
[filmharmonique.ca](http://filmharmonique.ca)

The FILMharmonique Orchestra, made up of world-class Canadian musicians, is Canada's premier film music orchestra. Every year at Salle Wilfrid-Pelletier of Place des Arts, FILMharmonique presents cine-concerts.

### The Segal Centre for Performing Arts

5170 de la Côte-Sainte-Catherine Road

📍 Côte-Sainte-Catherine | 514 739-7944  
[segalcentre.org](http://segalcentre.org)



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

## Little Italy and Villeray

### La TOHU

2345 Jarry Street East | 📍 Jarry + 🚗 193 East  
 514 376-8648 | [tohu.ca](http://tohu.ca)



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

## Les Quartiers du Canal

### Beanfield Theatre

2490 Notre-Dame Street West | 📍 Lionel-Groulx  
[theatrebeanfield.ca](http://theatrebeanfield.ca)



A site of unique artistic creation, where the quality of programming is matched only by the beauty of the architecture.

### New City Gas

950 Ottawa Street | 📍 Square-Victoria-OACI  
 + 🚗 168 South | 514 879-1166 | [newcitygas.com](http://newcitygas.com)



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





	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.	APR.	MAY
<b>Detours – Urban Experiences</b>   MEM – Centre des mémoires montréalaises   <a href="#">Until December 2025</a>   <a href="#">memmtl.ca</a>												
<b>Pounding the Pavement – Montreal Street Photography</b> Photography exhibition – McCord Stewart Museum <a href="#">Until October 26, 2025</a>   <a href="#">musee-mccord-stewart.ca</a>												
<b>Life Chronicles</b>   Immersive experience <a href="#">Until October 12, 2025</a>   <a href="#">mondesdisparusexperience.com</a>												
<b>Berthe Weill, Art Dealer of the Parisian Avant-garde</b> The Montreal Museum of Fine Arts   <a href="#">Until September 7, 2025</a> <a href="#">mbam.qc.ca</a>												
<b>A Mile in My Shoes</b>   MEM – Centre des mémoires montréalaises <a href="#">Until August 31, 2025</a>   <a href="#">memmtl.ca</a>												
<b>Jean-Marc Vallée: Mixtape</b>   Immersive exhibition – PHI <a href="#">Until August 10, 2025</a>   <a href="#">phi.ca</a>												
<b>Knights</b>   Interactive exhibition in the world of chivalry – Pointe-à-Callière – Montréal Archaeology and History Complex <a href="#">May 22 to October 19, 2025</a>   <a href="#">pacmusee.qc.ca</a>												
<b>Montreal Interactive: what a story!</b>   Pointe-à-Callière – Montréal Archaeology and History Complex   <a href="#">June 6, 2025</a> to <a href="#">January 9, 2026</a>   <a href="#">pacmusee.qc.ca</a>												
<b>Exposition World Press Photo Montreal</b>   Marché Bonsecours <a href="#">August 27 to October 13, 2025</a>   <a href="#">expo-wppmtl.ca</a>												
<b>Gardens of Light</b>   Jardin botanique – Espace pour la vie <a href="#">August 29 to October 31, 2025</a>   <a href="#">espacepourlavie.ca</a>												
<b>MOMENTA Biennale d'art contemporain</b> <a href="#">September 10 to November 1, 2025</a>   <a href="#">momentabiennale.com</a>												
<b>Africa Fashion</b>   McCord Stewart Museum   <a href="#">September 25, 2025</a> to <a href="#">February 1, 2026</a>   <a href="#">musee-mccord-stewart.ca</a>												
<b>Kent Monkman: History is Painted by the Victors</b> The Montreal Museum of Fine Arts <a href="#">September 27, 2025 to March 8, 2026</a>   <a href="#">mbam.qc.ca</a>												
<b>Les Impressionnistes</b>   PHI Studio <a href="#">October 24, 2025 to May 15, 2026</a>   <a href="#">phi.ca</a>												
<b>AU MENU! Montréal : une histoire de restaurants de 1960 à nos jours</b>   McCord Stewart Museum   <a href="#">November 26, 2025</a> to <a href="#">October 18, 2026</a>   <a href="#">musee-mccord-stewart.ca</a>												
<b>LUMINO</b>   A new illuminated works walk <a href="#">November 2025 to March 2026</a>   <a href="#">luminomtl.com</a>												
<b>Sherlock Holmes</b>   Exhibition with a mystery to solve – Pointe-à-Callière – Montréal Archaeology and History Complex <a href="#">November 27, 2025 to March 8, 2026</a>   <a href="#">pacmusee.qc.ca</a>												
<b>The Contemporary Native Art Biennial (BACA)</b> <a href="#">From March 2026</a>   <a href="#">baca.ca</a>												
<b>Festival Art Souterrain: contemporary art exhibition</b> Contemporary Art in the Underground   <a href="#">March to April 2026</a> <a href="#">artsouterrain.com</a>												
<b>Festivals and celebrations</b>												
<b>Pouzza Fest</b>   Punk rock music festival   <a href="#">May 16 to 18, 2025</a> <a href="#">pouzzafest.com</a>												
<b>Fuego Fuego Festival</b>   <a href="#">May 24 to 25, 2025</a> <a href="#">festivalfuegofuego.com</a>												
<b>Eureka! Festival</b>   <a href="#">May 30 to June 1, 2025</a>   <a href="#">festivaleureka.ca</a>												
<b>MURAL Festival</b>   Public art festival   <a href="#">June 5 to 15, 2025</a> <a href="#">muralfestival.com</a>												
<b>Franco de Montréal</b>   <a href="#">June 13 to 21, 2025</a> <a href="#">francosmontreal.com</a>												
<b>Holi – Festival of colours</b>   <a href="#">June 21 and 22, 2025</a> <a href="#">festivaldescouleurs.ca</a>												
<b>Festival International de Jazz de Montréal</b> <a href="#">June 26 to July 5, 2025</a>   <a href="#">montrealjazzfest.com</a>												
<b>Echoes of a Proud Nation Pow-wow</b>   <a href="#">July 12 and 13, 2025</a> <a href="#">kahnawakepowwow.com</a>												

	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.	APR.	MAY
<b>L'International des Feux Loto-Québec</b>   International fireworks competition   June 26 to July 31, 2025   <a href="http://laronde.com">laronde.com</a>												
<b>MONTREAL COMPLETEMENT CIRQUE (MONTREAL CIRQUE FESTIVAL)</b>   International circus arts festival July 3 to 13, 2025   <a href="http://montrealcompletementcirque.com">montrealcompletementcirque.com</a>												
<b>Montreal Comiccon</b>   July 4 to 6, 2025   <a href="http://montrealcomiccon.com">montrealcomiccon.com</a>												
<b>Just For Laughs Montréal</b>   July 16 to 27, 2025   <a href="http://comedihamontreal.com">comedihamontreal.com</a>												
<b>Les Butineries – Celebrating pollinators</b>   Insectarium – Espace pour la vie   July 25 to 27, 2025   <a href="http://espacepourlavie.ca">espacepourlavie.ca</a>												
<b>Fierté Montréal Festival</b>   Sexual & gender diversity festival July 31 to August 10, 2025   <a href="http://fiertemontreal.com">fiertemontreal.com</a>												
<b>Osheaga, Music and Arts Festival</b>   August 1 to 3, 2025   <a href="http://osheaga.com">osheaga.com</a>												
<b>ItalfestMTL</b>   August 8 to 17, 2025   <a href="http://italfestmtl.ca">italfestmtl.ca</a>												
<b>International First Peoples' Festival (IPFP)</b>   First Nations cultural festival   August 5 to 14, 2025   <a href="http://presenceautochtone.ca">presenceautochtone.ca</a>												
<b>İLESONIQ Montréal</b>   Electronic music festival August 9 to 10, 2025   <a href="http://ilesoniq.com">ilesoniq.com</a>												
<b>LASSO Montréal</b>   Country music festival August 15 to 16, 2025   <a href="http://lassomontreal.com">lassomontreal.com</a>												
<b>MUTEK</b>   August 19 to 24, 2025   <a href="http://montreal.mutek.org">montreal.mutek.org</a>												
<b>M.A.D. Festival</b>   Fashion, Arts and Design Festival August 21 to 24, 2025   <a href="http://madfestival.ca">madfestival.ca</a>												
<b>JOAT Festival international de street dance</b>   August 26 to September 1, 2025   <a href="http://joatfestival.com">joatfestival.com</a>												
<b>Palomosa Festival</b>   Celebrating the diversity of lively music September 2025 (beginning)   <a href="http://palomosa.com">palomosa.com</a>												
<b>TEMPÉO, Dance and Music Festival</b>   September 10 to 15, 2025   <a href="http://placedesarts.com">placedesarts.com</a>												
<b>MAPP_MTL – Festival international de projection mapping</b>   September 23 to 27, 2025   <a href="http://mappmtl.com">mappmtl.com</a>												
<b>POP Montreal International Music Festival</b>   September 24 to 28, 2025   <a href="http://popmontreal.com">popmontreal.com</a>												
<b>Lune Noire at Parc Jean-Drapeau</b>   October 23 to November 2, 2025   <a href="http://parcjeandrapeau.com">parcjeandrapeau.com</a>												
<b>Mundial Montréal</b>   November 18 to 21, 2025   <a href="http://mundialmontreal.com">mundialmontreal.com</a>												
<b>M for Montréal</b>   Indie music festival November 19 to 22, 2025   <a href="http://mformontreal.com">mformontreal.com</a>												
<b>Montreal's Christmas Village</b>   November 27 to December 12, 2025   <a href="http://noelmontreal.ca">noelmontreal.ca</a>												
<b>The Great Christmas Market</b>   November 21, 2025 to January 4, 2026   <a href="http://noelmontreal.ca">noelmontreal.ca</a>												
<b>Christmas in the park</b>   December 5 to 31, 2025   <a href="http://noeldansleparc.com">noeldansleparc.com</a>												
<b>SOUS ZÉRO Festival</b>   December 28 to 31, 2025   <a href="http://airecommune.com/festivalsouszero">airecommune.com/festivalsouszero</a>												
<b>New Year's Eve</b>   December 31, 2025												
<b>Igloofest Montréal</b>   Winter electronic music festival January 15 to February 7, 2026   <a href="http://igloofest.ca">igloofest.ca</a>												
<b>Cabane Panache</b>   Maple music festival March 2026   <a href="http://promenadewellington.com">promenadewellington.com</a>												
<b>Blue Metropolis International Literary Festival</b>   April 2026   <a href="http://bluemetropolis.org">bluemetropolis.org</a>												
<b>Food events</b>												
<b>YATAI MTL</b>   June 5 to 8, 2025   <a href="http://asiasie.com">asiasie.com</a>												
<b>First Fridays – The Montreal street food festival</b>   June 6 to September 6, 2025   <a href="http://lespremiersvendredis.ca">lespremiersvendredis.ca</a>												
<b>Mondial de la bière</b>   June 20 to 22, 2025   <a href="http://festivalmondialbiere.qc.ca">festivalmondialbiere.qc.ca</a>												

	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.	APR.	MAY
<b>Soif de cidre Montréal</b>   June 27 to 29, 2025   <a href="https://soifdecidre.com">soifdecidre.com</a>	I											
<b>Pointe-à-Callière's 18<sup>th</sup> Century Public Market</b> Pointe-à-Callière – Montréal Archaeology and History Complex August 23 to 24, 2025   <a href="https://pacmusee.qc.ca">pacmusee.qc.ca</a>			I									
<b>MTLàTABLE</b>   Montréal's Restaurant Week November 2025   <a href="https://mtl.org">mtl.org</a>						■	■					
<b>La Grande Dégustation de Montréal</b>   Grape-and-wine gathering November 6 to 8, 2025   <a href="https://lagrandedegustation.com">lagrandedegustation.com</a>						I						
<b>La Poutine Week</b>   February 1 to 7, 2026   <a href="https://lapoutineweek.com">lapoutineweek.com</a>									■			
<b>Les Rendez-vous gourmands</b> August 29 to September 7, 2025				■								
<b>MONTRÉAL EN LUMIÈRE</b>   Winter festival in the Quartier des Spectacles   February to March 2025   <a href="https://montrealenlumiere.com">montrealenlumiere.com</a>												
<b>Shows, fairs, markets</b>												
<b>Montreal Comic Arts Festival</b>   May 23 to 25, 2025 <a href="https://fbdm-mcaf.ca">fbdm-mcaf.ca</a>												
<b>Mtl en Arts</b>   June 25 to 29, 2025   <a href="https://mtlenarts.com">mtlenarts.com</a>	I											
<b>Salon du livre de Montréal</b>   November 19 to 23, 2025 <a href="https://salondulivredemontreal.com">salondulivredemontreal.com</a>							I					
<b>Salon des métiers d'art du Québec (SMAQ)</b> December 11 to 21, 2025   <a href="https://matieres.ca">matieres.ca</a>							■					
<b>Plural Contemporary Art Fair</b>   April 2026   <a href="https://plural.art">plural.art</a>											■	■
<b>Sports</b>												
<b>CF Montréal</b>   Major League Soccer Club Until October 4, 2025 and from April 2026   <a href="https://cfmontreal.com">cfmontreal.com</a>	■	■	■	■	■	■	■	■	■	■	■	■
<b>Jeux Urbains</b>   Sports demonstrations and competitions May 16, 2025 to May 18, 2025   <a href="https://xpmtl.com">xpmtl.com</a>												
<b>Montréal Alliance</b>   Canadian Elite Basketball League (CEBL) May 18 to August 4, 2025   <a href="https://alliancemontreal.ca">alliancemontreal.ca</a>	■	■	■	■	■	■	■	■	■	■	■	■
<b>Montréal Alouettes</b>   Canadian Football League football team May 24 to October 13, 2025   <a href="https://en.montrealalouettes.com">en.montrealalouettes.com</a>	■	■	■	■	■	■	■	■	■	■	■	■
<b>Go Bike Montréal Festival</b>   May 25 to June 1, 2025   <a href="https://velo.qc.ca">velo.qc.ca</a>	■	■	■	■	■	■	■	■	■	■	■	■
<b>Formula 1 Grand Prix du Canada</b>   June 13 to 15, 2025 <a href="https://gpcanada.ca">gpcanada.ca</a>	I											
<b>Pan American Club Crew Dragon Boat Championships</b> July 4-6, 2025   <a href="https://pacc2025.com">pacc2025.com</a>		I										
<b>National Bank Open presented by Rogers</b> Professional tennis tournament   July 26 to August 7, 2025 <a href="https://nationalbankopen.com">nationalbankopen.com</a>			■									
<b>Canadian Open Water Festival</b>   August 16 and 17, 2025 <a href="https://swimming.ca">swimming.ca</a>			I									
<b>Canadian Dragon Boat Championships</b>   August 20 to 24, 2025 <a href="https://dragonboat.ca">dragonboat.ca</a>			I									
<b>Montréal Canadiens</b>   September 2025 to April 2026 <a href="https://nhl.com/canadiens">nhl.com/canadiens</a>					■	■	■	■	■	■	■	■
<b>Triathlon SAIL Challenge Esprit Montréal</b> September 5 to 7, 2025   <a href="https://esprittriathlon.com">esprittriathlon.com</a>				I								
<b>JACKALOPE</b>   Action sports festival   September 12 to 14, 2025 <a href="https://jackalopefest.ca">jackalopefest.ca</a>				I								
<b>Grand Prix Cycliste de Montréal</b>   September 14, 2025 <a href="https://gpcqm.ca">gpcqm.ca</a>				I								
<b>Marathon Beneva de Montréal</b>   September 19 to 21, 2025 <a href="https://mtlmarathon.com">mtlmarathon.com</a>				I								
<b>ISU Four Continents Short Track Speed Skating Championships</b> October 10-12, 2025   <a href="https://isu.org">isu.org</a>				I								
<b>Défi sportif AlterGo</b>   April to May 2026   <a href="https://defisportif.com">defisportif.com</a>											■	■

# Gastronomy

**Explore Montréal's culinary scene: festivals, markets, food trucks, fine restaurants, brunch spots, craft breweries and more await!**



© ALISON SLATTERY AND FOOD PHOTOGRAPHERS - TOURISME MONTRÉAL

# The essentials



## Bagels

Montréal-style bagels, famous at spots like Fairmount, St-Viateur, and Le Trou, are boiled in honey-sweetened water and baked in a wood-fired oven for a golden, crispy finish. This unique treat was brought to North America by Jewish immigrants from Poland and Eastern Europe, and remains a beloved part of the city's culinary heritage.



## Smoked meat

Montréal smoked meat is said to have been invented by Aaron Sanft, originally from Romania. Schwartz's, located on Saint-Laurent Boulevard, is the iconic spot to enjoy this delicious sandwich, made with thin slices of beef smoked with a secret blend of spices.



## Poutine

Poutine is a must-try Québécois classic, featuring crispy fries, rich gravy and squeaky cheese curds. La Banquise, a beloved institution in the Plateau-Mont-Royal, serves up dozens of creative poutine variations, making it the perfect place to explore new twists on this iconic dish.

## Jean-Talon Market

Open 361 days a year, Jean-Talon Market offers fresh produce sourced from within a 60-km radius of Montréal. Located in Little Italy, it's one of the city's 20 public markets, offering a variety of fruits, vegetables, cheeses and locally made artisanal products.

## New Québec cuisine

New Québec cuisine is flourishing, led by innovative chefs who highlight local ingredients. This modern "farm-to-table" approach reimagines traditional Québec flavours with a contemporary twist.



## Award-winning restaurants

Montréal is Canada's top culinary destination, home to several restaurants featured in the prestigious Canada's 100 Best list. Establishments like Beba, Monarque and Montréal Plaza showcase the city's culinary excellence, offering unforgettable dining experiences that highlight the creativity and talent of local chefs.

## Gourmet halls

Montréal's gourmet halls, such as Time Out Market, Cathcart, CENTRAL and the new Fou Fou at Royalmount, are must-visit spots for foodies. These venues bring together the best in culinary creativity, showcasing local talent through a variety of delicious and innovative dishes.

## Gastronomy

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# Nightlife



**Montréal comes alive at night: microbreweries, stylish terraces, pubs, concerts and nightclubs in an eclectic, unforgettable atmosphere!**



© TOULOUSE MONTREAL - MADRE - DAPHNE CARON



# The essentials



## Neighbourhood pubs

Neighborhood pubs offer a cozy, homey vibe. Savour a friendly atmosphere, expertly curated natural wines and delicious nibbles.

## Seasonal outdoor spaces

Seasonal outdoor spaces like Village au Pied-du-Courant and Aire Commune are summer essentials in Montréal. Enjoy a variety of activities and a vibrant, festive outdoor atmosphere.

## Microbreweries

Montréal is a paradise for craft beer lovers. Explore local microbreweries and discover unique creations that showcase the passion and innovation of Montréal's brewers.



## Shows of all kinds

The Quartier des Spectacles and Quartier Latin are the beating heart of Montréal's cultural scene. Enjoy concerts, theatre performances and cultural events in legendary venues.

## Terraces with a view

Nothing beats sipping a drink on a terrace with a stunning view of Montréal. Enjoy the urban panorama while savouring a meal or cocktail outdoors for an unforgettable experience.



## Hidden bars

Venture into Montréal's hidden bars. These secret spots serve exquisite cocktails in a mysterious, intimate setting, offering an extraordinary night out.



## Jazz bars

Step into the smooth, sultry vibe of Montréal's jazz bars. Let the soulful rhythms of talented artists transport you, where every note creates a rich, unforgettable tale.

## Nightlife

Follow the rhythm of Montréal's evening vibes.

**Scan the QR code to learn more.**



# Tours and cruises



**Explore Montréal: guided walking, bus or bike tours and St. Lawrence River cruises to uncover the city's rich history and vibrant culture.**



© DAPH KNUCK - TOURISME MONTRÉAL

# The essentials



## Food tours

Embark on a culinary adventure through Montréal! Explore Mile End for the city's best bagels or visit Jean-Talon Market. Savour local specialties and meet passionate artisans.



## Guided walking tours

Discover Montréal on foot with certified guided tours. Explore historic neighbourhoods, uncover fascinating stories and admire the city's unique architecture.



## St. Lawrence River cruises

Set sail on the majestic St. Lawrence River. Take in breathtaking views of the city and enjoy an unforgettable experience on the water.

### MY FAVOURITES



Did you know?

**The outer staircases that grace many Montréal homes are one of the city's distinctive features.**

# Address book

## Tours with certified guides

### 16/42 Tours

514 430-0909 | [1642tours.com](http://1642tours.com)



Company offering guided tours of Montréal to locals and visitors alike. Discover the city on foot in small groups, for an optimal experience. Enthusiastic ambassadors, your guide will tell you everything there is to know about this beautiful metropolis.

### Montréal On Wheels

27 De la Commune Street East | Place-d'Armes  
514 866-0633 | [caroulemontreal.com](http://caroulemontreal.com)

P

Explore the city with original bike, ebike and walking tours designed by professional guides. You'll discover Montréal's history, neighbourhoods, architecture, gastronomy and hidden gems! Located right on the bike path, this is also Montréal's largest bike rental centre.

### Claudine Montréal and Québec Tour Guide

438 469-1601 | [tourismedt.com](http://tourismedt.com)

Discover Montréal with Claudine Montréal and Québec Tour Guide, offering VIP walking and driving tours. Explore Montréal's downtown on foot, uncovering its sights. Opt for a three to eight hour driving tour (up to four people) for a deeper city experience.

### Fitz Montréal Bike Tours

La Maison des cyclistes, 1251 Rachel Street East  
 Mont-Royal | 438 792-6480 | [fitzmontreal.com](http://fitzmontreal.com)

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

### Guidatour

At the obelisk located in front of 214 Place d'Youville  
 Place-d'Armes | 514 844-4021 | [guidatour.qc.ca](http://guidatour.qc.ca)



(Re)discover Montréal with a professional guide on these fun and fascinating walking tours full of history, architecture and anecdotes. Group tours of Old Montréal available on a regular schedule. Private tours available at all times for Old Montréal, downtown and other areas.

### JUSST – Plateau and Old Montréal

80 Prince Arthur Street East | Sherbrooke  
438 380-9880 | 625 Saint-Maurice Street  
 Square-Victoria-OACI | 438 798-0398 | [jusst.com](http://jusst.com)

JUSST is a one-stop shop where bikes and scooters can be rented and patrons can sign up for guided scooter tours of Montréal. These entertaining cultural outings (including food tastings) offer participants the chance to ride electric scooters through the city's most vibrant neighbourhoods.

### Spade & Palacio Tours

3801 B Saint-Denis Street | Sherbrooke  
514 806-3263 | [spadeandpalacio.com](http://spadeandpalacio.com)

P

In small groups of 10 or less, walking food tours, bike and street art excursions focus on the less-visited neighbourhoods. Walk through the open-air art gallery of murals on and around Saint-Laurent Boulevard. Private tours are also offered.

### Local Montréal Food Tours

438 600-0501 | [localfoodtours.com](http://localfoodtours.com)

Company offering guided culinary walking tours along with a historical and cultural look at Montréal's neighbourhoods. The Mile End and Old Montréal food tours feature certified local guides who will take you down the paths less travelled to explore the authentic city.

### MTL Detours

514 293-2109 | [mtldetours.ca](http://mtldetours.ca)

Experience Montréal like a local with small group walking tours. Groups are limited to 10 people, ensuring everyone can ask questions and hear the guide's insights. Explore Old Montréal, the vibrant Plateau-Mont-Royal/Mile End or the underground city. These tours showcase what makes Montréal special.



© LOCAL MONTRÉAL TOURS

## N-tours

6311 Somerled Avenue, suite 1002  
514 549-1605 | [ntours.ca](http://ntours.ca)

Discover Montréal through a variety of city tours and excursions into the surrounding areas. These experiences offer curious visitors in-depth knowledge about Montréal, its landmarks and its inhabitants. Ideal for individuals or small groups.

## Round Table Tours

514 812-2003 | [roundtablefoodtours.com](http://roundtablefoodtours.com)

Various gastronomic tours to specialty grocers, food production sites, food trucks and exclusive restaurants. Participants get to taste refined products and meet with chefs and entrepreneurs.

## VDM Global DMC

514 933-6674 | [vdmglobal.com](http://vdmglobal.com)

This receptive tour operator offers a comprehensive range of services, including guided tours, meet and greets, accommodation and transportation. They also organize group excursions, cultural and culinary activities, themed guided tours, and evening receptions, such as cocktails and galas.

## Self-guided tours

### Adventure City Games

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

P

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

## Organized tours

### Coach Canada (Gray Line Montréal)

1255 Peel Street | Peel | 514 398-9769  
[grayline.com](http://grayline.com)

P

Gray Line Montréal/Coach Canada offers a variety of guided tours of Montréal on a flexible schedule. It also offers day trips to Québec City or the beautiful Laurentian Mountains and Mont Tremblant. All tours are bilingual - French and English.

### Helicopter

6500 De la Savane Road, Longueuil  
 Longueuil - Université-de-Sherbrooke + 28  
514 686-7046 | [helicoptra.ca](http://helicoptra.ca)

P

This company offers helicopter discovery flights (sightseeing, familiarization flights), helicopter flight training and commercial flights (aerial work, charter flights).

### City Brew Tours Montréal

438 800-4419 | [citybrewtours.com](http://citybrewtours.com)

Tours include 12 different beer tastings, a meal or snack, brewery entrance fees and round-trip transportation. Accompanied by expert guides, you will sample flights of incredible brews and enjoy access to leading breweries in some of the city's most inviting neighbourhoods.

### Discovery walks on Mount Royal

Smith House, 1260 Remembrance Road  
 Mont-Royal + 11 | 514 843-8240  
[lemontroyal.qc.ca](http://lemontroyal.qc.ca)

P

"Les amis de la montagne" protects and enhances Mount Royal through community involvement and environmental education.

### H2O Adventures

2727 B Saint-Patrick Street | Charlevoix  
514 842-1306 | [aventureh2o.com](http://aventureh2o.com)

P

H2O Adventures offers kayak, SUP, pedal boat, rabaska or eco-friendly electric boat rentals. The company also offers kayak tours during which you will cross the locks of the Lachine Canal and discover Griffintown and the Old Port.



## Local travel agents

### Authentik Canada

7680 Saint-Hubert Street | 📞 Jarry | 514 769-0101  
[authentikcanada.com](http://authentikcanada.com)

Business specializing in custom-made trips to Québec. The site has suggestions for automobile and RV road trips and information on automobile and RV rentals. Plan your custom-made Québec vacation with those who are intimately familiar with the territory: Quebecers!

### Concord Tours and Travel

68 René-Lévesque Blvd. West | 514 876-1680  
[concordtours.ca](http://concordtours.ca)

Accredited inbound tour operator established in 1995 and headquartered in Montréal, the company offers various transport options, including buses, limousines, minibuses and vans. Over 30 guides speaks fluent English, French and Chinese.

### Groupe Voyages Québec

418 525-4585 | [gvq.ca](http://gvq.ca)

GVQ Canada offers guided tours and vacation packages for European travellers wishing to discover Canada and the United States.

### Happiness in the suitcases

[happiness-in-the-suitcases.com](http://happiness-in-the-suitcases.com)

Happiness in the suitcases crafts bespoke experiences for travellers with family, as couples, or with friends. They create personalized journeys worldwide, tailored to each budget as well as individual needs and constraints.

### Expedia

514 285-6959 | [expedia.ca](http://expedia.ca)



A company offering online booking services for flights, car rentals, hotel reservations, vacation packages, activities at destination, cruises and travel insurance.

## Downtown

### Ateliers & Saveurs Time Out Market

Centre Eaton de Montréal, 705 Sainte-Catherine Street West | 📞 McGill | 514 849-2866  
[ateliersetsaveurs.com](http://ateliersetsaveurs.com)



A unique culinary school offering fun and accessible workshops guided by seasoned professionals in one of Montréal's hottest kitchens. The team at Ateliers & Saveurs will concoct an experience that's perfectly tailored to you and your guests.

## Old Montréal

### Ateliers & Saveurs Vieux-Montréal

444 Saint-François-Xavier Street | 📞 Place-d'Armes | 514 849-2866 | [ateliersetsaveurs.com](http://ateliersetsaveurs.com)

This unique culinary school, the only one of its kind in North America, offers cooking, cocktail-making and wine tasting classes that will keep you tapped into the city's outstanding gourmet scene. This superb space can cater to anywhere from 12 to 125 people.

### Montréal en Histoires – Cité Mémoire

Vieux-Montréal | 📞 Champ-de-Mars | 514 666-1861  
[montrealenhistoires.com](http://montrealenhistoires.com)



In Old Montréal, the Old Port of Montréal, Downtown and Pointe-aux-Trembles, the experience emerges right from the walls that surround us and the ground we walk on. Download the free "Cité Mémoire" mobile app. Don't miss the 35-minute *Grand Tableau* at the Champ-de-Mars, complete with surround sound.



## Old Port

### Aventures Wet Set Mtl

Jacques-Cartier Pier (Summer), Domaine du Lac Saint-Pierre (Winter) | 📍 Champ-de-Mars  
514 701-9387 | [wetsetmtl.com](http://wetsetmtl.com)

P

Guided jet ski rentals and boat tour with a captain to discover Montréal and its surroundings. Get to know the city and its majestic St. Lawrence River from a different perspective—an exhilarating jet-ski excursion! This activity is accessible to anyone looking to have an out-of-this-world experience.

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

Ad p. 50

Jacques-Cartier Pier | 📍 Champ-de-Mars  
514 849-9952 | [bateaumouche.ca](http://bateaumouche.ca)

P

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

### AML Cruises

Grand Quay of the Old Port of Montréal, across from the Pointe-à-Callière Museum | 📍 Place-d'Armes  
[croisieresaml.com](http://croisieresaml.com)



Discover the best view of the city aboard the AML Cavalier Maxim, savour an excellent meal and enjoy the boat's terrace and dance floor. Guided cruises, dinner cruises, brunches and special events are available.

### Le Petit Navire

Jacques-Cartier Pier | 📍 Champ-de-Mars  
514 602-1000 | [lepetitnavire.ca](http://lepetitnavire.ca)



Discover the Old Port of Montréal and the Lachine Canal aboard Le Petit Navire. See Montréal from a completely new perspective, with its electric pollution-free system, and explore original routes. Original and intimate cruises for corporate outings or fun times with friends.

### Les Forges de Montréal – Heritage Space – Traditional Blacksmithing

227 Riverside Street | 🚗 168 | 438 386-9182  
[lesforgesdemontreal.org](http://lesforgesdemontreal.org)



Housed in a 19th-century industrial building, this non-profit organization aims to preserve traditional forging. Enjoy guided tours, family activities, events and workshops. Passionate guides and skilled blacksmiths share their expertise, offering a captivating glimpse into this ancient craft.

### Mount Royal, Outremont and Westmount

#### ToundriGo

📍 Rosemont + 🚗 161 | 514 523-8731 | [toundri.go](http://toundri.go)

This receptive agency offers unique and personalized travel experiences on the American continent to travel professionals and the general public. It showcases the cultural, natural and human wealth of North America. ToundriGo is also a collective of brands specialized in different fields of travel.

### Plateau-Mont-Royal and Mile End

#### Ateliers & Saveurs Plateau-Mont-Royal

4832 Saint-Laurent Blvd. | 📍 Saint-Laurent + 🚗 55  
514 849-2866 | [ateliersetsaveurs.com](http://ateliersetsaveurs.com)

This unique culinary school, the only one of its kind in North America, offers cooking, cocktail-making and wine tasting classes that will keep you tapped into the city's outstanding gourmet scene. This superb space can cater to anywhere from 12 to 125 people.

#### Institut de tourisme et d'hôtellerie du Québec (ITHQ)

3535 Saint-Denis Street | 📍 Sherbrooke | 514 282-5111  
[ithq.qc.ca](http://ithq.qc.ca)

P

An expert in its field for over 50 years, the ITHQ is the largest hotel management school in Canada specializing in the tourism, hotel, restaurant and sommelier professions. As gastronomy experts, the ITHQ has joined forces with the SAQ for a series of courses and tasting workshops.

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## Hochelaga-Maisonneuve and Rosemont

### Montreal Circus Academy

2350 Dickson Street, suite S1400 | ☎ Assomption  
514 819-3151 | [academiedecirque.com](http://academiedecirque.com)

P ♿

Montréal's largest recreational circus centre offers a variety of classes: flying trapeze, fixed trapeze, sport pole, exotic pole, aerial tissues, hoop/lyra, straps, handstand, flexibility, dance and much more. Classes are suitable for all levels and ages.

### Distillerie de Montréal

5447 Chapleau Street | ☎ Frontenac + 🚗 94  
514 585-3576 | [distilleriedemontreal.com](http://distilleriedemontreal.com)

Visit the Distillerie de Montréal and join a friendly guided tour, discovering their unique spirits. Guests on the tours enjoy tasting each of the spirits that are created with Québec's terroir in mind. From gin and vodka to specialty rums, whisky and pastis, there's something for every taste.

### Le vin dans les voiles

2065 Parthenais Street | [levindanslesvoiles.com](http://levindanslesvoiles.com)  
Offering natural wine workshops for all levels, plus wine bars for events, Le vin dans les voiles' sommeliers create unforgettable experiences, whether at client spaces or in their private loft. Perfect for tastings or team gatherings.

### Maisonneuve Market

4445 Ontario Street East | ☎ Pie-IX | 514 937-7754  
[marchespublics-mtl.com](http://marchespublics-mtl.com)

☎ P ♿

Located near the magnificent former market (1912), the new Maisonneuve Market, which opened its doors in 1995, is an addition to Montréal's public markets. Full range of services offered: flowers, fruits, vegetables, meats, cheeses, baked goods and more.

## Little Italy and Villeray

### Les Affûtés

6552 Saint-Laurent Blvd. | ☎ Saint-Laurent + 🚗 55  
514 750-7252 | [les-affutes.ca](http://les-affutes.ca)

A collaborative space where people come to learn new manual skills in a variety of fields, helping them become more independent.

### Jean-Talon Market

7070 Henri-Julien Avenue | ☎ Jean-Talon  
514 937-7754 | [marchespublics-mtl.com](http://marchespublics-mtl.com)

☎ P ♿

The multicultural flavours and sights of the Jean-Talon Market have been attracting crowds since 1933. In addition to the ubiquitous fruit, vegetable and flower stalls is a tasty array of specialty shops that feature spices, oils, cheeses, meats, pastries and exquisite local products.

## Les Quartiers du Canal

### Griffintown

#### Allo Vélo

141 Shannon Street | ☎ Bonaventure + 🚗 107, 715  
514 937-8356 | [velolifestyle.com](http://velolifestyle.com)

P

There is no better way to visit Montréal than by bicycle. This centrally located bicycle rental company proudly offers high-quality European city bikes or ebikes to get around the city in comfort and style. Families can now enjoy the experience together on unique family cargo bikes from Denmark.

### Little Burgundy

#### Ma Bicyclette

2985 Saint-Patrick Street | ☎ Lionel-Groulx  
514 317-6306 | [mabicyclette.ca](http://mabicyclette.ca)

P ♿

Located along the Lachine Canal bike path, this outdoor shop is the ideal starting point for bike tours. Ma Bicyclette offers bicycle rental equipment, repairs, parts and accessories. While you're there, enjoy a pint on the patio after your ride or a pre-pedal coffee.



## Atwater Market

138 Atwater Avenue | 📍 Lionel-Groulx | 514 937-7754  
[marchespublics-mtl.com](http://marchespublics-mtl.com)

🕒 P 🚲

Opened in 1933, the Atwater Market offers the year-round services of indoor merchants specializing in fresh meat, fish and baked goods. You will also find fresh fruits, vegetables and flowers, as well as caterers on site. The impressive Lachine Canal bike path leads up to the market.

## Pôle des Rapides

### Cirka Distilleries

2075 Cabot Street | 🚗 78 | 514 370-2075  
[cirkadistilleries.com](http://cirkadistilleries.com)

P 🚲

CIRKA is the first Québec microdistillery to produce spirits from grain to glass, collaborating with local farmers and foragers for sourcing, as well as chefs and bartenders for product development. A tour of the facilities allows guests to see the production process and taste award-winning spirits!

### Public Market of Lachine

1865 Notre-Dame Street | 📍 Angrignon + 🚗 195  
 514 898-7748 | [montreal.ca](http://montreal.ca)

🕒 P

Montréal's oldest public market, Marché de Lachine, is open from May to October and features market gardeners and horticultural producers. In November and December, Christmas tree stalls await visitors. Nonnina, a bakery offering Italian specialties, is open year-round.

## East Island

### Pointe-aux-Trembles' Public Market

Place du Village-de-la-Pointe-aux-Trembles, corner of Saint-Jean-Baptiste Blvd. and Notre-Dame Street East  
 📍 Honoré-Beaugrand + 🚗 189 | 438 788-3464  
[marchepublic-pat.com](http://marchepublic-pat.com)

🕒 P

The Pointe-aux-Trembles Public Market is open on Saturdays from the end of May to mid-September where visitors and shoppers can find a variety of goods and produce from local purveyors, craftspeople and tradespeople. Various free activities and events happen during peak hours.



## Around Montréal

### Lanaudière

#### Bonjour Nature

Rawdon | 450 834-8088 | [bonjournature.ca](http://bonjournature.ca)

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

### Laurentians

#### Labonté de la Pomme – Verger & Cidrerie & Cabane à Pommes

405 De L'Annonciation Road, Oka | 450 479-1111  
[labontedelapomme.ca](http://labontedelapomme.ca)

P

A hidden treasure awaits you! Visit this family-run agritourism farm overlooking the Oka valley, where you can pick 25 varieties of fruit. The famous Apple Shack welcomes you throughout the seasons and offers take-out products. General store, tastings, high-end farm products and gift-wrapping.

### Montréalégie

#### Sucrerie de la Montagne

300 Saint-Georges Road, Rigaud | 450 451-0831  
[sucrerie delamontagne.com](http://sucrerie delamontagne.com)

P

Visitors are invited to participate in several traditional activities: hay rides in a horse-drawn carriage, guided tours to the sugar shack and the hundred-year-old bakery. The old-time sugar feast is an all-you-can-eat family-style meal animated by folk singers.

# Shopping



**Montréal shopping is all about urban style, unique pop-up shops, handcrafted jewellery, antique treasures, gourmet delights and exceptional souvenirs.**



## The essentials



### Local designers

Montréal is bursting with creative talent. Discover local designers' creations at spots like Marché Bonsecours, featuring unique fashion, jewellery and accessories citywide.



### Underground network

The RESO, Montréal's underground pedestrian network, is home to hundreds of shops. It offers a unique shopping experience, sheltered from the elements, perfect for exploring the city in a whole new way.



### Iconic shopping streets

Stroll along iconic shopping streets like Sainte-Catherine, Montréal's longest commercial artery, or explore Laurier West, Du Mont-Royal Avenue and Plaza St-Hubert to find treasures in a lively atmosphere.



### Shopping malls

Montréal offers a diverse shopping experience with malls like the Eaton Centre, Montreal Trust, Complexe Desjardins and Royalmount, featuring boutiques for every taste and style.

### 100% Montréal souvenirs

For an authentic souvenir, explore local shops and take home maple treats, handcrafted jewellery, natural skincare products or local artwork—a perfect way to mark your time in the city!

## Shopping

Find hidden gems!

**Scan the QR code to learn more.**





# Privileged tourism offer

Up to **25%** off at participating  
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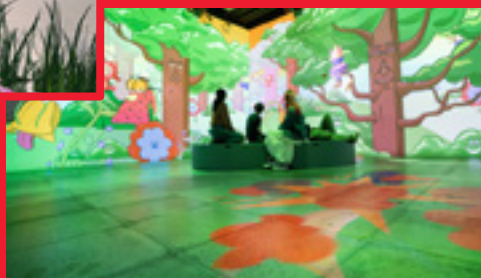


  
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# Sports activities



**Water activities, sports in parks, ice skating in winter... Montréal is a paradise for active people all year round.**



## The essentials



### Lace up your skates

Come winter, Montréal's many outdoor ice rinks come alive with unforgettable skating experiences. Mount Royal and Parc La Fontaine are popular spots where you can glide gracefully through the crisp air and enjoy the city's winter charm.



### Hike up Mount Royal

Mount Royal is the perfect spot to hike and soak up nature. Enjoy panoramic views of the city while exploring the many trails of this iconic park.



### Explore the city by bike

Navigate Montréal on two wheels thanks to its vast network of cycling paths. Experience the city at your own pace, getting to know its lively neighbourhoods and scenic parks along the way.

### Try river surfing

Test your surfing skills on the St. Lawrence River. The river's waves provide a unique and exhilarating experience for thrill-seekers.

### Enjoy water activities

Cruise along the Lachine Canal or the Old Port in a pedal boat, kayak or on a paddleboard. It's a relaxing and enjoyable way to explore Montréal from the water.

### Experience thrilling adventures in the Old Port

For an adrenaline rush, head to the Old Port and try the zipline or bungee jumping. These exhilarating activities offer not only a thrill but also stunning views of Montréal.

### Run a marathon

Challenge yourself to the Montréal Marathon and run through the city's streets alongside participants from around the world.

#### MY FAVOURITES



# Address book

## Old Port

### Montréal Bungee

Convoyeurs Wharf, Old Port, 2 De La Commune  
Street West | 📍 Place-d'Armes  
514 664-5867 | [montrealbungee.com](http://montrealbungee.com)

P

Take a giant leap with a 210-foot (64 m) bungee jump in Montréal's Old Port with this safe, thrilling and unforgettable adventure. Experience breathtaking downtown views with professional photos capturing every moment. Perfect for beginners and thrill-seekers alike.

### Jet Boating the Lachine Rapids / Jet St-Laurent

Ad p. 48

Clock Tower Pier | 📍 Champ-de-Mars | 514 284-9607  
[jetboatingmontreal.com](http://jetboatingmontreal.com)

📞 P

Saute-Moutons offers expeditions on the magnificent Lachine Rapids that leave you wet and wordless. Powerful jet boats give you a fresh new take on the St. Lawrence River. Speedboating: rodeo on a high-speed boat with 360° turns.

## Parc Jean-Drapeau

### Circuit Gilles-Villeneuve

Île Notre-Dame | 📍 Jean-Drapeau + 🚗 777  
514 872-6120 | [parcjeandrapeau.com](http://parcjeandrapeau.com)

📞 P

The 4,361 km-long (2.5 miles) Circuit Gilles-Villeneuve not only hosts the Grand Prix du Canada, but also welcomes biking, skating, jogging and walking enthusiasts. The first car race on the circuit took place in 1978. Mid-April to mid-November.

### Aquatic Complex at Parc Jean-Drapeau

130 Tour-de-l'Isle Road | 📍 Jean-Drapeau  
514 872-7368 | [parcjeandrapeau.com](http://parcjeandrapeau.com)



The former training venue for the swimming events at the 1976 Olympics, the Complex was completely renovated to accommodate the 2005 FINA Championships. Today, it has three pools: the fastest competition swimming pool in Canada, a diving pool and a recreational gradual-slope pool.

## Little Italy and Villeray

### LOCAPAQ

1360 Rosemont Blvd. | 📍 Rosemont | 514 791-1758  
[locapaq.com](http://locapaq.com)

With its advisers, equipment rentals and organized activities, the store offers customers complete immersion in the world of the outdoors, as well as the chance to discover its pleasures and benefits at a lower cost.

## Les Quartiers du Canal – Little Burgundy

### Lachine Canal multipurpose path

The shores of the Lachine Canal between the Old Port and Lake Saint-Louis | 514 283-6054 | [pc.gc.ca](http://pc.gc.ca)

📞 P

In the heart of the city, this route connecting the Old Port to Lac St. Louis is a jewel that offers you Montréal as you've rarely seen it. This exceptional trail includes a national historic site, a lush park and a waterway divided by five locks, among other features.

## Pôle des Rapides

### KSF

Site principal – Lasalle Parc Jean-Drapeau  
7770 LaSalle Blvd. | 📍 Angrignon  
514 595-7873 | [ksf.ca](http://ksf.ca)

P

The mission of this nautical centre is to make the St. Lawrence River a go-to destination. KSF offers courses, equipment rental, and discovery outings via kayak, river surfing and stand-up paddleboarding (SUP) at two of the city's emblematic natural sites.

### Rafting Montréal

8912 LaSalle Blvd. | 📍 Angrignon + 🚗 110  
514 767-2230 | [raftingmontreal.com](http://raftingmontreal.com)

P

Since 1992, Rafting Montréal has been offering you the opportunity to discover Montréal from a unique perspective, right in the heart of the city. Whether you're with family, friends, or a group, several packages are available. Try one of its two types of experiences: The Family or The Adventurer.

## Verdun

### NAVI

Natatorium de Verdun, 6500 LaSalle Blvd.

📍 De l'Église + 🚌 58 | 514 800-0481 | [espacenavi.ca](http://espacenavi.ca)

P

Take a tour along the St. Lawrence River and see Montréal differently with Navi. Enjoy group outings or solo tours. The sights, sounds and scenes of Montréal's natural surrounding beauty can be enjoyed at leisure.

### St. Lawrence waterfront cycling path

The shores of the St. Lawrence River, Verdun, LaSalle and Lachine | [services.montreal.ca/cartes/pistes-cyclables](http://services.montreal.ca/cartes/pistes-cyclables)

📍

This linear park stretches for 21 uninterrupted kilometres (13 miles) along the banks of the majestic St. Lawrence River. The route can be travelled on foot, by bike or on rollerblades during the summer season, and on cross-country skis in winter.

## West Island

### West Island Heritage Bicycle Trail

Sainte-Anne Street, Sainte-Anne-de-Bellevue

📍 Angrignon + 🚌 405 | [spoi.ca](http://spoi.ca)

📍

The Trail offers 70 km of paths that let you discover the architectural, historic and natural heritage of Montréal's westernmost areas. Along the way, you can read descriptive plaques on the 100 or so ancestral homes, explore the lush greenery of nature parks and admire stunning vistas.

### Golf Saint-Raphaël

1111 Église Uphill Road, Île Bizard | 514 696-4653

[golfstraphael.ca](http://golfstraphael.ca)

P

Located in the heart of the charming Île Bizard, just minutes from the city, Golf Saint-Raphaël offers you a unique experience from start to finish. On site: two prestigious courses, quality facilities, restaurant, bistro and bar. Options available for all types of events.

## Outside Montréal

### Eastern Townships

#### Golf Château-Bromont / Golf Course

95 De Montmorency Street, Bromont | 450 534-1199

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

P 📍

Certified as a Canadian championship course, the reputation of Golf Château-Bromont speaks for itself. Its greens, equipped with ultra-modern carts, are among the most beautiful and challenging in the region. A memorable sports experience and a breathtaking panorama await you there.

### Montréal

#### Ohana Sailing Agency

101 De la Rive Road, Longueuil

📍 Longueuil – Université-de-Sherbrooke + 🚌 25 or 76

[ohanasailing.ca](http://ohanasailing.ca)

P

Dare to dream! Discover Montréal and its surroundings from a different perspective! Navigate the St. Lawrence River, an exceptional body of water that offers many learning opportunities. Whatever your level of knowledge, you'll take the helm with experienced instructors.

#### Oasis Surf

9520 Leduc Blvd, suite 01, Brossard | 514 372-7873

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

P

Indoor surfing, resto-bar, shop. Unique in Canada. Surfers of all levels are invited to try Oasis Surf's wave in a safe environment or simply come and enjoy our beach menu in our 200-seat restaurant.

#### Ski Saint-Bruno

550 Rang des Vingt-Cinq East, Saint-Bruno-de-Montarville

450 653-3441 | [skisaintbruno.ca](http://skisaintbruno.ca)

P

Ski Saint-Bruno, the unrivalled creator of skiers and snowboarders in Québec! New: the SKIGO/SNOGO evolution trail. Become a skier or snowboarder in just a few hours – four easy steps, fun guaranteed. The only resort in an urban setting, just 15 km (9 miles) from Montréal.

# Sports events



**Montréal buzzes year-round with sports, from hockey and tennis to motorsports, cycling, soccer, and urban sports.**





# The essentials



## Catch a Canadiens game

The legendary Montréal Canadiens, one of the most iconic teams in the National Hockey League, offer an experience like no other at the Bell Centre. Get ready for an electric atmosphere, charged by the passion of Montrealers for their home team. Go Habs Go!



## Get up close with tennis pros

The National Bank Open is Montréal's premier tennis event, bringing top-ranked players from around the globe to compete on the world-class courts of IGA Stadium each summer. Whether you're a die-hard tennis fan or a casual observer, the competition is a spectacle not to be missed!



## Cheer on Montréal's home teams

Support Montréal's beloved teams—The Alouettes (American football), CF Montréal (soccer), and the Montréal Alliance (basketball)—as well as the Montréal Roses and Montréal Victoire, who represent the city in women's soccer and hockey respectively. The atmosphere in the stadiums is electric, with a passionate crowd creating a festive and lively ambiance at every game.



## Discover the thrill of urban sports

Montréal is a hotbed for urban sports events, including the thrilling Jackalope Festival. Watch extreme athletes compete in exciting and high-flying urban sports, delivering adrenaline-charged entertainment for those who crave action.

## Embrace the passion of cycling

Every year, the Grand Prix Cycliste de Montréal draws thousands of spectators to witness world-class cyclists battle it out in the heart of the city. In 2026, Montréal will host the UCI Road World Championships, a landmark event that will bring this prestigious competition back to Montréal for the first time in over five decades.

## Feel the thrill of F1

During the Canadian Grand Prix weekend, Montréal transforms into a high-energy celebration of speed, glamour and entertainment. Events, live music and excitement fill the streets as fans flock to witness motorsport at its finest.

### MY FAVOURITES





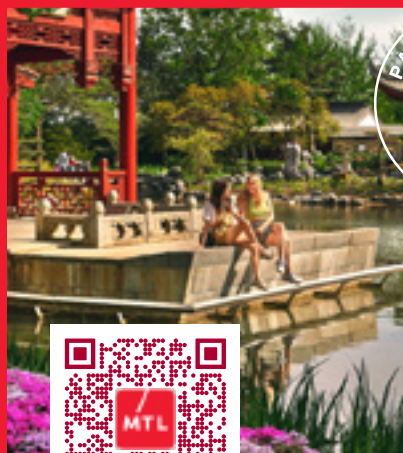
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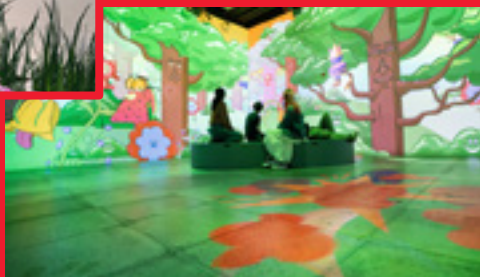
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# Leisure activities, nature and relaxation



Relax and unwind in the city's green spaces or enjoy a soothing spa experience to find your bliss in Montréal.



© DAPH & MICO - TOURISME MONTRÉAL

# The essentials



## Green spaces, parks and gardens

Take advantage of Montréal's many green spaces to take a breather and recentre. The city offers a wide array of parks and gardens, all perfect havens in which to relax and enjoy the beauty of nature.



## Creative pursuits

Unleash your creativity with hands-on activities and art classes. Whether it's pottery, painting or DIY projects, Montréal offers plenty of opportunities to express your talent.



## Spa day

Treat yourself to a relaxing day at a spa. Bota Bota, spa-sur-l'eau, a floating day spa on the St. Lawrence River, offers a unique wellbeing experience with its floating water circuit and sublime views of the city. Likewise, Strøm Nordic Spa, with modern facilities and exceptional treatments, is another excellent option for those seeking to renew and recharge.

## Beaches and pools

Take advantage of Montréal's beaches and pools to cool off and relax. Whether by the river or at municipal pools, there are plenty of spots to swim and soak up the sun.

## Culinary workshops

Learn to cook like a chef with cooking classes offered in Montréal. Uncover the secrets of both local and international recipes in a friendly and educational atmosphere.

## Games

Have fun at game bars, challenge yourself with escape rooms, or test your knowledge during quiz nights. These are great activities for enjoying quality time with friends and family.

### MY FAVOURITES





# Address book

## Downtown

### Moment Spa Le Reine Élizabeth

Fairmont The Queen Elizabeth, 900 René-Lévesque Blvd West

📍 Bonaventure | 438 387-4445 | [momentspa.ca](https://momentspa.ca)

P 🚶

To reflect the luxurious hotel, this spa offers a unique wellness experience in the heart of the romantic and cosmopolitan metropolis. This haven of peace will help you forget the urban hustle and bustle while you enjoy an unforgettable, relaxing and soothing moment.

### Montréal Bowling

2313 Sainte-Catherine Street West, 4<sup>th</sup> Floor | 📍 Atwater  
514 312-8774 | [montrealbowling.ca](https://montrealbowling.ca)

P

Montréal Bowling is the place to be for those who enjoy a few rounds of bowling, a night out among friends to watch the latest game or for those who want to sit back, relax and enjoy some great food and drink. Located in the west end of downtown Montréal.

### Musi'Quiz Montréal

422 Ontario Street East | 📍 Berri-UQAM | 438 794-8844  
[musiquiz.ca](https://musiquiz.ca)

The music quiz centre offers an immersive experience with cameras, lights and voice-overs, recreating the atmosphere of a game show. Each session is unique and customizable, with a variety of musical challenges. Ideal for families (age 10 and over), friends and colleagues.

### Vortex Montréal – Quartier Latin

422 Ontario Street East | 📍 Berri-UQAM | 514 907-2201  
[vortexmontreal.com](https://vortexmontreal.com)

🚶

This game centre enthusiastically welcomes families, groups of friends and companies in an environment that is fun for everyone. You will have 60 minutes to complete a vital objective. You will be accompanied by game masters who will prompt you with clues but leave the victory in your hands.



## Downtown – Golden Square Mile

### PLAYBOX Center

Centre Eaton de Montréal, 705 Sainte-Catherine Street West | 📍 McGill | 514 316-6492 | [playbox.center](https://playbox.center)

📍 📍 P

Entertainment in downtown Montréal has reached new heights with the Playbox Center. Featuring a wide selection of games, VR attractions and much more, all in a vibrant setting, there's something for everyone at any age.

### Laser Game Evolution (Ste-Catherine)

1226 Sainte-Catherine Street West  
📍 Peel | 514 281-6464 | [lasergame-evolution.ca](https://lasergame-evolution.ca)

📍 P 🚶

Come challenge your friends in our three multi-level mazes featuring partitions, reflective zones and all kinds of obstacles! Our laser tag game is a fun and sporty activity, where each player is equipped with cutting-edge, 100% laser technology for extreme precision. The ultimate experience!

### Les Trois Monkeys

Ad p. 41

1455 Peel Street, 2<sup>nd</sup> Floor | 📍 Peel  
[lestroismonkeys.com](https://lestroismonkeys.com)

📍 P

From laser tag to bowling, Lucky Putt mini-golf, AR Darts, and a massive arcade, there's fun for all ages at Les Trois Monkeys in downtown Montréal. Relax at the resto-bar with delicious food and drinks. Group packages with private rooms available.

## Spa St. James at The Ritz-Carlton

Ritz-Carlton Montréal, 1228 Sherbrooke Street West  
 ☎ Peel | 514 844-4590 | [spastjames.com](http://spastjames.com)

P

Located in the heart of downtown, the contemporary and elegant Spa St. James at The Ritz-Carlton Montréal offers luxury treatments and attentive service. The spa includes waterfalls, a relaxation lounge with fireplaces, diverse spacious treatment rooms and suites, and a state-of-the-art salon.

## Downtown – Quartier des Spectacles

### La Navette Nature

Gare d'autocars de Montréal, 1717 Berri Street  
 ☎ Berri-UQAM | [navettenature.com](http://navettenature.com)

If you're looking for greenery and the chance to get away from the hustle and bustle of the city, look no further than the Navette Nature. This convenient nature shuttle takes you from downtown Montréal to Québec's national parks as well as the city's nature parks, summer through winter.

## Old Montréal

### A/Maze Escape Game (Old Port) & Cocktail Bar Inventions

480 Saint-Jean Street | ☎ Place-d'Armes  
 514 504-2139 | [amazemontreal.com](http://amazemontreal.com)

☎ P

Enjoy a variety of escape rooms at A/Maze Escape Game located in Old Montréal. Come find clues, solve puzzles and escape the games followed by a rewarding cocktail in the Inventions Cocktail Bar located on the building's first floor.

### Rainspa

Hôtel Place d'Armes, 55 Saint-Jacques Street West  
 ☎ Place-d'Armes | 514 282-2727 | [rainspa.ca](http://rainspa.ca)

Old Montréal's favourite oasis of well-being, this spa offers refined services that combine ancient knowledge with the latest technology, in addition to its traditional hammam, with private rooms dedicated to eucalyptus steam treatments.

## Scandinave Spa Vieux-Montréal

71 De la Commune Street West | ☎ Place-d'Armes  
 514 288-2009 | [scandinave.com](http://scandinave.com)

In the heart of Old Montréal, this urban spa will provide you with an experience of deep relaxation without even leaving the city. Enjoy the benefits of thermotherapy in its fully indoor facilities, and add to the experience by choosing from various massages offered.

## Spa William Gray

Hôtel William Gray, 421 Saint-Vincent Street  
 ☎ Champ-de-Mars | 438 387-2008 | [spawilliamgray.com](http://spawilliamgray.com)

P

Spa William Gray offers high-end Gharieni spa beds for therapeutic warm quartz massages, an herbal sauna, a Himalayan salt room, a Finnish sauna, an eucalyptus steam room, a cold room and experiential showers. Enjoy a variety of beauty treatments enhanced by the Spa Wave sound therapy system.

## Old Port

### Bota Bota, spa-sur-l'eau

Ad p. 50

Entrance at the corner of De la Commune West and McGill Street | ☎ Square-Victoria-OACI + 🚗 715  
 514 284-0333 | [botabota.ca](http://botabota.ca)

Formerly a ferry, this boat-spa consists of five decks that house the various spa facilities: four saunas with incredible views of the river and the Old Port, steam baths, whirlpool baths, cold showers and baths, relaxation areas, a restaurant, pools, terraces and a garden!

### IMAX®TELUS Theatre at the Montréal Science Centre

2 De la Commune Street West | ☎ Place-d'Armes  
 514 496-4724 | [centredessciencesdemontreal.com](http://centredessciencesdemontreal.com)

P 🚶

The theatre features the best of the IMAX® film productions, using the latest generation of laser projection technology combined with a new immersive 12-channel sound system. Images of unparalleled quality are projected on a seven-storey screen.

## La Grande Roue de Montréal

Ad p. 48

Bassin Bonsecours facing Marché Bonsecours, between the Jacques-Cartier and Clock Tower piers

📍 Champ-de-Mars | 514 325-7888

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



This 60 m observation wheel is the tallest in Canada and equipped with 42 luxurious, top-of-the-line, climate-controlled cabins. Hop on board and appreciate panoramic views of the city, the St. Lawrence River, and, on occasion, fireworks displays.

## Clock Tower Beach at the Old Port of Montréal

Clock Tower Pier | 📍 Champ-de-Mars | 514 496-7678  
[OldPortofMontreal.com](http://OldPortofMontreal.com)



Swimming is not allowed at this beach along the St. Lawrence River. Nevertheless, it offers visitors umbrellas, misting systems, a boardwalk and a refreshment stand. The Clock Tower was built in 1922 to commemorate the courage of the men of the Merchant Fleet who were lost during World War I.

## SOS Labyrinth

Ad p. 51

Clock Tower Pier | 📍 Champ-de-Mars | 514 499-0099  
[soslabyrinth.com](http://soslabyrinth.com)



With your mission card in hand, seek out four new treasures in a 2-km (1.2-mile) maze. Count on our staff on inline skates to help you lose your way. Discover amazing stories about the Port of Montréal, with many unexpected traps and surprises that will keep you laughing.

## MTL Zipline

Ad p. 51

Place des Vestiges, Quays of the Old Port of Montréal, Jacques-Cartier Pier Entrance | 📍 Champ-de-Mars  
514 947-5463 | [mtlzipline.com](http://mtlzipline.com)



This company offers you a thrilling experience while flying over Bonsecours Island in the Old Port of Montréal. Enjoy a safe and unique zipline experience while taking in a spectacular view of the city and the St. Lawrence River. A must for the whole family!

## Voiles en Voiles

Ad p. 49

Quays of the Old Port of Montréal, Jacques-Cartier

Pier Entrance | 📍 Champ-de-Mars

514 473-1458 | [voilesenvoiles.com](http://voilesenvoiles.com)



This family adventure park transports you to the world of royal and pirate ships in the Old Port of Montréal. Tackle the aerial courses, climb the wall of the enemy's ship, practice archery and discover many more activities for an unforgettable summer.

## Parc Jean-Drapeau

### ARcade, Casino de Montréal

Casino de Montréal | 📍 Jean-Drapeau | 514 392-2746  
[casinos.lotoquebec.com](http://casinos.lotoquebec.com)



Enjoy this immersive gaming experience available at the Casino de Montréal. Two fields are presented featuring seven games with multiple levels of difficulty for up to six players. Refreshments are also available.

### Casino de Montréal

Ad on back cover

1 Du Casino Avenue | 📍 Jean-Drapeau + 🚏 777  
514 392-2746 | [casinodemontreal.ca](http://casinodemontreal.ca)



We're all play at the Casino de Montréal! A wide variety of table games and slot machines, free shows, restaurants to satisfy all appetites, bars brimming with action, a cabaret... Everything you need for unforgettable and festive moments.

### La Ronde

Île Sainte-Hélène | 📍 Jean-Drapeau + 🚏 767  
[laronde.com](http://laronde.com)



With more than 40 rides and attractions, this is the only true amusement park in Québec! Check out L'International des Feux Loto-Québec, the world's No. 1 fireworks competition. In October, experience Fright Fest for the whole family during the day and terrifying scares at night.

## Parc Aquazilla – Parc Jean-Drapeau

Jean Doré Beach, Île Notre-Dame

📍 Jean-Drapeau | 514 948-6721 | [aquazilla.com](http://aquazilla.com)

P 🚶

This water park is a floating island made of interlocked inflatable structures. This unique concept is composed of modules requiring different physical skills. There are suspended ladders, slides and climbing modules. Your day at the beach has never been so much fun!

## Parc Jean-Drapeau

Île Sainte-Hélène and Île Notre-Dame

📍 Jean-Drapeau | 514 872-6120  
[parcjeandrapeau.com](http://parcjeandrapeau.com)

📍 P

This urban park offers many outdoor activities. In addition to the Casino de Montréal, La Ronde and the Biosphère, all located on site, it hosts major events like Osheaga and Formula 1 Grand Prix du Canada. During the summer season, the park rents out electric scooters.

## Jean-Doré Beach

151 Gilles-Villeneuve Circuit | 📍 Jean-Drapeau  
514 872-0199 | [parcjeandrapeau.com](http://parcjeandrapeau.com)

P 🚶

A beautiful sandy beach close to downtown, where water quality is always excellent and many services are available. Rent a boat or have fun at Aquazilla: an inflatable structure with obstacles, slides and platforms for jumping into the water!



## Marina La Ronde

La Ronde | 📍 Jean-Drapeau + 🚗 167 | 514 875-1234  
[portdeplaisancelaronde.com](http://portdeplaisancelaronde.com)

P

A berth at this marina offers more than just a docking space; it provides a vibrant lifestyle in the heart of Montréal and the South Shore. What's more, life on the islands means being able to access a host of tourist attractions.

## Mount Royal, Outremont and Westmount

### Mount Royal Park

Smith House | Beaver Lake Pavilion | Mount Royal Chalet  
From the east, via Camillien-Houde Parkway, from the west, via Remembrance Road | 📍 Mont-Royal + 🚗 11  
514 843-8240 | [lemontroyal.qc.ca](http://lemontroyal.qc.ca)

📍 P 🚶 🚲

Designed by Frederick L. Olmsted, this park boasts a network of walking paths and stairs that will lead you a variety of landscapes. Magnificent lookouts offer breathtaking views of the city and region. "Les amis de la montagne" offer numerous education and recreational activities.

## Plateau-Mont-Royal and Mile End

### Art Chaos

31 Saint-Viateur Street East | 📍 Rosemont  
514 316-5208 | [artchaos.ca](http://artchaos.ca)

📍

An art studio that specializes in creating one-of-a-kind paintings on rapidly spinning canvases. Enjoy coming in to create alone or with friends, family and colleagues. The space is inclusive and inviting.

### Quiz Room

4203 Saint-Denis Street | 📍 Mont-Royal  
514 840-5606 | [quiz-room.ca](http://quiz-room.ca)

🚶

Take quiz solving to the next level at Quiz Room Montréal, a space created for quiz lovers that features problem solving at multiple levels. Fun for all ages, this is an excellent activity for groups, parties, team-building and more.

## Things to do

### Parc La Fontaine

Bordered by Sherbrooke, Papineau, Rachel and Parc LaFontaine Streets | 📍 Sherbrooke + 🚗 24  
514 872-0311 | [montreal.ca](http://montreal.ca)

🅈 P

People flock to this park to relax in the shade, to enjoy a picnic and sunbathe. The artificial pond allows visitors to observe a wide range of bird species throughout the summer season and, in winter, the pond is transformed into a skating rink. An outdoor theatre presents events during the summer.

### Vortex Montréal – Plateau

3841 Saint-Laurent Blvd. | 📍 Sherbrooke | 514 907-2201  
[vortexmontreal.com](http://vortexmontreal.com)



This game centre enthusiastically welcomes families, groups of friends and companies in an environment that is fun for everyone. You will have 60 minutes to complete a vital objective. You will be accompanied by game masters who will prompt you with clues but leave the victory in your hands.

## Olympic District

### Biodôme – Espace pour la vie

Ad p. 62

4777 Pierre-De Coubertin Avenue  
(parking: 3000 Viau Street) | 📍 Viau | 514 868-3000  
[espacepurlavie.ca](http://espacepurlavie.ca)



Summer and winter alike, it is a place to discover! With its five ecosystems of the Americas under one roof, it's like a walk in nature. A place of wonder, learning and environmental commitment for all ages, it is also one of Montréal's must-see tourist attractions.

### Centre Pierre-Charbonneau

3000 Viau Street | 📍 Viau | 514 255-4222  
[centrepierrecharbonneau.com](http://centrepierrecharbonneau.com)

🅈 P

Located in the heart of Montréal's Olympic Park, this multidisciplinary complex offers a vast array of recreational and sporting activities.

### Jardin botanique – Espace pour la vie

Ad p. 62

4101 Sherbrooke Street East | 📍 Pie-IX  
514 868-3000 | [espacepurlavie.ca](http://espacepurlavie.ca)



This botanical garden is recognized as one of the world's finest and largest, and is a wonderful way to explore the whole globe. Its collection of 22,000 species and cultivars, 10 exhibition greenhouses, a Tree House and some 30 thematic gardens make it one of Montréal's loveliest attractions.

### Parc Maisonneuve

4601 Sherbrooke Street East | 📍 Pie-IX | 514 872-0311  
[montreal.ca](http://montreal.ca)

🅈 P

This huge green space is an ideal place to practice a number of sports activities year-round and to host major gatherings.

## Hochelaga-Maisonneuve and Rosemont

### Action 500 Amusement Centre (Montréal)

5592 Hochelaga Street | 📍 Assomption  
514 254-4244 | [action500.com](http://action500.com)

P

Where the real fun is! Discover the largest indoor karting, paintball, laser tag and escape room centre in Canada. In addition to new electric go-karts, this recreation centre boasts four paintball and laser tag fields as well as six electrifying escape games.





## Horizon Roc Climbing Centre

2350 Dickson Street | 📍 Assomption | 514 899-5000  
[horizonroc.com](http://horizonroc.com)

P 🧑🏿 🧑🏻 🧑🏾

Visit Horizon Roc to experience all disciplines of climbing by yourself, with your friends or with your family in one of the largest climbing gyms in the world. Discover these impressive facilities with unique climbing features and enjoy exceptional service.

## Échappe-toi Montréal

2244 Larivière Street | 📍 Frontenac + 🚏 24  
 514 907-2200 | [echappetoi.com](http://echappetoi.com)

P 🧑🏿 🧑🏻

This first escape game centre to open in Québec in 2014 offers nine unique immersive adventures hosted by game masters. Players take part in an original experience and discover Québec's historical and cultural heritage. For players 8 years old and over.

## Grand Chelem – Baseball & Softball Centre

3930 Sainte-Catherine Street East | 📍 Pie-IX + 🚏 139  
 514 750-2255 | [grandchelem.ca](http://grandchelem.ca)

📞 P

Step up the plate and take a swing at Grand Chelem, Montréal's first ball centre offering urban sports entertainment at its finest.

## The Village

### Rage: Axe Throwing

1436 Atateken Street | 📍 Beaudry | 514 303-7243  
[rageaxethrowing.com](http://rageaxethrowing.com)

📞 P

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

## Find The Key

1000 Atateken Street | 📍 Beaudry | 514 907-1919  
[findthekey.ca](http://findthekey.ca)

🧑🏿

Escape room? You'll be physically trapped in a room, where your goal will be to find the key that will set you free by using logic, intelligence and teamwork. Easy enough, right? Not really! Only 3% of attempts are successful. So gather your friends and come take on the challenge!

## Little Italy and Villeray

### Parc Frédéric-Back

2345 Jarry Street East | 📍 Jarry + 🚏 193  
 514 376-8648 | [montreal.ca](http://montreal.ca)

📞 P 🧑🏿 🧑🏻 🧑🏾

Located on a former quarry and city dump site, this park represents the most ambitious environmental rehabilitation project ever undertaken in Montréal. It has been transformed into a vast green space dedicated to both the environment and culture, offering a wide range of activities.

### Parc Jarry

Corner of Saint-Laurent Blvd. and Gary-Carter Street  
 📍 De Castelnau | 514 872-0311 | [montreal.ca](http://montreal.ca)

📞 P

This park, which offers a magnificent view of Mount Royal, is known for its world-class tennis stadium. Children can swim or fly their kites, while those who enjoy a stroll can follow the trails leading to the pond and its fountain.

### Zero Latency Montréal

📞 Jean-Talon | 514 274-9090 | [zerolatencyvr.ca](http://zerolatencyvr.ca)

At Montréal's Zero Latency VR space, experience free-roam multiplayer virtual reality where players move freely through ultra-realistic fantasy worlds. With advanced headsets, immersive sound, and stunning visuals, team up to conquer challenges. Try Excitement axe throwing too!



## Les Quartiers du Canal

### Griffintown

#### Musée Imaginarium

290 Montagne Street | ☎ Lucien-L'Allier  
438 946-5866 | [museeimaginarium.com](http://museeimaginarium.com)



Musée Imaginarium is a captivating, immersive playground where selfies come to life as guests explore 16+ fantastical spaces. Perfect for all ages, this hour-long adventure promises unforgettable fun.

### Saint-Henri

#### A/Maze Escape Game (Atwater)

3550 Saint-Jacques Street | ☎ Lionel-Groulx  
514 504-2139 | [amazemontreal.com](http://amazemontreal.com)



A/Maze is a real-life escape game that offers immersive adventures, a great test of your survival and problem solving skills. Experience a situation you will never encounter in real life. A minimum of 2 and maximum of 5 people is required to participate in the many different games.

#### Le Saint Motel

4000 Saint-Ambroise Street, suite 278 | ☎ Lionel-Groulx  
514 938-4684 | [lesaintmotel.com](http://lesaintmotel.com)

P

The multisensory photography studio is ideal for capturing the perfect selfie. You can explore all 13 themed rooms that range from an interior garden to a pink pool with Montréal as the backdrop. Each room has optimal lighting for both professional cameras and smartphones.

## Pôle des Rapides

#### Parc des Rapides

Corner of LaSalle Blvd. and 7<sup>th</sup> Avenue  
☎ De l'Église + ☎ 58 | 514 367-1000 | [montreal.ca](http://montreal.ca)

☎ P

This is an ideal spot for an up-close view of the Lachine Rapids and a refuge for migrating birds. A landscaped lookout has explanatory panels telling the story of the rapids and the former hydroelectric station. The rapids live up to the wildest expectations of white-water rafters and kayakers.

#### Promenade Père-Marquette et Parc René-Lévesque

Corner of Saint-Patrick and Du Canal Streets  
☎ Angrignon + ☎ 110 | 514 872-0311  
[ville.montreal.qc.ca](http://ville.montreal.qc.ca)

P

Explore this peninsula bordered by the St. Lawrence River on foot or by bike. Along the paths, admire huge sculptures, created by artists from Québec and elsewhere and erected among the trees and at the water's edge. The Jardin de sculptures de Lachine features art and history exhibits.

### Verdun

#### Parc Angrignon

Corner of Des Trinitaires and De La Vérendrye Blvds.  
☎ Angrignon | 514 872-0311  
[ville.montreal.qc.ca/grandsparcs](http://ville.montreal.qc.ca/grandsparcs)

☎ P

This 97-hectare park has a year-round variety of open-air activities for the family. In summer, a pond complements pedestrian tours and nature exploration. The "Fort Angrignon" trial track promises indoor excitement galore.

#### Verdun Beach

4110 LaSalle Blvd. | ☎ De l'Église | 514 280-0789  
[montreal.ca](http://montreal.ca)

☎ P

Set on the shore of the St. Lawrence River, this universally-accessible urban beach offers a cool respite from the hazy days of summer. The beach has slides, a climbing wall, hammocks and sand, and the swimming area has a concrete path and ramp access.

## Strom Nordic Spa (Nun's Island)

1001 De la Forêt Blvd. | 📍 Lasalle | 514 761-2772  
stromspa.com



P

Explore the pools, saunas, steam baths and relaxation areas at Montréal's only nature spa. Indulge in massages or highly effective aesthetic treatments such as a body wrap, personalized face treatment, and hand or foot treatment. Enjoy a meal at Restaurant Nord, which offers refined Nordic cuisine.

## East Island

### BoulZeye, Pub et Attractions

3655 Du Tricentenaire Blvd.  
📍 Honoré-Beaugrand + 🚗 186 | 514 498-2228  
boulzeye.ca



P 🚶

Discover Québec's largest entertainment centre! Featuring 16 duckpin bowling lanes with lounge seating, a multi-level laser tag arena, a microbrew pub, full kitchen service, the largest patio in the area, four escape rooms, a large virtual reality gaming zone and a function room.

### iSaute (Anjou)

8700 Golf Blvd. | 📍 Honoré-Beaugrand + 🚗 28  
514 667-7644 | isaute.ca

P

This 2,800-square metre (30,139-sq. ft.) warehouse in Anjou has been transformed into an "extreme" trampoline park comprised of interconnected, floor-level, padded trampolines.

### Parc-nature de la Pointe-aux-Prairies

14905 Sherbrooke Street East  
📍 Honoré-Beaugrand + 🚗 186 | 514 280-6778  
montreal.ca

📍 P

Nature lovers will enjoy strolling through its fields and wooded areas and discovering its marshes.

## West Island

### iSaute (Kirkland)

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

P

iSaute is home to interconnected trampolines and various jumping courses, offering young and old alike the possibility of jumping everywhere, even on the walls, safely.

### Parc-nature de l'Anse-à-l'Orme

21135 Gouin Blvd. West | 📍 Côte-Vertu + 🚗 68  
514 280-6778 | ville.montreal.qc.ca

📍 P

Located opposite Lac des Deux-Montagnes, this linear park is a favourite of windsurfers and boaters, who come for the prevailing west winds.

### Parc-nature du Bois-de-Liesse

9432 Gouin Blvd. West | 📍 Henri-Bourassa + 🚗 68 | 514 280-6778 | montreal.ca

📍 P 🚶

During the hot days of summer, what could be better than going hiking or cycling? Once winter has arrived, you can observe the birds at any one of many feeding stations. Ski along the winding cross-country ski trails or toboggan down the hill.

### Parc-nature du Bois-de-l'Île-Bizard

Welcome chalet: 2115 Bord-du-Lac Road  
514 280-6778 | montreal.ca

📍 P

By bicycle or on foot, explore the many paths of this large park. A stop on the footbridge allows you to observe beavers, turtles and ducks. Make the most of warm days by going canoeing or swimming. In the spring and fall, observe the migration of the Canada geese and other birds along the shore.

## Things to do

### Parc-nature du Cap-Saint-Jacques

20099 Gouin Blvd. West, Pierrefonds

📍 Côte-Vertu + 🚌 64 | 514 280-6778 | [montreal.ca](http://montreal.ca)

🅈 P 🧑🧑🧑

Whether you are at the ecological farm, in a picnic area, on the beach or in the forest, you will appreciate this area set in the wilderness. Nature buffs can stop by the Havre aux tortues to learn more about this fascinating world.

### Ecomuseum Zoo

21125 Chemin Sainte-Marie, Highway 40 West, Exit 44  
Sainte-Anne-de-Bellevue | 📍 419 | 514 457-9449

[zoocomuseum.ca](http://zoocomuseum.ca)

🅈 P 🧑🧑🧑 🧑🧑🧑 🧑🧑🧑

Discover the only outdoor zoo on Montréal Island and see what Québec's fauna has to offer in a unique natural setting! As you make your way through the trails, perhaps you'll catch the eye of a golden eagle, get a glimpse of frolicking river otters or be fascinated by the mysterious fisher!

## North of the Island

### Laser Game Evolution (Marché Central)

8791 De L'Acadie Blvd. | 📍 Crémazie + 🚌 100

514 384-4848

[lasergame-evolution.ca](http://lasergame-evolution.ca)

P 🧑🧑🧑

This is the perfect activity for all ages, whether with friends, colleagues or family. This energetic experience uses safe laser technology in dark, zig-zagging mazes. Teams of six, in different coloured vests, have 20 minutes to tag opponents. Ideal for parties, events and team-building.

### Parc-nature de l'Île-de-la-Visitation

2425 Gouin Blvd. East | 📍 Henri-Bourassa + 🚌 69

514 280-6778 | [montreal.ca](http://montreal.ca)

🅈 P 🧑🧑🧑

A true historical gem! Located along the Rivière des Prairies, at the very heart of the history of Sault-au-Récollet, this park abounds in historical elements, such as the Site des Moulins ruins, the Maison du Pressoir and the Maison du Meunier.



## Outside Montréal

### Eastern Townships

#### Zoo de Granby

1050 David-Bouchard Blvd. (highway 10, exit 68 or 74),

Granby | 450 372-9113 | [zoodegranby.com](http://zoodegranby.com)

P 🧑🧑🧑

On the Zoo's trails, visitors can observe almost 1,500 animals representing 193 species. The Zoo also boasts an amusement park and the Amazon water park.

### Laurentians

#### Station touristique Tremblant

1000 Des Voyageurs Road, Mont-Tremblant

[tremblant.ca](http://tremblant.ca)

🅈 P 🧑🧑🧑

A renowned four-season destination offers endless activities in the heart of its remarkable pedestrian village. Voted the number one ski resort in Eastern North America by SKI magazine readers 20 times, the mountain offers 102 runs while its village boasts tons of shops, restaurants and lodging.

### Montréalégie

#### Parc national des Îles-de-Boucherville

Île Sainte-Marguerite Discovery and Visitors Centre

55 Île Sainte-Marguerite, Boucherville | 450 928-5088

[sepaq.com/pq/bou/](http://sepaq.com/pq/bou/)

P 🧑🧑🧑 🧑🧑🧑

This national park in the middle of the St. Lawrence River just a short distance from the heart of Montréal, boasts green spaces, channels teeming with life and waterside trails for campers, hikers, cyclists and canoeists looking for a breath of fresh air and an escape from noisy city life.

# Super Aqua Club

WAVES OF FUN, AN  
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MONTREAL

322 Montée de la Baie, Pointe-Calumet, QC, J0N 1G0  
[superaquaclub.com](http://superaquaclub.com)



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## Save on your favourite attractions



an initiative of  
**TOURISME /  
MONTREAL**





Close to you.

Far from *ordinaire*.

To visit the Eastern Townships is to breathe in the fresh air at the top of majestic mountains, to marvel at the beauty of our lakes, to dine at exceptional tables, and to raise a glass in charming settings. Just an hour from Montreal, the region invites you to discover its rich and unique built heritage, experience the charm of our Cœurs villageois, and meet warm-hearted locals. You also can't miss the Abbaye Saint-Benoît-du-Lac with its iconic bell tower and enchanting surroundings. No matter the season, it's always a great place to escape!

**Welcome to our home!**

# Our six Must-See Attractions



## The Véloroute Gourmande

This 235 km route connects Montreal to Sherbrooke, offering a bike journey through the Eastern Townships and Montérégie, with scenic views and tasty stops along the way.



## Zoo de Granby

Winter or summer, the Zoo promises an unforgettable day: 1,500 animals, games, rides, water slides, and discoveries. It also supports global conservation!



## Foresta Lumina – Parc de la Gorge de Coaticook

An enchanting, illuminated trail at Parc de la Gorge de Coaticook offers a magical experience that evolves each year in a breathtaking setting.



## The Four National Parks

With mountains, lakes, and trails, our national parks offer adventures in every season. Be sure to visit the ASTROLab at Mont-Mégantic, where you can experience an extraordinary starry sky!



## The Grand Cru – Escapades Memphrémagog

Aboard this luxury yacht, savor a refined meal while admiring the exceptional landscapes of Lake Memphrémagog, for a memorable getaway with loved ones.



## The Three Scenic Routes

Discover the rich heritage along the Townships Trail, take in breathtaking views on the Summit Drive, and savour local flavours along the Wine Route.



PLAN YOUR VISIT HERE

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

# EASTERN TOWNSHIPS



Only 45 minutes from Montréal



### From cocooning to the great outdoors, it's all yours year-round

Covered in a thick blanket of snow or glowing with vibrant fall colors, the Laurentians region is a destination that reveals its charms and attractions throughout the seasons. Epic experiences await you in its 22,000 km<sup>2</sup> natural playground known as a top resort and outdoors destination, along with historic and local flavor trails, quaint villages and majestic landscapes.



Discover our official  
tourist routes



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

1 800 561-6673





# Endless fun

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Discover  
Mont-Tremblant  
[mont-tremblant.ca](http://mont-tremblant.ca)

# Four seasons, four experiences



**Montréal is blessed with four seasons of amazing experiences, so the true question is not when, but how often to visit.**

Spring gets things popping with bright flowers, inspirational art and cool gatherings. Summer signals major outdoor fun with thrilling festivals, street-side performances and lively cocktail patios. Fall, for its part, features a bounty of food and culture against the landscape's jaw-dropping colours, while winter wraps the city in a sweet cocoon of twinkling lights, snowy fun and outdoor entertainment.

## Spring

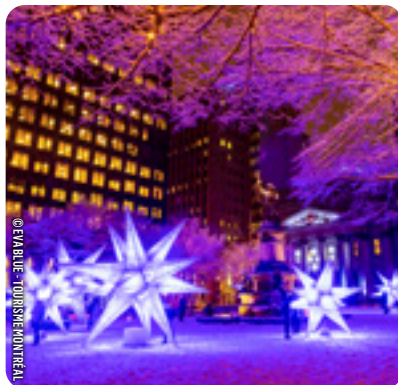
Spring in Montréal is a pretty sensational time: with flowers blooming, people pedaling—especially on public-share BIXI bikes—and everyone flocking to sun-kissed outdoor terraces, the city's vibrant scene plays out in colour, fun and spontaneity. This season, be sure to check out street-side circus acts,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

## Summer

Pack your sense of discovery and your sunnies, it's summertime in Montréal! With its feast of festivals that draw international star power in music, comedy, sports and circus, you'll want to take it ALL in. For a deeper dive into the local culture, check out the colourful street art, neighbourhood activities and tasty fare of food trucks. What are the hallmarks of a cool, vibey Montréal summer? When you can dance the day or night away, lounge on outdoor terraces, catch some rays on sunny beaches and hang out at the city's many cool seasonal markets and biergartens.







## Fall

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

## Winter

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



**Did you know?**

**There are nearly 1,500 parks in Montréal's boroughs, covering an area of over 6,000 hectares.**



# Ideas for your stay /

Let these suggestions inspire  
your Montréal adventure,  
whether you're here for a day,  
a weekend or a week.

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**156** One day in Montréal

**157** A long weekend in Montréal

**157** A full week in Montréal

# Ideas for your stay in Montréal



**Montréal is a lively, vibrant metropolis with a wealth of activities to offer.**

Whether you're here for 24 hours, a weekend or a whole week, there's always something extra to discover. Here are a few ideas to make sure you don't miss out on any of the must-sees, whatever the length of your stay.

## **One day in Montréal**

If you've only got one day to spend in Montréal, it's a must to soak up the unique charm and European atmosphere of Old Montréal. Start with a coffee at the jaw-dropping Crew Collective & Café, housed in a former bank, then head for Notre-Dame Basilica, a masterpiece of neo-Gothic architecture. Take Saint-Paul Street and then De la Commune Street towards La Grande Roue de Montréal to enjoy a bird's eye view of the city. And don't skip the Pointe-à-Callière — Montréal Archaeology and History Complex, a museum established right on the site where Montréal was founded.

You will want a midday break, so we suggest you discover the many restaurants and food emporia in the city centre. Follow lunch with a stroll along Sainte-Catherine Street, with its many boutiques and shopping centres. Immerse yourself in the creative energy of the city's museums, whether it's the Montreal Museum of Fine Arts, the Musée d'art contemporain de Montréal or the McCord Stewart Museum, where you can learn all about the city's rich history.



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To round out your 24 hours in the city, what better way than with a typical Montréal meal? Try a poutine at La Banquise, an institution in the Plateau-Mont-Royal neighbourhood, a hot bagel at Fairmount or St-Viateur in Mile End, or a traditional smoked meat sandwich at the famous Schwartz's.



## A long weekend in Montréal

If you've got a little more time on your hands, make the most of your visit to Old Montréal with a trip to **Marché Bonsecours**, considered one of the 10 most beautiful heritage buildings in Canada, where you can discover the work of local artisans. Then head for the **Montréal Science Centre**, a must-see destination for kids, full of interactive exhibitions and educational activities.

If you're staying near the city centre, treat yourself to an evening in the **Quartier des Spectacles** or at **Place des Festivals**, which always offer a varied cultural program. You'll also want to squeeze in a stroll along **Du Mont-Royal Avenue** — head westward to the mountain of the same name and follow the easy path all the way up to the **Kondiaronk** lookout, where the panoramic view of the city is splendid in summer and winter alike.

## A full week in Montréal

Now that you've had a first look at the city's most popular attractions, it's time to familiarize yourself with its various neighbourhoods and get a taste of a local's daily life. If you like outdoor activities, the **Lachine Canal** is the place to be. You can walk, cycle or even kayak along it, before heading for the **Atwater Market** or the many restaurants on **Notre-Dame Street**.

Other places to visit include the **Olympic District**, with its vast green spaces and **Espace pour la vie nature museums**. **Hochelaga-Maisonneuve** (known by locals as **HoMa**) and **Rosemont** are also inviting neighbourhoods to explore, replete with charming streets, leafy alleyways and cozy cafés. **Villeray** and **Little Italy** attract epicureans with their high-end grocery stores, bakeries, cafés, restaurants and the *pièce de résistance*, **Jean-Talon Market**, with its cornucopia of fresh produce. Finally, if you're in the mood to party, head to one of the many bars in the city centre or in the **Village**, a meeting place for the LGBTQ+ community.

## Itineraries

Set off on an adventure!

Scan the QR code to learn more.







# Live like a Montrealer



As those who have already visited Montréal know all too well, you don't need to live here to **feel at home**. Find out how to get in on the welcoming Montréal vibe.

# Experience Montréal like a local



**You don't need to live in Montréal to feel at home here. The city captivates with its warm hospitality and unique culture enriched by European influences. Discover its local traditions and become an honorary Montrealer!**



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### Pick something up at the dep

If you ask a Montrealer where to find a convenience store or a corner shop, you might get a puzzled look. For the most part, everyone here calls them *dépanneurs* (or *dep*, for short), from the French verb *dépanner*, meaning to help out.



### Move to the festival beat

With one of the busiest event calendars in the world, Montréal knows how to throw a festival. It's the go-to destination for fans of concerts, art, theatre, dance, music, comedy and cinema all year round.



### Stroll under the city

Montréal's underground pedestrian network, commonly known as RESO or the Underground City, is home to over 2,000 shops and 200 restaurants. It connects 10 hotels and 18 skyscrapers, with nearly 500,000 people using it every day.



### Go out for brunch

Here, brunch is a big deal. Montrealers are obsessed with it. And for good reason: it's the perfect way to ease into the weekend at your own pace. The city is packed with endless, delicious brunch spots, so go ahead, dive into the local scene and treat yourself to an unforgettable foodie experience.



### Hang out on a terrace

Montréal terraces are no joke: as soon as weather permits, everyone flocks to them like moths to a flame. On rooftops, in the streets, or tucked in courtyards (some are even secret!), they are everywhere, packed from early spring to fall.



### Take public transit

Here, only first-timers would drive to a major festival, such as Osheaga (pop, rock, hip-hop, and more), iLESONIQ (electronic dance music), or LASSO (country), all held at Parc Jean-Drapeau on Île Sainte-Hélène. The metro system, safe and efficient, will take you wherever you need to go.



### Did you know?

**Montréal is home to about 450 green alleys. These charming spaces aren't just for a stroll—they're hubs for socializing, safe play areas for kids, and help improve air quality. They also reduce heat islands and help abate traffic. Perfect for a peaceful stroll to soak up the local vibe!**









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**TOURISME /  
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# Index /

## Index

## A

16/42 Tours.....	116
747 YUL Aéroport Montréal- Trudeau/ Downtown shuttle.....	27
Accessibility.....	30
Accommodation.....	24
Action 500 Amusement Center (Montréal).....	142
Adventure City Games.....	117
Agora de la danse.....	99
Air Canada.....	26
Aire Commune.....	113
Air Transat.....	26
Alexander Calder's Man.....	54
Allo Vélo.....	122
A/Maze Escape Game (Atwater).....	144
A/Maze Escape Game (Old Port) & Cocktail Bar Inventions.....	139
AML Cruises.....	119
Aquatic Complex at Parc Jean-Drapeau.....	54, 130
ARCADE, Casino de Montréal.....	140
Architectural.....	81
Arsenal Contemporary Art Montreal.....	91
Art Chaos.....	141
Art galleries.....	81
Arthur Majordome.....	26
Ateliers & Saveurs Plateau-Mont-Royal.....	119
Ateliers & Saveurs Time Out Market.....	118
Ateliers & Saveurs Vieux-Montréal.....	118
Atwater Market.....	21, 70, 71, 123, 157
AURA.....	20
Authentik Canada.....	118
Autobus Galland.....	27
Aventures Wet Set Mtl.....	119
Award-winning restaurants.....	107

## B

Bagels.....	58, 107
Bar Le Cocktail.....	65
Bars.....	113
Bateau-Mouche (cruises) at the Old Port of Montréal.....	119
Beaches.....	137
Beanfield Theatre.....	101
Beaver Lake.....	56
Beba.....	107
Bell Centre.....	99, 133
Bernard Avenue West.....	57
Bicycle.....	30
Bike.....	129
Bike share service.....	30
Biodôme – Espace pour la vie.....	21, 142

Biosphère – Espace pour la vie.....	54, 89
Bistro le Ste-Cath.....	101
BIXI Montréal.....	30, 152
Bonaventure City Entrance.....	91
Bonjour, Montréal.....	19, 44
Bonjour Nature.....	123
Bota Bota.....	137, 139
BoulZeye, Pub et Attractions.....	145
Bungee jumping.....	129
Buses.....	27

## C

Caffè Italia.....	68
Calendar.....	102
Canada Post.....	26
Canadian Centre for Architecture (CCA).....	82
Canadian currency.....	26
Canadiens game.....	133
Cannabis.....	25
Cap-Saint-Jacques.....	76
Casino de Montréal.....	55, 140
Cathcart.....	107
Centaur Theatre Company.....	101
CENTRAL.....	107
Central Station.....	27
Centre for Sustainable Development.....	84
Centre Pierre-Charbonneau.....	142
Centre-ville.....	38
CF Montréal.....	133
Champ-de-Mars.....	86
Château Dufresne, museum and historical heritage site.....	91
Château Ramezay – Historical Site and Museum of Montréal.....	86
Chez Mado.....	65
Christ Church Cathedral.....	82
Circuit Gilles-Villeneuve.....	54, 130
Circus.....	68, 81
Cirka Distilleries.....	123
Cirque du Soleil.....	20, 81
City Brew Tours Montréal.....	117
City pass.....	25
Claudine Montreal and Quebec Tour Guide.....	116
Clock Tower.....	44
Clock Tower Beach at the Old Port of Montréal.....	140
Coach Canada (Gray Line Montréal).....	27, 117
Companion Leisure Card (CAL).....	30
Complexe Desjardins.....	125
Concordia University.....	25
Concord Tours and Travel.....	118
Côte-des-Neiges streets.....	57

Cours Le Royer (Hôtel-Dieu Stores).....	86
Crew Collective & Café.....	156
Cycling.....	133

## D

Danse Danse.....	99
De Castelnau Street.....	68
De la Commune Street.....	156
Dep.....	161
Dépanneurs.....	161
Digital arts.....	81
Discovery walks on Mount Royal.....	117
Distillerie de Montréal.....	122
Dorchester Square.....	38
Downtown.....	36, 38
Drag queen.....	64
Duluth Street.....	59
Du Mont-Royal Avenue.....	21, 58, 125, 157

## E

East End, West Island and Montréal North.....	37, 76
Eaton Centre.....	125
Échappe-toi Montréal.....	143
EC Montréal.....	25
Écomusée du fier monde.....	91
Ecomuseum Zoo.....	76, 146
Église Saint-Pierre-Apôtre.....	65
Emergency.....	26
Espace pour la vie.....	61
Espace pour la vie museums.....	21
Espace pour la vie nature museums.....	157
Espace St-Denis.....	99
Espace VERRE.....	92
Esplanade Tranquille.....	84
Expedia.....	118
Exporail, the Canadian Railway Museum.....	93

## F

F1.....	133
Fairmount.....	107
Farine Five Roses.....	19, 72
Festivals and events.....	98
Fierté Montréal.....	64
Find The Key.....	143
First Nations.....	10
Fitz Montréal Bike Tours.....	116
Fleming Mill Historical Interpretation Centre.....	92
Fonderie Darling.....	86
Food tours.....	115
Fou Fou.....	107

## G

Games .....	137
Gare d'autocars de Montréal .....	27
Gare Viger .....	86
Gastronomy .....	106
Golden Square Mile .....	39
Golf Château-Bromont / Golf Course .....	131
Golf Saint-Raphaël .....	131
Gouin Boulevard .....	77
Gourmet halls .....	107
Grand Chelem – Baseball & Softball Centre .....	143
Grand Prix Cycliste de Montréal .....	133
Grand Prix weekend .....	133
Grand Quay – Cruise Terminal .....	30
Grand Quay of the Port of Montreal .....	88
Greene Avenue and Westmount Square .....	89
Griffintown .....	70
Groupe Voyages Quebec .....	118
Guidatour .....	116
Guided walking tours .....	115
Guy's Wave .....	73

## H

H2O Adventures .....	118
Habitat 67 .....	54, 81, 89
Happiness in the suitcases .....	118
Helicopter .....	117
Heritage Trail .....	76
History .....	14
Hochelaga-Maisonneuve .....	21, 157
Hockey .....	133
HoMa .....	60
Horizon Roc Climbing Centre .....	143

## I

ICAO (International Civil Aviation Organization) .....	85
IGA Stadium .....	133
Igloofest .....	20
IMAX®TELUS Theatre at the Montréal Science Centre .....	139
Indigenous .....	14
Indigenous tourism .....	24
Insectarium – Espace pour la vie .....	91
Institut de tourisme et d'hôtellerie du Québec (ITHQ) .....	119
iSaute (Anjou) .....	145
iSaute (Kirkland) .....	145
Itineraries .....	157

## J

Jackalope Festival .....	133
Jacques Cartier Bridge .....	55
Jardin botanique .....	60
Jardin botanique de Montréal .....	21
Jardin botanique – Espace pour la vie .....	142
Jean-Doré Beach .....	54, 55, 141
Jean-Talon Market .....	21, 68, 107, 122, 157
Jet Boating the Lachine rapids / Jet St-Laurent .....	130
JUSST – Plateau and Old Montréal .....	116

## K

Kahnaw:ke Tourism Welcome Center .....	24
Kayak .....	129
Keolis Canada .....	27
Kéroul .....	30
Kondiaronk Belvedere .....	56
Kondiaronk lookout .....	157
KSF .....	70, 130

## L

La Banquise .....	107, 156
Labonté de la Pomme – Verger & Cidrerie & Cabane à Pommes .....	123
Lachine Canal .....	21, 70, 71, 157
Lachine Canal multipurpose path .....	130
Lachine Canal National Historic Site .....	92
Lachine Light Tower .....	73
Lachine Rapids .....	72
Lac Saint-Louis .....	72
La Grande Roue de Montréal .....	20, 42, 44, 140, 156
La Guilde .....	83
La Navette Nature .....	139
La Ronde .....	55, 140
LaSalle College .....	25
Laser Game Evolution (Marché Central) .....	146
Laser Game Evolution (Ste-Catherine) .....	138
La Société de musique contemporaine du Québec .....	99
La TOHU .....	101
Laurier Avenue .....	90
Laurier Avenue West .....	59
Laurier West .....	125
La Visitation-de-la-Bienheureuse- Vierge-Marie church .....	77
Le Balcon .....	99
Le Cabaret du Casino .....	89, 101
Le Monastère .....	99
Le Petit Navire .....	119

Les Affûtés .....	122
Le Saint Motel .....	144
Les Forges de Montréal – Heritage Space – Traditional Blacksmithing .....	119
Les Grands Ballets Canadiens de Montréal .....	100
Les Quartiers du Canal .....	37, 70
Les Trois Monkeys .....	138
Le Studio TD .....	99
Le Trou .....	107
Le vin dans les voiles .....	122
LGBTQ+ .....	64
LMOTOUR – Phénix Limousine .....	27
Limousine MontRoyal .....	27
Little Burgundy .....	70
Little Italy and Villeray .....	37, 68
Local Montréal Food Tours .....	116
Local travel agents .....	118
LOCAPAQ .....	130

## M

Ma Bicyclette .....	122
Mado .....	64
Madonna della Difesa Church .....	68, 69
Maisonneuve Market .....	60, 61, 122
Maison Nivard-De Saint-Dizier, Musée, site archéologique .....	93
Maison Saint-Gabriel, Museum and Historic Site .....	92
Marathon .....	129
Marché Bonsecours .....	42, 87, 157
Marguerite Bourgeoys Historic Site .....	88
Marina La Ronde .....	141
Maritime Shuttles .....	30
Mary, Queen of the World Cathedral .....	82
McCord Stewart Museum .....	81, 83, 156
McGill College Avenue .....	82
McGill University .....	83, 84
McTavish Street .....	84
MEM – Centre des mémoires montréalaises .....	84
Metro .....	33
Microbreweries .....	113
Mile End .....	156
Moment Spa Le Reine Élisabeth .....	138
Monarque .....	107
Montréal Alliance .....	133
Montréal Aviation Museum .....	93
Montréal Bowling .....	138
Montréal Bungee .....	130
Montréal circus Academy .....	122
Montréal City Hall .....	42, 87
Montréal en Histoires – Cité Mémoire .....	118
Montréal golf club .....	76



- Montréal Holocaust Museum ..... 90  
 Montreal Museum of Fine Arts ..... 81, 156  
 Montréal Olympic Park ..... 91  
 Montréal On Wheels ..... 116  
 Montréal Plaza ..... 107  
 Montréal Roses ..... 133  
 Montréal Science Centre ..... 44, 88, 157  
 Montreal Trust ..... 125  
 Montréal Victoire ..... 133  
 Monument-National ..... 100  
 Mount Royal ..... 18, 36, 56, 129  
 Mount Royal Cemetery ..... 90  
 Mount Royal Cross ..... 57, 89  
 Mount Royal, Outremont  
     and Westmount ..... 56  
 Mount Royal Park ..... 141  
 MTELUS ..... 100  
 MTL Detours ..... 116  
 MTL Zipline ..... 140  
 MUMAQ – Musée des métiers  
     d'art du Québec ..... 81, 93  
 MURAL Festival ..... 81  
 Murals ..... 81  
 Musée d'art contemporain  
     de Montréal (MAC) ..... 81, 83, 156  
 Musée de Lachine ..... 72, 92  
 Musée des Hospitalières  
     de l'Hôtel-Dieu de Montréal ..... 90  
 Musée Imaginarium ..... 144  
 Museum of Illusions Montreal ..... 82  
 Museum of Saint Joseph's  
     Oratory of Mount Royal ..... 90  
 Museums ..... 81  
 MusiQuiz Montréal ..... 138
- N**  
 National Bank Open ..... 133  
 Navark ..... 30  
 NAVI ..... 131  
 New City Gas ..... 101  
 Nightlife ..... 112  
 Notre-Dame Basilica  
     of Montréal ..... 20, 42, 43, 81, 86, 156  
 Notre-Dame-des-Neiges Cemetery ..... 89  
 Notre-Dame-des-Sept-Douleurs  
     church ..... 73  
 Notre-Dame Street ..... 70, 157  
 N-tours ..... 117
- O**  
 OASIS immersion ..... 81, 85  
 Oasis Surf ..... 131  
 Ohana Sailing Agency ..... 131  
 Old Montréal ..... 156  
 Old Montréal and the Old Port ..... 36, 42  
 Old Port of Montréal ..... 88  
 Olympic District ..... 157  
 Olympic District, Rosemont  
     and Hochelaga-Maisonneuve ..... 36, 60  
 Olympic Stadium ..... 21, 60  
 Olympic Village ..... 61  
 Opéra de Montréal ..... 100  
 Orchestre de la Francophonie ..... 100  
 Orchestre Métropolitain ..... 100  
 Orchestre symphonique de Montréal ..... 100  
 Outremont and Westmount ..... 36
- P**  
 Paddleboard ..... 129  
 Palais des congrès de Montréal  
     (Montréal Convention Centre) ..... 85  
 Parc Angrignon ..... 72, 144  
 Parc Aquazilla – Parc Jean-Drapeau ..... 141  
 Parc de la Petite-Italie ..... 69  
 Parc de l'Espoir ..... 65  
 Parc des Rapides ..... 72, 144  
 Parc Frédéric-Back ..... 69, 143  
 Parc Jarry ..... 69, 143  
 Parc Jean-Drapeau ..... 36, 54, 141  
 Parc La Fontaine ..... 58, 129, 142  
 Parc Maisonneuve ..... 61, 142  
 Parc national des Îles-de-Boucherville  
     146  
 Parc-nature de l'Anse-à-l'Orme ..... 145  
 Parc-nature de la Pointe-aux-Prairies ..... 76, 145  
 Parc-nature de l'Île-de-la-Visitation ..... 77, 146  
 Parc-nature du Bois-de-Liesse ..... 145  
 Parc-nature du Bois-de-l'Île-Bizard ..... 145  
 Parc-nature du Cap-Saint-Jacques ..... 146  
 Parking ..... 25  
 Parks ..... 137  
 Passeport MTL ..... 21  
 Pedal boat ..... 129  
 PHI ..... 81, 86  
 Phillips Square ..... 38  
 Pierre du Calvet House ..... 87  
 Place d'Armes ..... 87  
 Place des Arts ..... 100  
 Place des Festivals ..... 84, 157  
 Place Émilie-Gamelin ..... 64  
 Place Jacques-Cartier ..... 20, 42  
 Place Jean-Paul-Riopelle ..... 86  
 Place Royale ..... 87  
 Place Ville Marie ..... 38, 84  
 Planétarium – Espace pour la vie ..... 21, 91  
 Plateau-Mont-Royal  
     and Mile End ..... 21, 36, 58, 156  
 PLAYBOX Center ..... 138  
 Plaza Saint-Hubert ..... 61, 125  
 Pointe-à-Callière –  
     Montréal Archaeology and History  
     Complex ..... 20, 42, 43, 81, 87, 156  
 Pointe-aux-Trembles'  
     Public Market ..... 123  
 Pôle des Rapides ..... 37, 72  
 Pools ..... 137
- Port of Montreal Tower ..... 42, 44, 88  
 Poutine ..... 107  
 Prince-Arthur Street  
     and Square Saint-Louis ..... 90  
 Promenade-Bellerive ..... 76  
 Promenade de la Ville-de-Québec  
     du parc Guido-Nincheri ..... 91  
 Promenade Masson ..... 60  
 Promenade Ontario ..... 60  
 Promenade Père-Marquette  
     et parc René-Lévesque ..... 144  
 Promenade Wellington ..... 72  
 Public Market of Lachine ..... 123  
 Public transit ..... 32  
 Pubs ..... 113
- Q**  
 Quartier des Spectacles ..... 39, 85, 157  
 Quartier Latin ..... 39  
 Quiz Room ..... 141
- R**  
 Rafting Montréal ..... 130  
 Rage: Axe Throwing ..... 143  
 Rainspa ..... 139  
 Redpath Museum ..... 83  
 Religious heritage ..... 81  
 Réseau express  
     métropolitain (REM) ..... 32  
 RESO ..... 21, 125, 161  
 Rialto Theatre ..... 101  
 Round Table Tours ..... 117  
 Royalmount ..... 107, 125
- S**  
 Saint-Denis Street ..... 85  
 Sainte-Anne-de-Bellevue Canal  
     National Historic Site ..... 76, 77, 93  
 Sainte-Catherine Street ..... 21, 38, 64,  
     125, 156  
 Saint-Henri ..... 70  
 Saint-Jacques Street and  
     The Royal Bank ..... 88  
 Saint Joseph's Oratory of  
     Mount Royal ..... 19, 20, 56, 57, 81, 89  
 Saint-Laurent Boulevard ..... 59, 68  
 Saint-Paul and de  
     la Commune Streets ..... 88  
 Saint-Paul Street ..... 42, 156  
 Samuel De Champlain Bridge ..... 93  
 Scandinave Spa Vieux-Montréal ..... 139  
 Schwartz's ..... 107, 156  
 Science Centre ..... 20  
 Shopping ..... 124  
 Sir George-Étienne Cartier  
     Monument ..... 57  
 Sir George-Etienne Cartier  
     National Historic Site ..... 87  
 Skating ..... 129

Ski Saint-Bruno.....	131	Tennis.....	133	Underground Pedestrian Network.....	82
Smith House.....	90	The Alouettes .....	133	Université de Montréal .....	25
Smoked meat.....	107	Théâtre du Nouveau Monde.....	100	Upstairs Jazz Bar & Grill.....	100
Société de transport de Montréal (STM) .....	32	Théâtre La Comédie de Montréal....	100	UQAM – Non-Credit Language Courses.....	25
Society for Arts and Technology [SAT].....	81, 85	The Church of St. Andrew and St. Paul .....	83	<b>V</b>	
SOS Labyrinthe.....	140	The Clock Tower .....	88	VDM Global DMC .....	117
Souvenirs.....	125	The FILMharmonique Orchestra....	101	Véco taxi .....	27
Spa .....	137	The Fur Trade at Lachine National Historic Site of Canada.....	73, 92	Verdun Beach.....	72, 144
Spade & Palacio Tours.....	116	The Jacques Cartier Bridge .....	19, 89	VIA Rail Canada .....	27
Spa St. James at Ritz-Carlton.....	139	The Montreal Art Center and Museum.....	92	Vieux-Moulin de Pointe-aux-Trembles.....	93
Spa-sur-l'eau .....	137, 139	The Montreal Museum of Fine Arts (MMFA).....	83	Village au Pied-du-Courant.....	113
Spa William Gray .....	139	The Olympic Stadium .....	18	Villeray and Little Italy .....	157
Sports.....	128, 132	The Passeports MTL.....	25	Voiles en Voiles.....	140
Square Saint-Louis .....	59	<i>The Ring</i> .....	18, 38, 83	Vortex Montréal – Plateau.....	142
Square Sir-George-Étienne-Cartier ..	71	The Segal Centre for Performing Arts.....	101	Vortex Montréal – Quartier Latin....	138
Square Victoria .....	86	The St-James Theatre.....	100	<b>W</b>	
Square Viger .....	82	The Village.....	37, 64, 157	Water .....	129
Station touristique Tremblant .....	146	Time Out Market .....	107	Waterway transport .....	30
St. Lawrence River .....	20, 54	Tihtiä:ke.....	10	West Island Heritage Bicycle Trail ..	131
St. Lawrence River cruise .....	115	Tips .....	26	WestJet .....	26
St. Lawrence waterfront cycling path.....	131	TOHU .....	68	Windsor Station.....	82
St. Michael the Archangel Church ...	58	ToundriGo.....	119	World Trade Centre Montréal.....	85
Strom Nordic Spa (Nun's Island) ....	145	Tour de Lévis.....	55	<b>Y</b>	
Strøm spa nordique.....	137	Tourist information .....	24	YUL Montréal-Trudeau International Airport.....	26
St-Viateur Bagel .....	107, 156	Tours and cruises .....	114		
Sucrerie de la Montagne.....	123	Trains.....	27		
Sun Life Building .....	82				
Surfing .....	129				
<b>T</b>		<b>U</b>		<b>Z</b>	
Taxelco.....	27	UCI Road World Championships ....	133	Zero Latency Montréal .....	143
Taxes.....	26	Underground.....	21	Zipline.....	129
Taxis.....	27	Underground City .....	38	Zoo de Granby .....	146

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**Director – Member Relations,  
Industry and Corporate Affairs** | Julie Ghersi

**Hospitality Manager – Member Relations,  
Industry and Corporate Affairs**  
Alizé Honen-Delmar

**Team Leader – Member Relations,  
Industry and Partnerships** | Thomas Domenge

**Team Leader – Brand and Production**  
Marie-Claude Prévost

**Administrative Coordinator – Member Relations,  
Industry and Partnerships** | Laura Tournet

**Advertising Sales Manager** | Louis St-Jean  
[st-jean.louis@mtl.org](mailto:st-jean.louis@mtl.org)

**Member Relations, Industry and Partnerships**  
[infomembership@mtl.org](mailto:infomembership@mtl.org)

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This Loto-Québec-owned entertainment complex is one of the most fun spots in the Montréal region. Not only does it boast a wide variety of slot machines, gaming tables and an interactive gaming area where you can play hit casino games on electronic tables, but it also offers free shows and live entertainment, restaurants for every taste, bars brimming with action, and a cabaret that features a stellar lineup of shows. While you're there, check out ARcade by Moment Factory, a thrilling and immersive augmented reality experience that's part video game, part sports, part fun night out!

You can always bet on a good time at the Casino de Montréal.

**Loto Québec**

**Wise  
play**

So that a game  
remains a game

18+





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